



# The Orthodox Way

THE MONTHLY NEWSLETTER OF SAINT DEMETRIOS GREEK ORTHODOX CHURCH

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

**April 2024**  
**USPS 8048, No 4**

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Beloved Faithful of Saint Demetrios,

As we have now embarked upon our Lenten Journey, let us hold fast to the good beginning that we have made. Making a good beginning with a specific plan in anything is one of the clearest indicators that we will succeed. Great Lent is no different. If we have made a good beginning with dedication to prayer, fasting, and repentance, it is much easier to retrace our steps if we get lost along the way of our journey. We can default back to our beginning. We know how to get back on the trail. Our journey began at Forgiveness Sunday, and it ends at Pascha. But we have some clear landmarks along the way that help us find our way when we get lost.

It may be that some of us have not begun with any real purpose. We have been wandering through these woods of Great Lent without knowing what is happening. But the good news is that it's not too late to start! The landmarks on the journey are there for everyone, whether we made a good beginning or not. And the major signpost in Great Lent emerges roughly in the middle of our 40-day trek, on the third Sunday which is called the Veneration of the Precious Cross. And this tree of the Cross alone emerges and stands high above all others.

When it comes to Great Lent, the Cross is quite literally the "crux" of the matter. It reveals the entire purpose and direction of our journey. The first half of Great Lent commemorates the triumphs and victories of our faith, namely the restoration of the Holy Icons and the triumph of the teachings of St Gregory Palamas. The second half commemorates two great ascetics, those who mortified their flesh, namely St John of the Ladder and St Mary of Egypt. But we cannot merely divide these two periods of Lent into "victory" and "defeat," or "resurrection" and "death." This is because we see the blood and the struggle that won these victories, while we also see the glorious crowns awarded to these ascetics. There is no resurrection without a death, and there is no cross that does not lead to resurrection. And no matter where we wander along the journey, all roads come to this landmark. The Cross stands at the center. It helps us navigate, so that even if we have not made a good beginning of Lent, we can start now.

We sing on the third Sunday: "We venerate your Cross, O Master, and we glorify your Holy Resurrection." We venerate, we bow down, and we kiss the Cross, yet how many of us stop to think about what we are doing? The Lord Jesus gave his life, and willed to be killed on a cross, which is an instrument of torture and death. Yet for us, it is a source of resurrection and victory. This is reflected in this feast. We kiss this instrument of death but adorn it with the joy of flowers knowing that it is a source of victory, for through it the power of the devil was trampled upon.

This also sheds light on why we fast, pray, repent, etc. We do these things as Orthodox Christians not out of some pure love for struggle, a good challenge, or intensity for its own sake. But we know that through these things we experience within our souls the spiritual joy of the Resurrection. And our joy on Pascha is commensurate with our level of struggle.

But no matter where we are, if we look to the Cross we can make a new beginning. Just as St John Chrysostom tells us on Pascha night, "Have no misgivings... [The Master] gives rest unto him who comes at the eleventh hour, even as unto him who has labored from the first hour." We can make our beginning now looking to the Cross as our guide, which leads us to the Resurrection of Christ at Pascha.

Wishing you all a Blessed Lenten Season,

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.*

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On March 3, a Five-Year Memorial Service was offered in loving memory of **Janet (Ioanna) Blessing**, by her family and friends.

On March 10, Four Holy Altar Table Vigil Lights were offered in loving memory of **Anastasia Retelas, Gust Retelas, Jim Retelas and Gus Pontikes** (thirteen years, forty-eight years, forty-six years and twenty years since their passing), by Katherine and Ed Fancher, James Retelas and Edward Fancher.

On March 17, a Forty-Day Memorial Service was offered in loving memory of **Margot Demopoulos** (of Los Angeles), by her daughter, Katherine Naphy and family.

On March 17, a Holy Altar Table Vigil Light was offered in loving memory of **Stamatios Palios** (nine years since his passing),

by his wife, Stella Palios, his children and grandchildren.

On March 24, a Holy Altar Table Vigil Light was offered in loving memory of **Dean Stephas** (twenty-two years since his passing). by his mother, Penelope Sakellaris and family.

On April 7, Two Holy Altar Table Vigil Lights are offered in loving memory of **Christos Barbab and Marigoula Barbab** (fifty-five years, and twenty-four years since their passing), by Helen (Barbas) Heuer and Mike, Christine and Eleni Stollings.

On April 21, a Forty-Day Memorial Service and the Coffee Hour are offered in loving memory of **John Papanastasiou**, by his wife, Kalomira Papanastasiou, his children and their families.

## Condolences

We express our Deep Condolences to Michael Betts and his family for the passing of his mother, **Kay Betts**. May her memory be eternal!

We express our Deep Condolences to Kalomira Papanastasiou and her family for the passing of her husband **John George Papanastasiou**. May his memory be eternal!

# Greek Dance & Choral 2024-2025 Enrollment

The St. Demetrios Dance and Choral Program is preparing for another exciting year of dance, choral, and fellowship. This year we had record enrollment post-Covid, which has been exciting! After incorporating feedback from our instructors, parents and board members, our registration process will take place in March (instead of September).



Every effort is being made to run our program more efficiently. The registration information is necessary to re-structure groups and assign directors. Earlier registration will allow directors to develop a curriculum, research new material, and plan accordingly for next year. This extra time in new groups will also allow new dancers the opportunity to have more practice time for festival performances this fall.



- We look forward to expanding our program by offering two Choral groups, led by Chris Kouldoukis. One for the younger children (to age 13), and one for our older students. Dates and times to be determined based on interest.
- There is also an option for an "Adult For Fun" class; more details to come!



**Please help us by responding as soon as possible.** We simply want to know your participation plans for each grade level so that we can make better decisions. If your plans change, you will have the opportunity to update your form in the future. *Note: Payment information will be sent out separately.*

**If your family plans to participate in the Greek Dance Program next year, please review the following steps:**

1. Complete an "Registration Form" by April 1st. Thru this website link: <https://stdemetriosseattlegreeks.com>.
2. After we receive your information, we will confirm your child's assignment to a dance group.
3. In the meantime, your child can continue to dance in their current dance group.
4. *Tuition for the 2024/2025 year will be due June 1st.*

We invite everyone in our parish aged 4+ through adults to participate in our program. Class times will be determined based on this *Registration Form*, so please submit this as soon as possible.

Thank you in advance, and we look forward to a great year ahead!

– Greek Dance Board





# Sunday School Update



## St. Demetrios Sunday of Orthodoxy

Thank you to Cliff Argue and Gabe Bayouk for taking photos!

## Sunday School Lenten Service Project



Our Sunday School Lenten Service Project is raising funds for International Orthodox Christian Charities (IOCC) as they help Orthodox Christians in Gaza and the Holy Land. Since the conflict began in October 2023, IOCC has already provided aid including emergency water, food, and hygiene items for people sheltering in church buildings, and baby formula, potable water, and diapers for families with infants. IOCC has also supplied fresh meat and produce as available, plus shelf-stable food staples like flour and cooking oil, as well as disposable plates, utensils, and cups. Hot daily meals provide additional nourishment amid tremendous hardship, and medicine for displaced people with chronic conditions is helping them manage diabetes, high blood pressure, and heart conditions.

For more information on IOCC, please visit [www.iocc.org](http://www.iocc.org).

As almsgiving is encouraged during Great Lent, we invite all Sunday School kids to help support IOCC. Each child who donates will have his/her name displayed on our Sunday School "Wall of Donors," across from the small hall, and will be eligible for a drawing for a Holy Week gift during our Sunday School Palm Sunday activity. Donations (make checks payable to IOCC) will be accepted through **April 28, 2024**.

## Holy Friday Luminaras

Honor the memory of a loved one through a Holy Friday Luminara. Your "free will" donation will help support Sunday School's Lenten Service project for IOCC. Luminaras purchased during the coffee hour on **April 7, 2024** will be placed around the church grounds on Holy Friday.



## Lazarus Saturday Breakfast and Palm Cross Tying

Join us on **Saturday, April 27** for the Lazarus Saturday Liturgy followed by a Sunday School sponsored Lenten breakfast. We will be tying crosses for Palm Sunday.



## Holy Friday Myrrhbearers

All young ladies in the 3rd-6th grade are invited to participate as Holy Friday myrrhbearers on **May 3, 2024**. Rehearsal will be on **Saturday, April 27** at 11 am. Deadline to register is **April 21, 2024**. For more information, please contact Paula Macris at [pmcmacris@gmail.com](mailto:pmcmacris@gmail.com)

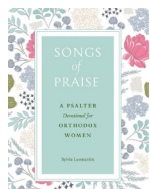
No Sunday School on **May 5, 2024** as we celebrate our Lord's Holy Resurrection!



# Bookstore News

Lent has started and as we joyously anticipate Great and Holy Pascha on May 5, we encourage you to visit the bookstore and shop the variety of books offering spiritual nourishment and the wide selection of gift and décor items.

New books continue to arrive and join the classics already in stock, including *The Lenten Spring* by Fr. Thomas Hopko. In *Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life*, Vassilios Papavassiliou interprets the classic, *The Ladder of Divine Ascent*, for laypeople so that we can all work to accept the challenge put forth by St. John Climacus. The bookstore also has multiple sizes of this icon. Additional icons of the season include Palm Sunday, Resurrection, and St. Mary of Egypt whose feast day is celebrated on April 1 and is commemorated on the



Fifth Sunday of Great Lent. Following the fifth Sunday, we draw near to the end of Great Lent and as we reflect on our fast and struggles, we can think of and be inspired by St. Mary and the decades she spent in the wilderness.

*Songs of Praise: A Psalter Devotional for Orthodox Women*, includes the full text of the Psalter as well as wide margins for note taking. Additionally, the author offers a reflection after each kathisma. Take time to reflect and journal, as you move through the Psalter. *Holy Week: A Series of Meditations* is a pocket size book and features fourteen meditations written by past and present professors of St. Vladimir's Orthodox Seminary along with beautiful illustrations.



Be sure to visit the bookstore for special Easter basket goodies! There are books for children of all ages including a Pascha themed coloring book and a series of illustrated/comic novels for teens. New zippered tapestry pouches and bookmarks are available in a beautiful purple color. If you're interested in jewelry, ask to see the sterling silver or gold plated crosses and chains.



Décor items include Ukrainian Pysanky hand painted red eggs and 4" inch tall wooden eggs on gold decorative stands featuring either Christ the Teacher or Resurrection icons. Easter cards are now available to purchase and include unique, handmade cards by one of our parishioners. Lastly, don't forget to pick up your egg dye.

We wish you a blessed Lenten journey!

## The Stephanie V. Deliganis Service Above Self Award



During her high school years, Noreen Bayouk participated as an epistle reader, choir member, Greek festival volunteer, served meals to the homeless, and earned yearly Sunday School Outstanding Attendance Awards for 15 years. She served as the GOYA secretary for our parish and has been a reader during Orthodox Lenten church services for the past five years.

For the past two years, Noreen has been a Sunday School teacher for the kindergarten class. In this role, she plans and offers creative, age-appropriate lessons for her students. She is enthusiastic about sharing our Orthodox faith with young children! Aside from teaching Sunday School, Noreen has been singing in the church choir since 2018. While the choir took a break during the pandemic, she eagerly joined back this past year when Stephanie took the lead to restart the group. Noreen is a dedicated choir member, always present at rehearsals and at Sunday morning liturgies.



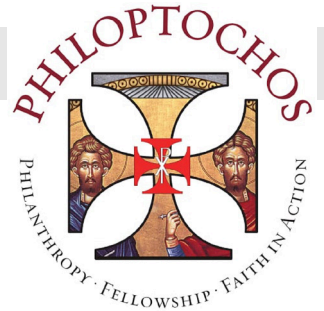
Noreen also served as a camp counselor this past summer at All Saints Camp. She was supportive, flexible, and maintained a positive attitude throughout her week at this Orthodox camp. She was a true role model for other counselors!

Currently, Noreen is a sophomore at the University of Washington majoring in business marketing and will be pursuing a career in the real estate industry, a profession that will enable her to continue serving others. Through her hard work and commitment, she has achieved academic excellence at the university level. Noreen is also the current president of the University of Washington Orthodox Christian Fellowship group.

In view of her Sunday School and choir involvement as well as her church service, academic achievements, and community volunteerism, Noreen is a worthy recipient for the Stephanie V. Deliganis Service Above Self Award.

Congratulations, Noreen!

# Philoptochos



Our Lenten journey is in full swing and our service to the community continues. We have so much to be thankful for in this amazing community of support and generosity. Our heart desires are to promoting aid and goodwill and that is exactly what we are receiving from you!!!! So much love and generosity is pouring out of our church members with the request for support for our various projects.

- Our 'Pop-Up' fundraiser to help Christos, a recently orphaned boy with family ties to St Demetrios generated almost \$5000! We give a big thanks to Mary Damascus and Deena Maroutsos who organized and promoted the whole project. Without both of you this wouldn't have happened. Thank you!!!
- Our March Paximadia & Koliva cooking class was well attended and greatly appreciated by all the folks wishing to improve their cooking skills in traditional Greek specialty foods. If you missed this one, we plan to have more classes in the future, and hope to see more of you participating. Thank you to Maria Kaltsounis and the Cookbook Committee and Vassie Skoulis for your presentations.
- The 'This and That Rummage Sale' is our biggest fundraiser of the year and was a huge success! Mary Damascus organized and led the weeks of preparation of gathering and sorting donated items that culminated to a spectacular three-day sale. All of you who gave of your time and energy to help us are greatly appreciated. We thank you so much!
- Orders are being taken for our famous Greek Pastries for your Pascha celebrations. Orders will be taken until April 19.
- We are accepting donations of diapers, formula, and wipes for the Kathy Mitalas 'Baby Essential Needs' drive. Monetary donations will also be accepted.

We would love to have you on board with our projects to serve. Think about where and what you can do or if you know of someone who needs a helping hand please contact us.

March 18-May 5: Diaper and Formula Drive

April 7: Loukoumades Sale for Christos

April 7: Tray being passed for Holy Cross and Hellenic Collage

Week of April 14: Baking for Easter Bake Sale

April 19: Last day for Bake Sale orders

April 21: Tray for Mission Possible

May 11: Food Distribution Project 9am-12pm; we will be partnering with Holy

Apostles to make packages for food distribution for people in need. Stay tune for more info.

With gratitude,

Emilie John and Pam Plumis

Co-Presidents



# 2024 St. Demetrios Philoptochos Easter Bake Sale



Philoptochos is once again preparing Easter bread and sweets on a pre-sale basis.

Please use this form to place your order. Include payment with your order—checks made payable to **St. Demetrios Philoptochos**. Credit cards also accepted over the phone by calling Alexa Thompson at 206-229-7892. Orders will be taken starting now, until Friday, April 19.

Email Alexa with questions: [alexavance@hotmail.com](mailto:alexavance@hotmail.com).

**Orders will be ready for pick up after church on Palm Sunday, April 28.**

----- *ORDER FORM (Cut Here)* -----

Name \_\_\_\_\_

Cell # \_\_\_\_\_

Home Tel # \_\_\_\_\_

Email \_\_\_\_\_

Tsoureki \_\_\_\_\_ @ \$10 each = \_\_\_\_\_

Koulourakia \_\_\_\_\_ @ \$10 doz = \_\_\_\_\_

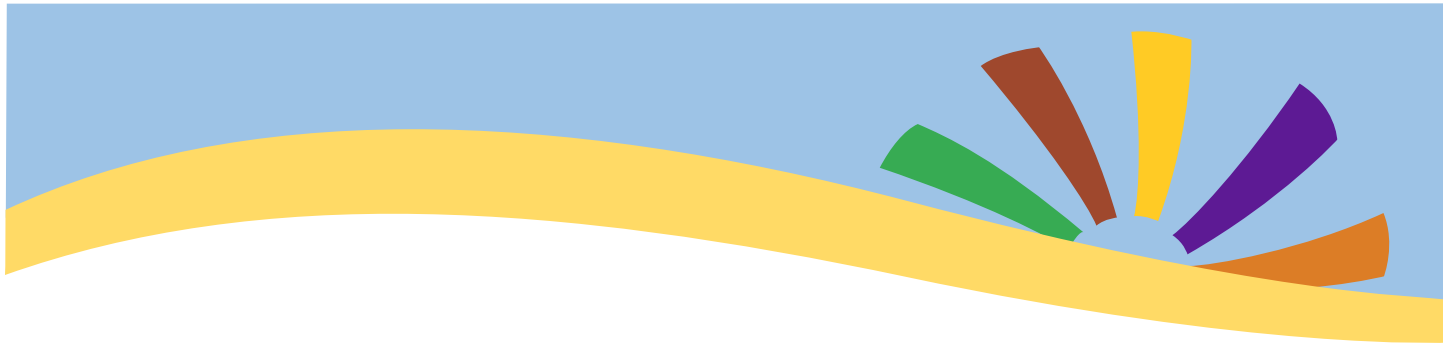
Kourabiethes \_\_\_\_\_ @ \$20 doz = \_\_\_\_\_

Amount enclosed \_\_\_\_\_

**Mail this order form, along with your check to**

**Alexa Thompson,  
6002 50<sup>th</sup> Avenue NE  
Seattle, WA 98115**





The Kathy Mitalas

# “Essential Baby Needs” Drive 2024

Sponsored by the St. Demetrios Philoptochos Society

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The St. Demetrios “Diaper Drive” was an event created by longtime parishioner Kathy Mitalas beginning in 2016. Kathy was an avid volunteer at Pregnancy Aid of King County, dedicating hours assisting families in need in the community. During her service there, she discovered a large need for baby items,



especially diapers and formula. This inspired her

to start the Diaper Drive as an annual event.

The St. Demetrios Philoptochos has chosen to honor and continue her work again this Lenten Season with this charitable giving event, which will now be named in her Memory.

A Collection Bin will be located in the Narthex of the Church to collect donations from

March 18th (beginning of Lent)  
until Easter Week

Diapers & Wipes  
(all sizes but special need for sizes 4-5)

Formula  
(all brands/types)



Donations of the following items are requested:

Monetary Donations will also be accepted.

Please make checks payable to: St. Demetrios Philoptochos

For more information please contact Stacy Taylor at 206.501.9500 or [stace1126@msn.com](mailto:stace1126@msn.com)

## Thank you!



# Saint Demetrios Philoptochos

Membership 2024

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).

## YAL Seattle Updates

Here's what's new for YAL Seattle.

**Lenten Potluck & Discussion.** Every Friday during Great Lent after the Jesus Prayer Service, join us for a Lenten potluck and discussion (~8:30 pm). Please bring a Lenten dish to share. Open to the whole parish.

**Liturgy After the Liturgy (Monthly Sunday brunch):** Meet and mingle with other young adults while supporting our amazing Greek-owned restaurants.

- Sunday, April 21 - TBD

**Orthodox Christian Fellowship (OCF):** If you are a college student in the Seattle area, join our OCF group at the University of Washington.

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

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

**Connect with YAL Seattle:**

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

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

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

## Thank You to All Who Participated in Last Month's Mission Sunday Event!



Mission Sunday at St. Demetrios was a big success raising a whopping **\$3,900** for the worldwide work of the Orthodox Christian Mission Center (OCMC). Thank you to everyone for donating so generously to the special tray, coffee hour, and for purchasing items at the Deli Sale.

In his homily, our guest speaker, Fr. Chris Rowe (OCMC Assistant Development Director) exhorted us to make a commitment this Lent by showing love and mercy through prayer, giving alms, and by sharing the Good News of Christ in our own neighborhoods and throughout the world.

Following Liturgy, everyone had an opportunity to enjoy coffee hour refreshments & purchase a variety of Greek specialty foods with 100% of sales supporting the Missions.



We are also grateful for the efforts of many great friends of the OCMC: Our speaker & missions table setup staff, coffee hour setup staff & refreshment donors, deli sale setup staff, salespeople, & benefactors, bulletin stuffers, coin box committee, offering tray collectors, photographers, & the accountants:

Fr. Photios Dumont  
Fr. Spyridon Rice  
Cliff & Theodora Argue  
Athans/Bariames Family  
Maria Barbas  
Duaa Bayouk  
Gabriel Bayouk  
Douglas Chandler

Mary Damascus  
Christina Economou  
Tedros Habte-Mezengi  
George Hatziantoniou &  
Elizabeth Economou  
Dale Hazapis  
Laura Kemmerer  
Karen Ko

Brian Koceski  
George Lymberis  
Chris & Paula Macris  
Sam Mallos  
Tina Pallis  
Bill & Karen Rockwell  
Mark & Angelique Saffle  
Phil & Barbara Sancken

Terri Shinas  
Simoni & Tanya Shirland  
Alex & Vassie Skoulis  
Daniel Smith  
Yiannis, Katerina, &  
Dometios Tziotis of  
Yiannis Foods & Wines

*It's not too late to support the Orthodox Missions; here at St. Demetrios, you can contact our OCMC Ambassadors Chris and Paula Macris or OCMC Board member Cliff Argue. For more information on the work of the OCMC, visit [www.ocmc.org](http://www.ocmc.org) or call 877-GO-FORTH.*

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## 2024 STEWARDS

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Andrew and Vicky Aliferakis  
Nick and Terri Alvanos  
Nikolas and Britani Alvanos  
Fr. John and Presv. Anna Angelis  
Theodore and Kim Angelis  
Artemis Antipas and Achilleas  
Stamoulis  
Costas Antonopoulos  
Ioanna Antonopoulos and Michael  
Moser  
Clifford and Theodora Argue  
Patricia Arvanitidis  
Ravi and Margarita Aswani  
Emmanuel Athans  
Stella Athans  
Judy Bakamus  
William (Corky) Bakamus  
Matthew and Nicole Balkenbush  
Josh and Eleni Banchemo  
Maria Barbas  
George Bariames and Eleni  
Athans  
Frances Barnecut  
Greg Bartell and Fotini  
Georgiadou  
Alice Bayouk  
Bassam and Duaa Bayouk  
Gabriel Bayouk  
Lena Bayouk  
Angelo and Anastasia Bekris  
Konstantinos and Eirene Bekris  
Zachariah and Aliki Birkenbuel  
Gus Boutsinis  
Mark and Maria Burke  
Dina Carkonen  
Douglas and Jillian Chandler  
Constantinos and Jeannine  
Christofilis  
Demetre and Katherine Christofilis  
John and Helen Christofilis  
Margo Christophilis  
Kosta and Maria Christopoulos  
Heather Christothoulou  
Ed and Anastasia Clarke  
Marie Collins  
John and Diane Conom  
G. Paul and Carolan Constantine  
O. George and Kay Constantine  
Debbie Constantine-Skouras  
Tom and Evelyn Contoravdis

Yianni Contoravdis  
Maria Cooper  
Nick and Karen Cooper  
John Costacos  
Barbara Cotton  
Gus Courounes  
Nicoleta Courounes  
Renee Courounes  
Dale and Mariann Crane  
Christos Dagadakis and Judith  
Turner  
George and Angela Dalas  
Mary Damascus  
Sofia Damascus  
Alexandra Delegans  
Sam and Vicki Deliganis  
Nicholas and Stella Demonakos  
Peter and Diane Demopoulos  
Ryan and Demetra Dennis  
Christina Derezes  
Nick Diafos and Athena Modonas-  
Diafos  
Stephanie Dikeakos  
Vasili and Katherine Dikeakos  
Ted Dimitriou  
Christopher Dodd and Maria  
Christofilis  
Voula Dodd  
Gus and Gregoria Dounis  
James and Jodi Dounis  
Robert and Janie Drumhiller  
Thomas Dudler and Pandora  
Christie  
Athan and Demetra Dumont  
Fr. Photios and Presv. Katherine  
Dumont  
Georgi and Elena Dzhalazova  
Michael and Elaine Falangus  
Sameh Farah  
Nicolette Farmasonis  
Petros Farmasonis  
Alex and Anna Fleet  
Georgios and Maria Fletmetakis  
Ioannis and Chelsea Fotopoulos  
Panagiotis Fotopoulos  
George Fournarakis  
Jonathan and Eleni French  
Zoe Ganoulis  
Panagiotis and Nicoletta Gennaios  
Evan George

Tyler and Anastasia Geving  
Michael and Wanda Gikas  
Elaine Giusti  
Kathy Gookstetter  
Robert and Danielle Griffith  
James and Shawn Hages  
Joan Hanna  
Dorothy Haskell  
George Hatziantoniou and Elizabeth  
Economou  
Dale Hazapis  
Christopher and Joanne Hegge  
John and Maria Hillman  
William and Angelea Hoeft  
Christopher and Mary Hohensinner  
Patrick and Vickie Howard  
Foteini Jacobson  
Joe and Virginia Jarek  
Carlos Jimenez and Eleni Lagos-  
Jimenez  
John and Emilie John  
Brandon and Elli Johnson  
Gerry Kaelin and Christina  
Demopoulos-Kaelin  
Athanasia Kalasountas  
Panagiotis and Rena Kalasountas  
Jim Kaloris  
George and Christina Kaltsounis  
Maria Kaltsounis  
John and Virginia Kapelouzos  
Jim and Georgene Karambelas  
Tim and Nadine Karas  
Nick and Nancy Karis  
Terry and Hannah Karis  
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Terri Karis-Hawdon  
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Angelos and Mary Xidias  
Tim and Harriet Young  
Nicholas and Lizabeth Zardis

## Liturgies in April

April	Service	Time
1	Great Compline	7:00pm
3	Presanctified Liturgy at St. Demetrios	6:30pm
5	Presanctified Liturgy Akathis Hymn Jesus Prayer Service	9:30am 7:00pm 8:15pm
7	Holy Cross Orthros & Divine Liturgy Pan Orthodox Vespers at St. Demetrios	8:30am 5:00pm
8	Great Compline	7:00pm
10	Presanctified Liturgy at Assumption	6:30pm
12	Presanctified Liturgy Akathis Hymn Jesus Prayer Service	9:30am 7:00pm 8:15pm
14	St. John of the Ladder Orthros & Divine Liturgy	8:15am
15	Great Compline	7:00pm

April	Service	Time
17	Presanctified Liturgy at St. Demetrios	6:30pm
19	Presanctified Liturgy Akathis Hymn Jesus Prayer Service	9:30am 7:00pm 8:15pm
21	St. Mary of Egypt Orthros & Divine Liturgy Pan Orthodox Vespers • Holy Resurrection	8:15am 5:00pm
22	Great Compline	7:00pm
24	Presanctified Liturgy at Assumption	6:30pm
26	Presanctified Liturgy Akathis Hymn Jesus Prayer Service	9:30am 7:00pm 8:15pm
27	Saturday of Lazurus Orthros & Divine Liturgy	8:30am

April	Service	Time
28	Palm Sunday Orthros & Divine Liturgy Bridegroom Service	8:15am 7:00pm
29	Presanctified Liturgy Bridegroom Service	9:30am 7:00pm
30	Presanctified Liturgy Bridegroom Service	9:30am 7:00pm

## Yiayias & Friends

Our April lunch will be held at **NIKO'S GYROS**, 2231 32nd Ave. W, Seattle, (206) 285-4778, on **Thursday, April 4th, at 11:30am**. (For those observing the Lenten Fast, the restaurant has several vegan options available.)

Please RSVP by contacting **Cathy**, [chowoo@comcast.net](mailto:chowoo@comcast.net) or texting **206-282-9641**, so we can inform the restaurant how many to expect.

Watch the e-News or ask to join our private Facebook page **YIAYIAS & FRIENDS** for more up-to-date information.

We wish everyone a blessed Lenten journey - Καλή Σαρακοστή



## Papouthes Group

Our next Papouthes luncheon will be:

Thursday, **April 18, 2024, 12:00 noon** at:

**14 Carrot Cafe**  
**2305 Eastlake Ave E**  
**Seattle, WA 98102**

Please send questions or RSVP to [mwgikas@gmail.com](mailto:mwgikas@gmail.com) or text **206-295-4349** so the restaurant staff will know how many to expect.



## Philoxenia Ministry Gets Underway!

### Philoxenia Ministry Gets Underway!

With the recent approval and support of the Parish Council, the generous commitment of cash donations by several Parishioners, and the dedicated work of Parish members - specifically architects, designers, contractors and a host of qualified professional electricians, plumbers and carpentry experts the establishment of our St Demetrios Philoxenia Ministry is underway! This new Ministry will assist 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.



The Ministry will be located in the Church owned house at 1825 E Lynn St (adjacent to our entrance/exit driveway) and is being enhanced to include two complete separate living units (upper and lower floors) able to accommodate up to two families. Upgrades are now underway and include adding a kitchen to the lower unit, remodeling of the upper kitchen as well as very substantial upgrades to both bathrooms for ease of use by those seeking treatment. New furnaces as well as new flooring and complete painting are an additional part of the scope of the work.

To facilitate this new Ministry, Tedros, our beloved caretaker has once again relocated back to the house he called home for many years – on Boyer Ave next door to the current Philanthropia Adult Home. This allows him to reside attached to the Parish property and continue to service the Church from within eyesight. Thank you Tedros!

Why this particular new Ministry? The topic of such Parish-sponsored lodging has been a topic for many, many years. In the past, individual parishioners have housed families from Greece for extended and repeated stays for those seeking medical treatment – who otherwise would have expended dollars for lodging above and beyond the medical expenses already incurred. In addition, representatives from Fred Hutch - who have advised us in our planning - have repeatedly stated that there is a strong demand for such housing and have encouraged us to develop such accommodations.

This long-discussed and proposed Ministry under the leadership of John John – consists of six sub-committees which coordinate the various aspects of this venture – including Finance, Administration; Technology; Outreach; Construction and Fundraising. These committees have worked for the past several months developing policies and procedures for the House as well as documents for facility upgrades and undertaken significant fund-raising, resulting in a comprehensive plan overwhelmingly approved by the Parish Council.

In brief – these committees are tasked with the following:

**Finance:** Develop operating budget for yearly expenses (utilities; insurance etc.) and track current and pending expenses for facility (house) upgrades.

**Administration:** develop operating parameters for the day to day usage of the living quarters for prospective guests – i.e. wait list, application & registration procedures; house rules; emergency contacts; license agreement, end of stay cleaning procedures etc.

**Technology:** web site creation and maintenance.

**Outreach:** while the Ministry will be open to all individuals and/or families in the U. S. and beyond, Orthodox parishes throughout the country will be made aware of this opportunity for lodging as will our Greek Consulate offices in the US be notified. Fred Hutch staff will also provide referrals. Making the Ministry known & available is this Committee's task.

**Construction:** ready the Lynn St house for occupancy by providing a much-needed face-lift to the house. Creating two separate living units able to provide a functional and inviting home in which patients and family members can have a respite while receiving the medical attention they require.

**Fundraising:** secure the funding needed to make Philoxenia a true success! Thus far, cash and material donation commitments total \$258,500 : (a) \$142,500 to pay off the Lynn Street House Mortgage, (b)



\$63,000 in material donations such as doors, flooring and paint for the remodel; and (c) \$53,000 thus far for the the upgrades to the house (d) leaving a need for additional cash donations of \$75,500 to complete the upgrades.

Fortunately – and thankfully – significant amounts of the labor (much of the electrical; plumbing; carpentry; painting; construction management and architecture & design) needed to accomplish these two-floor upgrades is being donated by parishioners - valued at \$120,000 - who see this Ministry as an integral part of the outreach that we at St Demetrios can be proud of.

How can you be part of this Ministry project? We still need an additional \$75,500 to complete this phase of the upgrades and we need additional dollars to purchase the necessary new appliances and furniture (ranges; refrigerators; Washer/dryer; dishwashers; kitchen cabinets; beds; dressers; tables/chairs; couches etc)

Your help is always appreciated. A donation to cover the cost of one or more of these needed pieces of furniture or appliances or simply a donation in any amount will be most helpful. Philoptochos has agreed to fund part of the kitchen needs – while the Cookbook Committee will provide the funds to furnish one of the bedrooms.

Contact any committee member for more information on the Ministry or to coordinate a donation which can be made to “Philoxenia House c/o St Demetrios Church. Committee members who can assist you are Pandora Dudler Christie; Emilie John; Deena Maroutsos; Patrick Howard; George Hatziantoniou; Stephanie Dikeakos, Paul Plumis and John John.

*Ladies of Philoptochos*

# Tray Passing Sundays

**To assist the following Ministries:**

**April 7:**  
**Holy Cross Hellenic Seminary**

**April 21:**  
**Pennies and Prayers**  
**(Mission Churches)**

**Contributions will be accepted up until the scheduled day of passing the tray.**  
**We thank you for your support!**

❁ ❁ ❁ ❁ ❁

**"Love begins in God. First we love God above everything and everybody. Then ourselves, for Christ said to love your neighbor as yourself. Love then goes out from us to other people, and finally, to all of Creation."**  
**Saint John Climacus**



# Saint Demetrios Ministries

**AHEPA**  
Chris Economou

**All Saints Camp**  
Christina Chacharon

**Acolytes**  
Chris Macris

**Book Store**  
Theo Argue  
Heather Stotz  
Lindsey Stotz

**Bible Study**  
Fr. Photios

**Book Club**  
Fr. Spyridon

**Cultural Book Lending Library**  
Anthony Maroussis

**Daughters of Penelope**  
Sophia Berg

**Dynamis - Men's Fellowship**  
George Hatziantoniou

**Engagement**  
Alex Skoulis

**Eternal Light Program**  
George Constantine

**2024 Parish Council**  
Brian Koceski, Pres  
George Xidias, 1st VP  
Dale P. Hazapis, 2nd VP  
Elizabeth Poiana, Secretary  
Gil Morgan, Treasurer  
Alex Skoulis, Bob Read,  
Dimitri Themelis, Eirene Bekris,  
Emanuel Magoulas, George  
Hatziantoniou, Jim Kost,  
Alexandra Flugstad, Nina  
Retalas, Georgia Tziotis,  
Frs Photios & Spyridon

**Sunday School**  
Paula Macris

**Festival**  
Jim Kost

**Greek Folk Dance**  
Maria Barbas  
Steve Manos

**Greek School**  
Demetra Apostolou Manaois

**International Orthodox  
Christian Charities IOCC**  
Kim Angelis

**Orthodox Christian  
Mission Center OCMC**  
Chris Macris  
Cliff Argue

**Papouthes Group**  
Mike Gikas

**Philotochos**  
Pam Plumis  
Emilie John

Social Services  
Matt Talbot Center  
Missions Possible  
Homebound Parishioners  
St Martin De Porres Shelter  
Koliva Preparation  
Seminarian Support  
This and That Rummage Sale

**Philanthropia House**  
John T John

**Youth Programs**  
Fr. Spyridon  
**Hope (Birth -6)**  
**Joy (7-11)**  
**Goya (12-17)**  
**YAL (18-35)**  
**OFC (18-22) College**

**Yiayias and Friends**  
Cathy Chohlas

**Saint Philaret**  
Chris Macris  
Doug Chandler

**Music**  
Christopher Kouldukis

**Orthodoxy 101**  
Fr. Spyridon

# April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mar 31</p> <p>St. Gregory Palamas Epistle: Hebrews 1:10-23 Gospel: Mark 2:1-12 8:15a Orthros 9:30a Divine Liturgy 5p Pan Orthodox Vespers • St. Katherine</p>	<p>Apr 1</p> <p>6p Small Compline followed by Greek Dance 7p Great Compline 8p Open Confession</p> <p>St. Mary of Egypt</p>	<p>9:30a HOPE</p> <p>St. Titos the Righteous</p>	<p>10a Philoptochos Board Meeting 1p Open Confession 6p Greek School 6:30p Presanctified Liturgy - St. Demetrios</p> <p>Niketas, Confessor</p>	<p>11:30a Yiayia and Friends at Niko's Gyros 7p Bible Study</p> <p>George the Righteous of Maleon Plato the Studite</p>	<p>9:30a Presanctified Liturgy 11a Book Club 5p Open Confession until 7p 7p Akathist Hymn 8:15p Jesus Prayer Service 8:30p Lenten Potluck and Discussion</p> <p>Klavdios, Diodoros &amp; Nikophoros</p>	<p>5p Great Vespers 6p Open Confession</p> <p>Efthios Pat. C/ple Gregory of Sinai</p>
<p>Apr 7</p> <p>Holy Cross Epistle: Hebrews 4:14-5:6 Gospel: Mark 8:34-9:1 8:15a Orthros 9:30a Divine Liturgy 12p Lecture in the Small Hall, 12 5p Pan Orthodox Vespers • St. Demetrios</p> <p>kalliopios &amp; Akylini, Martyrs</p>	<p>8</p> <p>6p Small Compline followed by Greek Dance 7p Great Compline 8p Open Confession</p> <p>Herodion, Agabus of the 70 Rufus, Asyncritus of the 70</p>	<p>9</p> <p>Eupsychius of Caesarea Sts. Raphael, Nicholas &amp; Irene</p>	<p>10</p> <p>1p Open Confession until 4pm 6:30p Presanctified Liturgy - Assumption</p> <p>Terence, Pompius, Maximus &amp; Macar...</p>	<p>7p Bible Study</p> <p>Antipas, Martyr</p>	<p>12</p> <p>9:30a Presanctified Liturgy 11a Book Club 5p Open Confession until 7p 7p Akathist Hymn 8:15p Jesus Prayer Service 8:30p Lenten Potluck and Discussion</p> <p>Basil the Confessor</p>	<p>13</p> <p>PNW District Oratorical Festiv... 5p Great Vespers 6p Open Confession</p> <p>Martin the Confessor</p>
<p>Apr 14</p> <p>St. John of the Ladder Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 8:15a Orthros 9:30a Divine Liturgy 12p Liturgy and Life 5p Pan Orthodox Vespers • Assumption</p> <p>Aristarchos, Poudies, Trophimos of t...</p>	<p>15</p> <p>6p Small Compline followed by Greek Dance 7p Great Compline 8p Open Confession</p> <p>Crescens, martyr Leonidas, Hiermartyr</p>	<p>16</p> <p>11a Clergy Koinonia 6:30p Parish Council Meeting</p> <p>Agaphe, Irene, Niki &amp; Hiona, Martyrs</p>	<p>17</p> <p>1p Open Confession until 4pm 6:30p Presanctified Liturgy - St. Demetrios</p> <p>Symeon, Hiermartyr &amp; Companions</p>	<p>7p Bible Study</p> <p>Cyrl, Pat. of C/nple John the Righteous</p>	<p>19</p> <p>9:30a Presanctified Liturgy 11a Book Club 5p Open Confession until 7p 7p Akathist Hymn 8:15p Jesus Prayer Service 8:30p Lenten Potluck and Discussion</p> <p>Pafnoutios &amp; Philip, Martyrs</p>	<p>20</p> <p>Tops K-8 School Auction - La... 5p Great Vespers 6p Open Confession</p> <p>Theodore the Righteous Zacharias, Apostle</p>
<p>Apr 21</p> <p>St. Mary of Egypt Epistle: Hebrews 9:11-14 Gospel: Mark 10:32-45 8:15a Orthros 9:30a Divine Liturgy 12p YAL Lunch 5p Pan Orthodox Vespers • Holy Resurrection</p> <p>Ianouarios &amp; Alexandra, Martyrs</p>	<p>22</p> <p>6p Small Compline followed by Greek Dance 7p Great Compline 8p Open Confession</p> <p>Theodore of Sykeote</p>	<p>23</p> <p>11a Clergy Koinonia 6:30p Parish Council Meeting</p> <p>George, Great Martyr</p>	<p>24</p> <p>1p Open Confession until 4pm 6:30p Presanctified Liturgy - Assumption</p> <p>Elizabeth the Wonderworker</p>	<p>7p Bible Study</p> <p>St. Mark, Apostle &amp; Evangelist</p>	<p>26</p> <p>9:30a Presanctified Liturgy 11a Book Club</p> <p>Basil, Bishop of Amaseia</p>	<p>27</p> <p>Saturday of Lazarus 8:30a Orthros 9:30a Divine Liturgy 11a Sunday School Breakfast and Tying of Palm Crosses 5p Great Vespers 6p Open Confession</p> <p>Symeon, Bishop of Jerusalem</p>
<p>Apr 28</p> <p>Palm Sunday Epistle: Philippians 4:4-9 Gospel: John 12:1-18 Sunday school - Small Hall 8:15a Orthros 9:30a Divine Liturgy 7p Bridegroom (Nymphios) Service</p> <p>9 Martyrs of Kyzicus</p>	<p>29</p> <p>Holy Monday 9:30a Pre-Sanctified Divine Liturgy 7p Bridegroom (Nymphios) Service</p> <p>Jason &amp; Sosipater of the 70</p>	<p>30</p> <p>Holy Tuesday 9:30a Pre-Sanctified Divine Liturgy 7p Bridegroom (Nymphios) Service</p> <p>St. Clement the Righteous St. Iakovos, Apostle</p>	<p>May 1</p> <p>Holy Wednesday 9:30a Pre-Sanctified Divine Liturgy 3p Holy Unction 7p Bridegroom (Nymphios) Service with Holy Unction</p> <p>Jeremiah the Prophet</p>	<p>Holy Thursday 9:30a Versperal Divine Liturgy of St. Basil • Institution of the Last Supper 6:30p Orthros of Holy Friday • The Passion of Christ &amp; 12 Gospels</p> <p>St. Athanasios the Great</p>	<p>3</p> <p>Holy Friday 9:30a HOPE 3p Un-nailing of Christ from the Cross 7p Lamentation Service</p> <p>St. Xenia the Great Martyr</p>	<p>4</p> <p>Holy Saturday 9:30a Vesperal Divine Liturgy of Pascha 11p Pascha Vigil</p> <p>St. Pelagia, Righteous Martyr</p>



The Orthodox Way (published 10 times a year by)

Saint Demetrios Church Greek Orthodox Church  
Permit Number 8048  
2100 Boyer Ave East  
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## Donations



## Thank you

On behalf of our family, we want to thank those who generously donated to St. Demetrios Church in honor of our loved one, **Anastasios G. Christophilis**. May his memory be eternal. Thank you, Voula Christophilis and Family.

### Submissions for the Orthodox Way

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

Please submit announcements for Memorials and Candles to Simoni at [sshirland@saintdemetrios.com](mailto:sshirland@saintdemetrios.com) by the 20th of the month to appear in the next newsletter. Submissions 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*