

# The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

Christ is Risen! Truly He is Risen!

*Χριστός Ανέστη! Αληθώς Ανέστη!*

“Shine, shine, O New Jerusalem, for the glory of the Lord has risen upon you,

Dance now and be glad, O Zion, and exult, O Pure Theotokos, in the arising of the One you bore.” (9th Ode of the Canon of Pascha)

These words from the Paschal Canon authored by St John of Damascus are based on the 60th Chapter of the Prophet Isaiah. “Shine, shine, O Jerusalem, for your light is come, and the glory of the Lord is risen upon you. Behold, darkness and gloom shall cover the earth upon the nations, but the Lord will shine on you; and His glory shall be seen upon you. Kings shall come to your light, and the Gentiles to your brightness” (Isaiah 60:1-3).

With these words the Prophet Isaiah foretold of the great salvation of the Lord which would come upon His people through the Christ. And that though darkness would cover the whole earth and envelop the nations, God’s people would receive His brightness. The Lord Jesus Christ, God in the flesh, came to give this brightness first to His Apostles, that faithful remnant of the children of Israel. But eventually that light went out into the nations. Not only did the Apostles go out spreading this light of Christ, but there were those among the nations *seeking* it.

The Lord tells us, “You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven” (Matthew 5:14-16). The above-mentioned hymn as well as the Prophet Isaiah command us to *Shine*. Why? As God’s people we are called to be the light to those in darkness, to those who have not experienced the light of the Gospel. The exultation of the Theotokos, which is the joy of the whole Church, is the inclusion of all peoples into the Kingdom of the Risen Christ.

When we receive the Holy Light at Pascha, we spread it to others, don’t we? This is our rededication to that commission which we receive in our baptism, to carry the light of Christ to all nations. I often think of the song “This Little Light of Mine.” What does it say? “Everywhere I go, I’m gonna let it shine!” “Hide it under a bushel? No! I’m gonna let it shine!” But how do we do this? Here are three ways.

**Firstly**, we need to pray for those around us who do not have the light of Christ, whether friends or family members that are not Orthodox Christians. **Secondly**, in order to *shine*, we need to not keep quiet about our faith. Orthodoxy has informally been known as the “best kept secret in America.” Most if not all of our converts in the past two years first heard about Orthodoxy on the internet. How much more beautiful would it be if they had a personal contact that brought them through the door, rather than Google Maps! And how do we speak about our faith openly? With love and invitation. If you read the passage from Isaiah, the nations *come* to the light. It is an open invitation. It is not compulsion. Let us love all people from all backgrounds and understand that they are just as worthy to receive the Gospel as we are. **Thirdly**, remember to share the light with those who have already received it, but their candles are barely flickering.

During this Paschal season, I pray that we become more aware of the Light which we carry within us, and ask ourselves this question: “Do I hide my light from others?” If so, let us ask God to give us boldness to do that which Christ asks of us – *Shine!*

In the Risen 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](mailto:info@saintdemetrios.com) by the 20th of the month. *Saint Demetrios reserves the right to edit, alter, or reject any content.*



May 2026  
USPS 8048, No 5

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

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### April 6th:

Two Holy Altar vigil lights were offered in loving memory of **Nick C. Pallis, Sr** (twenty-one years since his passing) by Margie Pallis and family.

### April 19th:

A Holy Altar vigil light was offered in loving memory of **George Bayouk** (five years since his passing), by the Bayouk family.

### April 26th:

A five-year memorial service was offered in loving memory of **Perry and Billie Jo Therson**, by their daughter, Annette and grandchildren, Stavros and Marisa and their son and daughter-in-law, Perry and Emily Therson.

A Holy Altar vigil light and forty-day memorial Service were offered in loving memory of **Emorfia "Morfo" Lazarou**, by her children, George, Voula, Pete and Blue, and grandchildren, Alexandra, Aliko, Mia and Maria.

A Holy Altar vigil light is offered in loving memory of **George Tsiakilos** in honor of his name day by his children and grandchildren.

### May 3rd:

A one-year memorial service is offered in loving memory of **Mary Malesis**, by her children Mary Ann Giakoumatos and husband Kostas, Georgia Malesis-Best and husband Roger, and Alex Malesis and wife Cyndi and her grandchildren.

A twenty-eight-year memorial service is offered in loving memory of **James Themelis "Papou Jimmy"** by the Themelis and Ginosatis families.

### May 7th:

A Holy Altar vigil light is offered in loving memory of **Spiro Dino Todoulos** by his wife, Niki

Todoulos and his children, Haroula Todoulos, Effie and Nick Tornetta and grandson, Demetri.

### May 17th:

A one-year memorial service, Holy Altar vigil light and social hour are offered in loving memory of **George Maroutsos** by his wife Deena, his children and grandchildren.

A memorial service, Holy Altar vigil light, and social hour are offered in loving memory of **John and Lula Babarakos** (ten-years and two-years since their passing), by their daughters, Nina Varlamos, Eleni Christofilis, and their families.

A memorial service, Holy Altar vigil light, and social hour are offered in loving memory of **Vasili Varlamos** (two years since his passing) by his wife, Nina Varlamos and family.

A forty-day memorial service and Holy Altar vigil light are offered in loving memory of **John Doces** by Julie Doces, Seby Doces, Nicole and Jeff Pendergast, and Helene and Ron Senn.

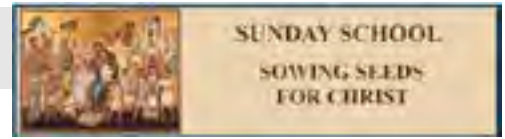
A Holy Altar vigil light is offered in loving memory of **George Macris** (23 years since his passing), by his children, Angelique & Mark Saffle, Chris & Paula Macris, and grandchildren, William & Olivia Grosvenor.

### May 24th:

Holy Altar vigil lights and the social hour are offered in loving memory of **Panos Koutlas** (ten years since his passing), by his wife, Toula Koutlas and family.

A memorial and Holy Altar vigil lights and the social hour are offered in loving memory of **Cleo Supernaw** (ten years since her passing), by Robert and Effie Walker and Bob and Despina Read.

# Sunday School Update



Christ is Risen!

Sunday School wishes to thank the following parishioners for their assistance with Sunday School related projects during Great Lent and Holy Week:

- Our wonderful teachers for sharing their time and talents with creative lessons throughout each Sunday of Great Lent.
- Tedros Habte-Mezengi and Johanna Rios for helping with multiple tasks throughout Great Lent and Holy Week.
- Pam Plumis and her team for preparing and organizing the tying of the palm crosses.
- Vasili and Katherine Dikeakos for coordinating and donating our delicious Lazarus Saturday pancake breakfast.



- Holy Friday Myrrhbearers: Arya B, Lyanna B, Mila C, Arianna D, Elena D, Penelopy E, Amelia K, Carolina J, Lucia J, Eleftheria M, Iliana M, Sophia P, and Clementine T; a special thank you to Eleni Athans and her daughters Angelina and Victoria for their assistance and to Stephanie Platis for taking photos.
- Tanya Shirland for selling luminaras.
- Nicole Balkenbusch, George Bariames, Dale Hazapis, George John, Daniel Piker, Nichole Tosto, and Jason Wise, for organizing, placing, and lighting the luminaras on the church grounds on Holy Friday and to Brian Koceski, Chris Macris, Sam Mallos, and Baider Oweis for cleaning up the luminaras.
- Jason Wise for donating copies of "Holy Week: A Series of Meditations" to our 7th-12th grade Sunday School class.
- Sunday School families and parishioners for your generosity and support of our Philoxenia House Lenten Service Project with special thanks to Paul Plumis for delivering the goods. We collected over 150 non-perishable food items and toiletries!



Sunday School kids participated in our Palm Sunday assembly on **April 5, 2026**. We learned about Holy Week and made a craft project "Jesus Praying in the Garden of Gethsemane." Each child also received a "jelly bean" scripture candy packet. Finally, kids participated in a drawing for chocolate crosses and copies of "Catherine's Pascha" books.

On Sunday, **May 3, 2026**, Sunday School kids will have an opportunity to fill bags for the homeless, which will then be distributed by the King County Metro Transit Sheriff's office. We'll meet in the small hall immediately after class. Thank you to Jim and Patti Kost for organizing this activity.

No Sunday School on **May 24, 2026** in observance of Memorial Day weekend. Our last day of class is **June 7, 2026**. We will be recognizing our outstanding attendance award recipients and graduating seniors and celebrate with our annual end of year pizza party and carnival following Liturgy. Details will be emailed to parents in May and also shared in an upcoming eNews.

## Philoptochos

Philoptochos strives to bring light and ease pain and give encouragement to our sisters and brothers in need. We love to problem solve! Below are a few things we have been busy doing to achieve our goals.



- Thanks to everyone who supported our record-breaking Pascha Bake Sale. Your purchases enable us to continue to fulfill our mission of supporting the underserved and people in need. Special attention goes to Alexa Thompson, Nina Varlamos, Toula Stavros and Helen Christofilis for another fantastic job organizing/preparing for this annual sale.
- We were able to deliver over 25 Pascha goody bags to bring a little light in the lives of our elderly and infirmed parishioners who are unable to join us in worship.
- Thank you, Maria Hillman and JoAnn Stergachis for taking charge of this project and to all the volunteers who kindly helped in the delivering of the bags.
- We are committed to supporting the Philoxenia House, St. Demetrios's new ministry.
- Our community will be assisting individuals from outside the greater Seattle area who require lodging while receiving treatment for care at either Fred Hutch Cancer Center or Seattle Children's Hospital.
- Four Philoptochos Board members will attend the National Clergy Laity convention in June to learn new initiatives, projects, and goals that will help us improve our effectiveness.



### Donations

**SAVE THE DATE-** Our **end of the year dinner** is approaching quickly! All Philoptochos members are encouraged to join us on **June 4th at 6pm in our church hall** for a delicious meal and a fun event. We will celebrate this year's accomplishments and enjoy each other's company.

Stay tuned for more details.

### Dates to Remember:

**May 6** - Philoptochos Board meeting 10am

**May 10** - Tray for Camp Agape

**June 4** – Philoptochos Year-End Dinner

# 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**  
*Kim Angelis Lead*

**Philoxenia House**  
*Sofia Kenny Lead*

**Food Collections**

**Knitting Baby Blankets/ Shawls**

**Christmas Luncheon**

**Matt Talbot prepare lunches Once a month**  
*Linda Kyrimis Lead*

**Social Hour Helper**

**Fund Raising**

**Shut in visitors**  
*Fran Barnecut Lead*

**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 MEMBERSHIP 2026 (AS OF APRIL 30, 2026)

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

***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.***

## Bookstore



# Happy Mother's Day

Visit the St. Demetrios Bookstore  
to find the perfect Mother's Day gift

-  Fragrant holy oil from Mt. Athos
-  Icons of the Theotokos – different and unique styles
-  Beautiful prayer and icon bracelets
-  Special prayer books



## Thank you, very much.

Many thanks to **Paula Macris**, our Sunday School Director, for guiding the Sunday School classes during this Lenten season, to collect and donate food and supplies to the Philoxenia House. The families are grateful for your generous donations. Your giving reflects the spirit of love and service.

Thank you.

St Demetrios Philoxenia Board

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Last month, our gently used set of Altar Server robes was shipped to needy Orthodox parishes in Mexico, Cuba, and El Salvador. We are grateful to **Maria Stavros** (for hand repairing several of the robes) and to **Bill Rockwell** (for connecting with His Grace, Bishop Athenagoras, who will oversee their distribution). God Bless you and Christos Anesti!

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Thank you very much to **George Hatziantoniou** for organizing and funding the steam cleaning of the Holy Altar carpets, just in time for Holy Week. They look beautiful! Also, thank you to **Sam Mallos** for his generous donation to the effort. God Bless you and Christos Anesti!



## Welcome to the Newly Baptized on Holy Saturday



## Yiayias & Friends

Christos Anesti!

In May, our Yiayias & Friends will gather at

**TAKIS MAD GREEK, 1471 NW 85th, Seattle, 206-297-9200 on Thursday, May 7th, at 11:30am.**

PLEASE RSVP - it's important our restaurants know how many to expect!

For further information, or to RSVP, please email Cathy at [chowoo@comcast.net](mailto:chowoo@comcast.net), text **206-282-9641**, or join our private Facebook group, YIAYIAS & FRIENDS.

We hope you had a wonderful Easter.



## Papouthes and Friends

The May Papouthes and Friends luncheon will be:

**Thursday, May 21, 2026 - 12:00 noon at:  
Time Out | Greek & American Restaurant  
5807 244th St SW,  
Mountlake Terrace, WA 98043**

RSVP or Questions to:

**Michael Gikas** at [mwgikas@gmail.com](mailto:mwgikas@gmail.com) or text/call **206-295-4349**.

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



# YAL Seattle Updates

**UPCOMING EVENTS**  
Orthodox Christian Fellowship at UW - SPRING QUARTER 2026

- APRIL 15**  
**PASCHA SOCIAL CELEBRATION**  
Celebrate Christ's resurrection with fellowship and food  
U Drop/Boy Asian Fusion 6:30pm - 7:30pm
- APRIL 29**  
**GUEST SPEAKER: FR. VYACHESLAV**  
Join us for a collah with the Russian Cultural Center  
HUB 340 6:30pm - 7:30pm
- MAY 13**  
**GENERAL MEETING**  
Meeting + OCF Leadership Election Opens  
HUB 340 6:30pm - 7:30pm
- MAY 27**  
**GENERAL MEETING**  
Meeting + OCF Leadership Election Results  
HUB 340 6:30pm - 7:30pm

**MAY EVENTS**

- Sun, May 10 @ 9:00 AM**  
Mother's Day Social Hour  
at St. D's sponsored by YAL  
*Volunteers are needed!*
- Sun, May 24 @ 12:30 PM**  
Monthly Brunch  
Restaurant TBD

## Young Adult League (YAL) Seattle

YAL is a community of young adults ages 18-35 who come together to grow closer to Christ and one another through worship, service, and fellowship. Connect with us below:

**GroupMe:** [https://groupme.com/join\\_group/95398216/v3zQQsYC](https://groupme.com/join_group/95398216/v3zQQsYC)

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

**Email:** [yalseattle@gmail.com](mailto:yalseattle@gmail.com)

## Orthodox Christian Fellowship (OCF)

If you are a college student in the Seattle area, join our OCF group at the University of Washington! Connect with us below:

**GroupMe group chat:** [https://groupme.com/join\\_group/85524228/CUbVqV5a](https://groupme.com/join_group/85524228/CUbVqV5a)

**Instagram:** [@ocf\\_uw](https://www.instagram.com/ocf_uw)

**Email:** [ocf@uw.edu](mailto:ocf@uw.edu)



# All Saints Camp

*Register by*  
**JUNE 1** **FOR REGULAR  
REGISTRATION  
RATES**

**Elementary Session: July 12 - 18th**  
(Campers entering grades 3-5 in Fall 2026)

**High School Session: July 12 - 18th**  
(Campers entering grades 9-12 in Fall 2026)

**Intermediate Session: July 19 - 25th**  
(Campers entering grades 6-8 in Fall 2026)

**REGISTER TODAY!**

**WWW.ALLSAINTSCAMP.COM**

**@ALLSAINTSCAMPWA**



**SCAN HERE**





**KITCHEN, COUNSELORS, MEDICAL STAFF,  
& ACTIVITY COORDINATORS**



# **VOLUNTEERS NEEDED!**

**ALL SAINTS CAMP 2026**



**APPLY AT [WWW.ALLSAINTSCAMP.COM](http://WWW.ALLSAINTSCAMP.COM)**

**205 CAMP ROAD NORTHWEST, RAFT ISLAND, WA 98335  
HAVE QUESTIONS? CONTACT TASHA BEKRIS 206.940.0027  
[CAMP@ALLSAINTSCAMP.COM](mailto:CAMP@ALLSAINTSCAMP.COM) | [@ALLSAINTSCAMPWA](https://www.instagram.com/allsaaintscampwa)**

# **BITE OF GREECE**

## **SEATTLE!**



**GREEK FOOD  
MUSIC  
MARKETPLACE**

**MAY 29, 30 & 31**

**FRIDAY - NOON TO 9 PM  
SATURDAY - 11AM TO 9 PM  
SUNDAY - NOON TO 6 PM**

**ASSUMPTION GREEK ORTHODOX CHURCH  
1804 13TH AVE SEATTLE. WA 98122**

**3 MINUTE WALK FROM THE  
CAPITOL HILL LIGHT RAIL**





# 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](mailto: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).



## 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](http://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?**

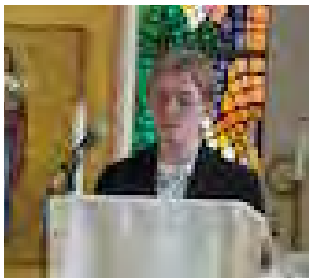
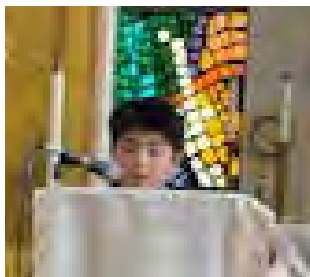
Your stewardship pledge cannot be substituted by non-monetary donations. However, donations to the festival and the church are greatly appreciated.

**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).*

## Oratorical Festival Update

Christ is Risen!



On **April 19 Christo Hatziantoniou** and **Mathew Lemelson**, our St. Demetrios Oratorical Festival winners, advanced to the district level competition, held at the Assumption Greek Orthodox Church. Christo spoke on the topic, "Select a hymn that is chanted in the Divine Liturgy and explain its meaning and theological significance," and Mathew spoke on the topic, "Choose an Old Testament story and explain how it teaches us important lessons that apply to young people today."

We are so proud of these young men who were both selected to advance to the Metropolis level competition. They will be presenting their speeches at the St. Nicholas Ranch in Dunlap, California on **May 9th**. We wish them well!



## Mission Team Opportunities: Sending Disciples and Changing Lives!

Christ is Risen!

Have you ever wondered what it would be like to live, serve, and worship alongside Orthodox Christians from another country? Have you ever wanted to make a difference in the world? Orthodox Mission Teams have helped thousands of faithful just like you to teach, minister to youth, build schools and churches, offer healthcare and more. Teams vary in length and are sent throughout the year. Prayerfully consider joining a team.

Several opportunities from Orthodox-related agencies and partners with whom the Mission Center collaborates to advance Christ's Great Commission are available this summer. To explore each opportunity further, visit: <https://ocmc.org/mission-team-opportunities/>

May the Lord guide us to proclaim His name to All Nations so that everyone may come to know the saving love of our Lord and Savior Jesus Christ.

For more information on the work of the OCMC, visit [www.ocmc.org](http://www.ocmc.org) or call 877-GO-FORTH. God Bless You!

## PASCHA PICNIC DRAWS OVER 500 ATTENDEES TO ALL SAINTS CAMP

A large crowd enjoyed the annual Pascha picnic celebration at All Saints Camp and Retreat Center. What initially began as a small celebration of a few families several years ago, this year's event ballooned to over 500 people. Attendees included parishioners from all of the Greek Orthodox parishes in the greater Seattle-Tacoma area and even from Portland, newly baptized former catechumens, as well as many Greek immigrants who have recently arrived in the Seattle area to work mostly in its bustling tech sector.

All Saints Camp, located some 50 miles south of downtown Seattle on Raft Island, consists of 19 acres overlooking Henderson Bay within Puget Sound. The facility is owned jointly by the two Greek Orthodox parishes in Seattle, St. Demetrios and Assumption.

The event was organized and presented by a committee led by George John, Dino Bekris, and Demetri Themelis.

An Agape Vespers service was offered in the camp chapel to start the picnic, celebrated by Fr. Photios Dumont, proistamenos of St. Demetrios Church in Seattle.

This year with such a large crowd, the organizers cooked over 180 pounds of lamb and an additional 180 pounds of "Kontosouvli", a traditional rotisserie pork found in Greece. People were eager to bring their own favorite Pascha dishes to share with others and meet new people.

Dino Bekris, one of the organizers, noted "There was live music, a DJ, easter egg hunts organized for the over 100 children present, sports court activities and lots of good eating. Blessed with good weather and a spirit of fellowship it was a successful event. The picnic is supported by donations and is free and open to all. We look forward to many more in the years to come."





## Liturgies in May

May	Service	Time
3	Sunday of the Paralytic Orthros and Divine Liturgy	8:15am
5	St. Euthymios Orthros and Divine Liturgy	8:30am
6	Feast of Mid-Pentecost Orthros and Divine Liturgy	8:30am
8	St. John Evangelist Orthros and Divine Liturgy	8:30am
10	Samaritan Woman Orthros and Divine Liturgy	8:15am
11	Sts Cyril & Methodios Orthros and Divine Liturgy	8:30am
17	Sunday of the Blind Man Orthros and Divine Liturgy	8:15am

May	Service	Time
21	Sts. Constantine & Helen Holy Ascension Orthros and Divine Liturgy	8:30am
24	Fathers of the 1st Ec. Council Orthros and Divine Liturgy	8:15am
27	St. John the Russian Orthros and Divine Liturgy	8:30am
30	Saturday of Souls Orthros and Divine Liturgy	8:30am
31	Pentecost Orthros and Divine Liturgy	8:15am

# SUMMER



# Mission Trip



## BECOME A MISSIONARY THIS SUMMER!

OCMC Ambassador Bill Rockwell is leading a group of missionaries to Project Mexico in August 2026. Sign up now to make a difference in the life of a needy family, support the work of St. Innocent Orphanage, and reach the Mexican people in Christ!



**WHO:** Anyone over the age of 11  
(minors with adult consent)

**WHEN:** Aug 6-12, 2026

**SKILL:** Beginners to professionals

**WHERE:** Rosarito, Mexico

**COST:** \$900\* Mission Cost + Travel

**DEPOSIT:** \$100 on officially registering

\*Apply for 50% discount at <https://www.projectmexico.org/force-initiative>

To learn more, join this year's mission, or to support a missionary, reach out to Bill Rockwell at: 425-495-5204  
More info at <https://www.projectmexico.org/>

**OPEN NOW!**

# May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Apr 26</p> <p><b>Sunday of the Myrrhbearers</b> Epistle: 1 John 1:1-7 Gospel: Mark 15:43-16:8</p> <p><b>GOYA Retreat</b> 8:15a Orthros 9:30a Divine Liturgy</p> <p>Basil, Bishop of Amaseia</p>	<p>27</p> <p><b>6p Greek Dance</b> 7:30p Tharrros Dance</p> <p>Symeon, Bishop of Jerusalem</p>	<p>28</p> <p><b>Lg Hall Funeral 150 people...</b> 11a Funeral 6:30p Parish Council Meeting</p> <p>9 Martyrs of Kyzicus</p>	<p>29</p> <p><b>1p Open Confession</b> 6p Choir Practice 6:30p Greek School 6:30p OCF: UW</p> <p>Jason &amp; Sospater of the 70</p>	<p>30</p> <p><b>7p Bible Study</b></p> <p>St. Clement the Righteous St. Iakovos, Apostle</p>	<p>May 1</p> <p><b>5p Youth and Family Pajama Movie Night - David</b></p> <p>Jeremiah the Prophet</p>	<p>2</p> <p><b>Lg Hall: CRMO Warrior Gala</b> 3:30p Choir Practice 6p Great Vespers</p> <p>St. Athanasios the Great</p>
<p>May 3</p> <p><b>Sunday of the Paralytic</b> Epistle: Acts 9:32-42 Gospel: John 5:1-15</p> <p>Sm Hall: Sunday School 8:15a Orthros 9:30a Divine Liturgy</p> <p>St. Xenia the Great Martyr</p>	<p>4</p> <p><b>6p Greek Dance</b> 7:30p Tharrros Dance</p> <p>St. Pelagia, Righteous Martyr</p>	<p>5</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy</p> <p>11a Philoptochos Board Meeting</p> <p>1p Open Confession 6p Choir Practice 6:30p Greek School</p> <p>Feast of Mid-Pentecost Job the Righteous</p>	<p>6</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy 11a Philoptochos Board Meeting</p> <p>1p Open Confession 6p Choir Practice 6:30p Greek School</p> <p>Feast of Mid-Pentecost Job the Righteous</p>	<p>7</p> <p><b>11:30a Yiayia's and Friends Lunch: Taki's Mad Greek</b> 7p Bible Study</p> <p>St. Clement the Righteous St. Iakovos, Apostle</p>	<p>8</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy 6p Life Haven Benefit Dinner</p> <p>Jeremiah the Prophet</p>	<p>9</p> <p><b>Lg Hall Greek Dance</b> 3:30p Choir Practice 5p Great Vespers 6p End of Year Greek Dinner Dance</p> <p>St. Athanasios the Great</p>
<p>May 10</p> <p><b>Samaritan Woman</b> Epistle: Acts 11:19-30 Gospel: John 4:5-42</p> <p>8:15a Orthros 9:30a Divine Liturgy</p> <p>11:30a Mother's Day Brunch</p> <p>Simon the Zealot, Apostle</p>	<p>11</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy</p> <p>St. Pelagia, Righteous Martyr</p>	<p>12</p> <p><b>10a WOCA</b> 10:30a HOPE - Bellevue Botanical Garden</p> <p>St. Euthymios St. Irene, Great Martyr</p>	<p>13</p> <p><b>1p Open Confession</b> 6p Choir Practice 6:30p Greek School</p> <p>Glykeria, Martyr St. Sergius the Confessor</p>	<p>14</p> <p><b>7p Bible Study</b></p> <p>St. Cyril of Jerusalem</p>	<p>15</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy 6p Life Haven Benefit Dinner</p> <p>St. Arsenios the Great St. John Evangelist</p>	<p>16</p> <p><b>Small Hall Baptism Plumis</b> 11:30a Baptism 3:30p Choir Practice 5p Great Vespers</p> <p>Elder Aimelianos Isaiah the Prophet</p>
<p>May 17</p> <p><b>Sunday of the Blind Man</b> Epistle: Acts 16:16-34 Gospel: John 9:1-38</p> <p>8:15a Orthros 9:30a Divine Liturgy</p> <p>Simon the Zealot, Apostle</p>	<p>18</p> <p>Sts Cyril &amp; Methodios</p>	<p>19</p> <p>St. Epiphanius of Cyprus</p>	<p>20</p> <p><b>1p Open Confession</b> 6p Choir Practice 6:30p Greek School</p> <p>St. Sergeius the Confessor Glykeria, Martyr</p>	<p>21</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy 12p Papouthes &amp; Friends: Time Out Greek &amp; American Restaurant 7p Bible Study</p> <p>St. Isidore &amp; Therapon St. Leonitos, Archbishop of Jerusalem</p>	<p>22</p> <p><b>11a St D's Family Day</b> 3:30p Choir Practice 5p Great Vespers</p> <p>St. Pachomios the Great</p>	<p>23</p> <p><b>11a St D's Family Day</b> 3:30p Choir Practice 5p Great Vespers</p> <p>St. Thodore the Sanctified</p>
<p>May 24</p> <p><b>Fathers of the 1st Ec. Council</b> Epistle: Acts 20:16-18, 28-36 Gospel: John 17:1-13</p> <p>8:15a Orthros 9:30a Divine Liturgy 12:30p YAL Brunch</p> <p>St. Christian, Martyr St. Symeon the Righteous</p>	<p>25</p> <p><b>Church Office Closed</b> 10a Washelli - West End 10:30a Washelli - East End 11a Memorial Service</p> <p>Sts. Peter, Julia &amp; Heraclios</p>	<p>26</p> <p><b>6:30p Parish Council Meeting</b></p> <p>Sts. Patrikios, Akakios &amp; Menandros</p>	<p>27</p> <p><b>8:30a Orthros</b> 9:30a Divine Liturgy 1p Open Confession 6p Choir Practice 6:30p Greek School</p> <p>Sts. Thalleleos &amp; Asterios</p>	<p>28</p> <p><b>Lg Hall Theo Angeles</b> 11a Church setup for Wedding 7p Bible Study</p> <p>Sts. Constantine &amp; Helen</p>	<p>29</p> <p><b>11a Church setup for Wedding</b> 4p Wedding Rehearsal</p> <p>St. Vasiliskos, Martyr Sts. Demetrios &amp; Paul, Neomartyrs</p>	<p>30</p> <p><b>Saturday of Souls</b> Lg Hall Wedding 8:30a Orthros 9:30a Divine Liturgy 3p Wedding 3:30p Choir Practice</p> <p>St. Michael of Synadon</p>
<p>May 31</p> <p><b>Pentecost</b> Epistle: Acts 2:1-11 Gospel: John 7:37-52; 8:12</p> <p>Lg Hall Seattle Prep after co... 8:15a Orthros 9:30a Divine Liturgy</p> <p>St. Ermios, Apostle</p>	<p>Jun 1</p> <p><b>NO FASTING THIS WEEK</b> Lg Hall - Seattle Prep</p> <p>St. Charitos, Martyr St. Iuretin Martyr</p>	<p>2</p> <p>Sts. Karpos &amp; Alphaeos of the 70</p>	<p>3</p> <p><b>Lg Hall: Greek School gradu...</b> 1p Open Confession 6p Greek School Graduation 6p Choir Practice</p> <p>St. John the Russian</p>	<p>4</p> <p><b>Lg Hall Philoptochos EOY D...</b> 7p Bible Study</p> <p>Nikeas of Chalcedon</p>	<p>5</p> <p><b>Sm.Lg &amp; Library Hall AHEPA...</b> 3:30p Choir Practice 5p Great Vespers</p> <p>St. Theodosia, Martyr Macrina, Grandmother of St. Basil</p>	<p>6</p> <p>Isaakios of Dalmatian Marion the Righteous Visserion of Favri</p>

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## Donations



### **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](mailto: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](mailto:info@saintdemetrios.com).

*The above are parishioner contributed announcements to The Orthodox Way*