

NO. 23 | JULY 2023

THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



JULY FEASTS

The Daily Cycles of Prayer: Matins

By Fr. Thomas Hopko

The morning service of the Church is called Matins. It opens with the reading of six morning psalms and the intoning of the Great Litany. After this, verses of Psalm 118 are sung:

*God is the Lord and has revealed himself unto us.
Blessed is he who comes in the name of the Lord.*

The Troparion is then sung and, if it be a monastery, various groups of psalms which differ each day are read. Once again there are hymns on the theme of the particular day. On major feast days, special praises and psalms are sung, which on the Lord's Day sing of Christ's resurrection from the dead. On major feasts and on Sundays, the Gospel is also read.

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Click the link to read more about these saints.

July 1: [Ss. Cosmas & Damian the Holy Unmercenaries](#)

July 2: [St. John Maximovitch, Archbishop of Shanghai and San Francisco](#)

July 5: [St. Athanasios of Mount Athos](#)

July 7: [St. Kyriaki the Great Martyr](#)

July 8: [Prokopios the Great Martyr](#)

July 11: [Euphemia the Great Martyr](#)

July 20: [St. Elias \(Elijah\) the Prophet](#)

July 22: [Mary Magdalen, the Holy Myrrhbearer and Equal to the Apostles](#)

July 25: [Dormition of St. Anna, the Mother of the Theotokos](#)

July 26: [St. Paraskevi the Martyr](#)

July 27: [St. Panteleimon the Great Healer and Martyr](#)

(*Matins*, continued from page 1)

After the Gospel there is a long intercessory prayer followed by a set of hymns and readings called the Canon. These songs are based on the Old Testament canticles and conclude with the song of Mary, the so-called Magnificat (Lk 1.46–55). The Great Doxology is chanted followed by the morning litanies. The troparion is also repeated once again before the congregation is dismissed to begin the activities of the day.

The Matins service of the Church unites the elements of morning psalmody and prayer with meditation on the Biblical canticles, the Gospel reading, and the particular theme of the day in the given verses and hymns. The themes of God's revelation and light are also always central to the morning service of the Church. Sometimes, particularly in churches of the Russian tradition, the Matins and the Vespers services are combined to form a long vigil service. On special feast days, the blessing of bread, wheat, wine, and oil is added to the Vespers, even when it is served separately from Matins. The faithful partake of the blessed food and are anointed with the oil as a sign of God's mercy and grace.

New Icons at St. George (part two)

by Caroline Becker



If you've attended any services at St. George this spring, you will have seen our two newly commissioned icons in the nave. If you haven't joined us in a while, come worship with us and venerate the beautiful images of St. David of Wales and St. Moses the Ethiopian.

St. David of Wales was highlighted in our March newsletter. In this issue, the life and legacy of St. Moses the Ethiopian is featured.

St. Moses the Ethiopian is also sometimes called St. Moses the Black or St. Moses of Skete. He was at first a slave and later a ruthless thief and murderer who lived a violent and dissolute life. Later, he came to repentance in the Monastery at Skete, where he struggled in prayer and humility. Once the Fathers in Skete asked Moses to come to an assembly to judge the fault of one of the brothers, but he refused. When they insisted, he took a basket (or jar) which had a hole in it, filled it with sand (or water), and carried it on his shoulders. The Fathers saw him coming and asked him what the basket meant. He answered, "My sins run out behind me, and I do not see them, and I am come this day to judge failings which are not mine." At the end of the fourth century, St. Moses met his death in this way: barbarians and thieves came to pillage the monastery, and St. Moses, repentant of killing other men when he was a thief, awaited them and was willingly slain by them, along with six other monks.

St. Moses is an African saint reflective of the depth and breadth of the North African saints and desert fathers and mothers of the Church. His icon is a tangible witness to the significance of Africans and African Americans in Philadelphia.

(Continued on page 3)

July Greeters and Readers

July 2

SOYO

Greeter: Ryan Ibrahim

Readers: Lucy San Chirico

July 9

Parish Council

Greeter: Marcia Ibrahim

Reader: Jerry Burke

July 16

St. Katherine Women

Greeter: Naomi Cardell

Reader: Cynthia Long

July 23

Ministry Teams

Greeter: The Gordons

Reader: Matthew Gordon

July 30

5th Sunday

Greeter: Michael Martin
and Cynthia Long

Reader: Renee Gillam

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.

Icons, continued

(from page 2)

In Philadelphia, African Americans comprise forty percent of the population and one third of the population of Upper Darby. St. Moses' life is a testament to the transformational power of the Holy Spirit.

The Fellowship of St. Moses the Black (more information below) is a national pan-Orthodox fellowship whose mission is to "...equip Orthodox Christians for the ministry of Racial Reconciliation, and to share the Orthodox Christian faith with African Americans and people of color." For almost 30 years, it has hosted annual conferences on various themes connected to racial reconciliation, produced songs, akathists and other spiritual writings, as well as connected members through online prayer groups, a women's group and different regional chapters. Members of our parish have attended the annual conference for a number of years and since Dcn. Joseph's arrival we've been able to start a Philadelphia Chapter that meets monthly online for praying one of the fellowship's Akathists or Canons for Racial Reconciliation and hosting other discussions.

The Fellowship of St. Moses the Black



The Vision of the Fellowship of St. Moses the Black is to see the face of Christ reflected in countless expressions of His love and reconciliation throughout the world whereby people of all races and backgrounds are drawn to the love and healing of Jesus Christ discovered in the ancient Orthodox Christian Church.

The Fellowship is a pan-Orthodox body made up of Orthodox Christians in good standing, and embraces and re-echos the timeless teaching of the one, holy, catholic, and apostolic Church.

Meetings at St. George are hosted online by Dcn. Joseph and are usually held the 2nd Monday of the month at 7 p.m. *Please see Dcn. Joseph for more information.*

Upcoming Events

Sunday, July 9, 12:30 p.m. -- Parish Council Meeting

Saturday, August 19, 10 a.m. -- Liturgical Year Planning Meeting for Parish Council and Ministry Committee Heads

Sunday, September 10 -- Sunday School Registration

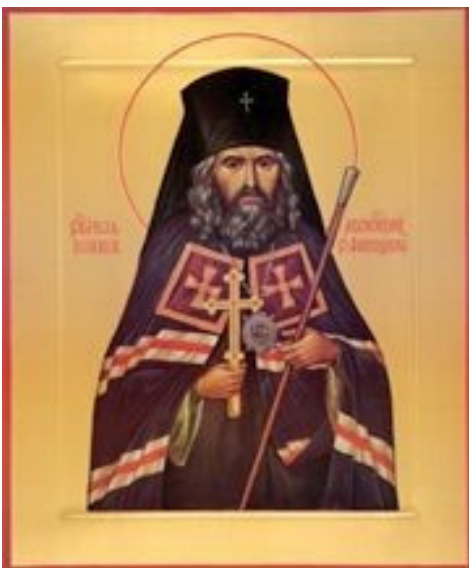
Sunday, September 24 -- Annual Parish Picnic



JULY 2023

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Parish Life Conference NO Vespers
2 4th Sunday of Matthew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15 no St. Katherine Women Mtg	3	4 Independence Day NO Matins Akathist 7 p.m.	5	6 NO Third Hour	7
9 5th Sunday of Matthew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15 Parish Council 12:30	10 7 pm Fellowship of St. Moses the Black	11 NO Matins Akathist 7 pm	12	13 NO Third Hour	14
16 Fathers of the 4th Ecumenical Council Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15	17	18 NO Matins Akathist 7 pm	19	20 NO Third Hour Icon Committee 7:30	21
23 7th Sunday of Matthew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15	24	25 NO Matins Akathist 7 pm	26	27 NO Third Hour	28
30 8th Sunday of Matthew Orthros 9:30 a.m. Liturgy: 10:30 a.m. Choir Practice 12:15 St. Katherine Women 12:30	31	<p style="text-align: right;">Special Services in August</p> Wednesday, August 2: Paraklesis 6:30 p.m. Wednesday, August 9: Paraklesis 6:30 p.m. Tuesday, August 15: Orthros & Liturgy for the Dormition of the Theotokos, 9:30 a.m.			

Twentieth Century Saints Commemorated in July



St. John Maximovitch
July 2



St. Elizabeth the New Martyr
July 18



Mother Maria Skobtsova
July 20

The background of the entire image is a night sky filled with stars. A prominent, bright star with a four-pointed starburst is located in the upper right quadrant. In the lower left, the silhouettes of three camels are visible against a dark, rocky hill. The central text is in a golden, serif font, and the bottom text is in a white, sans-serif font.

St. Katherine's Women Trip

Payment due July 30. Thank you!

SIGHT & SOUND
THEATRES

MIRACLE OF CHRISTMAS

LIVE ON STAGE

Saturday, December 2
11 a.m.

\$84.55 per person.

Transportation & food extra.

Please make checks payable to "St. Katherine's Women"