



July 2026
USPS 8048, No 7

Office Hours

9:30 am - 4:00 pm
Monday - Friday

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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

Beloved Faithful of Saint Demetrios,

"For though I am absent in body, yet I am with you in spirit, rejoicing to see your good order and the firmness of your faith in Christ. As therefore you received Christ Jesus the Lord, so live in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving." – Colossians 2:5-7

These words wrote that Great Apostle Paul to the church in Colossae while he was imprisoned, expressing his presence with them in spirit, rather than physically in-person. His spiritual bond with them was so strong because he knew that no matter where he was, if they were living in Christ, he was there too living in Christ. St Ignatius of Antioch famously said, "Wherever the bishop shall appear, there let the multitude of the people also be; even as, wherever Jesus Christ is, there is the Catholic Church." This beautiful expression perfectly encapsulates our understanding of the unity of the Church. There is truly only one Divine Liturgy. There is not one at Assumption, one at Saint Demetrios, one at St Spiridon, etc. There is one Divine Liturgy. And that is the one that occurred on Golgotha when Christ offered himself once for all (Heb. 7:27) in perfect love and thanksgiving to God His Father.

If there is one Liturgy, that means that there is one "holy and celestial and mystical altar" where it is received. This is what it means to live in Christ. We must recognize that we are all connected, and all receive the Holy Body and Precious Blood of the Lord from the same mystical altar, and in this way, we are knit together as the Catholic Church.

All this is to say, I will miss you all dearly as my family and I travel to Boise, Idaho to begin a new chapter at the parish of Saints Constantine and Helen. I will miss you greatly. But our physical absence is by no means spiritual absence. You will remain in my heart and my prayers, especially as I, though unworthy, commemorate your names at the prothesis.

What is bodily absence for God anyway? With God all things are possible. "Abide in me, and I in you," (Jn. 15:4) the Lord said to His disciples as He was about to "depart." And Saint Paul so sure of this love of Christ which binds us together says beautifully, "For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord." (Rom. 8:38-39)

Beloved brothers and sisters, live in Christ, be rooted and built up in Him, and established in the Orthodox faith, abounding in all thanksgiving every day and especially at the Divine Thanksgiving (Eucharist). I am right there with you.

See you at Liturgy!

With love in Jesus Christ our Lord,

Fr Spyridon



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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June 14:

A two-year memorial service was offered in loving memory of **Steven A. Drakos**, by his sister and family, Kate, Greg, Alexander and Arianna Demopulos.

June 21:

A Holy Altar vigil light was offered in loving memory

of **Kristin Nelson** by her parents Stella and James Nelson and her children Eva and Tristin.

July 5:

A memorial service and two Holy Altar vigil lights are offered in loving memory of **Nicholas Katholos** (five-years since his passing), by his wife, Popi Katholos and family.

Sunday School Update



Congratulations to our Sunday School Outstanding Attendance Award recipients who were recognized on **Sunday, June 7, 2026:**

Pre-school/Pre-K: Thanos B

Kindergarten: Anthony R

1st Grade: Stelio B, Evy L

2nd/3rd Grades: Christo B, Mila C, Anastasia D, Dimitra S, Georgia S

4th/5th Grades: Pete D, Anna K, Ari L

6th Grade: Despina K

7th-12 Grades: Angelina B, Victoria B, David O, Luca O, Maria O

Each awardee received a certificate good for purchases at the St. Demetrios Bookstore or tuition for an Orthodox summer camp.

Thank you to Lana Georges and Laura Kemmerer for planning our end of year Sunday School celebration. Kids enjoyed pizza, games, and prizes!

Sunday School classes will resume in mid-September; detailed information will be emailed to parents in August.

Thank you for your support!



Congratulations to our Graduates

High School Graduates

Ioannis Athanasiadis - graduated from West Seattle High School and will attend the University of Washington as an engineering major.

Chloe Daoura - graduated from Liberty High School and will attend Seattle University School of Business in the fall.

Vasiliki (Victoria) Facilla - graduated from Shorewood High School and will attend Washington State University this fall studying nursing.

Peter James Economou Grunder - graduated from Seattle Preparatory High School and will attend Santa Clara University Leavey School of Business in the fall.

Stephen Kassab - graduated from Seattle Preparatory High School and will attend the University of Washington as a pre-sciences major.

Luke Stavros Prior - graduated from North Creek High School and will be pursuing a degree in Fire Science and EMT while competing on the track team at Everett Community College.

Dalia Shahwan - graduated from Liberty High School, and will attend Bellevue College studying Public Health.

Callista (Cally) Zoe Webb - graduated from Shorewood High School and will attend attending the University of California Berkeley.

College Graduates

Noreen Bayouk - graduated from the University of Washington, Seattle campus' Michael G. Foster School of Business with a Bachelor of Arts in Business Administration with concentration in Marketing and a Minor in Real Estate. Noreen also earned a Professional Sales Certificate.

Sophia Vasiliki Calandrillo received a Bachelor of Arts degree in Psychology and a Minor in Education from the University of California at Berkeley on May 20, 2026. Next she will pursue a Masters in Education at the University of Southern California.

Wishing all our graduates great success in their future endeavors!

St. Demetrios Scholarship winner

On June 7, Georgia Tziotis and Manoli Magoulas of the Parish Council presented the winner of the St. Demetrios Scholarship, **Stephen Kassab** with his award.

Congratulations, may God bless Stephen and the Kassab family!



HOPE Update



HOPE kicked off summer with a fun trip to the strawberry fields, where we had a blast picking berries under the sunshine.

Our next HOPE event is a joint outing with Saint Demetrios Youth Group to Hazel Miller Spray Park on July 1st from noon to 2PM. All parish children and their families are welcome!



Philoptochos

We love sharing what we do in Philoptochos because even though we have been around a long time, not everyone knows what we do, how we do it and why we do it.

We want everyone to know that we are committed to community engagement and service.

We are committed to growing our organization,

We are committed to extending our mission beyond the Church.

Our **Grants and Awards** program is a way our chapter engages beyond our church by involving your participation. Annually our chapter reviews its finances. If extra funds are available, we ask you to apply for a grant for a local non-profit that aligns with the National Philoptochos Mission Statement. This program helps our chapter connect with the community and raise awareness of the needs faced by the poor, sick, imprisoned, underserved, and those facing financial hardship.

If you have a favorite local charity that you think Philoptochos could support, please let us know and apply for one of our grants. See below for the grant application.

Look forward to:

Announcements on the festival baking schedule

June 28-July 3: Clergy Laity

Nov 8: Men Who Cook Event

Dec 5: Christmas Luncheon



Donations

For the Festival Boutique



Calling all crafterss, knitters, crocheters, paper crafters, painters, embroiderers, seamstresses...

Do you have a craft or handiwork you like to work on in your spare time? It is time to think about sharing your creativity and what you can make to sell for the Boutique Booth during our annual Festival. Your lovely handmade items add personality and dimension to the festival and are wanted for the booth.

**Contact Leta Kolios 425 430 0702
Or Rita Mavromatis 206 799 2196**

PHILOPTOCHOS MEMBERSHIP 2026 (AS OF JUNE 30, 2026)

Ales, Margaret	Dudunakis, Kris	Macris, Paula	Stamolis, Vicky
Ales, Maria	Dumont, Pres. Katherine	Malesis, Cyndi	Stavros, Dimitra (Toula)
Alvanos, Britani	Economou, Elizabeth	Malevitsis, Mary	Stavros, Maria
Alvanos, Teri	Economou, Marla	Manitaras, Nicky	Stergachis, JoAnn
Angelis, Pres. Anna	Economou, Mary	Mann, Andrea	Stollings, Christine
Angelis, Kim	Economou-Grunder, Christina	Maroussis, Sandra	Stotz, Heather
Angelos, Fran	Farmasonis, Nicolette	Maroutsos, Deena	Stotz, Lindsay
Argue, Theodora	Georgiadou, Fotini	Mastor, Jean	Tapia, Christina
Asimakopoulos, Carole	Geving, Anastasia	Mavromatis, Rita	Taylor, Stacy
Athans, Eleni	Giakoumatos, Mary Ann	McFarlin, Georgia	Tavernarakis, Linda
Barbas, Christa	Gianotas, Sandi	McIntosh, Tania	Teodosiadis, Georgia
Barbas, Maria	Gikas, Wanda	Mitalas, Irene	Teodosiadis, Steve
Bardin, Barbara	Ginosatis, Kaarin	Moroseos, Maria	Themelis, Susan
Barnecut, Frances	Giovanetti, Valentina	Moroseos, Teresa	Theodorou, Valerie
Bartlett, Anastasia	Haskell, Dorothy	Umaj-Moroseos, Nazli	Thompson, Alexa
Bayouk, Duaa	Hazapis, Dale	Nassar, Bettyann	Tourikis, Angela
Bekris, Anastasia	Hillman, Maria	Rockas	Treperinas, Ely
Bekris, Diamando	John, Emilie	Nelson, Stella	Treperinas, Thelma
Betts, Mary	Kaltsounis, Christina	Olsen, Vivian	Tsafos, Dionisia
Biros, Demetra	Kangyu, Tammy	Oraihev, Insaf	Tveit, Jody
Bitzes, Georgiana	Karambelas, Georgene	Pagones, Elaine	Valauri, Liz
Brockmeyer, Ashley	Karzmar, Christina	Pallis, Vicki	Varlamos, Karin
Burke, Maria	Katholos, Kalliopi	Panagakis, Alice	Varlamos, Nina
Chan, Julie	Kenny, Hanna	Panagiotou, Colleen	Voltsis, Aspasia
Chriest, Effie	Kenny, Sofia	Panagiotou, Lisa	Walker, Effie
Christie, Pandora	Koceski, Jiovanna	Panopoulos, Johnette	Watson, Katherine
Christo, Eleni	Kolios, Leta	Petratos, Helen	Xidias, Mary
Christofilis, Eleni	Kolios, Vickie	Plumis, Pam	Xenos, Demetra (Toula)
Christophilis, Nikki	Kollias, Vivie	Poiana, Elizabeth	Zafiropoulos, Andreanna
Constantine, Kay	Kost, Jim	Proios, Eleftheria	Zervas-Berg, Sophia
Collins, Marie	Kost, Maria	Ramirez, Ariana	
Dalas, Angela	Kost, Patti	Ranglas, Jeannie	
Damascus, Mary	Koutlas, Toula	Read, Bob	
Deleganis, Chryssa	Kusulos, Dena	Read, Despina	
Delegans, Alexandra	Kusulos, Dolly	Retelas, Nina	
DeJong, Karen	Kyrimis, Linda	Robinson, Feletsa	
Demopulos, Christina	Leonidas, Diand	Rockwell, Karen	
Demopulos, Diane	Limantzakis John	Rozis, Haroula	
Dennis, Demetra	Limantzakis, Lucy	Ruh, Katina	
Gennaïou	Limantzakis, Polette	Sakellaris, Penny	
Derezes, Tina	Looney, Georgine	Samolis, Katina	
Dikeakos, Katherine	LaMarche, Katerina	Sancken, Barbara	
Dikeakos, Stephanie	LaMarche, Lena	Semandiris, Carol	
Dikeakos, Voula	Lazarou, Voula	Shinas, Terri	
Dolka, Io	Lines, Amy	Skoulis, Vassie	
Dounis, Gregoria	Lorenz, Kristina	Skouras, Debbie	
Drumhillier, Janie		Constantine	

Don't see your name on the list?

Please come join us! Fill out the membership form in this newsletter and mail to Maria Barbas at St. Demetrios with your \$50 membership. Your help allows us to continue to reach out in Christian love to those in need.

Saint Demetrios Philoptochos

Membership 2026

We are a volunteer organization that supports many church and charitable projects, both locally and nationally. Our mission is to embody the principles of our Orthodox faith, while offering support, encouragement, and assistance with dignity and respect to the poor, the elderly, the sick, and to all those in need. Your tax-deductible membership contribution of \$50 or more makes our work possible. Men are also welcome to join!

Name _____

Address _____

City/State/ZipCode _____

Home phone _____ Cell phone _____

Email _____

I am a new member _____ returning member _____

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

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

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

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

Philoptochos Grant Application 2026

Deadline September 30th

Philoptochos wants to partner with your favorite small non-profit or charity organization to strategically support our Orthodox ministries and local community which align with our mission statement. The local charity mission may reach beyond King County to include national and international charitable support. *Large charities receiving corporate and/or government funding are considered well-endowed and will **not** be eligible.*

2025 Philoptochos Awards totaled over \$14,000: Philoxenia House, Bellevue Lifespring; King County Sheriff Blessing Bags, Pregnancy Aid of South King County, Lake Washington Institute of Technology Foundation (Ukrainian refugee scholarships), yarn for baby blankets, Toys for Tots, We Heart Seattle, Friends of Echo Glen, Backpack Brigade and YAL service projects- Union Gospel Mission and Akin.

To Apply, please answer the following questions (please use additional paper for extended responses):

- Sponsor Name: _____
- Organization Name: _____
 - Address: _____
 - Year Established: _____
 - 501(c)(3) Yes or No
 - Point of Contact Name/Title: _____
 - Email Address: _____
 - Phone Number: _____

- Brief Organization Description (serving local and/or greater Seattle area)

- Sponsor's engagement in the Organization

- Specific Purpose of Grant

- Population Served (e.g., individual, family, school, community charity)

- Describe how this aligns with Philoptochos mission statement (*see below*)

Please Submit application directly to Philoptochos Mailbox in the Church Office no later than September 30, 2026.

Philoptochos is excited to partner and support targeted identifiable projects to both Orthodox ministries and local Greater Seattle charities.

Philoptochos Mission Statement

- To help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, and to aid anyone who may need the help of the Church through fundraising efforts; and
- To promote the charitable, benevolent, and philanthropic purposes of the Greek Orthodox Archdiocese of America,
- 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 activities of the Greek Orthodox community, with the cooperation of the Parish Priest and the Parish Council.



WHAT IS THE PURPOSE OF THE ORTHODOX CHRISTIAN MISSION CENTER?

As the official Pan-Orthodox missions agency of the Assembly of Canonical Orthodox Bishops of the United States of America, we are dedicated to galvanizing Orthodox Christians in the U.S. to embrace Christ's command to spread the Gospel to all nations. We unleash human and financial resources to establish Christ's Church in collaboration with local Churches, through a uniquely Orthodox approach to missionary work. Ultimately, we aspire to bring people into the fullness of life in Christ.

WHERE DOES THE MISSION CENTER SERVE?

We focus on serving areas where the Gospel has not been heard, the Church has not been fully established, and/or the population is largely non-Christian. We are currently active in 33 countries and 36 dioceses around the world.

HOW CAN I SUPPORT THE WORK OF THE MISSION CENTER?

Numerous ways to support our work include serving abroad, serving from home, or contributing financially.

For more information on the work of the OCMC, including lesson plans, ways to serve, financial reports, and other resources, visit www.ocmc.org or call **877-GO-FORTH**. God Bless You!

Yiayias & Friends

In July, due to the holiday, our Yiayias & Friends will gather one week later than usual, on **Thursday, July 9th, at 11:30am at:**

**Time Out Greek & American Restaurant,
5807 244th ST SW,
Mountlake Terrace, WA 98043 (425) 672-5144**

For further information, or to RSVP, please email **Cathy** at chowoo@comcast.net, text **206-282-9641**, or join our private Facebook group, YIAYIAS & FRIENDS. We hope you have a wonderful summer.



Papouthes and Friends

The July Papouthes and Friends luncheon will be: **Thursday, July 16, 2026 12:00 noon at:**

**Niko's Gyros Magnolia
2231 32nd Ave W
Seattle, WA 98199**

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

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



Bookstore Update

STEFANA and BOOKS

While July is a good month for participating in outdoor activities, traveling, and enjoying good weather, it is also a great time to catch up on reading, especially books that provide some basis as we celebrate 250 years of the American nation.

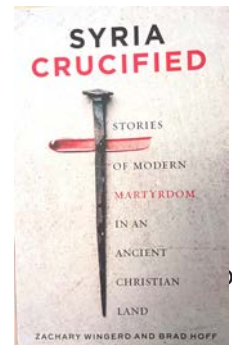
July is also a popular time for weddings, and your St. Demetrios Bookstore can provide beautiful Stefana (wedding crowns) which are an integral part of the Orthodox sacrament of Matrimony. These have been made by women associated with our parish. Wedding candles also are available.



Your bookstore has many excellent books for your summer reading edification on various aspects of our Holy Orthodox faith. Two volumes we recommend offer insight, one of a saint who lived and worked in America, and the other with background on the endless wars in the Middle East.

First is Treasures New and Old-Writings by and about St. Nikolai Velimirovich. St. Nikolai (1880-1956) is a modern saint and is considered as an “Enlightener of the Americas.” He was of Serbian background, educated in Europe, visited America several times especially to support new Serbian communities, imprisoned by the Nazis during World War II including at the notorious Dachau concentration camp, and moved to America where he spent his final years (1946-1956) teaching at seminaries and writing and lecturing. He believed strongly in Orthodox unity as well as having close relations with other Christian denominations. He was known by many as “The New Chrysostom.”

The second recommendation is Syria Crucified – Stories of Modern Martyrdom in an Ancient Christian Land. As one reviewer notes, “Syria Crucified is a deeply moving book, which is at the same time an extraordinarily valuable document for understanding an area that has long been so vitally important to Christian history. Even if we read all the many works of analytical scholarship about religion and conflict in the contemporary Middle East, they are still no substitute for the firsthand accounts that we find in this really enlightening and often harrowing piece of oral history.”



Liturgies in July

July	Service	Time
5	5th Sunday of Matthew Orthros and Divine Liturgy	8:15am
12	6th Sunday of Matthew Orthros and Divine Liturgy	8:15am

July	Service	Time
19	Sunday of the Holy Fathers of the 4th Ecumenical Council Orthros and Divine Liturgy	8:15am
26	8th Sunday of Matthew Orthros and Divine Liturgy	8:15am



Frequently Asked Questions About Stewardship

How do I know how much to pledge? Prayerfully review your ability to contribute as a member of our St Demetrios family. Remember, it is not necessary to pay your complete pledge at one time. Pledge your annual amount, then choose to pay weekly, monthly, or bi-monthly. Complete your Stewardship Commitment card online or bring your pledge card to church and place it in the Stewardship box outside the main office.

How do I pledge and pay online? Pledging and paying online is EASY and safe. To pledge, visit **SaintDemetrios.com** and select Stewardship. From there you will have the option to complete your **[Stewardship Pledge](#)** and pay online with **[e-Giving \(Zelle, Tithe.ly or PayPal\)](#)**.

What does my stewardship pay for? It costs approximately \$2,700 per day to keep the church doors open. All operating expenses are paid by stewardship. Some examples are pastoral and staff salaries and benefits, Archdiocese assessments, insurance, utilities, permits and maintenance of the church campus. Additional costs are directly related to church programs.

FACT: Nearly 50% of St Demetrios families give less than \$700. This is not sustainable to cover our operating costs. Prayerfully examining your pledge is recommended annually so that your pledged amount is aligned with your personal ability to support your church and its many ministries.

Why is it so important to pledge early in the year and every year? Our church budget is based on our expected annual income and expenses. Forecasting stewardship early in the year helps meet parish goals and allows for effective fiscal budgeting. We also want to keep your contact information up to date.

Doesn't the Greek Festival and the Auction bring in most of the funding for the church? Unfortunately, no. Although the Festival and Auction are important sources of funding, they only account for about 50% of the total revenue brought in each year.

If I cannot complete my pledge amount, what do I do?

Simply contact the church office and request to modify your pledge.

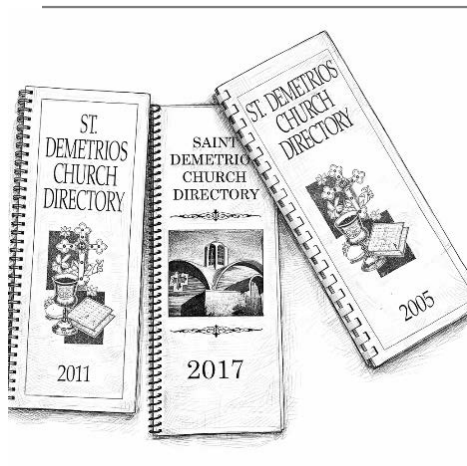
If I donate to a memorial, building fund, or Sunday School, does that count as part of my stewardship? No, stewardship payments go towards completing your pledge and are separate from other church donations.

If I make a non-monetary donation to the church, can this represent my stewardship?

Your stewardship pledge cannot be substituted by non-monetary donations. However, donations to the festival and the church are greatly appreciated.

Thank you for prayerfully considering your stewardship pledge this year!

*Generous giving is an acknowledgment that everything we have is a gift from God, and is to be used in His service
(Luke 12:33, Acts 20:35, 1 Timothy 6:17-19, James 1:17, 1:27, 1 Peter 4:10).*

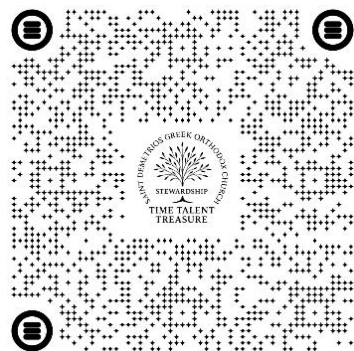


NEW PRINTED DIRECTORY IS COMING

Saint Demetrios staff and volunteers are busy putting together an updated printed church directory. The directory will include names, addresses, phone numbers, and emails of members of our parish that wish to participate.

Why this directory matters. The directory will help us stay connected and get involved. The directory will include information on church ministries and the Ecclesiastical Dates for 2027-2030.

How to participate. To have your name listed, complete your 2026 Stewardship Pledge. Scan the QR code below for the electronic form or contact Maria Barbas at 206-631-2505 or mbarbas@saintdemetrios.com to obtain a paper form. Making your Stewardship Pledge and payment is easy!



Pledge Online: Scan this code to complete the online pledge form.



Make a Payment: Log in to Tithe.ly and start your recurring payment (weekly, monthly, bi-monthly, annually).

St. Demetrios Greek Orthodox Church Youth Ministry Director

Mission Statement: Loving God and One Another In Spirit and Truth.
Vision Statement: To Follow Jesus Christ, Make Disciples, and Minister to the Needs of One another and the Community.

Position: Youth Ministry Director
Reports to: Parish Council President
FLSA Classification: Non-Exempt
Location: Parish/Work from Home

Overview:

Youth Ministry Director will provide oversight for all youth ministries at Saint Demetrios Greek Orthodox Church. The primary focus will be to work with the Church Priest, Parish Council, and families to develop and implement a mission statement that includes the vision and goals for Youth Ministries in alignment with the Metropolis of San Francisco. The Youth Ministry Director will encourage and equip youth, families, and volunteers, and ministries with opportunities for growing their faith and walking in their Orthodox journey.

Responsibilities:

- Coordinate across ministries for events and develop cohesion between youth ministries
- Build relationships with parents, leaders, and staff to drive our mission, vision, and goals in connecting families to Orthodoxy
- Manage a master calendar for Youth Ministries and events and provide updates for the Church website
- Monitor Youth Ministries budgets
- Regularly communicate with the Church Priest, Deacon, Church Staff, Parish Council and Church Community
- Ensure that Youth Ministries have a digital presence and outreach to our community
- Create graphics, flyers, newsletters, email to communicate regularly with families and the broader community
- Recruit, train, and equip volunteers
- Ensure that volunteers have completed the Metropolis youth safety program
- Attend church meetings as needed (e.g., staff meetings, Parish Council, Sunday School Director Meetings)
- Oversee HOPE, JOY, Junior GOYA, and Senior GOYA Ministries

Preferred Skills:

- Practicing Greek Orthodox Christian with a foundational knowledge of the Church
- Strong communication and organizational skills
- Efficient and detail oriented with the ability to handle multiple tasks simultaneously
- Team player and able to carry out verbal/written instructions
- Previous experience in kids, student, and/or family ministry
- Computer/technology skills to effectively use commonly used computer programs.

Physical Requirements

- Ability to sit and work at a computer for extended periods.
- Must be able to lift up to 15 pounds occasionally.

July 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jun 28 4th Sunday of Matthew Fast of the Holy Apostles Epistle: Romans 6:18–23 Gospel: Matthew 8:5–13 8:15a Orthros 9:30a Divine Liturgy Trans. of Relics of Kyros & John	29 Apostles Peter & Paul	30 Greek Orthodox Archdiocese 6:30p Parish Council Meeting National Clergy Laity Assembly 12p HOPE – Picnic and Swimming 6p Choir Practice Michael, New Martyr of Athens Synaxis of the 12 Apostles	Jul 1 St. Kosmas and Damianos	2 St. John of San Francisco	3 Church Office Closed	4 Independence Day 5p Great Vespers Independence Day St. Andrew the Melodist
Jul 5 5th Sunday of Matthew Epistle: Galatians 5:22–6:2 Gospel: Matthew 8:28–9:1 Sm Hall & Court Yard Bapti... 8:15a Orthros 9:30a Divine Liturgy 1p Baptism Athanasios of Mt. Athos	6 Sisoos the Great	7 Festival Baklava 6p MOM's Fellowship – Taco Tuesday 12p Sm Hall Set Up 6p Choir Practice St. Kyriaki, Great Martyr	8 12p Sm Hall Set Up 6p Choir Practice St. Prokopios the Great Martyr	9 Sm Hall – Wedding Dinner... 11:30a Yiayia's & Friends Luncheon 5p Wedding Rehearsal Pragratios & Provos, Martyrs	10 St. Sophrony of Essex 3p Wedding Great Martyr Euphemia St. Athanasios of Mt. Athos	11 St. Sophrony of Essex 3p Wedding
Jul 12 All Saints Summer Camp Elementary and High School 6th Sunday of Matthew Epistle: Romans 12:6–14 Gospel: Matthew 9:1–8 8:15a Orthros 9:30a Divine Liturgy Proklos & Hilarios, Martyrs St. Paisios of Mt. Athos	13 Library Capital Improvement... Archangel Gabriel	14 St. Nikodemos of Mt. Athos	15 6p Choir Practice St. Vladimir of Russia Sts. Kyrkos & Julitta	16 12p Papouthes & Friends Luncheon Athenogenes, Martyr	17 Court Yard/Sm Hall Baptism 5p Great Vespers Emilianos & Pavlos, Martyrs	18
Jul 19 All Saints Summer Camp Intermediate – Youth Entering Grades 6–9 Fathers of the 4th Ec. Council Epistle: Titus 3:8–15 Gospel: Matthew 5:14–19 8:15a Orthros 9:30a Divine Liturgy Righteous Makrina St. Seraphim of Sarov	20 Youth Entering Grades 6–9 Prophet Elijah	21 Apostle Aquila St. Symeon & Parthenios	22 6p Choir Practice St. Mary Magdalene Virgin Martyr Markella	23 6p Choir Practice Hiermartyr Phocas Prophet Ezekiel	24 5p Great Vespers Olympias the Deaconess St. Anna, Mother of the Theotokos	25 Fast for the Theotokos 5p Great Vespers Aug 1
Jul 26 8th Sunday of Matthew Epistle: Galatians 3:23–4:5 Gospel: Matthew 14:14–22 Court Yard/Sm Hall Baptism 8:15a Orthros 9:30a Divine Liturgy 2p Baptism St. Paraskevi	27 St. Panteleimon the Great	28 6:30p Parish Council Meeting St. Irene Chrysvalantou	29 1p Open Confession 6p Choir Practice Euseignius, Martyr Kalliminos & Theodorate Martyrs	30 Apostles Silas, Sylvanus & Creskes	31 Fast for the Theotokos 5p Great Vespers Isopeh of Arimatea	Procession of the Cross

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Submissions for the Orthodox Way

If you would like to offer a Holy Altar Table Vigil Light or sponsor the Social Hour in memory of a beloved family member or friend who has fallen asleep in the Lord, please contact the church office at 206-631-2500.

Please submit announcements for Memorials and Candles to Johanna at jrios@saintdemetrios.com by the 20th of the month to appear in the next months newsletter. Submissions recieved after the 20th will appear in the following newsletter.

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

The above are parishioner contributed announcements to The Orthodox Way