



September - November 2022  
USPS 8048, No 8

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Monday - Friday

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# The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

My Beloved Brothers and Sisters in Christ,

In the Fall of 2020, when Presbytera and I were looking for places to live near our newly assigned parish in Seattle, we were drawn toward the area called, "Woodinville Wine Country."



Growing up in Northern California, within 30 minutes of the Napa Valley, gave me memories of the time of harvest, the grape crush, and the smells and sights of Fall. Visions of this inspired me to look at living near a place like it. On Google Maps, the Woodinville area seemed to have great access to parks, trails, a great tree to house ratio, and sits right in the wine country on top of all that! (I never looked to see where the grape vines were grown.) When we came to visit the town, we discovered the "wine country" without the vineyards! We laughed off our lack of research and investigation and decided to go ahead and rent there. As I reflect on my experience of being removed from the planting, growing and harvesting of grapes, I am reminded of what many of us experience in our daily lives; the convenience of enjoying the finished product, without an awareness of the work involved to bring it to us. The same can be said of our experience with the life of the Church.

It may sound strange to hear, "Happy New Year!" on September 1, but our Church does indeed celebrate the Ecclesiastical New Year! We celebrate the feast of the Indiction, inherited from Roman Emperors and adapted by our Patriarchs after the Fall of Constantinople in 1453. This Indiction began as a decree issued to tax Roman subjects every year, in order to maintain their armed forces. This assessment of the economic change every fifteen years was adapted and applied to our Church annually, in order to bless and assess all of creation; the harvest, the climate, and the future crops. Today we, as a Church, celebrate three things: the New Year, the beginning of the Indiction, and the Day of the Protection of Our Environment. In the spirit of making good use of our own personal harvest, let's look at what we can do to honor this time and season of assessment, blessing, and care for creation.

As we celebrate the beginning of our annual programs at St. Demetrios, let's reflect on the growth and change of things in our own lives. Do we feel connected or dis-connected with the life of our community? Has it been a struggle to re-boot after the last two years? Are we active and working in the parish, or have we formed other habits and patterned our lives apart from the Church? Are we enjoying the fruit; the vintage, without an awareness and experience of the work? This is the season, now is the time to assess and act! There are many ways to connect and re-connect with the life of our parish, but they all begin with the act of just showing up, of making the decision to prepare and bring ourselves and our families to Church on Sunday, The Lord's Day. The care for our external environment begins with care for our inner spiritual climate and tending the vineyard of our souls. My brothers and sisters in Christ, let us celebrate this feast of the Church's New Year with this same spirit of care and awareness, hearing the words of our Lord and savior, "...behold, I say unto you, lift up your eyes, and look on the fields, that they are white already unto harvest." (John 4:35) Let us take into account, and decide to act on His words, "Pray ye therefore the Lord of the harvest, that he send forth laborers into his harvest." (Matthew 9:38)

In Christ's love,  
+Fr. James

**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](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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\* October & November calendars will be available on the St. Demetrios website: <https://www.saintdemetrios.com/parish-calendar>

## Memorials & Candles

On July 24 a One-Year Memorial Service is offered in loving memory of Cleopatra "Claire" Pess, by her son and daughter-in-law, George and Susan Pess and granddaughters, Samantha and Olivia.

On July 31 a Holy Altar Table Vigil Light is offered in loving memory of Christto Tolias (one year since his passing), by his wife, Dorothea Tolias and his daughter and son-in-law, Nikoletta and Mark Marciiniak.

On July 31 a Holy Altar Table Vigil Light is offered in loving memory of John and Lola Sioris (fourteen years and twelve years since their passing), by their daughter and son-in-law, Collette (Sioris) Apostolakis and Niko Apostolakis.

On August 14 the Eight Holy Altar Table Vigil Lights are offered in loving memory of Peggy Tramountanas (six years since her passing), by her husband Manuel Tramountanas and her children, George (Dana), Athan (Cindy), Ellie (Chris) and grandchildren.

On August 14 Two Holy Altar Table Vigil Lights are offered in loving memory of Tom and Coula Cotton (forty-six years and forty years since their passing), by their daughters, Irene Lehman and family, and Mary Cotton.

On August 14 Two Holy Altar Table Vigil Lights are offered in loving memory of Pota Johnson (six months since her passing), by her husband, Jim Johnson and family.

On August 14 a Holy Altar Table Vigil Light is offered in loving memory of Larry Rouvelas, Mary Rouvelas and Elias (Louie) Spyridis (twenty-one years, thirty years and twenty-nine years since their passing), by Emanuel and Marilyn Rouvelas and Pauline Spyridis and their families.

On August 14 Two Holy Altar Table Vigil Lights are offered in loving memory of Pota Johnson (six months since her passing), by David and Georgia McFarlan and family and Loula Barker and family.

On August 28 a Memorial Service and the Coffee Hour are offered in loving memory of Eleni Exarhos and Arianna Exarhos (six months, and seven years

since their passing), by Panos and Angelina Exarhos and Konstantinos and Alexia.

On August 28 Two Holy Altar Table Vigil Lights are offered in loving memory of Erma Tsiaikilos (sixteen years since her passing), by her children and grandchildren.

On September 4 the Eight Holy Altar Table Vigil Lights are offered in loving memory of Barbara Stamos (Watkins), Andrew Stamos and Pauline Stamos (sixty years, sixty-one years and forty-four years since their passing), by Vasilike Stamos and family.

On September 4 a Memorial Service and a Holy Altar Table Vigil Light are offered in loving memory of Savvas and Eleni Papanastasis, of Florida (forty days and eight years since their passing), by their daughter and son-in-law, Lucy and Johnny Limantzakis and grandchildren, Melina and John.

On September 11 a Forty-Day Memorial Service and Two Holy Altar Table Vigil Lights are offered in loving memory of Sophia Sardelis Derezes, by her daughters, Tina, Mary, Frances Derezes, her son, George Derezes and their families.

On October 9 a Memorial Service and the Coffee Hour are offered in loving memory of Helen and George Derezes (ten years and twenty-one years since their passing), by their sons, daughters and grandchildren.

On October 16 a One-Year Memorial Service is offered in loving memory of George Delegans, by his wife Alexandra, his children, Chris, Maria and Mark Burke, and Tritsa Avery, and his grandchildren, Austin, Andrew, Lauren Rose Burke, and George Delegans.

On November 6 a Memorial Service, Two Holy Altar Table Vigil Lights and a donation to the St. Demetrios Philoptochos Society are offered in loving memory of Athanasios and Sermatina Charuhas (nineteen years and three years since their passing) by their children, Peter and Sally Charuhas, Reagan Charuhas, and Paula and Chris Macris and their families.

# Parish Council President's Message

Dear St. Demetrios Parishioners,

I hope your summer was full of relaxation and family time. As we begin our Ecclesiastical New Year, we are excited to re-establish former programs and initiate new programs. Our goal is to welcome you back if you have not already returned, continue to welcome those who have returned, and ask you to engage with us through many volunteer opportunities. As Fr James so clearly said in his message, "There are many ways to connect and re-connect with the life of our parish, but they all begin with the act of just showing up....." We look forward to seeing you.



## Changes in eNews and Orthodox Way Communications

We have made changes in frequency of both eNews and Orthodox Way (OW). eNews will be sent every other week which started in August. Additionally, changes in format with links to longer articles in order to allow you to 'click' on those links of interest. At the beginning of each issue, you will see a list of what's new, so again you can decide what you would like to read. We will check in with you this fall to get feedback.

For Orthodox Way we will move to either a quarterly or every other month publication. We continue to mail print copies to more than 200 parishioners. Our goal is to reduce the number of editions while still providing relevant information. Again, we will seek feedback from you on this change.

Meanwhile, if you have comments feel free to send them to [pcpresident@saintdemetrios.com](mailto:pcpresident@saintdemetrios.com).

## St. Demetrios Strategic Plan

We continue to implement action items from our strategic plan. Many of you provided comments about both choir and chanting. Most desire a return of a choir, and we are working hard to re-establish a choir and improve the experience of hearing the beautiful hymns and music of the church.

Additionally, we will be implementing:

1. Return of high school and middle school students reading the Epistle
2. Return of younger Altar Servers (see page 13 in this issue)
3. Establishment of a Welcome Team
4. Consistent start time for Sunday Liturgy at 9:30am with Liturgy lasting 90 minutes. The sermon has been moved where it traditionally is to follow the Gospel which means it likely will take place prior to or close to 10:00am.
5. Continuation of Life and Liturgy monthly led by Clergy following Liturgy. Dates to be announced
6. Expansion of Bible Study online and potential day time Bible Study
7. Offer Orthodoxy 101 this fall after the festival
8. Continue to strengthen Youth Groups. All now formed with leaders. Continue to seek Youth/Family Director role.
9. Explore implementation of Effective Christian Ministries Program
10. Continue recruitment for Parish Administrator
11. Reinstate a choir and enhance music as part of the Liturgy

These actions are consistent with the Vision Team goals and priorities established within the Strategic Plan. A complete copy of the Strategic Plan is available in the Narthex or by calling the Church office.

## Stewardship

A separate article on Stewardship is included in this issue of OW. We are reminded that Stewardship is not only about our financial giving but the giving of our time and talents to our faith and to our parish.

At this point of the year, we have achieved 42% of our giving goal. Our goal continues to be \$1 million, as that is what is needed for the operation of our Parish. Our pledged amount for 2022 was \$548,385. We have received \$423,149 to date of

- Continued on Page 4 -

## **- Parish Council President's Message continued from page 3 -**

the pledged amount. The return of the festival and auction will help us, but as a reminder, our goal is to ultimately cover all operational cost with Stewardship in order to use fund raising dollars for ministries and charitable giving.

Implementation of the Strategic Plan requires funds. As you have told us through survey feedback and discussions, the Parish needs a Youth & Family Director along with an Administrator to relieve clergy of unnecessary tasks and to coordinate the activities of the parish. A parish of this size must have paid staff to function efficiently.

We continue to ask that you consider an increase in your giving by whatever amount you are able. We also encourage you to use online giving to establish regular monthly giving. Currently, you may establish recurring giving via credit card, PayPal, or Zelle. Contact Maria Barbas in the Church Office for assistance.

### **Parish Council**

Parish Council met in August but did not meet in July.

Paul Plumis and Dale Hazapis reported on the Clergy-Laity Conference. They attended as St Demetrios representatives. They attended multiple sessions including:

- National Philoptochos General meetings
- Sisterhood of Presvyteres
- Clergy Benefits/Pensions
- Forum on Church Musicians
- Military and Institutional Chaplains
- Retired Clergy Associations
- Agencies of the Assembly of Bishops
- Lessons of a Lockdown
- Youth Protection/Clergy Misconduct
- Planned Giving
- Technology

Additional information can be found on this site <https://www.clergylaity.org/>

Received updates on Festival, Stewardship, Real Estate and the Strategic Plan.

### **Festival**

A reminder our Festival is returning after a 2-year absence on October 7, 8, & 9. See the flyer in this edition on page 14. Please join us by volunteering your time to support this very important effort. Send your contact information to [info@saintdemetrios.com](mailto:info@saintdemetrios.com) or call the Church Office at 206-631-2500 or Contact Jim Kost directly at 206-571-6881.

Next Parish Council meeting September 20, 2022.

In Christ's love,  
Barbara Trehearne  
Parish Council President



# Stewardship Letter

Life is never void of challenges that face each one of us on a daily basis. In the book of Deuteronomy, Moses encouraged the Israelites as they were about to cross the river Jordan to “Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He is the One who goes with you. He will not leave you nor forsake you.” (Deut 31:6 NKJV). The comfort we have in knowing that God is always with us and by His grace and by faith in our Lord Jesus Christ we overcome these challenges.



Attending church is key to worshipping our Lord and building our faith. That’s what it means to be “Stewards of the Faith”. The apostle Paul said “faith comes by hearing, and hearing by the word of God.” (Romans 10:17 NKJV). It is hearing the word of God that the Holy Spirit uses to awaken a response of faith within us. However, achieving great faith is hard, as is being committed to Jesus Christ and our church.

The message below is a modified version of **Church is Hard** by A. Freleen. It was used by Fr. John of Nativity of Christ Greek Orthodox Church in California in hopes that parishioners would recognize that we all go through life’s struggles, and it is through these struggles that our faith is most strengthened.

Church is hard for the person walking through the doors, afraid of judgement.  
Church is hard for the preacher’s family, under the microscope of an entire body.  
Church is hard for the prodigal soul returning home, broken and battered by the world.  
Church is hard for the young person who looks like they have it all together, but doesn’t.  
Church is hard for the couple who fought the entire ride to service.  
Church is hard for the single parent, surrounded by couples holding hands, and seemingly perfect families.  
Church is hard for the widow and widower with no invitation to lunch after service.  
Church is hard for the elder or deacon with an estranged child.  
Church is hard for the person singing worship songs, overwhelmed by the weight of the lyrics.  
Church is hard for the person insecure in their role as a leader.  
Church is hard for the single woman and single man praying God brings them a mate.  
Church is hard for the teenager ashamed of their mistakes.  
Church is hard for the sinners.  
Church is hard for me.

It’s hard because on the outside it all looks shiny and perfect. Sunday best in behavior and dress. However, underneath those layers, you find a body of imperfect people, carnal souls, selfish motives. But, here is the beauty of church:

Church isn’t a building, mentality, or expectation.  
Church is a body.  
Church is a group of sinners, saved by grace, living in fellowship as saints.  
Church is a body of believers, bound as brothers and sisters by an eternal love.  
Church is a refuge for broken hearts and a training ground for mighty warriors.  
Church is a converging of confrontation and invitation. Where sin is confronted and hearts are invited to seek restoration.  
Church is a lesson in faith and trust.  
Church is a bearer of burdens and a giver of hope.  
Church is a family. A family coming together, setting aside differences, forgetting past mistakes, rejoicing in the smallest of victories. Church, the body, and the circle of sinners-turned-saints, is where He resides, and if we ask, He is faithful to come.  
So even on the hard days at church -- the days when I am at odds with a friend. When I’ve walked in bearing burdens heavier than my heart can handle, yet masking the pain with a smile on my face. When I’ve worn the pressures of the world, under the microscope. When I’ve longed for a baby to hold, or fought tears as the lyrics were sung. When I’ve walked back in, afraid and broken, after walking away -- I’ll remember, He has never failed to meet me there.

In closing, let us come to church to worship our Lord and be strengthened in our faith to help us face life’s struggles. The book of Hebrews says: “do not forsake the assembling of ourselves together, as is the manner of some, but exhorting one another.” (Hebrews 10:25 NKJV). Coming together to worship and serve our Lord and each other with our time, talent, and treasure is key to being faithful stewards of our faith.

Your comments and suggestions are always welcome. Please feel free to contact us:

Gabriel Bayouk ([ggb0719@hotmail.com](mailto:ggb0719@hotmail.com))

Barbara Trehearne ([president@saintdemetrios.com](mailto:president@saintdemetrios.com))

# Philoptochos President's Message

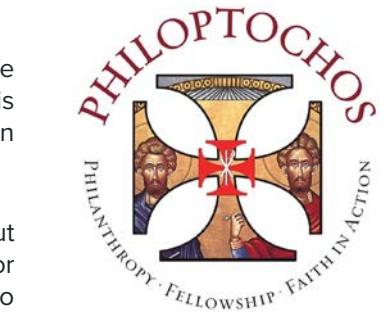
**Happy New Year!** As we know, the ecclesiastical new year begins on September 1. We look forward to a re-energized, productive year. Our theme for the 2022-23 year is Legacy, Renewal, and Community. We will be working hard to address all three areas in the months to come.

Before I get into our plans for the coming year, I would like to say a few words about the past year. I am so incredibly grateful for our members, for the commitment, and for answering the call to Come Join Us. As a result of your efforts, we were recognized for two awards at the Clergy-Laity Conference in New York earlier this summer. The first award was the AGAPE Award (All Generations Achieving Philanthropic Endeavors) for the Metropolis of San Francisco. We were selected from all 59 chapters for our ongoing efforts to serve others during the challenging years of the pandemic. The second award is the Renewal Award, which recognized us as the largest growing chapter in the 100-199 member category IN THE ENTIRE COUNTRY! We grew from 120 members in 2019 to 200 today! (Note: We will give a report—complete with visuals!—of the Conference at our first general membership meeting on September 18 after coffee hour. Plan to attend!)

Back to this year. It's always hard to follow a year like the one we had, but, with your help, we will rise to the challenge. As noted earlier, our theme will be Legacy, Renewal, and Community. Philoptochos, as a national organization, is celebrating its 90th anniversary. Over the years, many of our older ladies sacrificed and gave of themselves to help others. We honor them today, as we would not have survived without the sure and steady dedication of these women. I think we do a pretty good job of honoring them as the foundation on which our ministry rests.

In the years to come, I would like us to focus on Renewal. The pioneers of our group are aging, the world is changing, and we must adapt if we are to renew our organization and “grow it young.” This doesn’t mean we will stop doing things that are working. It does mean that we will continue to evolve and to look for ways to keep our ministry current, relevant, and practical for our all members.

We also need to focus on Community. It is cliché, but “there is unity in community.” True engagement is the emotional commitment that our members and donors/benefactors have to our mission, our community, and its goals. Connected and committed members are empowered by our mission and our values. They also have faith that Philoptochos can achieve its goals to serve others; and finally, they are part of something bigger than themselves—our community. We are social beings and it will be a priority to our leadership to invite, embrace, and involve others. We need everyone’s skills, talents, and interests. We are stronger together.



While it is early to know details for upcoming projects and events, there is one that we all need to get on our calendars—**Saturday, December 3**. This is the date of our annual festive **Christmas luncheon**, to be held once again in the large hall. You won’t want to miss it! Look for details about the luncheon and our other projects in the upcoming eNews, Sunday bulletin inserts, and in the Philoptochos emails that Patti Kost periodically sends out to our members. Also, feel free to reach out to any of our officers: Mary Damascus, Pam Plumis, Deena Maroutsos, Dale Hazapis, Patti Kost and Nina Varlamos with any questions and ideas! Philoptochos is YOUR organization!

## Important Dates:

- **September 6**—Philoptochos Board Meeting, Father Homer Library, St. Demetrios 10:00 a.m.
- **September 18**—Philoptochos General Membership Meeting—After coffee hour, Fr. Homer Library
- **October 25**—Vespers, St. Demetrios Day (Philoptochos traditionally provides the meal following vespers)

## Condolences

We express our Deep Condolences to Tina, Mary, Frances Derezes and George Derezes for the passing of their mother, Sophia Sardelis Derezes. May her memory be eternal!

## Philoptochos Membership 2022

Ales, Margaret	Dikeakos, Voula	LaMarche, Katerina	Poulias-Schmidt, JoAnn
Angelis, Pres. Anna	Dodd, Voula	LaMarche, Lena	Proios, Eleftheria
Angelis, Kim	Dotis, Vicky (Kiki)	Lavaris, Betty	Ranglas, Jeannie
Angelis, Stephanie	Dounis, Gregoria	Lazarou, Voula	Read, Bob
Angelos, Karen	Drumhiller, Janie	Legeros, Julie	Read, Despina
Argue, Theodora	Dudunakis, Kristina	Limantzakis, John	Retelas, Nina
Asimakopoulos, Carole	Dumont, Pres. Katherine	Limantzakis, Lucy	Rozis, Haroula
Athans, Eleni	Economou, Elizabeth	Limantzakis, Polette	Samolis, Katina
Babarakos, Lula	Economou, Marla	Looney, Georgene	Sancken, Barbara
Bacolas, Pat	Economou, Mary	Lymberis, Giannoula	Schneider, P. Diane
Bakamus, Dina	Economou-Grunder, Christina	Macris, Paula	Sederstrom, Eleni
Barbas, Christa	Everett, Bob	Madison, Demitrula	Shinas, Terri
Barbas, Maria	Everett, Sophia	Magoulas, Dina	Shirland, Simoni
Barneicut, Frances	Farmasonis, Colleen	Manitaras, Nicky	Shnorhavorian, Margaret
Bartlett, Anastasia	Farmasonis, Nicolette	Manolopoulos, Emily	Spyridis, Pauline
Bayouk, Duaa	Fournarakis, Dora	Maroussis, Alexandra	Stamatoyannopoulos,
Bayouk, Lena	Geokezas, Theodora	Maroutsos, Deena	Thalia
Bekris, Anastasia	Geving, Anastasia	Maroutsos, Nicole	Stamolis, Vicky
Bekris, Theamanda	Gianotas, Sandy	Mastor, Jean	Stavros, Dimitra
Berg, Elizabeth	Gikas, Wanda	Mavromatis, Rita	Stavros, Maria
Betts, Kay	Glein, Sharon	McFarlan, Georgia	Steenis, Georgia
Biros, Demetra	Goodrich, Anna	McIntosh, Tania	Stotz, Heather
Blackwell, Nina	Grivas, Efy	Mercouriadis, Pipena	Swegle, Alvia
Blankenburg, Joanna	Haskell, Dorothy	Mitsakos, Ann	Swegle, Robert
Boulieris, Rosalie	Hawdon, Terri (Karis)	Mitalas, Kathy	Tapia, Christina
Burke, Maria	Hazapis, Dale	Molskred, Fran	Taylor, Stacy
Bussiere-Watts, Mary	Howard, Vickie	Morgan, Susan	Teodosiadis, Georgia
Chohlas, Cathy	Huff, Vickie	Morseos, Maria	Teodosiadis, Steve
Chriest, Effie	John, Emilie	Morseos, Teresa	Themelis, Susan
Christianson, Vicky	Johnson, Pota	Mykris, Carol	Thompson, Alexa
Christie, Pandora	Kalasountas, Georgia	Nassar, Bettyann (Rockas)	Tosto, Nicole
Christo, Eleni	Kalasountas, Eleni	Nelson, Stella	Tourikis, Angela
Christofilis, Eleni	Kaltsounis, Christina	Pagones, Elaine	Trehearne, Barbara
Christophilis, Nikki	Karagiorgos, Carmen	Pallis, Margie	Treperinas, Elly
Christothoulou, Tula	Karambelas, Georgene	Pallis, Vickie	Treperinas, Thelma
Collins, Marie	Karis, Ann	Panagakis, Alice	Tsafos, Dionisia
Conom, Molly	Katholos, Kalliopi	Panagiotou, Coleen	Tveit, Jody
Constantine-Skouras, Debbie	Kavounas, Angela	Panagiotou, Lisa	Tziotis, Georgia
Constantine, Kay	Kenny, Hana	Panopoulos, Johnette	Umay, Nazli
Cooper, Maria	Kolios, Leta	Panos, Rebecca	Valauri, Liz
Dalas, Angela	Kolios, Vickie	Pantaleakos, Diane	Varlamos, Nina
Damascus, Mary	Kollias, Vivie	Pederson, Ellie	Voltsis, Aspasia
Delegans, Alexandra	Kost, Maria	Petratos, Helen	Weirich, Alexi
Deliganis, Chryssa	Kost, Patti	Plumis, Courtney	Williamson, Vivian
Deliganis, Stephanie	Koutlas, Toula	Plumis, Kristina	Xenos, Demetra
Demopoulos, Diane	Kumarelas, Pres. Vasso	Plumis, Pam	Xidias, Mary
Demopoulos, Kate	Kuhar, Gary	Polizos, Theologia	Zervas-Berg, Sophia
Dennis, Demetra	Kusulus, Dena	Poulias, Charikleia (Holly)	
Dikeakos, Katherine	Kyrimis, Linda	Poulias, Christianna	

### Don't See Your Name on the List?

Please come join us! Fill out a membership form on page 8 in this newsletter and mail to Maria Barbas at St. Demetrios with your \$45 membership. Payment can also be made via credit card by calling Maria at 206-631-2505. Your help allows us to continue to reach out to those in need in Christian love.

## Saint Demetrios Philoptochos Membership 2022

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 \$45 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 return this form, along with your check payable to **St. Demetrios Philoptochos**, in the enclosed envelope. 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.

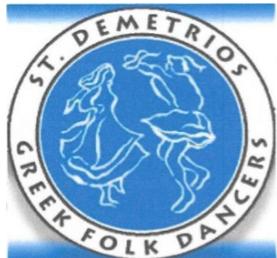
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## St. Demetrios Dance Program

Everyone, four years and older, is invited to join the St. Demeterios Dance Program. Classes have started, but there's still room for you!

Here's the schedule for our dance groups:

Sundays, 12:00 – 12:45pm	Pre-Kindergarten (four year olds), Kindergarten, Grades 1 & 2
Sundays, 12:00 – 1:30pm	Grades 3, 4, & 5
Mondays, 6:00 – 7:30pm	Grades 6, 7, 8 & 9
Mondays, 7:30 – 9:00pm	Grades 10, 11, 12, College & Young Adults



Let us know if you're interested in being part of our Choral Group.

To join the Dance Program, please email [stdsdancepres@gmail.com](mailto:stdsdancepres@gmail.com) or call 206-794-5659.

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## St. Demetrios Centennial Celebration

His Eminence Archbishop Elpidophoros of America  
and

His Eminence Metropolitan Gerasimos

Will join Our Church in celebration of our 100-year anniversary  
On **September 24, 2022** at the St. Demetrios Community Center



Information and Tickets: [Saintdemetrios.ejoinme.org/CentennialCelebration](http://Saintdemetrios.ejoinme.org/CentennialCelebration)

**Please register by September 12, 2022**

**Questions?**

Celebration Chair - Chris Pallis [chris@pallis.net](mailto:chris@pallis.net)

Registration - Margaret Ales [maggieales@gmail.com](mailto:maggieales@gmail.com)

## Papouthes Group Luncheons - Sep 15, Oct 20, and Nov 17

Our upcoming Papouthes Group Luncheons are:

- **September 15, noon at 14 Carrot Cafe** located at 2305 Eastlake Avenue E, Seattle
- **October 20, noon at Bay Café** located at 1900 W Nickerson St, Seattle
- **November 17, noon at Taki's Mad Greek** located at 1471 NW 85th St, Seattle

Those who wish to carpool may meet at Saint Demetrios at 11:00am.

**Please RSVP** to Manuel Tramountanas so we can let the restaurant know how many seats to reserve. Thanks! For reservations/questions, contact Manuel Tramountanas at [agapemom@hotmail.com](mailto:agapemom@hotmail.com) or 206-783-4466.



## Yiayias & Friends Lunches - October 13 and November 3

**Please note:** In October, our Yiayias & Friends lunch will **not** be held on its usual first Thursday due to Festival set-up.

Our upcoming Yiayias & Friends Lunch get-togethers are:

- **October 13, 11:30am at Nikos Gyros**, 2231-32nd Ave W, Seattle, 206-285-4778, in the Magnolia neighborhood
- **November 3, 11:30am, at Bay Café**, 1900 W Nickerson, Seattle, 206-282-3435, located at Fisherman's Terminal

**RSVP to Cathy Chohlas** by email to [chowoo@comcast.net](mailto:chowoo@comcast.net) or text message to 206-282-9641, so we can let the restaurant know how many to expect.



Updates about our lunches are included in eNews and posted to our Facebook page; please inform our friends who do not use electronics, and also invite others to join us.

**We will not meet in December** due to the Philoptochos Christmas event that will take place on Saturday, December 3rd. We wish you all a blessed Holiday Season. Stay healthy and see you in January!

## St. Demetrios Psalter Group for Nativity Fast

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 kathisma consists of 7-8 psalms. Individuals are placed in groups of 20, one person per kathisma. Each person begins their readings for Day 1 of 20 on a different kathisma. At the conclusion of the Nativity Fast, each individual will have read the ENTIRE psalter twice!



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

We need at least 20 people to form the group that will begin on November 15, 2022. To join the group or for more information, please **contact Paula Macris by November 10, 2022** at [pmcmacris@gmail.com](mailto:pmcmacris@gmail.com). May God bless our efforts!

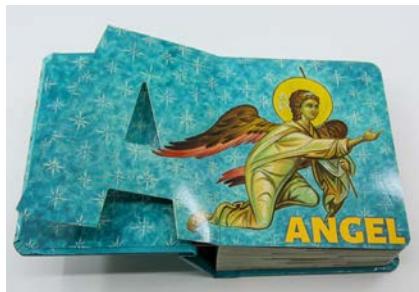
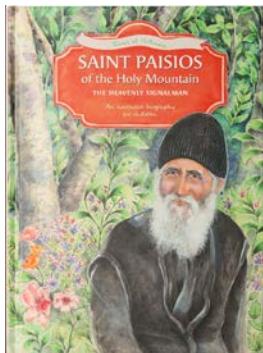
# Bookstore News

We hope everyone has been enjoying the beautiful summer weather! Now that temperatures are cooling and the days are getting shorter, we're turning our thoughts to the start of the church year and excitedly preparing for the St. Demetrios Greek Festival.

We have been busy stocking the bookstore with icons, including for parables and miracles such as the **Prodigal Son** and **Multiplication of the Loaves**. New books have also arrived such as **The Whole Counsel of God: An Introduction to Your Bible** by Fr. Stephen De Young. It's a welcoming, quick introduction to reading and understanding your Bible. Familiar titles have been restocked which include **Thinking Orthodox: Understanding and Acquiring the Orthodox Christian Mind** by Eugenia Scarvelis Constantinou and **Everyday Saints and Other Stories** by Archimandrite Tikhon which has been at the top of the best seller list since it was published in 2011.

The children's books are replenished with new titles including **Saint Paisios of the Holy Mountain: The Heavenly Signalman** and **O is for Orthodox**, a board book which teaches the alphabet while introducing 26 words related to the Orthodox Faith to our youngest parishioners. This book has die-cut shapes for each letter and beautiful illustrations to help facilitate conversation and learning. A slew of titles from Potamitis Publishing are also in stock including the sweet, small-sized Paterikon books available on a variety of topics. Each tiny book tells the story of a Saint or Feast Day and they are perfect for children ages 3-7. If your child enjoys these books they are also sure to appreciate **My Synaxarion - A Saint for Every Day**, a 12-book series, with a title for each month telling the stories of the Saints' lives. In stock are September, the first month of the Ecclesiastical year, as well as December and April.

We are also busy preparing for the St. Demetrios Greek Festival. We have truly missed holding the event the past few years and are excited to be able to work closely together and to once again invite the community into our church, to share both our faith and our traditions. **Volunteers are still needed** to help set up the weekend prior (October 1) as well as to work during the festival (October 7 - 9). If interested, contact Heather, Lindsay or Theodora at [bookstore@saintdemetrios.com](mailto:bookstore@saintdemetrios.com).



## YAL Seattle

If you are between 18-35 and live in the Seattle area, come join us! YAL Seattle connects young adults together through fellowship, faith, and service. Join our WhatsApp group, follow us on Instagram, or email us, so you are kept in the loop for all of our events.

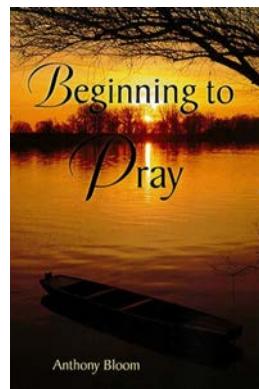
- WhatsApp: Scan QR code
- Instagram: [@yalseattle](https://www.instagram.com/yalseattle)
- Email: [yalseattle@gmail.com](mailto:yalseattle@gmail.com)



## YAL Fall Book Study

We are starting a book study on "Beginning to Pray" by Anthony Bloom this fall. It will be **every other Wednesday at 8:00pm PT starting September 7**. Sessions will be hybrid: in-person at St. D's and virtual over Zoom.

Please fill out this form if you are interested in joining! <https://forms.gle/JGS8JT51r8joRetB8>



## Sunday School Update

Welcome to our 2022-2023 St. Demetrios Sunday School Program! Our first day of Sunday School is September 18, 2022. This year's theme is the Life of the Theotokos. We will be learning about the importance of the life of the Theotokos in our lives as Orthodox Christians.



**SUNDAY SCHOOL**  
**SOWING SEEDS**  
**FOR CHRIST**

Please note the following activities through November - detailed information will be emailed to parents prior to each activity:

**September 18:** First day of class and welcome back pizza party in the small hall

**September 25:** No class; kids to stay in church as we witness the Hierarchical Liturgy with Archbishop Elpidophoros

**October 9:** No class; festival weekend

**October 30:** Joint service project with St. Demetrios Philoptochos Society for "Make A Difference Day"

**November 27:** No class; Thanksgiving weekend

Sunday School kids are invited to join the "Adopt a Senior" program to connect with our beloved St. Demetrios senior citizens who are unable to currently attend church services. Kids are asked to regularly send a card, drawing, or hand-written note to an assigned senior to let them know we are thinking of them and miss them.

Finally, please complete the Sunday School registration form (included in this issue on page 12) prior to the first day of class. We look forward to a productive year and encourage all parents to become involved with our program. For more information, please contact Paula Macris at [pmcmacris@gmail.com](mailto:pmcmacris@gmail.com).

## OCF

We have an Orthodox Christian Fellowship (OCF) chapter at the University of Washington for college students.

- OCF provides a space for college students to discuss the Orthodox Christian Faith and build friendships with others who share the same values
- We host various events relating to our four pillars: Fellowship, Education, Worship, and Service
- **OCF meets bi-weekly on Wednesdays at 7:00pm at HUB 337 on the UW campus** (Fall Quarter 2022)

**ORTHODOX CHRISTIAN FELLOWSHIP (OCF)**  
AT THE UNIVERSITY OF WASHINGTON



OCF provides a space for college students to discuss the Orthodox Christian Faith and build friendships with others who share the same values. We host various events that relate to our 4 pillars, which are Fellowship, Education, Worship, and Service.

**WHEN WE MEET:**  
Bi-weekly on Wednesdays at 7pm

**WHERE WE MEET:**  
HUB 337 (for Fall Quarter 2022)

**CONNECT WITH US:**

  
*Join our GroupMe group chat*

  
*Subscribe to our e-newsletter*

For more information:

- Join the GroupMe group chat: [https://groupme.com/join\\_group/85524228/CUbVqV5a](https://groupme.com/join_group/85524228/CUbVqV5a)
- Subscribe to the e-newsletter: <http://eepurl.com/h9mh6b>
- Reach out to Christina Bayouk: [christinamaryb@hotmail.com](mailto:christinamaryb@hotmail.com)

# 2022-2023 St. Demetrios Greek Orthodox Church

## Sunday School Enrollment Form

**Classes begin on September 18, 2022**

Thank you for enrolling your child in the St. Demetrios Sunday School Program. Each Sunday, your child will learn about their faith and Christ. Please complete this form to register your child for Sunday School and submit it to the Sunday School Director.

***Please note that a child must be 3 years old by August 31, 2022 to register this year.***

<b>Child #1</b>		
Child/Youth Full Name:	Last:	First:
Current Academic School Grade:		
Birthdate (mm/dd/yyyy):	Age:	Gender (M/F):
Patron Saint/Feast Day:		
<b>Child #2</b>		
Child/Youth Full Name:	Last:	First:
Current Academic School Grade:		
Birthdate (mm/dd/yyyy):	Age:	Gender (M/F):
Patron Saint/Feast Day:		
<b>Child #3</b>		
Child/Youth Full Name:	Last:	First:
Current Academic School Grade:		
Birthdate (mm/dd/yyyy):	Age:	Gender (M/F):
Patron Saint/Feast Day:		
<b>Parent Information</b>		
Father:	Last:	First:
Mother:	Last:	First:
<b>Home Address Information</b>		
Street:		
City/State:	Zip Code:	
Email:		
Home Phone:		

### **Volunteer Opportunities for Parents:**

- Christmas Program
- Coffee Hours
- Service Projects
- Special Projects

Please mail or scan and email registration form to: Paula Charuhas Macris, PO Box 2660, North Bend, WA 98045;  
[pmcmacris@gmail.com](mailto:pmcmacris@gmail.com); 206/795-8204.

# H.O.P.E. GROUP

INFANTS- PRE-K  
YOUTH GROUP

MEETS ON THE 1ST  
TUESDAY OF EVERY  
MONTH @11:30AM

**REGISTER TODAY!**

[https://docs.google.com/forms/d/1NGTQZKVSRMARBUETZW8TGMNTUDP2JU42F-LW2SEQRBE/viewform?edit\\_requested=true](https://docs.google.com/forms/d/1NGTQZKVSRMARBUETZW8TGMNTUDP2JU42F-LW2SEQRBE/viewform?edit_requested=true)



Join Us on October  
4th @ 11:30a.m.

MORE INFO :

📞 510.303.7362

🌐 [hope@saintdemetrios.com](mailto:hope@saintdemetrios.com)

ଓ @saintdhope



## Calling All Acolytes!

The Covid restrictions have been lifted and all Orthodox young men 3rd grade on up can once again participate in the ministry of Altar Service. What a rare opportunity indeed to join in the company of Angels, as the Acolyte serves in the sanctuary, the holiest part of the Church.

Both past Acolytes and new members are welcome. Simply check-in at the office behind the Altar by 9:30 on any Sunday morning. For any questions, feel free to contact: Father Photios at [frphotios@saintdemetrios.com](mailto:frphotios@saintdemetrios.com), Father James at [frjames@saintdemetrios.com](mailto:frjames@saintdemetrios.com), or Chris Macris at [chris@enerdynesolutions.com](mailto:chris@enerdynesolutions.com). God Bless You!



## Festival Update

Please join us by volunteering your time to support this very important effort. Send your contact information to [info@saintdemetrios.com](mailto:info@saintdemetrios.com) or call the Church Office at 206-631-2500 or contact Jim Kost directly at 206-571-6881.



# ST. DEMETRIOS Greek Festival

OCTOBER 7, 8, 9

Friday Noon - 9pm | Saturday 10am - 9pm | Sunday 11am - 6pm



- Greek food & pastries | Live Greek music & dancing
- Greek beer & wine | Free admission
- Shuttle service:

Friday - Sunday | University Light Rail Station

Saturday - Sunday | Seattle Prep

St. Demetrios Greek Orthodox Church | 2100 Boyer Avenue East | Seattle | [www.SeattleGreekFestival.com](http://www.SeattleGreekFestival.com)

# Thank You for Festival Donations

We wish to thank the following parishioners for their Festival monetary donations: **Maria Cotton, Vivie Kollias, Robert and Alvia Swegle, Ed and Sia Clarke, Andrew and Alicia Delegans, John and Mary Maciejewski, Chris and Paula Macris, Athanasios and Terri Shinas.**

Also, we wish to thank **Georgia Manolakos and her daughters, Evgenia and Effe** for their monetary donation, in memory of Panagiotis Manolakos, Kosta Pangopoulos, Demetre and Panagiotis Tsakonakos, Efstathia and Nikolaos Tsakonakos and Evgenia and Chris Manolakos.



We wish to thank **Eleftheria Proios, of 14 Carrot Cafe**, for her monetary donation to purchase 500 lbs sugar, and **George and Happy Tsantilas, of Acropolis Pizza & Pasta**, for their donation of 1,750 lbs flour.

Special thanks to our Gold Sponsors: **Gary Kuhar, George and Happy Tsantilas, Dino and Nikki Christophilis, Tasos Manouras of Ariadne, and Pete and Marilyn Lumberopoulos, of Rusty Pelican Cafe, Inc. and Gyros Delight.**

Special thank you to our Silver Sponsors: **Clifford and Theodora Argue, Athan and Cindy Tramountanas, of Ogden Murphy Wallace, PLLC, and Bronze Sponsors: Evan Voltsis, Jim and Aspasia Voltsis, Josh and Eleni Banchero, of Spiros' Pizza & Pasta.**

Your generosity is truly appreciated!!

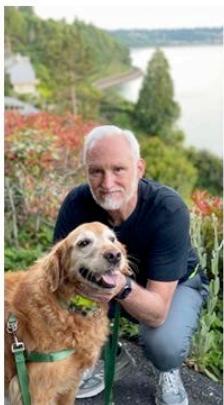
## "The St. D's Triune Trekkers"

**Fr. Photios • Fr. James • Dn. Perry**

to benefit Orthodox Missions

Now thru Sept 18

It's not too late to sponsor **Fr. Photios, Fr. James & Dn. Perry** as they walk to raise funds and awareness for the worldwide work of the Orthodox Christian Mission Center (OCMC).



**Thank you to our current supporters!** "The Triune Trekkers" are currently in 1st place out of 15 teams throughout the country.

Sponsor one of our Clergy for a chance to win a \$25 Amazon gift card each week! The latest Trekker updates and drawing winners will be posted in the weekly St. D's eNews.

**To Donate with a Credit Card:** Go to [https://secure.ocmc.org/site/TR/Trek4Missions/General?team\\_id=1430&pg=team&fr\\_id=1430](https://secure.ocmc.org/site/TR/Trek4Missions/General?team_id=1430&pg=team&fr_id=1430), click on the name of the Clergy you wish to support, & fill out the required fields.

**To Make a Cash/Check Donation to OCMC:** Contact Chris & Paula Macris at 425-888-2535 or mail to: PO Box 2660, North Bend, WA 98045. Checks are made payable to OCMC; please add "Trek4Missions, St. D's Triune Trekkers" in the memo.



For more Trek4Missions info: [https://secure.ocmc.org/site/TR?fr\\_id=1430&pg=entry](https://secure.ocmc.org/site/TR?fr_id=1430&pg=entry)

# Church Services - September through November

## Services in September

September	Service	Time
4	<b>12th Sunday of Matthew</b> Orthros & Divine Liturgy	8:15am
8	<b>Nativity of the Theotokos</b> Orthros & Divine Liturgy	8:30am
10	Great Vespers	5:00pm
11	<b>Sunday Before Holy Cross</b> Orthros & Divine Liturgy	8:15am
14	<b>Exaltation of the Holy Cross</b> Orthros & Divine Liturgy	8:30am
17	Great Vespers	5:00pm
18	<b>Sunday After Holy Cross</b> Orthros & Divine Liturgy	8:15am
24	Great Vespers with Archbishop Elpidophoros	5:00pm
31	<b>1st Sunday of Luke</b> Orthros & Hierarchical Divine Liturgy with Archbishop Elpidophoros	8:15am

## Services in October

October	Service	Time
1	<b>Romanos the Melodist</b> Orthros & Divine Liturgy Great Vespers	8:30am 5:00pm
2	<b>2nd Sunday Luke</b> Orthros & Divine Liturgy	8:15am
9	<b>3rd Sunday of Luke</b> Orthros & Divine Liturgy	8:15am
16	<b>Sunday of the 7th Ecumenical Council</b> Orthros & Divine Liturgy	8:15am
20	<b>St. Gerasimos of Kephallonia</b> Orthros & Divine Liturgy	8:30am
23	<b>6th Sunday of Luke</b> Orthros & Divine Liturgy	8:15am
25	St. Demetrios Great Vespers	6:00pm
26	<b>St. Demetrios</b> Orthros & Divine Liturgy	8:30am
30	<b>5th Sunday of Luke</b> Orthros & Divine Liturgy	8:15am

## Services in November

November	Service	Time
6	<b>7th Sunday of Luke</b> Orthros & Divine Liturgy	8:15am
8	<b>Synaxis of the Archangels</b> Orthros & Divine Liturgy	8:30am
9	<b>St. Nectarios</b> Orthros & Divine Liturgy	8:30am
11	<b>St. Menas</b> Orthros & Divine Liturgy	8:30am
13	<b>8th Sunday of Luke</b> Orthros & Divine Liturgy	8:15am
16	<b>St. Matthew the Evangelist</b> Orthros & Divine Liturgy	8:30am
20	<b>9th Sunday of Luke</b> Orthros & Divine Liturgy	8:15am
22	<b>St. Iakovos of Evia</b> Orthros & Divine Liturgy	8:30am
23	Thanksgiving Vespers Divine Liturgy for Thanksgiving	6:00pm
25	<b>St. Katherine</b> Orthros & Divine Liturgy	8:30am
27	<b>13th Sunday of Luke</b> Orthros & Divine Liturgy	8:15am
30	<b>St. Andrew</b> Orthros & Divine Liturgy	8:30am

## Baptisms

Congratulations to Nicholas and Tina Jones whose daughter, Ariadne was baptized on July 10, 2022. Her sponsor is Nicholas Carkonen. "Na sas zesei!"

Congratulations to George and Courteney Plumis whose daughter, Eleni Marie was baptized on July 17, 2022. Her sponsors are George John and Christina Meehan. "Na sas zesei!"

Congratulations to Jeffrey and Alexandra Hoffman whose daughter, Olivia Rose was baptized on July 24, 2022. Her sponsor is Timothy Schwenke. "Na sas zesei!"

Congratulations to Jack and Javiera Lakkis whose son, Maxwell James was baptized on July 31, 2022. His sponsor is Paul Lakkis. "Na sas zesei!"

Congratulations to Constantinos and Irene Bekris whose son, Athanasios Konstantinos was baptized on August 20, 2022. His sponsor is Alexandra Flugstad. "Na sas zesei!"

Congratulations to George and Mary Malevitsis whose daughter, Sophie Eleni was baptized on August 28, 2022. Her sponsors are Demetri and Heather Themelis. "Na sas zesei!"

# 2022 St. Demetrios Stewards

Matthew Adkins  
Samer and Rana Agie  
John and Margaret Ales  
Maria Ales  
Nick and Suha Alevizatos  
Andrew and Vicky Aliferakis  
Nick and Terri Alvanos  
Rothopi Andrews  
Fr. John and Presv. Anna Angelis  
Theodore and Kim Angelis  
Dcn. Perry and Francesca Angelos  
Evangelos and Magdaline Angelou  
Artemis Antipas and Achilleas Stamoulis  
Tassos and Ilene Antonitsas  
Costas Antonopoulos  
Ioanna Antonopoulos and Michael Moser  
Clifford and Theodora Argue  
Patricia Arvanitidis  
Emmanuel Athans  
Stella Athans  
Kostas and Linda Avlonitis  
Nancy Aziz  
Zacharou Babarakos  
Pat Bacolas  
John and Sylvia Baisch  
William (Corky) Bakamus  
Matthew and Nicole Balkenbush  
Josh and Eleni Banchero  
Sara Baraki  
Christa Barbas  
Maria Barbas  
George Bariames and Eleni Athans  
Frances Barneicut  
Greg Bartell and Fotini Georgiadou  
Alice Bayouk  
Bassam and Duaa Bayouk  
Gabriel Bayouk  
Lena Bayouk  
Victor Bayouk  
Brandon and Molly Bede  
J. Brewster and Janice Bede  
Angelo and Anastasia Bekris  
Konstantinos and Eirene Bekris  
Arvid Berg and Sophia Zervas-Berg  
Kay Betts  
Neena Blackwell  
Andrew and Rosalie Boulieris  
Gus Boutsinis  
Josh and Ashley Brockmeyer  
Jeffrey and Allison Brooks  
Theodora Broutzakis  
Mark and Maria Brymerski  
Frank and Shelley Buhler  
Joseph and Catherine Burke  
Mark and Maria Burke  
Steve Calandrillo and Chryssa Deliganis-  
Calandrillo  
Nick and Vanessa Carkonen  
Calliope Carras  
Eleni Carras  
Louie Carras  
Douglas and Jillian Chandler  
Ron and Vicky Christianson  
Eleni Christo  
John and Helen Christofilis  
Anastasios and Voula Christophilis  
Dino and Nikki Christophilis  
Margo Christophilis  
Heather Christothoulou  
Tula Christothoulou  
Ed and Anastasia Clarke  
Cathleen Clinger  
Marie Collins  
Matthew and Alexis Conner  
John and Diane Conom  
Madeline Conom  
G. Paul Constantine  
O. George and Kay Constantine  
Debbie Constantine-Skouras  
Dino and Cynthia Cooper  
Gus Cooper  
Maria Cooper  
John Costacos  
Barbara Cotton  
Maria Cotton  
Gus Courounes  
Nicoleta Courounes  
Renee Courounes  
Dale and Mariann Crane  
Donald and Laura Crews  
Christos Dagadakis and Judith Turner  
George and Angela Dalas  
Mary Dallas-Smith  
Mary Damascus  
Sofia Damascus  
Vince Davis and Effe Manolakos  
Kirt Debiqe and Ann Mentis-Debiqe  
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  
Pauline Diafos  
Panagiotis and Voula Dikeakos  
Stephanie Dikeakos  
Vasili and Katherine Dikeakos  
Al and Rachael Dimakis  
Ted Dimitriou  
Christopher Dodd and Maria Christofilis  
Voula Dodd  
Athena Doolittle  
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  
Paul Dudunakis  
Fr. Photios and Presv. Katherine Dumont  
Robert Dunbar and Andrea Tsakiilos-Dunbar  
Chris and Marla Economou  
Mary P. Economou  
Michael and Elaine Falangus  
Ed Fancher and Katherine Retelas-Fancher  
Sameh Farah  
Nicolette Farmasonis  
Petros and Colleen Farmasonis  
Yemane Fecadu and Sharon Glein  
Timothy Ferraro and Suzanne Krekas-Ferraro  
Alex and Anna Fleet  
Georgios and Maria Flemetakis  
Matthew and Alexandra Flugstad  
Bill Fournarakis  
Nick Ganoulis  
Zoe Ganoulis  
Meletios and Theodora Geokezas  
Evan George  
Tyler and Anastasia Geving  
Michael and Wanda Gikas  
Elaine Giusti  
Matthew and Anna Goodrich  
Kathy Gookstetter  
Robert and Danielle Griffith  
Efy Grivas  
Anthea Grivas McLean and Marty McLean  
John and Ioanna Grose  
Richard Grunder and Christina Economou-  
Grunder  
James and Shawn Hages  
Joan Hanna  
Dorothy Haskell  
George Hatziantoniou and Elizabeth  
Economou-Hatziantoniou  
Terri Hawdon  
Dale Hazapis  
Christopher and Joanne Hegge  
John and Maria Hillman  
William and Angelea Hoeft  
Christopher and Mary Hohensinner  
David Horne and Margaret Shnorhavorian  
Patrick and Vickie Howard  
Peter and Demetra Jacobsen  
Joe and Virginia Jarek  
John and Emilie John  
Barbara Kay Johnson  
Brandon and Elli Johnson  
James Johnson  
Ian Jorgensen and Yulia Balayants  
Gerry Kaelin and Christina Demopoulos-  
Kaelin  
Athanasia Kalasountas  
Panagiotis and Rena Kalasountas  
Jim Kaloris  
George and Christina Kaltounis  
John and Virginia Kapelouzos  
Maurice and Carmen Karagiorgos  
Christine Karambelas  
Jim and Georgene Karambelas  
Tim and Nadine Karas  
Nick and Nancy Karis  
Terry and Hannah Karis  
Anthony Karis Family  
Georgia Karvountzi  
Christine Karzmar  
Paul and Sally Kassab  
Kalliopi Katholos  
Katherine Katholos Babington  
Jean Katsandres  
Gregory and Angela Kavounas  
Dan Kelly and Andrea Caralis  
Michael and Laura Kemmerer  
Timothy and Sofia Kenny  
Bishara and Diane Kharoufeh  
Brian and Jiovanna Koceski  
Arthur and Fannie Kolios  
Leta Kolios  
Evyenia Kollia and Naguib Youssef  
Sophia Kollias  
Vivie Kollias  
Vasiliki Kolytiris  
James and Patti Kost  
Maria Kost  
Louie and Vicki Kotsakis  
Panagiota (Julie) Kotsali  
Petros and Regina Koumantaros  
Toula Koutlas  
Gary Kuhar  
Fr. James and Presv. Vasso Kumarelas  
Dena Kusulos  
Peter and Rachele Kyriacou  
Alexandra Kyrimis  
Kostas and Linda Kyrimis  
Marty Kyrimis  
Steve Lacey and Lana Georges  
Demetrios and Evangelia Lagos  
Jack and Javiera Lakkis  
Derek LaMarche

Katerina LaMarche  
Michael and Lena LaMarche  
Elisabeth Lavaris  
Ken and Irene Lehman  
Dean and Kathleen Lentgis  
Thomas Leonidas  
Jeffrey and Tina Lewis  
John and Polette Limantzakis  
Johnny and Lucy Limantzakis  
Nick and Panagiota Lulos  
Glen and Georgine Looney  
Sophia Looney  
Theodore Looney  
George and Giannoula Lymberis  
Pete and Olga Lymberis  
Peter and Katherine MacBride  
John and Mary Maciejewski  
Chris and Paula Macris  
Wendell and Demitrua Madison  
Emanuel and Dina Magoulas  
Mary Malesis  
George and Mary Malevitsis  
James Malevitsis  
Perry and Eleni Malevitsis  
Samuel Mallos  
Nicky Manitaras  
Georgia Manolakos  
Stilianos and Kari Manos  
Connie Marble  
Joseph and Nikoletta Marciniak  
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# September 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 11th Sunday of Matthew Epistle: Romans 2:10-16 Gospel: Matthew 4:18-23 8:15a Orthros 9:30a Divine Liturgy 12:30p Greek Dance 12:30p Baptism	29 8:30a Orthros 9:30a Divine Liturgy 6p Greek Dance 6:15p Dance Board Meeting 9:30a Divine Liturgy 12:30p Greek Dance 12:30p Baptism	30 8:30a Orthros 9:30a Divine Liturgy 6p Greek Dance 6:15p Dance Board Meeting 9:30a Divine Liturgy 3:30p Wedding	31 8:30a Open Confession until 4pm 11:30a Yiayias and Friends Luncheon	1 11:30a Yiayias and Friends Luncheon	2 2p Wedding Rehearsal 4p Wedding Rehearsal	3 4p Wedding
4 12th Sunday of Matthew Epistle: 1Corinthians 15:1-... Gospel: Matthew 19:16-26 8:15a Orthros 9:30a Divine Liturgy 3:30p Wedding	5 6p Greek Dance 10a Philoptochos Board Meeting 10a WOCA at All Merciful Saviour Monastery	6 10a Philoptochos Board Meeting 10a WOCA at All Merciful Saviour Monastery	7 1p Open Confession until 4pm 8:30a Orthros 9:30a Divine Liturgy	8 St. Meletios the Righteous	9 John, Patriarch of C/nple Mamas, Martyr	10 Anthimios & Theoktistos the Ri...
11 Sunday before Holy Cross Epistle: Galatians 6:11-18 Gospel: John 3:13-17 8:15a Orthros 9:30a Divine Liturgy 1p Baptism	12 6p Greek Dance 6:15p Dance Board Meeting	13 Archangel Michael's Miracle Kalodotis, Martyr	14 6:30p Parish Council 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession until 4pm	15 Nativity of the Theotokos	16 Severian, Martyr Synaxis of Joachim and Anna	17 Menodora, Metrodora, Nymph...
18 Sunday after Holy Cross Epistle: Galatians 2:16-20 Gospel: Mark 8:34-9:1 Sunday School Begins 8:15a Orthros 9:30a Divine Liturgy 11:30a Philoptochos Meeting	19 Autonomos, Martyr	20 Cornelios, Martyr	21 Exaltation of the Holy Cross 1p Open Confession until 4pm	22 Bessarion, Philotheos & Gerasimos Nikitas, Martyr	23 Euphemia, Great Martyr St Sophia & Her Daughters	24 Centennial Celebration with Archbishop Elpidophoros 5p Great Vespers 6p Reception with Archbishop Elpidophoros 7p Grand Banquet
25 1st Sunday of Luke Epistle: 2Corinthians 4:6-15 Gospel: Luke 5:1-11 Centennial Celebration 8:15a Orthros 9:30a Hierarchal Divine Liturgy w/ Archbishop Elpidophoros 11:30a Reception with His Eminence Ephiosyne the Righteous	26 Ariadne, Martyr Eumenios, Bishop of Gortynia	27 Trophimos, Martyr	28 Eustathios, Great Martyr & Family Jonah the Prophet Kodratos, Apostle	29 Phocas the Gardener	30 Conception of St. John the Baptist	1 8:30a Orthros 9:30a Divine Liturgy 5p Great Vespers
31 11th Sunday of Matthew Epistle: Romans 2:10-16 Gospel: Matthew 4:18-23 8:15a Orthros 9:30a Divine Liturgy 12:30p Greek Dance 12:30p Baptism	32 8:30a Open Confession until 4pm 11:30a Yiayias and Friends Luncheon	33 St. John the Evangelist	34 Baruch the Prophet Chariton Confessor	35 Kyriakos the Anchorite Petronia, Martyr	36 Gregory, Hieromartyr of Armenia	37 Ananias the Apostle Romanos the Melodist

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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 the month to appear in the next newsletter. Submissions 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](mailto:info@saintdemetrios.com).

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