

**HELLENIC COMMUNITY OF HAMILTON AND DISTRICT  
ST. DEMETRIOS GREEK ORTHODOX CHURCH HAMILTON**  
proudly serving our community since 1952

**Sunday after the Feast  
Sunday, September 19, 2021**



**WEEKLY BULLETIN**

**Welcome to st. Demetrios Hamilton!**

*We are a religious community, with ecclesiastical and cultural programming, centered around the traditions and values of our Holy Orthodox faith. We offer opportunities to explore our faith through engaging and immersive programming such as: Sunday School / Catechism, Greek Language Instruction for youth and adults, Greek Dance and Folklore instruction, as well as bible study. We offer many opportunities to engage with the community, such as Philanthropy through our Holy Trinity Philoptochos Society, volunteering opportunities at festivals and events, and youth social activities, community excursions and religious retreats.*

**ΕΛΛΗΝΙΚΗ ΚΟΙΝΟΤΗΤΑ ΧΑΜΙΛΤΟΝ ΚΑΙ ΠΕΡΙΦΕΡΕΙΑΣ  
ΕΛΛΗΝΟΡΘΟΔΟΞΟΣ ΕΝΟΡΙΑ ΑΓΙΟΥ ΔΗΜΗΤΡΙΟΥ ΧΑΜΙΛΤΟΝ  
ἀπὸ τὸ 1952**

**22 Head street, Hamilton, ON L8P 1R9**

Tel. (905) 529-9651

www.stdemetrios.ca

stdemetriosgochamilton@gmail.com

Office Location: 27 Head street, Hamilton, ON L8P 1R9  
(across the street from the Church).

Secretary: Aikaterini (Rena) Georgakopoulos

Office closed on Mondays

**Open Tue-Fri – 5pm to 7pm**

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**SUNDAYS: 9am – Matins & 10:15am – Divine Liturgy**

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**SCRIPTURE READINGS**

Eothinon 2: Mk. 16:1-8

Epistle: Gal 2:16-20

Gospel: Mk. 8:34-38, 9:1

Presiding Priest  
the V. Rev. Archimandrite  
of the Most Holy Archdiocese of Constantinople  
Fr. Photios Tsamis  
[photios.tsamis@gmail.com](mailto:photios.tsamis@gmail.com)  
mobile: (289) 775-9652

**2021 Community Council**

**President**  
Anastasios (Tom) Zafiridis

**Vice President**  
Frank Spyridoulis

**Secretary**  
Tina Edwards

**Treasurer**  
Peter Kourtakis

**Board members**  
Eleftherios (Terry) Tsiliganos, Nathan Hondronicols, Elias Thersidis, John Kartas, Athanasios (Tom) Kavouras, Nikolaos Triantafillou, Sophie Savruk, Sue Zafiridis and Antonis Halkeas

**Role of the Community Council**

*The role and responsibilities of the Church Council members is to represent their parish and the Orthodox Christian faith as leaders of the community. The Council consists of the Priest and the elected members.*

**Mission of the Community Council**

*Our goal as the parish council is to practice and proclaim the Orthodox Christian Faith pure by setting an example for the parish and ensure that we provide an enjoyable and comfortable experience through our administration services towards our membership and non-members entering the front doors every day.*

*As ambassadors of Faith and your council representative, we encourage you to feel free and approach us for any inquiries you may have.*

Council Meetings occur on the First Monday of every month at 7:00 pm unless otherwise communicated.

## **Hymns for this morning**

### **Resurrectional Apolytikion, mode 4**

*When the women Disciples of the Lord had learned from the Angel the joyful message of the Resurrection and rejected the ancestral decision, they cried aloud to the Apostles triumphantly: Death has been despoiled, Christ God has risen, granting His great mercy to the world.*

### **Ἀναστάσιμον Ἀπολυτίκιον ἤχος δ'**

*Τὸ φαιδρὸν τῆς ἀναστάσεως κήρυγμα, ἐκ τοῦ Ἀγγέλου μαθοῦσαι αἱ τοῦ Κυρίου Μαθήτριάι, καὶ τὴν προγονικὴν ἀπόφασιν ἀπορρίψασαι, τοῖς Ἀποστόλοις καυχώμεναι ἔλεγον· Ἐσκύλευται ὁ θάνατος, ἠγέρθη Χριστὸς ὁ Θεός, δωρούμενος τῷ κόσμῳ τὸ μέγα ἔλεος.*

### **Entrance Hymn, mode 2**

*Come, let us worship and bow down before Christ. Save us, O Son of God, risen from the dead. We sing to You, Halleluia.*

### **Εἰσοδικόν, ἤχος β'**

*Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι, Ἀλληλουῖα.*

### **Apolytikion for the Feast, mode 1**

*Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.*

### **Ἀπολυτίκιον τῆς ἐορτῆς, ἤχος α'**

*Σῶσον, Κύριε, τὸν λαόν σου καὶ εὐλόγησον τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων διὰ τοῦ Σταυροῦ σου πολιτεύμα.*

### **Apolytikion of st. Demetrios, mode 3**

*All the world has you, its mighty champion, fortifying us, in times of danger, and defeating our foes O victorious one, so as you humbled Lyaeos' arrogance, by giving courage to Nester in the stadium, O Holy Great Martyr Demetrios, to Christ Our God pray fervently, beseeching Him to grant us His great mercy.*

### **Ἀπολυτίκιον ἁγ. Δημητρίου, ἤχος γ'**

*Μέγαν εὐρατο, ἐν τοῖς κινδύνοις, σὲ ὑπέρμαχον, ἢ οἰκουμένη, Ἀθλοφόρε τὰ ἔθνη τροπούμενον. Ὡς οὖν Λυαίου καθεῖλες τὴν ἔπαρσιν, ἐν τῷ σταδίῳ θαρρύνας τὸν Νέστορα, οὕτως Ἄγιε, Μεγαλομάρτυς Δημήτριε, Χριστὸν τὸν Θεὸν ἰκέτευε, δωρήσασθαι ἡμῖν τὸ μέγα ἔλεος.*

### **Kontakion, mode 4**

*You who were lifted on the cross voluntarily, O Christ our God, bestow Your tender compassions upon Your new community to which You gave Your name. Cause our faithful emperors to be glad in Your power, granting them the victories against their adversaries. And for an ally, Lord, may they have You, peace as their armor, the trophy invincible.*

### **Κοντάκιον, ἤχος δ'**

*Ὁ ὑψωθεὶς ἐν τῷ Σταυρῷ ἐκουσίως, τῇ ἐπωνύμῳ σου καινῇ πολιτείᾳ τοὺς οἰκτιρμούς σου δώρησαι, Χριστὲ ὁ Θεός· εὐφρανὸν ἐν τῇ δυνάμει σου τοὺς πιστοὺς βασιλεῖς ἡμῶν, νίκας χορηγῶν αὐτοῖς κατὰ τῶν πολεμίων· τὴν συμμαχίαν ἔχειεν τὴν σὴν, ὄπλον εἰρήνης, ἀήττητον τρόπαιον.*

## **The readings for today**

**Eothinon 2, Mk 16:1-8**

*When the Sabbath was past, Mary Magdalene, and Mary the mother of James and Salome, bought spices, so that they might go and anoint Jesus. And very early on the first day of the week they went to the tomb when the sun had risen. And they were saying to one another, "Who will roll away the stone for us from the door of the tomb?" And looking up, they saw that the stone was rolled back—it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe; and they were amazed. And he said to them, "Do not be amazed; you seek Jesus of Nazareth, who was crucified. He has risen, He is not here; see the place where they laid Him. But go, tell His disciples and Peter that He is going before you to Galilee; there you will see Him, as He told you." And they went out and fled from the tomb, for trembling and astonishment had come upon them; and they said nothing to anyone, for they were afraid.*

**Ἐωθινὸν Β', Κατὰ Μάρκον ΙΣΤ' 1-8**

*Διαγενομένου τοῦ Σαββάτου, Μαρία ἡ Μαγδαληνὴ καὶ Μαρία ἡ τοῦ Ἰακώβου καὶ Σαλώμη ἠγόρασαν ἀρώματα, ἵνα ἐλθοῦσαι ἀλείψωσιν τὸν Ἰησοῦν. Καὶ λίαν πρῶτὴ τῇ μιᾷ τῶν σαββάτων ἔρχονται ἐπὶ τὸ μνημεῖον ἀνατείλαντος τοῦ ἡλίου. Καὶ ἔλεγον πρὸς ἑαυτάς· Τίς ἀποκυλίσει ἡμῖν τὸν λίθον ἐκ τῆς θύρας τοῦ μνημείου; καὶ ἀναβλέψασαι θεωροῦσιν ὅτι ἀποκεκύλισται ὁ λίθος· ἦν γὰρ μέγας σφόδρα. Καὶ εἰσελθοῦσαι εἰς τὸ μνημεῖον, εἶδον νεανίσκον καθήμενον ἐν τοῖς δεξιῶις, περιβεβλημένον στολὴν λευκὴν, καὶ ἐξεθαμβήθησαν· ὁ δὲ λέγει αὐταῖς· Μὴ ἐκθαμβεῖσθε, Ἰησοῦν ζητεῖτε τὸν Ναζαρητὸν τὸν ἐσταυρωμένον, ἠγέρθη, οὐκ ἔστιν ὧδε· ἴδε, ὁ τόπος ὅπου ἔθηκαν αὐτόν, ἀλλ' ὑπάγετε, εἶπατε τοῖς μαθηταῖς αὐτοῦ καὶ τῷ Πέτρῳ, ὅτι προάγει ὑμᾶς εἰς τὴν Γαλιλαίαν· ἐκεῖ αὐτὸν ὄψεσθε, καθὼς εἶπεν ὑμῖν. Καὶ ἐξελθοῦσαι ταχὺ ἔφυγον ἀπὸ τοῦ μνημείου, εἶχε δὲ αὐτὰς τρόμος καὶ ἔκστασις, καὶ οὐδενὶ οὐδὲν εἶπον· ἐφοβοῦντο γάρ.*

### **Epistle reading from Paul's Letter to the Galatians**

**Gal. 2:16-20**

*Brethren, you know that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.*

### **Πρὸς Γαλάτας Ἐπιστολῆς Παύλου τὸ ἀνάγνωσμα**

**Γαλ. Β' 16-20**

*Ἀδελφοί, εἰδότες ὅτι οὐ δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεύσαμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ καὶ οὐκ ἐξ ἔργων νόμου· διότι ἐξ ἔργων νόμου οὐ δικαιωθήσεται πᾶσα σὰρξ. Εἰ δὲ ζητοῦντες δικαιωθῆναι ἐν Χριστῷ εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοὶ, ἄρα Χριστὸς ἁμαρτίας διάκονος; μὴ γένοιτο! Εἰ γάρ, ἃ κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἑμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον ἵνα Θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δὲ οὐκέτι ἐγώ, ζῆ δὲ ἐν ἐμοὶ Χριστός· ὁ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ Υἱοῦ τοῦ Θεοῦ τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.*

**The reading is from the Holy Gospel according to Mark**

**Mk 8:34-38, 9:1**

*The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."*

**Ἐκ τοῦ κατὰ Μάρκον ἁγίου Εὐαγγελίου τὸ ἀνάγνωσμα.**

**Μκ. Η' 34-38, Θ' 1**

*Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσει ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ Υἱὸς τοῦ ἀνθρώπου ἐπαισχυνθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ Πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐστηκότων, οἳτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.*

**Synaxarion**

On September 19, we commemorate the holy martyrs Trophimus, Sabbatius and Dorymedon.

By the intercessions of Your Saints, O God, have mercy on us. Amen.

**Συναξάριον**

Τῇ ΙΘ΄ τοῦ αὐτοῦ μηνός μνήμη τῶν ἁγίων Μαρτύρων Τροφίμου, Σαββατίου, καὶ Δορυμέδοντος.

Ταῖς αὐτῶν ἀγίαις πρεσβείαις, ὁ Θεός, ἐλέησον ἡμᾶς. Ἀμήν.





## FROM FATHER'S SERMON

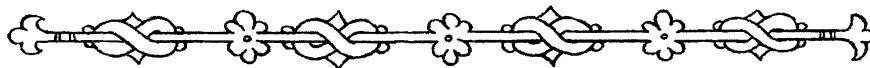
What is the greatest example of God's love for us? The Cross of our Lord! It is the sign of His perfect, unconditional love towards mankind. In today's reading from the Gospel, He invites us to follow this example of His. He calls us to immitate God's love up to the point of self-sacrifice for the salvation of the world! How can we achieve that? We need to sacrifice our ego! That is the meaning of the Lord's words when he says: ***"If anyone wishes to come after me, let him deny himself and take up his cross and follow me."*** (Mk 8:34). When the ego gets in the way of love, it breaks it and when love is broken, sin and lust for all earthly things take place in one's soul. Those earthly wants and needs, drive people with egos to antagonise each other up to the point of elimination. And then what? Then, when one has eliminated his fellow men to satisfy the ego, he gains the whole world. The whole world,, with its earthly pleasures, will be his, but at a highly cost. His immortal soul! Keep this question our Lord poses to all of us, my beloved Christians. Answer it if you can! But above all, ask it yourselves each time you feel your ego gets in the way of your love: ***"For what does it profit a man, to gain the whole world and forfeit his soul? For what can a man give in return for his soul?"*** (Mk 8:36).

## DID YOU KNOW

that when we Orthodox Christians do the sign of the cross we proclaim in a precise way our faith in the Holy Trinity and Jesus Christ? The proper signing is made by holding the thumb and first two fingers of the right hand together and pressing the remaining two fingers on the palm. The three fingers together represent the Father, Son and Holy Spirit, and the remaining two fingers the dual nature of Christ as God and human. The gesture is done by placing the hand sequentially to the forehead, belly button, and both shoulders from right to left! The forehead symbolises heaven; the belly button, earth; the the two sides, God's justice for those who do good (right) and those who do evil (left). The symbolism is beautifully explained by st. Kosmas Aitolos in his 3<sup>rd</sup> Teaching:



*"Listen, my Brethren, how the sign of the Cross is made and what it means. First, just as the Holy Trinity is glorified in heaven by the angels, so should you join your three fingers of your right hand. And being unable to ascend into heaven to worship, raise your hand to your head (because the head means heaven) and say: "Just as the angels glorify the Holy Trinity in heaven, so do I, as a servant, glorify and worship the Holy Trinity. And as the fingers are three and separate, and are together, so is the Holy Trinity three persons but one God." Lowering your hand to your belly, say: "I worship you and adore you, my Lord, because you condescended and took on flesh in the womb of the Theotokos for my sins." Place [your hand] on your right shoulder and say: "I beg you, my God, to forgive me and to put me on your right with the just." Placing [your hand] again on your left shoulder, say: "I beg you, my Lord, don't put me on the left with the sinners." Then bending down to the ground [say] : "I glorify you, my God; I worship and adore you, for just as you were put into the grave, may I also be." And when you stand up straight, you reveal the resurrection and say: I glorify and worship you, my Lord, for you rose from the dead to grant us eternal life." This is what the Cross means."* (Nomikos M. Vaporis, *Father Kosmas The Apostle of the Poor*, Holy Cross Orthodox Press, Brookline, Massachusetts).



## MEMORIALS TODAY

- **Philia VERGADIS, 8 years.** Beloved spouse of Michail Vergadis.

**MAY HER MEMORY BE ETERNAL**

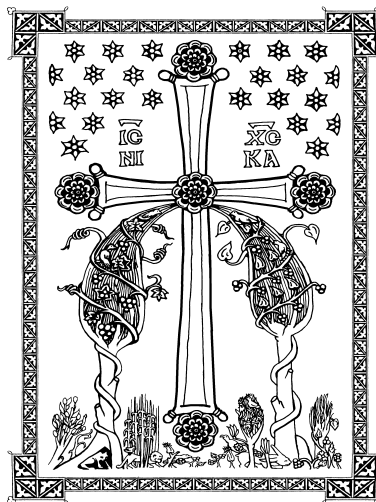
## PARISH NEWS & ANNOUNCEMENTS

- It is with great sadness that we inform you of the passing of **Ioannis KOUTSOKERIS**, loving father of Maria Gerow, George and Peter Koutsokeris. He slept in the Lord aged 83 at the Hamilton General Hospital on Tuesday September 14, 2021. The family invite friends to a time of **visitation on Monday September 20** (Please contact [\*Dodsworth & Brown-Robinson Chapel\*](#) at 905-522-2496 to make a reservation). **The funeral service will be held in our church, on Tuesday September 21 at 11a.m.** Interment in Woodland Cemetery.

**MAY GOD REST HIS SOUL!**

## SUNDAY SCHOOL

Our Sunday School is set to begin on October 17 this year. More information will follow.



## **St. DEMETRIOS GREEK SCHOOL**

### Our Faculty

**Principal: Eirini Zacharidis** (Saturday Class: Grades 6, 7, and 8)

### Teaching Staff

**Chrisoula Mitevski** (Junior/Senior Kindergarden)

**Theoktisti Dimakis** (Grades 1 and 2)

**Elisavet Zacharidis** (Grades 3, 4 and 5)

**Areti Tsiliganos** (Grades 6, 7 and 8)

### Greek School Committee

**President: Vasilis Zougras**

**Secretary: Christina Kouniakis**

**Treasurer: Anna Makrides**

**Members: Maria Stypsianos, John Stefanopoulos, Natasha and Bill Papagiannis**

**Greek School classes begin on October 16 2021, 10:00 – 11:30am**

**For registrations contact: [stdsgreekschool@hotmail.com](mailto:stdsgreekschool@hotmail.com)**

**Agiasmos: Sunday, October 17 2021, at st. Demetrios church, near the end of the Liturgy**

**ALL CLASSES WILL BE ONLINE**

Classes end on June 18 2022

### **GREEK CREDIT COURSE**

This year we also offer a Greek Credit Course where adults can register as well.

**The Credit Course begins on October 16 2021, on Saturdays from 9:00am to 12:30pm**

**Last day for registrations is October 3 2021.**

**Contact information: Eirini Zacharidis at [ezachari@hwdsb.on.ca](mailto:ezachari@hwdsb.on.ca)**

Classes end on June 18 2022

### **ZOOM CLASSES**

Our Greek School also offers Zoom Classes every Saturday from 11:45am to 12:15pm. The classroom teacher teaches their respective grades. The Topics are mainly religious, but they can cover major historical events as well.



## **GREEK DANCE GROUP**

The Hamilton Hellenic Traditional Dance Group of St. Demetrios was created as part of an initiative to connect our youth and provide a platform to explore traditional Greek Dance and Folklore via the formation of a Performance Troupe.

For more information on how to join or questions regarding our programming or upcoming performances, **please contact Sue Zafiridis or Anthony Halkeas at 905 529-9651.**

## **HOLY TRINITY PHILOPTOCHOS SOCIETY**

The mission of the Ladies Philoptochos (Holy Trinity) is to assist needy people, families and non-profit organizations, and to contribute towards the needs of our Church and Community.

**President: Fotini Edwards**

**Vice-President: Argyro Constantinou**

**Secretary: Anastasia Terzis**

**Corresponding Secretary: Magdalini Moschos**

**Treasurer: Vasiliki Kourtakis**

**Advisor to the Board: Vasiliki Davili**

**Members: Georgia Dimas, Tasoula Dismatsek, Sophia Kokkinidis, Dimitra Markopoulos, Stella Miminias, Roubini Morden, Eleni Papagiannis, Kalliopi Peters.**

Philoptochos meetings are held on the first Friday of the month at 6:30 PM

For more information on how you can join our movement please contact:

**Fotini Edwards (905) 921-6293**

To renew your membership please contact:

**Vasiliki Kourtakis (905) 389-6064, (905) 536-4349**