

The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

Brothers and Sisters in the Lord,

“Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.”
– Ephesians 6:11-12

Perhaps now more than ever, we are acutely aware of the presence of evil in this world. This is the sad truth. Greed, wars, depravity, and all manner of injustices abound against our fellow man. And because of this, “the love of many [has] grown cold,” (Matthew 24:12).

There are two temptations in response to our righteous anger against injustice. The first is to immediately revolt against our fellow man whom we believe to be the perpetrator. The second temptation is to feel helpless and do nothing. But we know that “there is nothing new under the sun” (Ecclesiastes 1:9) and therefore, our response to injustice and evil should be the same throughout the generations of the Church. And what is the proper response? To recognize our actual enemy.

St Paul tells us in his epistle to the Ephesians, that “we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.” The Apostle is clear. Our enemy is the devil. Not our fellow man. If we turn our anger or our struggle toward our fellow human beings, we not only lose our peace, but we are turning our energy in the wrong direction, and the seeds of hatred begin to sprout within our heart.

But again, if we feel helpless like there is nothing we can do, we are not taking up “the full armor of God.” Here is a beautiful hymn from the Orthros for Forgiveness Sunday that is worth quoting in its entirety:

“The stadium of virtue is now open; those who wish to compete, enter therein, girded for the good contest of Lent, for those who compete according to the rules shall receive their laurels rightfully. **Taking up the full armor of the Cross, let us do battle against the Enemy.** As an impregnable wall, we have the Faith, prayer as our breastplate, and acts of mercy as our helmet. Instead of sword, there is fasting, which cuts every evil from the heart. He who does this shall attain a true crown from Christ, the King of all, on Judgment Day.”

Do you see how many tools we have at our disposal to “do battle against the Enemy?” We are not spiritually helpless. Let us be bold and have courage. We have the Faith, prayer, acts of mercy, and fasting. All of these are geared at the removal of evil from our own hearts, and *this* is where the enemy can really take a foothold to cause inner tumult and destroy our peace.

Brothers and sisters, let us always pray for justice, “for the peace of the whole world,” and for God’s will to be done. But firstly, during these Holy Forty Days let us make war upon the enemy within. In this way we will share in “the peace of God which surpasses all understanding” (Philippians 4:7).

In Christ,
Fr Spyridon



March 2026
USPS 8048, No 3

Office Hours

9:30 am - 4:00 pm
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saintdemetrios.com

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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 by the 20th of the month.

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

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Altar vigil light were offered in loving memory of **Theodore, Carrie and Tina Markezinis** (four years, eleven years and two years since their passing) years by Jim and Costa Markezinis and families.

A forty-three-year Memorial, Holy Altar vigil light and a donation are offered in loving memory of **Michael and Katina Markezinis** by Jim and Costa Markezinis and families.

March 1st:

A six-year memorial service and the Social Hour is offered in loving memory of **Dorina Craciun**, by her children, Elizabeth and Jonathan Poiana.

Three Holy Altar Vigil Lights, are offered in memory of **Alexios Chohlas** (fifty-one years since his passing) by his daughter, her husband, and their extended family.

March 8th:

Four Holy Table Vigil Lights are offered in loving memory of **Gust Retelas** (fifty years) **Anastasia Retelas** (fifteen years), **Jim S. Retelas** (forty-eight years) and **Gus Pontikes** (twenty-two years) by their children James G. Retelas and Katherine Retelas-Fancher and family.

A Holy Altar Table vigil light is offered in loving memory of **John A. Stavros** (seven years since his passing) by his wife Dimitra Stavros, children, Katina and Pantazis Samolis, Alexi J. and Aggeliki Stavropoulos, Vlasi J. Stavros and grandchildren, Georgie and Dimitra.

March 15:

A one-year memorial is offered in loving memory of **Arthur Kolios** by his wife, Fannie Tseng and sons Theodore and Alexander Kolios.

A seven-year memorial service is offered in loving memory of **Theodore Assimakidis** by his wife, Cristina Assimakidis, Godbrother & Godsister, Chris Macris & Angelique Saffle & their families.

Four Holy Altar Table vlgil lights are offered in loving memory of **Nitsa Kollias** (thirty-seven years since her passing), **Dimitri Kollias** (twenty-five years since his passing), and **Peter and Katina Ales** (ten years since their passing) by her granddaughter, his cousin, and Goddaughter Eleni Carras.

March 22nd:

A sixty-year memorial service is offered in loving memory of **Pete Stephas**, by his family.

A twenty-three-year memorial service is offered in loving memory of **Dean Stephas** by his family.

A two-year memorial service is offered in loving memory of **John Sakellaris** by his wife Penelope and family.

A one-year memorial service is offered in loving memory of **Stilianos Makratzakis** by his wife, children and grandchildren.

A Holy Altar vigil light, is offered in memory of **Dean Peter Stephas** (twenty-four years since his passing) by his cousin and her family.

A Holy Altar vigil light and the Social Hour are offered in loving memory of **Nicolas H. Christo** (fifteen years since his passing) by Jim Christo, Eleni Christo and Eva Aaron.

February 1:

A Memorial Service was offered in loving memory of **Eleni Shnorhavorian and Sarkis Shnorhavorian** (nineteen years and thirty-one years since their passing), by their daughter Dr. Margaret Shnorhavorian and family.

February 22:

A memorial service and Holy

Sunday School Update



Holy Friday Luminaras

Honor the memory of a loved one through a Holy Friday Luminara. Your free will donation will help support our Sunday School program. Luminaras will be available for sale during the coffee hour on **Sunday March 8 & 15, 2026** and will be placed around the church grounds on Holy Friday.

St John's Oratorical Festival

All Sunday School kids in the 7th-12th grades are invited to compete in the annual St. John's Oratorical Festival on **Sunday, March 29, 2026**, following Liturgy. For more information, please contact Andrew Aliferakis at aliferakis@gmail.com

Holy Friday Myrrhbearers

All young ladies in the 3-6th grades are invited to participate as a Holy Friday Myrrhbearer for the Lamentations Service on **Friday, April 10, 2026 at 7 pm**. Rehearsal is scheduled for **Saturday, April 4, 2026 at 11 am** following Lazarus Saturday Liturgy. For more information, please contact Paula Macris (pmcmacris@gmail.com) by **March 29, 2026**.



Lazarus Saturday Breakfast and Palm Cross Tying

Join us on **Saturday, April 4, 2026** for the Lazarus Saturday Liturgy followed by a Sunday School sponsored vegan pancake breakfast. We will be tying crosses for Palm Sunday.

HOPE

Our next HOPE gathering will be **March 3rd at 10:30 am**. We will learn about the Holy Cross and do some fun crafts! If you have any questions, please email us at hope@saintdemetrios.com. We look forward to seeing everyone!

Papouthes and Friends

The March Papouthes and Friends luncheon will be:

Thursday, March 19, 2026 - 12:00 noon at:

Spiro's Pizza and Pasta

18411 Aurora Ave N

Shoreline, WA 98133

RSVP or Questions to:

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

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



2026 Sunday School Lenten Service Project



Our 2026 Sunday School Lenten service project is supporting a food drive for our **Philoxenia House Ministry** (philoxenia.org). The Philoxenia House consists of two fully furnished apartments designed to provide comfort and temporary lodging needs for out-of-town patients and their families who come to Seattle, from across the country, for medical treatment.

Our service project will help provide the apartments with non-perishable food items for the families during their stay in Seattle. By supporting the Philoxenia House Ministry, St. Demetrios Sunday School kids have an opportunity to practice love for our neighbors and almsgiving during Great Lent.

We are collecting the following listed items through **Sunday, April 5, 2026**. Donations may be dropped off in the Sunday School office.

Thank you for your support!

Current Food Needs

Grains & Cereals

Hot cereal (oatmeal, cream of wheat)
Pasta
Quinoa
Couscous
Rice
Whole grain crackers

Milk & Non-Dairy Beverages

Dry milk
Shelf-stable milk
Shelf-stable soy, almond, rice, or oat milk

Snacks/Desserts

Herbs, spices
Oil (olive, avocado, canola)
Brown sugar, white sugar, honey
Graham crackers, granola bars
Roasted nuts

Fruits & Vegetables

Canned fruits & vegetables
Dried fruit
Applesauce packets
100% fruit juices
Tomato or vegetable juices
Pasta sauce, canned tomato products

Protein Foods

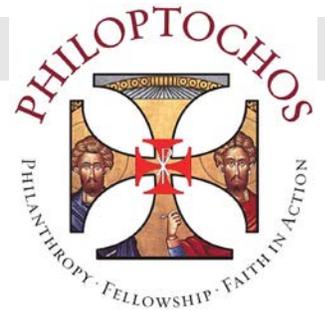
Canned chicken, tuna fish, or salmon
Canned beans, lentils
Nut butters (peanut, almond, cashew)

Other Needs

Laundry soap
Liquid hand soap (in pump container)
Toilet paper
Paper towels
Napkins

Philoptochos

One of the things that is so important for our spiritual growth during Lent is almsgiving. It is all about sharing what you have—whether it's money, goods, or your time—to help others. What really matters isn't how much you give, but the love and intention behind it, so even small acts of kindness count. It's a simple way to put faith into action, connect with others, and make the world a little brighter.



Our Philoptochos members know this, and as a mission of the Greek Orthodox Church, we practice this in all our projects. Currently we are focusing on giving back to the community by sponsoring a Lenten retreat on March 7 featuring Dr. Jeannie Constantinou speaking on Orthodoxy and Modern Life.

Ongoing projects where you can give back in a little way is:

- Lowell Grade School, donate books, new clothing for 5-10 year olds. Contact Kim Angelis kim.g.angelis@gmail.com
- Preparing lunches for Matt Talbot Center. Contact Linda Kyrimis lkyrimis@aol.com
- Baking for Pascha Bake Sale. Contact Nina Varlamos ninavarlamos@msn.com
- Baby Essential Needs Drive, Pregnancy Aid of S. King Co., donate diapers, formula, and money. Look for the porta-crib at the foyer above the large hall for donations.
- Holy Cross/Hellenic College Tray
- Missions Possible Tray

Dates:

March 7: Lenten Retreat 8:30am-3:00pm

March 15: Tray for Holy Cross/Hellenic College

March 29: Tray for Missions Possible

TBD: Baking



Donations

St. Demetrios Lenten Retreat

Featuring Dr. Jeannie Constantinou

March 7, 2026 @ 8:30 – 3:00

St. Demetrios Large Hall

ORTHODOXY and MODERN LIFE

Continuity, Conformity or Compromise?

8:30 am Registration, Continental Breakfast

9:00 am Opening Prayer and Welcome

9:15 am The Christian Mind in the Early Church

10:15 am Break

10:30 am The Orthodox Mind and Today's World

11:45 am Lenten Lunch Break

12:30 pm Continuity, Conformity or Compromise?

1:45 pm Break

2:00 pm Questions | Discussion

3:00 pm Closing Comments and Prayer



Introducing Dr. Jeannie Constantinou

Dr. Eugenia (Jeannie) Constantinou holds several degrees in theology, including Master of Theology degrees from Holy Cross Greek Orthodox School of Theology and Harvard Divinity School. She received her Ph.D. from Université Laval when she specialized in interpretation of the Apocalypse in the ancient Church of the East. She has taught theology and biblical studies for twenty years at the University of San Diego and at four graduate schools of theology, including Holy Cross Greek Orthodox School of Theology. She also holds a J.D. degree from Pepperdine University. “Dr. Jeannie” has attracted an international following through her two long-running podcasts on Ancient Faith Radio, “Search the Scriptures” and “Search the Scriptures LIVE!”, both of which can be found at ancientfaith.com and at orthodoxbiblestudy.info.

ALL WELCOME TO ATTEND

Early Registration to Feb 15 \$20 | After Feb 15 Registration \$30

Lenten Reset

Have you ever wondered what your purpose on earth is? Your purpose here and now is to acquire eternal life. But how? **Have you heard anyone say, "Are all religions are basically alike"?** In fact, nothing could be further from the truth. What we believe and how we live will determine our ultimate destiny.

Orthodox Christianity is not simply a set of "rules" or "customs" but a way of life intended to lead us to salvation. But how many Orthodox Christians even understand what makes Orthodoxy different from every other form of Christianity and why our differences really matter? **How do we live an ancient faith in the modern world?**

Dr. Jeannie will explain why historically Orthodoxy is different from every other religion and why our differences matter. She will explain our unique mentality, our *phronema* or worldview, which impacts how Orthodox Christians understand and navigate their lives in the world and what that means in your life.

Being Orthodox is not about being Greek or any other ethnicity. It is not about simply going to Church and doing what you think is expected of you. It is not about preserving quaint, ancient rituals for their own sake. This is literally about life and death. It is a new year. It is time to take your faith seriously.

Please join us on **March 7th** for St. Demetrios Lenten Retreat
ORTHODOXY and MODERN LIFE
Continuity, Conformity or Compromise?

Featuring **Dr. Jeannie Constantinou** Author: *Thinking Orthodox: Understanding and Acquiring the Orthodox Christian Mind* (currently available at St. Demetrios Bookstore).

Early Registration to Feb 15 \$20 | After Feb 15 Registration \$30



Registration QR Code, call St. Demetrios Office 206.631.2500
or email vassieskoulis@msn.com

Saint Demetrios Philoptochos

Membership 2026

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 _____

I am a new member _____ returning member _____

Please place an X on the circle(s) of the areas you would like to help with.

- Classroom helper at Lowell Elementary**
Kim Angelis Lead
- Philoxenia House**
Sofia Kenny Lead
- Food Collections**
- Knitting Baby Blankets/ Shawls**
- Christmas Luncheon**
- Matt Talbot prepare lunches Once a month**
Linda Kyrimis Lead
- Social Hour Helper**
- Fund Raising**
- Shut in visitors**
Fran Barnecut Lead
- Year End Dinner**

Please return this form, along with your check payable to *St. Demetrios Philoptochos*. Send to *St. Demetrios Philoptochos / 2100 Boyer Avenue E. / Seattle, WA 98112*. If you prefer to pay by credit card, please call Maria Barbas to pay by phone:

206-794-5659 or 206-631-2505.

PHILOPTOCHOS MEMBERSHIP 2026 (AS OF FEBRUARY 28, 2026)

Ales, Margaret	Georgiadou, Fotini	Maroussis, Sandra	Stavros, Maria
Ales, Maria	Geving, Anastasia	Maroutsos, Deena	Stergachis, JoAnn
Alvanos, Britani	Giakoumatos, Mary Ann	Mavromatis, Rita	Tapia, Christina
Alvanos, Teri	Gianotas, Sandi	McFarlin, Georgia	Tavernarakis, Linda
Angelis, Kim	Ginosatis, Kaarin	McIntosh, Tania	Teodosiadis, Georgia
Argue, Theodora	Giovanetti, Valentina	Mitalas, Irene	Teodosiadis, Steve
Athans, Eleni	Haskell, Dorothy	Moroseos, Maria	Themelis, Susan
Barbas, Christa	Hazapis, Dale	Moroseos, Teresa	Theodorou, Valerie
Barbas, Maria	Hillman, Maria	Umajj-Moroseos, Nazli	Thompson, Alexa
Bardin, Barbara	John, Emilie	Nassar, Bettyann	Tourikis, Angela
Barnecut, Frances	Kaltsounis, Christina	Rockas	Treperinas, Ely
Bayouk, Duaa	Kangyu, Tammy	Nelson, Stella	Treperinas, Thelma
Bekris, Anastasia	Karambelas, George	Olsen, Vivian	Tsafos, Dionisia
Betts, Mary	Katholos, Kalliopi	Oraijev, Insaf	Tveit, Jody
Biros, Demetra	Kenny, Hanna	Pagones, Elaine	Varlamos, Nina
Bitzes, Georgiana	Kenny, Sofia	Panagakis, Alice	Voltsis, Aspasia
Brockmeyer, Ashley	Koceski, Jiovanna	Panagiotou, Colleen	Watson, Katherine
Burke, Maria	Kolios, Leta	Panagiotou, Lisa	Xenos, Demetra (Toula)
Chan, Julie	Kolios, Vickie	Panopoulos, Johnette	Zafiroopoulos, Andreanna
Chriest, Effie	Kollias, Vivie	Petratos, Helen	
Christie, Pandora	Kost, Jim	Plumis, Pam	
Christo, Eleni	Kost, Maria	Poiana, Elizabeth	
Christofilis, Eleni	Kost, Patti	Proios, Eleftheria	
Constantine, Kay	Koutlas, Toula	Read, Bob	
Collins, Marie	Kusulos, Dena	Read, Despina	
Dalas, Angela	Kusulos, Dolly	Retelas, Nina	
Damascus, Mary	Kyrimis, Linda	Robinson, Feletsa	
Deleganis, Chryssa	Looney, Georgine	Rockwell, Karen	
Delegans, Alexandra	LaMarche, Katerina	Rozis, Haroula	
DeJong, Karen	LaMarche, Lena	Ruh, Katina	
Demopulos, Christina	Lazarou, Voula	Sakellaris, Penny	
Demopulos, Diane	Limantzakis, John	Samolis, Katina	
Dennis, Demetra	Limantzakis, Lucy	Sancken, Barbara	
Gennaiou	Limantzakis, Polette	Shinas, Terri	
Dikeakos, Stephanie	Lines, Amy	Skoulis, Vassie	
Dikeakos, Voula	Lorenz, Kristina	Skouras, Debbie	
Dolka, Io	Macris, Paula	Constantine	
Dumont, Pres. Katherine	Malesis, Cyndi	Stamolis, Vicky	
Economou, Marla	Malevitsis, Mary	Stavros, Dimitra (Toula)	
Economou, Mary	Manitaras, Nicky		
Farmasonis, Nicolette			

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.

Yiayias & Friends

Our Yiayias & Friends will gather at **KOSTA'S OPA, 1924 N 45th St, Seattle 98103, 206-466-4000** on **Thursday, March 5th, at 11:30am.**

****An important reminder to RSVP -- it is difficult for restaurants to plan staffing and seating, if they do not know how many to expect. Many thanks to those who always reply; you are most appreciated!**

For further information or to RSVP for March 5th, please email **Cathy** at chowoo@comcast.net, text **206-282-9641**, or ask to join our private Facebook group, **YIAYIAS & FRIENDS**. We hope many of you will join us at Kosta's OPA!



All Saints Camp Dinner



Thank you to all who attended this year's All Saints Camp Dinner & fundraiser held on January 31. The "2026 Olympics" was the theme with colorful décor and individuals wearing appropriate Olympic athlete attire.

This event helps fund the annual operational costs of the facility and provides scholarships to campers who may need financial assistance.

The program featured a lively video look at the "2025 Camp Experience" under the leadership of Camp Director Tasha Bekris and a review of upgrades that took place to facilities this past year as well as a look into the future of a new main lodge.



A special thank you to members of our AHEPA who prepared and served not only the appetizers but the entire meal as well. The crew consisted of George Apostolou who organized the entire meal with assistance from Dina Apostolou, Chris Economou, Jimmy Christo, George Lebesis, Kosta Varlamos, both George Sarantinos (father and son!) & Pete Mitalas. Additional help was provided by Nick, Mimi and Pete Economou as well Luke Thuber who made sure that the wine and soft drinks were readily available.

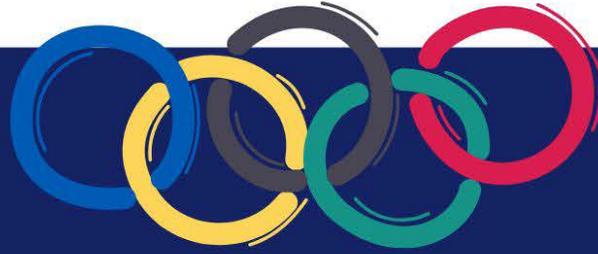
Thanks to Greg Plumis for again providing the opportunity to memorialize the event by taking attendee pictures at the Olympics "scene" backdrop.

And finally, a thank you to all the young adults who not only assisted with raffle ticket sales, but provided clean-up assistance at the conclusion of the event.

It takes a village.... to make the Camp happen.

Again "Thanks" for attending and look for camper registration information for the 2026 sessions in July!





All Saints Camp

Register by
JUNE 1 **FOR REGULAR
REGISTRATION
RATES**

Elementary Session: July 12 - 18th
(Campers entering grades 3-5 in Fall 2026)

High School Session: July 12 - 18th
(Campers entering grades 9-12 in Fall 2026)

Intermediate Session: July 19 - 25th
(Campers entering grades 6-8 in Fall 2026)

REGISTER TODAY!

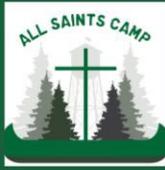
WWW.ALLSAINTSCAMP.COM

@ALLSAINTSCAMPWA



SCAN HERE





Volunteers Needed!

ALL SAINTS CAMP VOLUNTEER WORK PARTY



We Need Your Help!

- ✓ Split & Chip Wood
- ✓ Build Closet Shelves in Arts & Crafts
- ✓ Clear Forest Trails for Summer
- ✓ Wash Cabin Windows
- ✓ Many more projects!



March 28, 2026

10am - 3pm

SIGN UP HERE!



Questions? Email Us

camp@allsaintscamp.com





**KITCHEN, COUNSELORS, MEDICAL STAFF,
& ACTIVITY COORDINATORS**



VOLUNTEERS NEEDED!

ALL SAINTS CAMP 2026



APPLY AT WWW.ALLSAINTSCAMP.COM

**205 CAMP ROAD NORTHWEST, RAFT ISLAND, WA 98335
HAVE QUESTIONS? CONTACT TASHA BEKRIS 206.940.0027
CAMP@ALLSAINTSCAMP.COM | [@ALLSAINTSCAMPWA](https://www.instagram.com/allsaaintscampwa)**



Thank You to All Who Participated in Last Month's Mission Sunday Event!



Mission Sunday at St. Demetrios was a big success raising over **\$3,000** for the worldwide work of the Orthodox Christian Mission Center (OCMC). Thank you to everyone for donating so generously to the special tray and for purchasing items at the Deli Sale.

In his homily, our guest speaker, Fr. Christopher Rowe (OCMC Development Director) shared that this Lent is a time of renewing our relationship with God and he exhorted us to be ambassadors of Christ by sharing His peace & love with those around us and throughout the world.



Following Liturgy, everyone had an opportunity to pick up a OCMC coin box from former missionary Deacon Perry, visit the OCMC display table, enjoy refreshments, and purchase a variety of Greek specialty

foods with 100% of sales supporting the Missions.



We are also grateful for the efforts of many great friends of the OCMC: Our speaker, coffee hour setup staff & refreshment donors, deli sale setup staff & sales people, benefactors, bulletin stuffers, coin box committee, offering tray collectors, & the St. D's office staff:

Fr. Photios Dumont
Fr. Spyridon Rice
Dn. Perry Angelos
Niko & Britani Alvanos
Cliff & Theodora Argue
Athans/Bariames Family
Maria Barbas

Duaa Bayouk
Jeff Brooks
Douglas Chandler
Elizabeth Economou
Dale Hazapis
Jim & Patti Kost
Chris & Paula Macris

Tedros Habte-Mezengi
Baidar Oweis
Daniel Piker
Johanna Rios
Bill & Karen Rockwell
Mark & Angelique Saffle
Alex & Vassie Skoulis

Georgia Teodosiadis
Demetri Themelis
Jason Wise
Yiannis, Katerina, &
Dometios Tziotis of
Yiannis Foods & Wines

It's not too late to support the Orthodox Missions; here at St. Demetrios, you can contact our OCMC Ambassadors Chris and Paula Macris or Regional Ambassador Bill Rockwell. For more information on the work of the OCMC, visit www.ocmc.org or call 877-GO-FORTH.

SUMMER

PROJECT MEXICO
& St. Innocent Orphanage



Mission Trip



BECOME A MISSIONARY THIS SUMMER!

OCMC Ambassador Bill Rockwell is leading a group of missionaries to Project Mexico in August 2026. Sign up now to make a difference in the life of a needy family, support the work of St. Innocent Orphanage, and reach the Mexican people in Christ!



WHO: Anyone over the age of 11
(minors with adult consent)

WHEN: Aug 6-12, 2026

SKILL: Beginners to professionals

WHERE: Rosarito, Mexico

COST: \$900* Mission Cost + Travel

DEPOSIT: \$100 on officially registering

*Apply for 50% discount at <https://www.projectmexico.org/force-initiative>

To learn more, join this year's mission, or to support a missionary, reach out to Bill Rockwell at: 425-495-5204

More info at <https://www.projectmexico.org/>

**OPEN
NOW!**

A CELEBRATION OF GREEK INDEPENDENCE

Saturday, March 28, 2026 5:00 to 11:00 PM

St. Demetrios Community Center

Greek DJ Music!

Dancing & Dinner for all!

Presentations By:

The St. Demetrios Greek School and Dance Program

For Reservations: Parties of 8-10 per table, call or
email 206.940.9455 or AhepaMarch25th@yahoo.com

**FREE
ADMISSION!**



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)
- 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.

Lenten Services in March

Mar	Service	Time
1	Sunday of Orthodoxy Orthros and Divine Liturgy	8:15am
2	Small Compline Great Compline	6:00pm 7:00pm
3	Presanctified Liturgy	6:00am
4	9th Hour Presanctified Liturgy-@ Assumption	6:15pm 6:30pm
6	9th Hour Presanctified Liturgy Akathist Hymn	9:15am 9:30am 5:30pm
8	St. Gregory Palamas Orthros and Divine Liturgy	8:15am
9	Small Compline Great Compline	6:00pm 7:00pm
11	9th Hour Presanctified Liturgy	6:15pm 6:30pm
13	9th Hour Presanctified Liturgy Akathist Hymn	9:15am 9:30am 7:00pm
15	Holy Cross Orthros and Divine Liturgy	8:15am

Mar	Service	Time
16	Small Compline Great Compline	6:00pm 7:00pm
18	9th Hour Presanctified Liturgy-@ Assumption	6:15pm 6:30pm
20	9th Hour Presanctified Liturgy Akathist Hymn	9:15am 9:30am 7:00pm
22	John of the Ladder Orthros and Divine Liturgy	8:15am
23	Small Compline Great Compline	6:00pm 7:00pm
25	Annunciation of the Theotokos Orthros and Divine Liturgy Small Compline and Canon of Saint Andrew	8:30am 6:00pm
27	9th Hour Presanctified Liturgy Akathist Hymn	9:00am 9:30am 7:00pm
29	Mary of Egypt Orthros and Divine Liturgy	8:15am
30	Small Compline Great Compline	6:00pm 7:00pm

March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Mar 1 Sunday of Orthodoxy Epistle: Heb 11:24-26:32-40 Gospel: John 1:43-51 8:15a Orthros 9:30a Divine Liturgy 12:30p Catechism 5p Pan Orthodox Vespers at Three Hierarchs Eudokia, Righteous Martyr Kassianos, Confessor	St. Theodotos, Martyr 6p Small Compline followed by Greek Dance 7p Great Compline 7:30p Tharros Dance 8p Open Confession St. Euthalia St. Nicholas Planasi	6a Presanctified Liturgy 7a Dynamis Men's Fellowship 10:30a HOPE St. Alexandra of Alexandria	Paul and Julianna, Martyrs 1p Open Confession 6p Choir Practice 6:15p 9th Hour 6:30p Presanctified Liturgy - Assumption Gerasimos of the Jordan Gerasimos the Righteous	7p Bible Study St. Mark the Ascetic	Lg & Sm Hall Philoptochos Retreat 8:30a Lenten Retreat Sponsored by Philoptochos - Dr. Presv. Jeanie Constantinou 3:30p Choir Practice 5p Great Vespers Finding of Holy Cross by St. Helen St. Hesychos	7 8:30a Lenten Retreat Sponsored by Philoptochos - Dr. Presv. Jeanie Constantinou 3:30p Choir Practice 5p Great Vespers St. Lavrentios the Righteous
Mar 8 St. Gregory Palamas Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12 8:15a Orthros 9:30a Divine Liturgy 12:30p Catechism 5p Pan Orthodox Vespers at St. Nicholas, Tacoma Hermes, Apostle	9 6p Small Compline followed by Greek Dance 7p Great Compline 7:30p Tharros Dance 8p Open Confession 40 Holy Martyrs of Sebaste	10 10a WOCA St. Kodratos of Nicomedia St. Pionios of Smyrna St. Sphoronios of Jerusalem	11 12a Library Georgine Looney 1p Open Confession 6p Choir Practice 6:15p 9th Hour 6:30p Presanctified Liturgy - St. Demetrios St. Gregory Dialogos St. Symeon the New Theologian	12 Lg Hall Set Up 7p Bible Study	13 9:15a 9th Hour 9:30a Presanctified Liturgy 7p Akathist Hymn 8:15p Jesus Prayer Service Nikophoros, Pat C/ple	14 Lg, Sm Hall, Library & More... 3:30p Choir Practice 5p Great Vespers 6p Balkan Fest St. Benedict
Mar 15 Holy Cross Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1 8:15a Orthros 9:30a Divine Liturgy 12:30p Catechism 5p Pan Orthodox Vespers at St. Katherine Agapios & Aristovoulos, Martyrs	16 6p Small Compline followed by Greek Dance 7p Great Compline 7:30p Tharros Dance 8p Open Confession St. Alexios, Man of God St. Patrick	17 1p Open Confession 6p Choir Practice 6:15p 9th Hour 6:30p Presanctified Liturgy - Assumption Eukarpos, Martyr	18 1p Open Confession 6p Choir Practice 6:15p 9th Hour 6:30p Presanctified Liturgy - Assumption St. Symeon the New Theologian	19 7p Bible Study	20 9:15a 9th Hour 9:30a Presanctified Liturgy 7p Akathist Hymn 8:15p Jesus Prayer Service Myron, New Martyr of Crete	21 Thomas Partrach of Constantinople 3:30p Choir Practice 5p Great Vespers Martyrs of Monastery of St. Savvas St. John Climacus
Mar 22 St. John of the Ladder Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 8:15a Orthros 9:30a Divine Liturgy 12:30p Oratorical Festival 5p Pan Orthodox Vespers at Assumption Basil & Kallinike, Martyrs	23 6p Small Compline followed by Greek Dance 7p Great Compline 7:30p Tharros Dance 8p Open Confession Nikon the Righteous	24 5p Great Vespers for Annunciation 6:30p Parish Council Meeting St. Artemon, Bishop of Selefkia	25 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession 6p Choir Practice 6:30p Small Compline and Canon of Saint Andrew Annunciation of the Theotokos	26 7p Bible Study	27 9:15a 9th Hour 9:30a Presanctified Liturgy 7p Akathist Hymn 8:15p Jesus Prayer Service Matrona of Thessaloniki Paul, Bishop of Corinth	28 All Saints Camp Cleanup Lg Hall AHEPA 8:30a Orthros 9:30a Divine Liturgy 3:30p Choir Practice 5p Great Vespers 6p AHEPA - March 25th celebration Righteous Hilarion the Younger
Mar 29 St. Mary of Egypt Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45 8:15a Orthros 9:30a Divine Liturgy 12:30p Catechism 5p Pan Orthodox Vespers at Saint Paul Mark, Bishop of Arethousion	30 6p Greek Dance 6p Small Compline followed by Greek Dance 7p Great Compline 7:30p Tharros Dance 8p Open Confession Sosthenes, Apollon, Cephas of t... St. John Climacus	31 1:15p Church Tour Akakios, Confessor St. Innocent Mart. of Moscow	Apr 1 1p Open Confession 6p Choir Practice 6:15p 9th Hour 6:30p Presanctified Liturgy - Assumption St. Marv of Egypt	2 7p Bible Study	3 9:15a 9th Hour 9:30a Presanctified Liturgy 7p Akathist Hymn 8:15p Jesus Prayer Service Niketas, Confessor	4 3:30p Choir Practice 5p Great Vespers George the Righteous of Maleone Plato the Studite

The Orthodox Way (published 12 times a year by)

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Submissions for the Orthodox Way

If you would like to offer a Holy Altar Table Vigil Light or sponsor the Social 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