

NO. 2025:2 | MARCH 2025

# THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



## MARCH DATES TO REMEMBER

### The Annunciation by Fr. Thomas Hopko

The services of the feast of the Annunciation, the Matins and the Divine Liturgy, stress again and again the joyous news of the salvation of men in the birth of the Savior:

*Today is the beginning of our salvation, the revelation of the eternal mystery. The Son of God becomes the Son of the virgin, as Gabriel announces the coming of Grace. Together with him let us cry to the Theotokos: Rejoice, O Full of Grace, the Lord is with you (Troparion).*

The celebration of the Annunciation, therefore, is the feast of our own reception of the glad tidings of salvation, and our own glorification of the maiden Mary who becomes the Mother of God in the flesh.

#### Clean Week (First Week of Lent)

Monday, March 3: Great Compline 6:30 p.m.  
Tuesday, March 4: Great Compline 6:30 p.m.  
Wednesday, March 5: PreSanctified 6:30 p.m.  
Thursday, March 6: Great Compline 6:30 p.m.  
Friday, March 7: Akathist 6:30 p.m.

Mondays; March 3, 10, 17, 31  
Great Compline 6:30 p.m.

Wednesdays; March 5, 12, 19, 26  
Pre-Sanctified Liturgy & Potluck 6:30 p.m.

Fridays; March 7, 14, 19, 28  
Akathist 6:30 p.m.

Great Vespers: Monday, March 24 6:30 p.m.

#### Annunciation

Tuesday, March 25 at 6:30 p.m.

# March Greeters, Readers, and Coffee Hour

## Greeters & Readers

**March 2**

**Greeter:** Lansner Family

**Reader:** Caroline Becker

**March 9**

**Greeters:** Mary & Hayat Nasr

**Reader:** Mary Nasr

**March 16**

**Greeters:** Roxi Harne

**Reader:** Karen Burke

**March 23**

**Greeter:** Renee Gillam

**Reader:** Sheri San Chirico

**March 30**

**Greeter:** Cynthia Long

**Reader:** Justine Leach

## Coffee Hour Hospitality Ministry



### **Hosting Schedule:**

**March 2:** Team 1 (Last name A-D)

**March 9:** Team 2 (Last name E-I)

**March 16:** Team 3 (Last name J-M)

**March 23:** Team 4 (Last name N-Z)

**March 30:** Full parish potluck

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.*



### **Interested in being a Greeter?**

Contact the Office Administrator at

[office@saintgeorgeupperdarby.org](mailto: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.

# OUR JOURNEY TO PASCHA! 2025

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 9th</b>	 <i>TRIODION WEEKS</i> <b>Publican and the Pharisee</b> Epistle: 2 Timothy 3:10-15 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 <b>FEBRUARY 16th</b>	 <b>The Prodigal Son Returns!</b> Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32	Schedule a Confession. Every morning say, "Today I will be humble." Use up/freeze meats this week.
Meatfare <b>FEBRUARY 23rd</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgement</b> Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 2nd</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> <i>FORGIVENESS SUNDAY</i> Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 9th</b>	 <i>GREAT LENT BEGINS WITH FORGIVENESS VESPERS</i> <b>SUNDAY of ORTHODOXY</b> Epistle: Hebrews 11:24-26, 32-12:2 Gospel: John 1:43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 16th</b>	 <b>ST GREGORY PALAMAS</b> Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 23rd</b>	 <b>VENERATION OF THE HOLY CROSS</b> <i>HALF WAY TO PASCHA!</i> Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent <b>MARCH 30th</b>	 <b>ST JOHN of the LADDER</b> Epistle: Hebrews 6:13-20 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 <b>APRIL 6th</b>	 <b>ST MARY of EGYPT</b> Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 13th</b> GREAT WEEK BEGINS	 <i>GREAT AND HOLY WEEK</i> <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Epistle: Philippians 4:4-9 Gospel: John 12:1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 18th</b>	 <b>GREAT AND HOLY FRIDAY</b> <i>JESUS DIES ON THE CROSS</i> CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 20th</b> NO FASTING!	 <i>BRIGHT WEEK</i> <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1:1-8 Gospel: John 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) .

On Great Friday those who have the strength follow the practice of the early Church and keep a total fast. Those unable to do this may eat bread, with a little water, tea or fruit-juice, but not until sunset, or at any rate not until after the veneration of the Epitaphion at Vespers.

On Holy Saturday there is in principle no meal, since according to the ancient practice after the end of the Liturgy of St. Basil the faithful remained in church for the reading of the Acts of the Apostles, and for their sustenance were given a little bread and dried fruit, with a cup of wine. If, as usually happens now, they return home for a meal, they may use wine but not oil; for on this one Saturday, alone among the Saturdays of the year, olive oil is not permitted.

The rule of xerophagy is relaxed on the following days:

On Saturdays and Sundays in Lent, with the exception of Holy Saturday, two main meals may be taken in the usual way, around mid-day and in the evening, with wine and olive oil; but meat, animal products and fish are not allowed.

On the Feast of the Annunciation (25 March) and Palm Sunday, fish is permitted as well as wine and oil, but meat and animal products are not allowed. If the Feast of the Annunciation falls on the first four days of Holy Week, wine and oil are permitted but not fish. If it falls on Great Friday or Holy Saturday, wine is permitted, but not fish or oil.

Wine and oil are permitted on the following days, if they fall on a weekday in the second, third, fourth, fifth or sixth week:

First and Second Finding of the Head of St. John the Baptist (24 February)

Holy Forty Martyrs of Sebaste (9 March)

Forefeast of the Annunciation (24 March)

Synaxis of the Archangel Gabriel (26 March)

Patronal festival of the Church or Monastery

Wine and oil are also allowed on Wednesday and Thursday in the fifth week, because of the vigil for the Great Canon. Wine is allowed - and, according to some authorities, oil as well - on Friday in the same week, because of the vigil for the Akathistos Hymn.

It has always been held that these rules of fasting should be relaxed in the case of anyone elderly or in poor health. In present-day practice, even for those in good health, the full strictness of the fast is usually mitigated. Only a few Orthodox today attempt to keep a total fast on Monday, Tuesday and Thursday in the first week, or on the first three days in Holy Week. On weekdays - except, perhaps, during the first week or Holy Week - it is now common to eat two cooked meals daily instead of one. From the second until the sixth week, many Orthodox use wine, and perhaps oil also, on Tuesdays and Thursdays, and less commonly on Mondays as well. Permission is often given to eat fish in these weeks. Personal factors need to be taken into account, as for example the situation of an isolated Orthodox living in the same household as non-Orthodox, or obliged to take meals in a factory or school canteen. In cases of uncertainty each should seek the advice of his or her spiritual father. At all times it is essential to bear in mind that 'you are not under the law but under grace' (Rom. 6:14), and that 'the letter kills, but the spirit gives life' (2 Cor. 3:6). The rules of fasting, while they need to be taken seriously, are not to be interpreted with dour and pedantic legalism; 'for the kingdom of God is not food and drink, but righteousness and peace and joy in the Holy Spirit' (Rom. 14:17).

# Coffee Hour is Service to One Another

*“Be devoted to one another with mutual love, showing eagerness in honoring one another.”*  
Romans 12:10

## Coffee Hour Hospitality Ministry

To encourage everyone to participate we have divided the parish into four teams, with each team being responsible for hosting coffee hour once a month:

**Team 1 (Last name A-D):** First Sunday of the month

**Team 2 (Last name E-I):** Second Sunday of the month

**Team 3 (Last name J-M):** Third Sunday of the month

**Team 4 (Last name N-Z):** Fourth Sunday of the month

**Full parish potluck on the occasional Fifth Sunday of the month.**

Hosting coffee hour includes set-up and clean-up, as well as providing food. With several families participating each week, the work can be spread among many and should be light for each.

*Participation in hosting coffee hour is not intended to be a burden.*

*Please contribute in the way that you are able.*

Families/groups/ministries are welcome to volunteer to sponsor coffee hour on a given Sunday to celebrate a special occasion, in remembrance of a loved one, or for any reason at all. Please use the QR code to access a sign-up genius or let Roxi Harne or Justine Leach know the date you would like to host.

Thank you for your support of the Saint George community!





## Food for Hungry People 2025 51st Anniversary

Food for Hungry People alms boxes are available in the narthex.

Please return your alms box to the candle stand (next to the candle donations box) at Pascha.

This year FFHP celebrates 51 years of raising funds for our FOOD FOR HUNGRY PEOPLE & CHARITABLE OUTREACH program. Through your generosity, over \$6.5 million has been distributed to the hungry poor in the United States, Canada and around the world.

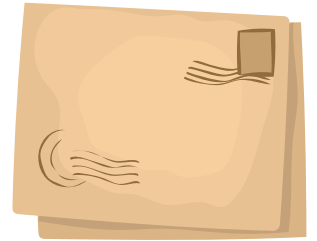
During this past year, we made every effort to reach out to those in need in our own parishes and in our local communities.

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### Stewardship Mailing & Pledge Cards

Please return your pledge cards.

Members of Saint George parish should have received a stewardship mailing which outlines various aspects of giving their time, talents, and treasure to support our church. A pledge card for 2025 is enclosed in the mailing. Please write your name on the pledge card and return it to the offering basket.



See Jerome Burke for more information.

God bless you for helping to make our community a wonderful place to worship.

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### The Philadelphia Chapter of the Palestine Children's Relief Fund

#### فرصة تطوعية / Volunteer Opportunity

The Philadelphia Chapter of the Palestine Children's Relief Fund (PCRF) is welcoming patients to our region through their Treatment Abroad Program.

As part of our efforts, we are looking for volunteers. Anyone is welcome to volunteer, but we are especially interested in Arabic-speaking volunteers.

In addition, we are building a network of local medical and behavioral health care professionals willing to provide care that is not part of the primary treatment plan.

If interested, please complete form(s) or contact Reem Tarazi at [ratarazi\[at\]yahoo.com](mailto:ratarazi@yahoo.com) (PCRF Philadelphia Medical Affairs Coordinator).

Thank you!



Please see [pcrf.net](http://pcrf.net) for more information about PCRF and the program.

# OUR PARISH FAMILY



## We “Wrestle Not Against Flesh and Blood . . . “? Go Penn!

On Sunday, February 16, several members of St. George went to cheer on Jude Swisher, the 157 lb. sophomore wrestler from UPenn and our parish.

Jude & Penn dominated on the mat!

## News From Canada

On January 13th, Joshua and Sharlene welcomed a baby girl into their family.

She was 6 lb. 7 oz. at birth and has grown some in this most recent photo!

Esmeralda-Marie received the latter half of her name on behalf of the Most Holy Theotokos and Ever-Virgin Mary.



## Meal Train for the Clarks

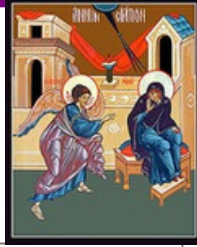
Congratulations and many years to Dcn. Joseph and Sh. Rebecca on the birth of baby Elizabeth (Ella Rose). Ella arrived in the early morning hours late last week, weighing in at 9 lbs., 11 oz. and measuring 20 inches long.

Please join us in supporting the family with by donating home-cooked meals or meal / restaurant gift cards.

Website link: <https://www.mealtrain.com/trains/03n599>



# March 2025



SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>"Fasting, prayer, alms, and every other good Christian deed is good in itself, but the purpose of the Christian life . . . is the acquisition of the Holy Spirit of God." -- St. Seraphim of Sarov</i></p>						<p><b>1</b> Liturgy for Saturday of Souls 9:30 a.m.</p> <p>Bible Study 3 p.m. Vespers 5 p.m.</p>
<p><b>2</b></p> <p>Matins 9:30 a.m. Liturgy 10:30 a.m.</p> <p>Forgiveness Vespers 12 noon</p>	<p><b>3</b></p> <p>Great Compline 6:30 p.m.</p>	<p><b>4</b></p> <p>Orthros 9:30 a.m.</p> <p>Great Compline 6:30 p.m.</p>	<p><b>5</b></p> <p>PreSanctified Liturgy 6:30 p.m.</p>	<p><b>6</b> No Third Hour</p> <p>Great Compline 6:30 p.m. Focus Homeless Outreach 8 p.m.</p>	<p><b>7</b></p> <p>Akathist 6:30 p.m.</p>	<p><b>8</b></p> <p>Bible Study 3 p.m. Family Vespers 4:30 Young Family Potluck 5:30 p.m.</p>
<p><b>9</b> <i>Sunday of Orthodoxy</i></p> <p>Matins 9:30 a.m. Liturgy 10:30 a.m.</p> <p>Parish Council 12:30 p.m.</p>	<p><b>10</b></p> <p>Great Compline 6:30 p.m.</p>	<p><b>11</b> Orthros 9:30 a.m.</p> <p>Choir Rehearsal 6:30 p.m. Akathist 7 p.m. <i>online</i></p>	<p><b>12</b></p> <p>PreSanctified Liturgy 6:30 p.m.</p>	<p><b>13</b></p> <p>Third Hour 9:30 a.m.</p>	<p><b>14</b></p> <p>Akathist 6:30 p.m.</p>	<p><b>15</b></p> <p>Bible Study 3 p.m. Vespers 5 p.m.</p> <p>SOYO-Younger Bowling TBD</p>
<p><b>16</b> <i>St. Gregory Palamas</i></p> <p>Matins 9:30 a.m. Liturgy 10:30 a.m.</p> <p>Parishwide St. Katherine Mtg SOYO-H.S. Mtg</p>	<p><b>17</b></p> <p>Great Compline 6:30 p.m.</p>	<p><b>18</b></p> <p>Orthros 9:30 a.m.</p> <p>Choir Rehearsal 6:30 p.m. Akathist 7 p.m. <i>online</i></p>	<p><b>19</b></p> <p>PreSanctified Liturgy 6:30 p.m.</p>	<p><b>20</b></p> <p>Third Hour 9:30 a.m.</p>	<p><b>21</b></p> <p>Akathist 6:30 p.m.</p>	<p><b>22</b></p> <p>Bible Study 3 p.m. Vespers 5 p.m.</p> <p>SOYO-H.S. Food &amp; Fellowship 6 p.m.</p>
<p><b>23</b> <i>Holy Cross</i></p> <p>Matins 9:30 a.m. Liturgy 10:30 a.m.</p>	<p><b>24</b></p> <p>Great Vespers 6:30 p.m.</p>	<p><b>25</b></p> <p>Orthros 9:30 a.m.</p> <p>Vesperal Liturgy for Annunciation 6:30 p.m.</p>	<p><b>26</b></p> <p>PreSanctified Liturgy 6:30 p.m.</p>	<p><b>27</b> Third Hour 9:30 a.m.</p> <p>Young Families Book Club 8 p.m. (<i>online</i>)</p>	<p><b>28</b></p> <p>Akathist 6:30 p.m.</p>	<p><b>29</b></p> <p>Bible Study 3 p.m. Vespers 5 p.m.</p>
<p><b>30</b> <i>St. John Climacus</i></p> <p>Matins 9:30 a.m. Liturgy 10:30 a.m.</p>	<p><b>31</b></p> <p>Great Compline 6:30 p.m.</p>	<p>April 1</p> <p>Orthros 9:30 a.m.</p> <p>Choir Rehearsal 6:30 p.m. Akathist 7 p.m. <i>online</i></p>	<p>April 2</p> <p>PreSanctified Liturgy 6:30 p.m.</p>	<p>April 3</p> <p>Third Hour 9:30 a.m.</p> <p>Focus Homeless Outreach 8 p.m.</p>	<p>April 4</p> <p>Akathist 6:30 p.m.</p>	<p>April 5</p> <p>Bible Study 3 p.m. Vespers 5 p.m.</p>