



# The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT 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.*

My Dear brothers and sisters in Christ,

When I consider all that has happened this year; to the world, in the outbreak of a global pandemic; to our personal lives, in the massive disruptions, family tragedies, myriad cancellations, and agonizing uncertainty; to the burning forests in the West; to tearing of the fabric of society in an effort to reconcile pain with a cry for justice, I ask myself what there is to be thankful for.

Our journey has taken Presbyteria Vasso and me from one edge of the country to the other, and up and down the West Coast. Our faces were pointed to Southern California, where we thought we were heading to serve in a parish. Driving cross-country from Boston this June, we had time to reflect on the events of the previous months. The first date set for my ordination to the Diaconate was to be in early April, giving me the chance to serve at the school for the last few months, and then everything changed... it was postponed, with no word on a new date... Then our campus shut down and left our small community of married students to ride out the Spring semester together, in isolation. When we learned that our graduation ceremony, which was to be attended by His All-Holiness Patriarch Bartholomew, would be cancelled... we looked at each other and wondered what God was trying to work in us.



We got off the road eight days later, in Riverside California, having arranged to stay briefly with my sister-in-law and brother-in-law, and their kids. We were excited to spend a little time with the family, await our assignment, and open the wedding gifts graciously stored with them for two-and-a-half years. However, we soon learned the expected parish would not be able to bring on an assistant... our brief visit lasted three months.

Vasso and I are now discovering blessings hidden in that time and uncertainty about our future. We are beginning to see God's providence in hindsight, as gifts we could never have planned or imagined. The first gift was time: God gave us time to connect with our families, otherwise it would not have been possible, had we been sent to work right after graduation. The next gift was pain: God gave us the pain of losing our self-will; of losing the power to determine the conditions of my ordination and assignment; of knowing where we would live and when we would start our new life. The only response we could offer was to ask Him for patience, and to show us His will: He forced us to rely on His providence.

Perhaps the most unlooked for blessing is our assignment to Seattle, and St. Demetrios Greek Orthodox Church. Instead of, "South" we heard, "North" from Metropolitan Gerasimos, and pointed our faces in your direction. While many parishes are suffering and shrinking from the effects of this pandemic, you have opened your arms to receive us. While painful to leave our families, the whole process of coming up here has proven to be blessed. From the moment we were given the word, our path appeared "fast-tracked," and made straight. Being welcomed by, and getting to know Father Photios, Presbyteria Katherine, and their family, has made us wonder at the realization that we could not have hoped for a better assignment. Serving, and getting to know each of you, little by little, person by person, "σιγά σιγά," through commemorating your names and meeting you in person, has only strengthened the sentiment.

After going through that journey, and praying for a good beginning to our new journey ahead together, I can now answer the question: What is there to be thankful for? Lord Jesus Christ our God, I thank You for hiding Your will from us in the storm of life and allowing us to feel the pain of our own helplessness. I thank You Lord, for revealing Yourself to us as we back our way forward, while protecting us from the awesome glory of Your presence. Thank You for letting us see back to Your care for us at every step, as we reflect on the circumstances of our journey. Thank You for this unprecedented time, which is forcing us to reconcile our suffering, our relationships and our expectations. I pray that we may turn toward Christ on the Cross, to remind us of His invitation to share in the suffering of our neighbor.

As the days get shorter and the darkness grows longer, we begin to set our faces toward the East and the Nativity of Christ. In hopeful anticipation of His light dawning in us, may we journey together in praise and thanksgiving; encouraging each other to reflect on His blessings, however small, hidden in the details of every single one of our lives, and may the Holy Trinity protect all of you.

In Christ's love,  
+Fr. James

**NOVEMBER 2020  
USPS 8048, No 05**

### Office Hours

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Monday - Friday

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The Orthodox Way is published monthly. Parishioners who wish to contribute content or announcements are asked to email information to [info@saintdemetrios.com](mailto: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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## President's Message

**"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."**  
*1 Thessalonians 5:16-18*

As we approach the holiday season of thanksgiving it is a time of reflection and for most of us, it has been a very challenging year in our personal and perhaps spiritual lives. The pandemic continues and we too continue to pray for a vaccine and a decline in the deaths worldwide from this disease.

Spiritual reflection for Christian believers is the process of thinking, pondering, or reflecting on biblical teachings, Scripture, and/or sermons. While we have much to worry about, we still have much to be thankful for.

We are thankful for the many volunteers that continue to make our parish an effective one. We are thankful for the members who made crafts that we sold for our online festival. We are thankful for our Citizens of the Year, Alice Panagakis and George Treperinas who show us examples of being servants of Christ and the Church. We are thankful we have increased capacity for Divine Liturgy on Sundays. We are thankful for our new Priest, Fr James and Presbytera Vasso. We are thankful for the participation in our Parish Survey. We are thankful for the financial donations that you continue to give willingly that allow us to continue our mission. Increasingly, we see in our parish a generosity of spirit and our goal is to foster that generosity so we may have an environment in which we can share time, talent and treasure in order to achieve our mission.

### PARISH COUNCIL UPDATES

At our October 20, 2020 meeting;

- Approved the amended and restated bylaws for Philanthropia Foundation
- Received report on pending outcome of settlement for Kent Property (to be shared at the General Assembly)
- Received update on outcome of online festival which yielded \$7600
- Reviewed September Stewardship report (see article on Stewardship)
- Reviewed results of Parish Survey. Sent to parish 10/21 and see article in this issue.
- Reviewed financial report for September

### REOPENING TEAM UPDATE

We have increased capacity for Sunday services to 100. You may expect to see information shortly on possible use of our facilities for some of our ministries, due to changes in King County public health guidelines. Reminder the facilities cannot be accessed without permission from Fr Photios or the reopening team. Please continue to observe social distancing, masking and handwashing.

### GENERAL ASSEMBLY

Reminder the 2020 General Assembly will be held December 6, 2020. Stay tuned for possible in- person attendance combined with online. Details to follow. There are vacancies for Parish Council. Please contact Fr Photios or Barbara Trehearne if you are interested in running for Parish Council. [pcpresident@saintdemetrios.com](mailto:pcpresident@saintdemetrios.com) or [frphotios@saintdemetrios.com](mailto:frphotios@saintdemetrios.com)

I wish you and your family a happy Thanksgiving. Stay safe and healthy.

+ In Christ,  
Barbara Trehearne  
Parish Council President



## Memorials and Candles

On October 11th a Holy Altar Table Vigil Light is offered in loving memory of Maria Tavernarakis (one year since her passing), by Linda and Mendy Tavernarakis.

On October 18th a Holy Altar Table Vigil Light is offered in loving memory of Gennady Abramov (seven days since his passing), by his family, Olga, Demetry and Tatyana.

On October 25th a Holy Altar Table Vigil Light is offered in loving memory of Margaret Cooper (three years since her passing), by her husband, Gus Cooper and family.

On October 26th Two Holy Altar Table Vigil Lights are offered in loving memory of Demetrios Polychronopoulos and Demetrios Kamopoulos, by Andonios Polychronopoulos and family.

On November 1st the Eight Holy Altar Table Vigil Lights and a donation to St. Demetrios are offered in loving memory of Emanuel S. Xenos (ten years since his passing), by his wife Demetra Xenos, their children, Spiro and Voula, Georgine and Glen and grandchildren, Deme and Manny, Theodore and Sophia.

On November 1st a Memorial Service is offered in loving memory of Mary George (six months since her passing), by her sons, Nicholas George and Dr. Evan George and family.

On November 1st a Memorial Service is offered in loving memory of Afrodite Cominos (six months since her passing), by her children, Angie, Nick and Peter.

On November 1st Two Holy Altar Table Vigil Lights are offered in loving memory of Peggy Christine Moore (fifteen years since her passing) and Emmanuel John Xenos (four years since his passing), by their daughter and son-in-law, Vicky and Ron Christianson, grandsons Andrew and Nicholas and sons, John and Jim Xenos.

On November 1st a Holy Altar Table Vigil Light is offered in loving memory of Emanuel Xenos (ten years since his passing), by his cousins, Stella and Jim Nelson.

On November 1st Two Holy Altar Table Vigil Lights are offered in loving memory of Demetrios Begleris and Eula Begleris (twelve years and forty years since their passing), by their daughters, Renee Knowles, Stephanie Lembesis and Elaine Laurent.

On November 8th a Holy Altar Table Vigil Light is offered in loving memory of Serma and Tom Charuhas (one year and seventeen years since their passing), by their daughter and son-in-law, Paula and Chris Macris.

On November 15th Two Holy Altar Table Vigil Lights are offered in loving memory of Jerry Courounes (six years since his passing), by his wife, Nicoleta Courounes, his son Gus and his daughter Renee.

On November 15th Two Holy Altar Table Vigil Light are offered in loving memory of Peter Dracopoulos (twenty-one years since his passing), by his daughter and son-in-law, Theodora and Clifford Argue, his granddaughters and their families.

On November 15th a Holy Altar Table Vigil Light is offered in loving memory of Mike and Eleni Damascus (thirty years and seven years since their passing), by Mary Damascus and family.

On November 22nd a Holy Altar Table Vigil Light is offered in loving memory of Gust Koulouris (twenty-one years since his passing), by his sister Pota Johnson and family.

On November 29th a Memorial Service and Two Holy Altar Table Vigil Lights are offered in loving memory of Harula Panos (twenty-two years since her passing), by her husband Steve Panos, her children, Artemios and Rebecca, Alexander and Christina and her grandchildren.

On November 29th a Forty-Day Memorial Service is offered in loving memory of Francine Karavias, by her children and grandchildren.

On November 30th a Holy Altar Table Vigil Light is offered in loving memory of Andreas Lolos, by his parents, Nick and Panagiota Lolos and relatives.

## Condolences

We express our Deep Condolences to Billie Jo Therson and her family for the passing of her husband Perry Therson. May his memory be eternal!

We express our Deep Condolences to John Supernaw and Ann Marie Supernaw for the passing of their father, Dr. Gene Supernaw. May his memory be eternal!

We express our Deep Condolences to Aleta Karavias and her family for the passing of her mother, Francine Karavias May her memory be eternal!

## Services In November

Nov	Service	Time
1	Fifth Sunday of Luke Orthros & Divine Liturgy	8:15am
7	Great Vespers	5:00pm
8	Seventh Sunday of Luke Orthros & Divine Liturgy	8:15am
9	Orthros & Divine Liturgy	8:30am
11	Orthros & Divine Liturgy	8:30am
13	Orthros & Divine Liturgy	8:30am
14	Great Vespers	5:00pm
15	Eighth Sunday of Luke Orthros & Divine Liturgy	8:15am
16-19	Orthros & Divine Liturgy	8:30am
20	Orthros & Divine Liturgy   8:30am & 9pm Great Vespers   8pm	
21	Great Vespers	5:00pm
22	Ninth Sunday of Luke Orthros & Divine Liturgy	8:15am
23-24	Orthros & Divine Liturgy	8:30am
25	Orthros & Divine Liturgy   8:30am Vespers   6pm Divine Liturgy for Thanksgiving   6:30pm	
27	Orthros & Divine Liturgy	8:30am
28	Orthros & Divine Liturgy   8:30am Great Vespers   5pm	
29	Thirteenth Sunday of Luke Orthros & Divine Liturgy	8:15am
30	Orthros & Divine Liturgy	8:30am

# PARISH SURVEY RESULTS

In our October 21, 2020 eNews we shared the results of the Parish Survey. There is a link that allows you access to the full survey results. The results are also available on our website.

St. Demetrios Community, The Parish Survey has been completed and we thank you for your participation. We had 336 participants complete the survey. This is an outstanding rate of completion and allows us to better understand your thoughts and feedback about St. Demetrios.

There were over 1,400 written comments to the open-ended questions. What you will see in the survey results are a summary of those comments as the most important issue is to understand the trends.

Given the number of completed surveys, the confidence rate is 95%. Again, this allows a high level of confidence in the accuracy of the survey results.

As with any survey, it may take a couple reviews to fully understand the outcomes. Each slide provides summary information of the outcomes for ease in reading. If, however you have questions, please feel free to contact any member of the Strategic Planning Team.

## HIGHLIGHTS FROM THE SURVEY

- 37% of respondents have been members of St Demetrios for 40+ years
- 28% of respondents have been members for 0-15 years
- The majority of members live less than 20 miles from the Parish
- 84% of respondents were raised Orthodox and 13% have converted
- People feel very connected to St Demetrios and are somewhat optimistic about the future

- Openness to ideas and suggestions received a low rating suggesting we can do better in this area
- Overall friendliness and welcoming received a moderate rating again suggesting opportunity for improvement
- 54% of respondents would like to receive communications electronically
- The importance of a Family Wellness Ministry in all areas of support is clear and unmistakable
- Sunday School tops the list of most important religious programs as part of Youth Ministries which overall ranked high in importance
- Opportunities exist to increase pledge card participation in our Stewardship Program
- Members are interested in volunteering for various activities but are unsure how to go about that
- 42% of respondents believe the budget should be entirely supported by Stewardship while another 30% disagree
- The majority of respondents say they are growing spiritually through involvement at St Demetrios

Over the coming months we will continue providing information about the survey but more importantly what our next steps will be. The last two slides of the survey recap show both our calendar of events for the completion of our plan and highlight and the key areas of focus for a plan moving forward.

Through analysis of our parish by the Strategic Planning Team, coupled with

parishioner perspectives from the parish survey, the plan will focus on the following 6 key areas:

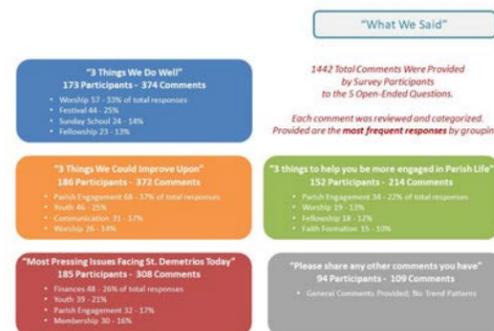
- Faith Formation
- Liturgical Renewal
- Leadership
- Stewardship
- Engagement
- Youth and Family

A “vision” (development) team will soon be formed for each of the 6 key focus areas. Each team will be comprised of a leader and additional parishioners who will be asked to bring forth new ideas, programs, and actions. Once leaders of the vision teams are established, we will ask for your continued participation in these vision/development teams.

Again, we thank you for your participation. We look forward to continue building a vibrant community at St. Demetrios focused on bringing us closer to God, growing our parish, and to enabling our parish to have a clear direction for the future.

In Christ,  
Fr. Photios & Barbara Trehearne

Questions/comments can be directed to **Members of the Strategic Planning Team:** Cliff Argue, Danny Mavromatis, Gabriel Bayouk, George Constantine, George John, Georgine Looney, Gil Morgan, John John, Lindsay Stotz, Patti Kost, Steven Stanos, Tom Leonidas, Vasili Dikeakos, Barbara Trehearne, Fr Photios Or to [pcpresident@saintdemetrios.com](mailto:pcpresident@saintdemetrios.com) or [info@saintdemetrios.com](mailto:info@saintdemetrios.com)



# CITIZEN OF THE YEAR 2020



Please join us in congratulating Alice Panagakis and George Treperinas as 2020 St Demetrios Citizens of the Year. They received their awards during St Demetrios Day October 26.

## ALICE PANAGAKIS

Alice is a life-long member of St Demetrios. She has worked tirelessly for the Church. She has been a choir member, a Parish council member, part of the building fund, Philotochos member, and chair of many events at St Demetrios. She was instrumental in the development of the Greek Cookbook which continues to be used throughout our community and beyond. Alice has led many efforts over the years and is seen as a tireless worker who is a pro at organizing groups to get things done. She and her late husband Paul Panagakis, have financed an endowment to the church to support maintenance of the roof and dome. Her nominator shared, anyone meeting Alice concludes, “she is something special”

And we too think Alice is special for her love of our Church and true generosity of her time, talents and treasures. Thank you, Alice.

## GEORGE TREPERINAS

There are so many things that George does for the St. Demetrios community that many people may not be aware of but for which we all benefit.

George is a past parish council member. He has worked diligently on the real estate affairs of the church (i.e. the Kent property) for over 20 years. This has involved hours of meetings with potential buyers, real estate committee members, parish council meetings, land use department

meetings, meetings with county officials, and lengthy depositions as well. This work has been provided by George due to his legal expertise and without charge to the Church. George has served as the co-president of the board of directors for the Philanthropia House for over 25 years. George and Chris Economou have worked tirelessly to ensure that the home is run professionally, efficiently and in accordance with the Health Department requirements to ensure a safe place for the residents and the staff.

For well over 20 years George was a primary organizer of the “Northwest Greek Open” golf tournament and fundraiser. This tournament has always been a success and a great way to raise funds for all of the beneficiary organizations such as our northwest Orthodox churches, Philanthropia House, The Boyer Clinic, Raft Island Camp, and more.

George has been the “Kalamari guy” for over 25 years at the festival assuring the success of one of the most popular booths.

George too has demonstrated his love of St Demetrios and a generosity of spirit through his time, talents and treasure. Thank you, George

*We sincerely thank both Alice and George and are so fortunate they are a part of our community and serve as examples of true servants of Christ.*

# Philoptochos

## Kindness in the Era of the Pandemic

As I mentioned in my October newsletter, our National Philoptochos at the 2020 Biennial Convention introduced three initiatives that we will introduce in the 2020-2022 biennium: Vaping, the Opioid Crisis, and Kindness Counts. As November 13 is designated as World Kindness Day, I'd like to focus on Kindness Counts this month.

Kindness is defined as the quality of being friendly, generous, and considerate. Affection, gentleness, warmth, concern, and care are words that are associated with kindness. While kindness has a connotation of meaning someone is naïve or weak, this is not the case. Being kind often requires courage and strength.

Science has shown that devoting one's resources to others, rather than having more and more for yourself, brings about lasting well-being. Kindness has been found by researchers to be the most important predictor of satisfaction and stability in a marriage. In addition to better relationships overall, other benefits include better health and fewer negative emotions.

There are different ways to practice kindness. Probably the hardest thing for a person to practice is kindness to ourselves. Kindness to self includes:

- Self-care
- Learning when to say "no"
- A healthy diet
- Getting a good night's sleep every night
- Stopping negative self-talk
- Regular prayer and spiritual reading
- Laughing regularly
- Letting yourself cry
- Playing

Kindness to strangers is important for our well-being as well. Everyone we meet is facing some kind of challenge we know nothing about. A simple smile or act of kindness might make their whole day and costs us nothing. Look strangers in the eye and give them a smile and a thank you. Greet someone new in the neighborhood, or at Church, and make them feel welcomed. This helps create a sense of community. The irony is that we become happier by making other people happier—it's a win-win!

Our Philoptochos chapter has created a Kindness calendar for the month of November. You will find it in this issue of the Orthodox Way. We challenge you to look at the simple acts of kindness written for each day of the month. Don't feel you have to do each act on the day it appears on the calendar.

Look over the calendar each morning and decide which act you would like to perform that day. Cross it out, and at the end of the month, count up how many of the acts you completed. How did you feel? Has your well-being improved? I especially urge each one of you to create the "gratitude jar" on November 1 and empty it on November 30, reminding yourself of your blessings. See if your attitude has changed.

Our world is in crisis.  
**Kindness matters now more than ever!**

## Chapter News

- Philoptochos has made up "Philoptochos Cares" bottles of complimentary hand sanitizer for our parishioners. They are available in the narthex of the church. Please pick up yours next time you're in church!
- If you know of someone needing a get well, thinking of you, or sympathy card, please email Stella Nelson, our Sunshine Committee chairperson and let her know. Her email is [jim.stella@comcast.net](mailto:jim.stella@comcast.net).
- In December, we plan to make Christmas bags with cookies and other treats for our shut-ins. We are looking for volunteers to bake and to help deliver bags to the shut-ins. Contact Katina Ruh for details: [ruhs3@hotmail.com](mailto:ruhs3@hotmail.com).

## Baptisms

Congratulations to Mike and Nisa Basilicato whose daughter, Isabella Rose was baptized on October 17th, 2020. Her sponsors are Barbara Trehearne and Nicole Markoff Trehearne. "Na sas zesei!"

# November 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Make a gratitude jar. Add to it daily.	2 Pick up litter around your neighborhood.	3 Take your neighbor's trash bins in on garbage day.	4 Leave a coupon on an item in the grocery store	5 Write a letter to someone and send it in the mail.	6 Check in with an elderly person.	7 Make a kit with useful items for the homeless.
8 Add a book to your little free neighborhood library.	9 Leave a small present in the mailbox for your mailman.	10 Give a great review for your favorite neighborhood restaurant.	11 Thank a veteran for their service.	12 Compliment a worker.	13 Pray for our country and our leaders.	14 Make a care package for someone not feeling well.
15 Bake cookies for a neighbor.	16 Send a get well or thinking of you card to someone not feeling well.	17 Think of three things you really like about yourself. Write it down and post where you will see it regularly.	18 Buy a flower or plant to brighten up your home.	19 Take a walk and say hello to the first three people you see.	20 Fill an old purse with items for a homeless woman.	21 Count your change and donate it to charity.
22 Write and send a thank you note.	23 To relieve stress recite the Jesus Prayer or sit in silence for 10 minutes.	24 Write an encouraging message on small rocks and leave them around the neighborhood.	25 Write a kind comment on someone's social media page.	26 Call your family and friends and wish them a Happy Thanksgiving. Tell them why you're thankful for them.	27 Go for a walk and marvel at the wonder of God's creation. Pay attention to the beauty around you.	28 Donate to your favorite charity. Give what you can.
29 Watch an uplifting television program that has a positive message.	30 Empty and read the gratitude jar notes you have created throughout the month.					

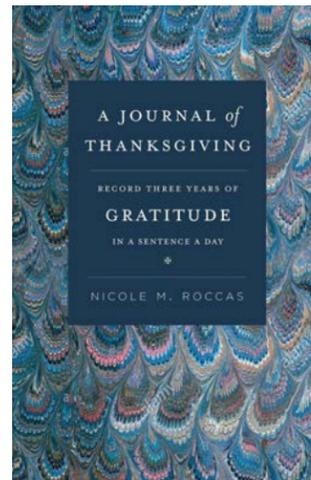
# BOOKSTORE NEWS

November 15 marks the official start of the Lenten period before the Feast of Christ's Birth. We as Orthodox Christians are called upon to fast, just as in Great Lent. Equally important are the disciplines of prayer and almsgiving. Repentance and thankfulness are two aspects of prayerfully drawing closer to Christ.

Our American holiday of Thanksgiving began with the Pilgrims giving thanks. As we celebrate the holiday this year, let us remember to put holiness back into a day that sometimes concentrates on the festivities with friends and family. While we are experiencing a different way of living and adapting to new environments and challenges, we can also give thanks for the blessings in our lives such as our health, our family and our friends. Let us continue to pray for the many people sick with COVID-19, for the doctors and nurses, scientists, EMTs, and all who tend to those suffering as well as our essential workers. Also let us pray for the members of our parish and others we know who have succumbed to or been impacted by this dreaded disease.

Your St. Demetrios Bookstore has many books to help you on your winter Lenten journey. Two new books recently arrived are *A Journal of Thanksgiving* by Nicole Roccas, and *Putting Joy into Practice: Seven Ways to Lift Your Spirit from the Early Church* by Phoebe Farag Mikhail. The Journal offers a spiritual quotation and a space to write your own thanksgiving thoughts for each day. This book becomes a three-year collection of your thankfulness through the years. *Putting Joy into Practice* has chapters on "Praying the Hours," "Visiting the Sick," "Repentance," "Hospitality," "Arrow Prayers," and "Singing Praises to God."

Working from home, swamped and need some inspiration? The bookstore has laser-cut, wood plaques for the desk or wall, one style is of "Lord, Have Mercy," and the other of "The Lord's Prayer"--both wonderful ways to take a moment and refocus our thoughts on Christ. You may also like the ceramic medallions of Christ or the Theotokos, and blue glass medallions with the Theotokos holding Christ. It all translates into our practice of loving Christ during each day more and more.



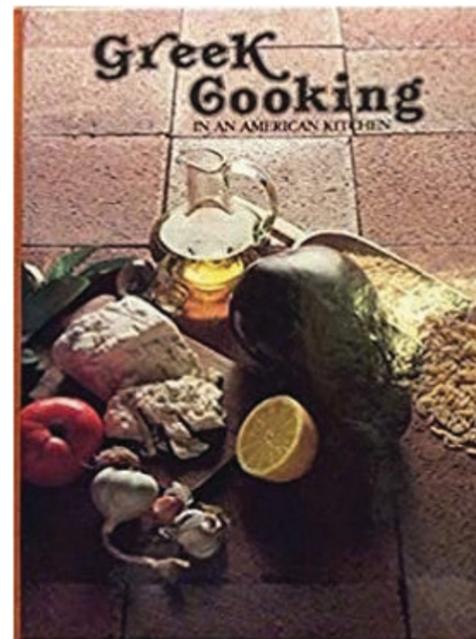
## GIVE THE GIFT OF GREEK COOKING

Share traditional Greek cooking with friends & family this holiday season. *Greek Cooking in an American Kitchen* makes a unique gift and is a go-to guide for anyone wishing to bring authentic Greek cuisine into their home. Let us help with your holiday shopping - place your orders today & we will ship to you or anywhere in the US.

**Cost**  
\$30 + \$5 for shipping

Email your order to [cookbook@saintdemetrios.com](mailto:cookbook@saintdemetrios.com) including the shipping name and address. Checks can be made out to "St. Demetrios Philoptochos Cookbook" and mailed to:

Alice Panagakis  
4944 NE 85th St  
Seattle, WA 98115  
[info@GreeksinWashington.org](mailto:info@GreeksinWashington.org)



# Book Discussion with Guest Lecturer Dr. Albert Rossi

**Saturday, November 14<sup>th</sup> ~ 9:00 am - 10:30 am PST  
via ZOOM**

**To Register: Contact Alexis at [boyda02@gmail.com](mailto:boyda02@gmail.com)**

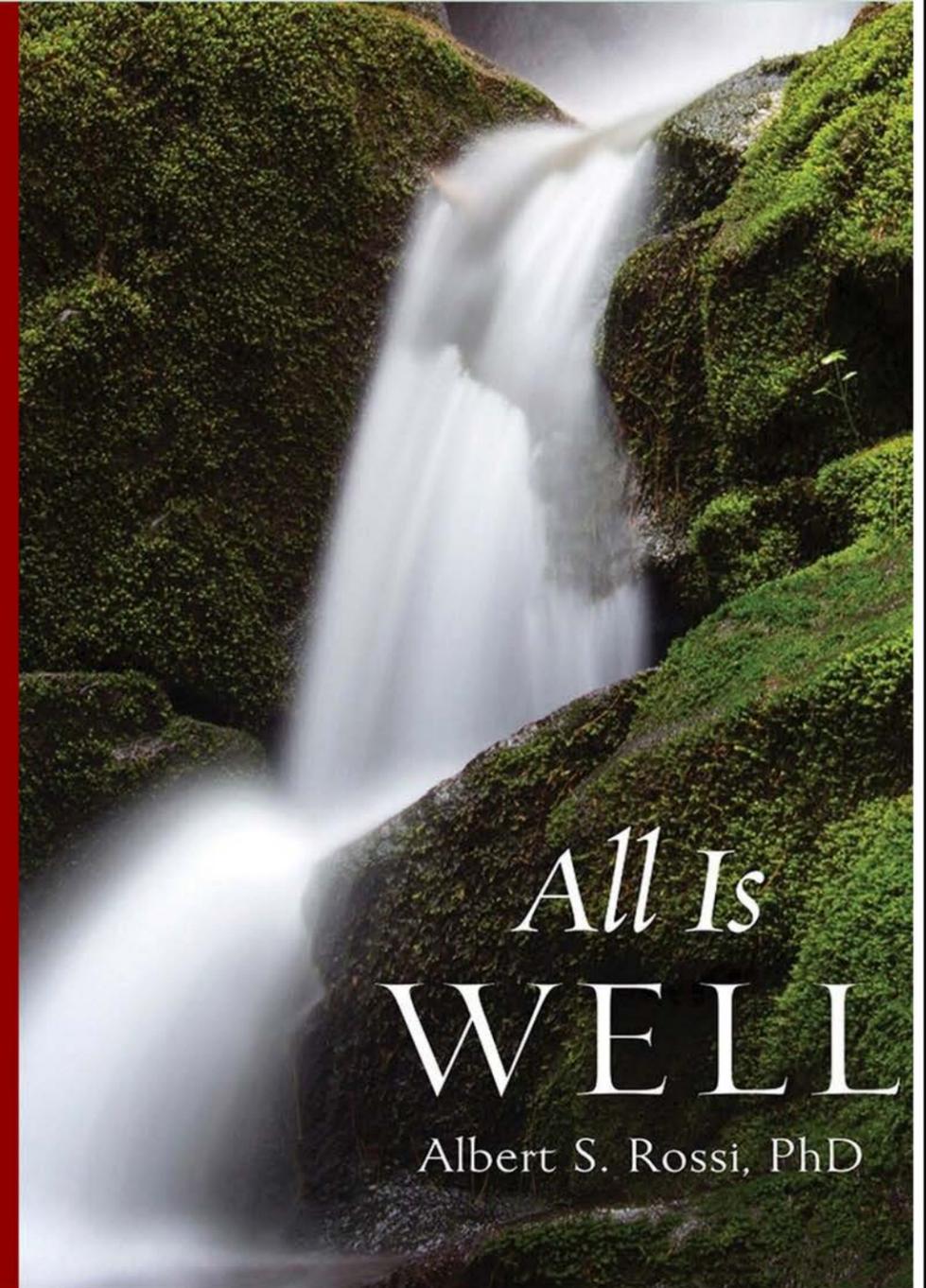
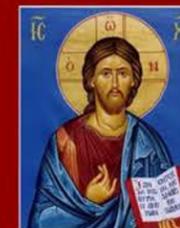


**Albert S. Rossi, PhD**  
St. Vladimir's Seminary

Dr. Albert Rossi teaches courses in pastoral theology at St. Vladimir's Seminary. He was a member of the SCOBA Commission on Contemporary Social and Moral Issues. He has written numerous articles on psychology and religion and published a book through Ancient Faith Publications entitled *Becoming a Healing Presence*. After teaching at Pace University for 24 years, he retired as Associate Professor of Psychology. He is a licensed clinical psychologist in New York. Dr. Rossi has a brief, bi-weekly podcast on Ancient Faith Radio titled "Becoming a Healing Presence."

The book *All is Well*, to be discussed in Dr. Rossi's lecture on Nov. 14<sup>th</sup>, is available in the Assumption Bookstore and/or online at St. Vladimir's Press:

<https://svspress.com/all-is-well/>



Sponsored by the Greek Orthodox Church of the Assumption  
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# PARISH COMMUNICATION

## EXPERTISE NEEDED

We are increasingly aware of the need to improve our communications. While 79% of respondents in the Parish Survey indicate the overall frequency of communications from St Demetrios are just right, very few visit the website or Facebook page. Most read the weekly eNews and the Orthodox Way. **Most would prefer their communication to be electronic (54%).**

Additionally;

- 69% of respondents are interested in receiving parish news and events
- 52% of respondents are interested in receiving spiritual messages
- 44% of respondents are interested in 'the business' of the parish
- 39% of respondents are interested in ministry reports

In order to continue improving our communication, we need greater expertise in website and Facebook communication. Our website needs to be improved as well as our ability to use Facebook as a means of communication. If you are interested in being a part of a small group to work on these areas please contact [info@saintdemetrios.com](mailto:info@saintdemetrios.com). Your ideas, expertise, suggestions are welcome.

If you are not currently receiving eNews send your name/email to [info@saintdemetrios.com](mailto:info@saintdemetrios.com)

If you would like more information from the Metropolis go to <https://sanfran.goarch.org/> and sign up for the newsletter. If you are currently receiving Orthodox Way via print and would like to change to electronic send a note to [info@saintdemetrios.com](mailto:info@saintdemetrios.com)

Thank you

# ST. PHILARET HOMELESS THANK YOU



Thank you to our shoppers and chefs, Doug and Jillian Chandler, who prepared their delicious beef casserole (October 1st & 8th) for the 75 residents of the St. Martins De Porres Shelter on the Seattle waterfront.

We are also grateful for use of the Assumption Church's beautiful kitchen, our recent anonymous monetary & clothing benefactor, and past contributors for supporting this effort.

Until conditions improve and we find a more permanent serving site, St. Philaret hopes to carry on its mission of feeding the less fortunate, at least in the near-term, by cooking for our needy brothers at St. Martin's. For more information, feel free to contact Chris Macris at (425) 888-2535 or [chris@enerdynesolutions.com](mailto:chris@enerdynesolutions.com).

# THANKSGIVING BLESSINGS

*& a request for food from  
JUBILEE WOMEN'S CENTER*

Our low-income neighbors at Jubilee Women's Center are very thankful for the donations and ongoing support received from St. Demetrios Church Parishioners, especially with the challenges of 2020. This year, due to Covid-19 restrictions, we are not allowed to provide our bountiful Thanksgiving Potluck Dinner, as in years past. Instead, Jubilee is asking St. Demetrios to provide canned and pre-packaged food to fill their pantry.

### SPECIAL REQUESTS ARE KITCHEN STAPLES:

- Flour
- Sugar
- Rice
- Pasta
- Oats
- Beans (dried and canned) Peanut Butter
- Canned Fish
- Canned Fruits
- Vegetables

Place donations in (or next to) the Jubilee Bin at the Entrance to the Large Hall, or deliver to:

**Georgene Karambelas**  
3655 W Mercer Way  
Mercer Island WA  
(206) 817-2523

**Vicky Stamolis**  
9620 29th Ave NW  
Seattle WA  
(206) 817-8753

Women's clothing, shoes, accessories, grocery gift cards and monetary donations are also greatly appreciated. Tax deductible receipts are available upon request.

*Thank you for your support!*



# SUNDAY SCHOOL UPDATE

Given the current circumstances, we are continuing with weekly Zoom Sunday School classes; however, we will be changing the schedule effective November 8: all group classes will be meeting (separately) from 12:30-1 pm each Sunday. Detailed information will be emailed to families in early November.

The children of our parish are learning about the Sunday Gospel lessons in fun and interactive ways. Thank you to our volunteer teachers for their time and dedication in providing religious education to the youth of our parish:

## GROUP 1 (PRE-SCHOOL, PRE-KINDERGARTEN, KINDERGARTEN)

Christina Bayouk, Lana Georges, Dale Hazapis, Alexandra Koceski, Evangelia Koceski,

## GROUP 2 (1ST/2ND/3RD)

Eleni Athans, Angela Daoura, Laura Kemmerer

## GROUP 3 (4TH/5TH/6TH)

Andrew Aliferakis, Stephanie Dikeakos, Presv. Katherine Dumont, Carmen Karagiorgos, Christina Tapia

## GROUP 4 (7TH/8TH/9TH/HS)

Gabe Bayouk, Stephanie Deliganis, Paul Kassab, Gil Morgan

We are also grateful to the many Sunday School families participating in the "Adopt A Senior" Program as a means to connect with our beloved St. Demetrios seniors.

Upcoming Sunday School activities will include Advent calendars (**November 15**) and a virtual Christmas Carol Sing-A-Long (**December 20**).

**No class on November 29 or December 27, 2020.**

It's not too late to register for classes or to participate in the "Adopt A Senior Program!" For more information, please contact Paula Macris at [pmcmacris@gmail.com](mailto:pmcmacris@gmail.com)

## Christmas Service Project

This year's Sunday School Christmas Service project will distribute hand-written Christmas cards to the needy. **Starting Sunday, November 15**, packets of (10) Christmas cards will be available for our Sunday School families to pick up after Liturgy; other arrangements for pick up can also be made.

Each family is asked to personalize and **return the cards to church by Sunday, December 13**. A Christmas Nativity craft kit will be given to each family who participates. Special thanks to the Philoptochos Society and the Plumis family for donating the cards. For more information, please contact Dale Hazapis ([dhazapis@gmail.com](mailto:dhazapis@gmail.com)) or Paula Macris ([pmcmacris@gmail.com](mailto:pmcmacris@gmail.com)).

**Thank you for your support of this worthy cause!**

# NATIVITY FAST PSALTER GROUP

With the blessing of Father Photios, we are forming a Psalter Group for the Nativity Fast. The Psalter (the book of Psalms) is broken into 20 sections called Kathismata; each Kathismata consists of 7-8 Psalms. Individuals are placed in groups of 20, one person per Kathisma. We will also be incorporating readings from the book Christ in the Psalms, a commentary of the Psalms by Patrick Henry Reardon. Each person begins their readings for Day 1 of 20 on a different Kathisma. At the conclusion of the Nativity Fast, each individual will have read the ENTIRE psalter!

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.

The group will begin on **November 15, 2020**. To join or for more information, contact Paula Macris [pmcmacris@gmail.com](mailto:pmcmacris@gmail.com)

*May God bless our efforts!*

# THANK YOU!

*Thank you to the following women who donated hand crafted items for the mini-festival held last month.*

Although we weren't able to have our annual Greek Festival, these women donated items for the benefit of our church. We appreciate their time and talents!

## Thanks to-

Voula Dikeakos  
Sharon Glein  
Dale Hazapis  
Emilie John  
Leta Kolios  
Maria Kost  
Tina Little  
Rita Mavromatis  
Lisa Panagiotou  
Pam Plumis  
Despina Read  
Maria Stavros



**APPLY TODAY!**

**PANHELLENIC SCHOLARSHIP AWARDS**

<https://www.panhellenicsf.org/apply>



# COMPLIMENTARY HAND SANITIZERS

Philoptochos is making available complimentary hand sanitizers for our parishioners. These three-ounce bottles can be found in the church entrance as well as in the ladies' lounge. Be sure to pick one up next time you're in church! We also have a few cloth face masks left.



# Stewardship

Over the past six weeks, the San Francisco Metropolis sponsored a series of seminars on Stewardship presented by Bill Marianes of Stewardship Calling. Among the numerous things he shared, one showed that giving among Orthodox Christian households is between 0.8% and 1.2% of total annual income, far lower from the tithe the bible speaks of which is 10% of Time, Talent, and Treasure. One of the suggestions Bill made was for each household to calculate the amount of their annual stewardship giving as a percentage of total yearly income. Next, he challenged us to round up the result to the next percentage point and increase our giving by that amount for the current year. He went on to suggest that we increase our giving every year thereafter by one more percentage point as we continue our journey to becoming a biblically tithing parish. Our goal is to assure stewardship giving supports the Parish operations and that funding from festival and other fund raisers support our philanthropic efforts within and beyond our community. Our efforts of 100 for 100 support that.

As an example of the above, a household giving \$1500 a year of a total yearly income of \$80,000 translates into 1.875% of annual income. If rounded up to the next percentage point, 2%, that would mean an additional \$100 or a total offering of \$1600 for the current year. We understand that such an increase can easily be achieved for some but not for others.

Last week's St. Demetrios eNews included a link to the results of parish survey. What we learned from you about Stewardship:

The majority of respondents, 63% indicated they did not need additional information about the stewardship program

- 71% of respondents are motivated to give due to honoring God for our blessings
- A significant number of respondents would like to contribute their time and talents but are unsure how to do that
- 72% of respondents have signed a pledge card for 2019
- 42% of respondents believe our budget should be supported entirely by Stewardship however 30% disagree or strongly disagree
- 90% of respondents believe the festival is important to our parish

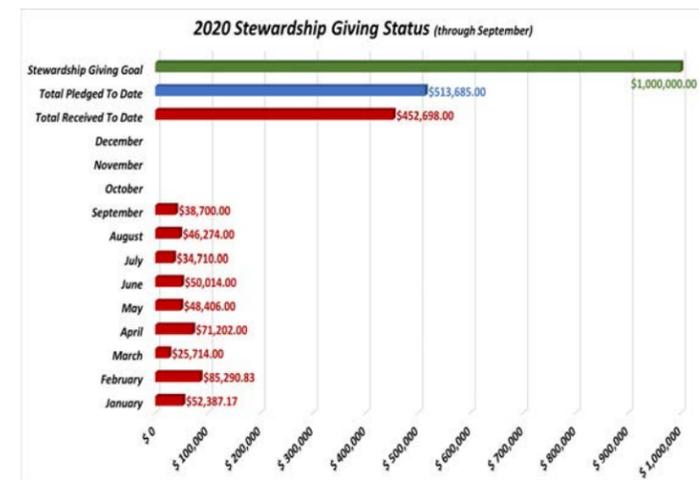
We understand it may be challenging to determine how or where to volunteer your time and talents. Please email [info@saintdemetrios.com](mailto:info@saintdemetrios.com) with your questions about volunteering. We will assist with determining your interests and how to connect them to the right ministry or persons. Also, you may have ideas about new endeavors and we are eager to hear about those as well. As you prayerfully consider which ministry to participate in, keep the following three things in mind:

- What am I good at?
- What am I passionate about?
- What brings me the most satisfaction and makes me smile?

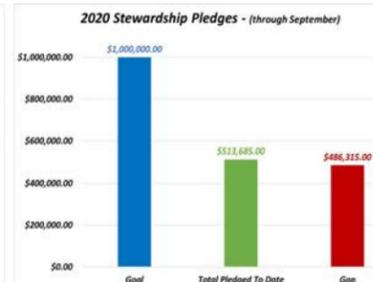
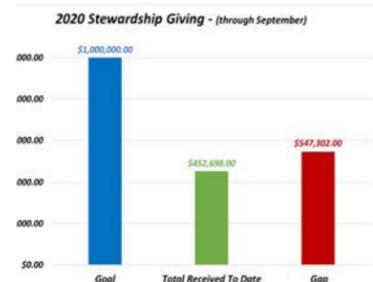
As we approach the end of 2020 and prepare for our 2021 Stewardship Campaign please consider the following:

- If you have not completed a pledge card for 2020 please do so now. You can do this online at the St. Demetrios website. (St Demetrios/ Stewardship/Stewardship Pledge or Online Giving). As of today there are 100 fewer pledge cards signed for 2020 than in 2019
- Complete payments on your 2020 pledge before the end of the year
- Consider rounding up to the next percentage point to increase giving
- Engage the entire family in giving assuring that children learn also about giving at an early age
- Consider your opportunity for volunteering and contact [info@saintdemetrios.com](mailto:info@saintdemetrios.com) with your questions

May our Lord Jesus Christ whom we serve bless you and your family and keep you safe and healthy and use your life for the Glory of His Kingdom. If you have any questions, please contact Barbara Trehearne ([pccresident@saintdemetrios.com](mailto:pccresident@saintdemetrios.com)) or Gabriel Bayouk ([ggb0719@hotmail.com](mailto:ggb0719@hotmail.com)).



2020 Pledged Amounts	# of Households	% of Total Households	Total Pledged	% of Total Pledged
\$20 - \$500	201	47%	61185	12%
\$501 - \$1,000	89	21%	69140	13%
\$1001 - \$2000	79	19%	115960	23%
\$2,001 - \$4,000	31	7%	90100	18%
\$4,001 - \$6,000	19	4%	97800	19%
\$6,001 - \$7,000	2	0.5%	14000	3%
\$10,000 - \$13,500	6	1%	65500	13%
<b>Total</b>	<b>427</b>	<b>100%</b>	<b>\$513,685</b>	<b>100%</b>



# Stewards 2020

Household  
 Samer and Rana Agie  
 Andrew and Vicky Aliferakis  
 Dina Anast  
 Rothopi Andrews  
 Fr. John and Presv. Anna Angelis  
 Dcn. Perry and Francesca Angelos  
 Tassos and Ilene Antonitsas  
 Costas Antonopoulos  
 Ioanna Antonopoulos and Michael Moser  
 George and Dina Apostolou  
 K. G. and Kostoula Apostolou  
 Clifford and Theodora Argue  
 Patricia Arvanitidis  
 Brent and Rhea Aslin  
 Stella Athans  
 Nancy Aziz  
 Zacharou Babarakos  
 Pat Bacolas  
 Samuel and Traci Baird  
 William (Corky) and Dina Bakamus  
 Matthew and Nicole Balkenbush  
 Josh and Eleni Banchemo  
 Sara Baraki  
 Christa Barbas  
 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  
 Arvid Berg and Sophia Zervas-Berg  
 Kay Betts  
 Zachariah and Aliko Birkenbuel  
 Panagiotis and Demetra Biros  
 Neena Blackwell  
 Joanne Blankenburg  
 Marina Bogdeva  
 Olga Bologova  
 Andrew and Rosalie Boulieris  
 Gus Boutsinis  
 Clem Bradley and Lainie Kokas-Bradley  
 Josh and Ashley Brockmeyer  
 Jeffrey and Allison Brooks  
 Theodora Broutzakis  
 Frank and Shelley Buhler  
 Mark and Maria Burke  
 Steve Calandrillo and Chryssa Deliganis-Calandrillo  
 Nick and Vanessa Carkonen  
 Eleni Carras  
 Susanna Cerasuolo  
 Douglas and Jillian Chandler  
 John and Patricia Chigaras  
 Effie Chriest  
 Ron and Vicky Christianson  
 Eleni Christio  
 James Christo  
 Constantinos and Jeannine Christofilis  
 Demetre and Katherine Christofilis  
 John and Helen Christofilis  
 Anastasios and Voula Christophillis  
 Dino and Nikki Christophillis  
 Margo Christophillis  
 Kosta and Maria Christopoulos  
 Marie Collins  
 Jeffrey and Katie Comstock  
 John and Diane Conom  
 Madeline Conom  
 Benny Constantine  
 G. Paul Constantine  
 O. George and Kay Constantine  
 Olivia Contos  
 Vasiliios and Voula Contos

Gus Cooper  
 Maria Cooper  
 Maria Cotton  
 Gus Courounes  
 Nicoleta Courounes  
 Renee Courounes  
 Dale and Mariann Crane  
 Donald and Laura Crews  
 Christos Dagadakis and Judith Turner-Dagadakis  
 Abraham Dairi  
 George and Angela Dalas  
 Mary Dallas-Smith  
 Mary Damascus  
 Sofia Damascus  
 Marius Danut and Ana Omusoru  
 Kirt Debieque and Ann Mentis-Debieque  
 George and Alexandra Delegans  
 Sam and Vicki Deliganis  
 George and Charlene Demonakos  
 Nicholas and Stella Demonakos  
 Peter and Diane Demopoulos  
 Ryan and Demetra Dennis  
 Christina Derezes  
 Nick Diafos and Athena Modonas-Diafos  
 Panagiotis and Voula Dikeakos  
 Stephanie Dikeakos  
 Vasili and Katherine Dikeakos  
 Al and Rachael Dimakis  
 Ted and Kiki Dimitriou  
 John and Julie Doces  
 Christopher Dodd and Maria Christofilis  
 Voula Dodd  
 Demetrios and Vickie Dotis  
 Gus and Gregoria Dounis  
 James and Jodi Dounis  
 Robert and Janie Drumhiller  
 Christopher Dudler  
 Nicholas Dudler  
 Thomas Dudler and Pandora Christie  
 Kenneth and Kristina Dudunakis  
 Athan Dumont  
 Fr. Photios and Presv. Katherine Dumont  
 John and Arianna Dumont  
 Robert Dunbar and Andrea Tsiakilos-Dunbar  
 Pace and Angeliki Ebbesen  
 Chris and Marla Economou  
 Mary P. Economou  
 Andrew and Michelle Escobar  
 Robert and Sophia Everett  
 Michael and Elaine Falangus  
 Sameh Farah  
 Nicolette Farmasonis  
 Petros and Colleen Farmasonis  
 Yvmane Fecadu and Sharon Glein  
 Alex and Anna Fleet  
 Georgios and Maria Fliemetakis  
 Nick Ganoulis  
 Zoe Ganoulis  
 Demos Gennaiois  
 Panagiotis and Nicoletta Gennaiois  
 Meletios and Theodora Geokezas  
 Evan George  
 Mary George  
 Tyler and Anastasia Geving  
 Konstantinos and Mary Ann Giakoumatos  
 Kyriakos and Sandi Gianotas  
 Michael and Wanda Gikas  
 Elaine Giusti  
 Klesta Gjini  
 Matthew and Anna Goodrich  
 Robert and Danielle Griffith  
 Efy Grivas  
 Anthea Grivas-McLean and Marty McLean  
 Olivia Grosvenor  
 William Grosvenor

Richard Grunder and Christina Economou-Grunder  
 James and Shawn Hages  
 Joan Hanna  
 William Hanna and Manal Alsharif-Hanna  
 Dorothy Haskell  
 George Hatziantoniou and Elizabeth Economou-Hatziantoniou  
 Terri Hawdon  
 Ryan (Menas) and Diana Hawkins  
 Dale Hazapis  
 Christopher and Joanne Hegge  
 John and Maria Hillman  
 William and Angelea Hoefl  
 David Horne and Margaret Shnorhavorian  
 Patrick and Vickie Howard  
 Vickie Huff  
 Peter and Demetra Jacobsen  
 Carlos Jimenez and Eleni Lagos-Jimenez  
 George John  
 John and Emilie John  
 Barbara Kay Johnson  
 Gregory and Anna Johnson  
 James and Pota Johnson  
 Gerry Kaelin and Christina Demopoulos-Kaelin  
 Athanasia Kalasountas  
 Panagiotis and Rena Kalasountas  
 Jim Kaloris  
 George and Christina Kaltsounis  
 Maria Kaltsounis  
 Vicky Carras Kangles  
 John and Virginia Kapelouzou  
 Maurice and Carmen Karagiorgos  
 Christine Karambelas  
 Jim and Georgene Karambelas  
 Thomi Karimbakas  
 Nick and Nancy Karis  
 Terry and Hannah Karis  
 Anthony Karis Family  
 Georgia Karvountzi  
 Christine Karzmar  
 Paul and Sally Kassab  
 Nicholas and Kalliopi Katholos  
 Jean Katsandres  
 Stephen and Ann-Marie Keeney  
 Michael and Laura Kemmerer  
 Peter and Hanna Kenny  
 Timothy and Sofia Kenny  
 Bishara and Diane Kharoufeh  
 Brian and Jiovanna Koceski  
 Arthur and Fannie Kolios  
 Leta Kolios  
 Evelyenia Kollia and Naguib Youssef  
 Sophia Kollias  
 Vivie Kollias  
 Christiana Konugres  
 James and Patti Kost  
 Maria Kost  
 Louie and Vicky Kotsakis  
 Petros and Regina Koumantaros  
 Toula Koutlas  
 Helene Krikkris  
 Gary Kuhar  
 Dena Kusulos  
 Peter and Rachele Kyriacou  
 Steven and Annie Kyriakides  
 Alexandra Kyrimis  
 Kostas and Linda Kyrimis  
 Steve Lacey and Lana Georges  
 Demetrios and Evangelia Lagos  
 Derek LaMarche  
 Katerina LaMarche  
 Michael and Lena LaMarche  
 Larry and Elaine Laurent  
 Elisabeth Lavaris  
 Vasiliios and Emorfia Lazarou

# Stewards 2020

Ken and Irene Lehman  
 Dean and Kathleen Lentgis  
 Thomas Leonidas  
 Petros Leventis  
 Jeffrey and Tina Lewis  
 John and Polette Limantzakis  
 Johnny and Lucy Limantzakis  
 Bill and Florence Lolos  
 Nick and Panagiota Lolos  
 Glen and Georgine Looney  
 Sophia Looney  
 Theodore Looney  
 George and Giannoula Lymberis  
 Pete and Olga Lymberis  
 Peter and Katherine MacBride  
 Chris and Paula Macris  
 Wendell and Demitrua Madison  
 Emanuel and Dina Magoulas  
 Louis and Mary Malesis  
 Samuel Mallos  
 Collin and Demetra Manaois  
 Georgia Manolakos  
 Stilianos and Kari Manos  
 Constantine Markezinis  
 James Markezinis  
 John and Kelly Markezinis  
 Anthony and Alexandra Maroussis  
 George and Deena Maroutsos  
 Jean Mastor  
 Niki Mastoropoulos  
 Constantine and Areti Mavromatis  
 Dionysios and Jessica Mavromatis  
 Thomas May and Alexis Rozis  
 Vera Mazoonin  
 David and Georgia McFarlan  
 Sam and Tania McIntosh  
 Pipena Mercouriadis  
 Michael and Kelly Meyers  
 Michael and Elaine Michaelidis  
 Andreas and Irene Mitalas  
 Katherine Mitalas  
 Walter and Frances Moldskred  
 Andrew (Gil) and Susan Morgan  
 Alexandros and Maria Moroseos  
 James Morris and Vickie Kolios  
 Carol Mykris  
 Bettyann Nassar  
 Peter Neckas  
 Sandy Neckas  
 James and Stella Nelson  
 Christina Nevratakis  
 John and Joann Nicon  
 Ghina Nsheiwat  
 Shirley Olsen  
 Charlie and Tina Olson  
 Ilija Orlovic  
 Zaid Owies and Maria Haddad  
 Anthony and Elaine Pagones  
 Bill Pallis  
 Chris and Rebecca Pallis  
 Chris and Vasiliki Pallis  
 Elli Pallis  
 Margie Pallis  
 Tina Pallis  
 Evangelos and Anastasia Pampoukas  
 Alice Plumis Panagakis  
 John and Lisa Panagiotou  
 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  
 Jason and Angela Patrao  
 Helen Petratos  
 William Phillips  
 Harry and Alethea Platis  
 Diana Plumis  
 George P. and Courtney Plumis  
 Kristina Plumis  
 Paul and Pamela Plumis  
 Theologia Polizos  
 Andonios Polychronopoulos  
 Eleftheria Proios  
 Christos Psichos and Tammy Kangyu-Psichos  
 Nicholas and Anastasia Raissis  
 Robert and Despina Read  
 James Retelas  
 Nick and I. Nina Retelas  
 Evie Rigas  
 Leonidas Rigas and Eleni Karra  
 Nina Rogers  
 Sorin and Maria Rotar  
 Cathy Rottle  
 Adele Rottle-Williams  
 Chris Roumeliotis  
 Chris Roumeliotis  
 Christina Routsos  
 Ted Routsos  
 Emanuel and Marilyn Rouvelas  
 Gordon and Katina Ruh  
 Mark and Angelique Saffle  
 John and Penelope Sakellaris  
 Katherine Sampson  
 Philip and Barbara Sancken  
 William and Georgia Sandeman  
 Nina Sankey  
 Arthur Saridakis  
 Angelos and Penelopi Savranakis  
 George Seal and Alithia Squires  
 Eric and Eleni Sederstrom  
 Alexandra Serpanos  
 George and Meropi Serpanos  
 James Sfekas and Deborah Huang  
 Iyad and Christina Shahwan  
 Annette Shepherd  
 Athanasios and Terri Shinas  
 Simoni Shirland  
 Tanya Shirland  
 Christos and Agapi Siskos  
 Fay Sitaras  
 Alexandra Skepetaris  
 Demetrios and Stamatina Skepetaris  
 Konstantinos Skepetaris  
 Alexander and Vassie Skoulis  
 Perry Skountrianos and Panayioti (Patty) Georgas  
 Vladimir and Elena Smagley  
 Sofia Smetheram  
 Alicia Sourapas  
 Tom and Virginia Southas  
 Pauline Spyridis  
 George and Zoe Stamolis  
 Gregory and Vicky Stamolis  
 Vasilike Stamos  
 Achilleas Stamoulis and Artemis Antipas  
 Steven and Sarah Stanos  
 Alexi J. Stavros  
 Dimitra Stavros  
 Peter A. and Maria Stavros  
 Vlasi J. Stavros  
 Phyllis Steen  
 Andy and Joann Stergachis  
 Michael and Christine Stollings  
 Heather Stotz  
 Lindsay Stotz

Steven and Laurie Stupakis  
 Robert and Alvia Swegle  
 Olympia Tachopoulou and Kevin Stafford  
 Elizabeth Takis  
 George and Julie Takis  
 Marco and Christina Tapia  
 Linda Tavernarakis  
 Bryan and Stacy Taylor  
 Kevin and Angela Taylor  
 Stephen and Georgia Teodosiadis  
 Demetrios N. Themelis  
 Nick and Cindy Theodorou  
 Billie Jo Therson  
 Pericles Therson, Jr. and Emily Wonder  
 Vance and Alexa Thompson  
 Niki Todoulos  
 Kegan and Nichole Tosto  
 Evangelia Tountas  
 Antonios and Antonia Touras  
 Nikolas Touras  
 Harry and Angela Tourikis  
 Athan and Cindy Tramountanas  
 Emmanuel Tramountanas  
 George and Dana Tramountanas  
 T. George and Diamanto Tramountanas  
 James and Barbara Trehearne  
 George and Thelma Treperinas  
 Sam and Elly Treperinas  
 Steve and Cindy Treperinas  
 Fr. Daniel and Presv. Michelle Triant  
 Dionisia Tsafof  
 Angelos Tsakopoulos and Katerina Lagos-Tsakopoulos  
 Sotirios and Angelina Tselios  
 Nick and Vera Tsiakilos  
 Nicholas Tsiakilos, Jr.  
 Stavros Tsitsis  
 George and Susan Tsoukalas  
 Ioannis and Georgia Tsoulouhas  
 Michael and Jodi Tveit  
 Dometios and Georgia Tziotis  
 Ourania Tziotis  
 Yiannis and Katerina Tziotis  
 Alexander Umpleby  
 Niko Umpleby  
 Liz Valauri and Ivan Orton  
 John and Karin Varlamos  
 Kosta and Judy Varlamos  
 Nick and Eleni Varlamos  
 Vasili and Nina Varlamos  
 Peter and Maria Vassiliou  
 Costas and Meena Vellis  
 Carmen Visan  
 Demetrios and Aspasia Voltsis  
 Darlene Vyzis  
 Elliott and Demetra Waldron  
 J. Robert and Effie Walker  
 George Webb and Anastasia Deliganis-Webb  
 Brett and Yvonne Willard  
 Vivian Williamson  
 Ghennet Woldegabrel  
 Daniel and Mary Wright  
 James and Jeretta Wright  
 Melissa Wyatt  
 Arjan "Ari" and Linda Xeka  
 Demetra Xenos  
 John Xenos  
 Spiros and Voula Xenos  
 Angelos and Mary Xidias  
 Tim and Harriet Young  
 John and Andreanna Zafiroopoulos  
 Nicholas and Lizabeth Zardis  
 John and Mary Ellen Zoulas

## November 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 5th Sunday of Luke Epistle: 1Corinthians 12:27-138 Gospel: Luke 16:19-31 ● 8:15a Orthros ● 9:30a Divine Liturgy ● 11:30a Baptism ● 12:30p Sunday School Kosmas & Damian, Unmercenaries	<b>2</b> 7p Relationship Project – High School Akindynos, Pegasios Martyrs Elpidophoros, Martyr	<b>3</b> 10:30a Clergy Koinonia Akepsimas, Aethalass Martyrs Joseph, Martyr	<b>4</b> 9:30a Open Confession Ioannikios the Righteous	<b>5</b> 1p Metropolis Vicars' Meeting 7p Bible Study (Zoom) Galaktion & Epistime, Martyrs	<b>6</b> 1p Metropolis Clergy Meeting 8:30a Orthros 9:30a Divine Liturgy 11a Philoptochos Board Meeting – Large Hall 1p Metropolis Clergy Meeting St. Paul the Confessor	<b>7</b> 5p Great Vespers Athenadoros, Martyr
<b>8</b> 7th Sunday of Luke Epistle: Hebrews 2:2-10 Gospel: Luke 8:41-56 ● 8:15a Orthros ● 9:30a Divine Liturgy ● 12:30p Sunday School Synaxis of the Archangels	<b>9</b> 8:30a Orthros 9:30a Divine Liturgy St. Neaktarios	<b>10</b> 8:30a Orthros 9:30a Divine Liturgy 6:30p Parish Council 7p Philoptochos Gen. Meeting (Zoom) 7p Relationship Project – High School Olympas, Rodion, Sosipatros & Tert...	<b>11</b> 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession until 4pm St. Menas the Great Martyr Veterans' Day	<b>12</b> 1p Metropolis Vicars' Meeting 7p Bible Study (Zoom) St. John the Merciful	<b>13</b> 8:30a Orthros 9:30a Divine Liturgy 11a Philoptochos Board Meeting – Large Hall 1p Metropolis Clergy Meeting St. John Chrysostom	<b>14</b> 5p Great Vespers
<b>15</b> 8th Sunday of Luke Epistle: Ephesians 2:14-10 Gospel: Luke 10:25-37 ● 8:15a Orthros ● 9:30a Divine Liturgy ● 12:30p Sunday School Samonas, Courias & Avivos, Martyrs	<b>16</b> 8:30a Orthros 9:30a Divine Liturgy 7p Philoptochos Gen. Meeting (Zoom) 7p Relationship Project – High School St. Matthew, Apostle	<b>17</b> 8:30a Orthros 9:30a Divine Liturgy 6:30p Stewardship Meeting (Zoom) 6p Vespers 6:30p Divine Liturgy for Thanksgiving Genmadios & Maximos, Patr. C/ople	<b>18</b> 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession until 4pm Platon, the Great Martyr	<b>19</b> 8:30a Orthros 9:30a Divine Liturgy 1p Metropolis Vicars' Meeting 7p Bible Study (Zoom) Anthimos & Agapios, Martyrs Prophet Obadiah	<b>20</b> 8:30a Orthros 9:30a Divine Liturgy 1p Metropolis Clergy Meeting 8p Great Vespers 9p Orthros 10p Divine Liturgy Gregory Dekapolis	<b>21</b> 5p Great Vespers St. Philip, the Apostle
<b>22</b> 9th Sunday of Luke Epistle: Ephesians 2:14-22 Gospel: Luke 12:16-21 ● 8:15a Orthros ● 9:30a Divine Liturgy ● 12:30p Sunday School Iakovos of Evia Onessimos & Philemon, Apostles	<b>23</b> 8:30a Orthros 9:30a Divine Liturgy Amphillochios, Bishop of Ikonium Gregory, Bishop of Agrigentum	<b>24</b> 8:30a Orthros 9:30a Divine Liturgy 6:30p Stewardship Meeting (Zoom) 6p Vespers 6:30p Divine Liturgy for Thanksgiving Clement, Bishop of Rome	<b>25</b> 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession until 4pm 6p Vespers 6:30p Divine Liturgy for Thanksgiving St. Katherine the Great Martyr	<b>26</b> Church Office Closed 8:30a Orthros 9:30a Divine Liturgy Sts. Stylianos, Alypios & Nikon Thanksgiving Day	<b>27</b> Church Office Closed 8:30a Orthros 9:30a Divine Liturgy Nathaniel the Righteous St. Iakovos the Persian	<b>28</b> 8:30a Orthros 9:30a Divine Liturgy 5p Great Vespers Irenarchos, Martyr St. Stephen, the Confessor
<b>29</b> 13th Sunday of Luke Epistle: Ephesians 4:1-7 Gospel: Luke 18:18-27 ● 8:15a Orthros ● 9:30a Divine Liturgy ● 12:30p Sunday School St. Paramonos & 379 Companions	<b>30</b> 8:30a Orthros 9:30a Divine Liturgy Naoum, Prophet St. Philaret the Almsgiver	<b>1</b> 8:30a Orthros 9:30a Divine Liturgy Habbakuk, Prophet St. Porphyrios	<b>2</b> 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession until 4pm St. Katherine the Great Martyr	<b>3</b> 8:30a Orthros 9:30a Divine Liturgy 1p Metropolis Vicars' Meeting 7p Bible Study (Zoom) Zephaniah, Prophet	<b>4</b> 8:30a Orthros 9:30a Divine Liturgy 1p Metropolis Clergy Meeting St. Barbara	<b>5</b> 8:30a Orthros 9:30a Divine Liturgy 11:30a Philoptochos Christmas Luncheon – Cancelled 5p Great Vespers St. Sabbas

The Orthodox Way (published 11 times a year by)

Saint Demetrios Church Greek Orthodox Church  
Permit Number 8048  
2100 Boyer Ave East  
Seattle, WA 98112

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

All other inserts and announcements can be sent to the Orthodox Way editors at [info@saintdemetrios.com](mailto:info@saintdemetrios.com).

*The above are parishioner contributed announcements to The Orthodox Way*