

VOL. 14 | OCTOBER 2022

THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



OCTOBER DATES TO REMEMBER

- SOYO Coffee Hour - 10/2
- AWE Retreat - 10/8
- FSMB Annual Conference - 10/14-10/16
- Fall Family Potluck - 10/29

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.

Prayer - Part I

By Fr. Thomas Hopko

Prayer is essential to Christian life. Jesus Christ himself prayed and taught men to pray. One who does not pray to God cannot be a follower of Christ.

In the Orthodox Church all prayer is Trinitarian. We pray in the Holy Spirit, through Jesus the Son of God, and in his name, to God the Father. We call God “our Father” because Jesus has taught us and enabled us to do so. We have the capability of addressing God as Father because we are made sons of God by the Holy Spirit (see Rom 8).

In the Church we also address prayers to Christ and the Holy Spirit, the Divine Persons who are one with God the Father and exist eternally in perfect unity with him, sharing his divine being and will.

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In the Church we also pray to the saints—not in the same way as we pray to the Persons of the Holy Trinity, but as our helpers, intercessors, and fellow-members of the Church who are already glorified with God in his divine presence. Foremost among the saints and first among the mere humans who are glorified in God's Kingdom is Mary, the Theotokos and Queen of Heaven, the leader among our saintly intercessors before God. We can also pray to the holy angels to plead our cause before God.

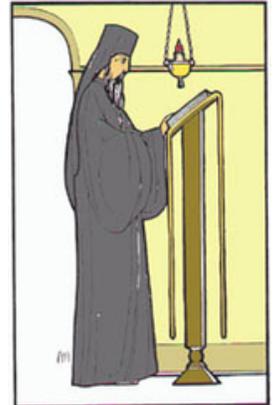
In the traditional catechism of the Church three types of prayer are listed: asking, thanking, and praising. We can add a fourth type which can be called lamenting before God, questioning him about the conditions of life and the meaning of our existence, particularly in times of tragedy and confusion. We very often find all four kinds of prayer in the Bible.

Sometimes prayer is defined as a dialogue with God. This definition is sufficient if we remember that it is a dialogue of silence, carried on in the quiet of our hearts. In the Orthodox Church a more ancient and traditional definition of prayer calls

it the lifting of the mind and heart to God, the standing in his presence, the constant awareness and remembrance of his name, his existence, his power and his love. This is the kind of prayer which is also called "walking in the presence of God."

The purpose of prayer is to have communion with God and to be made capable of accomplishing his will. Christians pray to enable themselves to know God and to do his commandments. Unless a person is willing to change himself and to conform himself to Christ in the fulfillment of his commandments, he has no reason or purpose to pray. According to the saints, it is even spiritually dangerous to pray to God without the intention of responding and moving along the path that prayer will take us.

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Teen SOYO - Youth Month - Special Olympics

Today, throughout our archdiocese, the North American Council of Teen SOYO is sponsoring the Annual Special Olympics Awareness Day fundraiser in support of next summer's 42nd Annual Special Olympics Camp. For over 40 years, the teens of our Archdiocese have hosted a week-long camp each August at the Antiochian Village for Special Olympics Pennsylvania Athletes. It is the second longest running program for Special Olympics Pennsylvania. Our camp offers a unique experience for the athletes, their coaches and members of Teen SOYO to appreciate God's many blessings. Every summer, our Teen SOYO coaches arrive at camp expecting to affect the lives of the athletes, yet ultimately, we are the ones who walk away changed and more enlightened.

Each year, NAC Teen SOYO covers the cost of the camp, approximately \$70,000, through the generosity of our fellow parishioners. Through the years, we have hosted more than 8,500 athletes and coaches. Around 1,200 of our teens have had the unique experience of being a coach or volunteer at the camp. The athletes train in basketball, softball, soccer, track and field, volleyball, swimming, golf, tennis, bocce, flag football and golf. The week concludes with all the pageantry of competition day including the parade of athletes, the carrying of the torch and the Special Olympics oath, "Let me win, but if I cannot win let me brave in the attempt." The evening programs are loaded with fun and fellowship: karaoke, challenge night, movie night -- complete with popcorn, a farewell dance, a picnic, fishing offsite and more. It is always a memorable week. Through this firsthand SOYO Special Olympics Camp experience, the youth of our Archdiocese exemplify the Youth ministry platform of "Living the Orthodox Faith in Christ through Worship, Witness, Service and Fellowship." As volunteers representing our entire Archdiocese, we offer ourselves in service to make this week a treasured experience for the athletes. We are blessed to have the opportunity to serve, pray and play with the athletes who show their appreciation when they refer to camp as their "favorite week of the year."

Today, we ask for your prayers and your financial assistance to enable us to sponsor the 42nd Annual Special Olympics Sports Camp. Lives have been changed, both for the athletes and for our teens. We thank God for your ongoing support and the opportunity for us to serve others through the SOPA/SOYO Multi-Sports Training Camp, known better to us as the SOYO Special Olympics Sports Camp. As an expression of our gratitude, we offer you an icon card of All Saints. Thank you for your support of Special Olympics Sports Camp. May God bless you and all our participants in this wonderful ministry

October Greeters and Readers

October 2

Greeters: Luck Becker & Narek Sarkessian
Reader: Lucy San Chirico

October 9

Greeters: Jonas Leach & Ryan Ibrahim
Reader: Luck Becker

October 16

Greeters: Randa Ibrahim & Mikayla Ibrahim
Reader: Brigid San Chirico

October 23

Greeters: Bridgid & Lucy San Chirico
Reader: Gabrielle Gillam

October 23

Greeters: Randa Ibrahim & Gabrielle Gillam
Reader: Randa Ibrahim

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.

Changes for 2023 Offering Envelopes

Beginning in January 2023, boxes of offering envelopes will be mailed on a quarterly basis to those who have signed up for the envelope program. **Whether or not you have previously received envelopes, if you would like to receive envelopes in 2023, you MUST fill out this brief form:**

<https://forms.gle/nf9ZhYNVwXJvUevg7>

If you have any questions, please don't hesitate to contact the office.

Upcoming Events

SOYO Coffee Hour

SOYO will be hosting coffee hour on October 2nd after Liturgy. Students participating should contact Alex Ibrahim what they are bringing.

St. Katherine Women Art Museum Trip

St. Katherine Women will be taking a trip to the Philadelphia Art Museum after Liturgy on October 2nd. They will be viewing the Byzantine exhibition. If you are interested in attending, please contact Cynthia.

Sunday School Help

Our current Sunday School teachers are seeking extra adults to join them as assistants and potentially as substitute teachers on occasion. Anyone interested learning more about this opportunity and others in our Sunday school program this year, please see Caroline Becker during coffee hour or email her at becker.caroline.n@gmail.com.

Adopt a College Student: Seeking Sponsor Families!

It's that time of year again! As we prepare to welcome back our college students, we're looking for families who are interested in "adopting" a college student who will attend St. George this fall while they are in the area for school. If you are interested, please fill out this Google form: <https://forms.gle/jNVaDP8wrCHy3iH6A>. We will be pairing students with families in early to mid-September once the students return to campuses.

Fellowship of St. Moses the Black 2022 Annual Conference

This year's conference will be our first in a hybrid format, taking place simultaneously in person in Pittsburgh and also online! The 29th Annual Fellowship of St. Moses the Black Conference will explore what it means to "Baptize Culture"! Is this a new idea, or does it have deep roots in Christian Faith and practice? For full details and to register, please visit <http://mosestheblack.org/conferences/2022-conference/>.

Save the Date: Fall Retreat 2022

The fall retreat will be held on November 11-13 at St. George. This year's theme will be "Global Orthodoxy and the World Christian Movement". More details will follow early in the fall, but mark your calendar now so you don't miss this great retreat!

October 2022

SUN	MON	TUE	WED	THU	FRI	SAT
						1 Vespers 5pm Orthodoxy 101 6pm
2 Orthros & Liturgy 9:30am Parish Council 12:30 pm SOYO Coffee Hour 12:30 pm SKW Trip 12:30 pm	3 Maintenance Committee Meeting 8 pm	4 Matins 9am Akathist 7pm Choir Practice 7pm	5 Bible study 7pm	6 3rd Hour 9 am	7	8 AWE Retreat (HPM) Vespers 5pm Orthodoxy 101 6pm
9 Orthros & Liturgy 9:30am Choir Practice 12:30pm	10 FSMB 7pm	11 Matins 9am Akathist 7 pm	12	13 3rd Hour 9am	14 Fellowship of St. Moses the Black Annual Conference	15 FSMB Annual Conference Readers Vespers 5pm Orthodoxy 101 6pm
16 Orthros & Liturgy 9:30am FSMB Annual Conference	17	18 Liturgy @ St. Luke 10 am Akathist 7pm Choir Practice 7pm	19 Bible study 7pm	20 3rd Hour 9am	21	22 Readers Vespers 5pm Orthodoxy 101 6pm
23 Orthros & Liturgy 9:30am SKW 12:30pm Long Term Planning 12:30pm	24	25 Matins 9am Akathist 7pm Choir Practice 7pm	26 Liturgy @ St. Demetrius 10 am	27	28	29 Vespers 5pm Fall Family Potluck 6 pm Orthodoxy 101 6 pm
30 Orthros & Liturgy 9:30am SKW 12:30pm	31					

To view the full calendar, visit www.saintgeorgeupperdarby.org
 Not on our mailing list? Contact Christiana at office@saintgeorgeupperdarby.org to add your name to our
 mailing list.

St. George Orthodox Church
 8210 West Chester Pike, Upper Darby, PA 19082
 610-853-1171 • office@saintgeorgeupperdarby.org