

NO. 2025:3 | APRIL 2025

THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



HOLY WEEK SERVICES

Ten Things as We Begin Holy Week

by Fr. Theophan Whitfield

On the weekend of Palm Sunday, we begin the celebration of Holy Week—a 10-day long procession to the Cross, to the tomb, and to the Resurrection. And as we get ready, our Lord extends the same invitation to us as He extended to James and John. To all of us who wish to see His glory, who desire to be by His side at Pascha, Jesus first says to you and to me, “but are you able and willing to drink the cup that I drink from? Are you able to walk with me through Holy Week? Are you willing to be by my side, and to carry my Cross with me?”

I hope your answer is yes. I hope that Pascha is not just a Sunday on which we show up, having given no thought to Christ on the days of Holy Week.

To help us prepare — to help us take up and drink from the Lord’s same cup — I wanted to share a list of 10 things to do during Holy Week. These are 10 recommendations for how to be baptized with the same baptism with which our Lord is baptized.

(continued on page 2)

Sunday, April 13: Palm Sunday

Liturgy 10:30 a.m.

Bridegroom Service 6:30 p.m.

Monday, April 14: Great Monday

Bridegroom Service 6:30 p.m.

Tuesday, April 15: Great Tuesday

Pre-Sanctified Liturgy 9:30 a.m.

Bridegroom Service 6:30 p.m.

Wednesday, April 16: Great Wednesday

Unction 6:30 p.m.

Thursday, April 17: Great and Holy Thursday

Divine Liturgy 9:30 a.m.

Service of the Passion Gospels 6:30 p.m.

Friday, April 18: Great and Holy Friday

Royal Hours 9:30 a.m.

Decorating the Bier 11 a.m.

Vespers 3 p.m.

Lamentations 6:30 p.m.

All Night Vigil 9 p.m.

Saturday, April 19: Great and Holy Saturday

Liturgy and Chrismations 10 a.m.

Rush/Orthros 10:30 p.m.

Pascha Liturgy 12 midnight

Sunday, April 20: Agape Vespers at 1 p.m.

"Set aside time each day to sit quietly in front of an icon of Christ, about 20-30 minutes. Light a candle, say a short prayer, and then simply wait in silence for the Lord to speak a word, or to bestow a deeper sense of His presence. Being silent is a way of saying to God, "I am here. And I wait on no other than You. Visit me in my smallness."

Go to as many services as you can.

Intensify your fasting.

Create silence.

Create prayer.

Be still.

Always be with Christ.

Read a Gospel.

Seek forgiveness and healing.

Call someone who is sick or lonely.

Think about Bright Week and beyond!

[Read More](#)

(Source: Orthodox Church in America, oca.org)

"Disconnect entirely from your cell phone, e-mail, internet usage and especially social media . . . Do not watch TV, or listen to the radio. . . It's only for one week. The world will still be there after Pascha. When we create silence in this way, we give ourselves the space and opportunity to be drawn by Christ more deeply into His words and actions during Holy Week."



Lenten Fasting Guidelines are available online,
on the Saint George website.

[CLICK HERE.](#)

HOLY WEEK and PASCHA

Saturday, April 12 to Sunday, April 20, 2025

“Let none fear death, for the death of the Saviour has set us free.
Christ is risen and the demons have fallen.
Christ is risen and the angels rejoice.”

+St. John Chrysostom

LAZARUS SATURDAY – April 12

9:30 a.m. Divine Liturgy

THEME: The raising of Saint Lazarus from the dead is a pledge of our own resurrection.

11:00 a.m. Parish Clean-up

5:00 p.m. Great Vespers

THEME: Three readings from the Old Testament help us prepare to welcome Christ who comes as a King to usher in Salvation.



PALM SUNDAY – APRIL 13

9:30 a.m. Matins and Blessing of Palms

10:30 a.m. Divine Liturgy

THEME: The triumphal entry of Christ into Jerusalem before His voluntary death is recalled. Carrying palm branches, the faithful join in procession around the outside of the church in recognition of this historic event.

6:30 p.m. Bridegroom Service

THEME: The commemoration of the noble Joseph and the Gospel account of the fig tree that withered remind us that our lives are intended to produce ripe fruit.

GREAT MONDAY – APRIL 14

6:30 p.m. Bridegroom Service

THEME: The account of the wise and foolish virgins reminds us of the need to be watchful at all times expecting the arrival of Christ.

GREAT TUESDAY – APRIL 15

9:30 a.m. Pre-Sanctified Liturgy

6:30 p.m. Bridegroom Service

THEME: The anointing of Christ by the woman at Bethany reminds us of our sinfulness and our need for humility and mercy. The hymn of St. Cassiani calls us to pursue a spirit of reflection and repentance.

GREAT WEDNESDAY – April 16

6:30 p.m. Sacrament of HOLY UNCTION

THEME: The Sacrament of Holy Unction is celebrated for the healing of our souls and bodies. The themes of the 7 Epistle and Gospel readings are: repentance, forgiveness, and healing.

GREAT AND HOLY THURSDAY – April 17

9:30 a.m. Divine Liturgy

THEME: The Mystical Supper of Christ with His disciples is remembered as He offers the Mystery of His Body and Blood for our salvation. He commands us ‘do this in memory of Me’



6:30 p.m. The Service of the Passion Gospels

THEME: The passion and death of Our Lord and Saviour Jesus Christ is read from twelve Gospel accounts. The life-giving Cross is placed in the center of the church for our contemplation and veneration.

GREAT AND HOLY FRIDAY – April 18

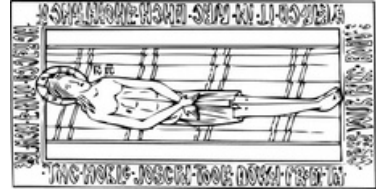
9:30 a.m. The Royal Hours

11:00 a.m. The Decorating of the Tomb

3:00 p.m. Vespers - commemorating Joseph of Arimathea's removal of the Body from the Cross.

6:30 p.m. Orthros with the Lamentations of the Theotokos

THEME: The life giving death on the Cross of Our Saviour Jesus Christ, the removal of His sacred body and the placing in the tomb are commemorated. As we relive these events we are reminded that the most beloved One has given over His very life for our sake. The sacred shroud and decorated bier are carried in funeral procession around the outside of the church as we relive the burial of our Lord.



All Night Vigil

Following the service we remain in church throughout the night, keeping watch before the tomb of Christ. The Psalter and Gospels are read with accounts from the lives of the saints.

(Sign up at <https://shorturl.at/v7Rri> or use the QR code.)

GREAT AND HOLY SATURDAY – April 19



10:00 a.m. Divine Liturgy and Chrismations

THEME: The tomb of Our Lord is our focus as we realize the death and burial of Christ and anxiously anticipate the joy of His Resurrection. The morning is one of both sorrow and joy. During the Liturgy we scatter bay leaves, an ancient sign of victory, to acknowledge Christ's victory over death.

THE GREAT AND GLORIOUS PASCHA

10:30 p.m. Rush Procession and Resurrection Matins

MIDNIGHT PASCHAL DIVINE LITURGY

THEME: The Glorious Resurrection of Jesus Christ from the dead is the sign of universal life.

The 'true light' is offered and a candle-lit procession makes its way around the church, reminding us that the Light has overthrown the darkness. Blessed red eggs are offered as a sign of new life.

The Paschal exclamation 'Christ Is Risen' is offered and exchanged. The Paschal Liturgy is celebrated in the light filled church as if in the light giving tomb of the Resurrection.

THEME: The Joyous Resurrection of Christ is announced and celebrated with the reading of the Resurrection Gospel in many languages. (Sign up at <https://shorturl.at/B3w8s> or use the QR code)

11:00 p.m. Agape Vespers of the Resurrection



Christ is Risen! – Truly He is Risen!
Christos anesti – alithos anesti Al-
maseeh qam – Ha-qan qam
Christos voskrese – Vo-istinu voskrese
Hristos a Inviat – a Deverat a Inviat
Le Christe est Resucité – En verité Il est Resucité
Icristo ha Resucitado – En verdad ha Resucitado
Kristo ame fukuka –Kweli ame fukuka



Palm Sunday

FISH LUNCHEON
APRIL 13, 2025

Donations to benefit church
projects are suggested but
not required

\$20 (or \$40 per family)
recommended

SKW Bake Sale

Donations benefit St. Katherine Women and
the 2025 Antiochian Women of North America project
toward the Widowed Clergy Wives Fund.



Holy Week Events

Lazarus Saturday: April 13

9:30 a.m. Liturgy

11 a.m. Parish Clean Up

Help beautify the church for Holy Week and Pascha.

The Maintenance Committee will provide all cleaning equipment and a list of tasks.

All that is needed is manpower! Even 15 minutes helps!

5 p.m. Great Vespers



**PLEASE JOIN US
TO MAKE THE BIER
GOOD FRIDAY April 18
11 A.M.**



Holy Friday All-Night Vigil

On Good Friday evening and the early morning hours of Holy Saturday, led by the teens and youth, we keep watch before the tomb of Christ. The Psalter and Gospels are read along with accounts from the lives of the saints. [Sign up here.](#)

Agape Vespers – Foreign Language Gospel

If you would like to read the Gospel in another language for Agape Vespers, please [sign-up here](#)



EGG HUNT and PASCHA PICNIC

SUNDAY, APRIL 20

IMMEDIATELY FOLLOWING AGAPE VESPERS

GRANGE FIELD PAVILION

599 CUMBERLAND ROAD; HAVERTOWN PA 19083

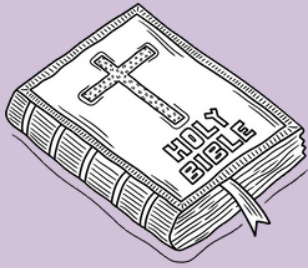
Join our parish as we continue to celebrate Pascha with an afternoon picnic and egg hunt for the kids! This park is situated 1.5 miles from our church and is equipped with a large pavilion, on site restrooms, a playground and ball field. Come as you are and enjoy the day with us!

We ask that everyone bring a food item to share. The ministry team will provide beverages, paper products, and filled plastic eggs for our annual egg hunt!

We hope to see you there!

STREET PARKING IS AVAILABLE ON CUMBERLAND RD, MYRTLE AVE, AND ASHURST RD.

April Greeters, Readers, and Coffee Hour



Greeters & Readers

April 6

Greeter: Cassia & Jonas Leach

Reader: Mary Nasr

April 13

Greeters: Marcia Ibrahim

Reader: Matthew Gordon

April 19 (Saturday Night)

Greeters: Teen SOYO

Reader: Ben Daniel

April 27

Greeter: The Harne Family

Reader: Jerome Burke

Interested in being a Greeter?

Contact the Office Administrator at
office@saintgeorgeupperdarby.org

Interested in being a Reader?

If you're interested in becoming a reader for the Epistle on Sunday, please contact the church office.

Coffee Hour Hosting Schedule

April 6: Team 1 (Last name A-D)

April 13: Fish Luncheon and Bake Sale
(Last name E-I helps with Clean-up)

April 20: Pascha Picnic

April 27: Team 4 (Last name N-Z)

Hosting coffee hour includes set-up and clean-up, as well as providing food. *Hosting is an opportunity to show hospitality to each other and is not intended to be a burden - please contribute in the way that you are able*



Pick up a "Food For Hungry People" alms donation box in the narthex.
Return it to the candle stand table after Pascha.



April 2025

SUN	MON	TUE	WED	THU	FRI	SAT
March 30 <i>St. John Climacus</i> Matins 9:30 a.m. Liturgy 10:30 a.m. Choir Rehearsal Potluck Meal	March 31 Great Compline 6:30 p.m.	1 Orthros 9:30 a.m. Choir Rehearsal 6:30 p.m.	2 PreSanctified Liturgy 6:30 p.m.	3 Third Hour 9:30 a.m.	4 Akathist 6:30 p.m.	5 St. Katherine Women Baking Day Vespers 5 p.m.
6 <i>St. Mary of Egypt</i> Matins 9:30 a.m. Liturgy 10:30 a.m. Choir Rehearsal Parish Council Coffee Hr Team 1 A-D	7 Great Compline 6:30 p.m.	8 Orthros 9:30 a.m. Choir Rehearsal 6:30 p.m. Akathist 7-8 p.m. <i>online</i>	9 PreSanctified Liturgy 6:30 p.m.	10 Third Hour 9:30 a.m.	11 Little Compline with Canon of St. Lazarus 6:30 p.m.	12 <i>Lazarus Saturday</i> Liturgy 9:30 a.m. Clean-Up Day 11 am Vespers 5 p.m.
13 <i>Palm Sunday</i> Matins 9:30 a.m. Liturgy 10:30 a.m. Fish Luncheon SKW Bake Sale Bridegroom 6:30 pm	14 Bridegroom Matins 6:30 p.m.	15 PreSanctified Liturgy 9:30 a.m.	16 Holy Unction 6:30 p.m.	17 Vesperal Divine Liturgy 9:30 a.m. Holy Thursday 12 Gospels 6:30 p.m.	18 Royal Hours 9:30 am Bier 11 a.m. Holy Friday Vespers 3 p.m. Lamentations 6:30 p.m. Vigil 9 p.m.	19 Holy Saturday Liturgy 10 a.m. Rush Procession and Resurrection Matins 10:30 p.m. Pascha Feast 1 a.m.
20 <i>Pascha</i> Agape Vespers 1 p.m. Egg Hunt & Picnic TBD	21	22 Orthros 9:30 a.m. Liturgy for St. George 6 p.m.	23	24 Third Hour 9:30 a.m.	25	26 Vespers 5 p.m.
27 <i>Thomas Sunday</i> Matins 9:30 a.m. Liturgy 10:30 a.m. Coffee Hour Team 4 N-Z	28	29 Orthros 9:30 a.m. Akathist 7-8 p.m. <i>online</i>	30	May 1 Third Hour 9:30 a.m.	May 2	May 3 Vespers 5 p.m.