



APRIL 2020
USPS 8048, No 03

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Monday - Friday

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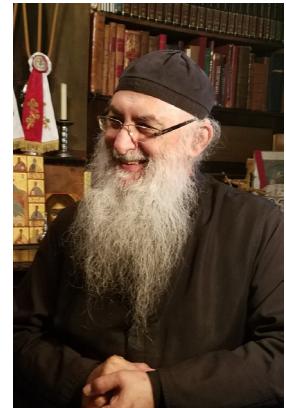
The Orthodox Way

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.

Elder Zacharias on the Pandemic

Many people are in confusion and others panic because of the threat of the Coronavirus epidemic that spread in the whole world. I think, however, that this should not happen, for whatever God does with us, He does it out of love. The God of Christians is a good God, a God of mercy and lovingkindness, 'Who loveth mankind'. God created us out of His goodness in order to share His life and even His glory with us. When we fell into sin, He allowed death to enter our life again out of goodness, so that we may not become immortal in our wickedness, but to seek for a way of salvation. Although we have fallen, God has never stopped to provide for us, not only material goods in order to sustain our race, but He also sent prophets and righteous, preparing His way so that He might come and solve our tragedy, and bring eternal salvation through the Cross and Resurrection of His inconceivable love. He came and took upon Himself the curse of sin, and He showed His love to the end: 'Having loved His own which were in the world, He loved them unto the end' (John 13:1). All the things that God did when He created us, when He provided goods in order to sustain the world, when He prepared His way for Him to come on earth, when He came Himself in person and wrought our salvation in such an awesome way, all these things He did out of goodness. His goodness is boundless. He saves us and is so longsuffering towards us, waiting until we 'come to the knowledge of the truth' (1 Tim. 2:4) and bring true repentance, so that we may be with Him for all eternity. Thus, at every stage of His relationship with man, our God shows only His goodness and mercy, 'which is better than life' (Ps. 63:3); goodness is His Nature and He does all things for the benefit and salvation of man.



Consequently, when He shall come again to judge the world, will a different God judge it? Will it not be the same good God, the God of mercy and lovingkindness, Who loves mankind? Let us be certain that we shall not appear before any other God than Him Who created us and saved us. And so, it is again with the same mercy and love that He will judge us. For this reason, we should neither panic nor waver, for it will be the same God that will receive us in the other life and will judge us with the same kindness and compassion. Some fear that the hour of their end has come. This plague of Coronavirus has also a positive aspect, because we have a few weeks from the moment it will assail us until our end. Therefore, we can dedicate this time to prepare ourselves for our meeting with God, so that our departure may not occur unexpectedly and without preparation, but after we have run through our whole life each time we stand in prayer before God, at times with thanksgiving unto the end for all the things God has done for us and at other times with repentance, seeking the forgiveness of our transgressions. Nothing can harm us with such a God, Who allows all things out of His goodness. We must simply keep thanksgiving unto the end and the humble prayer of repentance for the forgiveness of our sins.

As for myself, this plague is helping me. I longed to find again the prayer I had before, with which I can run through my whole life from my birth until now, thanking God for all His benefits 'whereof I know and whereof I know not'; and also, with which I can run through my whole life repenting for all my sins and transgressions. It is wonderful to be able to run through your life praying, bringing all things before God with persistence in prayer. Then you feel that your life is redeemed. This is why this situation is truly helping me. I am not panicking but 'I will be sorry for my sin' (Ps. 38:18).

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

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

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

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President's Message

So much has changed since our March newsletter and likely what I write now will be outdated by the time you receive your Orthodox Way. We are now enmeshed in a pandemic unlike anything many of us has seen in our lives. We are anxious, scared, and unsure of what is to come in the future. I, like many of you, check the news first thing each morning to see how much the world around me has changed. I remind myself daily that I can only absorb so much of what is happening both locally and across the world and have to turn it off. Also, like many of you I am cancelling long planned trips with family and friends and lamenting the opportunity to make cherished memories with my family. I am worried about finances both personal and those of our parish. And as an extroverted “Greek”, who thrives on social contact, I find the isolation challenging. And most important like so many of you I am missing being with my family and grandchildren.



And yet in spite of all of this I, like you, am learning a lot about living in a different world where I cannot go about my daily activities in the same way. I am also mindful that crisis brings out the best and sometimes the worst in people. I am erring on the side of believing we will see the best in people. For Saint Demetrios, while we have suspended public services, we are now blessed with the ability to watch our services on Facebook Live. Fr. Photios has been pushing us for a few years to make this happen and thankfully we moved faster in the past couple of weeks than previously. We are and will continue to reach out to our members who may be in need to see if they need food, support, or a listening ear. Please do this for anyone you may be concerned about or even slightly worried about. Check in with any person regardless if you know them or not. We are finding different ways to interact with our friends and family and are reminded of what is really important in our lives, the love and connection with our Church, our family and our friends.

Please continue to feed your spiritual needs by watching the Facebook Live Stream of Saint Demetrios services and by reading the many books and articles we all have access to. And please remember our parish and your loved ones in your prayers. Fr. Photios reminds us frequently of the ease and comfort of saying the Jesus Prayer, ‘Lord Jesus Christ, have mercy on me/the world’. I found this in one of my readings about the Jesus prayer and share it with you: *“so, we acknowledge and confess the power of Christ (Lord Jesus Christ, Son of God) as well as our own weakness (have mercy on me) through the Jesus prayer. We acquire in this way the blessed state of humility. Where, there is humility there also, is the grace of Christ, and this grace is the Kingdom of Heaven.”*

In Christ
Barbara Trehearne

Strategic Planning

Our strategic planning process is moving forward. We had a virtual meeting with our Strategic Planning Team and Project Lead, Steve Tibbs on March 31. During this session we reviewed our assessment work from our February meeting, which included parish culture and health, leadership attributes, status of ministries, parish priorities, and our SWOT analysis. SWOT includes our strengths, weaknesses, threats, and opportunities. In summary, we are learning a lot about how we see our parish and what we believe our needs may be. However, further assessment and input from you, our members, will be needed.

Our next assignment is to take the priorities we identified along with the outcomes from the culture and leadership assessments and identify the top 7 strategic areas. Again, this is only a starting place and will need considerable discussion within and beyond our team before finalizing. We are also beginning the process of determining what type of parish survey will be needed for Saint Demetrios. Our next meeting should be in about 3-4 weeks. While we realize there are many pressing issues for our parish right now with the COVID-19 pandemic, we also believe continuing with the Strategic Planning process is important and necessary.

Barbara Trehearne, Project Co-Lead

Memorials and Candles in April

On April 5th a Holy Altar Table Vigil Light is offered in loving memory of **Phalitsa Stamolis** (twenty years since her passing), by Greg and Vicky Stamolis and family.

On April 23rd two Holy Altar Table Vigil Lights are offered in loving memory of **George Tsiakilos** (in remembrance of his nameday), by his children and grandchildren.

Memorials and Candles from March

On March 15th a Forty-Day Memorial Service was offered in loving memory of **Nicholette (Nikki) Krekas**, by her daughter, Suzanne Ferraro and family.

On March 22nd a Holy Altar Table Vigil Light was offered in loving memory of **Dean Stephanos** (eighteen years since his passing), by his mother Penelope Sakellaris and family.

On March 22nd a Holy Altar Table Vigil Light was offered in loving memory of **Anthony Hazapis** (twelve years since his passing), by his loving wife, Dale Hazapis.

On March 25th a Holy Altar Table Vigil Light was offered in loving memory of **Eleni G. Treperinas**, by her daughter and son-in-law, Giannoula and George Lymberis and family.

On March 29th a Holy Altar Table Vigil Light was offered in loving memory of **Marigoula (Mary) Barbas** (twenty years since her passing) and **Christos Barbas** (fifty-one years since his passing), by their family, Tom and Maria Barbas, Helen Heuer, Peter and Demetra Jacobsen, Malissa Wyatt, Christine Stollings and their families.

On March 29th a Holy Altar Table Vigil Light was offered in loving memory of **Andrew and Connie Raptis** (thirty-three years and thirty-five years since their passing), by their children, Maria and Tom Barbas and Andreanna and John Zafiroopoulos and their families.

EPITAFION DONATIONS

While we will not be together in the Church this year, we will be decorating the epitafion. You may still donate toward this by sending in your check to the church earmarked for "Epitafion Flowers." Thank you for your support. Kali Anastasi!

Services In April

Apr	Service	Time
1	Presanctified Liturgy (Online Only)	6:30pm
3	Presanctified Liturgy (Online Only) Salutations to the Theotokos (Online Only) Jesus Prayer Service (Online Only)	9:30am 7:00pm 8:30pm
4	Great Vespers (Online Only)	5:00am
5	<i>St. Mary of Egypt</i> Orthros & Divine Liturgy (Online Only)	8:15am
6	Great Compline (Online Only)	7:00pm
8	Presanctified Liturgy (Online Only)	6:30pm
10	Presanctified Liturgy (Online Only)	9:30am
11	<i>Saturday of Lazarus</i> Orthros & Divine Liturgy (Online Only) Great Vespers (Online Only)	8:30am 5:00pm
12	<i>Palm Sunday</i> Orthros & Divine Liturgy (Online Only) Bridgegroom Service (Online Only)	8:15am 7:00pm
13	<i>Holy Monday</i> Presanctified Liturgy (Online Only) Bridgegroom Service (Online Only)	9:30am 7:00pm
14	<i>Holy Tuesday</i> Presanctified Liturgy (Online Only) Bridgegroom Service (Online Only)	9:30am 7:00pm
15	<i>Holy Wednesday</i> Presanctified Liturgy (Online Only) Holy Unction (Online Only)	9:30am 7:00pm
16	<i>Holy Thursday</i> Versperal Divine Liturgy (Online Only) Passion of Christ & 12 Gospels (Online Only)	9:30am 6:30pm
17	<i>Holy Friday</i> Royal Hours (Online Only) Un-nailing of Christ from the Cross (Online Only) Lamentation Service (Online Only)	9:30am 3:00pm 7:00pm
18	<i>Holy Saturday</i> Versperal Divine Liturgy (Online Only) Pascha Vigil (Online Only)	9:30am 11:00pm
19	<i>Great and Holy Pascha</i> Agape Vespers (Online Only)	12:00pm
23	<i>Great Martyr George</i> Orthros & Divine Liturgy (Online Only)	8:30am
24	<i>The Lifegiving Spring</i> Orthros & Divine Liturgy (Online Only)	8:30am
25	Great Vespers (Online Only)	5:00pm
26	<i>Sunday of Thomas</i> Orthros & Divine Liturgy (Online Only)	8:15am

Parish Council

Update from March 17, 2020 Meeting

Our March 17 meeting for PC was conducted via teleconferencing. The Church has a Zoom account and if you need to use for meetings please let Fr. Daniel know.

Actions from PC Meeting:

- Confirmed and supported actions related to Saint Demetrios and protection from COVID-19 virus e.g. suspending public services, cancellation of all activities etc. See prior communications.
- Authorized Jim Kost as Chair of Facilities up to \$5000 to inspect and clean the dome in order to maintain its structure and safety. Our continued thanks and appreciation to Alice Panakagis for support of this effort through the Panakagis Fund dedicated to the repair, maintenance and upkeep of the Dome/roof.
- Authorized up to \$10,000 to support equipment and infrastructure needed for streaming of services
- Confirmed postponement of auction
- Ministry Leads-update from George Hatziantoniou related to March 2 meeting with leads. Plan to focus on one ministry each month, have them sponsor coffee hour, inform parish about their mission/purpose.
- Assure completion of all PC and other Ministry leaders/participants in Youth Protection Program mandated by the Archdiocese
- Restore lighting of the dome and cross through already received donations

Bookstore

To our beloved fellow parishioners, we your bookstore staff send our prayers for everyone's health, our love and best wishes during this time of being at home.

Twenty of our parishioners are reading the Psalms in a system that will allow them to read and pray the whole book of Psalms twice during Great Lent. For those of us who would like, there is still time to read all 150 Psalms at least once by reading/praying 7 Psalms each day. We are suggesting this mode of prayer since most, if not all, of us have Bibles in our homes. It is a somewhat tall order with half of Great Lent behind us, but still a possibility.

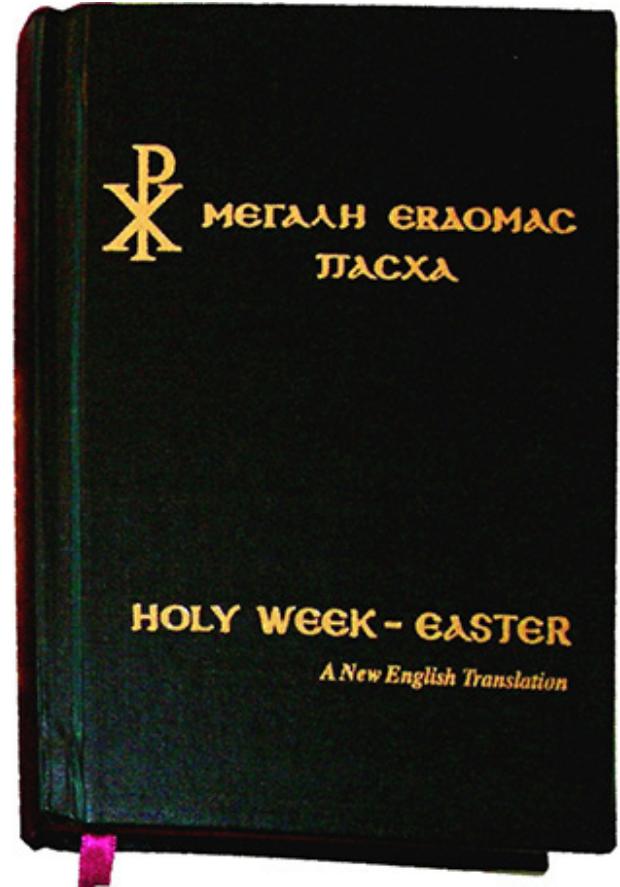
Another approach is to read the four Gospels, taking in the Orthodox footnotes for those who have The Orthodox Study Bibles. Other books you may have at home include Great Lent by Alexander Schmemann, The Lenten Spring by Thomas Hopko, The Ladder of Divine Ascent by John Climacus. You may have books at home by more contemporary Orthodox Saints, Theologians, and Elder.

Read Orthodox children's books to your young ones. Encourage them to join you in prayer before their or the family icons. Plan your time at home to watch the online services that our church is providing for us, both on Sundays and during the week.

Unfortunately, this year we are unable to sell our Holy Week Easter Service Books and other materials. You may order these books and other Pascha resources online at
<https://www.goarch.org/-/holy-week-resources-for-families>.

As a community, we may not be back in church for several more weeks, but we all can bring Christ into our hearts and homes.

Heather, Lindsay, and Theodora all wish you a blessed rest of Great Lent, a holy Holy Week, and Christos Anesti--Christ is Risen!



We must see the goodness of God in all the things that are happening now. The Holy Fathers did see His lovingkindness. A similar epidemic occurred in the 4th century in the Egyptian desert, which harvested more than a third of the monks, and the Fathers were saying with great inspiration that, 'God is harvesting souls of saints for His Kingdom,' and they did not waver. The Lord Himself speaks in the Gospel about the last days, about the trials and afflictions which the world will go through before His Second Coming. However, we discern neither morbid sadness nor despair in His words. The Lord Who prayed in the garden of Gethsemane with a sweat of blood for the salvation of the whole world, says that when we see the terrible things that precede His Second Coming, we should lift up our heads with inspiration, for our redemption draws nigh (cf. Luke 21:28). Some tell me, 'May God extend His helping hand.' But this is precisely the hand of God. He desires and works our salvation 'at sundry times and in divers manners' (Heb. 1:1): 'My Father worketh hitherto, and I work' (John 5:17). This virus may be a means that God uses in order to bring many to themselves and to repentance, and to harvest many ready souls for His eternal Kingdom. Therefore, for those who surrender and entrust themselves to the Providence of God all will contribute for their good: 'All things work together for good to them that love God' (Rom. 8:28).

Thus, there is no room for morbid dismay. Neither should we resist the measures that the government is taking in order to diminish the spreading of the afflictions we see in the lives of so many people. It is wrong to go against the authorities. We should do whatever the Government says, because they are not asking for us to deny our faith, they are only asking us to take a few measures for the common welfare of all people, so that this trial may pass, and this is not at all unreasonable. Some people take it too confessionally, they raise flags and play the martyrs and the confessors. For us there is no doubt: we shall show pure submission to the orders of the Government. It is unfair to disobey the Government since, when we fall ill, it is to their hospitals that we run and they are the ones who undertake all the expenses and our care.

This is the ethos of Christ that God showed in His life on earth and this is the apostolic commandment that we have received: '...be subject to principalities and powers, obey magistrates, be ready to every good work, speak evil of no man, be no brawlers, but gentle, shewing all meekness unto all men' (cf. Tit. 3: 1-2); and 'Submit yourselves to every ordinance of man for the Lord's sake: whether it be to the king, as supreme...' (see 1 Pet. 2:13-17). If we do not obey our governors who are not asking much, how will we obey God, Who gives us a divine law, which is far more sublime than any human law? If we keep the law of God we are above human laws, as the apologists of the 2nd century said during the Roman Empire which was persecuting the Christians. It is surprising to see in the country where we live, in the United Kingdom, that the footballers show such understanding and discernment so as to be the first to withdraw from their activities with docility towards the indications of the Government to take prophylactic measures. It would be sad for us, people of faith, to fail reaching the measure of the footballers and showing the same docility towards the authorities for which our Church prays.

If they ask us to stop our Church services, let us simply surrender and bless the Providence of God. Besides, this reminds us of an old tradition that the Fathers had in Palestine: in Great Lent, on the Sunday of Cheese fare, after the mutual forgiveness, they would go out in the desert for forty days without Liturgy; they would only continue in fasting and prayer so as to prepare and return on Palm Sunday to celebrate in a godly way the Passion and the Resurrection of the Lord. And so, our present circumstances force us to live again that which existed of old in the bosom of the Church. That is to say, they force us to live a more hesychastic life, with more prayer, which will however make up for the lack of the Divine Liturgy and will prepare us to celebrate with greater desire and inspiration the Passion and Resurrection of the Lord Jesus. Thus, we will turn this plague into a triumph of hesychasm. In any case, whatever God allows in our life is out of His goodness for the well-being of man, for He never wants His creature to be harmed in any way.

Certainly, if we will be deprived of the Divine Liturgy for a longer period of time, we can endure it. What do we receive in the Liturgy? We partake of the Body and Blood of Christ, which are filled with His grace. This is a great honour and benefit for us, but we also receive the grace of God in many other ways. When we practice hesychastic prayer, we abide in the Presence of God with the mind in the heart calling upon the holy Name of Christ. The Divine Name brings us the grace of Christ because it is inseparable from His Person and leads us into His Presence. This Presence of Christ which is purifying, cleanses us from our transgressions and sins, it renews and illuminates our heart so that the image of God our Saviour, Christ, may be formed therein.

If we shall not have Easter in the Church, let us remember that every contact with Christ is Easter. We receive grace in the Divine Liturgy because the Lord Jesus is present in it, He performs the sacrament and He is the One imparted to the faithful. However, when we invoke His Name, we enter the same Presence of Christ and receive the same grace. Therefore, if we are deprived of the Liturgy, we always have His Name, we are not deprived of the Lord. Moreover, we also have His word, especially His Gospel. If His word dwells continually in our heart, if we study it and pray it, if it becomes our language with which we speak to God as He spoke to us, then we shall have again the grace of the Lord. For His words are words of eternal life (John 6:68), and the same mystery is performed, we receive His grace and are sanctified.

Furthermore, each time we show kindness to our brethren the Lord is well-pleased, He considers that we did it in His Name and He rewards us. We show kindness to our brethren and the Lord rewards us with His grace. This is another way in which we can live in the Presence of the Lord. We can have the grace of the Lord through fasting, alms giving and every good deed. So, if we are forced to avoid gathering in Church, we can also be united in spirit in these holy virtues which are known within the Body of Christ, the holy Church, and which preserve the unity of the faithful with Christ and with the other members of His Body. All the things we do for God is a Liturgy, for they minister unto our salvation. The Liturgy is the great event of the life of the Church, wherein the faithful have the possibility to exchange their little life with the boundless life of God. However, the power of this event depends on the preparation we perform before, through all the things we have mentioned, through prayer, good deeds, fasting, love for neighbour, repentance.

Therefore, my dear brethren, it is not necessary to make heroic confessions against the Government for the prophylactic measures that it takes for the good of all people. Neither should we despair, but only wisely machinate ways so as not to lose our living communication with the Person of Christ. Nothing can harm us, we must simply be patient for a certain period of time and God will see our patience, take away every obstacle, every temptation and we shall again see the dawn of joyful days, and we shall celebrate our common hope and love that we have in Christ Jesus.

Stewardship

We wish to thank you, our Saint Demetrios parishioners, for your faithful commitment to our beloved church. Many thanks to all the parishioners who have completed and returned a 2020 Pledge Card. As of March 14th, 2020, 249 parishioners have pledged \$330,770 of which \$137,678 has been received. We are almost at half of our yearly average of 550 parishioners who sign a pledge card.

In spite of troubling times, we must keep the parish operating in order to serve our parishioners and community. For those who have purposed in their heart to submit a pledge card but have not yet done so, please consider submitting your pledge online by visiting the church's website at <http://www.saintdemetrios.com/> and selecting Stewardship Pledge under the Stewardship dropdown menu at the top.

With the suspension of public services and church building closure until further notice we encourage you to fulfill your pledge by giving securely online by credit card or

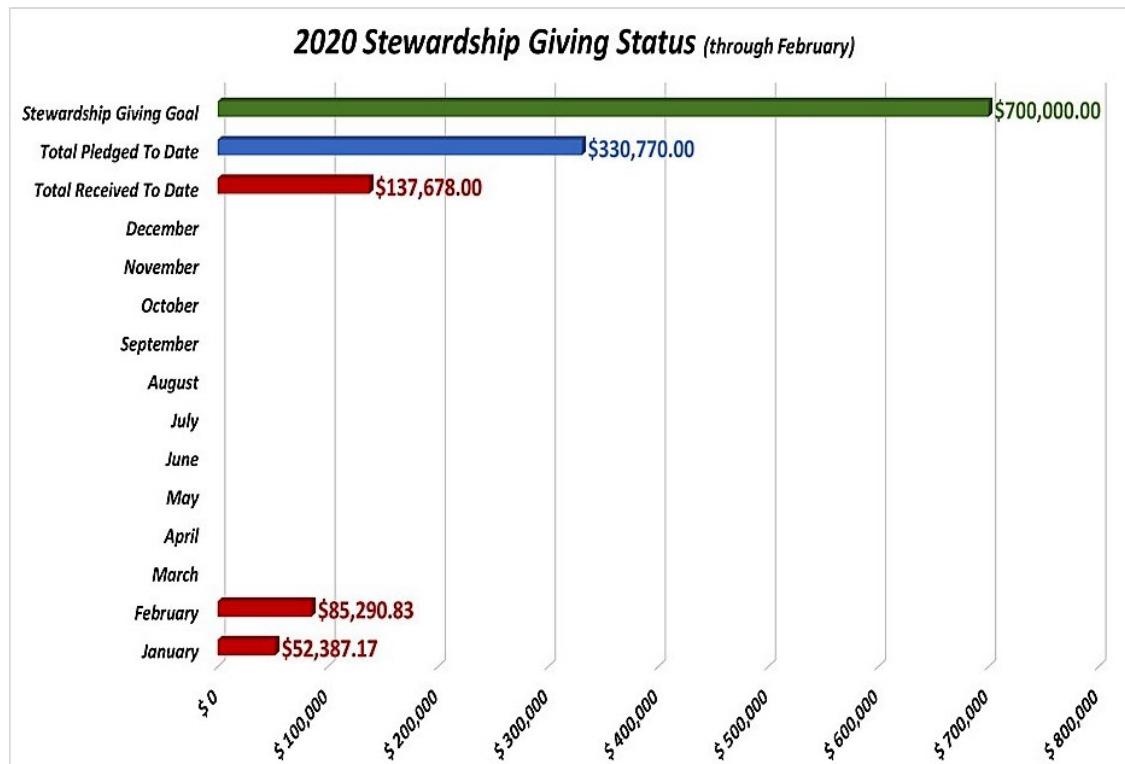
Paypal. You can do so by visiting our church's website at

<http://www.saintdemetrios.com/> and selecting eGiving under the Stewardship dropdown menu. If some of you are able to fulfill your entire year's pledge early, that would be most helpful and greatly appreciated as the church's bills continue to flow in. We encourage you to lean into online giving during these times so you won't miss the opportunity to honor God with your treasure.

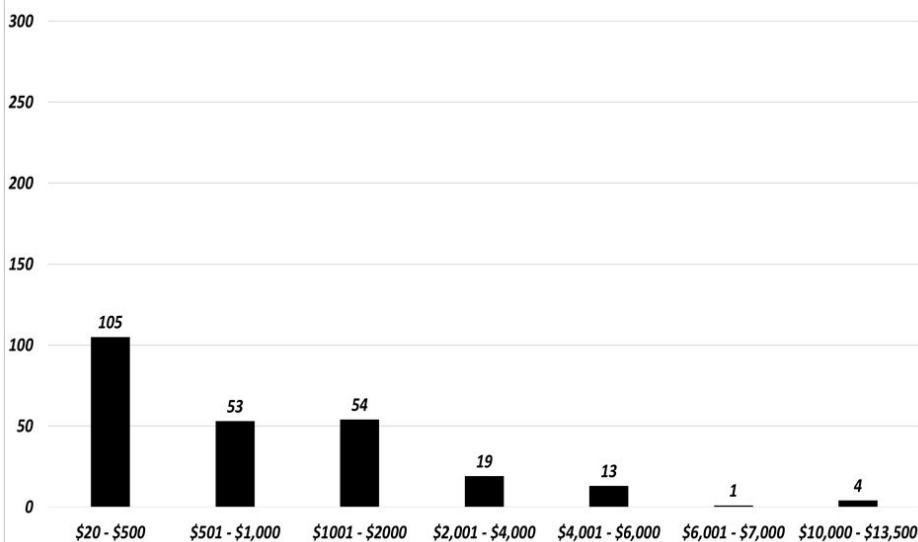
Please know we are keenly aware of the precarious financial position many of our parishioners are in during this time. We pray for those who are financially stressed from this pandemic and those who may be at risk of losing their jobs and income, knowing that their normal generosity may be delayed at this time. We also pray for those in the restaurant business who have always supported the church with food and meal preparations throughout the year which has also enabled us to feed the homeless in our community.

These are unprecedented times which we pray will soon pass. We are all in this together and together we must do what we can to ensure that the work that Jesus has entrusted to our care through our church does not stop. Even though the building may be closed but the church will move forward. Why? Because we are the church!

In the Gospel of John, Jesus said: "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly." (John 10:10). The news is somber but we must lean on the word of God. There is no time like the present to stay strong in our faith; to fully depend on our Lord Jesus Christ; to surrender all to Him; and to pray for our families, church, community, and the world. We love you, our Saint Demetrios Family, and we are praying for you daily.

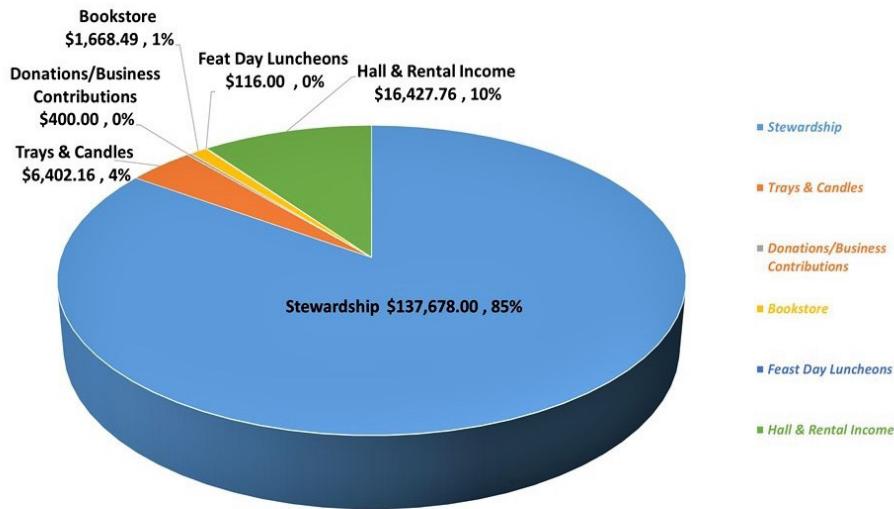


2020 Pledged Amounts by Households (through February)



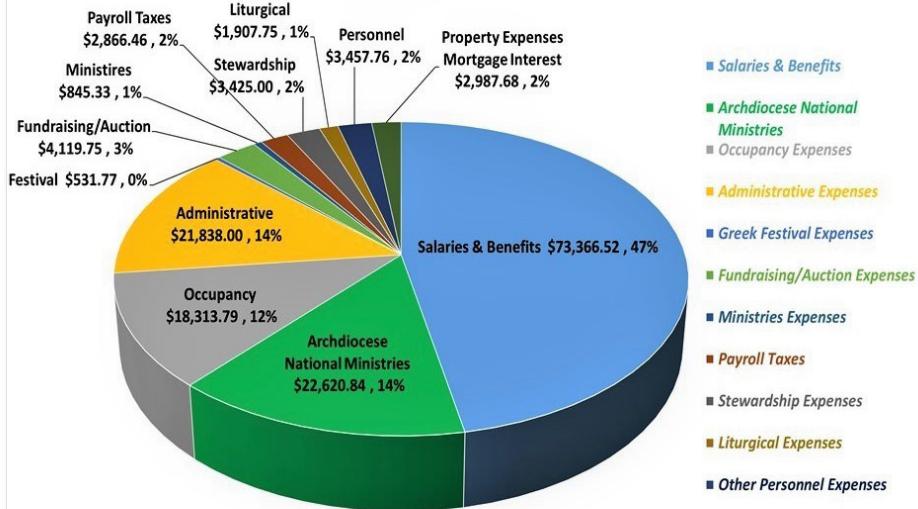
2020 Pledged Amounts shows the amount of stewardship giving which has been pledged by our parish households, by \$ amount range. For example, the far left bar shows that 105 households have pledged to give between \$20 and \$500 for the year.

2020 Income Sources (through February)



2020 Income Sources shows a breakdown of the money received by the church by category and how much that amount is a percent of the total received. For example, the orange pie slice shows that \$6,402.16 has been received from trays and candles which is 4% of the total received through the end of February.

2020 Expenses (through February)



2020 Expenses shows the church's expenses by category. For example, the green pie slice shows that the church has given \$22,620.84 to the Archdiocese, which represents 14% of the church's total expenses through the end of February, etc.



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

Mission Sunday at St. Demetrios was a big success raising just over \$3,000 for the missionary effort in Kenya and the worldwide work of the Orthodox Christian Mission Center. Thank you very much to everyone for donating so generously to the special tray as well as for buying items at the Greek Lenten Deli Sale.

Our guest speaker, Dr. Bill Black (OCMC Missionary and University Lecturer in Kenya) shared with the parish the struggles and the joy of missionary work in Kenya and held a session with our Sunday School students about Missions.

Following Liturgy, everyone received an OCMC coin box and had an opportunity to 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: The speakers, coffee hour refreshment donors, bulletin stuffers, coin box assemblers and distributors, deli sale benefactors, organizers and salespeople, offering tray collectors, photographers, and the accountants:

Fr. Photios Dumont	Doug Chandler	Sofia Kenny	Phil and Barbara Sancken
Fr. Daniel Triant	Mary Damascus	Patti Kost	Fay Sitaras
Dn. Perry Angelos	Alexandra Delegans	Chris and Paula Macris	Selma Straight
Cliff and Theodora Argue	Tina Demopoulos	Demetrios Manolopoulos	Demetre Retelas
Eleni Athans	Bill Fournarakis	Tedros Habte Mezengi	Katherine Fancher
Maria Barbas	Anna Goodrich	Kathy Mitalas	Barbara Trehearne
Bassam and Duaa Bayouk	George and Liz Hatziantoniou	Ana Omusoru	Dometios Tziotis
Gabriel Bayouk	Dale Hazapis	Tina Pallis	Tanya Shirland
Maria Burke	Ann Karis	Mark and Angelique Saffle	Jason Wise



It's not too late to support the Orthodox Missions; donations can be made on the website or checks sent to OCMC, 220 Mason Manatee Way, St. Augustine, Florida 32086. For more information on the work of the OCMC, visit <https://www.ocmc.org/> or call 1-877-GO-FORTH.

Stewards 2020

Andrew and Vicky Aliferakis
 Dina Anast
 Rothopi Andrews
 Dcn. Perry and Francesca Angelos
 Costas Antonopoulos
 Ioanna Antonopoulos and Michael Moser
 George and Dina Apostolou
 Clifford and Theodora Argue
 Patricia Arvanitidis
 Stella Athans
 Matthew and Nicole Balkenbush
 Sara Baraki
 Thomas and Maria Barbas
 George Bariames and Eleni Athans
 Frances Barneicut
 Bassam and Duaa Bayouk
 Gabriel Bayouk
 George and Alice Bayouk
 Lena Bayouk
 Kay Betts
 Panagiotis and Demetra Biros
 Neena Blackwell
 Joanne Blankenburg
 Andrew and Rosalie Boulieris
 Gus Boutsinis
 Theodora Broutzakis
 Frank and Shelley Buhler
 Mark and Maria Burke
 Nick and Vanessa Carkonen
 Susanna Cerasuolo
 Douglas and Jillian Chandler
 John and Patricia Chigaras
 Effie Chriest
 Eleni Christo
 Margo Christophilis
 Marie Collins
 Madeline Conom
 Benny Constantine
 Gus Cooper
 Maria Cotton
 Donald and Laura Crews
 Christos Dagadakis and Judith Turner-Dagadakis
 Mary Dallas-Smith
 Sofia Damascus
 Sam and Vicki Deliganis
 George and Charlene Demonakos
 Nicholas and Stella Demonakos
 Ryan and Demetra Dennis
 Christina Derezes
 Nick Diafas and Athena Modonas-Diafas
 Stephanie Dikeakos
 Vasilis and Katherine Dikeakos
 Al and Rachael Dimakis
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Philoptochos

As most of you know, Philoptochos is a national organization with multiple chapters throughout the United States, including ours at St. Demetrios. Each chapter has financial commitments we support at the local level, as well as commitments at the National and Metropolis levels. This month I would like to focus on what the National Philoptochos—with the help of each chapter and parish across the country—is doing to help respond to the COVID-19 pandemic crisis.

Focus for April: National Philoptochos

First, for nearly nine decades, Philoptochos has been a source of hope of service to people in times of need. This crisis is no exception. As of March 23, the Executive Board of the National Philoptochos Society approved an immediate disbursement of \$50,000, \$25,000 to the Feeding America Network and \$25,000 to Meals on Wheels America.

Second, the National Department of Social Services is working in cooperation with each Metropolis across the United States. Monies will be disbursed to each Metropolis according to our social service guidelines. At the Metropolis level, monies will be disbursed locally to those who are in need of financial support. We have a simple application to fill out to apply for funds. Please contact Deena Maroutsos, our Social Services chairperson, for details. Please note that we cannot give to individuals, only to third parties to pay bills, mortgages, etc.

Third, National Philoptochos has gathered resources to help members cope with the anxiety that all citizens are facing as a result of the COVID-19 Pandemic. These can be found on the website at www.philoptochos.org/whats-happening/.

Fourth, National Philoptochos encourages everyone to stay connected during this difficult time. Maintaining connections with friends and family via phone calls, texts, and video meetings during this period of sheltering in place, will help reduce anxiety. In accordance with the guidance from our National Philoptochos, our St. Demetrios chapter has begun an organized outreach program to contact as many parishioners as we can, via cards, phone calls, FaceTime, Facebook, etc. We have a wonderful nucleus of volunteers, young and old, who are committed to writing cards and making phone calls to connect and comfort one another. However, ours is a big parish and we need the help of everyone—Philoptochos members or not—to contact as many people as possible. Please help us reach out to those you know need the extra love right now. People are lonely and isolated; let's be family and check in on one another regularly.

In addition, due to governmental directives, we have had to suspend our cooking for the homeless shelters. Instead, we are diverting the funds to Northwest Harvest and other food banks. People continue to be hungry and our response will evolve to meet the changing needs.

Finally, faith in our mission is what unites and empowers us to make a difference. Without the cooperation of our entire Greek Orthodox community, our work would not be possible. Working together, with the love and blessings of God, we will continue our work to lessen the pain, loss and suffering of the most fragile in our society.

May God continue to hold you up and keep you and your families safe and healthy.

April 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 St. John Climacus Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 8:15a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 5p Pan Orthodox Vespers – Assumption (Cancelled)	30 6p CANCELLED – Small Compline & Great Dance 7p Great Compline (Online Only) 8:15a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 5p Pan Orthodox Vespers – Assumption (Cancelled)	31 12p Supplication Service (Online Only) 6p Strategic Plan Meeting – ZOOM CONFERENCE 6:30p CANCELLED – Greek School 6:30p Presanctified Liturgy (Online Only)	1 12p Supplication Service (Online Only) 5p Executive Committee Meeting 7p Bible Study (Online Only) Email or call Fr. Photios if you would like to participate 8:30p Jesus Prayer Service (Online Only)	2 12p Supplication Service (Online Only) 5p Executive Committee Meeting 7p Akathist Hymn (Online Only) 8:30p Jesus Prayer Service (Online Only)	3 9:30a Presanctified Liturgy (Online Only) 12p Supplication Service (Online Only) 7p Akathist Hymn (Online Only) 8:30p Jesus Prayer Service (Online Only)	4 12p Supplication Service (Online Only) 5p Great Vespers (Online Only)
Mark, Bishop of Arethousion	Sosthenes, Apollos, Cephas, of the 70 St. John Climacus	Hypatios the Wonderworker St. Innocent of Alaskta	St. Mary of Egypt	St. Titos the Righteous	Niketas, Confessor	George the Righteous of Maleon Plato the Studite
5 St. Mary of Egypt Epistle: 9:11-14 Gospel: Mark 10:32-45 8:15a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 1p Town Hall with Christopher Dodd, MD (Zoom) 7p Supplication Service (Online Only)	6 12p Supplication Service (Online Only) 6:30p Parish Council (Zoom Meeting) 7p Great Compline (Online Only)	7 12p Supplication Service (Online Only) 6:30p CANCELLED – Greek School 6:30p Presanctified Liturgy @ St. Demetrios (Online Only)	8 12p Supplication Service (Online Only) 7p Bible Study (Online Only) Email or call Fr. Photios if you would like to participate	9 12p Supplication Service (Online Only) 7p Bible Study (Online Only) Email or call Fr. Photios if you would like to participate	10 9:30a Presanctified Liturgy (Online Only) 12p Supplication Service (Online Only)	11 Saturday of Lazarus 8:30a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 12p Supplication Service (Online Only) 5p Great Vespers (Online Only)
12 Holy Week Services Are All Online Only • Please See Our Website: http://saintdemetrios.com for the Latest Updates and Changes	13 Holy Monday Epistle: Philippians 4:4-9 Gospel: John 12:1-18 8:15a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 7p Bridegroom Service	14 Holy Tuesday 9:30a Pre-Sanctified Divine Liturgy 12p Supplication Service (Online Only) 7p Bridegroom (Nymphios) Service	15 Holy Wednesday 9:30a Pre-Sanctified Divine Liturgy 12p Supplication Service (Online Only) 3p Holy Unction 7p Bridegroom (Nymphios) Service	16 Holy Thursday 9:30a Vespers of St. Basil • Institution of the Last Supper 12p Supplication Service (Online Only) 3p Un-nailing of Christ from the Cross (Online Only) 7p Lamentation Service (Online Only)	17 Terence & Companion Martyrs	Antipas, Martyr
19 PASCHA Epistle: Apostles 1:1-8 Gospel: John 1:1-17 12a Come Receive the Light 1a Divine Liturgy 12p Agape Vespers (Online Only) 7p Supplication Service (Online Only)	20 Bright Week • No Fasting! 12p Supplication Service (Online Only) 6p CANCELLED – Greek Dance	21 12p Supplication Service (Online Only) 6:30p CANCELLED – Greek School	22 12p Supplication Service (Online Only) 6:30p CANCELLED – Greek School	23 8:30a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 12p Supplication Service (Online Only) 7p Bible Study (Online Only) Email or call Fr. Photios if you would like to participate	24 George, Great Martyr	Elizabeth the Wonderworker
26 Sunday of Thomas Epistle: Acts 5:12-20 Gospel: John 20:19-31 8:15a Orthros (Online Only) 9:30a Divine Liturgy (Online Only) 12p Philoptochos Meeting	27 10a Spiritual Court (Zoom) 5p Supplication Service (Online Only)	28 12p Supplication Service (Online Only) 6:30p CANCELLED – Greek School	29 12p Supplication Service (Online Only) 6:30p CANCELLED – Greek School	30 12p Supplication Service (Online Only) 5p CANCELLED – WOCA Family BBQ (@St. Paul) 7p Bible Study (Online Only) Email or call Fr. Photios if you would like to participate	1 12p Supplication Service (Online Only) 7:30p CANCELLED – Capella Romana Concert	St. Mark, Apostle & Evangelist
29 St. Basil, Bishop of Amaseia	30 Symeon, Bishop of Jerusalem	9 Martys of Kyzicus	Jason & Sosipater of the 70	1 12p Supplication Service (Online Only)	2 12p Supplication Service (Online Only) 5p Great Vespers (Online Only)	St. Athanasios the Great

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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 Velvet at vdavidson@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.

The above are parishioner contributed announcements to The Orthodox Way