



October 2025
USPS 8048, No 10

Office Hours

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Monday - Friday

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saintdemetrios.com

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The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

Mission Statement: Loving God and One Another in Spirit and in Truth

Beloved Faithful of Saint Demetrios,

I once heard someone pose the question, "If you had the option between attending Divine Liturgy on Sunday and receiving fifty thousand dollars with no strings attached, what would you choose?" Of course, these types of silly questions are completely hypothetical and almost nothing like this occurs in normal life. But these types of questions are designed to check our motivations. So, I pose the question: What would you do? Would you miss Divine Liturgy if you knew it would gain you a large sum of money? Would you miss in order to take care of a personal problem? Would you stay home in order to "rest" from the week? If we were to place the Divine Liturgy with our everyday tasks, then it would be reasonable to miss. We juggle our schedule around all the time!



But the Divine Liturgy is not an everyday task or even a "holy obligation." The Divine Liturgy is where heaven meets earth. It is where God descends, and we meet Him. It is the foretaste of the Kingdom which is to come. The word 'liturgy' comes from the word leitourgia, which means simultaneously 'work for the people' and 'work of the people.' One the one hand the Divine Liturgy is the people's work of prayer and offering brought to God assisted by the ministry of a priest. And on the other hand, it is the work of God accomplished through the ministry of a priest. We offer God thanksgiving through gifts of bread and wine, and the Holy Spirit descends upon the gifts transforming them into the Body and Blood of Christ, just as the Holy Spirit formed the Body of Christ in the womb of the Virgin Mary.

This is the miracle which takes place at every Divine Liturgy. Participation in God's very life becomes a real possibility. It is not something that takes place only in our minds, thoughts, or feelings. It becomes a reality through Holy Communion. In this way we are spiritually and physically united to Christ and become "partakers of the divine nature" (2 Peter 1:4).

St Gabriel the Fool-for-Christ said, "If you knew how much grace and blessing come during the Divine Liturgy, you would gather up the dust from the floor of the church, and wash your faces with it." This is the reality of what occurs behind the veil. The Holy Spirit descends upon the gifts, the ministering angels cover their faces in awe of the mystery taking place, and God Himself comes in our midst. In order to remove that veil we need to approach the Divine Liturgy "with the fear of God, with faith, and with love." These three keys open unto us the gates of the Kingdom of Heaven.

The value of one Divine Liturgy is inestimable. If we really believe this then we will prioritize our life around being present to receive the great gift that God offers us continually. And this becomes the foundation and starting point for all our other tasks in life. The presence of Christ within us will help sanctify our work, our families, and our friendships. May God help us treasure this great gift of the Divine Liturgy.

God be with you all,

Fr Spyridon

Saint Demetrios Greek Orthodox Church - 2100 Boyer Ave E, Seattle, WA 98112

The Orthodox Way is published monthly. Parishioners who wish to contribute content or announcements are asked to email information to info@saintdemetrios.com by the 20th of the month. Saint Demetrios reserves the right to edit, alter, or reject any content.

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On September 21, a Holy Altar Table vigil light was offered in loving memory of **Evlin Al-Swalha** (eleven years since her passing), by her family.

On October 5, a forty-day memorial service and the coffee hour are offered in loving memory of **Micheal Alexopoulos**, by the Alexopoulos family.

On October 12, a Holy Altar Table vigil light is offered in loving memory of **Chris Legeros** (ten-years since his passing), by his Pareia friends.

On October 12, a six-year memorial service is offered in loving memory of **Florian Ichim** by the Ichim family.

On October 12, a forty-day memorial service and the Social Hour is offered in in loving memory of **Gus Zotos**, by his wife Diane and his children, Christie, Dino, Stacy and Alex.

On October 26, a memorial service is offered in loving memory **Evangelia "Litsa" Polychronopoulos** (seven years since her passing) and **Andonios "Tony" Polychronopoulos** (two years since his passing) by their daughters Maria and Feletsa and their families.

On October 26, a twenty-year memorial service is offered in loving memory of **Peggy Christine Moore** by her children and grandchildren Ron, Vicky, Andrew, and Nicholas Christianson, John Xenos, and Jim Xenos.

On October 26, a Holy Altar vigil light is offered in loving memory of **Peggy C. Moore** (twenty years since her passing) by by her son, Jim Xenos.

New Arrivals

Congratulations to the proud parents, Elias and Voula Dotis on the birth of baby boy, **Demetrios (Takis) Elias Dotis**. The proud grandparents are Demetrios (Takis) and Vickie (Kiki) Dotis and Yiannis and Georgia Lykogiannis. "Na sas zesi!"

The Festival Boutique Thanks You

We asked and you delivered!

We thank all of you who spent countless, loving hours creating so many fabulous items for sale at our boutique. And a big thanks to all who donated such amazing vintage items. Our Boutique is a good show place of the talent in our community. Thanks to you we had a record breaking year in sales!

Lisa Panagiotou, Pam Plumis, Emilie John, Leta Kolios, Tina Little Vouros, , Maria Stavros, Vera Tsiakilos, Paula Macris, John Nicon, Dale Hazapis, Sharon Glien, Thalia Dahl, Anastasia Geving, Rita Mavromatis, Jiovanna Koceski, Sue Themelis, Maria Barbas, Evie Rigas, Betty Lavaris, Katherine Tziotis, Mary Ann Giakoumatos, Rita Lenes, Toulia Stavros and Voula Dikeakos.

Sunday School Update



SUNDAY SCHOOL
SOWING SEEDS
FOR CHRIST

Sunday School classes resumed on September 28, 2025 with a “welcome back” pizza party celebration in the small hall following Liturgy. We wish to thank Lana Georges and her team for a fun gathering! On our first day of class, Father Photios and Father Spyridon also blessed the classrooms and kid’s backpacks with holy water.

We have an exciting year planned as we learn about our Orthodox faith with a focus on prayer. On our first day of class, each child was given a “prayer bag” complete with a prayer book for kids and icon of our Lord to help them in their prayer journey this year.

On **October 19, 2025**, we are partnering with our St. Demetrios Philoptochos Society for our annual “Make A Difference Day.” Philoptochos has donated Christmas greeting cards that the kids will be decorating. The cards will be delivered to nursing home and assisted living residents in the greater Seattle area. Following our card project, kids will have an opportunity to assemble homeless kids (non-perishable food items and toiletries) for distribution by the King County Metro Transit Sheriff’s office.

It’s not too late to register your child for Sunday School. Registration forms are available in the Sunday School office.

Thank you for your support!

Sunday School Christmas Pageant

Planning for our annual Sunday School Christmas Pageant, ***The Christmas Story***, is underway! We are starting to recruit kids, kindergarten through 8th grade, for the December 21, 2025 production in our church sanctuary.

Tentative rehearsal dates (during Sunday School) are the following: November 9, November 23, December 7, December 4, December 20 (Saturday; time TBD).

This year’s parts include:

Part	Age of child (years)
Joseph	8-12
Donkey	4-5
Donkey	7-8
Stable Boy	8-10
Shephard (3)	8-10
Wise Man (3)	8-10
Wise Man Red	Adults
Narrators (3)	Middle/High School
Angel (Gabriel)	7-9
Mary	8-12
Inn Keeper	6-7
Star	5-7
Cow (2)	4-5
Sheep (6)	4-6
Camel (2 kids)	8-10
Chicken	6-8
Angel (3)	4-6
Angel (3)	6-8
Star Holder (2)	8-12



If your child is interested in participating, please email their name, phone number, and indicate which part(s) they interested in to **Eirene Bekris** ([eabekris@gmail](mailto:eabekris@gmail.com)) by October 19. Parts will be assigned on November 2; we will do our best to accommodate your child's request!

Thank you for your support!

Psalter Group for the Nativity Fast



We are forming a Psalter Group for the Nativity Fast. The Psalter (the book of Psalms) is broken into 20 sections. Each section, or "Kathisma," consists of 7-8 psalms. Individuals are placed in groups of 20, one person per Kathisma. Each person begins their readings for Day 1 of 20 on a different Kathisma. The Kathisma can be read at any time and in any language. At the conclusion of the Nativity Fast, each individual will have read the ENTIRE psalter twice!

Many of our saints, including St. John Chrysostom and St. Basil, have written on the importance of daily Psalter reading. These groups are a wonderful way to make praying the psalms a part of our daily routine during the Nativity Fast.

We need at least 20 people to form the group that will begin on **Nov 15, 2025**. To join the group or for more information, please contact **Paula Macris** by **Nov 10, 2025** at pmcmacris@gmail.com.

May God bless our efforts!

Yiayias & Friends

Our next YIAYIAS & FRIENDS lunch will be held at:

TIME OUT, 5807 - 244th St SW, Mountlake Terrace, (425) 672-5144 on Thursday, October, 2nd, at 11:30am.

Please RSVP to **Cathy** chowoo@comcast.net or text **206.282.9641**, so the restaurant can plan on how many of us to expect.

Our group usually meets on the First Thursday of each month at 11:30 am - Please watch the Orthodox Way and e-News. or ask to join our private Facebook page YIAYIAS & FRIENDS, for more up-to-date information.

We are an informal group, where all women are welcome! Have a wonderful Fall season, everyone.



Papouthes and Friends

The October Papouthes and Friends luncheon will be:

Thursday, October 16, 2025 12:00 noon at:

Niko's Gyros

2231 32nd Ave W

Seattle, WA 98199

RSVP or Questions to: Michael Gikas at mwgikas@gmail.com or text/call **206-295-4349**.

Reminder: The Papouthes and Friends meets on the third Thursday of each month at noon.



Youth Director Job Opening

We are officially looking for a Youth Ministry Director. To be considered, please email a copy of your resume to hope@saintdemetrios.com

St. Demetrios Greek Orthodox Church Youth Ministry Director

Mission Statement: Loving God and One Another In Spirit and Truth.
Vision Statement: To Follow Jesus Christ, Make Disciples, and Minister to the Needs of One another and the Community.

Position: Youth Ministry Director
Reports to: Parish Council President
FLSA Classification: Non-Exempt
Location: Parish/Work from Home
Position Type: Part Time, 15 hrs/week, 47 weeks/year
Level/Salary Range: \$30,000/ year, 2 year contract

Overview:

Youth Ministry Director will provide oversight for all youth ministries at Saint Demetrios Greek Orthodox Church. The primary focus will be to work with the Church Priest, Parish Council, and families to develop and implement a mission statement that includes the vision and goals for Youth Ministries in alignment with the Metropolis of San Francisco. The Youth Ministry Director will encourage and equip youth, families, and volunteers, and ministries with opportunities for growing their faith and walking in their Orthodox journey.

Responsibilities:

- Coordinate across ministries for events and develop cohesion between youth ministries
- Build relationships with parents, leaders, and staff to drive our mission, vision, and goals in connecting families to Orthodoxy
- Manage a master calendar for Youth Ministries and events and provide updates for the Church website
- Monitor Youth Ministries budgets
- Regularly communicate with the Church Priest, Deacon, Church Staff, Parish Council and Church Community
- Ensure that Youth Ministries have a digital presence and outreach to our community
- Create graphics, flyers, newsletters, email to communicate regularly with families and the broader community
- Recruit, train, and equip volunteers
- Ensure that volunteers have completed the Metropolis youth safety program
- Attend church meetings as needed (e.g., staff meetings, Parish Council, Sunday School Director Meetings)
- Plan, organize, and coordinate Vacation Church School
- Oversee and start HOPE, JOY, Junior GOYA, GOYA Ministries

Preferred Skills:

- Practicing Greek Orthodox Christian with a foundational knowledge of the Church
- Strong communication and organizational skills
- Efficient and detail oriented with the ability to handle multiple tasks simultaneously
- Team player and able to carry out verbal/written instructions
- Previous experience in kids, student, and family ministry
- Computer/technology skills to effectively use commonly used computer programs.

Physical Requirements

- Ability to sit and work at a computer for extended periods.
- Must be able to lift up to 15 pounds occasionally.

Thank you to all who supported
"The St. D's Triune Trekkers"



For the third straight year, the Triune Trekkers took 1st place in the country and raised \$4,350 for the Missions!

God Bless our Sponsors:

<i>Clifford & Theodora Argue</i>	<i>Jim & Patti Kost</i>	<i>Bob & Despina Read</i>
<i>Eleni Athans & Family</i>	<i>Chris & Paula Macris</i>	<i>Bill & Karen Rockwell</i>
<i>Stella Athans</i>	<i>Jim Markezinis</i>	<i>Mark & Angelique Saffle</i>
<i>Frances Barnecut</i>	<i>Joe & Saida Oweis</i>	<i>Alex & Vassie Skoulis</i>
<i>Gabriel Bayouk</i>	<i>Chris & Alexis Pallis</i>	<i>Lindsay Stotz</i>
<i>Alexandra Delegans</i>	<i>Alice Panagakis</i>	<i>Steve & Georgia Teodosiadis</i>
<i>John & Emilie John</i>	<i>John & Lisa Panagiotou</i>	<i>Kegan & Nichole Tosto</i>
<i>Bishara & Diane Kharoufeh</i>	<i>Dr. Greg & Stellee Papadeas</i>	<i>Anonymous (8)</i>

Congratulations to the Weekly Amazon Gift Card Winners:

Bishara & Diane Kharoufeh, Jim Markezinis, Frances Barnecut, Jim & Patti Kost, and Alex & Vassie Skoulis

Special Thanks to our "Trekkers":

Fr. Photios, Fr. Spyridon, & Dn. Perry

The funds will be used to train and send missionaries into the world. For more information on OCMC, visit www.ocmc.org or call 877-GO-FORTH.

Philoptochos

Philoptochos is preparing for a new year filled with fresh projects and enthusiasm. As we look ahead to the upcoming Ecclesiastical year; we sincerely hope you will participate with us as we work to fulfill our mission to serve the poor in heart, spirit and health.



Men Who Cook

Join us in our inaugural **'Men Who Cook'** event and fundraiser on November 8th at 6:00pm in the Large Hall. Several men in our community will compete by cooking their favorite dish - appetizer, side, main or dessert and share it in a competition to see who the best Chef is. The attendees and judges will sample the food and vote on their favorite dishes. Good food, music, and silent auction in a relaxed setting. Pre-sale tickets: \$25.

October 19: Philoptochos General Meeting – Library

October 26: St. Demetrios Day

November 1: Feast Day of Sts. Cosmas and Damianos (Philoptochos Patron Saints)

November 8: Men Who Cook Fundraiser

December 6: Christmas Luncheon



Donations

Saint Demetrios Philoptochos

Membership 2025

We are a volunteer organization that supports many church and charitable projects, both locally and nationally. Our mission is to embody the principles of our Orthodox faith, while offering support, encouragement, and assistance with dignity and respect to the poor, the elderly, the sick, and to all those in need. Your tax-deductible membership contribution of \$50 or more makes our work possible. Men are also welcome to join!

Name _____

Address _____

City/State/ZipCode _____

Home phone _____ Cell phone _____


Email _____



One of our goals is to engage more of our younger members who lead busy lives and may be interested in networking with other younger women to work on projects of interest to the group. Please check if you want to learn more about upcoming opportunities. _____

Amount Received _____ **Paid by cash** _____ **Check** _____ **Credit Card** _____

If you prefer to join by mail, send this form along with your check to St. Demetrios Philoptochos, 2100 Boyer Avenue East, Seattle, WA 98112. To pay by credit card, call Maria Barbas to pay by phone (206-631-2505).



*The St. Demetrios Philoptochos
invites you to join*



Men Who Cook

**A premier fundraiser and evening of fellowship and good food,
spotlighting culinary talents within our community!**


- 20 cooks will share samples of their favorite recipes
- Cast your vote for the People's Choice Award
- Judges will score each dish for 1st, 2nd, and 3rd Place
- Enjoy a silent auction and music

Tickets
\$25



ST. DEMETRIOS LARGE HALL
NOVEMBER 8 – 6:00 PM

For more information or to register, email:
emiliebjohn@gmail.com



PHILOPTOCHOS MEMBERSHIP 2025 (AS OF SEPTEMBER 15, 2025)

Ales, Margaret
 Aliferakis, Vicky
 Alvanos, Britani
 Angelis, Pres. Anna
 Angelis, Kim
 Antipas, Artemis
 Argue, Theodora
 Asimakopoulos, Carole
 Aswani, Margarita
 Athans, Eleni
 Barbas, Maria
 Barnecut, Frances
 Bayouk, Duaa
 Bekris, Theamando
 Biros, Demetra
 Broutsakis, Theodora
 Burke, Lauren
 Burke, Maria
 Chan, Julie
 Chigaras, John
 Chohlas, Cathy
 Christie, Pandora
 Christo, Eleni
 Christofilis, Eleni
 Christophilis, Nikki
 Christothoulou, Tula
 Constantine, Kay
 Collins, Marie
 Dalas, Angela
 Damascus, Mary
 Deleganis, Chryssa
 Delegans, Alexandra
 Demopulos, Arianna
 Demopulos, Diane
 Demopulos, Kate
 Dennis, Demetra
 Derezes, Tina
 Modenas-Diafos, Athena
 Dikeakos, Katherine
 Dikeakos, Stephanie
 Dikeakos, Voula
 Dodd, Voula
 Dotis, Kiki
 Dumont, Pres. Katherine
 Dunbar, Andrea
 Economou, Christina
 Economou, Elizabeth
 Economou, Marla

Economou, Mary
 Farmasonis, Nicolette
 Fournarakis, Dora
 Geving, Anastasia
 Ginosatis, Kaarin
 Economou-Grunder, Christina
 Georgiadou, Fotini
 Gianotas, Sandi
 Gikas, Wanda
 Grivas, Efy
 Haskell, Dorothy
 Hazapis, Dale
 Hillman, Maria
 John, Emilie
 Kaltsounis, Christina
 Karambelas, Georgene
 Katholos, Popi
 Kavounas, Angela
 Kenny, Sofia
 Kobiashvili, Mariam
 Koceski, Jiovanna
 Kolios, Leta
 Kolios, Vickie
 Kollias, Vivie
 Kost, Maria
 Kost, Patti
 Koutlas, Toulia
 Kusulos, Dena
 Kusulos, Dolly
 Kyriakou, Kristen
 Kyrimis, Ali
 Kyrimis, Linda
 LaMarche, Katerina
 LaMarche, Lena
 Leckie, Georgia
 Limantzakis, John
 Limantzakis, Lucy
 Limantzakis, Polette
 Lines, Amy
 Macris, Paula
 Mang, Aleni (Routos)
 Mann, Andrea
 Maroussis, Alexandra
 Maroutsos, Deena
 Mastor, Jean
 Mavromatis, Rita
 McFarlin, Georgia
 McIntosh, Tania

Mitalas, Irene
 Modonas-Diafos, Athena
 Molskred, Fran
 Morgan, Susan
 Moroseos, Maria
 Moroseos, Teresa
 Umaj-Moroseos, Nazli
 Mykris, Carol
 Nelson, Stella
 Oraihev, Insaf
 Pagones, Elaine
 Pallis, Margie
 Pallis, Tina
 Panagakis, Alice
 Panagiotou, Colleen
 Panagiotou, Lisa
 Panopoulos, Johnette
 Panos, Rebecca
 Patrao, Angela
 Pedersen, Anna (Ellie)
 Petratos, Helen
 Plumis, Kristina
 Plumis, Pam
 Polizos, Theologia
 Proios, Eleftheria
 Ranglas, Jeannie
 Read, Bob
 Read, Bryan
 Read, Despina
 Rice, Pres. Ranae
 Rockas-Nassar, Bettyann
 Rockwell, Karen
 Rozis, Haroula
 Ruh, Katina
 Sakellaris, Penny
 Samolis, Katina
 Sancken, Barbara
 Shinas, Terri
 Shirland, Simoni
 Shnorhavorian, Margaret
 Skoulis, Vassie
 Constantine-Skouras, Debbie
 Spyridis, Pauline
 Stamolis, Vicky
 Stavros, Dimitra (Toula)
 Stavros, Maria

Stergachis, JoAnn
 Stotz, Heather
 Stotz, Lindsay
 Swegle, Alvia
 Swegle, Robert
 Theodorou, Valerie
 Teodosiadis, Georgia
 Teodosiadis, Steve
 Tapia, Christina
 Themelis, Karen
 Themelis, Susan
 Theodorou, Valerie
 Thompson, Alexa
 Tourikis, Angela
 Tsafos, Dionisia
 Tsagalakis, Pres. Pat
 Tveit, Jody
 Tziotis, Ekaterini
 Velaoras, Erene
 Varlamos, Karin
 Varlamos, Nina
 Voltsis, Aspasia
 Walker, Effie
 Watson, Katherine
 Xenos, Demetra
 Xidias, Mary

***Don't see your
 name on the
 list?***

***Please come join
 us! Fill out the
 membership form in
 this newsletter and
 mail to Maria Barbas
 at St. Demetrios with
 your \$50 membership.
 Your help allows us to
 continue to reach out
 in Christian love to
 those in need.***

Citizens of the Year Awards

Each year on the Feast Day of St. Demetrios, October 26, we honor two "Citizens of the Year." The award recognizes stewards who exemplify the values of our Greek Orthodox Church and our community whose contributions to the church goes far above and beyond. The awards will be presented at the luncheon, following Liturgy. Please forward your nominations to pcpresident@saintdemetrios.com by October 21, 2025.

The following parishioners were the recipients of the Citizen of the Year award and therefore can't be nominated again.

2024	Vasili Dikeakos & Mike Gikas	Duaa Bayouk & Patti Kost
2023	Bassam Bayouk	Stephanie Deliganis
2022	Chris Economou	Mary Damascus
2021	Healthcare Wokers & First Responders	
2020	George Treperinas	Alice Pangakis
2019	Jim Kost	Dale Hazapis
2018	James "Jimmy" N. Christo	Heather Stotz & Lindsay Stotz
2017	Douglas Chandler	Eleni Christofilis
2016	Theodore J. Angelis	Paula Charuhas Macris
2015	Cliff Argue & Christopher Legeros	Despina Read
2014	Peter Farmasonis	Nina Varlamos
2013	George Lymberis	Maria Cooper
2012	Vagios Sourelos	Kay D. Betts
2011	James Markezinis	Stacy Mitalas Taylor
2010	Costas Mavromatis	Eleni Kalasountas
2009	Vasilios Varlamos	Dorothy Haskell & Dimitra "Toula" Stavros
2008	Andonios Polychronopoulos	Christina Meletis
2007	George Bayouk	Maria Stavros
2006	Vasilios Kariotoglou	Frances Barnecut
2005	Chris Macris	Presv. Anna Angelis
2004	Pete N. Mykris	Pamela Plumis
2003	Sam Treperinas	Carla O'Reilly
2002	John Dikun	Dina Anast
2001	Dennis Tsoukalas	Thelma Doces
2000	Jim T. Mitalas	Maria Melonas
1999	John A. Limantzakis	Eutihia Livanas
1998	Arthur C. Saridakis	Penelope Sakellaris
1997	Gus J. Boutsinis & Pondo A. Davis	
1996	Terry Karis	Angie Karalis
1995	John T. John	Kathy Mitalas
1994	Norm Parr	Presv. Artemis Demopulos
1993	Fr. A. Homer Demopulos & Paul Panagakis	Lola Sioris & Theodora Argue
1992	Emmanuel Tramountanas	Maria Barbas
1991	George Constantine	Cleo Supernaw
1990	Nick Dallas & Paul Plumis	Peggy Tramountanas
1989	Sava Cotton and & George Liapis	Litsa Edwards & Dorothea Mootafes

Glendistades



YOUR CHANCE TO DANCE with the GLENDISTADES will continue after the festival. We started on September 29! After an inspired performance at the dinner dance, the word is our group will grow this year.

Of course, it is sad that summer is over and we must return from our vacations. But the silver lining is that we will begin dance classes again. We all had fun getting a taste of dances from all over Greece last year. This year our goal is to structure classes a little differently to accommodate both beginners and the more advanced. We will have three sessions, Fall, Winter, and Spring... each session we will focus on a different region, with new dances making it possible for newcomers to easily join. In addition, each class will feature a review for the first half hour giving everyone the opportunity to catch up. We hope to see you, your friends, your pareas.... Or come to make a new pareas! We accept all ages.... family style. Every Monday night 7:00 -7:30pm: review, 7:30 – 9:00pm: new dances.

Liturgies in October

Oct	Service	Time
1	Ananias the Apostle Orthros & Divine Liturgy	8:30am
5	2nd Sunday of Luke Orthros & Divine Liturgy	8:15am
12	Sunday of the 7th Ecumenical Council Orthros & Divine Liturgy	8:15am
18	St. Luke the Evangelist Orthros & Divine Liturgy	8:30am

Oct	Service	Time
19	3rd Sunday of Luke Orthros & Divine Liturgy	8:15am
20	Artemios, Great Martyr Orthros & Divine Liturgy	8:15am
23	St. James the Brother of the Lord Orthros & Divine Liturgy	8:30am
26	St. Demetrios Orthros & Divine Liturgy	8:15am
28	Holy Skepi of the Theotokos Orthros & Divine Liturgy	8:30am

2025-2026

SAINT DEMETRIOS

HOPE

HELPING ORTHODOX PARENTS EDUCATE

A MINISTRY FOR BABIES, CHILDREN, AND THEIR PARENTS

DATE	TOPIC	DATE	TOPIC
10/15/25	Our Church	3/4/26	Holy Cross
11/5/25	Thankfulness	4/1/26	Pascha
12/3/25	Nativity	4/10/26	Retreat
1/7/26	Theophany	5/6/26	Family
2/4/26	Icons	6/3/26	Party

We meet on the first Wednesday of every month at 10:30am in Sunday School classroom 104 for fellowship, crafts, snacks, and a lesson about our Holy Orthodox Faith

On September 14, 9 young adults from the YAL Seattle group assembled 25 hygiene kits for families in need. The kits were donated to Akin, a non-profit organization that serves children and families across Washington state. Thank you to all those who volunteered!



Upcoming Events

SUN OCT 5 **Brunch**
12:30 PM @ Voula's Offshore Cafe

SAT OCT 18 **Vespers & Dinner**
Vespers at 5 PM @ St. D's
Dinner at 6:30 PM @ Varlamos Pizzeria

SAT OCT 25 **Husky Parking Fundraiser**
Time TBD @ St. D's

SUN NOV 9 **Friendsgiving**
4 PM @ St. D's Small Hall

Follow us on Instagram @yalseattle



Connect with YAL Seattle

GroupMe: https://groupme.com/join_group/95398216/v3zQQsYC

Email: yalseattle@gmail.com

Instagram: [@yalseattle](https://www.instagram.com/yalseattle)

Orthodox Christian Fellowship (OCF)

If you are a college student in the Seattle area, join our OCF group at the University of Washington. Meetings are paused for the summer and will resume in Fall Quarter.

Join our GroupMe group chat: https://groupme.com/join_group/85524228/CUbVqV5a

Follow us on Instagram: [@ocf_uw](https://www.instagram.com/ocf_uw)

Email us: ocf@uw.edu



Please join us for a
Friendsgiving
POTLUCK



November 9, 4-8 pm

St. Demetrios Small Hall

We welcome young adults from all
local parishes to join us.

Come in your best "Fall" attire and
bring a dish or dessert to share.

October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Sep 28</p> <p>1st Sunday of Luke Epistle: 2Cor. 6:1-10 Gospel: Luke 5:1-11</p> <p>Sunday School Begins</p> <p>8:15a Orthros</p> <p>9:30a Divine Liturgy</p> <p>11:15a Blessing of the Water</p> <p>1p Baptism</p> <p>Baruch the Prophet Chariton, Confessor</p>	<p>29</p> <p>6p Greek Dance</p> <p>Kyriakos the Anchorite Petronia, Martyr</p>	<p>30</p> <p>6:30p Parish Council Meeting</p> <p>Gregory, Hieromartyr of Armenia</p>	<p>Oct 1</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>10a Philoptochos Board Meeting</p> <p>1p Open Confession</p> <p>4p MEM Monthly Meeting</p> <p>6p Greek School Agiasmos</p> <p>6:30p OCF: University of Washington</p> <p>Ananias the Apostle/Justine, Martyr & George, Neomartyr Kyprianos, Hieromartyr</p>	<p>2</p> <p>11a Baptism</p> <p>St. Dionysios the Aeropagite</p>	<p>3</p> <p>2p Wedding</p> <p>5p Great Vespers</p> <p>Hierotheos, Bishop of Athens Kallisthenis & Domine, Martyrs</p>	<p>4</p> <p>5p Great Vespers</p>
<p>Oct 5</p> <p>2nd Sunday of Luke Epistle: 2Cor. 6:16-7:1 Gospel: Luke 6:31-36</p> <p>8:15a Orthros</p> <p>9:30a Divine Liturgy</p> <p>11:30a Ministry Sunday</p> <p>12:30p Catechism</p> <p>Eudokios the Righteous</p>	<p>6</p> <p>Archdiocesan National Clergy Retreat • Naples, FL</p> <p>6p Greek Dance</p> <p>Erotidos, Martyr Thomas, the Apostle</p>	<p>7</p> <p>10a WOCA</p> <p>Sergios & Bacchus, Martyrs</p>	<p>8</p> <p>10:30a HOPE</p> <p>6:30p OCF: University of Washington</p> <p>Agisilaos & Archelaos, Martyrs Polychronios, Pelagia Martyrs</p>	<p>9</p> <p>Theophilos the Righteous</p>	<p>10</p> <p>5p Great Vespers</p>	<p>11</p> <p>Philip of the 70 Deacons</p>
<p>Oct 12</p> <p>Fathers of 7th Ec. Council Epistle: Titus 3:8-15 Gospel: Luke 8:5-15</p> <p>8:15a Orthros</p> <p>9:30a Divine Liturgy</p> <p>12:30p Catechism</p> <p>Andronikos, Domnini Martyrs Provos, Tarachos, Martyrs</p>	<p>13</p> <p>6p Greek Dance</p> <p>Karpos, Papylos Martyrs</p>	<p>14</p> <p>Dress Rehearsal Dinner</p> <p>Nazarios, Gervasios & Prostasios St. Innocent, Apostle to America</p>	<p>15</p> <p>10:30a HOPE</p> <p>6:30p OCF: University of Washington</p> <p>Loukianos, Martyr Savinos the Bishop</p>	<p>16</p> <p>Leontios & Terentios, Martyrs Longinos, the Centurian</p>	<p>17</p> <p>U District Food Bank</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>5p Great Vespers</p> <p>6:30p YAL Dinner: Varlamos Pizzeria</p>	<p>18</p> <p>St. Luke the Evangelist</p>
<p>Oct 19</p> <p>3rd Sunday of Luke Epistle: 2Cor. 11:31-12:9 Gospel: Luke 7:11-16</p> <p>8:15a Orthros</p> <p>9:30a Divine Liturgy</p> <p>12:30p Catechism</p> <p>Joel the Prophet</p>	<p>20</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>6p Greek Dance</p> <p>Artemios, Great Martyr St. Gerasimos of Kephallonia</p>	<p>21</p> <p>2:30p Seattle Prep Parking</p> <p>2:30pm - 10pm</p> <p>6:30p Parish Council Meeting</p> <p>Hilarion the Righteous</p>	<p>22</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>7 Children of Ephesus Averkios of Ieropolis</p>	<p>23</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>St. James the Brother of the Lord</p>	<p>24</p> <p>5p Great Vespers</p> <p>Arethas the Great Martyr Sebastiana, Martyr</p>	<p>25</p> <p>Markianos & Chrysanthos, Martyrs</p>
<p>Oct 26</p> <p>6th Sunday of Luke Epistle: 2Timothy 2:1-10 Gospel: Luke 8:26-39</p> <p>Small Hall Sunday School d...</p> <p>8:15a Orthros</p> <p>9:30a Divine Liturgy</p> <p>11:30a Feast Day Luncheon and Celebration</p> <p>St. Demetrios, Great Martyr</p>	<p>27</p> <p>6p Greek Dance</p> <p>Nestor, Great Martyr</p>	<p>28</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>Holy Skepi of the Theotokos</p>	<p>29</p> <p>6:30p OCF: University of Washington</p> <p>Anastasia the Roman Avramios the Righteous</p>	<p>30</p> <p>Cleopas & Artemas, Apostles Zenobios & Zenobia, Martyrs</p>	<p>31</p> <p>Lg Hall Dance Glendi</p> <p>Small Hall Baptism Reception</p> <p>8:30a Orthros</p> <p>9:30a Divine Liturgy</p> <p>12:30p Baptism</p> <p>5p Great Vespers</p> <p>Kosmas & Damian, Unmercenarys</p>	<p>Nov 1</p>

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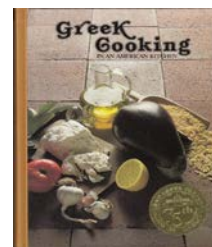
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Submissions for the Orthodox Way

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 Johanna at jrios@saintdemetrios.com by the 20th of the month to appear in the next months newsletter. Submissions recieved after the 20th will appear in the following newsletter.

All other inserts and announcements can be sent to the Orthodox Way editors at info@saintdemetrios.com.

The above are parishioner contributed announcements to The Orthodox Way