



# The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

September - November 2022  
USPS 8048, No 8

## Office Hours

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Monday - Friday

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[saintdemetrios.com](http://saintdemetrios.com)

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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.*

## Memorials & Candles

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

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 Tolia (one year since his passing), by his wife, Dorothea Tolia and his daughter and son-in-law, Nikoleta and Mark Marciniak.

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 Tsiakilos (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**

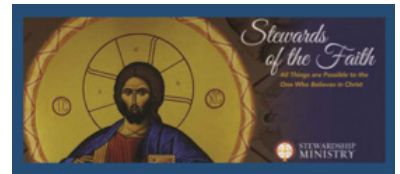
A reminder our Festival is returning after a 2-year absence on October 7, 8, & 9. See the flyer in this edition on page 14. Please join us by volunteering your time to support this very important effort. Send your contact information to [info@saintdemetrios.com](mailto:info@saintdemetrios.com) or call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

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## 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, Demitru            | Shinas, Terri           |
| Barbas, Maria               | Everett, Sophia             | Magoulas, Dina              | Shirland, Simoni        |
| Barnecut, 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          |
| Boulrieris, 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                | Moroseos, Maria             | Teodosiadis, Steve      |
| Chriest, Effie              | John, Emilie                | Moroseos, 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                  | Panagakakis, 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          |
| Demopulos, Diane            | Kumarelas, Pres. Vasso      | Plumis, Pam                 | Xidias, Mary            |
| Demopulos, 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. Demetrios 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)

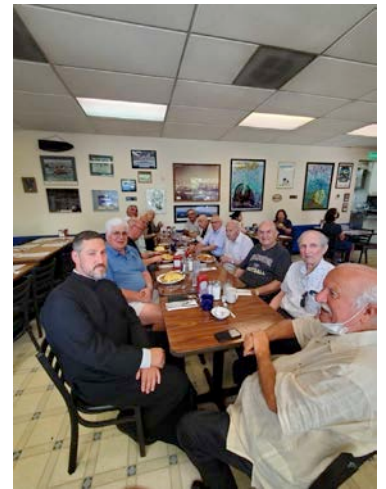
## Papouthes Group Luncheons - Sep 15, Oct 20, and Nov 17

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 kathismata 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!

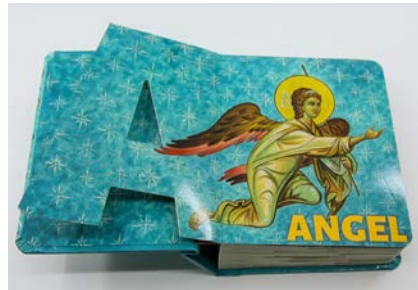
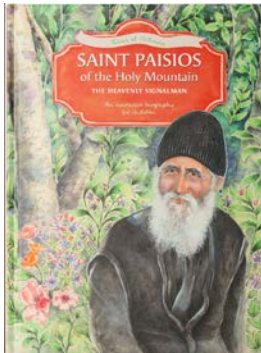
## Bookstore News

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 Archmandrite 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.

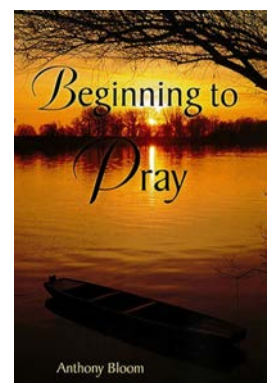
- WhatsApp: Scan QR code
- Instagram: @yalseattle
- Email: [yalseattle@gmail.com](mailto:yalseattle@gmail.com)



## 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.***

| Child #1                       |       |               |  |
|--------------------------------|-------|---------------|--|
| Child/Youth Full Name:         | Last: | First:        |  |
| Current Academic School Grade: |       |               |  |
| Birthdate (mm/dd/yyyy):        | Age:  | Gender (M/F): |  |
| Patron Saint/Feast Day:        |       |               |  |
|                                |       |               |  |
| Child #2                       |       |               |  |
| Child/Youth Full Name:         | Last: | First:        |  |
| Current Academic School Grade: |       |               |  |
| Birthdate (mm/dd/yyyy):        | Age:  | Gender (M/F): |  |
| Patron Saint/Feast Day:        |       |               |  |
|                                |       |               |  |
| Child #3                       |       |               |  |
| Child/Youth Full Name:         | Last: | First:        |  |
| Current Academic School Grade: |       |               |  |
| Birthdate (mm/dd/yyyy):        | Age:  | Gender (M/F): |  |
| Patron Saint/Feast Day:        |       |               |  |
|                                |       |               |  |
| Parent Information             |       |               |  |
| Father:                        | Last: | First:        |  |
| Mother:                        | Last: | First:        |  |
| Home Address Information       |       |               |  |
| 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; [pncmacris@gmail.com](mailto:pncmacris@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/1NGTQZKVSRRMARBUETZW8TGMNTUDP2JU42F-LW2SEQRBE/VIEWFORM?EDIT\\_REQUESTED=TRUE](https://docs.google.com/forms/d/1NGTQZKVSRRMARBUETZW8TGMNTUDP2JU42F-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)



@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 Lymberopoulos, 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 Banchemo, of Spiros' Pizza & Pasta.**

Your generosity is truly appreciated!!



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## "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><br>Orthros & Divine Liturgy   | 8:15am |
| 8         | <b>Nativity of the Theotokos</b><br>Orthros & Divine Liturgy  | 8:30am |
| 10        | Great Vespers   | 5:00pm |
| 11        | <b>Sunday Before Holy Cross</b><br>Orthros & Divine Liturgy   | 8:15am |
| 14        | <b>Exaltation of the Holy Cross</b><br>Orthros & Divine Liturgy                                       | 8:30am |
| 17        | Great Vespers   | 5:00pm |
| 18        | <b>Sunday After Holy Cross</b><br>Orthros & Divine Liturgy  | 8:15am |
| 24        | Great Vespers<br>with Archbishop Elpidophoros   | 5:00pm |
| 31        | <b>1st Sunday of Luke</b><br>Orthros & Hierarchical Divine<br>Liturgy with Archbishop<br>Elpidophoros | 8:15am |

## Services in October

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

## Services in November

| November | Service   | Time   |
|----------|---|--------|
| 6        | <b>7th Sunday of Luke</b><br>Orthros & Divine Liturgy         | 8:15am |
| 8        | <b>Synaxis of the Archangels</b><br>Orthros & Divine Liturgy  | 8:30am |
| 9        | <b>St. Nectarios</b><br>Orthros & Divine Liturgy              | 8:30am |
| 11       | <b>St. Menas</b><br>Orthros & Divine Liturgy                  | 8:30am |
| 13       | <b>8th Sunday of Luke</b><br>Orthros & Divine Liturgy         | 8:15am |
| 16       | <b>St. Matthew the Evangelist</b><br>Orthros & Divine Liturgy | 8:30am |
| 20       | <b>9th Sunday of Luke</b><br>Orthros & Divine Liturgy         | 8:15am |
| 22       | <b>St. Iakovos of Evia</b><br>Orthros & Divine Liturgy        | 8:30am |
| 23       | Thanksgiving Vespers<br>Divine Liturgy for Thanksgiving       | 6:00pm |
| 25       | <b>St. Katherine</b><br>Orthros & Divine Liturgy              | 8:30am |
| 27       | <b>13th Sunday of Luke</b><br>Orthros & Divine Liturgy        | 8:15am |
| 30       | <b>St. Andrew</b><br>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 Eirene 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                           | John and Diane Conom                       | Efy Grivas                              |
| Samer and Rana Agie                      | Madeline Conom                             | Anthea Grivas McLean and Marty McLean   |
| John and Margaret Ales                   | G. Paul Constantine                        | John and Ioanna Grose                   |
| Maria Ales                               | O. George and Kay Constantine              | Richard Grunder and Christina Economou- |
| Nick and Suha Alevizatos                 | Debbie Constantine-Skouras                 | Grunder                                 |
| Andrew and Vicky Aliferakis              | Dino and Cynthia Cooper                    | James and Shawn Hages                   |
| Nick and Terri Alvanos                   | Gus Cooper                                 | Joan Hanna                              |
| Rothopi Andrews                          | Maria Cooper                               | Dorothy Haskell                         |
| Fr. John and Presv. Anna Angelis         | John Costacos                              | George Hatziantoniou and Elizabeth      |
| Theodore and Kim Angelis                 | Barbara Cotton                             | Economou-Hatziantoniou                  |
| Dcn. Perry and Francesca Angelos         | Maria Cotton                               | Terri Hawdon                            |
| Evangelos and Magdaline Angelou          | Gus Courounes                              | Dale Hazapis                            |
| Artemis Antipas and Achilleas Stamoulis  | Nicoleta Courounes                         | Christopher and Joanne Hegge            |
| Tassos and Ilene Antonitsas              | Renee Courounes                            | John and Maria Hillman                  |
| Costas Antonopoulos                      | Dale and Mariann Crane                     | William and Angelea Hoeft               |
| Ioanna Antonopoulos and Michael Moser    | Donald and Laura Crews                     | Christopher and Mary Hohensinner        |
| Clifford and Theodora Argue              | Christos Dagadakis and Judith Turner       | David Horne and Margaret Shnorhavorian  |
| Patricia Arvanitidis                     | George and Angela Dalas                    | Patrick and Vickie Howard               |
| Emmanuel Athans                          | Mary Dallas-Smith                          | Peter and Demetra Jacobsen              |
| Stella Athans                            | Mary Damascus                              | Joe and Virginia Jarek                  |
| Kostas and Linda Avlonitis               | Sofia Damascus                             | John and Emilie John                    |
| Nancy Aziz                               | Vince Davis and Effie Manolakos            | Barbara Kay Johnson                     |
| Zacharou Babarakos                       | Kirt Debique and Ann Mentis-Debique        | Brandon and Elli Johnson                |
| Pat Bacolas                              | Alexandra Delegans                         | James Johnson                           |
| John and Sylvia Baisch                   | Sam and Vicki Deliganis                    | Ian Jorgensen and Yulia Balayants       |
| William (Corky) Bakamus                  | George and Charlene Demonakos              | Gerry Kaelin and Christina Demopoulos-  |
| Matthew and Nicole Balkenbush            | Nicholas and Stella Demonakos              | Kaelin                                  |
| Josh and Eleni Banchero                  | Peter and Diane Demopulos                  | Athanasia Kalasountas                   |
| Sara Baraki                              | Ryan and Demetra Dennis                    | Panagiotis and Rena Kalasountas         |
| Christa Barbas                           | Christina Derezes                          | Jim Kaloris                             |
| Maria Barbas                             | Nick Diafos and Athena Modonas-Diafos      | George and Christina Kaltsounis         |
| George Bariames and Eleni Athans         | Pauline Diafos                             | John and Virginia Kapelouzou            |
| Frances Barnecut                         | Panagiotis and Voula Dikeakos              | Maurice and Carmen Karagiorgos          |
| Greg Bartell and Fotini Georgiadou       | Stephanie Dikeakos                         | Christine Karambelas                    |
| Alice Bayouk                             | Vassili and Katherine Dikeakos             | Jim and Georgene Karambelas             |
| Bassam and Duaa Bayouk                   | Al and Rachael Dimakis                     | Tim and Nadine Karas                    |
| Gabriel Bayouk                           | Ted Dimitriou                              | Nick and Nancy Karis                    |
| Lena Bayouk                              | Christopher Dodd and Maria Christofilis    | Terry and Hannah Karis                  |
| Victor Bayouk                            | Voula Dodd                                 | Anthony Karis Family                    |
| Brandon and Molly Bede                   | Athena Doolittle                           | Georgia Karvountzi                      |
| J. Brewster and Janice Bede              | Demetrios and Vickie Dotis                 | Christine Karzmar                       |
| Angelo and Anastasia Bekris              | Gus and Gregoria Dounis                    | Paul and Sally Kassab                   |
| Konstantinos and Eirene Bekris           | James and Jodi Dounis                      | Kalliopi Katholos                       |
| Arvid Berg and Sophia Zervas-Berg        | Robert and Janie Drumhiller                | Katherine Katholos Babington            |
| Kay Betts                                | Christopher Dudler                         | Jean Katsandres                         |
| Neena Blackwell                          | Nicholas Dudler                            | Gregory and Angela Kavounas             |
| Andrew and Rosalie Boulhieris            | Thomas Dudler and Pandora Christie         | Dan Kelly and Andrea Caralis            |
| Gus Boutsinis                            | Kenneth and Kristina Dudunakis             | Michael and Laura Kemmerer              |
| Josh and Ashley Brockmeyer               | Paul Dudunakis                             | Timothy and Sofia Kenny                 |
| Jeffrey and Allison Brooks               | Fr. Photios and Presv. Katherine Dumont    | Bishara and Diane Kharoufeh             |
| Theodora Broutzakis                      | Robert Dunbar and Andrea Tsiakilos-Dunbar  | Brian and Giovanna Koceski              |
| Mark and Maria Brymerski                 | Chris and Maria Economou                   | Arthur and Fannie Kolios                |
| Frank and Shelley Buhler                 | Mary P. Economou                           | Leta Kolios                             |
| Joseph and Catherine Burke               | Michael and Elaine Falangus                | Evyenia Kolliou and Nageib Youssef      |
| Mark and Maria Burke                     | Ed Fancher and Katherine Retelas-Fancher   | Sophia Kollias                          |
| Steve Calandrillo and Chryssa Deliganis- | Sameh Farah                                | Vivie Kollias                           |
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| Eleni Carras                             | Timothy Ferraro and Suzanne Krekas-Ferraro | Louie and Vicky Kotsakis                |
| Louie Carras                             | Alex and Anna Fleet                        | Panagiota (Julie) Kotsali               |
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| Bill Pallis                      | Andrew and Kayla Sophinos                 | Nicholas and Lizabeth Zardis                       |
| Chris and Rebecca Pallis         | Tom and Virginia Southas                  | John and Mary Ellen Zoulas                         |
| Chris and Vasiliki Pallis        | John Stamatoyannopoulos and Lisa Strate   |  |

# September 2022

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|--|--|---|---|--|---|--|
| <p>28</p> <p>11th Sunday of Matthew</p> <p>Epistle: Romans 2:10–16</p> <p>Gospel: Matthew 4:18–23</p> <ul style="list-style-type: none"> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>12p Greek Dance</li> <li>12:30p Baptism</li> </ul>   | <p>29</p> <ul style="list-style-type: none"> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>6p Greek Dance</li> <li>6:15p Dance Board Meeting</li> </ul> | <p>30</p>   | <p>31</p> <ul style="list-style-type: none"> <li>1p Open Confession until 4pm</li> </ul>  | <p>1</p> <ul style="list-style-type: none"> <li>11:30a Yiayias and Friends Luncheon</li> </ul>         | <p>2</p> <ul style="list-style-type: none"> <li>2p Wedding Rehearsal</li> <li>4p Wedding Rehearsal</li> </ul>   | <p>3</p> <ul style="list-style-type: none"> <li>4p Wedding</li> </ul>  |
| <p>Lavrentios the Martyr</p> <p>St. Anna the Prophet</p>   | <p>Beheading of St. John the Baptist</p> <p>Beheading of St. John the Baptist</p>  | <p>Alexandros, Paul &amp; John, Patriarch...</p>  | <p>Holy Cincture of the Theotokos</p>   | <p>St. Meletios the Righteous</p>  | <p>John, Patriarch of C/nple Mamas, Martyr</p>  | <p>Anthimos &amp; Theoktistos the Ri...</p>  |
| <p>4</p> <p>12th Sunday of Matthew</p> <p>Epistle: 1 Corinthians 15:1–...</p> <p>Gospel: Matthew 19:16–26</p> <ul style="list-style-type: none"> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>3:30p Wedding</li> </ul>   | <p>5</p> <ul style="list-style-type: none"> <li>6p Greek Dance</li> </ul>  | <p>6</p> <ul style="list-style-type: none"> <li>10a Philoptochos Board Meeting</li> <li>10a WOCA at All Merciful Saviour Monastery</li> </ul> | <p>7</p> <ul style="list-style-type: none"> <li>1p Open Confession until 4pm</li> </ul>   | <p>8</p> <ul style="list-style-type: none"> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> </ul> | <p>9</p>  | <p>10</p> <ul style="list-style-type: none"> <li>5p Great Vespers</li> </ul>   |
| <p>Babylas, Bishop of Antioch</p> <p>Moses the Prophet</p>   | <p>Zacharias &amp; Elizabeth</p>   | <p>Archangel Michael's Miracle</p> <p>Kalodotis, Martyr</p>   | <p>Sozon &amp; Nikonache, Martyrs</p>   | <p>Nativity of the Theotokos</p>   | <p>Severian, Martyr</p> <p>Synaxis of Ioachim and Anna</p>  | <p>Menodoras, Metrodoras, Nymph...</p>   |
| <p>11</p> <p>Sunday before Holy Cross</p> <p>Epistle: Galatians 6:11–18</p> <p>Gospel: John 3:13–17</p> <ul style="list-style-type: none"> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>1p Baptism</li> </ul>  | <p>12</p> <ul style="list-style-type: none"> <li>6p Greek Dance</li> <li>6:15p Dance Board Meeting</li> </ul>  | <p>13</p> <ul style="list-style-type: none"> <li>6:30p Parish Council</li> </ul>  | <p>14</p> <ul style="list-style-type: none"> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>1p Open Confession until 4pm</li> </ul> | <p>15</p> <ul style="list-style-type: none"> <li>11a Papouthes Luncheon</li> </ul>                     | <p>16</p>   | <p>17</p> <ul style="list-style-type: none"> <li>5p Great Vespers</li> </ul>   |
| <p>Evanthia the Martyr</p> <p>Theodora &amp; Efrasinos the Righte...</p>   | <p>Autonomos, Martyr</p>   | <p>Cornelios, Martyr</p>  | <p>Exaltation of the Holy Cross</p>   | <p>Bessarion, Philotheos &amp; Gerasimos Nikitas, Martyr</p>   | <p>Euphemia, Great Martyr</p>   | <p>St Sophia &amp; Her Daughters</p>   |
| <p>18</p> <p>Sunday after Holy Cross</p> <p>Epistle: Galatians 2:16–20</p> <p>Gospel: Mark 8:34–9:1</p> <p>Sunday School Begins</p> <ul style="list-style-type: none"> <li>8:15a Orthros</li> <li>9:30a Divine Liturgy</li> <li>11:30a Philoptochos Meeting</li> </ul>   | <p>19</p> <ul style="list-style-type: none"> <li>6p Greek Dance</li> </ul>   | <p>20</p>   | <p>21</p> <ul style="list-style-type: none"> <li>1p Open Confession until 4pm</li> </ul>  | <p>22</p>  | <p>23</p> <p>Centennial Celebration with Archbishop Elpidophoros</p> <ul style="list-style-type: none"> <li>5p Great Vespers</li> <li>6p Reception with Archbishops Elpidophoros</li> <li>7p Grand Banquet</li> </ul> | <p>24</p>  |
| <p>Ariadne, Martyr</p> <p>Eumenios, Bishop of Gortyna</p>  | <p>Trophimos, Martyr</p>   | <p>Eustathios, Great Martyr &amp; Family</p>  | <p>Jonah the Prophet</p> <p>Kodratos, Apostle</p>   | <p>Phocas the Gardener</p>   | <p>Conception of St. John the Baptist</p>   | <p>St. Silouan the Athonite</p> <p>St. Thekla the Martyr</p>   |
| <p>25</p> <p>1st Sunday of Luke</p> <p>Epistle: 2 Corinthians 4:6–15</p> <p>Gospel: Luke 5:1–11</p> <p>Centennial Celebration</p> <ul style="list-style-type: none"> <li>8:15a Orthros</li> <li>9:30a Hierarchal Divine Liturgy w/ Archbishop Elpidophoros</li> <li>11:30a Reception with His Eminence Euphrosyne the Righteous</li> </ul> | <p>26</p> <ul style="list-style-type: none"> <li>6p Greek Dance</li> </ul>   | <p>27</p> <ul style="list-style-type: none"> <li>6:30p Stewardship Meeting</li> </ul>   | <p>28</p>   | <p>29</p>  | <p>30</p>   | <p>1</p> <ul style="list-style-type: none"> <li>8:30a Orthros</li> <li>9:30a Divine Liturgy</li> <li>5p Great Vespers</li> </ul> |
| <p>Ananias the Apostle</p> <p>Romanos the Melodist</p>   | <p>St. John the Evangelist</p>   | <p>Kallistratos, Martyr &amp; 49 Others</p>   | <p>Baruch the Prophet</p> <p>Charlton, Confessor</p>  | <p>Kyriakos the Anchorite</p> <p>Petronia, Martyr</p>  | <p>Gregory, Hieromartyr of Armenia</p>  |  |

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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*