



August 2025
USPS 8048, No 8

Office Hours

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

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saintdemetrios.com

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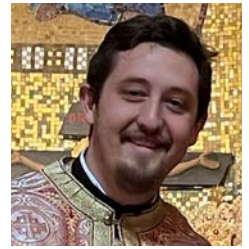
The Orthodox Way

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,

“You are the sweetness of Angels, the gladness of afflicted ones...” (From the *Paraklesis*)



During the Dormition Fast, the first fourteen days of August, we offer up the *Paraklesis* Canon, the Supplication to the Mother of God as a way to prepare for the feast of her Falling Asleep. We alternate between the familiar Small *Paraklesis* and the more festive Great *Paraklesis*, which is only sung at this time of year). These hymns, beloved by Orthodox Christians everywhere, are a great source of comfort to all who listen to and chant them.

Our Church uses the musical tradition in order to apply healing remedies to our soul. Some of these remedies are rather painful and bitter tasting. That is why the *Paraklesis* in particular features the rather “sing-song-y” melodies in the Plagal of the Fourth Mode. Whose spirit isn’t instantly lifted upon hearing the beginning of the Canon? Yet we use words such as these: “Diseased is my body and my soul. Do thou make me worthy of divine guidance and thy care...” “With most grievous diseases and with corrupt passions too, I am put to trial, O Virgin...” and “The torrent of my weeping, spurn not with refusal...” The medicine we receive through these hymns, bringing to us an awareness of our sin, and giving to us a paradigm by which to understand our suffering, is given with a little bit of sweetness in the melody. It could be said that “a spoonful of sugar helps the medicine go down!”

When we look at the context in which these hymns were written, the circumstances were far from joyful by worldly standards. The Great *Paraklesis* was written by Emperor Theodore II Doukas Laskaris (reigned 1254-1258 AD). Theodore suffered greatly from epilepsy for much of his life. But his devotion to the Theotokos inspired him to compose this beautiful poem which was forged in the furnace of physical and spiritual anguish. It begins with, “Relentless onslaughts of distressing troubles now disquiet my humble soul, and the gloomy clouds of tribulation shroud my heart. But since you are the Bride of God, Theotokos and Mother of the Divine Pre-eternal Light, shine on me the light that is full of joy.”

The Small *Paraklesis* likewise was written in distressing circumstances by St Theosteriktos the Confessor, Abbot of Pelekte Monastery near Prusa, who defended the Holy Icons during the reign of Constantine V “Copronymous” (741-775 AD). Under the leadership of Theosteriktos, the monks defended the icons and faced martyrdom. He was imprisoned for nine years and then returned to his monastery where his monks had been slaughtered. He rebuilt the monastic community there, and exasperated he offers to the Theotokos the words, “By many temptations am I distressed, searching for salvation unto thee have I taken flight...” This saint who had suffered so much, including being maimed beyond recognition, pours out the distress of his soul to the Theotokos. And today we

- Continued on Page 12 -

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 July 13 a memorial service and the coffee hour were offered in loving memory of **Angeliki Penor** (five-years since her passing) and **Panagiotitsa Poulos** (thirty-seven years since her passing) by the Themelis family.

On August 3 Two Holy Altar Vigil Lights are offered in loving memory of **Tom and Coula Cotton** (49 years and 43 years since their passing) by their daughters, Mary Cotton, Irene Lehman and family.

Liturgies in August

August	Service	Time
3	8th Sunday of Matthew Orthros & Divine Liturgy	8:15am
6	Transfiguration of the Lord Orthros & Divine Liturgy	8:30m
10	9th Sunday of Matthew Orthros & Divine Liturgy	8:15am
13	St. Maximos the Confessor Orthros & Divine Liturgy	8:30am
15	Dormition of the Theotokos Orthros & Divine Liturgy at the Assumption	8:45am
17	10th Sunday of Matthew Orthros & Divine Liturgy	8:15am
24	11th Sunday of Matthew Orthros & Divine Liturgy	8:15am
27	St. Phanourios Orthros & Divine Liturgy	8:30pm
31	12th Sunday of Matthew Orthros & Divine Liturgy	8:15am

Philoptochos

Philoptochos Grants

It's time for our annual Grant Applications. Philoptochos has been blessed with extra funds to support those in need. If you're part of a service group or know one you would like to help support, please apply for a grant, which will be awarded in late September. Application forms are available 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! 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.

Festival Baking

Philoptochos is seeking volunteers for upcoming festival baking. This is a great opportunity to gain hands-on experience and learn how to make popular pastries alongside others. Baking schedules will be shared regularly, so please keep an eye out for updates.

For more information contact:

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

Dates:

September 30th: Deadline for Grant Applications

November 8th: Men Who Cook Competition



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).

PHILOPTOCHOS MEMBERSHIP 2025 (AS OF MAY 23, 2025)

Ales, Margaret	Economou, Marla	McFarlin, Georgia	Stavros, Dimitra (Toula)
Aliferakis, Vicky	Economou, Mary	McIntosh, Tania	Stavros, Maria
Alvanos, Britani	Farmasonis, Nicolette	Mitalas, Irene	Stergachis, JoAnn
Angelis, Pres. Anna	Fournarakis, Dora	Modonas-Diafos, Athena	Stotz, Heather
Angelis, Kim	Geving, Anastasia	Molskred, Fran	Stotz, Lindsay
Antipas, Artemis	Ginosatis, Kaarin	Morgan, Susan	Theodorou, Valerie
Argue, Theodora	Economou-Grunder, Christina	Moroseos, Maria	Teodosiadis, Georgia
Asimakopoulos, Carole	Georgiadou, Fotini	Moroseos, Teresa	Teodosiadis, Steve
Aswani, Margarita	Gianotas, Sandi	Umai-Moroseos, Nazli	Tapia, Christina
Athans, Eleni	Gikas, Wanda	Mykris, Carol	Themelis, Karen
Barbas, Maria	Haskell, Dorothy	Nelson, Stella	Themelis, Susan
Barnecut, Frances	Hazapis, Dale	Oraijev, Insaf	Theodorou, Valerie
Bayouk, Duaa	Hillman, Maria	Pagones, Elaine	Thompson, Alexa
Bekris, Theamando	John, Emilie	Pallis, Margie	Tourikis, Angela
Biros, Demetra	Kaltsounis, Christina	Pallis, Tina	Tsafos, Dionisia
Broutsakis, Theodora	Karambelas, Georgene	Panagakis, Alice	Tsagalakis, Pres. Pat
Burke, Lauren	Katholos, Popi	Panagiotou, Colleen	Tveit, Jody
Burke, Maria	Kavounas, Angela	Panagiotou, Lisa	Tziotis, Ekaterini
Chan, Julie	Kenny, Sofia	Panopoulos, Johnette	Velaoras, Erene
Chigaras, John	Kobiashvili, Mariam	Panos, Rebecca	Varlamos, Karin
Chohlas, Cathy	Koceski, Jiovanna	Patrao, Angela	Varlamos, Nina
Christie, Pandora	Kolios, Leta	Pedersen, Anna (Ellie)	Voltsis, Aspasia
Christo, Eleni	Kolios, Vickie	Petratos, Helen	Walker, Effie
Christofilis, Eleni	Kollias, Vivie	Plumis, Kristina	Watson, Katherine
Christophilis, Nikki	Kost, Maria	Plumis, Pam	Xidias, Mary
Christothoulou, Tula	Kost, Patti	Polizos, Theologia	
Constantine, Kay	Koutlas, Toula	Proios, Eleftheria	
Collins, Marie	Kusulos, Dena	Ranglas, Jeannie	
Dalas, Angela	Kusulos, Dolly	Read, Bob	
Damascus, Mary	Kyriakou, Kristen	Read, Bryan	
Deleganis, Chryssa	Kyrimis, Ali	Read, Despina	
Delegans, Alexandra	Kyrimis, Linda	Rice, Pres. Ranae	
Demopulos, Arianna	LaMarche, Katerina	Rockas-Nassar, Bettyann	
Demopulos, Diane	LaMarche, Lena	Rockwell, Karen	
Demopulos, Kate	Leckie, Georgia	Rozis, Haroula	
Dennis, Demetra	Limantzakis, John	Ruh, Katina	
Derezes, Tina	Limantzakis, Lucy	Sakellaris, Penny	
Modenas-Diafos, Athena	Limantzakis, Polette	Samolis, Katina	
Dikeakos, Katherine	Lines, Amy	Sancken, Barbara	
Dikeakos, Stephanie	Macris, Paula	Shinas, Terri	
Dikeakos, Voula	Mang, Aleni (Routos)	Shirland, Simoni	
Dodd, Voula	Mann, Andrea	Shnorhavorian, Margaret	
Dotis, Kiki	Maroussis, Alexandra	Skoulis, Vassie	
Dumont, Pres. Katherine	Maroutsos, Deena	Spyridis, Pauline	
Dunbar, Andrea	Mastor, Jean	Stamolis, Vicky	
Economou, Christina	Mavromatis, Rita		
Economou, Elizabeth			

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.

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.

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

Sunday School Update



Sunday School classes will resume on **September 28** with a “welcome back” celebration in the small hall following Liturgy. We have an exciting year planned as we learn about our Orthodox faith with a focus on **prayer**. Detailed information will be emailed to parents later this month and shared in the September Orthodox Way.

Bookstore News

New Prayer Plaques Available in the Bookstore

A special selection of 8” x 10” prayer plaques has arrived – beautifully crafted to inspire and support your prayer practice. These plaques feature a variety of beloved Orthodox prayers and are a lovely addition to your prayer corner or a thoughtful gift for loved ones.

Among the selection is a plaque for morning prayers, perfect for beginning each day, and the Lenten Prayer of St. Ephraim which is especially cherished during moments of reflection and repentance. For those seeking a simple yet powerful petition, the Jesus Prayer, “Lord Jesus Christ, Son of God, have mercy on me, a sinner”, is available as a timeless reminder of Christ’s mercy and love.

As we seek spiritual nourishment through these treasured prayers, we are also invited to deepen our devotion through remembering the great feasts of our faith. This month, we turn our hearts to the upcoming feast of the Dormition of the Theotokos. This great feast affirms the Orthodox Church’s unshakable faith that the Theotokos, having fulfilled all righteousness, was received body and soul into the heavenly Kingdom. Her Dormition is not an end, but a passage to eternal life and glory, where she continues as our fervent intercessor before the throne of her Son. Let us approach this feast with gratitude and devotion, asking the Holy Theotokos to guide us ever closer to Christ through her motherly prayers and protection. The bookstore has a large selection of Theotokos icons available including a beautiful icon of the Dormition of the Theotokos.

Yiayias & Friends

On **THURSDAY, August 7th at 11:30am**, our Yiayias & Friends will gather at **SUNFISH, 2800 Alki Ave SW, Seattle, WA 98116, 206-938-4112**, our yearly go-to spot for the August fast.



****An important reminder to RSVP** It is difficult for restaurants to plan seating and staffing - so it is important they know how many to expect.** Much appreciation to those who always take the time to reply! To those who just show up - please be considerate and let us know if you plan to be there.

For further information or to RSVP for August 7th, please email **Cathy** at chowoo@comcast.net, text **206-282-9641**, or ask to join our private Facebook group, YIAYIAS & FRIENDS.

We hope you will join us!

Papouthes and Friends

The August Papouthes and Friends luncheon will be:

Thursday, August 21, 2025 12:00 noon at:

**The Bay Cafe
1900 W Nickerson St
Seattle, WA 98119**

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



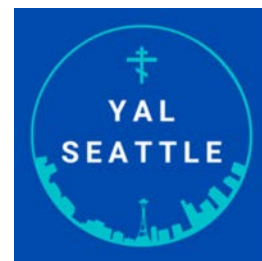
Reminder: The Papouthes and Friends meets on the third Thursday of each month at noon.

YAL Seattle Updates

Here's what's new for YAL Seattle.

Upcoming Events

Note: *We are rescheduling the “Man of God” movie night, originally planned for August 1.*



Paraklesis & Pizza. Join us on Wednesday, August 13 at 6 p.m. for a Paraklesis and dinner at St. D's.

“Smyrna” Movie Night. Join us for a parish-wide showing of “Smyrna” on Friday, September 5, at 7 p.m. at St. D's. Tickets are \$10 and can be purchased at the door. This will be a fundraising event for YAL.

Back-to-School Service Project. Join us for our back-to-school service project on Sunday, September 14, after church (around noon).

Metropolis of San Francisco YAL Conference. The Metropolis of San Francisco Young Adult League (YAL) is hosting the 2025 YAL Conference in Bellevue over Labor Day Weekend (August 28 – September 1, 2025). For more information and to register, please visit their website: <https://sanfran.goarch.org/events/2025-yal-conference>.

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



Congratulations to our Graduates

High School Graduate

Alexia (Lexi) Calandrillo graduated from Shorewood High School in June and will attend New York University this fall.

Wishing all our graduates great success in their future endeavors!

New Water Fountains

THANK YOU CHRISTOS DOKOS

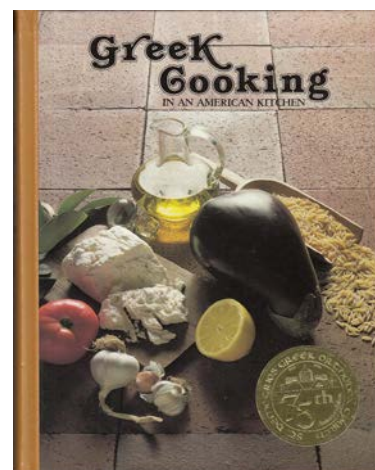
A huge shoutout and heartfelt thanks to the amazing Christos Dokos for his incredible labor of love in installing the new water fountains and bottle filling stations! We are so grateful for Christos's dedication and hard work, and we pray that Saint Demetrios wraps his family in blessings and protection for all the service he's given to our church family.

The fountains are located in the foyer outside of the large hall and upstairs by the office next to the ADA restroom.



Give the Gift of Greek Cooking

Share traditional Greek cooking with Friends & Family! **Greek Cooking in an American Kitchen** makes a great gift for weddings, bridal showers, birthdays, house warming, etc. Place your order today by emailing cookbook@saintdemetrios.com. Cookbooks can be picked up at Church or shipped anywhere in the US. The cost per cookbook is \$35 plus \$5 for shipping. Please make checks payable to: St. Demetrios Cookbook.





Thank You to All Who Supported Last Month's Missionary Presentation!



Last month's missionary presentation, featuring OCMC missionary Dana Bates, was a big success raising about **\$3,000** for his missionary work in East Africa.

During his talk, Dana gave some details of a young adult program he created ("IMPACT") and how it empowers the youth to develop

and implement solutions to some of the most pressing issues affecting their communities. Following Liturgy, Dana and OCMC Regional Ambassador Bill Rockwell, answered questions and shared a compelling IMPACT video featuring numerous youth testimonials.



We are also grateful for the efforts of many friends of the OCMC who assisted with the day's event:

Fr. Spyridon Rice
Britani Alvanos
Cliff & Theodora Argue
Athans/Bariames family
Maria Barbas

Duaa, Christina, & Noreen Bayouk
Elizabeth Economou
Tedros Habte-Mezengi
Dale Hazapis
Chris & Paula Macris

Elizabeth Poiana
Johanna Rios
Bill & Karen Rockwell
Phil & Barbara Sancken
Vassie Skoulis

For more information on the work of the OCMC, visit www.ocmc.org or call 877-GO-FORTH.

- Continued from Page 1 -

sing this with such sweet melody.

Knowing some of the history of these important hymns helps us understand that no true spiritual joy comes without faith through suffering and/or temptation. And the reason the Theotokos is the recipient of these supplications in anguish is that she herself experienced the ultimate injustice when, according to the words of St Symeon the God-receiver, "a sword [pierced] her soul also" (Luke 2:35), when she saw her Son crucified. But through Christ's resurrection she became for us the mother of consolation.

Let us cry aloud unto the Lord who suffered for us and offer up these supplications to the Theotokos with great fervency of soul, knowing that she understands our distress. But let us do so with hope, as it is written, "Those who sow with tears shall reap with exceeding joy" (Psalm 125:5).

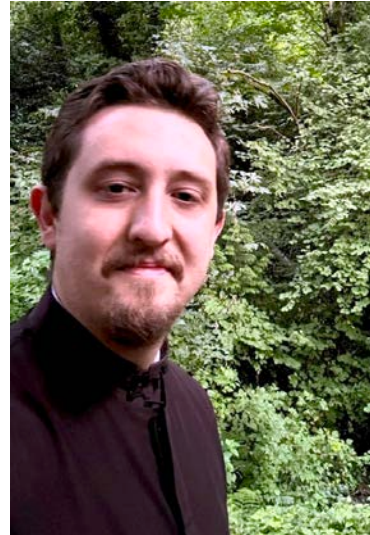
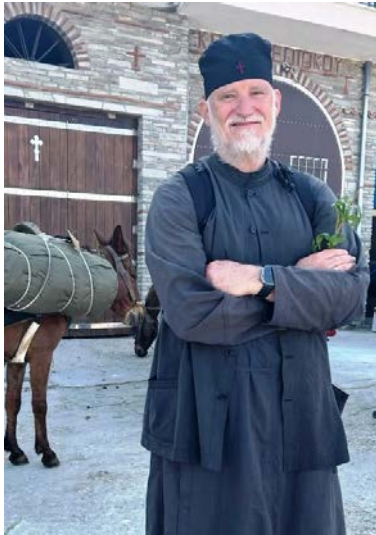
Καλή Παναγιά!

"The St. D's Triune Trekkers"

Fr. Photios • Fr. Spyridon • Dn. Perry

to benefit Orthodox Missions

August 10 thru Sept 14



Once again, our St. Demetrios Clergy has entered the "Trek4Missions" competition & fundraiser. Help them win for the 3rd straight year.

Support **Team Captain, Fr. Photios**, as he, **Fr. Spyridon**, & **Dn. Perry** 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!** The latest Triune Trekker updates and drawing winners will be posted in the St. D's eNews.

To Sponsor one of our Clergy with a Credit Card: Go to <https://give.ocmc.org/StDsTriuneTrekkers>, click on the name of the Clergy you wish to support, & fill out the required fields.

To Make a Cash/Check Donation to OCMC: Contact Chris & Paula Macris at 425-503-5374, chris@enerdynesolutions.com, 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!

A Greek flag with nine horizontal blue and white stripes and a white cross on a blue square canton, waving in the upper right corner of the poster.

ST. DEMETRIOS GREEK FESTIVAL

SEPTEMBER 19, 20, 21

Two hands holding two brown paper cones filled with Greek food, including fried chicken, fries, and tzatziki sauce.

**2100 BOYER AVENUE EAST, SEATTLE, WA
WWW.SEATTLEGREEKFESTIVAL.COM**

**HAND
MADE**

Calling all crafters- knitters,

creativity and what you can make to sell for the

baby blankets and hats, Thanksgiving and

Christmas decorations, handmade cards,

placemats, napkins, sport and college or Greek

themed items such as blankets, aprons, hats,

slippers, knitted/crocheted stuffed animals, etc...

Contact Leta Kolios 425 430 0702

Or Rita Mavromatis 206 799 2196

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.

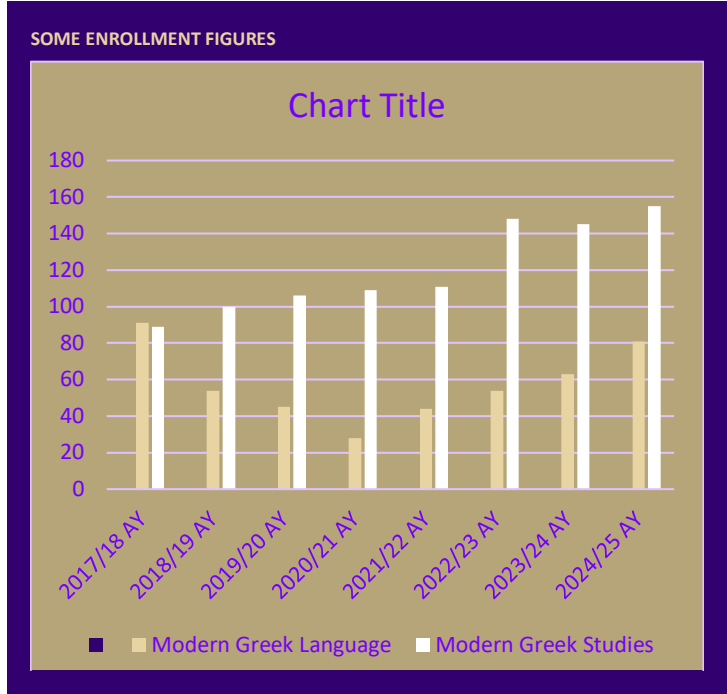
OUR ADVISORY BOARD

- > 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.



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. 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

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).

UNIVERSITY of WASHINGTON

JACKSON SCHOOL OF INTERNATIONAL STUDIES

August 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Jul 27</p> <p>7th Sunday of Matthew Epistle: 2 Timothy 2:1-10 Gospel: Matthew 9:27-35</p> <p>8:15a Orthros 9:30a Divine Liturgy 2p AHEPA Family Picnic – Innis Arden Clubhouse</p> <p>St. Panteleimon the Great</p>	<p>28</p> <p>8:30a Orthros 9:30a Divine Liturgy</p> <p>St. Irene Chrysovalantou</p>	<p>29</p> <p>6:30p Parish Council Meeting</p> <p>Eusebius, Martyr Kallinikos & Theodoros, Martyrs</p>	<p>30</p> <p>2p Wedding</p> <p>Apostles Silas, Sylvania & Creskes</p>	<p>31</p> <p>Spanakopita 9am – YES helpers</p> <p>Joseph of Arimathea</p>	<p>Aug 1</p> <p>6p Paraklisis Service</p> <p>Procession of the Cross</p>	<p>2</p> <p>5p Great Vespers</p> <p>Translation of Relics of St. Stephen</p>
<p>Aug 3</p> <p>8th Sunday of Matthew Epistle: 1 Corinthians 1:10-17 Gospel: Matthew 14:14-22</p> <p>8:15a Orthros 9:30a Divine Liturgy 6p Paraklisis Service</p> <p>Dalmatos, Isaakios & Faustus, Martyrs</p>	<p>4</p> <p>Kourambiathes 9am 6p Paraklisis Service</p> <p>Seven Holy Youths of Ephesus</p>	<p>5</p> <p>6p Vespers for Transfiguration</p> <p>Photios & Aniketos, Martyrs</p>	<p>6</p> <p>8:30a Orthros 9:30a Divine Liturgy 1p Open Confession 4p MEM Monthly Meeting 6p Paraklisis Service</p> <p>Transfiguration of the Lord</p>	<p>7</p> <p>11:30a Yiayias and Friends at Sunfish Seafood 6p Paraklisis Service</p> <p>Dometios, Nikanor, Theodosios</p>	<p>8</p> <p>6p Paraklisis Service</p> <p>Myron, Bishop of Crete</p>	<p>9</p> <p>5p Great Vespers</p> <p>Glorification of St. Herman Mathias, Apostle</p>
<p>Aug 10</p> <p>9th Sunday of Matthew Epistle: 1 Corinthians 3:9-17 Gospel: Matthew 14:22-34</p> <p>8:15a Orthros 9:30a Divine Liturgy 6p Paraklisis Service</p> <p>St. Lavrentios the Deacon</p>	<p>11</p> <p>Koulourakia 9am 6p Paraklisis Service</p> <p>Euplus the Deacon St. Georgia, Great Martyr</p>	<p>12</p> <p>6p Paraklisis Service</p> <p>Photios & Aniketos, Martyrs</p>	<p>13</p> <p>Baklava 9am & 5pm 8:30a Orthros 9:30a Divine Liturgy 6p Paraklisis Service</p> <p>St. Maximos the Confessor</p>	<p>14</p> <p>6p Great Vespers (At Assumption)</p> <p>Micah the Prophet St. Markellos, Bishop</p>	<p>15</p> <p>8:45a Orthros (At Assumption) 10a Divine Liturgy (At Assumption)</p> <p>Falling Asleep of the Holy Theotokos</p>	<p>16</p> <p>8:30a Orthros 9:30a Divine Liturgy 2p Deka-Pentaugusto Celebration 5p Great Vespers</p> <p>Diomides, Alkiviades, Stamatios St. Joseph the Hesychast</p>
<p>Aug 17</p> <p>10th Sunday of Matthew Epistle: 1 Corinthians 4:9-16 Gospel: Matthew 17:14-23</p> <p>8:15a Orthros 9:30a Divine Liturgy 12:30p Baptism</p> <p>Myron, Paul & Julian, Martyrs</p>	<p>18</p> <p>6p Paraklisis Service</p> <p>Floros, Lavros, Leon & Hermos</p>	<p>19</p> <p>Baklava IF NEEDED</p> <p>St. Andrew the Commander</p>	<p>20</p> <p>1p Open Confession</p> <p>Samuel the Prophet</p>	<p>21</p> <p>10a Delivery & Set Up Wedding 11a Clergy Koinonia 12p Papouthes and Friends at the Bay Cafe</p> <p>Thaddaios, Apostle</p>	<p>22</p> <p>Wedding Rehearsal 4pm not 3pm 3p Wedding Rehearsal</p> <p>Charisimos, Martyr</p>	<p>23</p> <p>Lg Hall Wedding Reception 4p Wedding</p> <p>St. Irinaios, Bishop</p>
<p>Aug 24</p> <p>11th Sunday of Matthew Epistle: 1 Corinthians 2:1-12 Gospel: Matthew 18:23-35</p> <p>8:15a Orthros 9:30a Divine Liturgy</p> <p>St. Eutichos, Martyr St. Kosmas Altolos</p>	<p>25</p> <p>6p Paraklisis Service</p> <p>Titos & Bartholomew, Apostles</p>	<p>26</p> <p>Bougatsa 9am 6:30p Parish Council Meeting</p> <p>Adrianos & Natalia, Martyrs</p>	<p>27</p> <p>8:30a Orthros 9:30a Divine Liturgy 1p Open Confession</p> <p>St. Phanourios St. Poemen the Righteous</p>	<p>28</p> <p>Small Hall Skanka Portabridge</p> <p>Laurentios the Martyr St. Anna the Prophet</p>	<p>29</p> <p>YAL Conference at Saint Demetrios 8:30a Orthros 9:30a Divine Liturgy</p> <p>Alexandros, Paul & John, Patriarchs</p>	<p>30</p> <p>5p Great Vespers</p>
<p>Aug 31</p> <p>12th Sunday of Matthew Epistle: Hebrews 9:1-7 Gospel: Matthew 19:16-26</p> <p>YAL Conference at St. Demetrios 8:15a Orthros 9:30a Divine Liturgy</p> <p>Holy Cincture of the Theotokos</p>	<p>Sep 1</p> <p>Church Office Closed</p> <p>St. Meletios the Righteous Labros Dav</p>	<p>2</p> <p>John, Patriarch of C/nple Mamas, Martyr</p>	<p>3</p> <p>1p Open Confession 4p MEM Monthly Meeting</p> <p>Anthimos & Theokistos the Righteous</p>	<p>4</p> <p>Babylas, Bishop of Antioch Moses the Prophet</p>	<p>5</p> <p>Husky Parking Lg Hall – Sophia Kenny 5p Great Vespers</p> <p>Zacharias & Elizabeth</p>	<p>6</p> <p>Archangel Michael's Miracle Kalindonic, Martyr</p>

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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