



The Orthodox Way

The Monthly Newsletter of St. Demetrios Greek Orthodox Church

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

March 2018
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Encyclical for Great Lent from Metropolitan Gerasomos

Dearly Beloved,

"Where shall I begin the work of my salvation?" cries out a hymn of Clean Monday.

The Lenten Season, now upon us, calls us into a time of reflection on the state of our lives and our souls. We are invited by the Church to observe the Great Fast, to devote more time to prayer and worship, to engage in study, and to offer charity and serve the world around us. The hymns of the next forty days will instruct us in the fast, will encourage us in philanthropy, and will call us to renew our souls and lives through repentance. Your parish will offer many opportunities for you to participate in worship, in opportunities for study, and in philanthropic acts, and many other activities with your fellow parishioners and to carry the lessons into your homes and families.

These Lenten practices are not ends unto themselves. Rather, these disciplines serve as potent correctives to the way the world tells us we are to live all the days of our lives and not just for the next forty days. They are meant to focus our energies on improving the condition of our souls. The world says to be happy we must follow paths that lead to the accumulation of wealth, power, and status. And when we achieve all these, we are not satisfied. We become anxious, desiring to keep them, and then acquire even more.

Our Lenten disciplines remind us that we do not need all these "things" and, in fact, we can live quite well without them. The Lord says, "A man's life does not consist in the abundance of his possessions" (Luke 12:15). Our Lenten disciplines challenge us to break the cycle of acquisition and anxiety and to be free of "things" that instead burden us and our souls. The Great Fast teaches us that we can live simply and with less. Our time in prayer and worship of God teaches that power belongs to Him. Our charity and study teaches us that status is fleeting.

The work of our Lenten journey is an accumulation of the fruits of the Spirit. For the next forty days we will be challenged to put aside what the world values and acquire something greater. What we are to accumulate during Great Lent is a spirit of "love, peace, patience, kindness, goodness, faithfulness, gentleness, self control" (Galatians 5:22). These next weeks are a time for cultivating these virtues in our lives and souls so, as a hymn states, "may be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold His Holy Pascha."

(Metropolitan's encyclical continued on Page 3)



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St. Demetrios Greek Orthodox Church - 2100 Boyer Avenue East - Seattle, Washington - 98112

The Orthodox Way is published monthly. Parishioners who wish to contribute content or announcements are asked to email information to Leteris Sitaras at lsitaras@saintdemetrios.com by the 20th of the month.

Saint Demetrios Greek Orthodox Church reserves the right to edit, alter or reject any content.

Memorials, Candles, Deaths & Baptisms

Memorials and Holy Altar Candles for March 4

A 40 day memorial and light reception is offered for **Eva Apostolou** by her husband Serafim of 47 years, daughter Vicki and son-in-law Louis Kades, grandson Yianni and son George Apostolou, his fiancé Margaret Maletis and grandchildren Serafim, Maria and Isidoro.

A 40 day memorial and light reception for **Katina Gotsis** is offered by daughters Toula Poletti and Paula Raptis and families.

A Holy Altar Table Vigil Light is offered in loving memory of **Kyriakos Moroseos**, 2 years since his passing, by Alex and Maria Moroseos and family.

Memorial for March 11

A one year memorial for **Spiro Koulouris** is offered by Pota and Jim Johnson and family.

Holy Altar Candles for March 18th

A Holy Altar Table Vigil Light is offered in loving memory of **Anastasios Kousisis**, 6 years since his passing, by his wife Teresa Kousisi and his daughter Maria Moroseos and family.

Holy Altar Candles for March 26th

A Holy Altar Vigil Light is offered in loving memory of **Dean Stephas**, 16 years since his passing by his mother Penelope Sakellaris & his step father John. Also by his sister Sofia and her family.

A Holy Altar Table Vigil is offered in loving memory of **Christos and Aglaia Scordas and Alex and Maria Chohlas** by their niece Penelope Sakellaris and family.

Agape Service Gospel Readers Needed

Are you bilingual? Read the Gospel on Sunday, April 8

On Pascha, the Gospel lesson (John 20:19-25) is read in various languages to illustrate the universality of the Good News of the Resurrection. The Agape service is a joyous Christian celebration, inspired by love and forgiveness. Our Lord's Resurrection is joyfully sung and proclaimed to all.

If you would like to read the Gospel in any international language during the Agape Service, please contact [Bassam Bayouk](mailto:Bassam.Bayouk@stdemetrius.com) at 425-357-1906.

May Their Memory Be Eternal

Katina Gotsis fell asleep in the Lord, January 29, 2018.
Eva Apostolou fell asleep in the Lord, January 29, 2018.
Masarra Mukarker Mitri fell asleep in the Lord,
February 18, 2018.

Baptisms

Congratulations to Demetri Charles Tornetta, who was baptized on February 4. His parents are Nicolas Tornetta and Ellie Sue (Todoulos) Tornetta.
Godparent: Bobby Bouzinekis.

Congratulations to Amalia Marie Nowland, who was baptized on February 11. Her parents are Adam Nowland and Anastasia (Themelis) Nowland. Godparents: Maria-Angeliki Ginosatis and Christopher Themelis.

Congratulations to Anastasia Joy Derezes, who was baptized on February 11. Her parents are George Derezes and Amanda (Marcellus) Derezes. God Parents: Elaina and Mike Shemeta and David Marcellus

Memorials and Holy Altar Candles from February

On February 4, a Holy Altar Table Vigil Light was offered in loving memory of **Costas Exarhos**, 22 years since his passing, by his wife Helen Exarhos and family.

On February 11, a 40 Day Memorial and donation was held for **Aksenia Dikun** by her husband John, daughter Clara, sons John and Alex, brothers Jon and Tony, sisters Tatiana and Anna, six grandchildren, and three great grandchildren.

On February 11, a Holy Altar Table Vigil Light was offered in loving memory of **Aksenia Dikun**, 40 days since her passing, by her sisters in the Philoptochos.

On February 25, a two-Year Memorial Service was offered in loving memory of **Kyriakos Moroseos**, by his wife, Fifi Moroseos and their children, Alex and Maria Moroseos, Maria Merrick, Litsa Fobian and their families.

On February 26, 2018, 2 Holy Alter Table Vigil Lights and olive oil were offered in loving memory of **Carolyn H. & Henry B. Zawacki** (2 years and 51 years since their passing), by their daughter and son-in-law, Terri & Athanasios Shinas, and grandchildren, Kailei, Sophia, Michalis, Henry and Zoe.

Memorials from January

On January 28, a 40 Day Memorial was held for **Nick Castas**, presented by his son Alex, his daughter Melanie and his for grandchildren, Cerissa, Jacob, Jesse and Vanessa.

If you would like to offer a Holy Altar Table Vigil Light or sponsor the Coffee Hour in memory of a beloved family member or friend who has fallen asleep in the Lord, please contact the church office at 206-631-2500. Please submit announcements for Memorials and Candles to Karen at KarenSEvans@saintdemetrius.com by the 15th of each month. Submissions after the 15th will appear in the following month's newsletter

A Message from Karen



Today I can look out my windows and see the snow coming down in flurries. The photos I am sharing are enough to warm my heart no matter what the weather though.

Thank you to the **Philoptochos Ladies** for cooking for St. Martin de Porres once a month as well as their wonderful monthly baking day to provide prosphora. And thank you to **Maria B.** for cheering up our offices with cake pops, springtime bunnies and all things cheery. It feels great to come to work and have a sweet coworker with holiday spirit. Thank you Maria B.!



A wonderful volunteer came in multiple times in February to clean the cabinets in both upstairs kitchens inside and out. She seems delighted to help spruce up our beautiful Church. Thank you to our helpful volunteer!

This column gives me another chance to publicly acknowledge the wonderful work **Tedros** is doing here for the Church. I phoned our pest company and with Tedros help, we have replaced many of the wire barriers that had come undone.

Another improvement to the property has been the replacement light pole near the dumpsters. **Sam Trep-erinas** was instrumental in this repair. Thank you Sam and Tedros!

Getting to know faces and names as each function brings another flurry of parishioners through the office makes the humdrum tasks seem worthwhile. All Saints Auction, Dance Practice, Tuesday book club, coffee hour after Divine Liturgy and other events bring so many wonderful members to Church each week.

Karen S. Evans
Office Supervisor



Metropolitan Gerasimos's Encyclical

(Continued from Page 1)

Beloved brothers and sisters, the work of salvation begins very soon. Do not despair at the task at hand. Rather, as the hymn of Clean Monday states, "Let us joyfully begin the all-hallowed season of abstinence; and let us shine with the bright radiance of the Holy Commandments of Christ our God".

May this spirit of the anticipated joy of Holy Pascha at the end of our Lenten journey, be your guide during this most Holy Season of the Great Fast.

With Love in Christ,
+ G E R A S I M O S
Metropolitan of San Francisco

Ministries for Yiavia & Papou

Yiavia & Friends Luncheon

Our next Yiayias & Friends luncheon will be on Thursday, March 1 at Costas on the Ave. Costas is located at 4559 University Way NE. Time is 11:30 a.m.

Mary appreciates knowing how many to expect, so please RSVP if you plan to attend. Contact Mary, preferably by email at: mndamascus@comcast.net or 509-951-2975. You do not have to be a Yiavia to join us!

Papouthes Group: A Ministry for our Grandfathers

Our next Papouthes group luncheon will be on March 8, 2018 at Bay Cafe at fisherman's terminal, that is just south west of Ballard bridge, almost next to chinook's restaurant at 12:00 noon. Those that wish to carpool may meet at St. Demetrios at 11:00 am. Please RSVP so we can let the restaurant know how many seats to reserve. Thanks!

For reservations or questions, please contact Manuel Tramountanas at 206-783-4466 or at agapemom@hotmail.com

2018 Twilight Auction

Save the Date: Saturday, June 2

Please save the date for our **2018 Twilight Auction** to be held on **June 2nd**. Your help is needed in many ways: Attend, Donate or Volunteer. Margo Christofilis has graciously agreed to be our chairperson for the auction this year. Contact Margo to Volunteer at (206) 963-5525 or margomba@hotmail.com

Sunday School News

Lazarus Saturday Sunday School-Sponsored Breakfast

Join us on Saturday, **March 31, 2018** for the Lazarus Saturday Sunday School sponsored Lenten breakfast following Liturgy. After breakfast, we will tie palm crosses.

Holy Friday Myrrhbearers

All young ladies in the 3rd through 6th grade are invited to participate as myrrhbearers for **Holy Friday, April 6, 2018**. For more information, please contact Paula Charuhas Macris at pcharuhas@hotmail.com by **March 25, 2018**.

Holy Friday Luminaras

Sunday School will be selling Luminaras during the coffee hour on **March 4 and March 11, 2018**. Luminaras are a wonderful way to honor the memory of a loved one and will be placed around the church grounds on Holy Friday.

Lenten Service Project

Our 2018 Sunday School Lenten Service Project is sponsoring a food drive for the Seattle Children's Ronald McDonald House (www.rmhcseattle.org). The Ronald McDonald House provides a caring home away from home for families of seriously ill children who receive medical treatment in Seattle. Housing is provided at low or no cost to these special families who often travel from across the country for treatment in Seattle. Within the Ronald McDonald House is a food pantry, free of charge, for families to select basic food items to make a simple meal or have a snack. Donating food helps to alleviate some of the financial strain experienced as well as provides comfort and security for the over 80 families who reside there each night.

Great and Holy Lent is a time for almsgiving and helping others. Throughout Lent, we will be having a class contest to collect food for the Ronald McDonald House. Each Sunday school student who donates food will have a paper star with his/her name placed on the wall near the small hall. The Sunday School class who collects the most food will be awarded with a pizza party during Sunday School later this spring. **Donations will be collected during Sunday School, February 25-April 1, 2018.** Thank you for kindly considering making a donation to this worthy cause.

No Sunday School, April 8, 2018.



John C. Kulis Foundation Scholarship applications are due April 1, 2018.

Visit www.kulisfoundation.org

Greek Dance News



BALKAN FEST - Saturday, March 10th, from 5:00 PM - Midnight at ST. Ds. Everyone is invited to a night of song and dance. Bring your friends! No dance experience necessary! More information at <http://www.balkannightnw.com/>.

Help Needed - BALKAN FEST - This is your opportunity to help raise money for our dance ministry. Parents, grandparents, dancers, and friends are urged to volunteer (admission is waived for volunteers). It's an easy job and super fun! Come dance the night away and help out at the same time. Please sign up now at: www.SignUpGenius.com/go/4090B4EAAAD2AA2F85-balkan1

Dance Family Retreat at All Saints Camp - April 21-22. More information to come.

St. Demetrios Dance Ministry Dinner & Recital - Saturday, May 12th - ALL dance groups will be performing and everyone is invited to celebrate all of the hard work that the dancers and directors (and dance board and volunteers) have put into this year. This is the BIG EVENT of the year for our ministry. Everyone is invited! More information to come.

Balkan Night Northwest 2018
FEATURING
NICK SOFOS & ENDASI
EVA SALINA & PETER STAN
DROMENO · DRAGI NPASOVSKI · GINO TEVDMEVICH
BUNAVA · THE MO · TRIO TSUICA · BALKANARAMA
ASK PARTY MORE
3 STAGES! BALKAN MARDI GRAS DANCE PARTY!
SATURDAY MARCH 10
5:00PM - MIDNIGHT
ST. DEMETRIOS HALL
2100 Boyer Ave E Seattle
Tickets at STRANGER TICKETS.
Sponsored by THE SEATTLE BALKAN DANCERS & SAINT DEMETRIOS DANCE PROGRAM. AS
www.balkannightnw.com

St. Demetrios & Holy Trinity Basketball Tournament



Congratulations to our St. Demetrios GOYAnS for taking home the trophy in a close game verses Holy Trinity. Over 25 teens from both parishes played in three games on Saturday, February 17th. The boys of St. Demetrios defeated the boys of Holy Trinity, the girls of Holy Trinity defeated the girls of St. Demetrios and in the final game the boys and girls combined; St. Demetrios won a close game 42 - 41 and brought the trophy home to St. Demetrios. Thank you to the Holy Trinity parish for hosting the tournament. Thanks also to the Bekris and Hunt families for hosting our teens.



UPCOMING EVENTS

April

- 1 - Philoptochos Easter Bake Sale
- 6 - Holy Friday Retreat,
Holy Friday Myrrhbearers
- 8 - No Sunday School
- 13-15 YES Retreat in Portland
- 15 - Camp Agape Deadline
- 21-23 Family Dance Retreat at All Saints Camp

To Be Announced:
Yiayia & Friends,
Papouthes Lunch,
Mommy & Me,
Orthodox Connections

May

- 1 - St. Demetrios Scholarship
Deadline
- 12 - Dance Dinner & Recital

June

- 2 Twilight Auction

Philoptochos News

A Message from President Nina

The Ladies Philoptochos of Saint Demetrios is pleased to sponsor a one-day Lenten retreat open to women and men from all our sister parishes in the Pacific Northwest. Join us on Saturday, March 3rd from 8:30 am to 3:00 pm for "Forgiveness: Transforming Wounds into Wisdom."

In this full-day retreat and workshop (with lunch provided), we will explore the meaning of forgiveness, what it is and what it is not. During breakout sessions, we will work through a process that will help us shift our view of ourselves, the offense, and the offender, in a helpful and health-full manner.

For reservations, contact Pam Plumis at 206-349-8341 or at pplumis@comcast.net. Please RSVP by February 28.

Philoptochos Easter Bake Sale

A pre-order form is included in this month's issue of the Orthodox Way. You can also order online through the Saint Demetrios E-News. Please order early to guarantee we will be able to fulfill your order. Thank you for your support of Philoptochos!

Mochas for Missions

Every year during Lent our Philoptochos chapter collects 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 Ann Karis and she can be reached at 425-835-0051 or momkaris@comcast.net.

Diaper Drive 2018

Philoptochos will again collect diapers, pull ups and baby wipes for needy families throughout Lent. Size 4 and 5 diapers are especially needed. Children's clothing and toys are also welcome. A Pack N Play will be located in the Narthex to collect donations until Easter. For more information or to make a donation, contact Kathy Mitilas [206.824.8511](tel:206.824.8511) kathym2002@q.com or Stacy Taylor [206.501.9500](tel:206.501.9500) stace1126@msn.com.

Membership Continues for 2018

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 Lena LaMarche, our membership chairperson at [425.486.6899](tel:425.486.6899) or floss4life2@gmail.com.

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.

Upcoming Meeting Schedule:

All are welcome to attend our meetings and events:

March 11th regular meeting after Divine Liturgy

March 15th cook for St Martin de Porres Mens Shelter

March 28th cook for Jubilee Womens Shelter

March 29th cook for St Martin de Porres Mens Shelter

Winter Is Not Over Yet and the Homeless Are Cold

Please consider what you might be able to share with the less fortunate. Downstairs in the large hall by the steps is a barrel for St. Philaret to collect blankets, sleeping bags, men's items (socks, gloves, hats and coats). If you have the small soaps and shampoo left over from your vacation hotel, please consider packaging them in zip lock bags and donating them. For further information, you may contact Jillian Chandler at the Church of the Assumption at 206-323-8557 or Chris Macris at 425-888-0802.

The Philoptochos Warm Coat Drives continues as well and the barrel is also downstairs next to Jubilee and St Philaret. Childrens coats, hats socks and gloves are also welcome.

Please Give for Hungry Children

There are barrels downstairs in the hallway for Northwest Harvest. Donations of food are especially needed during this time of economic hardship for so many. Monetary donations are also accepted, every little bit helps..... no donation is too small. You may have noticed longer lines at food banks all around the city. Your donation (cash or food) will be gratefully received as the number of hungry families has increased considerably. If you don't want to carry canned goods to church, please consider a donation to your local food bank.

Saint Demetrios Philoptochos Contacts:

President: Nina Varlamos 206-499-0369
ninavarlamos@msn.com

Camp Agape NW: Georgia Gianacos Steenis 206-419-6867
ggianacos@gmail.com

Jubilee Women's Shelter and Dress for Success:
Georgene Karambelas karambelas@comcast.net
206-829-9337

Sunshine: Mary Damascus 509-951-2975
mndamascus@comcast.net

St. Martin de Porres Men's Shelter:
Helen Kalasountas 425.641.0472

Visitation: Kay Betts 206-546-2370
yassou@frontier.com

Advisor: Susan Reichmann 425.772.1605
susanreichmann@yahoo.com

Philoptochos Retreat

The Ladies Philoptochos of Saint Demetrios is pleased to sponsor a one-day Lenten retreat open to women from all our sister parishes in the Pacific Northwest

Forgiveness: Transforming Wounds into Wisdom

Saturday, March 3, 2018

8:30 a.m. to 3:00 p.m.

St. Demetrios Community Center

\$10.00 Donation

Forgiveness is a fundamental skill of our spiritual practice. We are instructed by Christ to forgive 70 times 7. We pray for forgiveness “as we forgive the trespasses of others.” However, many of us have been hurt and continue to feel burdened by the pain of that offense. Many of us wish to be released from our resentment towards someone who has deeply hurt us. But how? How can we turn our negativity into compassion? How do we know when we have truly forgiven? Do we forgive ourselves?

In this full-day retreat and workshop (with lunch provided), we will explore the meaning of forgiveness, what it is and what it is not. During breakout sessions, we will work through a process that will help us shift our view of ourselves, the offense, and the offender, in a helpful and health-full manner.



Cynthia G. Kostas

About our speaker: *Cynthia Kostas leads retreats and workshops for audiences of varied beliefs on a wide range of topics pertaining to nurturing one's spirit and enhancing one's character. Her non-profit, Photophoros, is a ministry of the Metropolis of Denver committed to training and encouraging individuals to deepen their genuine connection to*

God by developing their spirit and integrating their soul and body according to Orthodox Christian principles. Cynthia has a Masters of Theological Studies degree from Holy Cross School of Theology and has served on the Board of the Foundation for HC/HC. She has lectured and led lay seminars across the country.

For reservations, please contact Pam Plumis at pplumis@comcast.net or (206) 349-8341 by February 28.

Camp Agape NW

July 22nd-28th, 2018

Camp Agape NW Volunteer, Visitor, and Family applications for 2018 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.

This year per the Archdiocese requirements, all volunteers must complete 6 online Armatus training modules. Each module takes about 30 minutes. People who have already completed those for Sunday School or All Saints Camp do NOT need to do them again. Help will be provided for those who need it to complete the online modules.

Two recommendation forms will be required for new applicants.

There is a \$20 non-refundable application fee. A “no questions asked” fee waiver is available; if needed please email campagape@gmail.com for the coupon code. A national background check is included in the application fee.

We will be offering the bus to Reunion Day on Sunday, July 22nd. Attendance at Reunion Day is open to everyone, the Armatus training forms are not required to visit on Reunion Day. The bus will depart St Demetrios at 12:00 noon and return at 7:30 pm. Lunch and dinner are provided at camp. If you have any questions please email campagape@gmail.com.

Saint Demetrios Philoptochos Easter Bake Sale 2018

Sunday, April 1st 12:00 – 1:30 PM

Tsoureki \$6 Kourabiethes \$15/dozen Koulourakia \$6/dozen Round bread (with red egg) \$15

Name _____

Phone number _____

Quantity of: Tsoureki ___ Kourambiethers ___ Koulourakia ___ Round bread ___

Total _____ \$ _____

Pre-orders **must** be pre-paid by Monday, March 26th
ONLY PRE-ORDERS WILL BE ACCEPTED!

Mail your check with this order form to:

Lena LaMarche

21031 – 49th Avenue SE Bothell, WA 98021

Thank you for your support of Philoptochos!

All orders will be available for pick up at Saint Demetrios on April 1st only – no early pick up, please.

Philoptochos Diaper Drive



Diaper Drive 2018

Sponsored by St. Demetrios Philoptochos

Urgent Need! Your help is requested!

Did you know?

- 30% of mothers report running short of diapers for their children.
- 8% of mothers report they “stretch” disposable diapers, that is clean them out and reuse them, leading to rashes and infections.
- Parents living in poverty may reuse wet and soiled disposable diapers, causing uncomfortable children to fuss and cry. This in turn, has incited child abuse in some cases.
- An infant may need up to 12 diapers a day or 84 a week, which can run from \$56-100 per month for families.

Throughout Lent, the St. Demetrios Philoptochos will be sponsoring a collection of the following items:

Diapers (Special Need for sizes 4 and 5)

Cleansing wipes (Travel size wipes also needed)

Pull ups (for girls and boys in all sizes S/M/L/XL)

A Collection Bin (Pack N Play) will be located in the Narthex of the church to collect donations until Easter.

You can place individual diapers in a gallon sized Ziploc bag to donate or complete packages of items are also acceptable.

In 2017, Pregnancy Aid of King County had 1285 families visit for assistance.

The following items were distributed:

20,396 articles of clothing

12,402 diapers

87 layettes for new mothers

119 car seats

THANK YOU FOR HELPING WITH THIS IMPORTANT NEED!

Monetary donations will also be accepted.

Please make checks payable to St. Demetrios Philoptochos

For more information or to make a donation, please contact:

Kathy Mitalas
206.824.8511 or
kathym2002@q.com

Stacy Taylor
206.501.9500 or
stace1126@msn.com

Donations will be distributed to Pregnancy Aid of King County



MISSION SUNDAY ANOTHER BIG SUCCESS

We would like to thank everyone who donated so generously to the work of the Orthodox Christian Mission Center during the Mission Sunday observance at St. Demetrius on February 18.



We were blessed to have a inspiring and heartfelt presentation by Dr. Olympia Tachopoulou of Tacoma about her participation on an OCMC Medical Mission Team to a remote area of Guatemala this past November. She and other medical providers on the team treated hundreds of Mayan people, many of whom have become Orthodox Christians in the past few years.

Everyone who stocked up on items for Great Lent at our annual Mission Deli Sale, did so such that we were sold out in a short period of time.

Thank you also to all who helped with passing the trays, the coffee hour, and the Deli Sale

Proceeds from the Deli Sale along with collections from a special tray passed in church and at the coffee hour totaled almost \$2800 which will go to OCMC in support of its programs to bring people to Christ and minister to them around the world. OCMC carries out it work through short-term medical, construction, educational, youth worker, and other teams; long-term missionaries; support of local Mission priests; special infrastructure projects; and other programs.

If you missed the opportunity to contribute Sunday, you can do so securely at www.ocmc.org or send a check to OCMC, 220 Mason Manatee Way, St. Augustine, FL 32086.

The website also has information on how you can participate on an OCMC Team or otherwise in its various ministries.



Thank you again.

Chris and Paula Macris, OCMC Ambassadors
Cliff Argue, Member, OCMC Board of Directors

**The Power of Giving:
Five Things Giving Does For You**

By Jeff Brooks / Stewardship Committee

How much *more money* do you need?

Chances are, if you sat down and really thought about it, you'd say "about 10 % more."

I say that because of a study done a few years ago. Researchers asked people how much more money they needed. Nearly everyone they talked to -- from the poorest to the most wealthy -- said they needed *about 10% more money* to feel comfortable.

That's the strange power money has over us. We always need a bit more. No matter how much we have.

Maybe that's why the Bible calls on us to *tithe* -- to give away 10%. I'm just theorizing here, but perhaps tithing is God's way of helping us overcome the power of money. By giving away 10%, we can short-circuit that "need" for 10% more.

But there's more to giving than that. Giving can make you stronger and more hopeful. It can give you strength to face affliction, wrath, danger, and distress. It's available whether you're wise or foolish, educated or ignorant, rich or poor. Here are just a few of the good things that happen when you give your money:

Giving makes you a better person

Research shows that donors are more likely to commit all kinds of good deeds, like returning lost wallets, giving up their seat to others on crowded buses, or giving blood. Donors are more kind, compassionate, and active than non-donors.

Giving makes you happy

Charitable giving stimulates the pleasure centers of the brain. It's built into the core of our being. Social science research finds that donors are 43% more likely to say they're "very happy" than non-donors. This happiness comes from several sources:

- The "warm glow of altruism" that comes with the release of dopamine in the brain when you give.
- Donors see themselves as better people, as more in control. No doubt for the same reason, donors are generally perceived as leaders.
- Giving is a way to "give back." We all owe debts to people who've helped us through life. We can't possibly pay back those debts, but we can pay it forward.

Giving improves your health

Probably because of all these psychological benefits, giving also promotes physical health. Donors are 25% more likely to say their health is "excellent" or "very good" than non-donors.

Giving improves your finances

Research shows that for every dollar given to charity, the donor eventually gets \$3.75. Beat that in the stock market! A causal link is impossible to establish, but the outcome is clear: people who give to charity end up financially better off.

Continued on Page 11

Bookstore News - Great Lent is here

Lord Jesus Christ Son of God, have mercy on me a sinner, or The Jesus Prayer is a simple, powerful prayer that can aid one's Lenten journey.

The prayer is just one sentence long but it can quiet the mind and helps us turn to Christ.

St. Paul urged Christians to “pray without ceasing” in his first letter to the Thessalonians. The book, *The Way of a Pilgrim*, follows one man's journey as he works to follow St. Paul’s advice. He uses the Jesus prayer as an important aid to achieve union with God.

St. John Climacus also recommended the Jesus Prayer in his work *The Ladder of Divine Ascent*. The bookstore carries both these books along with prayer bracelets with 33, 50 or 100 knots. Sterling Silver bracelets with The Jesus Prayer in Greek just arrived.

If you'd like to learn more, other helpful items are the booklet titled, *The Prayer Rope* or the pamphlet, *Introduction to the Jesus Prayer*.

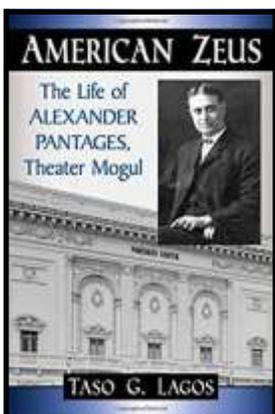
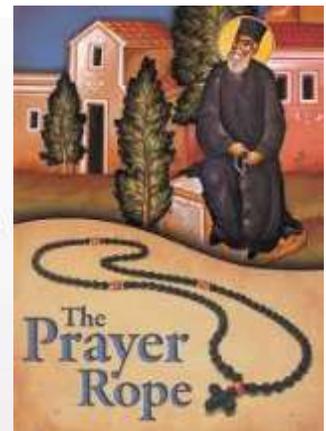
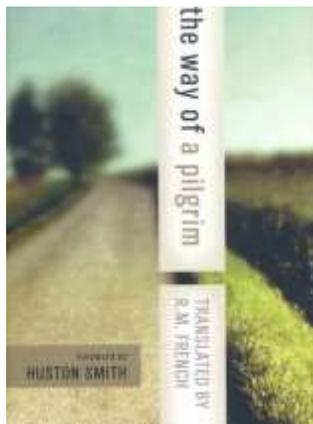
In addition, newly arrived icons include St. Mary of Egypt, whose phenomenal conversion from sinner to saint is brought to our attention during Great Lent to assist us on our personal journeys of repentance and return to Christ our Savior.

Brought to our attention recently and just arrived is the icon of St. Dymphna, a patron saint of mental illness. She and St. Gerasimos are known for their compassion. Faithful pray to them for healing of those suffering with psychiatric issues. Also see the books on suffering loss of loved ones.

The Bookstore wishes you a blessed Lenten journey.

Looking for something special?

Please visit the bookstore after Divine Liturgy or send questions to bookstore@saintdemetrios.com.



GREEKS IN HOLLYWOOD

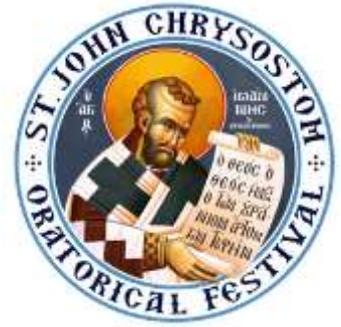
Taso Lagos, Greece study abroad program director and lecturer for Hellenic Studies at the University of Washington, is author of the new book “AMERICAN ZEUS: The life of Alexander Pantages, Theater Mogul.”

Join Taso on **Thursday, March 1 from 6:30 to 8:00 pm at the University Bookstore** for a lecture and book signing as he discusses the life and tragic times of this pioneering immigrant, including the antisemitism and immigrant stigmas that abounded in Hollywood during Pantages’ life.

St. John Chrysostom Oratorical Festival

Please encourage your children to participate in the Oratorical Festival at St. Demetrios on Sunday, March 4, 2018 at 12:30 pm in the Fr. Homer Library

Topics can be found below for all age groups. More information and resources for students is available at www.goarch.org/oratorical



Basic differences between the Elementary and the Junior/Senior Divisions:

- The elementary division is strictly a local program.
- There is no judging.
- The topics are modest but invite creativity: Jesus, prayer, icons, etc.
- To make it even more interesting, consider having some classes sing a song or re-enact a parable or a Bible story. Be creative!

Junior Division (Grades 7–9)

- ♦ In John 15:13–15, Jesus teaches about friendship to His disciples. Discuss the importance of friendship in your life.
- ♦ Choose a parable from the Gospel of Luke and discuss how it speaks to our contemporary life.
- ♦ Talk about a time and circumstance when you were in awe and wonder – where you sensed the majesty of God.
- ♦ Discuss how prayer, fasting, serving others, or study of Orthodoxy assists you with your relationship with Christ and the Church.
- ♦ In Mark 2:1–12, four men remove a roof in order to bring a paralytic to Jesus to be healed. How inventive are we in bringing people to Jesus for healing?

Senior Division (Grades 10–12)

- ♦ People often say, "It felt right" in order to explain their decisions. How many of our decisions factor in not only our feelings but also the will and commandments of God?
- ♦ Christ's disciples made the commitment to follow Him without knowing what the outcome might be. What does it mean to follow Christ today?
- ♦ How can we have religious conversations on social media in an age of trolling?
- ♦ Christ said, "He who has ears to hear, let him hear" (Mark 4:9). The Lord said this with reference to the way we hear the word of God. What is our response?
- ♦ Our lives are saturated with violence, not only in terms of the proliferation of war and terrorism but even as entertainment through movies and video games. In such an environment, how can a Christian cultivate virtues that lead to empathy, peacemaking, and self-sacrifice?

A Message from Jubilee Women's Center



THANK YOU FOR DINNER!
(...and clothes, toiletries, gift cards and smiles!)

Thank you, St. Demetrios- for your ongoing love, support and friendship. The help and hugs we share each month are looked forward to and enjoyed very

much by the residents. The items we donate and the kindness we give is always much appreciated.

Many thanks for dinners! January's meal, provided by Anastasia Bekris, Dionisia Tsafos, Penelopi Savranakis and Christina Meletis. February meal provided by Julie Legeros and friends.

Jubilee Women's Center offers housing, while assisting low income women prepare for employment and independent living. To learn more how you can help, please contact Georgene Karambelas at 206-817-2523 or karambelas@comcast.net or www.jwcenter.org

Thank You!

The Power of Giving:

Five Things Giving Does For You

By Jeff Brooks / Stewardship Committee

Continued from Page 9

Giving bestows grace

There are rewards for giving that are far more important than financial ones.

Jesus said, "Give, and it will be given to you: good measure, pressed down, shaken together, and running over" (Luke 6:38). St. Paul wrote that God loves a cheerful giver (2 Corinthians 9:7). He knew that givers receive a special grace. As we Orthodox Christians know, whenever we are obedient to God, he gives us far more than we could ever think to ask for. He gives us eternal gifts.

So as you think about what you'll give to the Church this year, consider these things. **Giving is very, very good!**

Youth Ministry News

Orthodox Connections

Orthodox Connections Next Meeting Sunday, March 4

Follow Orthodox Connections on [Facebook](#), to get updates on monthly meeting times and locations. This ministry brings together our teens and young adults for fellowship and discussions.

Mommy & Me

Mommy & Me meets on Sunday, March 4

Join us in the Toy Room (unless otherwise noted) directly after communion (think of it as pre-Sunday School!) for a bit before moving down to coffee hour. In each meeting we discuss a subject that affects our children and community, and share ways to support one another--our Orthodox Christian faith and our culture are at the center of these conversations.

For more information, and to join the [St. Demetrios Mommy & Me](#) Facebook group, please contact Pres Michelle Triant at michelle.triant@gmail.com

All Saints Summer Camp



Youth Equipped to Serve - YES Retreat in Portland, OR Friday, April 13 to Sunday, April 15

WHEN? Friday- Sunday, April 13-15, 2018

WHAT? A wonderful opportunity to serve and love our most needy neighbors in Portland, OR.

WHO? 13 years old - College Students

WHERE? We will leave St. Demetrios on Friday at 5 pm and stay Friday and Saturday nights at Holy Trinity Cathedral: 3131 NE Glisan St. The service learning weekend will come to a close following Liturgy on Sunday. The bus will return to St. Demetrios around 3 pm.

COST? A registration gift of \$175 a person will cover all trip expenses, make it possible for the YES Program to prepare and execute the trip, and enable our service team to meet the needs of those we serve. We will have a special fundraiser to help offset the cost of the retreat. Please contact [Lefteris Sitaras](#) to participate.

ANY QUESTIONS? Contact YES Leader [Sophia Fraser](mailto:sfraser@uoregon.edu) at sfraser@uoregon.edu

ALL SAINTS CAMP 2018

JOIN US FOR A SUMMER OF FAITH, FRIENDSHIP AND FUN!

REGISTRATION IS OPEN

Apply at
www.allsaintssummercamp.info

Register by March 1 and receive a \$50 discount

Elementary Camp (Grades 3 - 5) July 8—14

Advanced Camp (Grades 6 - 9) July 15—21

High School Camp (Grades 10 - 12) July 8—14

More information at
www.allsaintssummercamp.info



The Seattle AHEPA Family

**ADMISSION
is
FREE!**

SAVE THE DATE

MARCH 24th

A Celebration of

**GREEK INDEPENDENCE
DAY**

Saturday, March 24, 2018

5:00 PM to 11:00 PM

St. Demetrios Community Center

**Greek DJ Music!
Dancing & Dinner for all!**

Presentations By:
The Greek School Program
and the St. Demetrios Dance Group

For Reservations: Parties of 8-10 per table, call or email Chris Economou
206.940.9455 or ceconomou81@yahoo.com

Stewardship

OUR 2018 STEWARDSHIP PROGRESS

Thank you to all of our 2018 St. Demetrios stewards who have returned your signed pledge cards and contributed to our parish! Your continued support is welcomed and appreciated.

If you haven't become a steward yet and would like to, please visit our website: (<http://www.saintdemetrios.com/stewardship/stewardship-pledge>) and sign-up online. You may also download a stewardship card, sign, and return it to the office.

Thank you - The Stewardship Committee

Goal	\$510,000
Amount Received	\$106,987*
Amount Pledged	\$312,158*
Total Stewards	272*
<i>*As of February 24th</i>	

Fathers Photios and Daniel, Parish Council and the Stewardship Committee welcome you to participate in the...

St Demetrios Spring 2018 Pledge Card Challenge.

We are challenging the St Demetrios community to return at least 450 stewardship pledge cards by March 20th.

Please return your pledge card and make a payment towards your pledge by March 20th. If we meet this challenge, there will be two very special coffee hours after Divine Liturgy - April 22nd and 29th (details to follow).

2018 Stewards

John and Margaret Ales
 Andrew and Vicky Aliferakis
 Rothopi Andrews
 Basil Anton
 Clifford and Theodora Argue
 Patricia Arvanitidis
 Brent and Rhea Aslin
 John and Stella Athans
 Kostas and Linda Avlonitis
 Niko and Kiriaky (Carrie) Avlonitis
 Zacharou Babarakos
 Katherine Babington
 William (Corky) and Dina Bakamus
 Thomas and Maria Barbas
 George Bariames and Eleni Athans
 Loula Barker
 Frances Barnecut
 Bassam and Duaa Bayouk
 Gabriel Bayouk
 George and Alice Bayouk
 Lena Bayouk
 Victor Bayouk
 Brandon and Molly Bede
 Timothy and Elizabeth Berg
 Kay Betts
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 Nick and Vanessa Carkonen
 Susanna Cerasuolo
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 Effie Christ
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 Demetre and Katherine Christofilis
 Anastasios and Voula Christophilis
 Marie Collins
 Jeffery and Katie Comstock
 Madeline Conom
 G. Paul Constantine
 O. George and Kay Constantine
 Jerry and Eva Costacos
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 Maria Cotton
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 Nicoleta Courounes
 Renee Courounes
 Dale and Mariann Crane
 Christos Dagadakis and Judith Turner-Dagadakis
 Mary Dallas-Smith
 Sofia Damascus
 Daniel and Angela Daoura
 George and Alexandra Delegans

Sam and Vicki Deliganis
 Vassos and Caroline Demetriou
 Nicholas and Stella Demonakos
 Ryan and Demetra Dennis
 Sophia Derezes
 Dimitrios and Maria Devekos
 Nick Diafos and Athena Modonas-Diafos
 Panagiotis and Voula Dikeakos
 Vasili and Katherine Dikeakos
 Al and Rachael Dimakis
 Thelma Doces
 Voula Dodd
 Athena Doolittle
 Gus and Gregoria Dounis
 Robert and Janie Drumhiller
 Thomas Dudler and Pandora Christie
 Kenneth and Kristina Dudunakis
 Fr. Photios and Presv. Katherine Dumont
 John and Arianna Dumont
 Mary P. Economou
 Sophia Eitel-McShea and David McShea
 Karen Evans
 Michael and Elaine Falangus
 Yemane Fecadu and Sharon Glein
 Alex and Anna Fleet
 Matthew and Alexandra Flugstad
 Irene Fotes
 Meletios and Theodora Geokezas
 Evan George
 Harry and Mary George

Tyler and Anastasia Geving
 Michael and Wanda Gikas
 Mary-Angeliki Ginosatis
 Elaine Giusti
 Efy Grivas
 Olivia Grosvenor
 William Grosvenor
 Joan Hanna
 William and Manal Hanna
 Dorothy Haskell
 Neil and Terry Hawdon
 Dale Hazapis
 Helen Heuer
 Lucy Hill
 John and Maria Hillman
 Christopher and Mary Hohensinner
 Carlos Jimenez and Eleni Lagos-Jimenez
 George John
 John and Emilie John
 James and Pota Johnson
 Jeff Jones and Angela Sourapas-Jones
 Athanasia Kalasountas
 Jim Kaloris
 George and Christina Kaltsounis
 John and Virginia Kapelouzos
 Maurice and Carmen Karagiorgos
 Tim and Nadine Karas
 Francine Karavias
 Spiros and Zoe Karimbakas
 Anthony and Sarah Karis

2018 Pledge Card Challenge



March Calendar

March 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>25</p> <ul style="list-style-type: none"> Sunday of Orthodoxy Epistle: Hebrews 1:24-26:32-40 Gospel: John 1:43-51 8:15a Orthros 9:30a Divine Liturgy 5p Pan Orthodox Vespers @ Assumption <p>St. Tarasios, Patr. C/mople</p>	<p>26</p> <ul style="list-style-type: none"> Letteris at Camp Conference in Detroit 6p Dance Praactice 6p Small Compline 7p Great Compline <p>Photini, Samaritan Woman Porphyrios, Bishop of Gaza</p>	<p>27</p> <ul style="list-style-type: none"> 11a Book Study: "For the Life of the World" - Alexander Schmemmann 6:30p Parish Council <p>Procopios of Decapolis St. Thalelaeos of Syria</p>	<p>28</p> <ul style="list-style-type: none"> Cook for Jubilee 9:30a Open Confession @ Assumption 6:30p Greek School <p>Nico Martyr Kyzanna St Basil the Confessor</p>	<p>1</p> <ul style="list-style-type: none"> 11:30a Yiayia & Friends Luncheon at Costas' on the Ave <p>Eudokia, Righteous martyr Kassianos, Confessor</p>	<p>2</p> <ul style="list-style-type: none"> 9:30a Presanctified Liturgy 7p Akathasist Hymn 8:30p Jesus Prayer Service <p>St. Euthalia St. Theodoros, Martyr</p>	<p>3</p> <ul style="list-style-type: none"> Philoptochos-Retreat /Large-Hall 3p Open Confession 5p Great Vespers <p>St. Alexandra of Alexandria</p>
<p>4</p> <ul style="list-style-type: none"> St. Gregory Palamas Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12 8:15a Orthros 9:30a Divine Liturgy 11:30a Parish Oratorical Festival 5p Pan Orthodox Vespers @ Assumption <p>Gerassimos of the Jordan Paul and Juliana, Martyrs</p>	<p>5</p> <ul style="list-style-type: none"> 6p Dance Praactice 6p Small Compline 7p Great Compline <p>St. Mark the Ascetic</p>	<p>6</p> <ul style="list-style-type: none"> Dome Roof Cleaning 11a Book Study: "For the Life of the World" - Alexander Schmemmann <p>Finding of the Holy Cross by St. Helen St. Hesychios</p>	<p>7</p> <ul style="list-style-type: none"> Cook for St. Philaret 9:30a Open Confession @ Assumption 6:30p Presanctified Liturgy @ St. Demetrios <p>St. Lavrentios the Righteous</p>	<p>8</p> <ul style="list-style-type: none"> 12p Papou & Friends Luncheon at Bay Cafe <p>Hermes, Apostle</p>	<p>9</p> <ul style="list-style-type: none"> 9:30a Presanctified Liturgy 7p Akathasist Hymn 8:30p Jesus Prayer Service <p>40 Holy Martyrs of Sebaste</p>	<p>10</p> <ul style="list-style-type: none"> 3p Open Confession 3p Balkan Fest - Dance Fundraiser 5p Great Vespers <p>Kodratos of Corinth & 5 Martyrs St. Kodratos of Nicomedia</p>
<p>11</p> <ul style="list-style-type: none"> Holy Cross Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1 8:15a Orthros 9:30a Divine Liturgy 11:30a Philoptochos Meeting 5p Pan Orthodox Vespers @ St Katherine <p>St. Pionios of Smyrna St. Sphoronios of Jerusalem</p>	<p>12</p> <ul style="list-style-type: none"> 6p Dance Praactice 6p Small Compline 6:30p Stewardship meeting in Library 7p Great Compline <p>St. Gregory Dialogos St. Symeon the New Theologian</p>	<p>13</p> <ul style="list-style-type: none"> 10a WOCA Meeting @ St. Demetrios <p>St. Benedict</p>	<p>14</p> <ul style="list-style-type: none"> 9:30a Open Confession 11a Book Study: "For the Life of the World" - Alexander Schmemmann 6:30p Presanctified Liturgy @ Assumption <p>Agaplos & Aristovoulos, Martyrs</p>	<p>15</p> <ul style="list-style-type: none"> Cook for St. Martin de Porres <p>Savvinos, Julian & Romanos, Martyrs</p>	<p>16</p> <ul style="list-style-type: none"> 9:30a Presanctified Liturgy 7p Akathasist Hymn 8:30p Jesus Prayer Service <p>St. Alexios, Man of God St. Patrick</p>	<p>17</p> <ul style="list-style-type: none"> 12:30p Large Hall Rental 3p Open Confession 5p Great Vespers 6:30p Orthodox Home Fellowship <p>St. Artemon, Bishop of Selafrlia</p>
<p>18</p> <ul style="list-style-type: none"> St. John of the Ladder Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 8:15a Orthros 9a Large Hall Rental 9:30a Divine Liturgy 5p Pan Orthodox Vespers @ St Paul <p>St. Eukarpus, Martyr</p>	<p>19</p> <ul style="list-style-type: none"> 6p Dance Board Meeting 6p Dance Praactice 6p Small Compline 7p Great Compline 8p Church Tour - Students from University of Montana <p>Chrysanthos & Daria, Martyrs</p>	<p>20</p> <ul style="list-style-type: none"> 11a Book Study: "For the Life of the World" - Alexander Schmemmann 6:30p Parish Council <p>Myron, New Martyr of Crete</p>	<p>21</p> <ul style="list-style-type: none"> 9:30a Open Confession 6:30p Presanctified Liturgy - St. Demetrios <p>Fathers Basil the Monastery of Stavros St. John Climacus</p>	<p>22</p> <ul style="list-style-type: none"> Cook for Jubilee 9:30a Open Confession 6:30p Presanctified Liturgy - Assumption <p>Basil, Presbyter & Kallinika, Martyrs</p>	<p>23</p> <ul style="list-style-type: none"> 9:30a Presanctified Liturgy 7p Akathasist Hymn 8:30p Jesus Prayer Service <p>Nikon the Righteous</p>	<p>24</p> <ul style="list-style-type: none"> 3p Open Confession 5p Great Vespers 5p Greek Independence Day Dinner/Greek School <p>Saturday of Lazarus</p>
<p>25</p> <ul style="list-style-type: none"> St. Mary of Egypt Epistle: Hebrews 2:11-18 Gospel: Luke 1:24-38 8:15a Orthros 9:30a Divine Liturgy 5p Pan Orthodox Vespers @ Holy Apostles <p>Annunciation of the Theotokos</p>	<p>26</p> <ul style="list-style-type: none"> 6p Dance Praactice 6p Small Compline 7p Great Compline <p>Synaxis of Archangel Gabriel</p>	<p>27</p> <ul style="list-style-type: none"> 11a Book Study: "For the Life of the World" - Alexander Schmemmann <p>Matrona of Thessaloniki Paul, Bishop of Corinth</p>	<p>28</p> <ul style="list-style-type: none"> Cook for Jubilee 9:30a Open Confession 6:30p Presanctified Liturgy - Assumption <p>Righteous Hilarion the Younger</p>	<p>29</p> <ul style="list-style-type: none"> Cook for St. Martin de Porres <p>Mark, Bishop of Arethousion</p>	<p>30</p> <ul style="list-style-type: none"> 9:30a Presanctified Liturgy <p>St. John Climacus</p>	<p>31</p> <ul style="list-style-type: none"> Saturday of Lazarus 8:30a Orthros 9:30a Divine Liturgy 11a School Breakfast and Tying of Palm Crosses 3p Open Confession 5p Great Vespers <p>Alaklios, Confessor St. Innocent Met. of Moscow</p>



The Orthodox Way (USPS 600-160)

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