

VOL. 13 | SEPTEMBER 2022

THE DELIVERER

A Monthly Newsletter of St. George Upper Darby



SEPTEMBER DATES TO REMEMBER

- Nativity of the Theotokos - 9/8
- Parish Picnic - 9/11
- Fellowship of St. Moses the Black - 9/12
- Elevation of the Cross - 9/14
- Parish Council - 9/18
- Coffee Hour Potluck - 9/25

Elevation of the Cross

By Fr. Thomas Hopko

The Elevation of the Cross, celebrated on the fourteenth of September, commemorates the finding of Christ's Cross by Saint Helen, the mother of the Emperor Constantine in the fourth century; and, after it was taken by the Persians, of its recovery by the Emperor Heraclius in the seventh century at which time it was "elevated" in the Church of the Resurrection in Jerusalem. From this latter event the "universal elevation" of the Cross was celebrated annually in all of the churches of the Christian Empire.

The day of the Elevation of the Cross became, as it were, the national holiday of the Eastern Christian Empire similar to the Fourth of July in the United States. The Cross, the official emblem of the Empire which was placed on all public buildings and uniforms, was officially elevated on this day by the bishops and priests. They blessed the four directions of the universe with the Cross, while the faithful repeated the chanting of "Lord have mercy." This ritual is still done in the churches today after the solemn presentation and elevation of the Cross at the end of the Vigil service of the holy day following the Great Doxology of Matins.

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The troparion of the feast which was, one might say, the “national anthem” sung on all public occasions in the Christian Empires of Byzantium and Russia, originally petitioned God to save the people, to grant victory in war and to preserve the empire “by the virtue of the Cross.” Today the troparion, and all the hymns of the day, are “spiritualized” as the “adversaries” become the spiritually wicked and sinful including the devil and his armies, and “Orthodox Christians” replace the names of ruling officials of the Empire.

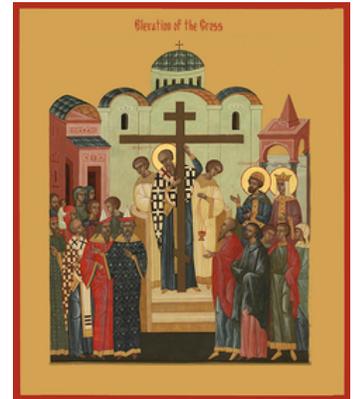
O Lord, save Thy people and bless Thine inheritance. Grant victories to the Orthodox Christians over their adversaries; and by the virtue of Thy Cross, preserve Thy habitation (Troparion).

As Thou was mercifully crucified for our sake, grant mercy to those who are called by Thy name; make all Orthodox Christians glad by Thy power, granting them victories over their adversaries, by bestowing on them the invincible trophy, Thy weapon of peace (Kontakion).

The holy day of the Elevation of the Cross, although it has an obviously “political” origin, has a place of great significance in the Church today. It remains with us as a day of fasting and prayer, a day when we recall that the Cross is the only sign worthy of our total allegiance, and that our salvation comes not by “victories” of any earthly sort but by the only true and lasting victory of the crucifixion of Christ and our co-crucifixion with him.

When we elevate the Cross and bow down before it in veneration and worship to God, we proclaim that we belong to the Kingdom “not of this world,” and that our only true and enduring citizenship is with the saints in the “city of God” (Eph 2.19; Heb 11.10; Rev 21–22).

[Continue reading here.](#)



Sunday School at St. George

by Caroline Becker

Our St. George Sunday school program has been ongoing for many years - some of the parents of our current Sunday school children were actually in the Sunday school program when they were younger! During the pandemic, we switched to a modified virtual format for classes, and last year was our first year back with in-person Sunday School. We've most recently completed our study of the 12 Great Feasts of the Church, and prior to that had studied through the Old and New Testaments.

This year we have the opportunity to work on studying the Liturgy with the students so that we can all have a better understanding of the movements of the Liturgy, the interconnectedness of the Liturgy and Scripture, and with a hope that all children will be able to memorize key components of the Liturgy, namely The Lord's Prayer, the Nicene Creed, and the prayer before Holy Communion.

This year we anticipate having 25-30 kids on our roster and as you all can observe in the pews those numbers are just going to grow given the number of infants and toddlers either on the way or just getting started with their little lives. We want our Sunday school program to be a place where these children will love to learn about Christ and his Church and the Scriptures, a place where we can plant seeds that will grow into beautiful trees that are deeply rooted in God's word. We also want to have a place where children can interact with other faithful Christian adults who they can trust and who love them unconditionally that are not their parents, so they can have modeled for them Church life beyond what they may experience at the home. However, our Sunday school program cannot be strong without families who commit to bringing their kids regularly to services and modeling prayers and Christian living at home.

Additionally, our Sunday school program is only able to run due to the gracious assistance of a few volunteer teachers, some of whom are also parents themselves and most of whom are also working full time during the week. It's our desire to have more adults involved. We do not expect for adults in the Sunday school program to be professional teachers or to be parents -- we just would love to have more adults who want to be available to encourage young people in the faith and support the work we are doing. So if you have any interest in seeing how you can be involved with Sunday School, let us know! If you don't want to directly be involved, but have other skills to offer in support of our program (can you pray regularly for teachers and students? Can you watch a toddler so a parent can help in another class?), also let us know!

September Greeters and Readers

September 4

Greeters: Gordon family
Reader: Caroline Becker

September 11

Greeters: Burke family
Reader: Sheri San Chirico

September 18

Greeters: Donahue family
Reader: Kerry San Chirico

September 25

Greeters: San Chirico family
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.

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

Parish Picnic - September 11

The Parish Picnic will be held on Sunday, September 11 at Ridley Creek State Park (Pavilion 11B) after Liturgy. Sign up and let us know what you'll bring at our [Sign Up Genius](#).

Sunday School Registration

Registration for the 2022-23 Sunday School year is now open! If you plan to enroll your child in Sunday School, please complete the Google registration form: <https://forms.gle/usdPEG2GJvRr8iuXA>

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.

SOYO Pizza Party and Youth Month Planning

Calling all teens! Join SOYO after Vespers on Saturday, September 10, for a pizza party to kick off the school year. SOYO will also be making plans for activities during Youth Month in October - it's an event you don't want to miss!

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!

September 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 NO 3rd Hour 12 Baskets 8pm	2	3 Vespers 5pm Orthodoxy 101 6pm
4 Orthros & Liturgy 9:30am	5	6 Matins 9am Akathist 7pm Choir Practice 7pm	7 Bible study 7pm	8 Orthros and Liturgy 9am	9	10 Vespers 5pm Orthodoxy 101 6pm SOYO Pizza Party and Youth Month Planning 6pm
11 Orthros & Liturgy 9:30am Choir Practice 12:30pm Parish Picnic 1pm	12 FSMB 7pm Maintenance Committee 8pm	13 Matins 9am Orthros and Liturgy 6pm	14	15 3rd Hour 9am Icon Committee 7:30pm	16	17 Readers Vespers 5pm Orthodoxy 101 6pm
18 Orthros & Liturgy 9:30am Sunday School begins Parish Council 12:30pm SOYO 12:30pm	19	20 Matins 9am Akathist 7pm Choir Practice 7pm	21 Bible study 7pm	22 3rd Hour 9am	23	24 Readers Vespers 5pm Orthodoxy 101 6pm
25 Orthros & Liturgy 9:30am SKW 12:30pm Long Term Planning 12:30pm	26	27 Matins 9am Akathist 7pm Choir Practice 7pm	28	29	30	

To view the full calendar, visit
www.saintgeorgeupperdarby.org

**Not on our mailing list? Contact Caitlin at office@saintgeorgeupperdarby.org
to add your name to our mailing list.**