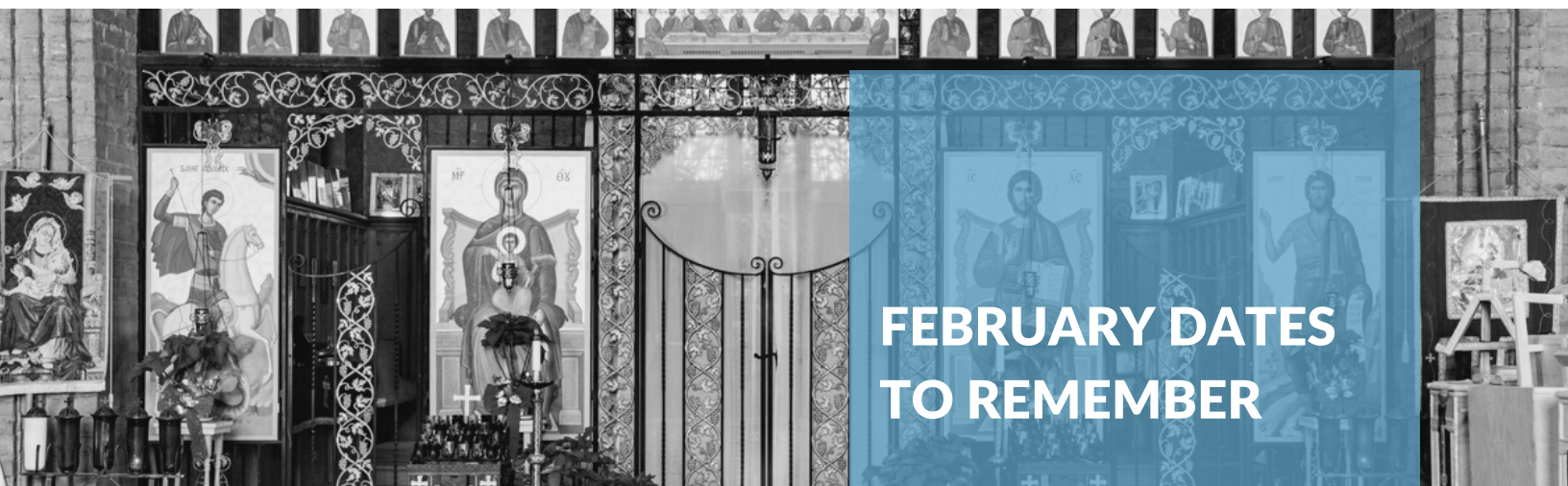


VOL. 18 | FEBRUARY 2023

# THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



## FEBRUARY DATES TO REMEMBER

### Daily Cycles of Prayer

This year our Sunday School is concentrating on the Divine Liturgy. As a companion, the newsletter over the next few months will have articles concerning the larger cycle of services and prayer life within the Orthodox Faith and Tradition.

#### Great Lent

By Fr. Thomas Hopko

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity

with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors. In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to "anoint our faces" and to "cleanse our bodies as we cleanse our souls." The very first hymns of the very first service of Great Lent set the proper tone of the season:

- SOYO Luncheon 2/12
- Meatfare 2/12
- Cheesefare 2/19
- Forgiveness Sunday / Great Lent Begins 2/26

*(Continued on page 2)*

(Continued from page 1)

Let us begin the lenten time with delight ... let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.

Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance (Vespers Hymns).

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God's mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ's Resurrection and our own.



**Family Camp Registrations :** [Click Here](#)  
**Winter Camp Registration:** [Click Here](#)  
**Summer Camp 2023:** [Click here](#)



## Pre-Great Lent Reflection

As we begin the Triodion season and prepare to enter the Great Fast we offer this reflection:

"There is both a physical and a spiritual fast. In the physical fast the body abstains from food and drink. In the spiritual fast, the faster abstains from evil intentions, words and deeds. One who truly fasts abstains from anger, rage, malice, and vengeance. One who truly fasts abstains from idle and foul talk, empty rhetoric, slander, condemnation, flattery, lying and all manner of spiteful talk. In a word, a real faster is one who withdraws from all evil."

As much as you subtract from the body, so much will you add to the strength of the soul."

+ St. Basil The Great

# February Greeters and Readers

## February 5

Greeters: Ed & Karla Donahue

Reader: Caroline Becker

## February 12

Greeters: Jerry Burke

Reader: Sheri San Chirico

## February 19

Greeters: San Chirico Family

Reader: Kerry San Chirico

## February 26

Greeters: TBD

Reader: Ed Donahue

## Interested in being a greeter?

Contact  
Ed Donahue at  
edjdonahue@gmail.com

## Interested in being a reader?

If you're interested in becoming a reader for the Epistle on Sunday, please contact the church office. We will be holding a workshop for all readers in late August or early September to review the process and create a schedule for readers.

# Upcoming Events

## House Blessings

Fr. Joel will be blessing home after Theophany. If you would like your home blessed, please refer to the church website to fill out a form or [click here](#).

1. Houses are traditionally blessed with "Theophany water"; each year. A house can be blessed at any time, but the usual season for yearly blessings is from Theophany until the beginning of the Lenten Triodion, which begins four Sundays before Great Lent begins. This is not a hard and fast rule, but a good rule of thumb. This is a special time for blessings because Christ in great humility accepts to be Baptized and renew the nature of water. We bring this renewed water into our homes so that our homes can be clean too.

2. Water is blessed using the "Great Blessing of the Waters" service at two distinct times during Theophany: after Vespers on the Eve of Theophany and after the Divine Liturgy on Theophany. The blessings are identical, and the water is identical. The 2nd Great Blessing of Water, on the day of the Feast, is sometimes done by a parish, or by groups of parishes, and it takes place on the Day of Theophany or on a close Sunday. This 2nd Great Blessing takes place outdoors at a river, lake, or other such body of water.

In some places such as Greece a large cross is thrown into the body of water and swimmers race to get it

and bring it back to the bishop or priest for a special blessing.

3. When a home is blessed, we are in a way washing the home and making everything clean and fresh.

The following is an example of what we have on hand to prepare for the priest's visit.

- A brush & bowl for the water or,
- Fr. may bring a sprinkler for sprinkling the holy water around the home
- Candles & An icon
- A list of names for the prayers for the living and the deceased<sup>3</sup>

The priest will bless all rooms of the house except the bathrooms. In homes with children, it is always

good for the little ones to carry a candle or a small cross and "lead" the priest throughout the house. An elder member of the house may also do this.

4. The basic order for a simple home blessing is as follows.

a. The bowl of water, icon and lit candles are placed on a clean table. IF there is a censer, it may be lit.

b. The priest begins the service with a blessing and the Trisagion prayers (O heavenly King through the "Our Father". It is always preferable that the eldest of another member of the family

say the Trisagion prayers.

c. After this the entire home is blessed, with the family walking with the priest holding candles and the Theophany icon while the Theophany Troparion is sung over and over:

**Tone 1:** *When Thou O Lord, wast baptized in the Jordan, / the worship of the Trinity was made manifest; / for the voice of the Father bore witness to Thee, / calling Thee His beloved Son. / And the Spirit in the form of a dove / confirmed the truth of the word. / O Christ our God, Who hast appeared // and hast enlightened the world, glory be to Thee.*

d. Upon finishing blessing the house, the family gathers again at the table, and a short litany is said for the welfare of the family. The priest should have been provided a list of all family members, including those who are ill.

e. After this a short prayer, and the service is ended.

f. It is entirely appropriate the deceased loved ones of the family be commemorated from a list provided to the priest.







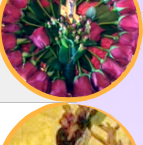

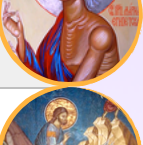
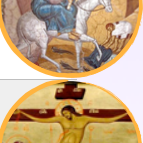
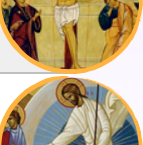

g. Sometimes the family wants to give the priest a little something to eat; depending on the time the priest has available, he may stay and visit. But please remember the priest may have other visits to pray with other families so everyone can have their home blessed.

## SOYO Luncheon

SOYO will be hosting a luncheon after church on February 12th. Please let Alex Ibrahim know what you will be contributing.

# OUR JOURNEY TO PASCHA! 2023

Created by Fr. Jonathan Bannon (ACROD)

| SUNDAYS   | THEMES / GOSPEL READING   | HOW TO PARTICIPATE:  |
|---|---|--|
| Fast - Free Week<br><b>FEBRUARY 5th</b>                         | <br><i>TRIODION WEEKS</i><br><b>Publican and the Pharisee</b><br>Epistle: 2 Timothy 3: 10-15<br>Gospel: Luke 18: 10-14                             | Show compassion on the poor and distressed. Trust in God, not yourself and ask for His help before every task this week. |
| Normal Fast Week<br><b>FEBRUARY 12TH</b>                        | <br><b>The Prodigal Son Returns!</b><br>Epistle: 1 Corinthians 6: 12-20<br>Gospel: Luke 15: 11-32  | Schedule a Confession. Every morning say, "Today I will be humble."<br>Use up/freeze meats this week.                    |
| Meatfare<br><b>FEBRUARY 19th</b><br>FAREWELL TO MEAT TODAY      | <br><b>The Last Judgement</b><br>Epistle: 1 Corinthians 8: 8-9:2<br>Gospel: Matthew 25: 31-46  | Pray facing East this week.<br>Christ is returning from the East and we wait for Him!<br>Use up/freeze dairy this week.  |
| Cheesefare<br><b>FEBRUARY 26TH</b><br>FAREWELL TO CHEESE TODAY  | <br><b>Adam and Eve are cast from Paradise!</b><br><i>FORGIVENESS SUNDAY</i><br>Epistle: Romans 13: 11-14:4<br>Gospel: Matthew 6:14-21             | Ask each other for forgiveness each evening this week before bed.  |
| 1st Sunday of Lent<br><b>MARCH 5th</b>                          | <br><i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i><br><b>SUNDAY OF ORTHODOXY</b><br>Epistle: Hebrews 11:24-26, 32-12:2<br>Gospel: John 1:43-51 | Bring an icon to church for a procession.  |
| 2nd Sunday of Lent<br><b>MARCH 12th</b>                         | <br><b>ST GREGORY PALAMAS</b><br>Epistle: Hebrews 1:10-2:3<br>Gospel: Mark 2:1-12  | Bring a prayer rope to be blessed today!<br>Use it and pray the Jesus Prayer each day this week.                         |
| 3rd Sunday of Lent<br><b>MARCH 19th</b>                         | <br><b>VENERATION OF THE HOLY CROSS</b><br><i>HALF WAY TO PASCHA!</i><br>Epistle: Hebrews 4: 14-5:6<br>Gospel: Mark 8: 34-9:1                    | Wear your cross to church and kiss the cross each morning with a bow!  |
| 4th Sunday of Lent<br><b>MARCH 26TH</b>                         | <br><b>ST JOHN of the LADDER</b><br>Epistle: Hebrews 6:13-20<br>Gospel: Mark 9: 17-31  | Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!                |
| 5th Sunday of Lent<br><b>APRIL 2nd</b>                          | <br><b>ST MARY of EGYPT</b><br>Epistle: Hebrews 9: 11-14<br>Gospel: Mark 10: 32-45   | Ask the Theotokos to offer you and the world pure thoughts and ideas this week.  |
| FLOWERY (PALM) SUNDAY!<br><b>APRIL 9th</b><br>GREAT WEEK BEGINS | <br><i>GREAT AND HOLY WEEK</i><br><b>ENTRY OF OUR LORD INTO JERUSALEM</b><br>Epistle: Philippians 4: 4-9<br>Gospel: John 12: 1-18                | Place your palm branches and pussywillows behind an icon at home and in your car!  |
| GREAT AND HOLY FRIDAY<br><b>APRIL 16th</b>                      | <br><b>GREAT AND HOLY FRIDAY</b><br><i>JESUS DIES ON THE CROSS</i><br>CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE                | Refrain from TV, Internet & Phones to honor Christ's Death.  |
| FEAST OF FEASTS!<br><b>APRIL 23rd</b><br>NO FASTING!            | <br><i>BRIGHT WEEK</i><br><b>HOLY PASCHA! (CHRIST IS RISEN!)</b><br>Epistle: Acts 1:1-8 Gospel: Jan 1:1-17                                       | Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!                                       |

# THE DISCIPLINE OF FASTING

From The Lenten Triodion by Archim. Kallistos Ware and Mother Mary, pp. 35-37

Within this developed pattern of Lent, what precisely do the rules of fasting demand? Neither in ancient nor in modern times has there ever been exact uniformity, but most Orthodox authorities agree on the following rules:

1. During the week between the Sunday of the Publican and the Pharisee and that of the Prodigal Son, there is a general dispensation from all fasting. Meat and animal products may be eaten even on Wednesday and Friday.
2. In the following week, often termed the 'Week of Carnival', the usual fast is kept on Wednesday and Friday. Otherwise there is no special fasting.
3. In the Week before Lent, meat is forbidden, but eggs, cheese and other dairy products may be eaten on all days, including Wednesday and Friday.
4. On weekdays (Monday to Friday inclusive) during the seven weeks of Lent, there are restrictions both on the number of meals taken daily and on the types of food permitted; but when a meal is allowed, there is no fixed limitation on the quantity of food to be eaten.
  - a. On weekdays in the first week, fasting is particularly severe. According to the strict observance, in the course of the five initial days of Lent, only two meals are eaten, one on Wednesday and the other on Friday, in both cases after the Liturgy of the Presanctified. On the other three days, those who have the strength are encouraged to keep an absolute fast; those for whom this proves impracticable may eat on Tuesday and Thursday (but not, if possible, on Monday), in the evening after Vespers, when they may take bread and water, or perhaps tea or fruit-juice, but not a cooked meal. It should be added at once that in practice today these rules are commonly relaxed. At the meals on Wednesday and Friday xerophagy is prescribed. Literally this means 'dry eating'. Strictly interpreted, it signifies that we may eat only vegetables cooked with water and salt, and also such things as fruit, nuts, bread and honey. In practice, octopus and shell-fish are also allowed on days of xerophagy; likewise vegetable margarine and corn or other vegetable oil, not made from olives. But the following categories of food are definitely excluded:
    - i. meat;
    - ii. animal products (cheese, milk, butter, eggs, lard, dripping);
    - iii. fish (i.e. fish with backbones);
    - iv. oil (i.e. olive oil) and wine (i.e. all alcoholic drinks).
  - b. On weekdays (Monday to Friday inclusive) in the second, third, fourth, fifth and sixth weeks, one meal a day is permitted, to be taken in the afternoon following Vespers, and at this one meal xerophagy is to be observed (42).
  - c. Holy Week. On the first three days there is one meal each day, with xerophagy; but some try to keep a complete fast on these days, or else they eat only uncooked food, as on the opening days of the first week.

On Holy Thursday one meal is eaten, with wine and oil (i.e. olive oil) .

# February 2023

| SUN  | MON   | TUE  | WED | THU  | FRI | SAT  |
|--|---|--|-----|--|-----|--|
|  |   |  | 1   | 2<br>Orthros & Liturgy<br>9:30 pm<br>12 Baskets 8 pm | 3   | 4<br>Vespers 5pm<br>Orthodoxy 101<br>6pm                             |
| 5<br>Orthros 9:30am<br>Liturgy 10:30 am<br>St. Katherine Women<br>Meeting 12:30 pm   | 6<br>Maintenance<br>Committee 8 pm                | 7<br>No Matins 9am<br>Akathist 7pm<br>Chior Practice 7<br>pm | 8   | 9<br>No 3rd Hour 9am                                 | 10  | 11<br>Gordon Baptism<br>10 am<br>Vespers 5pm<br>Orthodoxy 101<br>6pm |
| 12<br>Orthros 9:30 am<br>Liturgy 10:30<br>Saddic Memorial 12<br>pm<br>Parish Council 12:30<br>pm<br>Choir Practice 12:30<br>pm | 13<br>Fellowship of St.<br>Moses the Black<br>7pm | 14<br>Matins 9 am<br>Akathist 7 pm                           | 15  | 16<br>3rd Hour 9am                                   | 17  | 18<br>VSKW Book CLub<br>espers 5pm<br>Orthodoxy 101<br>6pm           |
| 19<br>Orthros & Liturgy<br>9:30am<br>SOYO Luncheon<br>12:30 pm   | 20  | 21<br>Matins 9 am<br>Choir Practice 7pm<br>Akathist 7pm      | 22  | 23<br>3rd Hour 9am                                   | 24  | 25<br>Vespers 5pm<br>Orthodoxy 101<br>6pm                            |
| 26<br>Orthros 9:30am<br>Liturgy 10:30 am   | 27  | 28<br>Matins 9 am<br>Choir Practice 7pm<br>Akathist 7pm      |     |  |     |  |

To view the full calendar, visit [www.saintgeorgeupperdarby.org](http://www.saintgeorgeupperdarby.org)

Not on our mailing list? Contact Christiana at [office@saintgeorgeupperdarby.org](mailto:office@saintgeorgeupperdarby.org) to add your name to our mailing list.

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