



March 2022
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saintdemetrios.com

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The Orthodox Way

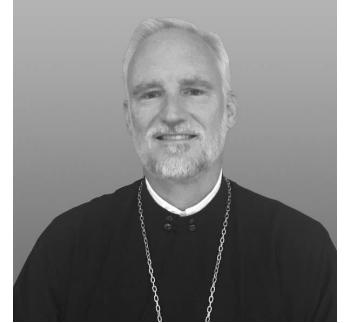
THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

A certain lawyer asked our Lord Jesus Christ, "Teacher, what shall I do to inherit eternal life?" Our Lord asked him, "What is written in the law, what is your understanding of it?" The lawyer responded, "You shall love the LORD your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbor as yourself." Christ then answered, "You have answered rightly, do this and you will live" (Luke 10:25-28).

What does it mean to love God?

To love God means to be devoted to Him. To love God with all our heart, all our soul and all our strength means to be steadfastly devoted to God with our whole heart and soul, and all the strength and fullness of love that is possible for the human heart—not sharing our love in the same way with any other being, however necessary and beloved and dear they may be to us.



To love God with all our heart means to think more often and readily about Him and what is pleasing to Him, because it is in general an attribute of love that the one whom we love is constantly with us in our thoughts. We are often separated from the one we love, but the one we love is always present in our thoughts.

To love God with all our heart means that we are always trying to learn the will of God and do that which is pleasing to Him. To love God means that we readily and with joy fulfill His will, no matter how demanding the personal sacrifice it might be for us to do so. Love does not consider obstacles, difficulties or challenges—not even dangers. Love overcomes everything because for love everything difficult is easy, everything unpleasant is pleasant and everything heavy is light.

To love God with all our heart means to glorify Him with the greatest zeal and to prevent as much as it is within our power anything that impugns His glory. It is an attribute of love that we everywhere praise the one whom we love, and defend their honor and their good name. We are always gratified when the one we love is held in high honor and displeased when they are not loved and respected.

Who among us can say that they love God with all their mind, heart and strength? If we are honest with ourselves, we must say that we do not love God because the four attributes of love mentioned above do not reign in our hearts. Yet, in order for us to be saved, to inherit eternal life means that we **MUST** love God. In general, the reason we don't love God is because we have not fully understood how much He loves us and how everything in our life is a direct result of His love! How can we understand this? How can our eyes be opened to this? Our Lord told us, "I am the Vine You are the branches; without Me you can do nothing" (John 15:5). In other words, we cannot know God's love for us unless He reveals this to us. Now we understand why the church offers us Great and Holy Lent – the time of repentance where we devote a very special time to returning to God, imploring Him for His help and doing all that we can (by fasting, praying, attending Lenten Services, eliminating activities in our lives which do not profit our souls) to attract God's grace to show Him how much we want to know His love. Pascha itself is a foretaste of the Kingdom to come. Don't we all experience profound joy at Pascha? This is the experience of God's love, foreshadowing what is awaiting us in the next life... and is available to us today—if we love God **NOW!** A simple definition of a

- Continued on page 7 -

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

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

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

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Memorials & Candles

On February 13 a Holy Altar Table Vigil Light is offered in loving memory of Billie Jo Therson (one year since her passing), by Vivian Williamson.

On February 13 Two Holy Altar Table Vigil Lights are offered in loving memory of Kaliopi Pagones (two years since her passing), by Anthony Pagones and family, Christina Pagones and family and Theo Pagones.

On February 27 a Holy Altar Table Vigil Light is offered in loving memory of Kyriakos Moroseos (six years since his passing), by his son Alex Moroseos and family.

On March 6 a Memorial Service and a donation to the Orthodox Christian Mission Center are offered in loving memory of Eugenia Macris (five years since her passing), by her children, Angelique and Mark Saffle, Chris and Paula Macris, and grandchildren, William and Olivia Grosvenor.

On March 6 a Three-Year Memorial Service, the Eight Holy Altar Table Vigil Lights and the Coffee Hour are offered in loving memory of John A. Stavros, by his wife Dimitra Stavros, children, Katina and Pantazis Samolis, Alexi J. Stavros, Vlasi J. Stavros and grandchildren, Georgia and Dimitra.

On March 6 Six Holy Altar Table Vigil Lights are offered in loving memory of Elia and Katina Dounis, Demetrios and Asimina Fragou and Demetrios

and Ismene Rozis, by Gus and Gregoria Dounis.

On March 6 Two Holy Altar Table Vigil Lights are offered in loving memory of Dena and Gus Sakelaris (one year and ten years since their passing), by their daughter, Georganne Keenan and family.

On March 6 a Holy Altar Table Vigil Light is offered in loving memory of Nitsa Kollias (thirty-three years since her passing), by her granddaughter Eleni Carras.

On March 6 a Holy Altar Table Vigil Light is offered in loving memory of Dimitri Kollias (twenty-two years since his passing), by his cousin Eleni Carras.

On March 6 a Holy Altar Table Vigil Light is offered in loving memory of Peter and Kay Ales (seven years and six years since their passing), by their Goddaughter Eleni Carras.

On March 13 a Holy Altar Table Vigil Light is offered in loving memory of Anastasios Kousisis (ten years since his passing), by his daughter Maria Moroseos and family.

On March 20 a Holy Altar Table Vigil Light is offered in loving memory of Dean Stephanos (twenty years since his passing), by his cousin.

On March 20 a Holy Altar Table Vigil Light is offered in loving memory of Dean Stephanos (twenty years since his passing), by his mother Penelope Sakellaris and sister, Sofia Kenny and family.

Condolences

We express our Deep Condolences to Panos and Angelina Exarhos and their family for the passing of Panos' mother, Eleni Exarhos. May her memory be eternal!

We express our Deep Condolences to Jim Johnson and his family for the passing of his wife, Pota (Panagiota) Johnson. May her memory be eternal!

We express our Deep Condolences to James Markezinis and his family for the passing of his son, Ted Markezinis. May his memory be eternal!

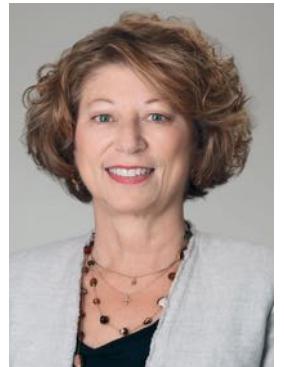


Parish Council President's Message

Dear Parishioners,

It's hard to believe we are headed toward Spring as the weather continues to be cold and often dreary.

Our Lenten season has begun with Triodion February 13. It is our fervent hope that we will celebrate at least half of our Lent without masks! As most of you are aware, the Governor announced this past week that the indoor mask requirement should be lifted March 21 in the State, however, we are not yet clear about King County. We hope King County Public Health will provide the same message as the rest of the State, but it depends on case rates over the next few weeks. The outdoor mask mandate was lifted February 18. In spite of rapidly declining infection rates, King County is still at a high level of transmission and masks are still required indoors. We ask that you continue to comply with this requirement until we learn more.



Additionally, it is important for all of us to know that even when the mask mandate is lifted, the Covid-19 virus is not eliminated nor the threat of infection. There are many in our community and around us who will continue to be at high risk for this virus due to underlying medical conditions, age or because of immunosuppression or inability to receive the vaccine. About 3% of the US population, or 7 million people, are in this category. Some will continue to mask even after the mandate is eliminated and we will want to support them to do what is necessary for their protection.

Parish Council Update

At our February Parish Council meeting we accomplished the following:

1. Elected officers. Congratulations to our 2022 officers:
 - President Barbara Trehearne
 - 1st VP Chris Pallis
 - 2nd VP Dale Hazapis
 - Treasurer Gil Morgan
 - Secretary Brian Koceski
2. Approved two proposals to improve efficiency of meetings and conducting Parish Council business:
 - Approved proposal to change Re-opening team to Health and Safety Committee to assure all aspects of safety are addressed and to recognize the management of Covid restrictions are no longer specific only to re-opening our parish. Members of the committee will include Barbara Trehearne, Steven Stanos, Georgine Looney, Paul Kassab, Kris Dudunakis, Chris Pallis and Gil Morgan.
 - Approved changes in committee reporting to allow quarterly and/or monthly reporting. Finance, Stewardship, Health & Safety, & Facilities will report monthly. Other committees quarterly.
3. Approved purchase of a new Automatic Defibrillator (AED). The current AED has been discontinued and requires replacement. Parish Council members will be trained on the use of the AED which is in the Narthex.
4. Appointed members to attend the 2022 Metropolis Clergy Laity conference. Dale Hazapis, Bob Read and Barbara Trehearne will attend along with the clergy. This year's conference is virtual.
5. Accepted change in Festival dates due to recent Montlake bridge closure on our prior dates. New dates are September 30, October 1 and 2.
6. Reported on status of Parish Administrator (PA) recruitment. The PA position was included in the 2022 budget approved by the General Assembly in December 2021. The position is currently posted on Orthodox Jobs and Linked In. Interested persons may contact info@saintdemetrios.com for more information. (Strategic Plan Goal)

Please note that the Strategic Plan Update section on pages 4-6 is a report on progress towards our strategic goals. A report will be provided quarterly, or more frequently as needed.

I wish you a blessed Lenten Season

+ In Christ,
Barbara Trehearne
Parish Council President
pcpresident@saintdemetrios.com

Strategic Plan Update

Saint Demetrios continues implementation of its Strategic Plan approved by the General Assembly in June 2021. Watch for regular quarterly updates of our progress. Included in this Orthodox Way edition on page 5 is a reminder of the goals for each Vision Team in the Strategic Plan.

Progress to date includes:

- **Leadership Vision Team:** Posting of a Parish Administrator position
- **Youth and Family Vision Team:** Young Adults, OCF, GOYA, JOY and HOPE are all now active, meeting regularly and engaged in activities. Officers & Advisors for the groups have been identified. Many thanks to Fr. James for his efforts to coordinate the Youth Groups. See the more detailed update on Youth Programs on page 6.
- **Engagement Vision Team:** Welcome packet for new members drafted and under review
- **Liturgical Renewal:** Initiated Liturgy and Life sessions, 2nd Sunday of each month following Divine Liturgy
- **Stewardship Vision Team:** Initiated zoom session open to parishioners to learn about Stewardship; materials developed for 2022 Stewardship; consistent messaging to show stewardship is biblical and is blessed by God; continued transparency to show where dollars are spent monthly/annually

Questions about the Strategic Plan may be sent to Steven Stanos or Barbara Trehearne stanos.steven@gmail.com or pcpresident@saintdemetrios.com

If you have not yet received a copy of the Strategic Plan booklet, they are available in the Narthex or by calling the Church Office.

+In Christ

Barbara Trehearne & Steven Stanos, Co-leaders for Implementation



Services in March

March	Service	Time
5	Saturday of Souls Orthros & Divine Liturgy Great Vespers	8:30am 5:00pm
6	Cheesefare Sunday Orthros & Divine Liturgy	8:15am
7	Lent Begins Great Compline	7:00pm
9	Presanctified Liturgy (at St. Demetrios)	6:30pm
11	Presanctified Liturgy Akathist Hymn Jesus Prayer Service	9:30am 7:00pm 8:30 pm
12	Saturday of Souls Orthros & Divine Liturgy Great Vespers	8:30am 5:00pm
13	Sunday of Orthodoxy Orthros & Divine Liturgy	8:15am
14	Great Compline	7:00pm
16	Presanctified Liturgy (at Assumption)	6:30pm

March	Service	Time
18	Presanctified Liturgy Akathist Hymn Jesus Prayer Service	9:30am 7:00pm 8:30pm
19	Great Vespers	7:00pm
20	St. Gregory Palamas Orthros & Divine Liturgy	8:15am
21	Great Compline	7:00pm
23	Presanctified Liturgy (at St. Demetrios)	6:30pm
25	Annunciation of the Theotokos Orthros & Divine Liturgy Akathist Hymn Jesus Prayer Service	8:30am 7:00pm 8:30pm
26	Great Vespers	5:00pm
27	Sunday of the Holy Cross Orthros & Divine Liturgy	8:15am
28	Great Compline	7:00pm
30	Presanctified Liturgy (at Assumption)	6:30pm

Summary of Goals



	Strategic Goals	Begin	End
1. Faith Formation			
1. Help individuals to draw closer to God through an Orthodox understanding of His Word and to incorporate scripture into one's daily life.	4/31	3/31	
2. Expand Orthodox educational resources for all ages.	9/30	6/30	
3. Teach, inspire, and deepen students' knowledge, understanding, and love of Christ and His Holy Church.	1/31	10/31	
4. Foster fellowship in Christ through prayer, Orthodox spiritual teachings, and interpersonal sharing.	3/31	3/31	
5. Encourage the deepening of one's knowledge and practice of the Orthodox faith.	1/31	5/31	
6. Provide structure & discipline for one's prayer life.	9/31	3/31	
2. Liturgical Renewal			
1. Educate parishioners on the meaning/intent/purpose of the Divine Liturgy.	10/31	4/30	
2. Provide greater opportunities for parishioner involvement in the services.	10/31	10/31	
3. Identify mechanisms for children to participate in the services.	10/31	10/31	
3. Leadership			
1. Develop a parish organizational structure using a balance of paid staff and lay volunteers based upon defined leadership qualities.	9/31	10/31	
2. Define desired leadership attributes.	1/31	1/31	
3. Develop a leadership development program to identify emerging leaders and develop current leaders (clergy, staff, and parish council).	9/31	9/31	
4. Stewardship			
1. Educate our parishioners about the spiritual aspect of stewardship including time, talent, and treasure and the blessings that result from their obedience to the word of God.	6/31	9/31	
2. Expand stewardship giving to cover all church expenses, ministries and outreach expenses through tithe and cheerful giving.	6/31	10/31	
3. Discover parishioners' skills and talents and build a culture of active engagement and recognition.	6/31	10/31	
4. Strengthen the Stewardship Committee and Programs.	8/31	8/31	
5. Clarify the various methods of giving, including capital planning, estate planning, and wills.	9/31	9/31	
5. Engagement			
1. Develop a comprehensive welcome ministry to increase participation and engagement of prospective, current and past parishioners.	6/31	10/31	
2. Outreach to inactive and former members of the church.	9/31	9/31	
3. Develop small group neighborhood ministries.	9/31	9/31	
4. Expand volunteer base of engagement.	10/31	9/31	
5. Leverage technology to connect and engage with "Shut-ins."	5/31	9/31	
6. Youth & Family			
1. Hire a youth and family wellness ministry director.	3/31	10/31	
2. Create a Christ-centered culture and environment where youth feel safe and encouraged to grow in authenticity.	5/31	5/31	

- Strategic Plan Update continued from Page 4 -

St. Demetrios Youth Groups - Up and Running

Many thanks to both Fr. James and Fr. Photios for prioritizing a focus on our Youth Groups. Each group has new elected officers and has parent liaisons. Thank you to our young adults and children for stepping up to leadership roles and to our volunteer advisors for their support. Please assure your family and children have the opportunity to join a group. One of the biggest areas of concern from our Parish Survey in 2020 was the need to focus on our youth. The continued participation of our youth in the life of the Church makes a difference in our ability to teach them about Orthodoxy and to assure their involvement in the Church now and into the future.

Our Metropolis indicates the mission and goal of each youth ministry is to lead our young people into experiencing the Holy Orthodox Faith. By developing a personal relationship with our Lord and Savior, Jesus Christ and becoming active sacramental members of the living church, our young people will be equipped with tools necessary to assist them in their journey toward salvation.

Young Adult Group (YAL) - Ages 18-35

- President Alexa Phillips
- Vice President Zoe Shields

Orthodox Christian Fellowship (OCF) - Students enrolled in local colleges

- Advisor Kristina Westerman
- Student Liaison Christina Bayouk

Sr Greek Orthodox Youth of America (GOYA) - Grades 9-12 or High School

- President Christina Tsantilas
- Vice President Konstandina Margaritas
- Treasurer Rena Velaoras
- Secretary Noreen Bayouk

Jr Greek Orthodox Youth of America (Jr GOYA) - Grades 6-8 or Middle School

- President Stephen Kassab
- Vice President Elena Stanos
- Treasurer Angelina Bariames
- Secretary Victoria Bariames

Junior Orthodox Youth (JOY) - Elementary School

- Advisors Kosta and Catherine Skepetaris
- Parent Liaison Steve Manos

Helping Orthodox Parent Educate (HOPE) - Infants/Toddler

- Parent Liaison Irene Bekris



DID YOU KNOW WE HAVE A YAL CHAPTER IN SEATTLE?

Our YAL chapter is part of the nationwide YAL In Your Backyard (YALIYB) initiative, with the goal of connecting young adults together through fellowship, faith, and fun.

If you are between the ages of 18-35 and live in the Seattle area, come join us!

INTERESTED? EMAIL YALSEATTLE@GMAIL.COM OR CONTACT ALEXA PHILLIPS AT 303-548-3121.

Thank You

We wish to thank **Nick and Panagiota Lolos** for the donation of cookies and coffee for the Coffee Hour for the Saturday of Souls, in memory of their son, Andrea Lolos. Your generosity is truly appreciated!



Mission Sunday 2022 is March 6th

Our speaker at Liturgy will be Mr. Clifford Argue, St. Demetrios parishioner & OCMC board member.

Stewardship Letter

As we begin the third month of the year, we pray that you are doing well and “pray that you may prosper in all things and be in health, just as your soul prospers.” (3 John:2).

Thank you to all the parishioners who have submitted their 2022 pledge card indicating their commitment to be stewards of our faith. In addition to monetary pledges, some have volunteered their time and talent to serve on one of our church's numerous ministries.

Without our faithful volunteers and those who give of their time and talent, we could not do the work of God that is set before us. The chart below shows the number of pledges through January.



The Bible encourages tithing as a guideline for giving (Deuteronomy 14:22-29). Tithing is when one cheerfully gives 10% of household income for the love, glory, and support of one's church. In the Gospel of Matthew, the Pharisees asked Jesus if it is lawful to pay taxes to Caesar. Jesus answered them saying: “Render therefore unto Caesar the things that are Caesar's, and to God the things that are God's.” (Matthew 22:21). As Orthodox Christians, we acknowledge that every aspect of our life is a gift from God and our stewardship giving is a manifestation of our love for God. While giving 10% may seem daunting, we ask that you prayerfully consider increasing your pledge by 1% as you fill out this year's pledge card and increasing your gift each year thereafter.

If you have any questions, please contact Barbara Trehearne (pcpresident@saintdemetrios.com) or Gabriel Bayouk (ggb0719@hotmail.com). In addition, the Stewardship committee will have a table in the large hall during coffee hour once a month after liturgy where you can stop by and ask questions or chat with the committee members. The next opportunity to do so will be on Sunday, March 20th.

For your convenience, you can fill out your pledge card or give on line at: <https://www.saintdemetrios.com/stewardship/giving>.

2022 Pledged Amounts thru January	# of Households	% of Total Households	Total Pledged	% of Total Pledged
\$20 - \$500	56	41%	\$ 19,012	9%
\$501 - \$1,000	23	17%	\$ 18,895	9%
\$1001 - \$2000	32	23%	\$ 44,930	22%
\$2,001 - \$4,000	15	11%	\$ 43,930	22%
\$4,001 - \$6,000	8	6%	\$ 41,900	21%
\$6,001 - \$9,000	1	1%	\$ 7,200	4%
\$10,000 - \$17,000	2	1%	\$ 26,500	13%
Total	137	100%	\$ 202,367	100%

- Father Photios's Message continued from page 1 -

Saint is someone who lives in heaven while they live on earth. That is, they live in God and for God every moment. My prayer for all of us is to try very hard this Lent to struggle so that this special time of Lent will be a period of profound spiritual growth, that in the words of St. Paul the Apostle, “We will be strengthened with might through his Spirit in the inner man, and that Christ may dwell in our hearts through faith; that we, being rooted and grounded in love, may have power to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that we may be filled with all the fulness of God (Ephesians 3:16-19).”

Wishing all of you a blessed and Holy Lent!

Καλή Σαρακοστή!

Kali Sarrakosti (Good Forty Days)!

In Christ's love,
+Fr. Photios

Philoptochos President's Message

Got a Good Idea? Let Philoptochos Fund it!

The Board and I are excited to tell you about our latest proposal: Philoptochos grants are given out for worthwhile projects in the greater Seattle/Everett area. To make this a successful project, we need each of our members to look around and help us identify needs in our community that are consistent with our Mission Statement. In this issue of the Orthodox Way, you will find the application for funding, as well as a copy of our mission statement. We will be awarding grants as they come in and are approved.



Who? YOU! (All Philoptochos Members)

What? Look around at in your community, find a need, if it fits our criteria for philanthropic giving (see the application on page 11), Philoptochos will fund it! For this pilot project, we have set aside \$10,000 to fund a variety of worthy proposals in our greater metropolitan area. Fill out the simple application form, tell us of your idea, how much money you need, and how it will be spent. We, of course, will need documentation for our records. Grants can range anywhere from several hundred dollars to \$1,000. When the \$10,000. is spent, we will evaluate the success of the projects and determine next steps.

Why? Since becoming President of our St. Demetrios Philoptochos three years ago, I have been looking for ways to not only increase membership, but also active involvement in our organization so we can expand our mission to spread hope and "do good" in our Seattle community and beyond. Our membership has grown and so have our donations!

Locally, these donations have supported our ongoing ministries (e.g. St. Martin de Porres, Matt Talbot Center, Jubilee Women's Transition Center, All Saints Camp, Boyer Children's Clinic, etc.), as well as our Social Services, purchasing food vouchers to grocery stores for those in need, providing assistance with church events, etc., and we have kept up well with these commitments.

In fact, we are in a place where **we are looking to expand our philanthropy in the Seattle area**. In my message at the Christmas luncheon in December, I noted that Philoptochos can be what we make it. We are guided by our mission statement, but beyond that, we are bound only by our imaginations. We have our ongoing commitments to the National and Metropolis that amounts to about \$10,000 annually. The rest of our funds are ours to creatively use to lessen the suffering of those around us.

We find ourselves in a place where we have excess funds that we, as a charitable organization, need to disburse. And for this, **we need your help and ideas!**

The goals are threefold:

- ◆ To increase our presence in the community as a "giving" organization.
- ◆ To broaden the base of active member participation/engagement
- ◆ To empower ALL our members to participate by bringing forth and executing their ideas

Finally, we need to keep in mind that Philoptochos is not an investment club. We are not in the business of hoarding money. We are a "giving a hand-up organization." **Let's open our eyes to the needs of those around us and respond accordingly.** The more eyes that we have looking for the opportunity to fulfill our Christian duty to serve others, the better! The needs are there.

Please think about your work setting, your school, your neighborhood—who might need our help? We don't know unless you tell us. Please consider submitting a proposal for us to fund. Here are some examples:

- ◆ Seattle Children's Hospital Social Workers purchase birthday gifts for pediatric cancer patients. Can we help them do that?
- ◆ A group of young Orthodox moms want to start a book club that meets monthly. Can we support them by buying the books?
- ◆ You belong to a knitting group. Your group's project might be an idea to make baby blankets from Philoptochos to gift to all infants at their 40-day blessing at St. Demetrios. Wouldn't that make the family feel embraced by our community?
- ◆ Your child's school has put out an appeal for snack donations for low-income children. These are most often bought by the teachers using their own money. Can we reimburse the teacher for these snacks?

As I said, we are limited only by our imaginations!!! Come join us!!!

Philoptochos Mission Statement

The Greek Orthodox Ladies Philoptochos Society, Inc. is the duly accredited women's philanthropic society of the Greek Orthodox Archdiocese of America. The mission of the Society shall be:

- To aid the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fund raising efforts; and
- To promote the charitable, benevolent, and philanthropic purposes of the Greek Orthodox Archdiocese of America, through instructional programs, presentations, lectures, seminars and other educational resources;
- To preserve and perpetuate Orthodox Christian concepts and the Orthodox Christian Family, and through them, to promote the Greek Orthodox Faith and traditions, in accordance with its doctrines, canons, discipline, divine worship, usages, and customs;
- To promote participation in the activity of the Greek Orthodox community, with the cooperation of the Parish Priest and the Parish Council;

The charitable work of the Society shall be performed with discretion, courtesy, and kindness.

Annual Philoptochos Diaper Drive in March

One of the ongoing charities we support is Pregnancy Aid of South King County. We will begin collecting diapers to distribute to low-income mothers. Diapers in sizes 4, 5, and 6 are especially needed. For more information, please contact Kathy Mitalas or Stacy Taylor.



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.

2022 Philoptochos Members

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

Don't See Your Name on the List?

Please come join us! Fill out the membership form on page 9 and mail to Maria Barbas at St. Demetrios Church (2100 Boyer Ave E, Seattle, WA 98112) with your \$45 membership. We will also be taking memberships during coffee hour on Sundays. Your help allows us to continue to reach out in Christian love to those in need.

GRANT APPLICATION—ST. DEMETRIOS PHILOPTOCHOS

Got a Good Idea? Let Philoptochos Fund it!

Please return to a Philoptochos officer no later than May 31, 2022.

Proposals must meet all of the criteria listed below.

Is your project

_____ local (in the greater Seattle area)?

_____ one in which you will be personally engaged and participate?

_____ one that benefits an individual(s), family, school, community charity effort?

_____ one that aligns with the Mission statement of Philoptochos? (see reverse side)?

We are looking for a way to make a small but significant impact in the lives of our neighbors and friends—either within our St. Demetrios community or in the greater Seattle area. Large community charities that receive corporate and/or government funding and are well-endowed and supported (e.g. Mary's Place, YMCA, Susan B. Komen Breast Cancer Research) will not be considered for these grants.

Name _____

Brief description of proposal

Approx. amount requested?

How will the money be spent? What is your involvement with this project? (use the back or other paper to continue if need more room to explain).

Philoptochos is responsible for making sure all donations given by our donors and benefactors are used for the purposes specified in our Mission Statement. All grantees must keep receipts and/or documentation of where/how the money was spent and submit them to our treasurer, Maria Barbas. **If you have questions, please contact Mary Damascus at mndamascus@comcast.net or 509-951-2975.**



SATURDAY, APRIL 2

The Joy of Great Lent

9:30 AM - 2 PM



**ELISSA BJELETICH DAVIS
AT ST. DEMETRIOS COMMUNITY CENTER**

PRACTICAL WAYS TO KEEP LENT JOYFUL AND FRUITFUL!

\$20 DONATION

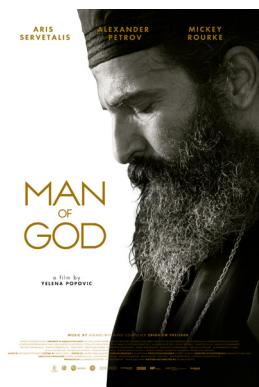
9:30 CHECK IN - 10:00 PRESENTATION
12:00 LUNCH - 1:00 PROJECT

CONTACT PATTI KOST AT
PATTIKOST@COMCAST.NET
(206) 783-8387 OR (206) 909-9113

ELISSA IS A MOTHER OF FIVE, AND AUTHOR OF FOUR BOOKS
AND HOST OF SEVERAL ANCIENT FAITH RADIO PODCASTS



Man of God Movie - March 27th



Please join St. Demetrios to see a private screening of the movie **Man of God**. It tells the story of the Greek Orthodox Bishop Nektarios of Aegina. In 1891, Nektarios is unjustly slandered, falsely accused and convicted without a trial, then removed from his duties as Bishop of Cairo in Egypt. Exiled to Greece, he lives in poverty as he continues to live Gospel charity toward everyone he encounters. With pressure from church benefactors, his name is finally cleared. Nektarios becomes director of a school for seminarians and secular students. He then founds a monastery for nuns on the island of Aegina. Throughout his story, Nektarios is met with opposition and hatred at every turn. However, he returns this ill treatment from other church leaders with the Gospel values of love, patience, kindness, and self-denial.

The driving force behind the **Man of God** is the Bishop's great faith in the redeeming power of Jesus Christ. Bishop Nektarios lives the Gospel in service to the orphaned, the poor, the uneducated, and the needy. **Man of God** is a great, faith-filled, art-house movie for teenagers and adults. It tells a profound story of Christian sacrifice and service.

When: March 27, 2022 at 3:00pm (theater opens at 2:30pm - no pre-determined seating, first come first serve)

Where: Regal Thornton Place (Northgate), 301 NE 103rd St, Seattle, WA 98125

How to Purchase Tickets:

- Email info@saintdemetrios.com (include name, # of tickets, phone number)
- Call the church office 206-651-2500, or
- Purchase on Sundays at coffee hour

Cost: \$20 per ticket (\$5 dollar donation plus ticket price of \$15)



Proclamation Recognizing Greek Independence Day

The Seattle Daughters of Penelope chapter received the following proclamation from Washington State Governor Jay Inslee in recognition of Greece's 201st year of its independence on March 25, 2022.

The State of Washington



Proclamation

WHEREAS, the ancient Greeks developed the concept of democracy, in which the supreme power to govern was vested in the people; and

WHEREAS, The Founders of the United States drew heavily on the political experience and philosophy of ancient Greece in forming our representative democracy; and

WHEREAS, Greek soldiers were with the United States Marines on the shores of Tripoli in the military operations memorialized in the United States Marines' Hymn; and

WHEREAS, Many Americans fought alongside the Greeks in their fight for Greek independence, while stirring speeches by President James Monroe and Daniel Webster led the Congress to send funds and supplies to aid the Greeks in the struggle for freedom; and

WHEREAS, Greece is one of only three nations in the world, beyond the former British Empire, that has been allied with the United States in every major international conflict in the twentieth century, including World War I, World War II, Korea, Vietnam, Desert Storm, and the Balkans; and

WHEREAS, Greece and the United States of America are at the forefront of the effort for freedom, democracy, peace, stability, and human rights; and

WHEREAS, March 25, 2022, marks the 201th anniversary of the beginning of the revolution that freed the Greek people from the Ottoman Empire;

NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim March 25, 2022 as

Greek Independence Day

in Washington, and I urge all people in our state to join me in this special observance.



Signed this 21st day of February, 2022

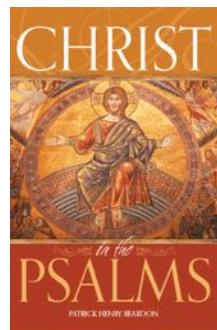
The signature of Governor Jay Inslee in blue ink.

Governor Jay Inslee

Bookstore News

Our Lenten journey begins on March 7th and your Bookstore is here to aid in the journey with prayer books, icons, and more.

As noted in the latest eNews, St Demetrios is forming a Psalter Group for Great Lent and this is a wonderful way to make praying the psalms part of a daily routine. The Bookstore has beautiful Psalter books in stock as well as **Christ in the Psalms** by Patrick Henry Reardon. Recommended by Fr. Photios, the book is an excellent companion to the psalms and will enrich your reading experience. If you're looking for a new children's book, try **Love Comes Down** by Natasha Frash. Written as a song, the bright, colorful board book focuses on God's love seen in everyday activities, like planting seeds or being nice to your sibling. The book includes sheet music and a link to a downloadable audio recording.



On the first Sunday of Great Lent, we celebrate the Sunday of Orthodoxy. "The dominant theme of this Sunday since 843 has been that of the victory of icons. In that year the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent" (goarch.org). In our Church, as in most other Greek Orthodox parishes, we have a procession of icons held by the children.

Stop by to peruse the bookshelves or shop for a special gift for loved ones. Embroidered icons made by the nuns at the Nativity of the Theotokos Monastery can be found on the front table and on the shelves and are truly one of a kind. The icons are designed and meticulously created using metallic threads in shades of silver and gold and embellished with crystals and pearls.



Papouthes Group Luncheon

Our next Papouthes group luncheon will be on **Thursday, March 17, 2022 at 12:00pm** at the **Bay Cafe** (1900 West Nickerson Street, Seattle) in Fisherman's Terminal. Those who wish to carpool may meet at Saint Demetrios at 11:00 am.

Please **RSVP to Manuel Tramountanas** (see below) so we can let the restaurant know how many seats to reserve. Thanks!



For reservations/questions, contact Manuel Tramountanas at agapemom@hotmail.com or 206-783-4466.

Sunday School Update

Lenten Service Project

Our Sunday School Lenten Service Project is raising funds for International Orthodox Christian Charities (IOCC). As the humanitarian relief and development agency of the Assembly of Canonical Orthodox Bishops of the United States of America, IOCC works in cooperation with the Orthodox Church and other partners to serve people in need.

In the spirit of Christ's love, IOCC offers emergency relief and development programs to those in need worldwide, without discrimination, and strengthens the capacity of the Orthodox Church to so respond. Visit www.iocc.org for detailed information on the wonderful services IOCC offers.

As almsgiving is encouraged during Great Lent, we invite all Sunday School kids to help support IOCC. Each child who donates will have his/her name displayed on our Sunday School "Wall of Donors" - across from the small hall - and will be eligible for a drawing for a Holy Week gift during our Sunday School Palm Sunday activity. Donations (checks may be made payable to "IOCC") will be accepted through **April 17, 2022**.

Sunday of Orthodoxy

All Sunday School kids are invited to bring an icon with them to church for the procession following Liturgy on **March 13th**.

Holy Friday Myrrhbearers

All young ladies in the 3-6th grades are invited to participate as a Holy Friday Myrrhbearer for the Lamentations Service on **Friday April 22, 2022 at 7:00pm**. Rehearsal is scheduled for **Saturday, April 16, 2022 at 11:00am** following Lazarus Saturday Liturgy. For more information, please contact Paula Macris (pmcmacris@gmail.com) by **April 10, 2022**.

Holy Friday Luminaras

Honor the memory of a loved one through a Holy Friday Luminara. Your free will donation will help support Sunday School's Lenten Service project for the International Orthodox Christian Charities (IOCC). Luminaras will be available for sale during the coffee hour on **Sundays March 20 and March 27, 2022** and will be placed around the church grounds on Holy Friday.

Restroom Remodel Update

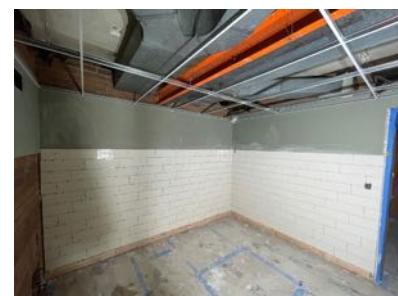
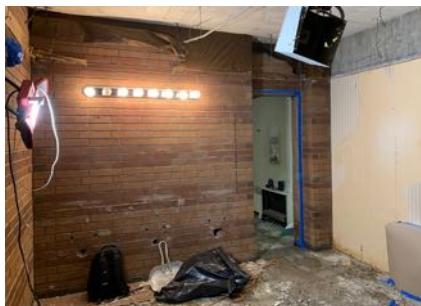
The restroom remodel is underway! Demolition on the main floor Men's, Women's and Priest Restrooms has begun. New flooring and plumbing fixtures have been ordered. This will be a fast-paced project, but there is much work to be done.

Please be aware that these restrooms will not be available for use for approximately 8-10 weeks.

Please plan to use the lower level restrooms during this time.

We apologize for any inconvenience and ask for your patience as we proceed with the much-needed repairs and updates. If you have questions or need further information, please contact:

- Jim Karambelas 425-765-4287
- Georgene Karambelas 206-817-2523
- Jim Kost 206-571-6881
- Christo Doko, Oreal Construction 206-501-8681



The Greatest Love Story

By Father Panagiotis Sotiras, reprinted from the Metropolis of San Francisco website

During the month of February, many celebrate Valentine's Day. It is a day we think of romance, love and relationships. As many will prepare to buy cards and gifts for their loved ones, I hope we will also recall the greatest love story that has ever existed—the one between God and His people which is the Church; the one between God and us!

The love story of God and us begins with God's desire to be with us and to be united to us. God created us out of non-existence into being for the sole purpose of communion with Him, of intimate fellowship with Him. The thing we have to remember is that God didn't have to create us; He wasn't forced to—God created us because He wanted to, because He cherishes us, because He longs for us to share His life with us.

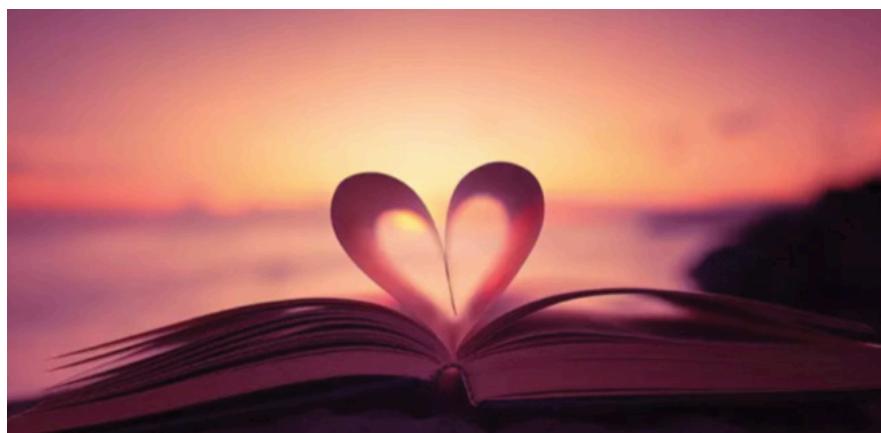
The love God has for us is seen in the fact that He not only came to us rather than us going to Him but that He lowered Himself in the process. The Word of God condescended to us, becoming His very own creation—in other words the Immortal One became mortal; the All-Powerful One was willing to experience pain, sorrow, suffering, rejection, ridicule, abandonment and even death. It is not a coincidence that we begin the most sacred period of the Church year—Holy Week—with the services which are called the "Bridegroom services". According to Holy Scriptures, Christ is the Bridegroom and we, the Church, are His Bride. In addition, the icon of the Bridegroom services is the one of Christ with the crown of thorns on his head along with the robe of purple and the reed in His hand which was given to Him for the purposes of being mocked by soldiers. Like the groom that will give his life for his wife, our Bridegroom, Christ, gives His life to us in the most humiliating and degrading way, showing the depths and the degree of God's love for us.

Like in every love story, love conquers and in the greatest love story of all, Christ and His love for us, which shown forth in full display on the Cross, conquered evil and death.

Everything the Church does is meant to unite us to our God of love! At the 40-day baby blessing we are brought to the Church to be dedicated to God. Baptism unites us to God (Galatians 3:27). In Confession we experience God's love when we come in our vulnerability, brokenness, and weaknesses and are embraced by God, who wipes away our tears, and cleanses us. In Holy Communion we are again united to Christ. Everything the Church does is meant to unite us to God.

The Bible itself is a love letter from God. The Divine Liturgy is a love banquet, where we join with the saints in showering our Beloved with hymns of love! In the Divine Liturgy, gifts of love are exchanged—our gifts of bread and wine are offered to God who in turn offers the gift of Himself to us. God's love for us is seen with His desire to make us heirs of His eternal Kingdom of love and to co-reign with Him! God makes us kings and queens—there will be no servants in heaven because we will all co-reign with Christ, His Father and the Holy Spirit, for the Scripture says, "To him who overcomes I will grant to sit with Me on My throne, as I also overcame and sat down with My Father on His throne". (Revelation 3:21)

This month as we celebrate Valentine's Day, let us also reflect on the greatest love story ever told, found in the Scriptures and celebrated at every Divine Liturgy. Let us never forget God's immeasurable and unfathomable love by reading and reflecting on the Scriptures regularly. Let us not think of our Orthodox Christian faith as a list of rules but rather as a loving relationship between the God who we describe constantly in our liturgical services as "the lover of humankind". When we understand God, our Church and our faith in this light, we will, I believe, love God more, and will be even more dedicated to Him.



Stewards 2022

Samer and Rana Agie
Matthew Adkins
Andrew and Vicky Aliferakis
Dcn. Perry and Francesca Angelos
Clifford and Theodora Argue
Patricia Arvanitidis
Matthew and Nicole Balkenbush
Josh and Eleni Banchero
Maria Barbas
George Bariames and Eleni Athans
Alice Bayouk
Bassam and Duaa Bayouk
Gabriel Bayouk
Lena Bayouk
Victor Bayouk
Konstantinos and Eirene Bekris
Kay Betts
Neena Blackwell
Frank and Shelley Buhler
Eleni Carras
Anastasios and Voula Christophilis
Dino and Nikki Christophilis
Ed and Anastasia Clarke
Matthew and Alexis Conner
G. Paul Constantine
O. George and Kay Constantine
Debbie Constantine-Skouras
Maria Cotton
Gus Courounes
Nicoleta Courounes
Renee Courounes
Donald and Laura Crews
Christos Dagadakis and Judith Turner
Mary Dallas-Smith
Mary Damascus
Kirt Debique and Ann Mentis-Debique
Sam and Vicki Deliganis
Nicholas and Stella Demonakos
Peter and Diane Demopoulos
Nick Diafos and Athena Modonas-Diafos
Stephanie Dikeakos
Gus and Gregoria Dounis
Robert and Janie Drumhiller
Nicholas Dudler
Thomas Dudler and Pandora Christie
Mary P. Economou
Ed Fancher and Katherine Retelas-Fancher
Yemane Fecadu and Sharon Glein
Matthew and Alexandra Flugstad
Meletios and Theodora Geokezas
Evan George
Tyler and Anastasia Geving
Michael and Wanda Gikas
Efy Grivas
Richard Grunder and Christina Economou-Grunder
Joan Hanna
Terri Hawdon
Dale Hazapis
Christopher and Joanne Hegge
William and Angelea Hoeft
Patrick and Vickie Howard
James Johnson

Ian Jorgensen and Yulia Balayants
Athanasia Kalasountas
Panagiotis and Rena Kalasountas
Jim Kaloris
George and Christina Kaltsounis
Maurice and Carmen Karagiorgos
Nick and Nancy Karis
Terry and Hannah Karis
Anthony Karis Family
Kalliopi Katholos
Katherine Katholos Babington
Bishara and Diane Kharoufeh
Brian and Jiovanna Koceski
Arthur and Fannie Kolios
Leta Kolios
Vivie Kollias
James and Patti Kost
Maria Kost
Louie and Vicky Kotsakis
Gary Kuhar
Dena Kusulos
Peter and Rachele Kyriacou
Alexandra Kyrimis
Kostas and Linda Kyrimis
Marty Kyrimis
Demetrios and Evangelia Lagos
Derek LaMarche
Katerina LaMarche
Michael and Lena LaMarche
Dean and Kathleen Lentgis
Thomas Leonidas
John and Polette Limantzakis
Johnny and Lucy Limantzakis
John and Mary Maciejewski
Chris and Paula Macris
Wendell and Demitrua Madison
Emanuel and Dina Magoulas
Samuel Mallos
Connie Marble
Jean Mastor
Niki Mastoropoulos
Vera Mazoonin
David and Georgia McFarlan
Sam and Tania McIntosh
Andreas and Irene Mitalas
Chuck and Anne Mitsakos
Andrew (Gil) and Susan Morgan
Alexandros and Maria Moroseos
James Morris and Vickie Kolios
Bettyann Nassar
Peter Neckas
Sandy Neckas
James and Stella Nelson
Michael and Elaine Newtonson
Shirley Olsen
Anastasia Pallis
Chris and Rebecca Pallis
Elli Pallis
Sam and Colleen Panagiotou
Yiannis and Johnette Panopoulos
Artemios and Rebecca Panos
Steve Panos
Diane Panteleakos
Stephen Panteleakos

George Papanastasiou
Norman Parr
Christopher and A. Ellie Pedersen
Helen Petratos
Diana Plumis
George P. and Courtney Plumis
Eleftheria Proios
Trevor and Maria Rain-Water
Nicholas and Anastasia Raissis
James Retelas
Nina Rogers
Christina Routos
Ted Routos
Emanuel and Marilyn Rouvelas
John and Penelope Sakellaris
Alexandra Schwenke
James Sfekas and Deborah Huang
Athanasios and Terri Shinas
Simoni Shirland
Tanya Shirland
Christos and Agapi Siskos
Vladimir and Elena Smagley
Sofia Smetheram
Gregory and Vicky Stamolis
Vasilike Stamos
Alexi J. Stavros
Dimitra Stavros
Vlasi J. Stavros
Phyllis Steen
Andy and Joann Stergachis
Michael and Christine Stollings
Heather Stotz
Robert and Alvia Swegle
Olympia Tachopoulou and Kevin Stafford
Marco and Christina Tapia
Stacy Taylor
Kegan and Nichole Tosto
Antonios and Antonia Touras
Athan and Cindy Tramountanas
Emmanuel Tramountanas
George and Dana Tramountanas
Barbara Trehearne
Sotirios and Angelina Tselios
John and Karin Varlamos
J. Robert and Effie Walker
George Webb and Anastasia Deliganis-Webb
Kyle and Kristina Westerman
Ghennet Woldegabrel
Daniel and Mary Wright
Melissa Wyatt
Arjan "Ari" and Linda Xeka
Angelos and Mary Xidias
Tim and Harriet Young
Anthony and Kira Zardis

March 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Meatfare Sunday Epistle: 1 Corinthians 8:8-9:2 Gospel: Matthew 25:31-46 Godparent Sunday 8:15a Orthros 9:30a Divine Liturgy 12p Greek Dance	28 • St. Paul the Simple • St. Theodosios, Martyr	1 IOCCC Frontier Training – Chicago • St. Theodosios, Martyr	2 • 10:30a HOPE • 11a Metropolis Vicars	3 • 1p Metropolis Clergy	4 • Saturday of Souls 8:30a Orthros 9:30a Divine Liturgy 5p Great Vespers	5 St. Mark the Ascetic
6 Cheesefare Sunday Epistle: Romans 13:11-14:4 Gospel: Matthew 6:14-21 8:15a Orthros 9:30a Divine Liturgy 12p Greek Dance	7 Lent Begins • 7p Great Compline	8 Eudokia, Righteous martyr Kassianos, Confessor Neo Martyr Kyrranna St. Basil the Confessor	9 • 1p Open Confession until 4pm • 6:30p Presanctified Liturgy – St. Demetrios St. Nicholai Planas St. Euthalia	10 • 10:30a HOPE • 7p Bible Study St. Alexandra of Alexandria	11 • 9:30a Presanctified Liturgy • 1p Metropolis Clergy • 7p Akathist Hymn • 8:30p Jesus Prayer Service Gerasimos of the Jordan Paul and Juliania, Martyrs	12 Saturday of Souls 8:30a Orthros 9:30a Divine Liturgy 5p Great Vespers
13 Sunday of Orthodoxy Epistle: Heb 11:24-26,32-40 Gospel: John 1:43-51 8:15a Orthros 9:30a Divine Liturgy 12p Greek Dance 1p Baptism	14 • 7p Great Compline St. Lavrentios the Righteous St. Hesychios	15 • 6:30p Parish Council Hermes, Apostle	16 • 1p Open Confession until 4pm • 6:30p Presanctified Liturgy – Assumption 40 Holy Martyrs of Sebaste	17 • 10:30a HOPE • 11a Papouthes Group Luncheon at Bay Cafe • 7p Bible Study St. Kodratos of Nicomedia	18 • 9:30a Presanctified Liturgy • 1p Metropolis Clergy-Laiity Assembly – Online • 7p Akathist Hymn • 8:30p Jesus Prayer Service St. Pionios of Smyrna St. Sphorionios of Jerusalem	19 St. Gregory Dialogos St. Symeon the New Theologian
20 St. Gregory Palamas Epistle: Hebrews 1:10-2:3 Gospel: Mark 2:1-12 8:15a Orthros 9:30a Divine Liturgy 12p Greek Dance	21 • Thomas Patriarch of Constantinople • 7p Great Compline St. Benedict	22 Agapios & Aristovoulos, Martyrs Nikophoros, Pat C/pie	23 • 1p Open Confession until 4pm • 6:30p Presanctified Liturgy – St. Demetrios Savvinos, Julian & Romanos, Mar...	24 • 10:30a HOPE • 7p Bible Study St. Patrick	25 • 8:30a Orthros • 9:30a Divine Liturgy • 1p Metropolis Clergy • 7p Akathist Hymn • 8:30p Jesus Prayer Service Eukarpous, Martyr	26 • 5p Great Vespers
27 Holy Cross Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1 8:15a Orthros 9:30a Divine Liturgy 12p Greek Dance 3p Man of God Movie	28 • 7p Great Compline Martyrs of Monastery of St. Savas St. John Climacus	29 Basil & Kallinike, Martyrs	30 • 6:30p Presanctified Liturgy – Assumption Nikon the Righteous	31 • 10:30a HOPE • 1p Metropolis Clergy • 7p Akathist Hymn • 8:30p Jesus Prayer Service St. Artemon, Bishop of Selefkiia	1 Annunciation of the Theotokos	2 • 9:30a Lenten Retreat: The Joy of Lent • 5p Great Vespers
						Akakios, Confessor
						Sosthenes, Apollos, Cephas of th...
						Matrona of Thessaloniki
						© 2022. All rights reserved. 100% of the proceeds from the sale of this calendar will be used to support the work of the Orthodox Christian Center of the Americas.

The Orthodox Way (published 11 times a year by)

Saint Demetrios Church Greek Orthodox Church

Permit Number 8048

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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 by the 20th of each month. Submissions after the 20th will appear in the following month's newsletter.

All other inserts and announcements can be sent to the Orthodox Way editors at info@saintdemetrios.com.

The above are parishioner contributed announcements to The Orthodox Way