**Weekly Bulletin**

February 14th, 2021

Auxentius of the Mountain
Cyril, Equal to the Apostles & Enlightener of the Slavs

Sunday of the Canaanite | Mode 3.

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**Upcoming Events**

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Sunday of the Canaanite

Antiphons

Antiphon 1. (By the prayers of the Theotokos, Savior, save us).

Vs. 1: Bless the Lord, O my soul, and everything within me, bless His holy name.
Vs. 2: Bless the Lord, O my soul, and forget not all His rewards.
Vs. 3: The Lord prepared His throne in heaven, and His Kingdom rules over all.

Glory...Both now...By the prayers...

Antiphon 2. (Save us, O Son of God, Who did rise from the dead, we sing to You, Alleluia).

Vs. 1: Praise the Lord, O my soul! I shall praise the Lord while I live; I shall sing to my God as long as I exist.
Vs. 2: Blessed is he whose help is the God of Jacob; his hope is in the Lord his God.
Vs. 3: The Lord shall reign forever; your God, O Zion, to all generations.

Glory...Both now...Only Begotten Son...


This is the day the Lord made; let us greatly rejoice and be glad therein.
Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἅδου ἐῤῥύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Εἰσοδικόν. Ἦχος β’.
Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλούϊα.

Entrance Hymn. Mode 2.
Come, let us worship and bow down before Christ. Save us, O Son of God, Who did rise from the dead. We sing to You, Alleluia.

Ἀπολυτίκια
Αναστάσιμον. Ἦχος γ’.
Εὐφραίνεσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος, ἐν βραχίονι αὐτοῦ, ὁ Κύριος, ἐπάτησε τῷ θανάτῳ τὸν θάνατον, πρωτότοκος τῶν νεκρῶν ἐγένετο, ἐκ κοιλίας ἅδου ἐῤῥύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Dismissal Hymns
Resurrectional. Mode 3.
Let the heavens sing for joy, and let everything on earth be glad. For with His Arm the Lord has worked power. He trampled death under foot by means of death; and He became the firstborn from the dead. From the maw of Hades He delivered us; and He granted the world His great mercy.

Τοῦ Ὁσίου. Ἦχος α’.
Τῆς ἑρήμου πολίτης καὶ ἐν σώματι ἄγγελος καὶ θαυματουργός ἀνεδείχθης θεοφόρε πατὴρ ἡμῶν Αὐξέντιε, νηστεία, ἀγρυπνίᾳ, προσευχῇ, οὐράνια χαρίσματα λαβών· θεραπεύεις τοὺς νοσοῦντας καὶ τὰς ψυχὰς τῶν πίστει προστρεχόντων σοι. Δόξα τῷ δεδωκότι σοι ἰσχύν, δόξα τῷ σὲ στεφανώσαντι, δόξα τῷ ἐνεργοῦντι διὰ σοῦ πᾶσιν ἰάματα.

For the Devout Man. Mode 1.
As a citizen of the desert and an angel incarnate and a wonder-worker you shone forth, O Afxentios, our God-bearing father. Since you received the spiritual gifts by fasting and vigilance and prayer, you can cure those who are ailing and heal the souls of those who run to you with faith. Glory to Him who gave His might to you; glory to Him who placed a crown on you; glory to Him who operates through you, providing cures to all.

Τοῦ Ναοῦ. Ἦχος γ’.
Μέγαν εὗρατο ἐν τοῖς κινδύνοις, σὲ

For the Church. Mode 3.
All the world has you, its mighty
ὑπερμαχον ἡ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαῤῥύνας τὸν Νέστορα, οὕτως Ἅγιε, Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεόν ἱκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.

Κοντάκιον. Ἦχος β'.
Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία, πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδῃς, ἁμαρτωλῶν δεήσεων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι. Τάχυνον εἰς πρεσβείαν, καὶ σπεῦσον εἰς ἱκεσίαν, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων σοι.

Ἀνάγνωσμα τοῦ Ἀποστόλου

Προκείμενον. Ἦχος γ'. Ψαλμός 46.
Ψάλατε τῷ Θεῷ ἡμῶν, ψάλατε, ψάλατε τῷ βασιλεῖ ἡμῶν, ψάλατε.
Στίχ.: Πάντα τὰ ἔθνη κροτήσατε χεῖρας, ἀλαλάξατε τῷ Θεῷ ἐν φωνῇ ἀγαλλιάσεως.

Πρὸς Κορινθίους Β' Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα. (6:16-18; 7:1)
Ἄδελφοι, ύμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ Θεὸς ὅτι ἐνοικήσω ἐν αὐτοῖς καὶ ἐμπεριπατήσω, καὶ ἔσομαι αὐτῶν Θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει ὁ Κύριος, καὶ ἀκαθάρτου μὴ ἅπτεσθε, κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθε μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει ὁ Κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἅγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ

champion, fortifying us in times of danger, and defeating our foes, O Victorious One. So, as you humbled Lyaios's arrogance by giving courage to Nestor in the stadium, thus, O holy Great Martyr Demetrios, to Christ our God pray fervently, beseeching Him to grant us His great mercy.

Kontakion. Mode 2.
O Protection of Christians that never fails, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Epistle Reading

Sing praises to God; sing praises; sing praises to our King; sing praises.
Vs.: Oh, clap your hands, all you nations; shout to God with the voice of rejoicing.
The reading is from Paul's Second Letter to the Corinthians. (6:16-18; 7:1)
Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from
παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἁγιωσύνην ἐν φόβῳ Θεοῦ.

Ἀλληλούϊα. Ἡχος γ'. Ψαλμός 30.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. α'. Ἐπὶ σοί, Κύριε, ἡλπίσα, μὴ καταισχυνθείν με εἰς τὸν αἰώνα.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Στίχ. β'. Γενοῦ μοι εἰς Θεὸν ὑπερασπιστὴν καὶ εἰς οἶκον καταφυγῆς τοῦ σώσαι με.

Ἀλληλούϊα. Ἀλληλούϊα. Ἀλληλούϊα.

Ἀνάγνωσμα τοῦ Εὐαγγελίου

Ἐκ τοῦ κατὰ Ματθαίον. (15:21-28)

Τῷ καιρῷ ἐκείνῳ ἐξῆλθεν ὁ Ἰησοῦς εἰς τὰ μέρη Τύρου καὶ Σιδῶνος. καὶ ἰδοὺ γυνὴ Χαναναία ἀπὸ τῶν ὁρίων ἐκείνων ἐξελθοῦσα ἐκραύγασεν αὐτῷ λέγουσα· Ἐλέησόν με, Κύριε, υἱὸ Δαυῒδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτουν αὐτὸν λέγοντες· Ἀπόλυσον αὐτήν, ὅτι κράζει ὄπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· Οὐκ ἀπεστάλην εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραήλ. ἡ δὲ ἐλθοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· Οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυνάριοις. ἡ δὲ εἶπε· Ναί, Κύριε, καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψιχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ο Ἰησοῦς εἶπεν αὐτῇ· Ὦ γύναι, μεγάλη σου πίστις! γενηθήτω σοι ὡς θέλεις. καὶ ἰάθη ἡ θυγάτηρ αὐτῆς ἁπρὸ τῆς ὥρας ἔκεινης.

every defilement of body and spirit, and make holiness perfect in the fear of God.


Vs. 1: In You, O Lord, I hope; may I not be ashamed forever.


Vs. 2: Be to me a God who protects me, and a house of refuge to save me.


Gospel Reading

According to Matthew. (15:21-28)

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.
Wisdom of the Fathers

"She had a great perfection of faith. She had no uncertainty about His divine majesty. She had no small measure of the virtue of patience. Yet the pitying Physician of the pitiful disdained her petitions. He kept her waiting for answer in order to demonstrate to us the perseverance of this woman that we can always imitate. She had the characteristics of constancy and humility. She willingly embraced the indignity she received, and even confirmed the Lord`s statement. This woman rightly signifies the faith and devotion of the Church gathered from the nations"

- The Venerable Bede
Saints of the Week
February 14

Holy Father Auxentius of the Mountain

This Saint, who was from the East, lived during the reign of Saint Theodosius the Younger. In 442 he enlisted in the Fourth Military Company of the Scholarii, that is, the Imperial Guard. Afterwards, he became a monk on a certain mountain in Bithynia (which later took his name), not far from Chalcedon. On becoming the archimandrite of the monastics gathered there, and proving himself to be most enduring in asceticism and most Orthodox in his faith, he reposed during the reign of the Emperor Leo the Great of Thrace, who reigned from 457 to 474.

Cyril, Equal-to-the-Apostles & Teacher of the Slavs

Saint Cyril was born in Thessaloniki. His family was one of only a few Byzantines in Thessaloniki at that time since it was largely populated by Slavs. Growing up in this situation, Cyril learned the Slavonic language, which later in life would serve him and the Church at large. He continued his education in Constantinople with his brother Methodios, each taking to their particular interests: Methodios in politics, and Cyril in philosophy and teaching.

The two brothers were approached in 850 by Saint Photios the Great to lead a diplomatic mission to the Khazars. Cyril and Methodios accepted this mission and departed to the North. After the success of this trip, the brothers lived for a time in a monastery on Mount Olympus where Methodios became a monk. At this time the brothers utilized their childhood Slavonic education to develop a written alphabet for the Slavonic language, which to this time had never existed. This alphabet became known as the Glagolitic Alphabet. On their own instigation, the brothers began translating the Gospels and liturgical service books into Slavonic.

Providentially, Cyril and Methodios were again called upon for a mission, this time to travel to Moravia to spread the Christian faith to King Rostislav and his people. The brothers departed in 862, bringing with them their Slavonic alphabet and service books. After five years of service, the brothers made their way to Rome in 867 to have members of their company ordained to the priesthood to aid in the missionary journey. The group of missionaries celebrated the Divine Liturgy in Rome in the Slavonic language for the very first time with members of their party being ordained as they intended. While in Rome, Cyril fell deathly ill. He was tonsured a monk and died. His brother Methodios continued their missionary work, utilizing the Glagolthic Alphabet. Cyril and his brother Methodios are commemorated together on May 11th.

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<td>Orhros (8:50 am) Divine Liturgy (10:00 am) Sunday School Meeting (2:00 pm) Forgiveness Vespers (6:00 pm)</td>
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- Shaded days denote a fast day. ✠ denotes a Liturgy • Great Vespers/Compline ✧ Akathist/Paraklesis ☙ Presanctified Liturgy
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<td>Holy Apostles of the Seventy Philemon, Apphia, Archippus, and Onesimus II Peter 1:1-10 Mark 13:1-8</td>
<td>Leo, Bishop of Catania Bessarion the Great II Timothy 2:11-19 Luke 18:2-8 Journey to Fullness (4:00 pm)</td>
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<td>Fruit of Apostle Philip School (8:00 pm)</td>
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<td>Theodora the Righteous Pionios the Presbyter I Jude 1:11-25 Luke 23:1-31, 33, 44-56 Small Paraklesis (6:00 pm) (Theotokos)</td>
<td>Theophanes the Confessor Symeon the New Theologian Zechariah 8:7-17 Zechariah 8:19-23 Men's Peer Group (8:00 pm)</td>
<td>Saturday of Souls Galatians 5:22-26; 6:1-2 Matthew 6:1-13 Orthros (9:00 am) Divine Liturgy (10:00 am) General Memorial Confession Hours (1-4 pm)</td>
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*Fish/wine/oil allowed*
February 17

Theodore the Tyro, Great Martyr

Saint Theodore who was from Amasia of Pontus, contested during the reign of Maximian (286-305). He was called Tyro, from the Latin Tiro, because he was a newly enlisted recruit. When it was reported that he was a Christian, he boldly confessed Christ; the ruler, hoping that he would repent, gave him time to consider the matter more completely and then give answer. Theodore gave answer by setting fire to the temple of Cybele, the "mother of the gods," and for this he suffered a martyr's death by fire. See also the First Saturday of the Fast.

February 18

Leo the Great, Pope of Rome

According to some, this Saint was born in Rome, but according to others in Tyrrenia (Tuscany), and was consecrated to the archiepiscopal throne of Rome in 440. In 448, when Saint Flavian, Archbishop of Constantinople, summoned Eutyches, an archimandrite in Constantinople, to give account for his teaching that there was only one nature in Christ after the Incarnation, Eutyches appealed to Saint Leo in Rome. After Saint Leo had carefully examined Eutyches's teachings, he wrote an epistle to Saint Flavian, setting forth the Orthodox teaching of the person of Christ, and His two natures, and also counseling Flavian that, should Eutyches sincerely repent of his error, he should be received back with all good will. At the Council held in Ephesus in 449, which was presided over by Dioscorus, Patriarch of Alexandria (and which Saint Leo, in a letter to the holy Empress Pulcheria in 451, was the first to call "The Robber Council"), Dioscorus, having military might behind him, did not allow Saint Leo's epistle to Flavian to be read, although repeatedly asked to do so; even before the Robber Council was held, Dioscorus had uncanonically received the unrepentant Eutyches back into communion. Because Saint Leo had many cares in Rome owing to the wars of Attila the Hun and other barbarians, in 451 he sent four delegates to the Fourth Ecumenical Council, where 630 Fathers gathered in Chalcedon during the reign of Marcian, to condemn the teachings of Eutyches and those who supported him. Saint Leo's epistle to Flavian was read at the Fourth Council, and was confirmed by the Holy Fathers as the Orthodox teaching on the incarnate person of our Lord; it is also called the "Tome of Leo." The Saint wrote many works in Latin; he reposed in 461. See also Saint Anatolius, July 3.
Guidelines for Receiving Holy Communion

For Orthodox Christians

Orthodox Christians fully participate in the celebration of the Eucharist by receiving Holy Communion in fulfillment of Christ’s command to eat His Body and drink His Blood. In order to be properly disposed to receive Holy Communion, communicants should not be conscious of grave sin, have fasted appropriately and strive always to love God and their neighbor. Persons conscious of grave sin should seek immediately to be reconciled through the Mystery of Confession so they can begin again to receive Communion immediately. Frequent communion is recommended to all faithful Orthodox Christians.

For other Christians

We welcome to this celebration of the Eucharist those Christians who are not fully united with us. It is a consequence of the sad divisions of Christianity that we cannot extend to them a general invitation to receive Holy Communion. Orthodox Christians believe that the Eucharist is an action of the celebrating community signifying a oneness in faith, life, and worship of the community. Reception of the Eucharist by Christians not fully united with us would imply a oneness which does not yet exist and for which we must all pray. All, however, are welcome to partake of the blessed bread (Antidoron) which will be distributed at the end of the service.

Shut-ins and Hospital Visitation

If anyone is in the hospital or otherwise in need of prayer or visitation, we are happy to publish their information (name and/or visitation information) in the bulletin. Please note, however, that we are unable to publish such information without a direct request.

If you are interested in helping with the visitation of the sick, please speak to Presvytera Peggy or contact the Church office.

In your prayers:

Please continue to pray for the health and recovery of: Augusta Ahejew, Petro Ahejew, Ann De Corte, Soula Economou, Edward & Gabriella Economous, Jean Farrington, James Kokas, Krista Koopman, Paul Kushner, Mark Legner, Sharon Legner, Marge Paron, Bill Tarachas, and Eva Zestos.

(If you would like to have a name added to or removed from this list, please contact the Church office).

A Prayer for the Sick

O holy Father, heavenly Physician of our souls and bodies, Who sent Your Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: do You visit and heal Your servant (name), granting him/her release from pain and restoration to health and vigor, that he/she may give thanks unto You and bless Your holy Name, of the Father, and of the Son, and of the Holy Spirit: now and ever, and unto ages of ages. Amen.

**Prayer courtesy of the Antiochian Archdiocese, from the "Pocket Prayer Book"**
St. Demetrios Greek Orthodox Church
2021 Stewardship Commitment Form

“When Jesus landed and saw a large crowd, He had compassion on them and healed their sick.” - Matthew 14:14

THE GREATEST OF THESE IS LOVE

Please bring this form to the Church or mail it to the Church Office at 4970 Mackinaw Rd., Saginaw, MI 48603

Name: ____________________________

Street Address: _____________________ City: ______________ State: ______ Zip Code: _____________

Individual or Family Spouse (if applicable) Children (if applicable)

Name: ____________________________ ________________________ ________________________

Home Tel: _________________________ ________________________ ________________________

Mobile Tel: _________________________ ________________________ ________________________

Work Tel: _________________________ ________________________ ________________________

Email: ______________________________ ________________________ ________________________

Occupation: ________________________ ________________________ ________________________

(Who, current)

In gratitude for God’s blessings, I/we pledge to contribute for Christ’s work at St. Demetrios Church for 2021.

$________ annually

Please indicate areas of expertise or interest where you would like to serve:

(Individuals should provide a check mark and families provide “H” for husband, “W” for wife and “C” for children)

ADMINISTRATION
___ Audit Committee
___ Election Committee
___ Office help

BUILDING & GROUNDS
___ Property Maintenance
___ Garden & Landscape
___ Iconography / Beautification

COMMUNICATIONS
___ Computer / Technical

EDUCATION
___ Website / Email
___ Adult Education

LITURGICAL
___ Baking Prophora
___ Music Ministries
___ Sanctuary & Altar Care

MINISTRIES
___ Family Ministry
___ Hospitality / Welcome Ministry
___ Visitation (Sick / Shut-ins)
___ Outreach
___ Church School Teacher
___ Church School Administration
___ GOYA Advisor

OTHER

I/we would like to receive notifications from St. Demetrios by: ___ email ___ paper mail

You can also submit your stewardship card and your contributions online at www.stdemetrios.mi.goarch.org/

CONFIDENTIAL: For Authorized Parish Personnel Only


Our 2021 Stewardship goal is **$170,000**. As of **January 231**, we have received pledges reflecting **44%** of that goal. Thank you to the following faithful stewards who have submitted their pledge cards for 2021. Please join them in their support of our St. Demetrios Greek Orthodox Church and submit your pledge card today!

(Please submit any corrections to the Church office).

<table>
<thead>
<tr>
<th>Rev. Fr. Timothy &amp; Pr. Catherine Cook</th>
<th>Betty Lou Gustafson</th>
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<tbody>
<tr>
<td>Rev. Fr. Peter &amp; Pr. Peggy Bistolarides</td>
<td>Evan &amp; Alexia Houpis</td>
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<td>Augusta Ahejew</td>
<td>Matina Ioannidis</td>
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<td>Petro &amp; Sandra Ahejew</td>
<td>Risty &amp; Karen Kalivas</td>
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<td>Chris &amp; Olga Anagost</td>
<td>Mersina Karris</td>
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<td>Dr. Thomas &amp; Angela Barris</td>
<td>Katerina &amp; Athanasios Katsiouras</td>
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<td>Johnathan Bernhart</td>
<td>Ron &amp; Connie Kelso</td>
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<td>Sophia Bernhart</td>
<td>Sameer &amp; Areen Khoury</td>
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<td>Thomas &amp; Joan Billingsley</td>
<td>Elaine Kimmerly</td>
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<td>Dr. John &amp; Dr. Judy Blebea</td>
<td>James &amp; Mary Kokas</td>
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<td>Jeremy &amp; Taylor Blohm</td>
<td>Thomas &amp; Anastasia Kokas</td>
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<td>Brady &amp; Sandy Duke</td>
<td>Mr. &amp; Mrs. Legakis</td>
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<td>Mark &amp; Anastasia Bristley</td>
<td>Dr. Elaine Makas</td>
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<td>Georgia Caris</td>
<td>Grace Makrianis</td>
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<td>Barbara Milionis</td>
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<td>Soula Economou</td>
<td>Adam &amp; Eleni Morris</td>
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<td>Bill &amp; Alexia Evans</td>
<td>Tom &amp; Peggy Nemode</td>
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<td>William &amp; Thespo Tarachas</td>
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<td>Art Tselepis</td>
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<td>Dr. George &amp; Virginia Ulmer</td>
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<td>John Veremis</td>
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<td>Kathleen Zacharko</td>
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<td>George &amp; Gladys Zubulake</td>
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Total Pledges: $83,910.00  
Offerings Received: $20,595.00  
Largest pledge: $6,760.00  
Stewards pledged: 53  
Pledges Unfulfilled: $68,580.00  
Median pledge: $1,000.00
**METROPOLIS OF DETROIT COVID-19 PANDEMIC RESPONSE**

**GENERAL REQUIREMENTS**
(see website or call office with questions)

- Anyone who is currently experiencing any symptoms of illness must stay at home.
- All at risk persons are strongly encouraged to stay at home.
  - At risk persons are those with pre-existing health conditions, and those over the age of 65.

*St. Demetrios will continue to live-stream all of our services, so anyone who is so desires may continue streaming our services from home.*

- Everyone is **required** to wear masks. Masks are available at the door if one does not have one.
  - The priest may choose not to wear a face covering in the altar but must wear one while distributing Communion/antidoron.
- The faithful should refrain from kissing the icons and other holy objects, showing reverence instead with a bow.

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**An Emotionally Intelligent Marriage**

“Happily married couples . . . have hit upon a dynamic that keeps their negative thoughts and feelings about each other (which all couples have) from overwhelming their positive ones . . . . . . they have . . . an emotionally intelligent marriage.”

(John Gottman and Nan Silver, The 7 Principles for Making Marriage Work)

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*For the next week, spend 5 minutes daily to express to each other something you appreciate about your husband/wife from your interactions on that day.*
WELCOME TO ALL VISITORS: For those visiting today, we are excited to welcome you to St. Demetrios Church. Everyone is welcome at our services, though only those who are baptized and chrismated Orthodox Christians may receive the Holy Mysteries. We hope you will stay not only for the service, but afterwards for coffee hour, so we can greet you and get to know you. If anyone has any questions about the Orthodox Faith or joining St. Demetrios, please feel free to speak with Fr. Timothy after the service.

SPECIAL ADULT RELIGIOUS EDUCATION SESSION: On Wednesday, February 24th, Fr. Timothy & Pres. Catherine will be hosting a special session on Fasting - the "dos and don'ts" and some tips on how to prepare a pantry. We invite everyone to join us! Bring any questions you have about fasting or Lent in particular, and bring a favorite Lenten recipe to share! The meeting will be at 8:00 pm over Zoom, we will send out a link to the parish email on Monday the 22nd.

TODAY'S GREETERS
Art Tselepis & Joni Porchia

Prophora
For the time being, we are operating with the Prophora that is in the freezer. This will only take us so far, however, so if you can, please consider baking and bringing some prophora to the Church.

Coffee Hour
Due to COVID, Coffee Hour has been suspended until further notice. We look forward to when we can safely resume our normal routine.
STRATEGIC PLANNING

"That the end of our lives may be Christian, without pain, blameless, and peaceful, and for a good account before the awesome judgment seat of Christ." - 2 Corinthians 5:10/Great Litany

As many of you will have seen, we are beginning again with the process of Strategic Planning. We were in the very beginning stages of this last February, and then had to table the process due to the COVID outbreak.

We are beginning by forming the initial Strategic Planning Team, consisting of a diverse group of at least thirty people representing a complete cross-section of the parish. If you received an invitation, please respond by email to strategicplanning@stdemetriosmi.org before February 15th (the mailed letter had a typo with the wrong deadline).

If you did not receive an invitation, please don't worry - this is only the initial phase. We will be having a parish-wide Zoom meeting to introduce the project, and we will be sending out a parish-wide survey to collect everyone's input in terms of what is most important for our parish and our strengths and challenges. We ask everyone to pray for us as we begin this process, and to participate to the best of their ability, as this will work best if it something do together as a whole.

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CHURCH SUPPLIES

We are always in need of more communion wine and olive oil for the lamps (the "akimito," or "unsleeping" vigil lamp on the Holy Table and the lamp next to the baptismal font for the reposed).

If you would like to donate a bottle of communion wine, the preferred type is St. John Commandaria, which can be purchased at Jenny's Party Store on Bay Road.

If you would like to donate olive oil, we usually purchase the 3-liter bottle of "Pure Olive Oil," Member's Mark brand, at Sam's Club. Any brand is fine, but we prefer "pure" to "extra virgin." (The Extra Virgin tastes better, but doesn't burn as cleanly).