



# 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 2019  
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Monday - Friday

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## A Message from Fr. Photios

My Dear Brothers and Sisters in Christ,  
Great and Holy Lent begins on Monday,  
March 11. Lent each year is offered to us as  
an opportunity to change and reorient our  
lives to Jesus Christ. I have come upon a ser-  
mon given by St. John of Kronstadt (1829-  
1908) which was delivered to his faithful just  
prior to the beginning of Great Lent. St. John was a married parish  
priest, serving the faithful of Kronstadt, which is a town in the munici-  
pality of St. Petersburg, Russia. St. John is considered to be the most  
revered figure of the Orthodox Church of Russian in the half-century  
leading up to the Bolshevik revolution of 1917. He inspired millions of  
people because of his love for God and his love for God's people. He  
served the Divine Liturgy every day. His message is powerful and time-  
less, and easily could have been written today. I pray that we will all  
pay close attention to St. John's words, consider our lives, and use the  
time of Great Lent to 'lay up for ourselves treasure in heaven!'

*Do not lay up for yourselves treasures on earth, where moth and rust  
destroy and where thieves break in and steal; but lay up for yourselves  
treasures in heaven, where neither moth nor rust destroys and where  
thieves do not break in and steal. For where your treasure is, there your  
heart will be also. (Matthew 6:19-21)*

This is a saving commandment, directed to all of us, from our Lord and  
Savior Jesus Christ. Who has never sinned against this commandment  
of our loving Lord? Whose heart is not tied more or less to the earth,  
to earthly treasures, whatever they may be? Who, for example is not at-  
tached to his flesh, to earthly honor and glory, to earthly riches, to  
earthly beauty, to all kinds of earthly pleasures, in general, to all that is  
earthly, sometimes to the point of forgetting God and His holy com-  
mandments and saving intentions toward us, forgetting the heavenly  
nature of his soul, its image and likeness to God, that it is destined for  
eternal life in God and with God, its deep fall and the need to raise it up  
through sincere, profound, and irrevocable repentance, its correction,  
purification and sanctification through grace? Who is it whose treasure  
is God alone and His holy commandments, the holy virtues, and who  
despises and humbles his flesh with its passions and lusts as the tempo-  
rary servant clinging to its mistress, the soul, and that only so much  
enjoys the attention and care of the soul as far as it serves its higher,  
spiritual goals? Who is it who does not possess different idols in his  
heart, set on this holy place that should always be the throne of the Al-  
mighty God?

Thus all of us, beloved in the Lord brothers and sisters, must admit to  
this, that we gather treasures on earth, in our temporary shelter, that must  
pass away and disappear, and where the moths and rust of self-love and  
the passions and sins destroy these treasures, as they are perishable and impure, and where thieves—  
the demons—and perhaps people, break in and steal the heart as well as its treasure. For example, if  
your treasure is money, or carnal pleasures, or impersonal people whom your bestial passions have  
made soulless and turned into objects of gross pleasure, as well as turning yourself into an immoral,  
soulless being; or is your treasure only earthly knowledge, art, industry, handcrafts? For how long will

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The Orthodox Way is published monthly. Parishioners who wish to contribute content or announcements are asked to email information to

Lefteris 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.

## A Message from Karen

Dear Saint Demetrios Church,

You may already know, I am leaving the position of Church Office Supervisor on March 29th, 2019. I want to thank each person here for allowing me to experience all that is Saint Demetrios!

I am sincerely grateful for this job.

Life has taken me in a new direction and I will be getting married in April. I am over the moon to marry Jon. For me, life has come full circle and I will be back to my original "career" of being a supportive life partner.

Once more, thank you for the patience, the acceptance and the fabulous Greek culture that I have been given this last year and a half.

I have typed, filed, phoned, photocopied, attended meetings, texted, gone to trainings, dined, danced and enjoyed this job immensely.

Thank you!

Karen S. Evans

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week <b>FEBRUARY 17th</b>	 <b>Publican and the Pharisee</b> Reading: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Trust in God, not yourself! Ask for His help before every task this week!
Normal Fast Week <b>FEBRUARY 24th</b>	 <b>The Prodigal Son Returns!</b> Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Use up/freeze meats this week.
Meatfare <b>MARCH 3rd</b> FAREWELL TO MEAT TODAY	 <b>The Last Judgment</b> Reading: 1 Corinthians 8: 8-9; 2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare <b>MARCH 10th</b> FAREWELL TO CHEESE TODAY	 <b>Adam and Eve are cast from Paradise!</b> FORGIVENESS SUNDAY Reading: Romans 13: 11-14; 4 Gospel: Matthew 6: 14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent <b>MARCH 17th</b>	 <b>SUNDAY of ORTHODOXY</b> Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent <b>MARCH 24th</b>	 <b>ST GREGORY PALAMAS</b> Reading: Hebrews 1: 10-2:3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent <b>MARCH 31st</b>	 <b>VENERATION OF THE HOLY CROSS</b> HALF WAY TO PASCHA! Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8: 34-9: 1	Wear your cross to church and kiss the cross each morning with a bowl
4th Sunday of Lent <b>APRIL 7th</b>	 <b>ST JOHN of the LADDER</b> Reading: Hebrews: 6: 13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent <b>APRIL 14th</b>	 <b>ST MARY of EGYPT</b> Reading: Hebrews 9: 11-14 & Heb 2: 11-18 Gospel: Mark 10: 32-45 & LK 1: 24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! <b>APRIL 21st</b> GREAT WEEK BEGINS	 <b>ENTRY OF OUR LORD INTO JERUSALEM</b> Reading: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY <b>APRIL 26th</b>	 <b>GREAT AND HOLY FRIDAY</b> JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.
FEAST OF FEASTS! <b>APRIL 28th</b> NO FASTING!	 <b>HOLY PASCHA! (CHRIST IS RISEN!)</b> Epistle: Acts 1: 1-8 Gospel: John 1: 1-17	Great everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

## Ministries for Yiayia & Papou

### Yiayia & Friends Luncheon

Our next Yiayias & Friends luncheon will be held on **Thursday, March 7 at 14 Carrot Cafe** at 2305 Eastlake Ave East. Time is 11:30 a.m. The restaurants appreciate knowing how many to expect so they can adequately accommodate us. Everyone is welcome!

For questions or reservations, please contact **Mary Damascus**, [mndamascus@comcast.net](mailto:mndamascus@comcast.net) or 509-951-2975.

### Papouthes Group Luncheon

Our next Papouthes group luncheon will be on **Thursday, March 14 at Nikos Gyros** at 2231 32nd in West Seattle 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/questions, contact **Manuel Tramountanas** at [agapemom@hotmail.com](mailto:agapemom@hotmail.com) or 206-783-4466.

## Memorials & Candles in March

On March 3, A Holy Altar Table Vigil Light and a donation for St. Philaret is offered in loving memory of **Evangelia Polychronopoulos**, 6 months since her passing, by her husband Andonios, daughters Maria and Feletsa, and their families.

On March 10, our OCMC committee will sponsor the coffee hour and host an annual Greek deli sale to commemorate **Missions Sunday**.

On March 10, Three Holy Altar Table Vigil Lights are offered in loving memory of **Spiro Koulouris**, two years since his passing, by his sister Pota Johnson. May his memory be eternal.

On March 17, A Holy Altar Table Vigil Light and donation are offered in loving memory of **Anastasios Kousisis**, by his wife Teresa Kousisi and daughter Maria Moroseos and family.

On March 24, A Holy Altar Table Vigil Light is offered in memory of **Dean Peter Stephas**, 17 years since his passing, donated by his aunt and family.

On March 26, 2019 a Holy Altar Table Vigil Light and donation to Saint Philaret Ministry is offered in loving memory of **Dean Stephas**, 17 years since his passing, from his mother Penelope Sakellaris and family. May his memory be eternal.

## Memorials & Candles from February

On February 24, a three year Memorial and Coffee Hour was offered in loving memory of **Kyriakos Moroseos** by his wife Fifi Moroseo, and children and grandchildren. May his memory be eternal.

On February 24, Six Holy Altar Table Vigil Lights were offered in loving memory of **Elias Dounis**, 30 years since his passing, **Katina Dounis**, 16 years since her passing, **Asimina Fragou**, 18 years since her passing, **Demetrios Fragous**, 14 years since her passing, **Demetrios Rosis**, 41 years since his passing, **Esmene Rozis**, 13 years since her passing, given lovingly by Gus and Gregoria Dounis.

*May Their Memories Be Eternal.*

## Church Services for March

Mar.	Service	Time
2	<i>Saturday of Souls</i> Orthros & Divine Liturgy Great Vespers	8:30 am 5:00 pm
3	<i>Judgement Sunday: Meatfare</i> Orthros & Divine Liturgy	8:15 am
9	<i>Saturday of Souls</i> Orthros & Divine Liturgy Great Vespers	8:30 am 5:00 pm
10	<i>Forgiveness Sunday: Cheesefare</i> Orthros & Divine Liturgy	8:30 am
11	<i>Great Lent Begins</i> Small Compline Great Compline	6:00 pm 7:00 pm
13	Presanctified Divine Liturgy	6:30 pm
15	<i>Salutations to the Theotokos</i> Presanctified Divine Liturgy Akathasist Hymn Jesus Prayer Service	9:30 am 7:00 pm 8:30 pm
16	<i>Saturday of Souls</i> Orthros & Divine Liturgy Great Vespers	8:30 am 5:00 pm
17	<i>Sunday of Orthodoxy</i> Orthros & Divine Liturgy	8:15 am
18	Small Compline Great Compline	6:00 pm 7:00 pm
20	Presanctified Divine Liturgy	6:30 pm
22	<i>Salutations to the Theotokos</i> Presanctified Divine Liturgy Akathasist Hymn Jesus Prayer Service	9:30 am 7:00 pm 8:30 pm
23	<i>Saturday of Souls</i> Orthros & Divine Liturgy Great Vespers	8:30 am 5:00 pm
24	<i>Sunday of St. Gregory Palamas</i> Orthros & Divine Liturgy	8:15 am
25	Small Compline Great Compline	6:00 pm 7:00 pm
27	Presanctified Divine Liturgy	6:30 pm
29	<i>Salutations to the Theotokos</i> Presanctified Divine Liturgy	9:30 am

## **Philoptochos News**

*Save the Date--Saturday, April 6, 2019!*

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, April 6th from 9:00 am to 2:30 pm for "Establishing Orthodox Rhythms in Your Home."

In this full-day retreat and workshop (with lunch and child care provided), author Elissa Bjeletich will discuss principles in her book "Blueprints for the Little Church, Creating an Orthodox Home".

For reservations, please contact Pam Plumis at (206) 349-8341. **Please RSVP by April 1st.**

### **A Message from President Nina**

Philoptochos chapter elections to our Board will be Sunday, May 19th and I encourage the women of our parish to consider running for this very important position. It is a wonderful opportunity to make a difference for the less fortunate in our community and beyond. If you are interested, contact our Election Committee chair, Georgia Gianacos Steenis, at [ggianacos@gmail.com](mailto:ggianacos@gmail.com) or 206.419.6867

### **Missions Possible**

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 206.282.9620 or [momkaris@comcast.net](mailto:momkaris@comcast.net).

### **Diaper Drive 2019**

Philoptochos is collecting 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 is located in the Narthex to collect donations until Easter.

### **Membership Continues for 2019**

We hope you will continue to support us with your annual dues of \$45 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 or [floss4life2@gmail.com](mailto: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 or [yassou@frontier.com](mailto: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.

### **Please Help the Saint Philaret Ministry**

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.

### **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.

### **Upcoming Meeting Schedule:**

All are welcome to attend our meetings and events:

**March 10th** - regular meeting at church after the coffee hour

**March 21st** - cook for St Martin de Porres Mens Shelter

**March 27th** - cook for Jubilee Womens Shelter



# Diaper Drive 2019

**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 size 5)

**Cleansing wipes** (Travel size wipes also needed)

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 2018, 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**

## Saint Demetrios Philoptochos Easter Bake Sale 2019

**Sunday, April 21st 12:00 – 1:30 PM**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Quantity of:

- \$6 Tsoureki \_\_\_\_\_
- \$15/dz Kourambiethers \_\_\_\_\_
- \$6/dz Koulourakia \_\_\_\_\_
- \$15 Round bread with Red Egg \_\_\_\_\_

**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.

**ORDER ONLINE at**

**<https://www.surveymonkey.com/r/W5SRR3S>**

Pre-orders **must** be pre-paid by Monday, April 15th  
**ONLY PRE-ORDERS WILL BE ACCEPTED!**

Mail your check with this order form to:

Lena LaMarche

21031 – 49th Avenue SE Bothell, WA 98021

## Philoptochos Retreat

The Ladies Philoptochos of Saint Demetrios presents a one-day retreat

# Discovering Orthodox Rhythms

**Saturday, April 6, 2019**

**9:00 a.m. to 2:30 p.m.**

**St. Demetrios Community Center**

**\$20.00 Donation**

**(Includes Workshop & Luncheon)**



### **What does it mean to say that the Orthodox faith is a lived faith?**

We'll look at practical ways to bring an Orthodox rhythm to your life, including: developing a prayer routine, learning the Scriptures together and allowing them to work in our lives, and giving alms, fasting and feasting with the calendar.

**About our speaker:** Elissa Bjeletich and her husband, Marko, have five daughters and live outside of Austin, Texas. Elissa directs and teaches Sunday school at Transfiguration Greek Orthodox Church, writes books and hosts podcasts on Ancient Faith Radio, contributes to multiple curriculum projects, and works at an Orthodox summer camp.

**The retreat is open to all men and women  
from our sister parishes in the Pacific Northwest.**

**To purchase tickets, please contact Patti Kost at [pattikost@comcast.net](mailto:pattikost@comcast.net),  
(206) 783-8387 or (206) 909-9113 by Monday, April 1.**

Complimentary babysitting for children 3 and older will be available with a reservation.

## **Camp Agape Northwest News**

Camp Agape Northwest is looking for a volunteer head chair to represent St. Demetrios beginning on September 1, 2019. The ideal head chair will not only be passionate about helping children with cancer and their families, but also have experience in fundraising and/or the administrative management of a non-profit organization. This is a dynamic organization that continues to evolve in order to give children with cancer a chance to be normal, siblings a chance to feel special, and parents a time to be together. We look for someone who will bring passion and commitment to helping us do so.

The Philoptochos board is responsible for appointing Camp Agape Northwest (CANW) board members. CANW board is made up of 4 representatives from each parish Philoptochos, of which one serves as head chair. The head chair alternated yearly per church in the following rotation, St Demetrios, Assumption, St Nicholas and Holy Apostles. St Demetrios will hold the position of head chair in the year 2022.

This is a 4 year commitment, the head chair position rotates thru all 4 churches and this person would be head chair on the 4th year. St. Demetrios will be the Head Chair again in 2022-2023.

Responsibilities of St. Demetrios Head Chair:

- Attend monthly board meetings
- Work collaboratively and positively with other board members and volunteers
- Know, understand, and abide by the bylaws/laws/regulations that pertain to running a camp
- Contribute to committees as needed
- Coordinate reserving rooms at St. Demetrios, bring food and set up/clean up every third month
- Organize church coffee hours in April if needed
- Organize representation at ministry Sunday in November, festival table in late fall, and September ministry meeting
- Report to Philoptochos and Parish Council as needed
- Ensure CANW bulletin/e-news columns are forwarded to the correct editor at St. Demetrios for publication
- With guidance from our camp director and co-head chairs troubleshoot and problem solve issues that come up during the week at camp. Full week, overnight camp attendance (sleeping in a tent) is preferred

Responsibilities of Head Chair during St. Demetrios year (2022):

- Presiding over all CANW board meetings, responsible for the overall coordination of camp preparations
- Responsible for the overall coordination of department heads for camp preparation
- Organize and prepare for the board meetings (creating agendas, emailing meeting reminders, guiding the meetings/voting, providing necessary meeting documents to board members)
- Oversee secretary, treasurer, and financial assistant
- Full week, overnight camp attendance (sleeping in a tent)

Interested candidates are urged to send a letter of interest to [campagapenw@gmail.com](mailto:campagapenw@gmail.com) by March 29, 2019 and begin shadowing Georgia now to be ready to take the reins in September!

For questions email [campagapenw@gmail.com](mailto:campagapenw@gmail.com) or call Georgia Steenis at 206-419-6867

Board meeting dates for the rest of the year are as follows:

Feb 11, Assumption 6:30 PM      March 11, Holy Apostles 6:30 PM      April 6, St Nicholas 10:00 AM  
May 13, (probably St Demetrios depending on dance schedule) 6:30PM

### **Camp Agape Northwest July 21-27, 2019**

- 1- Application deadline for all volunteers is April 15 - applications available at [campagapenw.org](http://campagapenw.org) by end of February.
- 2- Counselors are now called buddies, and buddies must be 18 years of age.
- 3- There will be limited spaces for volunteers in training under the age of 18 and per Archdiocese policy, they must be observed by someone 21 or over
- 4- All volunteers (no matter how long they serve at camp, so even if they come for 2 hours to do Kafenio) are required to complete 6 online training modules from the Archdiocese. These are the same ones for All Saints Camp staff and any Sunday school teacher or church youth worker. If someone has already completed it, they will not need to do it again. Completion is due by June 30th in order to be at Camp Agape NW.
- 5- All volunteers, no matter how long they serve at camp, are required to read the Youth Protection Manual and sign the code of conduct.
- 5- New volunteers will need reference checks and possible interviews per Archdiocese guidelines.
- 6- All volunteers working with food are required to obtain a food handlers permit.
- 7- All volunteers must be up to date with vaccines, people who are not vaccinated may not serve at Camp Agape NW.

Questions? [campagape@gmail.com](mailto:campagape@gmail.com)

## Youth Ministry News

### Applications Open for 2019 Summer Program on Chios Volunteer with Refugee Children in Greece

Our 2019 Summer Service Learning Program will include a month-long volunteer experience for young people ages 18-25 from throughout North America. Thanks to the generosity of several donors, we will offer 16 scholarships for this program, which will cover most expenses. **Application deadline March 7, 2019.**



Visit <https://greekamericafoundation.org/service-learning-program-2/>

## Heritage Greece



The Heritage Greece Program is an unforgettable journey to Greece tailored to connect students with their Greek identity and roots through a cultural immersion experience! The Program was developed by the National Hellenic Society (NHS) and is hosted by The American College of Greece (ACG).

The Heritage Greece Program is a once in a lifetime opportunity to explore Greek heritage and culture. The Program is a gift from the NHS to the participants. They bear a portion of the airfare costs to and from Athens, while expenses including tuition, transportation, meals, and other related costs are borne by the NHS.

**ADMISSIONS DEADLINE: MARCH 18, 2019**

For More Information visit <https://www.nationalhellenicsociety.org/application.html>

## Moms Dads and Tots

We had to cancel last months' gatherings due to snow! Don't miss out on this month's Mom's wine and Lenten craft night out on **March 8th**. Location and time TBD. Keep an eye out on FB and your email inbox for further information! On **March 12th**, from 12:30-2 we will have our potluck at Saint Demetrios! This month's theme will be on the Annunciation and Greek Independence Day! If you'd like to be more involved or would like to be added to our email list, email us at [stdmdtots@gmail.com](mailto:stdmdtots@gmail.com)

## St. Demetrios Scholarships



### **Deadline to Apply is May 1**

Our church currently has up to \$2500 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.

Applications are now being accepted for the scholarship awards for the 2019 - 2020 school year. Apply at [www.saintdemetrios.com](http://www.saintdemetrios.com)

## Scholarships from the Archdiocese

### **Deadline to Apply is May 3**

The Greek Orthodox Archdiocese of America announces that applications for the Scholarship and Fellowship programs administered by the Archdiocese are now available.

Applications can be accessed by visiting <http://www.goarch.org/-/scholarship>.

For more information, please email: [scholarships@goarch.org](mailto:scholarships@goarch.org) or call 212-774-0283.

The deadline for submitting an application for any of these scholarships is May 3, 2019.

# 2019 GOYA LENT RETREAT



- WHO: Teens in Grades 7 - 12
- WHAT: An Amazing Retreat with Orthodox Teens from around the NW! Discussions with Clergy! Fun with Friends, New and Old! Confession and More!
- WHERE: All Saints Camp in Gig Harbor, WA
- WHEN: March 30 & 31, 2019.
- COST: \$125 per person. Limited Scholarships available for those in need.

**We invite youth from all of our Orthodox Parishes to attend.**

Register at <https://goo.gl/forms/gfCLEZcEPpcge7qn1>

**Registration Closes on March 15, 2019. NO LATE REGISTRATIONS ACCEPTED.**

**Special Instructions:** Please pack for a cold and rainy weekend, bring a sleeping bag and pillow.

**NO CELL PHONES PLEASE**

**Oregon Participants:**

Meet at 6:00 am at Holy Trinity to take the bus to All Saints Camp on Saturday, March 30.  
Bus will return around 5:00 pm on Sunday, March 31.

**Washington Participants:**

Meet at 8:00 am at St. Demetrios to take the bus to All Saints Camp on Saturday, March 30.  
Bus will return around 3:00 pm on Sunday, March 31.

Contact Lfteris Sitaras at [lsitaras@saintdemetrios.com](mailto:lsitaras@saintdemetrios.com) or 206-631-2504 with questions.

## **St. John Chrysostom Oratorical Festival**



**Please encourage your children to participate in the Oratorical Festival at St. Demetrios on Sunday, April 7, 2019 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](http://www.goarch.org/oratorical)

### **Elementary Division (Grades 1 to 6)**

- ♦ The elementary division is strictly a local program, there is no judging.
- ♦ The topics are up to the participant: Jesus, prayer, icons, etc.
- ♦ Participants are encouraged to be creative!

### **Junior Division (Grades 7–9)**

- ♦ Martyrs of the Church and some of the early monastics are both described as “athletes.” What does it mean to be an athlete for Christ?
- ♦ On January 30th, the Church celebrates the Feast of the Three Hierarchs: St. Basil the Great, St. Gregory the Theologian, and St. John Chrysostom. Select one of these Church Fathers and discuss his contribution to the Church.
- ♦ Discuss the significance of water in the Church – Baptism, Theophany, holy water, etc. – and what this suggests about our responsibility for the natural world.
- ♦ Discuss the new commandment of John 13:34: “Love one another, even as I have loved you...” What does it mean to love one another as Christ loved us?
- ♦ In 1 Timothy 6:10, St. Paul writes, “For the love of money is the root of all kinds of evil.” How should Orthodox Christians relate to money and wealth?

### **Senior Division (Grades 10–12)**

- ♦ Many of the Church’s services employ objects from the natural world (such as wheat, wine, oil, or water) in order to confer a blessing upon the faithful. Why does the Church do this, and what does this suggest about our responsibility for the natural world?
- ♦ From ancient Greece to the present, politicians have aligned themselves with religious concepts and constituencies. How is an Orthodox Christian to discern whether today’s politicians do this out of genuine piety or in order to manipulate the electorate?
- ♦ The hymns of the Church contain the whole of its theology. Pick one hymn from the Lenten or Holy Week period and describe how it speaks to you personally.
- ♦ Describe how science and technology should always be at the service of humanity and, ultimately, of God, in harmony with His purposes.
- ♦ In view of St. Paul’s exhortation in Colossians 3:16, “Let the Word of Christ dwell in you richly in all wisdom,” discuss the importance of being biblically literate today.

**Join us every Sunday in March in the Father Homer Library for assistance in preparing for the St. John Chrysostom Oratorical Festival.**

### **Reactivation of the MAIDS of ATHENA-Alethea Chapter#2**

Are you between the ages of 14 and 28 with an interest in Hellenism, education, philanthropy and friendship? Check out the many opportunities the MAIDS of ATHENA have in store for you.

**WHO ARE WE?** The MAIDS of ATHENA is an international philanthropic and fraternal organization and junior auxiliary to the DAUGHTERS OF PENELOPE. Founded in 1930 in TACOMA, WA., our sisterhood quickly grew among young Greek women and today claims chapters across the U.S., Canada, and Greece.

For more information contact: Holly Poulias-- [hpoulias@hotmail.com](mailto:hpoulias@hotmail.com) or Helen McClure District 22 MOA advisor @ [helenzmc@aol.com](mailto:helenzmc@aol.com)

## **Sunday School News**

### **Holy Friday Myrrhbearers**

All young ladies in the 3rd through 6th grade are invited to participate as myrrhbearers for Holy Friday, April 26, 2019. For more information, please contact Paula Charuhas Macris at pcharuhas@hotmail.com.

### **Holy Friday Luminaras**

Sunday School will be selling Luminaras during the coffee hour on March 17 and March 24. 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 2019 Sunday School Lenten Service Project involves collecting “spare change” to help support the Orthodox Christian Mission Center (OCMC). The OCMC is the official missions agency of the Assembly of Canonical Orthodox Bishops of the United States. It is OCMC’s mission to make disciples of all nations by bringing people to Christ and His church.

Why Orthodox missions? There are still over 4.7 billion people who do not know the hope, love, and joy of a life in Christ. OCMC helps Orthodox Christians from North America welcome people around the world into the Body of Christ. For more information, please visit [www.ocmc.org](http://www.ocmc.org).

OCMC coin boxes will be distributed during Sunday School on March 10; we are asking each child/family to save their “spare change” and place in box. The coin boxes should be returned to the Sunday School office on April 21, 2019. Thank you for your donation in helping to spread the Gospel to all nations!

## **Fr. Photios’ Message**

*Continued from Page 1*

these treasures belong to you? Maybe not today or tomorrow, but soon enough your earthly edifice, your body, will collapse, and your treasure, together with your body, will leave you, and so what will remain for you, for your soul? Nothing. But your soul is eternal, and it will need in the age to come eternal treasures characteristic to it, such as hope in Christ and love of God and neighbor, mercy, humility, purity, rectitude, gentleness, and, generally all works of virtue. Where do you keep them? Are you stocking up on spiritual oil? Are you stocking up on spiritual treasures? Well, you’d better stock up quickly, while there is still time. *Lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal (Matthew 6:20);* because, I add, there lies the kingdom of incorruption, the kingdom of truth, where the devil is not present. *For, says the Lord, where your treasure is, there will your heart be also (Matthew 6:21).* This a great truth that we often forget, and others forget it permanently: where our treasures are, there are also our hearts. And because our treasures are on earth, so also our hearts are on earth; they have clung to earthly treasures, pleasures, most of which are gross and impure, and therefore are no longer in heaven, with God or His holy commandments, His advice, His promises and consolation.

During the liturgy, the priest, before consecrating the heavenly mysteries, utters on behalf of the Church: *Let us lift up our hearts;* that is, let us raise our hearts to God, let us break away from all that is earthly. But who is able to resolutely raise up his heart, even during these awesome and all-saving minutes, if our hearts and thoughts are so busy with earthly treasures and pleasures, cares, with the objects of our everyday passions? How often during these minutes do spiritual thieves break into our hearts and steal our attention, our faith, our love of God, and our devotion to the saving mystery, to this universal sacrifice of intercession, propitiation, and thanksgiving? Why is this so? It is because where our treasures are, there also are our hearts. It is because, going to church to attend the consecration of the heavenly mysteries, we did not prepare our souls to worthily stand in church, did not set aside all earthly worries and cares, did not cleanse our hearts from evil passions, did not leave every sin at the threshold of the temple; we forgot that, while standing in church we must stand as if in heaven, because here lies the throne of God and the heavenly, awesome, and saving sacrifice; here the heavenly powers invisibly serve with us, and with them the Most-Holy Queen of heaven and earth, the Most-Holy Mother of God, and all the saints, which we silently commemorate in the liturgy, before and after the consecration of the Holy Gifts, because it is also for them that the Church offers to God the sacrifice of thanksgiving.

The days of fasting and repentance are approaching, in which we must acknowledge our sins, remember them, grieve for them, have contrition in our hearts, repent, and correct ourselves. How will our Lent be? How will our repentance be? If God, His holy will, His righteousness and eternal life together with its infinite blessedness are our treasures, then our Lent will be sincere, unfeigned, and our repentance will be sincere, ardent, resolute, consistent; for only such a repentance can give us back our priceless treasure, lost because of our sins—our Lord Jesus Christ, and His grace. However, if our treasure, our idol, will as usual be our passionate flesh, the adulterous and sinful world, together with its charming, alluring, yet soon disappearing goods, then our Lent will not be sincere, or will simply not happen, and our repentance will be only superficial, and therefore insincere, irresolute, mediocre, barren, which may God forbid happens to any of us; for such a repentance is sinful insensitivity, ingratitude to God, Who gives the gift of infinite mercy to sinners for the sake of eternal life. It is a violation of the gifts of the Holy Spirit, Who cleanses our sins for the sake of the merits of Christ and Who sanctifies our souls and bodies.

Therefore, let all take heed to yourselves carefully. Where is your treasure—on earth or in heaven? *For where your treasure is, there your heart will be also (Matthew 6:21).* May our Lord grant all of us a blessed and holy Lent!

In Christ’s love,

+Fr. Photios

Greek Dance News



**Above Photo:**  
SPARTIATES won Fourth Place in the Junior Category



**Above Photo:**  
AKRITES won the Founder's Special Achievement Award in the Advanced Senior category.

**Left Photo:**  
SOULIOTES won the Costume Award, Choral Award and 2nd Place in the Advanced Intermediate Category.



To see all of our groups performances please visit [FDF Live](https://www.youtube.com/FDFLive) on YouTube.

## **Orthodox Missions News**

*“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and of the Son, and of the Holy Spirit.” (Matthew 28:19)*

### **MISSION SUNDAY**

**MARCH 10, 2019**

**St. Demetrios Church**

**GUEST SPEAKER AT LITURGY**

**Alex Goodwin**

OCMC Director of Annual Gifts and Marketing

The Assembly of Canonical Orthodox Bishops in the United States, representing all of the Orthodox jurisdictions, has again designated the Sunday before the start of Great Lent as Mission Sunday in support of the work of the Orthodox Christian Mission Center (OCMC), the Assembly’s official missions and evangelism agency.

Come hear about this important and exciting ministry of the Orthodox Church.

**Alex Goodwin** has devoted his life to serving others through a variety of Christian non-profit organizations across the country. Following his studies in Computer Information Systems and Management Science, Alex set up computer labs and offered technology training in low-income neighborhoods throughout Denver (thru Mercy Housing, a division of Catholic Charities).

In 2002, Alex began work as an IT and Communications Specialist at Light and Life Publishing - the world’s largest reseller of Orthodox Christian books and materials. During his time in Minneapolis, Alex also served as a Bible study leader and volunteer through the local Orthodox Prison Ministry.

In 2006, Alex went on his first OCMC Mission Team to Kenya and his life was forever changed. His participation on that team resulted in him accepting the position of Communications Director for OCMC in St. Augustine, Florida. Over the past 12 years with OCMC, Alex has also been blessed with serving with mission teams in Albania, South Africa, Tanzania, and Uganda.



## **Greek Deli Sale**

**Sunday March 10<sup>th</sup>**

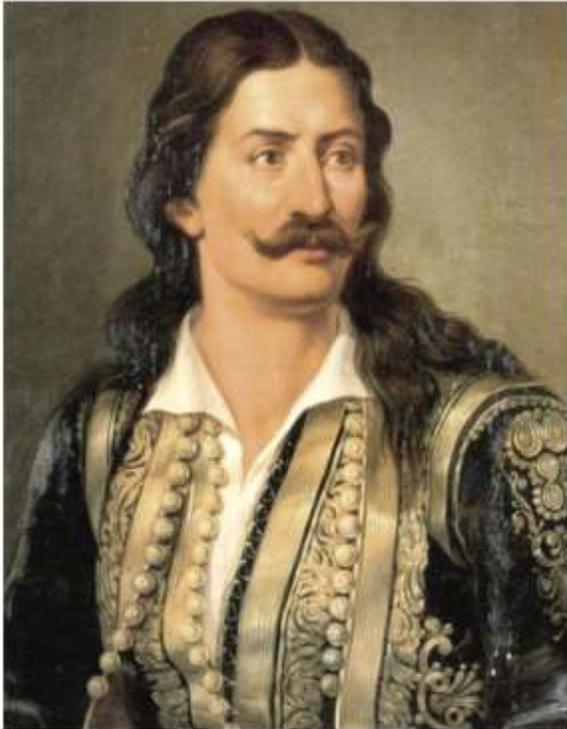


***Olive Oil – Cheese – Pasta – Figs – Dolmas – Greek Coffee  
Oregano – Olives – Honey – Tarama – Quince Preserves  
Baked Beans – Greek Sodas – Laganas Bread***

Following the Divine Liturgy at St. Demetrios To Benefit Our Orthodox Missions

All proceeds will be donated to the Orthodox Christian Mission Center to help our missionaries in Africa, Asia, Central America, Europe, and Alaska. [www.ocmc.org](http://www.ocmc.org)

# GREEK INDEPENDENCE DAY CELEBRATION & GLENDI



Saturday, March 23<sup>rd</sup>

5pm to 11pm

Free Admission\*

Hosted Bar

\*Free will offering to help defray expenses

**Festivities will be held at the St. Demetrios Community Center**

*Dinner will be served and there will be  
GREEK DANCING for everyone!!*

Reservations for  
parties 8-10 per table,  
Contact Chris Economou:  
ceconomou81@yahoo.com  
206.940.9455



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

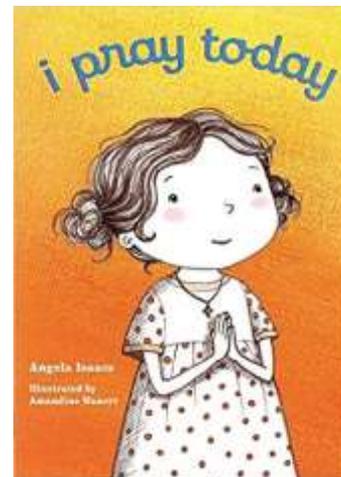


## Bookstore News

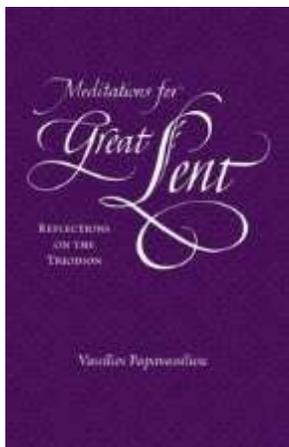
Great Lent is starting soon-- on March 11th.

Your bookstore is gearing up with many books to enable you and your family to charge your spiritual engines. Books for children include the new board book, *I Pray Today!*

*For a toddler, every day is full of beautiful ups and childhood downs. And yet from sunrise to sunset, each day, each moment even, can be met with a powerful prayer that young children can remember: Lord, have mercy. Perfect to teach our children for Great Lent and everyday!!*



Other books are for older children who can be read to or can read for themselves to experience the lives of special saints as examples of their **humility and of Christ's love. Children's Orthodox Bibles are complete with icons or Biblical maps.** For teenagers and young adults, prayer books and spiritual short messages from archbishops can be enriching, as can meditations on The Lord's Prayer and another on The Nicene Creed for young people and beyond.



Some of the books on Great Lent for adults and youth include *Meditations on Great Lent, The Lenten Spring, and The Ladder of Divine Ascent* by John Climacus which also can be accompanied by the icon of the ladder of divine ascent.

Beautiful icons are arriving for many of the feast days of the Lenten and Paschal season. Icons are meaningful to have during this season and throughout the year in our homes to help us to focus on Christ as Lord and Master of our lives.

The Prayer of St. Ephraim the Syrian is one we can use in our prayer life not only during Great Lent when it is part of our services and prostrations, but throughout the year.



*O Lord and Master of my life,  
take from me the spirit of sloth,  
despair, lust of power, and idle talk.  
But give rather the spirit of chastity,  
humility, patience, and love to Thy servant.  
Yea, O Lord and King,  
grant me to see my own transgressions,  
and not to judge my brother (or sister),  
for blessed art Thou, unto ages of ages.  
Amen.*

We, your Bookstore Staff, wish you a blessed Lenten journey. Lindsay, Heather, and Theodora. Questions, contact [bookstore@saintdemetrios.com](mailto:bookstore@saintdemetrios.com)

## Jubilee News

### Thank You from Jubilee for February Dinner

February is the month of love and St. Demetrios shared love generously with our low income sisters while providing dinner to the residents of JWC. Dinner was hosted by **Mary Xidias, Tina Xidias Jones, Evangelia Lagos, Rita Mavromatis and Elaine Pagones**. The Philoxenia we show our neighbors in need each month is always much appreciated.

The residents of Jubilee earn below the extreme poverty line of \$ 20,000.00 annually. They do not receive dinners every night, so when we provide them, it is a much enjoyed treat and helps stretch their personal grocery budget. JWC offers safe housing, employment preparation, life skills, computer classes, legal assistance and free clothing to women working towards ending their cycle of poverty and moving towards independent living. Much of this work is done with the help of volunteers from the community.

If you would like to volunteer, host a dinner, donate clothing or monetary help, please contact **Georgene Karambelas** at [karambelas@comcast.net](mailto:karambelas@comcast.net) or 206 817 2523 or [www.jwcenter.org](http://www.jwcenter.org)

## **ALL SAINTS CAMP 2019**

Registration is open at  
**[www.allsaintssummercamp.info](http://www.allsaintssummercamp.info)**  
**Register by March 15 to save \$50**

### **Elementary Camp**

for children entering Grades 3 - 5

**July 7 - 13, 2019**

### **Advanced Camp**

for youth/teens entering Grades 6 - 12

**July 14 - 20, 2019**

**STAFF & VOLUNTEER  
POSITIONS AVAILABLE**

## 2019 Stewardship

### **STEWARDSHIP REPORT**

*As of February 25*

<b>Goal</b>	<b>\$520.000</b>
<b>Amount Received</b>	<b>\$101,772</b>
<b>Amount Pledged</b>	<b>\$275,275</b>
<b>Total Stewards</b>	<b>230</b>

### 2019 Stewards

Andrew and Vicky Aliferakis  
Ioanna Antonopoulos and Michael Moser  
Clifford and Theodora Argue  
Patricia Arvanitidis  
Matthew and Nicole Balkenbush  
Thomas and Maria Barbas  
George Bariames and Eleni Athans  
Frances Barnecut  
Bassam and Duaa Bayouk  
Gabriel Bayouk  
George and Alice Bayouk  
Lena Bayouk  
Victor Bayouk  
Konstantinos and Eirene Bekris  
Kay Betts  
Neena Blackwell  
Andrew and Rosalie Boulieris  
Gus Boutsinis  
Frank and Shelley Buhler  
Mark and Maria Burke  
Steve Calandrillo and Chryssa Deliganis-Calandrillo  
Eleni Carras  
Douglas and Jillian Chandler  
John and Patricia Chigaras  
Effie Chriest  
Ron and Vicky Christianson  
Eleni Christo  
James Christo  
Constantinos and Jeannine Christofilis  
Margo Christophilis  
Edward and Anastasia Clarke  
Marie Collins  
Madeline Conom  
Benny Constantine  
O. George and Kay Constantine  
Debbie Constantine-Skouras  
Gus Cooper  
Nick and Karen Cooper  
Barbara Cotton  
Maria Cotton  
Gus Courounes  
Nicoleta Courounes  
Renee Courounes  
Donald and Laura Crews  
Christos Dagadakis and Judith Turner  
Abraham Dairi  
George and Angela Dalas  
Daniel and Angela Daoura  
George and Alexandra Delegans

*(continued on Page 18)*



*Save the Date*  
*Please join us*

## *Spring Auction and Glendi*

*Saturday May 4, 2019*

*Saint Demetrios  
Greek Orthodox Church*

*(206) 631-2500*

*Wine, Appetizers, Silent Auction, and Games  
will begin at 5:30*

*Catered Dinner and Live Auction  
will begin at 6:30*

*The popular California band Melodia  
will begin their performance at 9:00*

*Co-chairs*

*Margo Christophilis  
(206) 963-5525*

*Vicky Christianson  
(206) 234-1687*

*auction@saintdemetrios.com*

*For More Information*

*[saintdemetrios.ejoinme.org/Auction](http://saintdemetrios.ejoinme.org/Auction)*



## **2019 Stewards** *(continued from page 16)*

Sam and Vicki Deliganis  
Nick and Stella Demonakos  
Ryan and Demetra Dennis  
Nick and Athena Modonas-Diafos  
John Dikun  
Vasili and Katherine Dikeakos  
Al and Rachael Dimakis  
Gus and Gregoria Dounis  
Robert and Janie Drumhiller  
Robert Dunbar and Andrea Tsiakilos-Dunbar  
Pace and Angeliki Ebbesen  
Mary P. Economou  
George Economy and Eva Economou  
Sophia Eitel-Mcshea and David Mcshea  
Karen S. Evans  
Joseph and Zoe Facilla  
Athan and Camille Falangus  
Michael and Elaine Falangus  
Sameh Farah  
Nicolette Farmasonis  
Petros and Colleen Farmasonis  
Yemane Fecadu and Sharon Glein  
Panagiotis and Nicoletta Gennaios  
Meletios and Theodora Geokezas  
Evan George  
Michael and Wanda Gikas  
Elaine Giusti  
Efy Grivas  
Joan Hanna  
Dorothy Haskell  
Neil Hawdon and Terri Karis-Hawdon  
Ryan (Menas) and Diana Hawkins  
Dale Hazapis  
John and Maria Hillman  
Patrick and Vickie Howard  
Peter and Demetra Jacobsen  
Joe and Virginia Jarek  
George John  
John and Emilie John  
James and Pota Johnson  
Jeff Jones and Angela Sourapas-Jones  
Athanasia Kalasountas  
Jim Kaloris  
George and Christina Kaltsounis  
Maria Kaltsounis  
Maurice and Carmen Karagiorgos  
Joanna Karas and Thomas Pallua  
Anthony Karis Family  
Nick and Nancy Karis  
Terry and Hannah Karis  
Georgia Karvountzi  
Nicholas and Kalliopi Katholos  
Jean Katsandres  
Gregory and Angela Kavounas  
Timothy and Sofia Kenny  
David and Leila Kirske  
Arthur and Fannie Kolios  
Vivie Kollias  
Maria Kost  
Toula Koutlas  
Helene Krikris  
Gary Kuhar  
Marty Kyrimis  
Steve Lacey and Lana Georges  
George Ladas  
Demetrios and Evangelia Lagos  
James and Sharon Langus  
Voula Lazarou  
Ken and Irene Lehman  
Dean and Kathleen Lentgis  
Thomas Leonidas  
John and Polette Limantzakis  
Johnny and Lucy Limantzakis  
Bill and Florence Lolos  
George and Giannoula Lymberis  
Chris and Paula Macris  
Wendell and Demitrula Madison  
Collin and Demetra Manaos  
Mark and Nicoletta Marciniak  
Pipena Mercouriadis  
Andreas and Irene Mitalas  
Katherene Mitalas  
Alexandros and Maria Moroseos  
Bettyann Nassar  
Peter Neckas  
Sandy Neckas  
James and Stella Nelson  
Michael and Elaine Newton  
Maria Nikolidakis  
Rick and Valerie Olague  
Shirley Olsen  
Bill Pallis  
Chris and Rebecca Pallis  
Chris and Vasiliki Pallis  
Elli Pallis  
Alice Panagakis  
Sam and Colleen Panagiotou  
Yiannis and Johnette Panopoulos  
Artemios and Rebecca Panos  
Steve Panos  
Diane Panteleakos  
Stephen Panteleakos  
George Papanastasiou  
George and Lora Pappas  
Norman Parr  
Helen Petratos  
William Phillips  
Harry and Alethea Platis  
Diana Plumis  
Paul and Pamela Plumis  
Theologia Polizos  
Andonios Polychronopoulos  
Eleftheria Proios  
Trevor and Maria Ales Rain-Water  
Nicholas and Anastasia Raissis  
Robert and Despina Read  
James Retelas  
Evie Rigas  
James and Nina Rogers  
Cathy Rottle  
Adele Rottle-Williams  
Chris Roumeliotis  
Kary Roumeliotis  
Ted Routs  
Emanuel and Marilyn Rouvelas  
Philip and Barbara Sancken  
Nina Sankey  
Arthur Saridakis  
Angelos and Penelopi Savranakis  
Nikoletta Scarlatos  
Athanasios and Terri Shinas  
Tanya Shirland  
Vasilios and Sharon Sideris  
Christos and Agapi Siskos  
Justin and Nicole Skinner  
Alexander and Vassie Skoulis  
Vladimir and Elena Smagley  
Sofia Smetheram  
George and Joanna Staikos  
George and Zoe Stamolis  
Vasilike Stamos  
John A. and Dimitra Stavros  
Peter A. and Maria Stavros  
Vlasi J. Stavros  
Andy and Joann Stergachis  
Michael and Christine Stollings  
Lindsay Stotz  
Robert and Alvia Swegle  
Marco and Christina Tapia  
Nick Tastad and Teena Ageladaris  
Bryan and Stacy Taylor  
Nick and Cindy Theodorou  
Christto and Dorothea Tolia  
Kegan and Nichole Tosto  
Evangelia Tountas  
Antonios and Antonia Touras  
Athan and Cindy Tramountanas  
Emmanuel Tramountanas  
George and Dana Tramountanas  
James and Barbara Trehearne  
Sam and Elly Treperinas  
Fr. Daniel and Presv. Michelle Triant  
Dionisia Tsafos  
Angelos Tsakopoulos and Katerina Lagos-Tsakopoulos  
Nick and Vera Tsiakilos  
Ioannis and Georgia Tsoulouhas  
John and Karin Varlamos  
Peter and Maria Vassiliou  
Costas and Meena Vellis  
Carmen Visan  
Demetrios and Aspasia Voltsis  
J. Robert and Effie Walker  
Brett and Yvonne Willard  
Jason Wise  
James and Jeretta Wright  
Arjan "Ari" Xeka  
John Xenos  
Christina York  
Tim and Harriet Young  
Anthony and Kira Zardis  
John and Mary Ellen Zoulas

*Stewardship contributions can also be given online at [www.saintdemetrios.com](http://www.saintdemetrios.com)*

# March 2019 Calendar

## March 2019

SUNDAY	MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
<p>24</p> <ul style="list-style-type: none"> <li>Prodigal Son</li> <li>Epistle: 2Corinthians 4:6-15</li> <li>Gospel: Luke 13:11-32</li> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> </ul> <p>1st &amp; 2nd Finding St. John's Head</p>	<p>25</p> <ul style="list-style-type: none"> <li>11a Book Club (Wounded by Love - The Life and the Wisdom of Saint Porphyrios)</li> <li>6p Greek Dance</li> </ul> <p>St. Tarasios, Patr. Coptic</p>	<p>26</p> <ul style="list-style-type: none"> <li>11a Clergy Koinonia Group</li> <li>6:30p Stewardship meeting in Library</li> </ul> <p>Phylis, Samaritan Woman Porphyrios, Bishop of Gaza</p>	<p>27</p> <ul style="list-style-type: none"> <li>9:30a Open Confession</li> </ul> <p>Procopius of Decapolis St. Theodosius of Syria</p>	<p>1</p> <p>Eudokia, Righteous martyr Karastinos, Confessor</p>	<p>2</p> <ul style="list-style-type: none"> <li>Saturday of Souls</li> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>5p Great Vespers</li> </ul> <p>St. Euthalia St. Nicholas Pines</p>
<p>3</p> <ul style="list-style-type: none"> <li>Meatfare Sunday</li> <li>Epistle: 1Corinthians 8:8-9:2</li> <li>Gospel: Matthew 25:31-46</li> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>1:30a GOYA Lunch</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>Metropolis Clergy-Laity</li> <li>Carpet cleaning - zero-rez</li> <li>10a WOCA Meeting (@ St. Thomas)</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Carpet cleaning - zero-rez</li> <li>10a WOCA Meeting (@ St. Thomas)</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>11:30a Yiayias and Friends Luncheon at 14 Carrot Cafe</li> <li>7p Bible Study</li> </ul>	<p>8</p>	<p>9</p> <ul style="list-style-type: none"> <li>Saturday of Souls</li> <li>Balkan Fest 2019</li> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>5p Great Vespers</li> </ul>
<p>10</p> <ul style="list-style-type: none"> <li>Chesapeake Sunday</li> <li>Epistle: Romans 13:11-14:4</li> <li>Gospel: Matthew 6:14-21</li> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>12:30p Baptism</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>LENT BEGINS</li> <li>6p Small Compline</li> <li>6:30p Stewardship meeting in Library</li> <li>7p Great Compline</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>6:30a Dynamis Mens' Fellowship</li> <li>11a Book Club (Wounded by Love - The Life and the Wisdom of Saint Porphyrios)</li> <li>6:30p Parish Council Workshop</li> </ul>	<p>13</p> <ul style="list-style-type: none"> <li>9:30a Open Confession</li> <li>6:30p Presanctified Liturgy @ St. Demetrios</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>9:30a Presanctified Liturgy</li> <li>4p Montlake set up for event</li> <li>7p Akathastis Hymn</li> <li>8:30p Jesus Prayer Service</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>Saturday of Souls</li> <li>Montlake Elementary</li> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>5p Great Vespers</li> </ul>
<p>17</p> <ul style="list-style-type: none"> <li>Sunday of Orthodoxy</li> <li>Epistle: Hebrews 11:24-26,32-40</li> <li>Gospel: John 1:43-51</li> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>5p Pan Orthodox Vespers</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>6p Small Compline</li> <li>7p Great Compline</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>11a Book Club (Wounded by Love - The Life and the Wisdom of Saint Porphyrios)</li> <li>6:30p Parish Council</li> </ul>	<p>20</p> <ul style="list-style-type: none"> <li>Setup for Greek Independence Day</li> <li>9:30a Open Confession</li> <li>6:30p Presanctified Liturgy @ Assumption</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>9:30a Presanctified Liturgy</li> <li>7p Akathastis Hymn</li> <li>8:30p Jesus Prayer Service</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>5p Great Vespers</li> <li>5:30p Ahuppa/Greek School Independence Day</li> </ul>
<p>24</p> <ul style="list-style-type: none"> <li>St. Gregory Palamas</li> <li>Epistle: Hebrews 1:10-2:3</li> <li>Gospel: Mark 2:1-12</li> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>5p Pan Orthodox Vespers</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>11a Book Club (Wounded by Love - The Life and the Wisdom of Saint Porphyrios)</li> <li>6p Small Compline</li> <li>7p Great Compline</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>11a Clergy Koinonia Group</li> </ul>	<p>28</p> <ul style="list-style-type: none"> <li>7p Bible Study</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>Set up for TOPS auction</li> <li>9:30a Presanctified Liturgy</li> <li>7p Akathastis Hymn</li> <li>8:30p Jesus Prayer Service</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>GOYA Retreat</li> <li>TOPS Auction</li> <li>5p Great Vespers</li> </ul>
<p>31</p> <ul style="list-style-type: none"> <li>Holy Cross</li> <li>Epistle: Hebrews 4:14-5:6</li> <li>Gospel: Mark 8:34-9:1</li> <li>Goya Retreat</li> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>12:30p Baptism</li> <li>5p Pan Orthodox Vespers</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>6p Small Compline</li> <li>7p Great Compline</li> </ul>	<p>2</p>	<p>4</p> <ul style="list-style-type: none"> <li>7p Bible Study</li> </ul>	<p>5</p> <ul style="list-style-type: none"> <li>Large Hall Set up</li> <li>9:30a Presanctified Liturgy</li> <li>7p Akathastis Hymn</li> <li>8:30p Jesus Prayer Service</li> </ul>	<p>6</p> <ul style="list-style-type: none"> <li>Philoptochos Retreat</li> <li>Small Hall Rental-Babysitting</li> <li>5p Great Vespers</li> </ul>

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### *Submissions for the Orthodox Way*

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@saintdemetrios.com](mailto:KarenSEvans@saintdemetrios.com) by the 20th of each month. Submissions after the 20th will appear in the following month's newsletter.