



Septembre 2025
USPS 8048, No 9

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

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saintdemetrios.com

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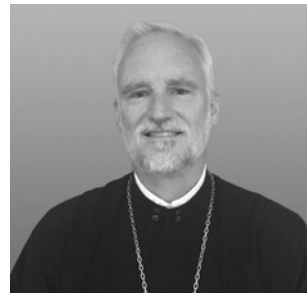
The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

Dear Beloved Faithful of St. Demetrios,

Every September 14th, we celebrate one of the Great Feasts of our Church, the Feast of Elevation of the Holy, Precious and Life-giving Cross. I would like to share with you a reflection of St. John of San Francisco on the Holy Cross where he also explains the meaning of the hymn which is so prominent in our liturgical life:



Σώσον, Κύριε, τὸν λαόν σου, καὶ εὐλόγησον
τὴν κληρονομίαν σου, νίκας τοῖς βασιλεῦσι κατὰ
βαρβάρων δωρούμενος, καὶ τὸ σὸν φυλάττων, διὰ
τοῦ Σταυροῦ σου πολίτευμα.

Save, O Lord, Your people and bless Your
inheritance, granting victory to the faithful (Kings) over
the enemy, and by Your Cross protecting Your
commonwealth.

Before the time of Christ, the cross was an instrument of punishment; it evoked fear and aversion. After Christ's death on the Cross, it became the instrument and sign of our salvation. Through the Cross, Christ destroyed the devil; from the Cross He descended into hades and, having liberated those languishing there, led them into the Kingdom of Heaven.

The sign of the Cross is terrifying to demons and, as the sign of Christ, it is honored by Christians. The Lord manifested it in the sky to the Emperor Constantine as he was going to Rome to fight the tyrant who had seized power, and the Emperor, having fashioned a standard in the form of a cross, won a total victory. Having been aided by the Cross of the Lord, the Emperor Constantine asked his mother, the Empress Helen, to find the actual Life-giving Cross, and the devout Helen went to Jerusalem where, after much searching, she found it.

Many healings and other miracles were wrought and continue to be wrought by the Life-giving Cross and also by its depiction. Through it the Lord preserves His people from all enemies visible and invisible. The Orthodox Church solemnly celebrates the finding of the Cross of the Lord, recalling at the same time the appearance of the Cross in the sky to the Emperor Constantine. On that and other days dedicated to the Holy Cross, we beseech God that He grant His mercies not only to individual people, but to all Christendom, to the whole Church.

This is well expressed by the troparion to the Cross of the Lord, composed in the eighth century, when Saint Cosmas, Bishop of Maiuma, a friend of St. John Damascus, wrote the service to the Exaltation of the Cross of the Lord.

"Save, O Lord, Thy people, and bless Thine inheritance, granting victory to (right-believing) kings over adversaries, and by Thy Cross preserving Thy community."

The beginning of this prayer is taken from the twenty-seventh Psalm. In the Old
- Continued on Page 22 -

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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On August 3, a Holy Altar vigil light was offered in loving memory of **Hristos Panagiotis Fotopoulos** (two-years since his passing) by his wife, Giannoula, son Panagiotis (Pete), daughter Eleni, son Petros and son Ioannis (Johnny).

On September 7, a Holy Altar vigil light is offered in loving memory of **Louis Bussiere** (12 years since his passing) and **Helen Baroumes Bussiere** (24 years since her passing) by their children, grandchildren and great grandchildren and their families.

Liturgies in September

September	Service	Time
7	Sunday before Holy Cross Orthros & Divine Liturgy	8:15am
8	Nativity of the Theotokos Orthros & Divine Liturgy	8:30am
14	Exaltation of the Holy Cross Orthros & Divine Liturgy	8:15am
16	Euphemia, Great Martyr Orthros & Divine Liturgy	8:30am
21	Sunday after Holy Cross Orthros & Divine Liturgy	8:15am
23	Conception of St. John the Baptist Orthros & Divine Liturgy	8:30am
24	St. Silouan the Athonite Orthros & Divine Liturgy	8:30am
26	St. John the Evangelist Orthros & Divine Liturgy	8:30am
28	1st Sunday of Luke Orthros & Divine Liturgy	8:15am

Δεκαπενταύγουστος *Panagia celebration*



Thank you everyone who attended our first annual Panigyri. A special thank you to those who helped set up and clean up! If you'd like to make a donation please send to the Venmo information below! We look forward to next years Panigyri.

George John
@GeorgeJJohn



venmo



ST. DEMETRIOS
GREEK FESTIVAL
SEPTEMBER 19, 20, 21

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

GREEK FOOD, BEER & WINE

FREE ADMISSION

SHUTTLE SERVICES:
UW LIGHT RAIL STATION -
all weekend

LIVE GREEK MUSIC &
DANCING

CASHLESS EVENT

SEATTLE PREP SCHOOL -
Saturday & Sunday

CHURCH TOURS

BIKE RACKS ON SITE



2100 BOYER AVENUE EAST | SEATTLE, WA



Youth Booth Volunteers Needed

For the St. Demetrios Greek Festival

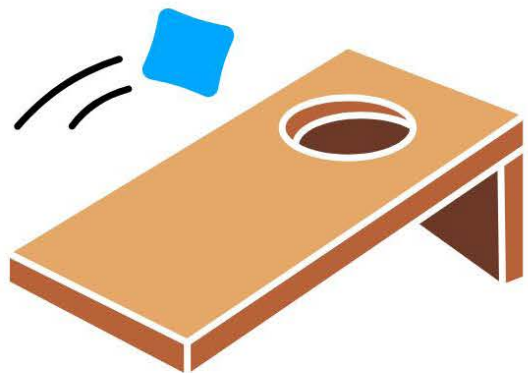
Who: Volunteers ages 13+

When: Friday, Sept. 19 – Sunday, Sept. 21

What: Help run games at the Youth Booth

Volunteer shifts are 2 hours each. Sign up for one or multiple shifts and earn community service hours!

*For more information and to sign up, please email Christina at **christinabayouk@gmail.com***



**HAND
MADE**

Calling all crafters- knitters,

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. Popular items:

baby blankets and hats, Thanksgiving and Christmas decorations, handmade cards, placemats, napkins, sport and college or Greek themed items such as blankets, aprons, hats, lipppers, knitted/crocheted stuffed animals, etc.

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



“Smyrna” Screening

Friday, September 5
7 p.m.

St. D's Small Hall

Tickets: \$10

Purchased at the door

All proceeds will benefit the YAL Seattle ministry.

*For questions or more information, please email
yalseattle@gmail.com.*

Philoptochos

Philoptochos Grants

We have reached the time of the year when we are sending out our annual Grant Applications. Philoptochos has been blessed to have additional funds that we need share with the community to serve and support the needy. If you belong to a service organization or know of a group that needs help, please consider applying for a grant to be distributed in late September. Look for the grant application in Orthodox Way.



Men Who Cook

Men Who Cook

Do you know of a man who loves to cook and share his creations? Send him to us!

On November 8th Philoptochos will host “Men Who Cook” competition and cook off and fundraiser. The community will be invited to taste and vote for their favorite “Top Chef” and his creation.

For more information contact:

Pam Plumis: pplumis@comcast.net or Emilie John: emiliebjohn@gmail.com

Dates:

September 30: Deadline for Grant Applications

October 12: Grants awarded

October 5: Registration deadline for “Men Who Cook” fundraiser

November 8: “Men Who Cook” Fundraiser



Donations

Saint Demetrios Philoptochos

Membership 2025

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 _____



One of our goals is to engage more of our younger members who lead busy lives and may be interested in networking with other younger women to work on projects of interest to the group. Please check if you want to learn more about upcoming opportunities. _____

Amount Received _____ **Paid by cash** _____ **Check** _____ **Credit Card** _____

If you prefer to join by mail, send this form along with your check to St. Demetrios Philoptochos, 2100 Boyer Avenue East, Seattle, WA 98112. To pay by credit card, call Maria Barbas to pay by phone (206-631-2505).



MEN WHO COOK FUNDRAISER NOVEMBER 8TH

Philoptochos has a new fundraiser that showcases the men in our community who like to cook.

Twenty participants will present samples of their favorite dish to attendees and judges at the “Men Who Cook” fundraiser, scheduled for November 8th in the large hall. Entries may include any type of food, ranging from dips and spreads to cookies. All cuisines are acceptable.

Attendees will cast votes for their preferred dishes using tickets. The judges will score each dish separately.

The cooks need to:

- Submit their recipe
- Be responsible for purchasing all the ingredients for their special dish
- Prepare their dish *at home or a cooking establishment* and bring it to the event
- Be present at the event and serve samples (Costco style) to the attendees
- Although it is not required, participants may decorate their booth as they choose,
- Clean up their serving space after the event

The cooks will be provided:

- Their own service table
- Serving cups, napkins, utensils, table clothes
- Outlet to heat your item (for a hotplate or crockpot, etc..)

Tickets for the event will be available for presale. Attendees are invited to explore the hall, sample a variety of dishes, and cast their votes for their preferred selections using purchased tickets. The booth with the most tickets will win the People’s Choice Award.

There will also be tasting judges who will also vote on their favorite dishes.

Winners will be announced for: Judges’ choice- 1st, 2nd and 3rd place and Peoples Choice

DEADLINE FOR REGISTER IS OCTOBER 5

For more information or to register: emiliebjohn@gmail.com

_____ Yes, sign me up! I would like to participate in this Philoptochos fundraiser.

Name: _____.

Phone Number: _____

Email Address: _____



Philoptochos Grant Application 2025

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 internally charitable support. *Large charities receiving corporate and/or government funding are considered well-endowed and will **not** be eligible.*

2024 Philoptochos Awards totaled over \$10,000: Philoxenia House, Guatemalan Orthodox Church mission supplies, Bellevue Lifespring; King County Sheriff Blessing Bags, Life Haven Maternity Home, Pregnancy Aid of South King County, Lake Washington Institute of Technology Foundation (Ukrainian refugee scholarships), yarn for baby blankets, Toys for Tots and YAL service project.

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, 2025.

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.

Sunday School Update



Sunday School classes will resume on **September 28, 2025** with a "welcome back" celebration in the small hall following Liturgy. We will also have the annual blessing of the backpacks. We have an exciting year planned as we learn about our Orthodox faith with a focus on **prayer**.

The 2025-2026 Sunday School registration form is included in this month's Orthodox Way; please complete and follow the instructions at the bottom of the form - before the first day of class, **September 28, 2025**.

Finally, we are continuing our Sunday School "Adopted Senior Program," whereby we pair Sunday School kids with our beloved St. Demetrios seniors to correspond with them

throughout the year, sending notes, cards, handmade drawings, etc. As we have several seniors, we are looking for more kids to join our program.

We look forward to having your child/children join us and welcome parent volunteers (as noted on the registration form).

Thank you for your support!

Sunday School Thank You!

The Sunday School program wishes to thank **Eleni Athans** and her daughters **Angelina** and **Victoria** for their assistance in helping to prepare for the 2025-2026 Sunday School year. God bless you.

Yiayias & Friends

Our next YIAYIAS & FRIENDS lunch will be held at **TAKI'S MAD GREEK, 1471-NW 85th, Seattle, (206)297-9200** on **Thursday, September, 4th, at 11:30am**.

Please RSVP to Cathy chowoo@comcast.net or text **206.282.9641**, so the restaurant can plan on how many to expect.

Our group usually meets on the first Thursday of each month at 11:30 am - please watch the Orthodox Way and e-News. or ask to join our private Facebook page YIAYIAS & FRIENDS, for more up-to-date information.

We are an informal group, where all women are welcome!



Papouthes and Friends

Thursday, September 25, 2025
12:00 noon at:

Sunfish
2800 Alki Ave SW
Seattle, WA 98116

This is one week later than normal due to Festival Week.

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

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



2025-2026 St. Demetrios Greek Orthodox Church

Sunday School Enrollment Form

Classes begin on September 28, 2025

Thank you for enrolling your child in the St. Demetrios Sunday School Program. Each Sunday, your child will learn about their Orthodox faith and Christ. Please complete this form to register your child for Sunday School and submit it to the Sunday School Director. If you are able, we welcome a voluntary monetary donation to help cover cost of materials, snacks, and supplies. Thank you.

Please note that a child must be 3 years old by August 31, 2025 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 return to Sunday School office, mail, or scan and email registration form to: Paula Charuhas Macris, PO Box 2660, North Bend, WA 98045; pmcmacris@gmail.com; 206/795-8204.

2025-2026

SAINT DEMETRIOS

HOPE

HELPING ORTHODOX PARENTS EDUCATE

A MINISTRY FOR BABIES, CHILDREN, AND THEIR PARENTS

DATE	TOPIC	DATE	TOPIC
10/15/25	Our Church	3/4/26	Holy Cross
11/5/25	Thankfulness	4/1/26	Pascha
12/3/25	Nativity	4/10/26	Retreat
1/7/26	Theophany	5/6/26	Family
2/4/26	Icons	6/3/26	Party

We meet on the first Wednesday of every month at 10:30am in Sunday School classroom 104 for fellowship, crafts, snacks, and a lesson about our Holy Orthodox Faith



Upcoming Events

FRI
SEPT **5**

Movie Night - Smyrna
7:00 PM @ St. D's

SUN
SEPT **14**

Hygiene Kit Assembly Service Project
After Liturgy @ St. D's

SAT
SEPT **27**

Vespers & Dinner
Vespers at 5 PM @ St. D's
Dinner at 6:30 PM @ Olympic Pizza & Pasta

SAT
OCT **18**

Vespers & Dinner
Vespers at 5 PM @ St. D's
Dinner at 6:30 PM @ Varlamos Pizzeria

SAT
OCT **25**

Husky Parking Fundraiser
Time TBD @ St. D's

Connect with YAL Seattle

GroupMe: https://groupme.com/join_group/95398216/v3zQQsYC

Email: yalseattle@gmail.com

Instagram: [@yalseattle](https://www.instagram.com/yalseattle)

Orthodox Christian Fellowship (OCF)

If you are a college student in the Seattle area, join our OCF group at the University of Washington. Meetings are paused for the summer and will resume in Fall Quarter.

Join our GroupMe group chat: https://groupme.com/join_group/85524228/CUbVqV5a

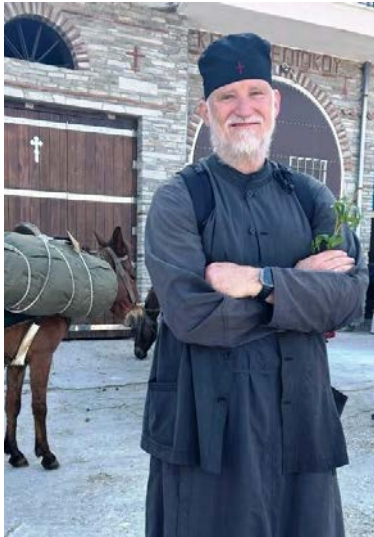
Follow us on Instagram: [@ocf_uw](https://www.instagram.com/ocf_uw)

Email us: ocf@uw.edu

"The St. D's Triune Trekkers"

Fr. Photios • Fr. Spyridon • Dn. Perry

Now thru Sept 14



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

Sponsor one of our Clergy for a chance to **win a \$25 Amazon gift card each week!**

To Sponsor our Clergy with a Credit Card: Go to <https://give.ocmc.org/StDsTriuneTrekkers>, click the "Members" tab and then click on the name of the Clergy you wish to support, & click "Donate."

To Make a Cash/Check Donation: Contact Chris & Paula Macris at 425-503-5374 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.

Thank you very much for your support of the Orthodox Missions!



Thank you to our current sponsors

(as of 8-24):

Cliff & Theodora Argue

Eleni Athans & Family

Stella Athans

Frances Barnecut

Gabriel Bayouk

John & Emilie John

Bishara & Diane Kharoufeh

Chris & Paula Macris

Jim Markezinis

John & Lisa Panagiotou

Dr. Greg & Stellee Papadeas

Bill & Karen Rockwell

Mark & Angelique Saffle

Alex & Vassie Skoulis

Lindsay Stotz

Steve & Georgia Teodosiadis

Anonymous (3)

Amazon Card Winners:

Bishara & Diane Kharoufeh

Jim Markezinis

Christmas in the Summer - Early Bird Donations

We'll do the shopping & heavy lifting for you!!!

Daughters of Penelope - Alcides Chapter

Serving the Greater Seattle Community for over 75 years!!

4th ANNUAL CHAPTER TOY DRIVE

2025 GOAL: 750 New Unwrapped Gifts



Donation by Venmo: Daughters Alcides venmo.com

Donation by Check - Payable to: Daughters of Penelope #160 (memo; T4Ts)

Mail to - Holly Poulias, 2856 NW 65th St. Seattle, WA 98117



HELLENIC STUDIES 2025

OUR VISION AND PROGRAM

Founded by the late Professor Ted Kaltsounis in 1998 with support from the local Greek-American community, our program is an interdisciplinary program designed for students interested in acquiring a comprehensive view of Greece, from antiquity to the present, enabling students to study the Greek world in depth and from a variety of scholarly perspectives.

The Hellenic Studies program's special emphasis on modern and contemporary Greece is mirrored in its placement within the Center for Western European studies and the Jackson School. The program's mission to support and promote the study of modern and contemporary Greece is further reflected in the opportunities it presents students to study the Modern Greek language at all levels, and to gain first-hand experience of Greece by participating in the study abroad program it organizes annually. The program offers a Minor that forms an excellent and convenient complement to a European Studies Major or other majors with the Jackson School or in the humanities.

MESSAGE FROM THE CHAIR

Welcome to UW Hellenic Studies! As program chair my mission is to make sure that UW will always be a place where students, both those of Greek heritage and those with no previous experience of or connection with Greece, can gain a deeper knowledge of Greece and all aspects of its rich and ancient culture and its language in all periods, from ancient to modern. I want to continue to improve and expand our program to meet this mission. I want to make sure that students know about our classes and the financial support that we can offer thanks to generous benefactors from the community.

OUR FACULTY

- > Prof. Alexander Hollmann, Chair and Vidalakis Professor of Culture, Excellence, and Spirituality in Hellenic Studies
- > Dr. Nektaria Klapaki, Modern Greek Studies, Study Abroad Program
- > Dr. Heracles Panagiotides, Modern Greek Language
- > Dr. Taso Lagos, Study Abroad Program

LONG TERM GOALS

Since the founding of the program it has been our goal to create a named and endowed chair in Hellenic Studies. We have gotten a good start on this and created an endowment of \$1.8 million with generous contributions from the community. We seek to make this a reality through community contribution, cultivation of benefactors, and applications for program support from national and international foundations.

To support the named professor of Hellenic Studies we also need to create two full-time lectureships, one in Modern Greek Studies, and the other in Modern Greek Language.

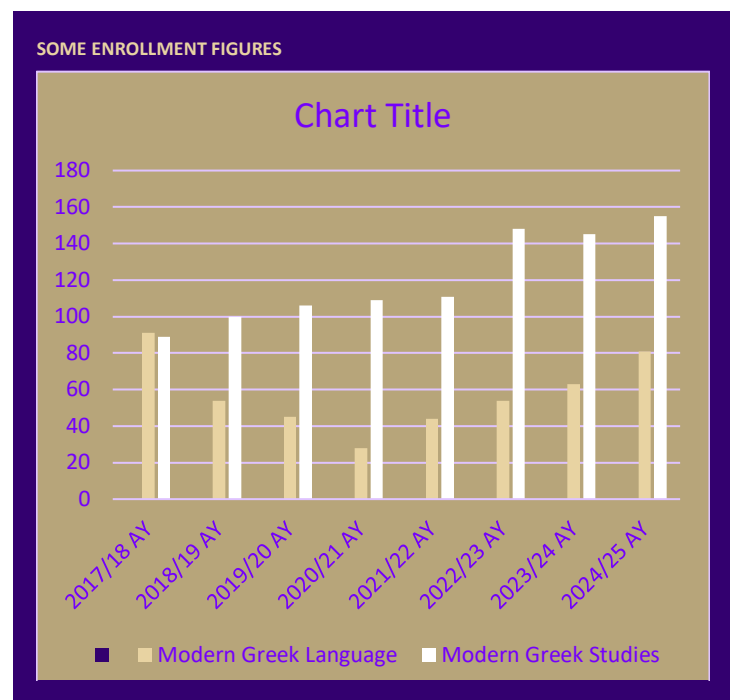
OUR ADVISORY BOARD

- > John T. John, President
- > Paul Plumis, Vice President
- > George Hatziantoniou, Vice President
- > Gus Kravas

OUR CLASSES

The Hellenic Studies program has four important components:

1. Courses on Modern Greece (history, culture, literature). These courses are taught by Dr. Klapaki and are offered through the Jackson School of International Studies. JSIS/CLAS 239 Greece: Ancient to Modern, examines the idea of the continuity of themes from Ancient to Modern Greece and is team-taught by Professor Hollmann and Dr. Klapaki.
2. Courses on Ancient Greece (literature, mythology, history, culture, art, archaeology). These courses are taught by faculty of the Department of Classics, including Prof. Hollmann.
3. Courses in the Greek language (Ancient and Modern). Courses in Ancient Greek are offered from beginning level through upper level, and are taught by faculty of the Department of Classics, including Prof. Hollmann. Courses in Modern Greek are offered from beginning level through advanced. Beginning and intermediate Modern Greek courses are taught online, using a platform developed by Dr. Panagiotides.
4. The Study Abroad program is run by Drs. Klapaki and Lagos and has both a shorter program (spring break) and a longer program (summer). Participants spend time in Athens at the American College of Greece (Deree), as well as at Harvard's Center for Hellenic Studies in Nafplio, with side trips to sites in the Peloponnese.



in the Classics Program, for a chapter from his MA thesis entitled “The Division Myth and its Development”.

STUDY ABROAD

Hellenic Studies Summer Program, directed by Dr. Nektaria Klapaki with Dr. Taso Lagos, continues to be popular with UW students. This summer 20 students will split their time between Athens (staying at Deree College) and Nafplio (using facilities of Harvard’s Center for Hellenic Studies), with some side trips to the islands.

EVENTS

UW Hellenic Studies is delighted to be part of the West Coast consortium of Hellenic Studies programs. Gefyra, a pilot program, launched by the SFU and UCLA programs in Hellenic Studies with assistance from the Niarchos Foundation, brings scholars, artists, and performers from Greece to Vancouver and Los Angeles, who can then be invited to our program. Our most recent visitor was Dr. Leon Saltiel, a historian of the Holocaust in Thessaloniki and Director of Diplomacy and Representative for the World Jewish Congress at the UN and UNESCO in Geneva.

Fulbright Scholar Maria Papavasiliopoulou, PhD candidate in Ethnomusicology at the University of Athens, visited us from October 2024 to February 2025 while working on her project on songs and music in Ladino communities in the US.

Two students from UW, Logan Tsui and Alexandra Ritsatos, participated in a conference entitled “East Meets West: Interdisciplinary Perspectives on Greece’s History and Culture”. The conference was arranged by the West Coast Consortium of Hellenic Studies programs and was hosted by Prof. Katerina Lagos at California State University in Sacramento, CA. Thirteen students from seven different West Coast colleges presented papers and faculty from UW, SFU, and UCLA presided over the panels.

UW HELLENIC STUDIES IN THE NEWS

An article by Chris Benis in the December 2024 edition of the *National Herald* lists UW’s Hellenic Studies program as third among the five best programs in the US! The article says our program gives students “a holistic understanding of Greece, with classes spanning the ancient and modern world.”

FACULTY NEWS

In March 2024, Dr. Nektaria Klapaki spent one week at UC Berkeley as Nikos Kazantzakis scholar in residence and delivered the 2024 annual Nikos Kazantzakis Lecture. In December 2024, she concluded six years of service as Arts & Humanities Associate Editor of the *Journal of Modern Greek Studies*. In October 2024, she participated in a special session (JMGS: Present and Future) organized by Professor Artemis Leontis in the context of the biennial MGSA meeting that took place at Princeton University.

In April 2025 Prof. Alexander Hollmann with co-author Dr. Robert Daniel of the University of Cologne published his second book, *Magica Levantina*, a collection of magical texts in late-antique Greek from Caesarea and Antioch. The texts, mainly curses against rival charioteers and horses in the hippodrome and against rival business-owners and legal opponents, draw on a fascinating mixture of pagan Greek, Egyptian, and Near Eastern underworld gods and Jewish angel names. A number of previously unattested Greek words appear in the texts.

PLEASE SUPPORT HELLENIC STUDIES! We need your help to achieve our long term and short term goals and are grateful for all donations, great and small. If you can help us, please contact Damian Peterson in the UW Advancement Office (damianbp@uw.edu).

PROGRAM NEWS

FIVE YEARS OF HELLENIC STUDIES MINORS

This year we celebrate five years of the Hellenic Studies minor. Our most recent minor to graduate, Meagan White, is now in her first year of Law School at the UW—and is helping one of her professors write a new textbook on property law!

KRAVAS AND SOULANDROS SCHOLARSHIPS

The Kravas Scholarship was set up in honor of Irene Konstantopoulos Kravas (1908-2009), who was born in the village of Kastania and came to Washington State as a bride in her late teens. Though she spent most of her life in the *xenitia*, she always remembered a childhood filled with the love of family and their passion for their Hellenic heritage. The 2025 winner is Sophia Arons, a Biochem major, who is looking forward to the Hellenic Studies Summer Abroad program.

The Soulandros Scholarship, created in honor of Nicholas and Aggeliki Soulandros, is awarded to both undergraduate and graduate students who show an interest in Hellenic Studies. refugees in Greece with historically Greek backgrounds. The 2025 winner is Noor Alkaledy, an Education, Communities, and Organization major.

KALTSOUNIS SCHOLARSHIP

Named after UW professor and founder of the UW Hellenic Studies program, Ted Kaltsounis, the Kaltsounis Scholarship is awarded to students for research and travel. The 2025 winner is Carly Torres, an Anthropology major.

ROUVELAS PRIZE

The Rouvelas Prize was created in honor of Eleftherios and Mary Rouvelas, enthusiastic supporters of *paideia*, and is given for an outstanding piece of student writing on a theme relating to Hellenic Studies. In 2025 the award goes to Luke Giuntoli, a graduate student

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- Continued from Page 1 -

Testament the word "people" designated only those who confessed the true faith, people faithful to God. "Inheritance" refers to everything which properly belongs to God, God's property, which in the New Testament is the Church of Christ. In praying for the salvation of God's people (the Christians), both from eternal torments and from earthly calamities, we beseech the Lord to bless, to send down grace, His good gifts upon the whole Church as well, and inwardly strengthen her.

The petition for granting "victory to kings," i.e., to the bearers of supreme authority, has its basis in Psalm 143, verse 10, and recalls the victories King David achieved by God's power, and likewise the victories granted Emperor Constantine through the Cross of the Lord. This appearance of the Cross made emperors who had formerly persecuted Christians into defenders of the Church from her external enemies, into "external bishops," to use the expression of the holy Emperor Constantine.

The Church, inwardly strong by God's grace and protected outwardly, is, for Orthodox Christians, "the city of God," God's community, His commonwealth, where the path to the Heavenly Jerusalem has its beginning. Various calamities have shaken the world, entire peoples have disappeared, cities and states have perished, but the Church, in spite of persecutions and even internal conflicts, stands invincible; for the gates of hell shall not prevail against her (Matt. 16:18). Today, when world leaders try in vain to establish order on earth, the only dependable instrument of peace is that about which the Church sings.

The Cross is the guardian of the whole world; the Cross is the beauty of the Church, the Cross is the might of kings; the Cross is the confirmation of the faithful, the Cross is the glory of angels and the wounding of demons.

(Exapostilarion of the Exaltation of the Cross)

May our Lord have mercy on us and protect us through the power of His most precious Cross!

In Christ's love,

+Fr. Photios

September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 31 12th Sunday of Matthew Epistle: Hebrews 9:1–7 Gospel: Matthew 19:16–26 YAL Conference at St. Demetrios 8:15a Orthros 9:30a Divine Liturgy	Sep 1 Church Office Closed Office Closed	John, Patriarch of Cilicia Mamas, Martyr	1p Open Confession 4p MEM Monthly Meeting	Sm Hall Skanka Portabridge 1... 11:30a Yiayas and Friends Lunch – Taki's Mad Greek	7p "Smyrna" Movie Screening	Husky Parking Large Hall 12p Baptism 5p Great Vespers
Holy Cincture of the Theotokos	St. Meletios the Righteous Labor Day	John, Patriarch of Cilicia Mamas, Martyr	Righteous Anthimos & Theoktistos the Righteous	Babylas, Bishop of Antioch Moses the Prophet	Zacharias & Elizabeth	Archangel Michael's Miracle Kalodotis, Martyr
Sep 7 Sunday Before Holy Cross Epistle: Galatians 6:11–18 Gospel: John 3:13–17 8:15a Orthros 9:30a Divine Liturgy 11:30a General Assembly 1p Small Hall School til	8 8:30a Orthros 9:30a Divine Liturgy 6p Greek Dance	10a WOCA	1p Open Confession	11	12	13 5p Great Vespers
Sozen & Nikomache, Martyrs	Nativity of the Theotokos	Severian, Martyr Synaxis of Joachim and Anna	Menodoras, Metrodoros, Nymphodoras	Theodora & Eufrosinos the Righteous	Autonomos, Martyr	Cornellos, Martyr
Sep 14 Epistle: 1Corinthians 1:18–24 Gospel: John 19:6–11, 13–20, 22... 8:15a Orthros 9:30a Divine Liturgy 11:30a Sunday School Teachers' Meeting 1p YAL Hygeine Kit Service Project –Small Hall	15 6p Greek Dance	16 8:30a Orthros 9:30a Divine Liturgy 6:30p Vespers – St. Sophia • Bellingham	17 9a Orthros • St. Sophia Bellingham 10a Divine Liturgy • St. Sophia Bellingham	18	19	20 6p Great Vespers
Evaluation of the Holy Cross	Bessarion, Philotheos & Gerasimos Nikitas, Martyr	Euphemia, Great Martyr	St Sophia & Her Daughters	Ariadne, Martyr Eumenios, Bishop of Coryna	Trophimos, Martyr	Eustathios, Great Martyr & Family
Sep 21 St. Demetrios Greek Festival Sunday After Holy Cross Epistle: Galatians 2:16–20 Gospel: Mark 8:34–9:1 8:15a Orthros 9:30a Divine Liturgy	22 6p Greek Dance	23 8:30a Orthros 9:30a Divine Liturgy 6:30p Parish Council Meeting	24 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession	25 12p Papouthes and Friends Lunch – Sunfish in Aliki	26 8:30a Orthros 9:30a Divine Liturgy	27 Husky Parking 5p Great Vespers 6:30p YAL Dinner: Olympic Pizza and Pasta
Jonah the Prophet Kodratos, Apostle	Phocas the Gardener	Conception of St. John the Baptist	St. Silouan the Athonite St. Thekla the Martyr	Euphrosyne the Righteous Kallimachos, Martyr	St. John the Evangelist	Kallistratos, Martyr & 49 Companions
Sep 28 1st Sunday of Luke Epistle: 2Corinthians 6:1–10 Gospel: Luke 5:1–11 Sunday School Begins 8:15a Orthros 9:30a Divine Liturgy 11:15a Blessing of the Water Service 1p Baptism	29 6p Greek Dance	30	Oct 1 8:30a Orthros 9:30a Divine Liturgy 1p Open Confession 4p MEM Monthly Meeting 6p GREEK School Agiasmos	2	3	4 2p Wedding 5p Great Vespers
Baruch the Prophet Chariton, Confessor	Kyriakos the Anchorite Petrionia, Martyr	Gregory, Hieromartyr of Armenia	Ananias the Apostle Romanos the Melodist	Justine, Martyr & George, Neomartyr Kvriamios Hieromartyr	St. Dionysios the Areopagite	Hierotheos, Bishop of Athens Kallisthenis & Domine, Martyrs

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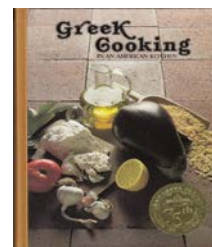
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Submissions for the Orthodox Way

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 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