

NO. 24 | AUGUST 2023

THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



AUGUST DATES TO REMEMBER

The Daily Cycles of Prayer: Hours, Compline and Nocturne

By Fr. Thomas Hopko

In addition to the liturgical services of Vespers and Matins, there are also the services of the Hours, Compline, and Nocturne. These services are chanted in monasteries but are seldom used in parish churches except perhaps during Lent and Holy Week, and on special feast days.

The services of Hours are called the First, Third, Sixth and Ninth. These “hours” conform generally to the hours of six and nine in the morning, noon, and three in the afternoon. The services consist mostly of psalms which are generally related to the events in the passion of Christ which took place at that particular hour of the day. The Third Hour also refers to the coming of the Holy Spirit to the disciples on Pentecost.

- August 1 - 14: Dormition Fast
- Wed. August 2: Paraklesis
- Sun. August 6: Transfiguration
- Wed., August 9: Paraklesis
- Tuesday, August 15: Dormition of the Theotokos (*Orthros & Liturgy on Monday, August 14 evening*)
- Saturday, August 19 - Planning Meeting
- Tuesday, August 29: Beheading of John the Baptist

(continued on page 2)

(Continued from page 1)

The troparia of the given day or of the feast being celebrated are added to the Hours. During the first days of Holy Week as well as on certain major feasts, the Gospel is also read during the Hours. On days when there is no Divine Liturgy, the so-called Typical Psalms which include elements of the Divine Liturgy such as the liturgical psalms, the Beatitudes, and the Creed are read after the Ninth Hour.

[Continue reading here](#)

Sunday School: Everyone's Responsibility by Caroline Becker and Cynthia Long



"Fathers and mothers: Go and lead your child by the hand into the church." — St. John Chrysostom

The education of children in our Orthodox Faith is everyone's responsibility. It starts with the parents and extends to parishioners and Parish Council members as well. Parents who value the Eucharist and sacraments teach their children to do the same and are far greater instructors than their Sunday School educators. When parents pray with their children, children learn to seek a true relationship with God for themselves. Bringing your family to church during feasts and fasts teaches children the importance of joining the larger parish family in celebrations and in preparations. Christian Education is a 24/7 calling.

Fr. Hector Firoglanis of the Greek Archdiocese reminds parents that according to many of the Fathers of the Church, the upbringing of our children in godliness is the most important parenting task. The spiritual well-being of children is more important than food, clothing, shelter, and physical needs, and more critical than a good education and career. He quotes St. John Chrysostom, "We are so concerned with our children's schooling [and worldly success]; if only we were equally zealous in bringing them up in the discipline and instruction of the Lord." Children follow the examples of their parents. On behalf of St. George Sunday School, we encourage you to register and bring your children to Divine Liturgy and Sunday School, and more so: we encourage you to pray with your children. Place icons above the beds or at eye-level of your youngest children. The home is to be a "little church."

Christian Education is everyone's calling. Parishioners and parish council members must value and support Sunday School with as much diligence as is provided to coffee hours, budgeting, and maintenance concerns. Parish Council has done this through ensuring an annual adequate Sunday School budget line, and consideration for more classroom space in light of increasing student enrollment and the bathroom expansion project. Also, many current and former Parish Council members teach Sunday School. Moreover, every parishioner is a member of the family-in-God, and many are parents, grandparents, aunts and uncles, or godparents to our Sunday School youth. We are all called to Christ's command to witness to the world, including our youth. Like parents, we are all role models. In the collective effort to continue discipling our children, we all need to work together to support and run our Sunday School program.

August Greeters and Readers

August 6

St. Katherine Women

Greeter: Cynthia Long

Reader: Sheri San Chirico

August 13

Parish Council

Greeter: Michael Solomon

Reader: Peter Solomon

August 20

Teen SOYO

Greeters: Ryan Ibrahim &

Luke Becker

Reader: Luke Becker

August 27

Ministry Teams

Greeters: Naomi Cardell

Reader: Kerry San Chirico

Interested in being a greeter?

Contact

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.

References for "Sunday School: Everyone's Responsibility"

Department of Christian Education, Orthodox Church in America. <https://dce.oca.org/resource/236>

Department of Christian Education, Orthodox Church in America. <https://dce.oca.org/resource/257>

Firoglanis, Fr. Hector. "The Upbringing of Children According to the Holy Fathers of the Church." Greek Orthodox Archdiocese of America. October 1, 2008. <https://www.goarch.org/-/the-upbringing-of-children-according-to-the-holy-fathers-of-the-church>

Sunday School Needs You!

Please prayerfully consider some ways to help Sunday School as we prepare to start our new year on September 17, 2023.

Volunteer as a:

- **Teacher** – Responsible for weekly lessons (preparation and execution). Communicate with other teachers and parents as needed. Work with Office for supply requests and official parental communications. Arrange coverage (substitute) for known absences.
- **Teacher's Aide** – Commit to being present in most every class with the same group of students and Lead Teacher. Assist with learning and helping students stay focused. If comfortable, may fill in for the lead teacher on occasion. Aides are not expected to lead classes, but can use the opportunity to explore the possibility of teaching in the future.
- **Substitute Teacher** – Be available to fill in for a Teacher or Teacher's Aide on as-needed basis when planned or even last-minute staffing absence occurs. You can be a floater (any age) or specifically for a particular age group only.

Donate supplies:

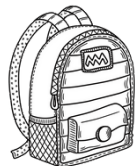
Notebooks; Markers; white paper; Construction Paper; "Dry-Erase" Markers; Pens & Pencils; Glue sticks; Small icons

Donate furniture: Sofa, comfortable chairs, mini-refrigerator

Donate Gift Cards: Staples, Wal-Mart, or Ancient Faith

Pray for the Sunday School teachers and students.

Teen SOYO Backpack Project



Teen SOYO is sponsoring backpacks and school supplies to donate to needy Elementary School students. Please consider supporting this important ministry by donating \$35.

Upcoming Events

Sunday, August 13, 12:30 p.m. -- Parish Council Meeting

Sunday, September 10 -- Sunday School Registration

Sunday, September 24 -- Annual Parish Picnic



AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursd	Friday	Saturday
		1 Dormition Fast begins. Matins 9:30 a.m.	2 Paraklesis 6:30 p.m.	3 Third Hour 9:30 am 12 Baskets 8 p.m.	4	5 Bible Study 3 p.m. Vespers 5 pm
6 Transfiguration Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15	7	8 Matins 9:30 a.m. Akathist, 7 p.m. Maintenance Mtg (Zoom) 8 pm	9 Paraklesis 6:30 p.m.	10 St. Laurence Third Hour 9:30 am	11	12 Bible Study 3 p.m. Vespers 5 pm
13 10th Sunday of Matthew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15 Parish Council 12:30	14 Liturgy for Dormition of the Theotokos 6 pm Orthros 7 pm Liturgy	15 Akathist 7 p.m.	16	17 Third Hour 9:30 am	18	19 No Vespers
20 <i>Prophet Samuel</i> 11th Sunday of Matthew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15	21	22 Matins 9:30 am Akathist 7 p.m.	23	24 Third Hour 9:30 am	25	26 Readers Vespers, 5 pm
27 12th Sunday of Mathew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15	28 Long-Term Planning. 6:30 pm (Zoom)	29 Beheading of John the Baptist Orthros & Liturgy 9:30 Akathist 7 p.m.	30	31		



Help us plan for Sunday School Students and classrooms!

Register your children today.

Use this QR Code or visit

<https://t.ly/Hn5kV>