

AN ICON OF THE SIGN

Among the ancient and most revered icons of the Church are those which depict the Holy Virgin and Child Jesus. These, in turn, are divided into a number of categories, and among them are those known by the term **"Icon of the Sign."**

Such icons show the Mother of God in frontal view, with her arms upraised in the ancient gesture of prayer, and with Christ depicted on her chest, again in frontal view. Cherubims and Serafims are often included in the icon, indicating that the Mother of God is *"more honorable than the Cherubim, and beyond compare more glorious than the Serafim . . ."*

It is to the Old Testament and the prophecy of Isaiah that one must turn for an understanding of the name of such icons. The Prophet Isaiah wrote: *"Therefore, the Lord Himself shall give you a sign: Behold, a virgin shall conceive, and bear a son, and shall call his name Immanuel."* And so the Virgin Mother with her Child in her bosom is the "sign" of the Incarnation, of God becoming Man to save him from sin and death. This, of course, is the very essence of the Christian faith, and it is no wonder, then, that such icons are given a prominent place in the church building.

Students of iconography also like to speak of these icons as images of the Church, which brings salvation through Christ to humankind, as the Holy Virgin confined in her womb the unconfinable Lord. So we have this mystery of the Church as the Body of Christ.

The Holy Bible refers to the Virgin Mother as "full of grace," and "blessed among women." The Church has given her a special place among the Saints of God and the creatures of the earth. This special veneration and esteem is given her precisely because of her relationship to Jesus Christ. She is His mother. The Church always approaches her with this special relationship in mind. Remember, the Church honors the mother because of the Son.

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ST.DEMETRIOS GREEK ORTHODOX CHURCH

NORTH WILDWOOD, NEW JERSEY

September 10, 2023

SUNDAY BEFORE HOLY CROSS

WELCOME ALL VISITORS:

On behalf of the Parish Council, Fr. Michael, and the entire family of St. Demetrios, we would like to welcome our Visitors for joining us today in our sacred worship service. If you need any assistance please notify any of the Parish Council members. God Bless our Visitors and may your stay here be pleasant and memorable. Please don't hesitate to come again.

SPONSORING COFFEE HOUR:

If anyone is interested in sponsoring the coffee hour please contact the Church office –Monday-Wednesday-Friday (609) 522-0152 or contact Parish Council President Nick Konides (609) 425-0179.

COFFEE HOUR:

Everyone is invited to come and share fellowship during the Coffee Hour. On behalf of The Parish Council, Fr. Michael and The Church Staff, we would like to thank our two anonymous ladies for their generous offering to the Church.

STEWARDSHIP NEWS:

All our local and seasonal members and visitors are invited to register and enroll in our parish for the 2023 membership and join in weekly worship and to support of our parish "Stewardship Program" and ministries. The annual minimum enrollment offering is \$750 per family, and \$500 for single people. Please complete the parish membership registry forms that are available in the Narthex. Families that are in arrears are invited to reinstate their membership and participation in our parish life and ministries.

55th FALL "GLENDI" DINNER DANCE:

Mark your calendars! Saturday, October 21, 2023, 7:00 pm until 12:00 am. On the occasion of Saint Demetrios Name Day. The evening will include: 6:00 pm Hors D'oeuvres and Cocktails, followed by a Mezedakia-Dinner. Cash bar, dancing and singing. Live Music Provided. Tickets are being

printed and will be available next week. Please call Parish Council President Nick Konides 609-522-0152 ext 103 or the Church Office at ext 102.

LITURGICAL PROGRAM FOR THE MONTH OF SEPTEMBER:

Thursday September 14th-The Elevation of the Holy Cross

Orthos-8:30 am Divine Liturgy 9:30 am

Sunday September 17-Sunday After the Holy Cross

Orthos-8:30 am Divine Liturgy 9:30 am

Sunday September 24, 1st Sunday of Luke

Orthos-8:30 am Divine Liturgy 9:30 am

DATES TO REMEMBER:

Enthronement of His Eminence Metropolitan Apostolos of New Jersey-Saturday, September 16, 10:30 am (Tenafly, NJ)

Parish Life Committee Meeting- Saturday, September 16th, 6:00 pm

Youth Group- Saturday, September 23, 11:00 am

Philoptochos Meeting-Sunday, October 1st after Divine Liturgy

Parish Council Meeting-Saturday, October 7th, 4:00 pm

55th Fall Glendi Dinner Dance-Saturday, October 21, 7:00 pm until 12:00 am.

Great Vesper Service-Wednesday, October 25th, 6:00 pm

Celebration of the Feast Day of St. Demetrios- Thursday, October 26th, 8:45 am-

Orthos 9:30 am Divine Liturgy

KOINONIA MONTHLY NEWSLETTER:

We have established our (NEW MONTHLY NEWSLETTER) which is named "KOINONIA". This newsletter was distributed via email. Going forward, please send all Church event related pictures via email to the Church Secretary, Julie Reeb, at frmichaelstdemetrios@gmail.com Most importantly, in order for our parishioners to be able to read the Newsletter, you must submit your E-mails so we can send the newsletter out to your computers. You can submit these to the email listed above or you can give this information to our Parish Council Secretary, William Mitchell. We will also have a few newsletters printed for those who have no computers or smart phones.

SUNDAY SCHOOL TEACHERS NEEDED:

Fr. Michael is looking for a few Sunday school teachers that would offer their time and talents to the children of the parish. If anyone is interested please contact Fr. Michael 609-522-0152 ext 101 or cell 667-328-1083.

Απολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. α'. Αὐτόμελον.

Τὸν συνάναρχον Λόγον Πατρὶ καὶ
Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς
σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ
προσκυνήσωμεν· ὅτι ἠυδόκησε σαρκί,
ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον
ὑπομεῖναι, καὶ ἐγείραι τοὺς τεθνεῶτας, ἐν τῇ
ἐνδόξῳ ἀναστάσει αὐτοῦ.

Απολυτίκιον τῆς Ἑορτῆς.

Τοῦ Μηναίου ---

Ἦχος δ'.

Ἡ γέννησίς σου Θεοτόκε, χαρὰν ἐμήνυσε
πάσῃ τῇ οἰκουμένῃ· ἐκ σοῦ γὰρ ἀνέτειλεν ὁ
ἥλιος τῆς δικαιοσύνης, Χριστὸς ὁ Θεὸς ἡμῶν,
καὶ λύσας τὴν κατάραν, ἔδωκε τὴν εὐλογίαν·
καὶ καταργήσας τὸν θάνατον, ἔδωρήσατο ἡμῖν
ζωὴν τὴν αἰώνιον.

Κοντάκιον.

Ἦχος δ'.

Ἰωακεὶμ καὶ Ἄννα ὀνειδισμοῦ ἀτεκνίας,
καὶ Ἀδὰμ καὶ Εὕα, ἐκ τῆς φθορᾶς τοῦ θανάτου
ἠλευθερώθησαν, Ἀχραντε, ἐν τῇ ἁγίᾳ γεννήσει
σου· αὐτὴν ἑορτάζει καὶ ὁ λαὸς σου, ἐνοχῆς
τῶν πταισμάτων, λυτρωθεὶς ἐν τῷ κράζειν σοι·
Ἡ στεῖρα τίκτει τὴν Θεοτόκον, καὶ τροφὸν τῆς
ζωῆς ἡμῶν.

Resurrectional Apolytikion.

Mode pl. 1. Automelon.

Τὸν συνάναρχον Λόγον.

As the Father and Spirit are unoriginate,
* so the Word, who was born from the Virgin
for us. * Let us praise Him, O believers, and
let us worship Him. * For our salvation He was
pleased * to be crucified in the flesh, * and to
undergo death, * and to resurrect the dead, by
His glorious resurrection. [GÓASD]

Apolytikion of the Feast.

From Menalon ---

Mode 4.

Your Nativity, O Theotokos, imparted
joy to the entire earth, for out of you has risen
the Sun of Righteousness, Christ our God.
He nullified the curse and instead gave His
blessing; and causing death to be neutralized,
He granted us eternal life. [SD]

Kontakion.

Mode 4.

Both Joachim and Anna from their
sterility's stigma, and Adam and Eve from
their mortality's ruin have been set free, O
immaculate Maid, by your holy nativity. For
this do your people hold celebration, redeemed
from the guilt of transgression as they cry to
you, "The barren one bears the Theotokos, the

Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ
ἀνάγνωσμα.

ΔΙΑΚΟΝΟΣ

Πρόσχωμεν.

ΑΝΑΓΝΩΣΤΗΣ

Γα 6:11-18

Ἀδελφοί, ἴδετε πηλίκους ὑμῖν γράμμασιν
ἔγραψα τῇ ἐμῇ χειρί. Ὅσοι θέλουσιν
εὐπροσωπῆσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν
ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ
σταυρῷ τοῦ Χριστοῦ διώκωνται· οὐδὲ γὰρ οἱ
περιτεμνόμενοι αὐτοὶ νόμον φυλάσσουσιν,
ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι ἵνα ἐν
τῇ ὑμετέρα σαρκὶ καυχῶνται. Ἐμοὶ δὲ μὴ
γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ
Κυρίου ἡμῶν Ἰησοῦ Χριστοῦ, δι' οὗ ἔμοι
κόσμος ἐσταύρωται κἀγὼ τῷ κόσμῳ. Ἐν γὰρ
Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει οὔτε
ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ
κανόνι τούτῳ στοιχήσουσιν, εἰρήνη ἐπ' αὐτοὺς,
καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ Θεοῦ. Τοῦ
λοιποῦ κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ
τὰ στήγματα τοῦ Κυρίου Ἰησοῦ ἐν τῷ σώματί
μου βαστάζω. Ἡ χάρις τοῦ Κυρίου ἡμῶν
Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν,
ἀδελφοί· ἀμήν.

The reading is from Paul's Letter to the
Galatians.

DEACON

Let us be attentive.

READER

Gal. 6:11-18

Brethren, see with what large letters I
am writing to you with my own hand. It is
those who want to make a good showing
in the flesh that would compel you to be
circumcised, and only in order that they may
not be persecuted for the cross of Christ. For
even those who receive circumcision do not
themselves keep the law, but they desire to
have you circumcised that they may glory
in your flesh. But far be it from me to glory
except in the cross of our Lord Jesus Christ,
by which the world has been crucified to me,
and I to the world. For neither circumcision
counts for anything, nor uncircumcision, but
a new creation. Peace and mercy be upon all
who walk by this rule; upon the Israel of God.
Henceforth let no man trouble me; for I bear
on my body the marks of Jesus. The grace
of our Lord Jesus Christ be with your spirit,
brethren. Amen. [RSV]

Ιωα 3:13-17

Εἶπεν ὁ Κύριος· καὶ οὐδεὶς ἀναβέβηκεν εἰς τὸν οὐρανὸν εἰ μὴ ὁ ἐκ τοῦ οὐρανοῦ καταβάς, ὁ υἱὸς τοῦ ἀνθρώπου ὁ ὢν ἐν τῷ οὐρανῷ. καὶ καθὼς Μωϋσῆς ὕψωσε τὸν ὄφιν ἐν τῇ ἐρήμῳ, οὕτως ὑψωθῆναι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ’ ἔχη ζωὴν αἰώνιον. Οὕτω γὰρ ἠγάπησεν ὁ Θεὸς τὸν κόσμον, ὥστε τὸν υἱὸν αὐτοῦ τὸν μονογενῆ ἔδωκεν, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ’ ἔχη ζωὴν αἰώνιον. οὐ γὰρ ἀπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ εἰς τὸν κόσμον ἵνα κρίνῃ τὸν κόσμον, ἀλλ’ ἵνα σωθῇ ὁ κόσμος δι’ αὐτοῦ.

DEACON

Jn. 3:13-17

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him." (RSV)

Απολυτίκιον Αγίου Δημητρίου

Μέγαν εὐρατο ἐν τοῖς κινδύνοις, σὲ υπέρμαχον ἡ οἰκουμένη, αθλοφόρε τὰ ἔθνη τροποῦμενον. Ὡς οὖν Λυαίου καθείλες τὴν ἐπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως ἅγιε μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἱκέτευε, δωρῆσασθαι ἡμῖν τὸ μέγα ἔλεος.

Apolytikon/Dismissal Hymn

The world has found in you a great champion in time of peril, as you emerged the victor in routing the barbarians. For as you brought to naught the boasts of Lyaios, imparting courage to Nestor in the stadium, in like manner, Holy one, great Martyr Demetrios, invoke Christ God for us, that He may grant us His great mercy.

The Children's Word

"Let the little children come to me, and do not forbid them, for to such is the Kingdom of Heaven," Mark 10:14

A Ministry of the Orthodox Christian Network

Sunday, August 27, 2023 Volume 11, Issue 35

A rich man in heaven?

Have you ever wanted to be rich?
Really rich? After you hear today's Gospel reading, maybe you might change your mind.

A rich man asked our Lord, Jesus Christ, how he could go to heaven. He was a faithful man, and he tried to do all the right things. But Jesus told him that he needed to do one thing. He needed to sell all his things and give them to the poor. Wow! How could this man ever do that?

Our Lord knows how hard it is to give up things that we have! In the Gospel today, Christ even says, "It will be hard for a rich man to enter the kingdom of heaven." But did you know something? Lots of rich people are saints in our church. Think about Saint Helen. She was an empress who gave lots of her money to build churches. Think about Saint Elizabeth. She was a duchess who gave away lots of her money and things to start a hospital for poor people. These rich people became saints!

If we have money, we can show God that money doesn't mean so much to us. We can show God that we still put Him first. God wants us to help people who don't have money. God wants us to show that we're not attached to our money. Yes, it's hard, but we can think of the saints who gave up even more!

Saint Helen used her riches to help others and help the Church!

Children's Corner

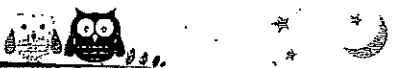
As September arrives, many families are busy with their children preparing for the start of a new school year. Transitioning from summer into the school year can be tricky. For a lot of families, summer is synonymous with a more laid back parenting approach, which can include different nighttime routines, later bedtimes, and more screen time.

Routines are what we do everyday to accomplish daily tasks; they help children feel safe. Planning and developing a "school-time" routine can be fun. Sit with your child(ren) and ask for his/her input (for example, do they prefer to brush their teeth, before or after they pick up their toys). Creating a routine visual (see below) with your child(ren) is an activity that can create connection between you and your child. Incorporating rituals (which are special traditions, celebrations, or patterns of behavior) in your routine also help children feel safe and connect with their caregiver.









Developing routines can help decrease anxiety, eliminate or reduce power struggles and provide safety and order.

Remember:
Be **consistent** with your daily routines, whether it's a morning/bedtime routine or anything in between....consistency is crucial in helping all family members transition and adjust to the new changes.

Courtesy of | Fay Kara
PhD Licensed Marriage
& Family Therapist



Our Bedtime routine

	Go potty.
	Bath time.
	Get dressed and place dirty jamies in your hamper.
	Brush your teeth.
	Pick up your toys and books.
	Story time.
	Give thanks. Say your prayers.
	Hugs and kisses, goodnight sweet girl!