



April, 2017
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The Orthodox Way

Mission Statement: *"To proclaim the Gospel of Christ in the Orthodox Tradition while creating a vibrant, loving, compassionate and supportive community."*

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Tedros Habte-Mezengi,
Custodian

Approximately two weeks from now we will celebrate great and holy Pascha, the “feast of feasts.” The cause for celebration is the gift that was given to us more than two thousand years ago, but also one we are continually receiving even today. Fr. Alexander Schmemann, in his book *Great Lent*, says, “It is a gift which radically alters our attitude toward everything in this world, including death. It makes it possible for us joyfully to affirm: ‘Death is no more!’ [...] By His own death Christ changed the very nature of death, made it a passage—a ‘passover,’ a ‘Pascha’—into the Kingdom of God, transforming the tragedy of tragedies into the ultimate victory.” This victory is not something that we experience only once a year, but continually through the life of the Church all year round!

Unfortunately, we live in a world where we say that we are Christians, but we do things in direct opposition to the life that Christ set out for us. Our life is consumed with pursuit of health, wealth, happiness, and prosperity in this world. We do not do what He taught us to—“seek first His kingdom and His righteousness” (Mat. 6:33)—and so our understanding of the gift He gave us is distorted or it may even look like a worthless trinket to our eyes.

We cannot truly partake of this gift if once a year. Every time we celebrate the Divine Liturgy we are celebrating the resurrection of our Lord and Savior and it is offered for a very essential and real reason: our salvation. Fr. Schmemann again:

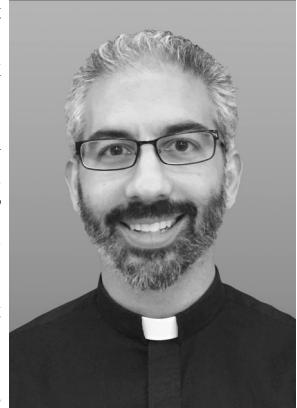
“[The Eucharist] is the essential act in which she always becomes what she is: the Body of Christ, the Temple of the Holy Spirit, the gift of new life, the manifestation of the Kingdom of God, the knowledge of God and communion with Him. The Church becomes all this by the ‘sacrament of gathering’—many coming together to constitute the Church, by offering as one body united by one faith, one love, one hope, the Holy Oblation, by offering ‘with one mouth and one heart’ the Eucharist, and by sealing this unity—in Christ with God, and in Christ with one another—in the partaking of the Holy Gifts.”

Coming together to worship God, give thanks to Him, and partake of His essential food is the way He set up for us to grow in our relationship with Him and our fellow brothers and sisters. This takes preparation on our part though. If we were celebrating a dinner party for a dozen or so people would just throw everything together the night before or the day of the dinner? Of course not, we may have several days, or even weeks, of preparation for it. So why wouldn’t we prepare early and often for the Divine Banquet that is constantly offered to us?

I am sure that many of us, when we are ready to receive communion prepare accordingly for it. The key word in that sentence is *when*. I wonder how many of us when we do these things feel the peace, hope, and love in our hearts after receiving. Then why don’t we do it more often!? Imagine how our lives would change we said to ourselves everyday, “I’m going to prepare to take communion tomorrow.” We must recognize our whole life as Orthodox Christians is one of preparation for the true life we will lead. We experience a foretaste of this through the Eucharist.

As we approach this Great and Holy Pascha, let’s commit ourselves to rediscovering each day the meaning and value of the Gift we’ve been given, preparing for it often, and truly experiencing the joy of Christ’s resurrection.

I wish you all a blessed Great and Holy Pascha!
In Christ, Fr. Daniel Triant



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The Orthodox Way is published monthly. Parishioners who wish to contribute content or announcements are asked to email information to sshirland@saintdemetrios.com; or by fax to 206-631-2550. Saint Demetrios Greek Orthodox Church reserves the right to edit, alter or reject any content.

CHURCH SERVICES, EPISTLE AND GOSPEL READINGS

Date	Church Service	
April 2nd	Sunday of St. Mary of Egypt	Κυριακή Αγ. Μαρίας της Αιγυπτίας
April 7th	Presanctified D. Liturgy 9:30 am	Προηγιασμένη Θ. Λειτουργία, 9:30 π.μ.
April 8th	Saturday of Lazarus	Σάββατο του Λαζάρου
April 9th	Palm Sunday; Bridegroom Service, 7 pm	Κυριακή των Βαΐων. Του Νυμφίου, 7 μ.μ.,
April 10th	Presanctified D. Liturgy, 9:30 am; Bridegroom Service 7pm	Προηγιασμένη Θ. Λειτουργία, 9:30 π.μ., Του Νυμφίου, 7μμ
April 11th	Presanctified D. Liturgy, 9:30 am; Bridegroom Service, 7 pm	Προηγιασμένη Θ. Λειτουργία, 9:30 π.μ., Του Νυμφίου, 7μμ
April 12th	Presanctified D. Liturgy, 9:30 am	Προηγιασμένη Θ. Λειτουργία, 9:30 π.μ.
	Holy Unction, 3 pm & 7 pm	Αγιον Ευχέλαιον, 3 και 7 μ.μ.
April 13th	Holy Thursday, Vesperal D. Liturgy, 9:30 am	Μεγάλη Πέμπτη, Εσπερινή Θεία Λειτουργία, 9:30 π.μ.
	Holy Passion, 6:30 pm	Τα Αγια Πάθη, 6:30 μ.μ.
April 14th	Holy Friday, Great & Holy Hours 9:30 am	Μεγάλη Παρασκευή, Μεγάλες Ωρες, 9:30 π.μ.
	Apokathilosis, 3 pm; Lamentations Service, 7 pm	Αποκαθήλωσις, 3 μ.μ.. Εγκώμια, 7 μ.μ.
April 15th	Holy Saturday, D. Liturgy 9:30 am	Μεγάλο Σάββατο, Θεία Λειτουργία, 9:30 π.μ.
April 15/16th	Resurrection Vigil & D. Liturgy 11 pm	Ανάσταση και Θεία Λειτουργία, 11 μ.μ.
April 16th	Holy Pascha—Agape Vespers, 12 Noon	Αγιον Πάσχα, Εσπερινός της Αγάπης, 12 μ.μ.
April 21st	Theotokos of the Life-Giving Font (Service at Assumption)	Της Ζωοδόχου Πηγής
April 23rd	Sunday of St. Thomas; St. George	Κυριακή του Θωμά, Αγίου Γεωργίου
April 30th	Sunday of the Myrrh-Bearers	Κυριακή των Μυροφόρων

ALTAR SERVERS

April 2nd, 16th & 30th	Jack Hillman, Peter Dudunakis, Nicholas Biros, Yiannis Tsantilas, Nasi Contoravdis, Niko Contoravdis, Phillip Stamolis, James Konugres, Jonathan Poiana, Omar Mallouk, Stavros Panos, Nicholas Marcu-Visan, Theofanis Kalasountas, John Limantzakis and Zane Raissis.
April 9th & 23rd	Joseph Dumont, Nicholas Christianson, Demetre Teodosiadis, Alex Rotar, Manoli P. Tramountanas, Manoli A. Tramountanas, Johnny Tramountanas, Peter Ales, Ethan Weigle, Steven Stanos, John Christofilis, Peter Economou Grunder, Elias Oraivej and Anthony Sitaras.

PARISH COUNCIL SERVERS

April 2nd, 16th & 30th	Georgine Looney, George Papanastasiou, Vicky Christianson, Thomas Dudler, Andrew Aliferakis, Bob Read, Evangelia Lagos.
April 9th & 23rd	John Ales, John Kapelouzos, Jim Kost, Bassam Bayouk, George Tramountanas, Dale Hazapis, Michael Gikas, Pete Lymberis.

EPISTLE READERS—ARTHUR SARIDAKIS—INSTRUCTOR; CHRIS MACRIS—ASSISTANT

April 2nd	Andreana Margaritis, in Greek, Sophia Mallouk, in English
April 8th	Evangelia Koceski, in Greek and Alexandra Koceski, in English
April 9th	Joseph Dumont, in Greek, Christina Bayouk, in English.
April 12th	Christina Bayouk, Noreen Bayouk, Nicholas Christianson, Jenny Kapelouzos, Alexandra Koceski, Evangelia Koceski, Zane Raissis
April 14th	Shamir Karoufeh, Nicholas Biros, Zane Raissis, Nicholas Christianson, Christina Bayouk, Demetre Teodosiadis, John A. Tranountanas
April 23rd	Andrea Mallouk, in English
April 30th	Sophia Mallouk, in English

Fasting Type	April
Wine & Oil Allowed	1, 2, 8, 26, 28
Strict Fast	3-7, 10-15
Fish Allowed	9

Sunday School Update

Lazarus Saturday Lenten Breakfast

Join us on **Saturday, April 8, 2017** for Lazarus Saturday Liturgy followed by a Sunday School-sponsored Lenten breakfast. We will also be tying Palm Crosses for Palm Sunday.

Lenten Service Project

Our 2017 Sunday School Lenten Service Project will be raising money for the Orthodox Christian Mission Center (OCMC) Support a Mission Priest (SAMP) program. This program provides financial support to indigenous clergy serving communities in areas such as Africa. Through SAMP donations, the priest is able to devote more of his time to serve the needs of the parish, and hierarchs are able to ordain more clergy to meet the growing number of the faithful.

This year we are raising money for two Orthodox clergy in Kenya. By raising \$600 for each of these clergy members, we will be able to financially support them for an entire year. More information can be found at www.ocmc.org

Great and Holy Lent is a time for almsgiving and helping others. Throughout Lent, we will be having a class contest to collect funds for the SAMP program. Each Sunday school student who donates money will have a paper star with his/her name placed on the wall near the small hall. The Sunday School class who raises the most money will be awarded with a pizza party during Sunday School later this spring. Donations are tax-deductible (checks may be made to OCMC) and will be collected during Sunday School, **March 5-April 9, 2017**.

Thank you for kindly considering making a donation to this worthy cause.

No Sunday School on April 16, 2017.

PARISHIONER SPOTLIGHT



I've been Orthodox now for about 12 years. My path to Orthodoxy began when I was teaching at a Christian school in Boston and two of my students were Orthodox. They invited me to Pascha because they were convinced that I would love it, and they were right! I felt like I had never really celebrated Easter until that night, though I had been raised Presbyterian and loved being active in my church. Shortly after that I moved to Seattle, read Bishop Kallistos' book The Orthodox Church, and then went through the classes to join the church. Because I had been baptized as a child, I went through the Chrismation service here in Seattle.

I love Saint Demetrios because everyone is so friendly and I really enjoy teaching 7th grade Sunday school. I have made so many lovely friends here and very much enjoy participating in the Divine Liturgies and especially all of the extra services we have during Lent. I love all of the things we can do to live out our Orthodox faith, like using candles, incense, fasting, confession, learning about the saints, and reading the many prayers of the Church. Orthodoxy is so rich!

At St. Demetrios I have really enjoyed the book studies, the cheerful greeters each Sunday, and the service events. Helping with the festival is also so fun (I've become a pro tomato slicer!), and I've really enjoyed the services of Holy Week and being involved with those, especially with decorating the kouvouklion on Holy Friday. And I really love hosting Pascha lunch at my house and cooking a huge Greek feast for everybody in the several days prior!!

One of the most unique parts of being Orthodox for me, as a convert, has been being able to go to the Monasteries on church trips and on my own. My Sunday school class is excited to go soon, and I am excited to share this aspect of our faith with the kids! I've been lucky enough to travel to Greece twice and am looking forward to going back with the intent to tour as many women's monasteries as I can, especially in the islands. :)

While I don't feel called to live at a monastery, I really enjoy visiting the Sisters in Goldendale each year. I also love visiting the Russian Cathedral in San Francisco to venerate the holy relics of Saint John. He has become one of my favorite saints, along with Saint Genevieve of Paris, whom I visit each year when I go back to Paris. I used to live in France and the Greek Orthodox Cathedral in Paris is very nice! I now travel often to London also, so I've been going to the Cathedral there in the Bayswater area and they do not speak a word of English during the 3 hour liturgy, so I am glad I am used to the Greek and can follow along pretty easily!

What keeps me coming back to Saint Demetrios is the kind people and the active parish. People here really support one another when someone has a need, and coming to church each week is like seeing family. When I've been traveling someone always says, "Where have you been?!" It's very cheerful to be missed! Also, our choir and chanters are great!! I am always glad to get back home to Saint Demetrios.

By Susanna Cerasuolo

Philoptochos News April 2017

A Message from President Nina

The Lenten season is a time for introspection and spiritual renewal. We take time to look inwardly and consider our lives and our faith, on a path to celebrate the Holy Resurrection. I continue to marvel at all our organization accomplishes. The stewards of the Greek Orthodox Ladies Philoptochos Society throughout the country continue to demonstrate their well-proven commitment to charity, giving and philanthropy through the National Ministry Commitments of the Society and through many other causes. As a result of the hard work of every Philoptochos chapter across the nation and with the support and cooperation of their entire parish families, funds totaling **\$2,057,690** were disbursed from January 1 – December 31, 2016, through our various funds and special drives.

Children were granted medical treatment, senior adults were nurtured and cared for, students at our beloved Scholi received financial aid, economically challenged families were provided infant formula (via Treehouse in Wichita, Kansas, illustrated above), and emergency aid was offered to disaster victims; the list could go on and on. We may all be proud of the Society's respected and widely admired ability to take swift and effective action for worthy and challenging causes. Let us work together to continue these good works. Your efforts are critically necessary to ensure assistance to those most in need.

I hope that you will consider joining the Philoptochos Board as we hold our elections in May for the 2017-2019 term. A candidate for election to the Board of Directors must be a full member of the Philoptochos, who is in good standing with the Parish and the Chapter for one year prior to the election, and who has attended at least 4 meetings of the Chapter in the year prior to the election meeting in May. If you are interested, please contact Election Chairperson Georgia Steenis at [206.419.6867](tel:206.419.6867) or gianacos@gmail.com.

I wish you all a blessed Pascha season.

Shut In Parishioners

Every year Philoptochos distributes Easter baskets to our shut in parishioners. If you are aware of someone who is a shut in, please contact our Visitation Chairperson Kay Betts at [206.546.2370](tel:206.546.2370) or yassou@frontier.com. If you would like to help with visitation in your part of town, please let Kay know you are available. Everyone is welcome to help and it means so much to those we take time to visit.

Mochas for Missions

Again during Lent our Philoptochos chapter has been collecting money to support mission churches. (This campaign was formerly called Pennies & Prayers.) Canisters will be set out for you to collect change until they are turned in on Pentecost. Our chairperson is Nina Varlamos and she can be reached at [206.499.0369](tel:206.499.0369) or ninavarlamos@msn.com.

Philoptochos Diaper Drive

Thank you to everyone who has already given to our drive. Donations will be accepted until Pascha and gratefully received to help needy families on our community.

Membership Continues for 2017

We hope you will continue to support us with your annual dues of \$40 and join us when you can for fellowship. All are welcome and if you have time to donate in addition to your check, even better. You will not receive a call when you write a check as we are a volunteer organization and we are grateful for every member whatever their participation. We realize that not everyone is able to come to our meetings but your dues are what allows us to do the work of Philoptochos and are gratefully accepted. Contact Dorothy Haskell, our membership chairperson at [425.503.4200](tel:425.503.4200) or dorothyhaskell39@gmail.com.

Help Us Honor and Continue Peggy's Dream

This month you received in the mail an invitation from Camp Agape Northwest to 'Help Us Honor and Continue Peggy's Dream'. Peggy Tramontanas was our first Philoptochos Camp Agape NW chairperson whose love, compassion and exemplary service to our camp spanned over two decades, even as she battled cancer. On this 20th anniversary of Camp Agape NW, we honor Peggy's legacy to provide an extraordinary summer camp experience for kids with cancer and their families, free of charge thanks to the generous people who support our cause. Please mail your donation or you can safely and easily donate online at <http://www.campagapenw.org/>. Thank you!

St Nicholas Philoptochos Mothers Day Tea and Luncheon

This annual event will be held at St Nicholas Greek Orthodox Church in Tacoma on Saturday, May 13th at 11:30 am. Tickets are \$20 per person and reservations are due by the end of April. No tickets will be sold at the door. To make your reservation, contact Joyce Kalivas Griffin at [253.471.7924](tel:253.471.7924).

Camp Agape Northwest July 23rd-29th, 2017

Camp Agape NW Volunteer, Visitor, and Family applications for 2017 are now available at <http://www.campagapenw.org/>. For the safety of the cancer kids, everyone on campus is required to fill out a form. **The deadline is April 15th for all volunteers, staff and visitors.** Medical staff applications are due by June 1st. Camp Agape NW is for kids with cancer and their health and safety is our first priority. Many of them have weakened immune systems, therefore there are stringent criteria for all volunteers and visitors. It is required that all persons on campus have the recommended CDC vaccines prior to camp which includes MMR, DTaP (or TDaP), Polio and Varicella. In addition, a health screening by camp nurses is conducted upon arrival on campus.

"Buddies" (volunteers) must be 18 years old at the time of camp. Volunteers in Training (VIT) must be at least 15 years old at the time of camp and these positions are on a 'space available' basis each year. The number of VIT's varies each year depending on the number of families and volunteers. Volunteers under the age of 18 *may* be housed off site this year. Housing and transportation will be provided by camp. The details are currently being worked out. Volunteer selections are based on willingness to serve, qualifications, experience, camper demographics and those who are available to work the whole week.

Returning volunteers who have used the online application system in the past only need to sign on using the same email address and simply update the form. You will find that the majority of your application data will carry over from last year. Please double check that everything is current and accurate before submitting the form. If anyone needs assistance applying, please contact campagape@gmail.com.

Saint Demetrios Philoptochos Contacts:

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Camp Agape NW: Georgia Gianacos Steenis gianacos@gmail.com [206.419.6867](tel:206.419.6867)

Jubilee Women's Shelter: Georgene Karambelas karambelas@comcast.net [206.829.9337](tel:206.829.9337)

Sunshine: Mary Damascus mndamascus@comcast.net [509.951.2975](tel:509.951.2975)

St. Martin de Porres Men's Shelter: Helen Kalasountas [425.641.0472](tel:425.641.0472)

Visitation: Kay Betts yassou@frontier.com [206.546.2370](tel:206.546.2370)

Upcoming Meeting Schedule:

- ♦ All are welcome to attend our meetings and events:
- ♦ April 18th regular meeting at church 6:30 PM
- ♦ April 20th cook for St Martin de Porres Mens Shelter
- ♦ April 26th cook for Jubilee Womens Center
May 16th regular meeting at church at 6:30 PM *** Election Meeting***

Your Sister in Christ,

**Susan Reichmann, Philoptochos Advisor, [425.772.1605](tel:425.772.1605)
susanreichmann@yahoo.com**

YOUTH MINISTRY NEWS



GOYA Lent Retreat: The Portland Amazing Race

Our 2017 GOYA Lent Retreat, on March 17-19, 2017, had over 60 participants from 8 churches in the Northwest: *Washington Parishes*: Church of the Assumption, Holy Apostles (Shoreline) Holy Apostles (Vancouver), Holy Resurrection, St. Demetrios and St. Nicholas. *Oregon Parishes*: Holy Trinity and St. John the Baptist.

Our youth traveled around Portland on an Amazing Race that not only showed them some great sites of the city but also taught our youth about the importance of the journey we take during Lent. Our youth prayed together, fasted together and gave alms to those in need during the retreat. They formed new relationships with each other, built on established friendships and grew the relationship each one of us has with Christ.

Thanks to our Team Leaders: John Calash, Beth Carper, Sophia Fraser, Christina George, Aliki Mehas, Grace Paris, Peter Paskill, Chris Perlmutter and Viktoria Taroudaki.

Thanks to our Host Families: George & Argyro Apostolou, Yianni & Rena Bekris, Andy Fraser & Maria Corvalis Fraser, Nikki George & Yader Gomez, Fr. Paul & Presv. Stephanie Paris, Athena Paskill and Nick & Mary Triandafilou.

Thanks to our Kitchen crew led by Dawne Damiani: Argyro Apostolou, Rena Bekris, Georgia Edwards, Maria Hatziyannis, Eleni Kapellakis, Diak. Mellisa Ketrenos, Dina Khoury, Pres. Stephanie Paris & Mary Triantafilou.

Thanks to our Race Team for providing clues to teams during the race: Rachel Calash, Niko & Sonia Pamboukas, Fr. Paul Paris, Lefteris Sitaras, Sarah Taylor-Kondoleon and Fr. Daniel Triant.

Thank you to our Speakers: Fr. Daniel Triant and Dn. George Kentrenos.

Thank you to the community of Holy Trinity in Portland for such wonderful hospitality. We look forward to our next GOYA Retreat to be held in Seattle in November. Date will be announced soon!



1st Place: AGRUSSION (6435 points)



2nd Place: LOUSCH & BOOGY (5325 points)



3rd Place: GREEKS WITH ATTITUDE (5300 points)

YOUTH MINISTRY NEWS CONTINUED



Holy Friday Retreat— Friday, April 14th

All youth are invited to join us on Friday, April 14th for our annual Holy Friday Retreat. We will spend the day learning about Holy Friday, decorating the Epitaphion and preparing for Pascha. The retreat begins at 9:30 a.m. in the small hall and ends at 3 p.m. but all youth are encouraged to stay for the un-nailing service. Letters are available for school absences.

Please pack a bag lunch for your child.

RSVP to Lefteris Sitaras by Monday, April 10th at 206-630-2504. Volunteers Needed.



Annual Easter Egg Hunt

Sunday, April 16

Everyone is invited to celebrate the Resurrection of our Lord at the Agape Service at noon on Sunday, April 16th. Following the service, please join us for an Egg Hunt at Montlake Community Center at 1:30 p.m. All youth should bring a basket!

St. Demetrios Scholarships Apply Online through May 1

Our church currently has five scholarships available of \$500 each to be awarded to our members pursuing undergraduate, graduate or post-graduate studies. The awards are made available through the St. Demetrios Educational Fund. The fund was established to recognize scholastic achievement and commitment to one's faith among the youth of our parish and others who have been accepted to institutions of higher learning.

Visit www.saintdemetrios.com to apply

Mother's Day Breakfast

Sunday, May 14

Join our GOYAns as they celebrate MOM with roses for mothers as they enter church and a homemade breakfast following Liturgy



Congratulations to our 2017 Oratorical Festival winners. All four of our teens will represent St. Demetrios at the District Oratorical Festival on Sunday, April 30th at Church of the Assumption. AXIOS!



Cross Out Cancer Our teens raising money to fight cancer through a 5K run

This year, many of our high school GOYAns & Greek dancers are involved in a non-profit organization called Cross Out Cancer - Seattle. This foundation is run entirely by high school students and their main goal is to raise money through a 5K race to help children with cancer and their families! All the money is going to Seattle's Children's Hospital. This is going to be Seattle's first year putting on the race and they are aiming for 300 runners! Cost of the race is \$25 and includes a t-shirt, refreshments, and other goodies! If you are interested in running or donating, please check out xoutcancerseattle.com

Co President: Adrianna Mitalas

Representatives: Alexis Papanastasiou, Maria Katinas, Katie Lymberis, Niko Biros, Mia Lazarou, Anastasia Kotsakis, and Vasili Varlamos

Upcoming Ministry Events

May

13 - Dance Groups Dinner Dance

14 - Mother's Day Breakfast

June 4 - Last Day of Sunday School

June 18 - Father's Day Breakfast

ALL SAINTS CAMP

July 9-15 - High School & Elementary Camp

July 16-22 - Advanced Camp

Register at www.allSaintsSummerCamp.info

STEWARDSHIP UPDATE

For our 2017 Stewardship Campaign, we currently have 328 stewards who have returned their signed pledge cards and have pledged \$343,265. Our goal for 2017 is \$500,000. Remember that you can arrange for automatic payments through your bank or paypal. (go to www.saintdemetrios.com/Stewardship/egiving)

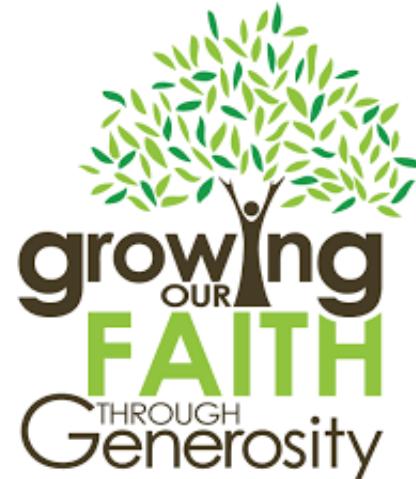
We thank the following stewards for their contributions!

The Stewardship Committee

2017 Stewards:

John & Margaret Ales
Andrew & Vicky Aliferakis
Rothopi Andrews
Ioanna Antonopoulos & Michael Moser
Nikolaos Antonopoulos
George & Dina Apostolou
K. G. & Kostoula Apostolou
Clifford & Theodora Argue
Patricia Arvanitidis
Brent & Rhea Aslin
John & Stella Athans
Niko & Kiriaky (Carrie) Avlonitis
James & Katherine Babington
William (Corky) & Dina Bakamus
Josh & Eleni Banchero
Thomas & Maria Barbas
George Bariames & Eleni Athans
Loula Barker
Frances Barneicut
Greg Bartell & Fotini Georgiadou
Bassam & Duaa Bayouk
Gabriel Bayouk
George & Alice Bayouk
Lena Bayouk
Brandon & Molly Bede
Arvid Berg & Sophia Zervas Berg
Joel & Danielle Bergman
Kay Betts
Neena Blackwell
Maria Bollman
Andrew & Rosalie Boulieris
Gus Boutsinis
Jeffrey & Allison Brooks
Theodora Broutzakis
Frank & Shelley Buhler
Steve Calandrillo & Chryssa Deliganis-Calandrillo
John & Rachel Calash
Nick & Vanessa Carkonen
Paul & Paulette Carkonen
Susanna Cerasuolo
Douglas & Jillian Chandler
John & Patricia Chigaras
Ron & Vicky Christianson
Effie Chriest
James Christo
Demetre & Katherine Christofilis
Anastasios & Voula Christophilis
Dino & Nikki Christophilis
Margo Christophilis
Kosta & Maria Christopoulos

Marie Collins
Madeline Conom
G. Paul Constantine
O. George & Kay Constantine
Tom & Evelyn Contoravdis
Olivia Contos
Dino & Cynthia Cooper
Gus & Margaret Cooper
Maria Cooper
Jerry & Eva Costacos
Barbara Cotton
Maria Cotton
Gus Courounes
Nicoleta Courounes
Renee Courounes
Dale & Marianna Crane
Donald & Laura Crews
Christos Dagadakis & Judith Turner-Dagadakis
George & Angela Dalas
Mary Dallas-Smith
Mary Damascus
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Andy & Athena Dickerson
Panagiotis & Voula Dikeakos
Stephanie Dikeakos
Vasili & Katherine Dikeakos
John & Aksenia Dikun
Thelma Doces
Gus & Gregoria Dounis
Robert & Janie Drumhiller
Thomas Dudler & Pandora Christie
Kenneth & Kristina Dudunakis
Fr. Photios and Presv. Katherine Dumont
John & Arianna Dumont
Anastasia Economou
Mary P. Economou
George Economy & Eva Economou-Economy
Sophia Eitel-Mcshea & David Mcshea
Helen Exarhos
Joseph & Zoe Facilla



Nicolette Farmasonis
Petros & Colleen Farmasonis
Yemane Fecadu & Sharon Glein
Matthew & Alexandra Flugstad
Irene Fotes
Ioannis Fotopoulos
Loukas & Zoe Ganoulis
Nick Ganoulis
Meletios & Theodora Geokezas
Evan George
Tyler & Anastasia Geving
Konstantinos & Mary Ann Giakoumatos
Kyriakos & Sandi Gianotas
Michael & Wanda Gikas
Elaine & Lars Giusti
Robert & Danielle Griffith
Efy Grivas
James & Shawn Hages
Joan Hanna
William Hanna & Manal Alsharif-Hanna
Dorothy Haskell
George Hatziantoniou & Elizabeth Economou-Hatziantoniou
Neil & Terri Hawdon
Dale Hazapis
Helen Heuer
John & Maria Hillman
William & Angelea Hoeft
Patrick & Vickie Howard
Mary Hulbush
Carlos Jimenez & Eleni Lagos-Jimenez
John & Emilie John
James & Pota Johnson
Jeff Jones & Angela Sourapas-Jones
Panagiotis & Rena Kalasountas
Jim Kaloris
George & Christina Kaltounis
Maria Kaltounis
Vicky Carras Kangles
John & Virginia Kapelouzos
Jim & Georgene Karambelas
Francine Karavias
Anthony & Sarah Karis
Nick & Nancy Karis
Terry & Hannah Karis
Georgia Karvountzi
Christine Karzmar
Nicholas & Kalliopi Katholos
Jean Katsandres
Gregory & Angela Kavounas
(Continued on Page 10)

April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 St. John of the Ladder Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 • 6p Dance Practice • 6p Small Compline • 7p Great Compline • 8p Open Confession	27 • 10a Book Study: The Lenten Spring • 6p Dance Practice	28 • 9:30a Open Confession • 5:30p Greek School • 6:30p Presanctified Liturgy • St. Demetrios	29 • 9:30a Open Confession • 5:30p Greek School • 6:30p Presanctified Liturgy • St. Demetrios	30 • Cook for St. Martin de Porres • 9:30a Presanctified Liturgy • 7p Akathistos Hymn • 8:30p Jesus Prayer Service	31 • 10a All Saints - Camp Cleanup • 3:30p Large Hall Rental • 5p Great Vespers	1 St. Innocent Met. of Moscow & Apo... St. John Climacus
2 St. Mary of Egypt Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45 • 6p Orthros • 9:30a Divine Liturgy • 5p Pan Orthodox Vespers • St. Paul Synaxis of Archangel Gabriel	3 • 10a Book Study: The Lenten Spring • 6p Dance Practice	4 Righteous Hilariant the Younger Matrona of Thessaloniki Paul, Bishop of Corinth	5 St. Philaret Cook for the Hom... • 9:30a Open Confession • 5:30p Greek School • 6:30p Presanctified Liturgy • Assumption	6 • 11:30a Yialia & Friends Luncheon at Voula's Good Eats • 1p Large Hall Rental	7 • 9:30a Presanctified Liturgy • 8:30a Orthros • 9:30a Divine Liturgy • 11:30a Communion Breakfast & Palm Cross Making - Small Hall	8 St. Mary of Egypt St. John of Egypt
9 Palm Sunday Epistle: Philippians 4:4-9 Gospel: John 12:1-18 • 8:15a Orthros • 9:30a Divine Liturgy • 11:30a Palm Sunday Luncheon • 11:30a Philoptochos Bake Sale • 7p Bridegroom Service	10 Holy Monday • 9:30a Pre-Sanctified Divine Liturgy • 6p No Dance Practice • 7p Bridegroom (Nymphia) Service	11 George the Righteous of Maleon Plato the Studite Niketas, Confessor	12 Holy Wednesday • 9:30a Pre-Sanctified Divine Liturgy • 3p Holy Unction • 7p Holy Unction	13 Holy Thursday • 9:30a Versperal Divine Liturgy of St. Basil • Institution of the Last Supper • 6:30p Orthros of Holy Friday • The Passion of Christ and 12 Gospels	14 Holy Friday • 9:30a Vespstral Divine Liturgy • 9:30a Great and Holy Hours • 3p Un-nailing of Christ from the Cross • 7p Lamentation Service	15 Holy Saturday • 9:30a Vespstral Divine Liturgy • 9:30a Great and Holy Hours • 3p Un-nailing of Christ from the Cross • 11p Pascha Vigil
16 PASCHA Epistle: Acts 1:1-8 Gospel: John 1:1-17 • 12a Come Receive the Light • 1a Divine Liturgy • 2:30p Paschal Brunch • 12p Agape Vespers • 1p Easter Egg Hunt	17 Bright Monday • 2:30p ATS • 6:30p Parish Council Meeting • 6:30p Philoptochos Meeting	18 Terence, Pompilius, Maximus & Mac... Antipas, Martyr	19 • 5:30p Greek School	20 • Cook for St. Martin de Porres • 8p Large Hall Rental	21 Life-Giving Spring of the The... • 4p Wedding	22
23 Thomas Sunday Epistle: Acts 12:1-11 Gospel: John 20:19-31 • 8:15a Orthros • 9:30a Divine Liturgy • 11a Philoptochos Coffee Hour	24 Symeon, Hieromartyr & Companions	25 Cyril, Pat. of Cyprus John the Righteous	26 Parfoutios & Philip, Martyrs	27 Theodore the Righteous Zacharias, Apostle	28 Ianouarios & Alexandra, Martyrs	29 Theodore of Sykeon Crescens, martyr Leontidas, Hieromartyr
30 Sunday of Myrrh Bearers District Oratorical Festival Epistle: Acts 6:1-7 Gospel: Mark 15:43-16:8 • 8:15a Orthros • 9:30a Divine Liturgy	1 George, Great Martyr	2 St. Mark, Apostle & Evangelist	3 Basil, Bishop of Amaseia	4 Symeon, Bishop of Jerusalem	5 9 Martyrs of Kyzicus	6 Jason & Sosipater of the 70
St. Clement the Righteous St. Iakovos, Apostle	Jeremiah the Prophet	St. Athanasios the Great	St. Athanasios the Great	St. Athanasios the Great	St. Irene, Great Martyr	St. Euthymios

ANNOUNCEMENTS

Baptisms

Congratulations to Patrick and Ioanna Schmidt whose daughter, Alice Olivia Mae was baptized on March 12th, 2017. Her sponsors are Pete and Demetra Mitalas. "Nasas zese!"

Congratulations to Demetre and Katherine Christofilis whose son, John Andrew was baptized on March 19th, 2017. His sponsors are Petros and Tristan Christofilis. "Nasas zese!"

Yiayia & Friends Luncheon

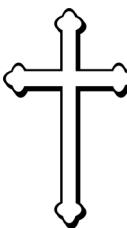
Our next Yiayias & Friends luncheon will be on **Thursday, April 6, 2017** at **Voula's Good Eats**. The restaurant is located at **4306 228th St. SW** in Mountlake Terrace. Time is **11:30 a.m.** The restaurants appreciate knowing how many to expect so they can adequately accommodate us. For questions and reservations, please contact **Mary Damascus**, preferably by email: mndamascus@comcast.net (or by phone: [509-951-2975](tel:509-951-2975)).

Sunday, May 7th, 2017 Memorial Service

Dear members & friends, This year in commemoration of the **76th Anniversary of the "Battle of Crete"**, let us all show our respect and honor by attending the memorial services to commemorate the Battle of Crete.

Special thanks and appreciation to Dr Nick and Nancy Vidalakis, who, with their leadership and vision, established our chapter, along with the Cretan families here in the Northwest, and continue to honor us with their support and sponsorship. Coffee Hour provided immediately following church service. Looking forward to seeing all our members and friends there!

Our Condolences

 We express our Deep Condolences to Sandy Neckas and her family for the passing of her sister, Silvia Valanas. May her memory be eternal! We express our Deep Condolences to Panagiotis and Demetra Biros and their family for the passing of Panagiotis' father, Nikolaos Biros (of Greece). May his memory be eternal!

We express our Deep Condolences to Irene Sotirhos and her family for the passing of her sister-in-law, Georgia Sotirhos. May her memory be eternal! "Αἰωνία αὐτῶν η μνήμην!"

HAPPY EASTER!



On behalf of our Parish Council, our Clergy, Fr. Photios, Fr. Daniel, Dn. Perry and Office Staff, we wish you All a *Blessed Holy Week and Kali Anastasi!!*

PALM SUNDAY LUNCHEON

You are all invited to join us for Palm Sunday Luncheon on Palm Sunday, April 9th, 2017. The traditional Fish meal will be served after the Divine Liturgy. The meal is complimentary and it is hosted by our Parish Council. Please join us for a delicious meal and fellowship.

BOOKSTORE NEWS:

As we know, our Lenten Journey will culminate this year in the celebration of Great and Holy Pascha on April 16th. There is still time to read a book on Great Lent: The Lenten Spring, Meditations on Great Lent, Thirty Steps to Heaven as well as to listen to CDs in Greek or in English on the beautiful hymns of Holy Week and Pascha. While still in stock, buy your egg dye and also lovely Paschal greeting cards. Holy Week-Easter Service Books make great gifts for children, grandchildren, godchildren, and yourselves and help make the services even more meaningful.

Icons of the season include: St. Mary of Egypt, Christ praying, Christ's Entry into Jerusalem, The Mystical Supper, Christ's Crucifixion, and Christ's Resurrection.

ORDER EASTER EGGS

If you would like to order Easter Eggs from Philoptochos, please call Lena LaMarche at 425-486-6899, or floss4life2@gmail.com to place your order. They will be ready on Holy Thursday, April 13th.

St. Demetrios "Springs Forward" to Help Jubilee Women's Center!

Thank you, St. Demetrios Parishioners, for "springing forward" to help feed and clothe our neighboring sisters in need. Wonderful meals were provided in February and March, with help from Athanasia Kalasountas, Christina Meletis and Anonymous donors.

The clothing bin in the Entry of the Large Hall continues to be filled with much needed clothing donations. Jubilee Women's Center appreciates the ongoing support of our St. Demetrios community.

If you would like to donate a meal, clothing, volunteer or like further information, please contact: Georgene Karambelas at: 206 817 2523 or karambelas@comcast.net

AUCTION CHAIRPERSON VOLUNTEER NEEDED

We are looking for someone who would like to Chair the Auction this year! Please contact Georgine Looney (looneyeegg@comcast.net) or any of the Parish Council Members with your interest to help chair one of our annual Fund Raisers. The date and format can be flexible and re-invented; in fact we are looking for creative ideas and themes for this event and a new date than that of the past. All ideas are welcome! We need someone to spearhead the event for this year. Thank you for considering to volunteer—we appreciate your time and talents!!

2017 Stewards—Continued

(Continued from Page 7)

Peter & Hana Kenny
Timothy & Sofia Kenny
Bishara & Diane Kharoufah
David & Leila Kirske
Brian & Jiovanna Koceski
Alexander & Leta Kolios
Vivie Kollias
James & Patti Kost
Toula Koutlasi
Helene Krikris
Gary Kuhar
Dena Kusulos
Peter & Rachele Kyriacou
George Ladas
Demetrios & Evangelia Lagos
George & Eleni Lagos
Nina Lagos
Ken & Irene Lehman
Dean & Kathleen Lentgis
Thomas Leonidas
John & Polette Limantzakis
Johnny & Lucy Limantzakis
Bill & Florence Lolos
Glen & Georgine Looney
Sophia Looney
Theodore Looney
George & Giannoula Lymberis
Pete & Olga Lymberis
Chris & Paula Macris
Greg & Mia Macris
Wendell & Demitrla Madison
Emanuel & Dina Magoulas
Stellios & Sandy Makratakis
Louis & Mary Malesis
Helen Malevitsis
James Malevitsis
Samuel Mallos
Collin & Demetra Manaois
Nicky Manitaras
Georgia Manolakos
Stilianos & Kari Manos
James & Mary Lou Manus
James Markezinis
John & Kelly Markezinis
Anthony & Alexandra Marouassis
Jean Mastor
Constantine & Areti Mavromatis
George & Vera Mazoonin
Lillian C. McDermott
David & Georgia McFarlan
Christina Meletis
Ann Mentis
Pipena Mercouriadis
Michael & Elaine Michaelidis
Renato & Irisi Millo
Andreas & Irene Mitalas
Katherene Mitalas
Chuck & Anne Mitsakos
Alexandros & Maria Moroseos
Carol Mykris
Bettyann Nassar

Peter Neckas
Sandy Neckas
James & Stella Nelson
Michael & Elaine Newton
John & Joann Nicon
Shirley Olsen
Bill Pallis
Chris & Rebecca Pallis
Chris & Vasiliki Pallis
Elli Pallis
Alice Panagakis
Georgia Panagiotopoulos
Sam & Colleen Panagiotou
Yiannis & Johnette Panopoulos
Artemios & Rebecca Panos
Steve Panos
George Papanastasiou
Konstantinos & Errin Papanastasiou
George & Lora Pappas
Norman & Frances Parr
Jason & Angela Patrao
Peter & Patty Pecora
Christopher & A. Ellie Pedersen
Dennis & Angeliki Pedersen
Helen Petratos
William Phillips
Kristina Plumis
Paul & Pamela Plumis
Ted & Kim Plumis
Theologia Polizos
Andonios & Evangelia Polychronopoulos
Lia Preftes
Eleftheria Proios
Christos Psichos & Tammy Kangyu-Psichos
Trevor & Maria Rain-Water
Nicholas & Anastasia Raissis
Robert & Despina Read
James Retelas
Evie Rigas
Cathy Rottle
Adele Rottle-Williams
Chris Roumeliotis
Kary Roumeliotis
Ted Routos
Emanuel & Marilyn Rouvelas
Dena Sakelaris
John & Penelope Sakellaris
Philip & Barbara Sancken
Arthur Saridakis
Angelos & Penelopi Savranakis
Nikoletta Scarlatos
Patrick & Ioanna Schmidt
Eric & Eleni Sederstrom
George Seal & Alithia Squires
Anthony & Maryann Shenoda
Athanasios & Terri Shinas
Simoni Shirland
Tanya Shirland
Christos & Agapi Siskos
Nikolaos & Brenda Skokos
Alexander & Vassie Skoulis

Vladimir & Elena Smagley
Sofia Smetheram
Andrew & Kayla Sophinos
John Soudas
Steve Sourapas
George & Thalia Stamatoyannopoulos
George & Zoe Stamolis
Gregory & Vicky Stamolis
Vasilike Stamos
Steven & Sarah Stanos
Thelma Stasinou
Alexi J. Stavros
John A. & Dimitra Stavros
Phyllis Steen
Andy & Joann Stergachis
Madalin & Laura Stoica
Michael & Christine Stollings
Heather Stotz
Robert & Alvia Swegle
Bryan & Stacy Taylor
Kevin & Angela Taylor
Carl & Blanca Thomas
Christto & Dorothea Tolias
Carl & Blanca Thomas
Kegan & Nichole Tosto
Evangelia Tountas
Antonios & Antonia Touras
Athan & Cindy Tramountanas
Emmanuel Tramountanas
George & Dana Tramountanas
James & Barbara Trehearne
George & Thelma Treperinas
Sam & Elly Treperinas
Fr. Daniel & Presv. Michelle Triant
Vasilios & Dionisia Tsafos
Angelos Tsakopoulos & Katerina Lagos-Tsakopoulos
George & Eftihia Tsantilas
Nicholas Tsiakilos, Jr.
George & Susan Tsoukalas
Ioannis & Linsey Tzanidis
Jordan & Emily Vardell
John & Karin Varlamos
Kosta & Judy Varlamos
Nick & Eleni Varlamos
Vasili & Nina Varlamos
Ivan & Ianita Velkov
Demetrios & Aspasia Voltsis
Evangelos Voltsis
J. Robert & Effie Walker
Kent & Alexi Weirich
Joann West
Brett & Yvonne Willard
Vivian Williamson
Darren & Alexis Wilson
James & Jeretta Wright
Demetra Xenos
John Xenos
Angelos & Mary Xidias
John & Mary Ellen Zoulas



MEMORIALS AND VIGIL LIGHTS

Memorials and Holy Altar Candles for April 2nd

A Forty-Day Memorial Service, a Holy Altar Table Vigil Light, and the Coffee Hour are offered in loving memory of **Eugenia Macris**, by her children, Angelique and Mark Saffle and Chris and Paula Macris, and grandchildren, William and Olivia Grosvenor.

A Memorial Service, three Holy Altar Table Vigil Lights and the Coffee Hour are offered in loving memory of **Barbara Deligan, David Betts and Tom Betts** (one year, six years and twenty-eight years since their passing), by Kay Betts, Katherine Auer and their families.

Two Holy Altar Table Vigil Lights are offered in loving memory of **Christos and Marigoula Barbas** (forty-eight years and seventeen years since their passing), by their children, Tom and Maria Barbas, Helen Heuer and Peter and Demetra Jacobsen.

Two Holy Altar Table Vigil Lights are offered in loving memory of **Christos and Marigoula (Mary) Barbas** (forty-eight years and seventeen years since their passing), by Christine, Mike and Eleni Stollings.

A Holy Altar Table Vigil Light is offered in loving memory of **Nicolas Christo** (six years since his passing), by his wife, Helen Christo and Family.

A Holy Altar Table Vigil Light is offered in loving memory of **Despo Lambro** (forty days since her passing), by her cousins, William and Dina Bakamus and Family.

Holy Altar Candles for April 9th

A Holy Altar Table Vigil Light is offered in loving memory of **Phalitsa Stamolis** (seventeen years since her passing), by her grandson, Greg and Vicky Stamolis and Family.

A Holy Altar Table Vigil Light is offered in loving memory of **George Kost** (three months since his passing), by his wife, Maria Kost, their children, grandchildren and great-grandchildren.

Five Holy Altar Table Vigil Lights are offered in loving memory of **Gus Sakelaris** (five years since his passing), by his wife, Dena Sakelaris, their children, grandchildren and great-grandchildren.

A Holy Altar Table Vigil Light is offered in loving memory of **Nick Pallis, Sr.** (twelve years since his passing), by his wife, Margie Pallis, their children and grandson.

Holy Altar Candles for April 23rd

A Holy Altar Table Vigil Light is offered in loving memory of **Georgia Samolis**, by her son and daughter-in-law, Pantazis and Katina Samolis.

Two Holy Altar Table Vigil Lights are offered in loving memory of **George Tsiakilos** (in honor of his nameday), by his children and grandchildren.

A Holy Altar Table Vigil Light is offered in loving memory of **Silvia Valanas** (forty days since her passing), by her family.

A Holy Altar Table Vigil Light is offered in loving memory of **Anthony Proios** (thirty-five years since his passing), by his wife, Eleftheria Proios and Family.

Memorials and Holy Altar Candles for April 30th

A Memorial Service, a Holy Altar Table Vigil Light and the Coffee Hour are offered in loving memory of **Ioannis (John) Babarakos** (six months since his passing), by his wife, Lula Babarakos, their children, grandchildren and great-grandchildren.

A Forty-Day Memorial Service and a Holy Altar Table Vigil Light is offered in loving memory of **Nikolaos Biros**, by his children, Panagiotis and Demetra Biros and grandsons, Nikolas and Konstantinos Biros.

Help Sophia Kaplanis Beat Cancer

LETS ECOURAGE AND SHOW SOPHIA AND HER FAMILY SEATTLE CARES THROUGH DONATIONS AND PRAYER

For those interested in donating, please do so through her gofundme page. For prayers, fell free to pray for her and her family throughout the day.

<https://www.gofundme.com/sophia-kaplaniss-cancer-warrior?u=13216330>

Sophia's Story

Right before her family trip to Greece in July of 2016, Sophia Kaplanis was diagnosed with a rare muscle/bone cancer called Rhabdomyosarcoma. Like a true warrior Sophia has taken the diagnosis and treatment with amazing grace, strength and courage. With a positive attitude and an amazing heart warming smile she will beat this disease! Sophia has been a part of the St. Nicholas Northridge family since she was a baby, and has been involved with the Greek dance program from an early age. Not being able to compete with her dance group this year at FDF has left a tremendous void.





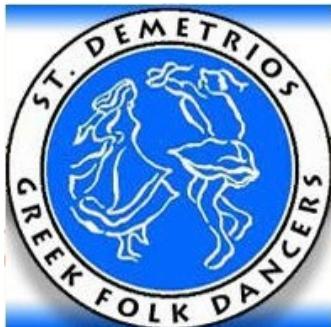
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DANCE GROUP NEWS:

The St. Demetrios Dance & Choral Ministry would like to invite the entire community to the annual Dinner Dance & Choral Recital 2017 - Saturday, May 13th. Come and celebrate all of the hard work that the dancers, singers, and directors have put into this year. This is the BIG EVENT of the year for our ministry. **EVERYONE is invited.** RSVP to Maria Barbas at [206-794-5659](tel:206-794-5659) or Katherinew@watsonsecurity.com. See attached for more information.

Save The Date
Dinner Dance Recital 2017
Saturday, May 13th
St. Demetrios Community Center
5:30 pm Social
7:00pm Dinner and Dance Performances
Come And Celebrate Our Dancers!
All Dance Groups Will Be Performing
Advance Reservations Recommended!
Children under 8 and Registered
dancers are free
RSVP to Maria Barbas at 206-794-5659 or
Katherinew@watsonsecurity.com

