WEEKLY BULLETIN

February 7th, 2021

Luke the Righteous
Parthenios, Bp. of Lampsakos

16th Sunday of Matthew | Mode 2

UPCOMING EVENTS

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16th Sunday of Matthew

Antiphons

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

Vs. 1: My heart overflowed with a good word; I tell my works to the King.
Vs. 2: My tongue is the pen of a swift-writing scribe.
Vs. 3: Grace was poured out on Your lips.
Vs. 4. Therefore God blessed You forever.

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

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

Vs. 1: Gird Your sword upon Your thigh, O Mighty One.
Vs. 2: Stretch Your bow, and grant prosperity, and reign.
Vs. 3: our arrows are sharp, O Mighty One. The peoples shall fall under You.
Vs. 4. Your royal scepter is a scepter of uprightness.

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


Listen, O daughter, behold and incline your ear.

Address: 4970 Mackinaw Rd, Saginaw, MI 48603
Phone: 989-793-8822 | Fax: 989-793-8896 | Email: stdemetriosmi@gmail.com
Website: www.stdemetrios.mi.goarch.org | Facebook: facebook.com/stdemetriosmi
Clergy: Fr. Timothy Cook | Fr. Timothy's cell phone: 517-515-9565
Fr. Timothy's email: ftimothycook@gmail.com
Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ Ἡλιος τῆς δικαιοσύνης, Χριστός ὁ Θεός ἡμῶν, φωτίζων τοὺς ἐν σκότει. Εὐφραίνου καὶ σύ Πρεσβύτα δίκαια, δεξάμενος ἐν ἀγκάλις τὸν ἐλευθερωτήν τῶν ψυχῶν ἡμῶν, χαριζόμενον ἡμῖν καὶ τὴν Ἀνάστασιν.

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

Ἀπολυτίκια
Ἀναστάσιμον. Ἦχος β’.
Ὅτε κατῆλθες πρὸς τὸν θάνατον, ἡ Ζωὴ ἡ ἀθάνατος, τότε τὸν ᾍδην ἐνέκρωσας τῇ ἀστραπῇ τῆς Θεότητος, ὅτε δὲ καὶ τοὺς τεθνεῶτας ἐκ τῶν καταχθονίων ἀνέστησας, πᾶσαι αἱ Δυνάμεις τῶν ἐπουρανίων ἐκραύγαζον· Ζωοδότα Χριστὲ ὁ Θεὸς ἡμῶν δόξα σοι.

Ἀπολυτίκιον τῆς Ἑορτῆς. Ἦχος α’.
Χαῖρε κεχαριτωμένη Θεοτόκε Παρθένε· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ Ἡλιος τῆς δικαιοσύνης, Χριστός ὁ Θεός ἡμῶν, φωτίζων τοὺς ἐν σκότει. Εὐφραίνου καὶ σύ Πρεσβύτα δίκαια, δεξάμενος ἐν ἀγκάλις τὸν ἐλευθερωτήν τῶν ψυχῶν ἡμῶν, χαριζόμενον ἡμῖν καὶ τὴν Ἀνάστασιν.

Τοῦ Ναοῦ. Ἦχος γ’.
Μέγαν εὕρατο ἐν τοῖς κινδύνοις, σὲ ύπερμαχον ἡ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἐπαρσίν, ἐν τῷ σταδίῳ Λυαίου καθεῖλες τὴν ἐπαρσίν, ἐν τῷ σταδίῳ

Lady full of grace, rejoice, O Virgin Theotokos, for Christ our God, the Sun of righteousness has risen from you and He illumined those in darkness. And you, righteous Elder, be glad in heart, receiving in your embraces the One who liberates our souls and bestows on us the Resurrection.

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.

Dismissal Hymns
Resurrectional. Mode 2.
When You descended unto death, O Lord who yourself are immortal Life, then did You mortify Hades by the lightning flash of Your Divinity. Also when You raised the dead from the netherworld, all the Powers of the heavens were crying out: O Giver of life, Christ our God, glory to You.

Apolytikion of the Feast. Mode 1.
Lady full of grace, rejoice, O Virgin Theotokos, for Christ our God, the Sun of righteousness has risen from you and He illumined those in darkness. And you, righteous Elder, be glad in heart, receiving in your embraces the One who liberates our souls and bestows on us the Resurrection.

For the Church. Mode 3.
All the world has you, its mighty 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 1.

You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.

Epistle Reading


The Lord is my strength and my song, and He became my salvation.

Vs.: The Lord chastened and corrected me, but He did not give me up to death.

The reading is from Paul's Second Letter to the Corinthians. (6:1-10)

Brethren, working together with him, then, we entreat you not to accept the grace of God in vain. For he says, "At the acceptable time I have listened to you, and helped you on the day of salvation." Behold, now is the acceptable time; behold, now is the day of salvation. We put no obstacle in any one's way, so that no fault may be found with our ministry, but as servants of God we commend ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, tumults, labors, watching, hunger; by purity, knowledge, forbearance, kindness, the Holy Spirit, genuine love,
ἀληθείας, ἐν δυνάμει Θεοῦ· διὰ τῶν ὅπλων τῆς δικαιοσύνης τῶν δεξιῶν καὶ ἀριστερῶν, διὰ δόξης καὶ ἀτιμίας, διὰ δυσφημίας καὶ εὐφημίας· ὡς πλάνοι καὶ ἀληθεῖς, ὡς ἀγνοούμενοι καὶ ἐπιγινωσκόμενοι, ὡς ἀποθνῄσκοντες καὶ ζώοι, ὡς παιδευόμενοι καὶ μηδὲν θανατούμενοι, ὡς πτωχοὶ πολλοὺς δὲ πλουτίζοντες, ὡς μηδὲν ἔχοντες καὶ πάντα κατέχοντες.

Ἀληλούια. Ἡχος β’. Ψαλμός 19.

Ἀληλούια. Ἀλληλούια. Ἀλληλούια.

Στίχ. α’. Ἐπακούσαι σου Κύριος ἐν ἡμέρᾳ θλίψεως, ὑπερασπίσαι σου τὸ ὄνομα τοῦ Θεοῦ Ἰακώβ.

Ἀλληλούια. Ἀλληλούια. Ἀλληλούια.

Στίχ. β’. Κύριε, σῶσον τὸν βασιλέα, καὶ ἐπάκουσον ἡμῶν, ἐν ᾗ ἂν ἡμέρᾳ ἐπικαλεσώμεθα σε.

Ἀλληλούια. Ἀλληλούια. Ἀλληλούια.

Ἀνάγνωσμα τοῦ Εὐαγγελίου

Ἔκ τοῦ κατὰ Ματθαίον. (25:14-30)

Ἐίπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἀνθρωπός τις ἀποδημῶν ἐκάλεσε τοὺς ἰδίους δούλους καὶ παρέδωκεν αὐτοῖς τὰ ὑπάρχοντα αὐτοῦ, καὶ ὃ μὲν ἔδωκε πέντε τάλαντα, ὃ δὲ δύο, ὃ δὲ ἕν, ἑκάστῳ κατὰ τὴν ἰδίαν δύναμιν, καὶ ἀπεδήμησεν εὐθέως. ἔργασατο ἐν αὐτοῖς καὶ ἐποίησεν ἄλλα πέντε τάλαντα· ὡσαύτως καὶ ὁ τὰ δύο ἐκέρδησε καὶ αὐτὸς ἄλλα δύο. ὁ δὲ τὸ ἕν λαβὼν ἀπελθὼν ὄρυξεν ἐν τῇ γῇ καὶ ἀπέκρυψε τὸ ἀργύριον τοῦ κυρίου αὐτοῦ. μετὰ δὲ χρόνον πολὺν ἔρχεται ὁ κύριος

truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet well known; as dying, and behold we live; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.


Vs. 1: May the Lord hear you in the day of afflictions; may the name of the God of Jacob defend you.


Vs. 2: O Lord, save Your King, and hear us in the day we call upon You.


Gospel Reading

According to Matthew. (25:14-30)

The Lord said this parable: "A man going on a journey called his servants and entrusted to them his property; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. He who had received the five talents went at once and traded with them; and he made five talents more. So also, he who had the two talents made two talents more. But he who had received the one talent went and dug in the ground and hid his master's money. Now after a long time the master of those servants came and
settled accounts with them. And he who had received the five talents came forward, bringing five talents more, saying, 'Master, you delivered to me five talents; here I have made five talents more.' His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.' And he also who had the two talents came forward, saying, 'Master, you delivered to me two talents; here I have made two talents more.' His master said to him, 'Well done, good and faithful servant; you have been faithful over a little, I will set you over much; enter into the joy of your master.' He also who had received the one talent came forward, saying, 'Master, I knew you to be a hard man, reaping where you did not sow, and gathering where you did not winnow; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.' But his master answered him, 'You wicked and slothful servant! You knew that I reap where I have not sowed, and gather where I have not winnowed? Then you ought to have invested my money with the bankers, and at my coming I should have received what was my own with interest. So take the talent from him, and give it to him who has the ten talents. For to every one who has will more be given, and he will have abundance; but from him who has not, even what he has will be taken away. And cast the worthless servant into the outer darkness; there men will weep and gnash their teeth." As he said these things he cried out: "He who has ears to hear, let him hear!"
Wisdom of the Fathers

"There is an old saying: 'Excesses meet.' Too much fasting and too much eating come to the same end. Keeping too long a vigil brings the same disastrous cost as ... sluggishness... Too much self-denial brings weakness and induces the same condition as carelessness. Often I have seen men who would not be snared by gluttony fall, nevertheless, through immoderate fasting and tumble in weakness into the very urge which they had overcome. Unmeasured vigils and foolish denial of rest overcame those whom sleep could not overcome. Therefore, 'fortified to right and to left in the armor of justice,' as the apostle says (2 Cor. 6:7), life must be lived with due measure and, with discernment for a guide, the road must be traveled between the two kinds of excess so that in the end we may not allow ourselves to be diverted from the pathway of restraint which has been laid down for us nor fall through dangerous carelessness into the urgings of gluttony and self-indulgence." - St. John Cassian

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Parthenius, Bishop of Lampsacus  
Luke of Mount Storion  
Corinthians 6:1-10  
Matthew 25:14-30  
Orthros (8:50 am)  
Divine Liturgy (10:00 am) | Theodore the Commander  
Zacharias the Prophet  
Ephesians 2:4-10  
Matthew 10:16-22  
Parish Council Meeting (6:30 pm) | Leavetaking of the Presentation  
Nicephorus the Martyr of Antioch  
James 3:1-10  
Mark 11:11-23 | Hieromartyr Haralambios  
Anastasios, Patriarch  
Timothy 2:1-10  
Adult Sunday School |
| Sunday of the Canaanite  
Auxentius of the Mountain  
II Corinthians 6:16-18; 7:1  
Matthew 15:21-28  
Orthros (8:50 am)  
Divine Liturgy (10:00 am) | Onesimus the Apostle of the 70  
Anthimus the Elder of Chios  
Philemon 1:1-25  
Mark 12:13-17 | Pamphilus the Martyr & his Companions  
Romanos the Younger  
I Peter 3:10-22  
Mark 12:18-27  
Stewardship Meeting (7:30 pm) | Theodore the Tyro  
Mariamne, Sister  
II Corinthians 2:1-10  
Adult Sunday School |
| Sunday of the Publican and Pharisee  
Timothy the Righteous  
II Corinthians 3:10-15  
Luke 18:10-14  
Orthros (8:50 am)  
Divine Liturgy (10:00 am) | Martyrs Thalassius and Baradatus  
Anthousa the Martyr & her 12 Servants  
II Peter 1:20-21; 2:1-9  
Mark 13:9-13 | Polycarp, Bishop of Smyrna  
Proterios, Abp. of Alexandria  
II Peter 2:9-22  
Mark 13:14-23 | Romanos, Prince  
Boswell, Abbot  
II Corinthians 4:6-15  
Matthew 11:2-15  
Adult Sunday School |
| Sunday of the Prodigal Son  
Basil the Confessor  
I Corinthians 6:12-20  
Luke 15:11-32  
Orthros (8:50 am)  
Divine Liturgy (10:00 am)  
Chrismation - Tim Patishnock | March 1  
Andonina the New Martyr  
Eudocia the Samaritan  
I John 2:18-29; 3:1-8  
Mark 11:1-11 | Hesychius the Martyr  
Our Holy Father Nicholas Planas  
I John 3:9-22  
Mark 14:10-42 | Martyrs Eutropicus  
Basiliscus  
Nonnita, mother of St. Eutropicus  
I John 3:21-24; 4:1-7  
Mark 14:43-72; 15:1-10  
Adult Sunday School |
| Judgment Sunday  
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Lavrentios of Megara  
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Matthew 25:31-46  
Orthros (8:50 am)  
Divine Liturgy (10:00 am) | Hermas the Apostle of the 70  
Paul the Confessor  
III John 1:1-15  
Parish Council Meeting (6:30 pm) | Caesarios the Righteous  
The Holy Forty Martyrs of Sebastia  
Hebrews 12:1-10  
Matthew 20:1-16 | Anastasia of Alexandria  
Michael Mauro, Martyr  
Joel 3:12-21  
Joel 2:12-26  
Adult Sunday School |

- Shaded days denote a fast day.  
- denotes a Liturgy  
- Great Vespers/Compline  
- Akathist/Paraklesis  
- Presanctified Offerings
## Wednesday
- Tabalambos, Arch of Jerusalem
- School (8:00 pm)

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<td>Bessarion the Great</td>
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- fish/wine/oil allowed
- wine/oil allowed
Saints of the Week

February 07

Parthenius, Bishop of Lampsacus

Saint Parthenius was born in Melitopolis on the Hellespont, the son of a deacon named Christopher. Because of the miracles that he wrought even as a young man, he was ordained a priest and then Bishop of Lampsacus in the days of Saint Constantine the Great, from whom he received great gifts and authority both to overturn the altars of the idols and to raise up a church to the glory of Christ. Working many miracles throughout his life, he reposed in peace an old man and full of days.

Luke of Mount Stirion

Saint Luke was the descendant of a family from Aegina which, because of the frequent invasions of the Saracens, left Aegina and dwelt in Phocis, where the Saint was born in 896. From his earliest childhood Luke ate neither flesh, nor cheese, nor eggs, but gave himself over with his whole soul to hardship and fasting for the love of heavenly blessings, often giving away his clothing to the poor, for which his father punished him. After his father's death he secretly left home to become a monk, but the Lord, inclining to the fervent prayers of his mother, made him known, and he returned to her for a time to care for her. For many years he lived as a hermit, moving from place to place; he spent the last part of his life on Mount Stirion at Phocis, where there is a city named Stiris. The grace of God that was in him made him a wonder-worker, and his tomb in the monastery of Hosios Loukas, famous for its mosaics, became a source of healings and place of pilgrimage for the faithful. According to some he reposed in the year 946; according to others, in 953.

February 08

The Holy Prophet Zacharias (Zachariah)

The Prophet Zacharias was the son of Barachias, and a contemporary of the Prophet Aggeus (Dec. 16). In the days of the Babylonian captivity, he prophesied, as it says, in the book of Ezra, "to the Jews that were in Judah and Jerusalem" (Ezra 5: 1); he aided Zerubbabel in the rebuilding of the Temple in Jerusalem. In the book of Ezra he is called "Zacharias the son of Addo (or Iddo)" but in his own prophetic book he is called more fully "Zacharias, the son of Barachias, the son of Addo the Prophet" (Zach. 1:1). When the captives returned from Babylon, he came to dwell in Jerusalem in his old age. His book of prophecy is divided into fourteen chapters and has the eleventh place among the books of the minor Prophets; his name means "Yah is renowned."
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) ____________________________

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>______</td>
<td>______</td>
</tr>
</tbody>
</table>

| Home Tel | Mobile Tel | Work Tel | Email |
|__________|__________|__________|_______|
| ______ | ______ | ______ | ______ |

| Occupation | (Last, 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 | __ Newsletter / Publications | __ Website / Email | __ Family Ministry |
|________|________|________|________|
| ___ Audit Committee | ___ Website / Email | ___ Family Ministry |
| ___ Election Committee | ___ Education | ___ Hospitality / Welcome Ministry |
| ___ Office help | ___ Adult Education | ___ Visitation (Sick / Shut-ins) |

| BUILDING & GROUNDS | __ Liturgical | __ Outreach |
|________|________|________|
| ___ Property Maintenance | __ Baking Prophora | __ Youth |
| ___ Garden & Landscape | ___ Music Ministries | ___ Church School Teacher |
| ___ Iconography / Beautification | ___ Sanctuary & Altar Care | ___ Church School Administration |

| COMMUNICATIONS | __ Ministries | __ GOYA Advisor |
|________|________|________|
| ___ Computer / Technical | __ Coffee Hour | __ 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 23**, 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>Total Pledges: $74,210.00</th>
<th>Offerings Received: $16,225.00</th>
<th>Largest pledge: $6,760.00</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stewards pledged: 48</td>
<td>Pledges Unfulfilled: $61,785.00</td>
<td>Median pledge: $1,000.00</td>
</tr>
</tbody>
</table>

- Rev. Fr. Timothy & Pr. Catherine Cook
- Rev. Fr. Peter & Pr. Peggy Bistolarides
- Augusta Ahejew
- Petro & Sandra Ahejew
- Chris & Olga Anagost
- Dr. Thomas & Angela Barris
- Johnathan Bernhart
- Sophia Bernhart
- Thomas & Joan Billingsley
- Dr. John & Dr. Judy Blebea
- Brady & Sandy Duke
- Mark & Anastasia Bristley
- Georgia Caris
- Bill & Vonnie DeLong
- Soula Economou
- Bill & Alexia Evans
- Kathleen Gavalas
- Betty Lou Gustafson
- Evan & Alexia Houpis
- Matina Ioannidis
- Risty & Karen Kalivas
- Mersina Karris
- Katerina & Athanasios Katsiouras
- Ron & Connie Kelso
- Sameer & Areen Khoury
- Elaine Kimmerly
- James & Mary Kokas
- Mr. & Mrs. Legakis
- Dr. Elaine Makas
- Grace Makrianis
- Barbara Milionis
- Adam & Eleni Morris
- Tom & Peggy Nemode
- Elevtheria Paez
- Marge Paron
- Dr. Nicholas & Julie Paron
- Elaine Rapanos
- Jason Rapanos
- George & Fran Rouman
- F.T. & Beverly Siradakis
- Elaine Tambouridis
- William & Thespis Tarachas
- Art Tselepis
- Dr. George & Virginia Ulmer
- John Veremis
- Theodore & Georgia Veremis
- Kathleen Zacharko
- George & Gladys Zubulake
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.

Daily Meaningful Conversation

“If a married couple with children has fifteen minutes of uninterrupted, non-logistical, non-problem-solving talk every day, I would put them in the top 5% of all married couples. It’s an extraordinary achievement.”

(William Doherty, marriage/family therapist)

_for the next week, make the commitment to create a space in your daily life for a 15-minute conversation with your spouse that begins with prayer, where you do not discuss household logistics or children._
**ANNOUNCEMENTS**

**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.

**STEWARDSHIP CARDS:** Please completely fill out your stewardship cards! Even if your information has not changed, we're still finding incorrect information in our database. The stewardship card is how we check to make sure that we have accurate information for your address, phone numbers, and email addresses. Thank you!

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**TODAY'S GREETERS**

Kosta Povich & David Nichols

**Proshora**

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