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The Orthodox Way

The Monthly Newsletter of St. Demetrios Greek Orthodox Church

Mission Statement: "To proclaim the Gospel of Christ in the Orthodox Tradition while creating a vibrant, loving, compassionate and supportive community."

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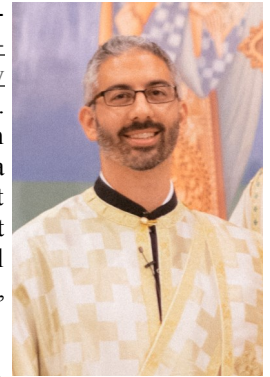
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The Buried Seed

Recently, I was listening to a series of lectures by Father Maximos, the Presidential Research Scholar at [Holy Cross Greek Orthodox School of Theology in Brookline, MA](http://HolyCrossGreekOrthodoxSchoolofTheologyinBrooklineMA.com), entitled "Prayer of the Heart in an Age of Technology and Distractions." In one of the lectures he talks about the buried seed. A seed is a very powerful visual of our Christian lives. It was through a seed in the womb of the Theotokos that God chose to enter into the world. The seed is a source of new life, but the seed represents only the potential for life. To grow, it must be nurtured. As Fr. Maximos notes, one could set a seed on a table and it would sit there for days, weeks and years, producing nothing. It has the potential to grow into what God created it for, but without the proper conditions – soil, water, sunlight – it would bear no fruit.



Each one of us at our baptism was sealed with the gift of the Holy Spirit. The power of the Holy Spirit is within our own hearts. Fr Maximos compares the Holy Spirit within us to a buried seed lying dormant. It is for us to water, nurture, and make it grow. This is the key to true life, becoming the person God created us to be.

Often, however, we find ourselves seeking external things to accomplish this. We devote our time and effort to all sorts of things, some good and some bad. In some sense the accomplishments of our daily lives give a sense of fulfillment. But the fact remains these are temporary, even fleeting, and true life cannot be found among them. The person God wants us to be and the life He wants us to live requires something greater.

True life is found in the kingdom of Heaven. As Christians we are called to seek it early and often, but it is not found in most of the things we busy ourselves with each day. It is buried within us. Christ tells us "The kingdom of God does not come with observation; nor will they say, 'See here!' or 'See there!' For indeed, the kingdom of God is within you." (Luke 17:20-21) If the kingdom of God is within us, then how can we find it outside of ourselves?

So we must attend to ourselves. This means we are seeking God in the place where He's planted Himself – in our hearts. To really listen to our hearts, we must be silent and still. We must point our minds inward to our own hearts and meet Him where is always waiting for us. This might mean we are praying or reading scripture, but it also means that we simply meditating on Him. "If I remembered You on my bed, I meditated on You at daybreak." (Psalms 62:7) But in our busy and distracted schedules we strive to meet more goals and accomplish more and more in our lives, this feels like we are doing nothing. Yet it is as essential to our spiritual growth as sunlight to a plant.

We often hear the complaint, "God doesn't speak to me." Perhaps it's because we never stop to listen. We are not truly nurturing the seed buried within our hearts. For just a few minutes a day, try being silent and still, meditating on your bed, and focusing intently on what's in your heart. Then you can begin truly seeking the kingdom of God.

In Christ,
+ Fr. Daniel Triant

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The Orthodox Way is published monthly. Parishioners who wish to contribute content or announcements are asked to email information to sshirland@saintdemetrios.com; or by fax to 206-631-2550. Saint Demetrios Greek Orthodox Church reserves the right to edit, alter or reject any content.

CHURCH SERVICES, EPISTLE AND GOSPEL READINGS

Date	Church Service	
Feb. 2nd	Presentation of our Lord	Υπαπαντή του Κυρίου
Feb. 3rd	St. Symeon the God-Receiver	Αγίου Συμεών
Feb. 6th	St. Photios the Great; Great Vespers, 5 pm	Αγίου Φωτίου, Μέγας Εσπερινός, 5 μ.μ.
Feb. 7th	16th Sunday of Matthew; Godparents' Sunday	16η Κυριακή Ματθαίου
Feb. 8th	St. Theodore the General	Αγίου Θεοδώρου Στρατηλάτου
Feb. 10th	St. Haralambos	Αγίου Χαραλάμπους
Feb. 14th	Sunday of the Canaanite	Κυριακή της Χαναναίας
Feb. 17th	St. Theodore of Tyron	Αγίου Θεοδώρου του Τήρωνος
Feb. 21st	Sunday of the Publican and Pharisee—Triodion Begins	Κυριακή του Τελώνου και Φαρισαίου, Αρχίζει το Τριώδιον
Feb. 28th	Sunday of the Prodigal Son	Κυριακή του Ασώτου Υιού

ALTAR SERVERS

Feb. 7th & 21st	Jack Hillman, Paul Dudunakis, Peter Dudunakis, Nicholas Biros, Stassi Tsantilas, Yiannis Tsantilas, Nasi Contoravdis, Niko Contoravdis, Phillip Stamolis, James Konugres, Omar Mallouk, Stavros Panos, Nicholas Marcu-Visan and John Limantzakis.
Feb. 14th & 28th	Joseph Dumont, Nicholas Christianson, Theodore Looney, Demetre Teodosiadis, Alex Rotar, Manoli P. Tramountanas, Manoli A. Tramountanas, Johnny Tramountanas, Peter Ales, Jonathan Poiana, Ethan Weigle, Steven Stanos, John Christofilis, and Peter Economou Grunder.

PARISH COUNCIL SERVERS

Feb. 7th & 21st	John Ales, Stephanos Margarisis, Jim Kost, John Kapelouzos, George Tramountanas, Dale Hazapis, Christos Psychos
Feb. 14th & 28th	Georgine Looney, George Papanastasiou, Andrew Aliferakis, Thomas Dudley, Vicky Christianson, Bob Read, Louis Kotsakis

EPISTLE READERS—ARTHUR SARIDAKIS—INSTRUCTOR; CHRIS MACRIS—ASSISTANT

February 7th	Theodore Looney, in Greek and Christina Bayouk, in English
February 14th	Johnny Tramountanas, in English
February 21st	Evangelia Koceski, in Greek and Alexandra Koceski, in English
February 28th	Niko Contoravdis, in English

Fasting Type	February
Wine & Oil Allowed	10, 17
Strict Fast	5, 12, 19,
Fast Free	22-27

Sunday Offerings for January, 2016	
January 3	\$ 2,582.80
January 10	\$ 3,598.60
January 17	\$ 4,244.75
January 24	\$ 5,950.39
January 31	\$ 6,638.46
Total	\$ 23,015.00

Greek Dance Group News

FDF Suite Presentation and Greek Dinner

This year the FDF rehearsal performance will take place on **Saturday**, February 6th beginning at 5:00 pm at St. Demetrios in the large hall. Tickets are \$15 for adults, \$10 for kids 12 and under and free dinner for all dancers and directors. Please join us in watching our dancers perform one of the suites they will be dancing in Anaheim at FDF. Our choral group will also be performing some of the songs that they will be singing at competition.



Social Hour / Dancers Eat from 5pm-6pm

Guest dinner will be served at 6pm followed by the dance performances.

Please call Marla Economou at [425-672-0287](tel:425-672-0287) to reserve your table today. Or you may email Michelle Economou at meconomou3@gmail.com.

Faith, Dance, Fellowship (FDF) – President's Day Weekend

Although FDF is only a portion of our program, it's important! "Why?" you might ask. Well, it's because of something we like to call the "trickle-down effect". Whether it is for sports or for Greek dance, the process of competition, promotes excellence! It inspires the directors of our older groups to learn more about the culture in order to find new material, new music, and acquire different costumes for our dancers to use. This competition is a "deadline", encouraging our dancers to develop the specific techniques of each type of dance. This new material is then brought back to our program at home and trickles down for the benefit of the younger groups. **GOOD LUCK TO ALL OF OUR DANCERS!**

BALKAN FEST – Saturday, March 5th, is the last Saturday night before lent starts so join us at the church from 3pm-midnight for a bazaar, appetizers, drinks and both Balkan and Greek dancing.

MONDAY NIGHT DINNERS – dinners start before practice at 5:30pm and have been very well received by our community. The dance board would like to ask the dance ministry to come forward to fill 5 more spots for the year (we will not be providing meals during Lent). Contact Linda Kyrimis for details about signing up at [206-818-6860](tel:206-818-6860) or lkyrimis@aol.com

NEW YEAR'S EVE EVENT

Thank you to all who attended this festive event! Thanks, also, to the many people who helped

make this event possible to the cooks, George Tsantilas, Tom Contoravdis, John Varlamos, Jimmy Christo and Christos Psichos. Thank you to the Tsantilas family for the decoration and food donations. To the set up committee...Judy and Vasilis Varlamos, Jiovanna Koceski, Sandra Maroussis, Dana, Manoli and Eleanor Tramountanas. To all those who wrapped silverware and prepped decorations...Andrea Dunbar, Demetra Biros, Michelle Economou, Katherine Watson, Jiovanna Koceski, Paula Margaritis, Blue Lazarou, Nikki Christophilis, Annette Sheperd, Eleni Athans and Tammy Psichos. To Blue Lazarou for organizing the bar and her crew, Pete Lazarou and George Papanastasiou. To those who took charge of serving food ...Sandra Marousis, Tammy Psichos, Cindy Theodorou and Evelyn Contoravdis. To those who took reservations and welcomed people at entry....Maria Barbas, Judy Varlamos, Linda Kyrimis and Dana Tramountanas. To Vasilopetia bakers, Maria Barbas and Katherine Watson. To Peggy Tramountanas for the tarama salata, to Ourania Tziotis for linens donations.

Winter News from Jubilee Women's Center

This winter was made warmer and brighter for the residents at JWC, Thanks to the generosity and giving from St. Demetrios and Assumption Parishioners, Philoptochos and The Daughters of Penelope.

With the help of so many, our Greek Orthodox Community provided Bountiful Holiday meals to fill their stomachs, beautiful scarves and socks to keep them warm, along with Walgreens and Bartells gift Cards as Christmas gifts. All these items were much appreciated and enjoyed by the women at Jubilee, as these gifts help them feel special, noticed and stretches their tight budgets.

Jubilee residents have experienced poverty, homelessness and/or abuse. They are all committed and working towards reclaiming their lives and independence.

St. Demetrios provides dinner the 4th Wednesday of each month. If you would be interested in cooking, or sponsoring a meal, donating clothing, or volunteering, please contact Georgene Karambelas: 206.829.9337.

DONATIONS FOR HOMELESS NEEDED

Our Ladies Philoptochos is partnering with the St. Philaret ministry to serve the needs of our homeless brothers and sisters. In addition to serving dinner once a month, we are extending our ministry. We would like to prepare convenient plastic bags with practical, useful items. We are requesting the following items:

_____ Warm socks (**#1 need!** These should be new or clean used socks.)

_____ New toothbrushes (dentists often are happy to donate)

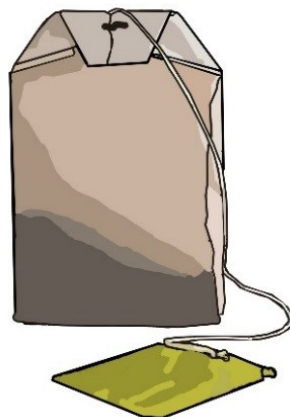
_____ Personal-sized toothpaste (ask your dentist!)

_____ Personal-sized hand sanitizer

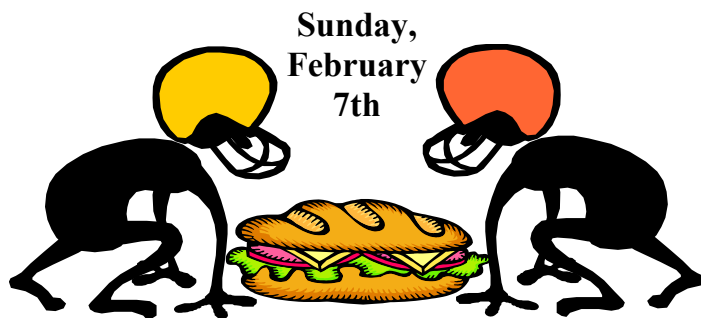
_____ Chapstick

We will augment the donations with bags of nutritious, non-perishable food items that can be taken and consumed “on the go.”

Please bring your donations to the barrels outside the large hall by February 28.
For more info, contact Mary Damascus mndamascus@comcast.net or 509-951-2975.



**St. Demetrios Jr. & Sr. GOYA presents the
16th annual...
Superbowl Sub Sale**



Five tasty subs to choose from and only \$5 each.

The **SEAHAWK**... Turkey & Provolone
The **RAVEN**... Roast Beef & Provolone
The **BRONCO**... Ham, Roast Beef, Turkey, American & Provolone Cheeses
The **PANTHER**... Ham, Turkey, American & Provolone
The **PIGSKIN**... Ham & American Cheese

PRE-ORDER ONLINE
at www.saintdemetrios.com

All subs include lettuce, a packet of mayo & mustard and are wrapped up and ready to eat. Onions and Tomatoes are optional for all subs.

**GOYANS MAKE SUPERBOWL SUBS
Saturday, February 6th**

All GOYAnS are invited to make subs on Saturday, February 6th from 11 a.m. to 2 p.m. in the Small Hall. Lunch Provided!

**Pan Orthodox Young Adult Retreat
February 26 - 28 at Camp Angelos in Portland**

"A Life of Your Own in Christ" led by Rev. Hieromonk Fr. James Corazza. The over-arching theme of his talks will focus on "A Life of Your Own in Christ" from a variety of perspectives.

- **When:** February 26-28th, 2016
- **Arrive:** Friday, February 26th at 7:30p (Note: no dinner will be served) **Carpooling may be available from St. Demetrios.** Please contact Leteris Sitaras at 206-660-2779
- **Depart:** Sunday, February 28th at 12 pm
- **Where:** Camp Angelos Retreat Center (32149 SE Stevens Rd, Corbett, OR 97019)
- **Cost:** \$35 per person (\$50 for a couple) Meals included.

All parish young adults are most cordially invited to attend this most worthwhile retreat! Please visit www.goholytrinity.org to register.

Orthodoxy on Tap - Thursday, February 25th
Monthly Discussions for our Young Adults

All college students and young adults are invited to Orthodoxy on Tap. This ministry is a chance for us to meet and talk about our faith in a social environment. Our next meeting will be Thursday, February 25th at 7 p.m. at **Whirlyball** (23401 Highway 99, Edmonds) Please RSVP if you can make it. Contact Leteris Sitaras at 206-631-2504

2016 YOUTH MINISTRY EVENTS

March

- 6 - HOPE & JOY Family Ice Skating
- 12 - Orthodox Teen Talk
- 14 - Lent Begins
- 26 - Greek Independence Day Celebration

April

- 1-3 GOYA Amazing Race Lent Retreat
- 10 - Oratorical Festival
- 17 - District Oratorical Festival hosted at St. Demetrios
- 23 - Communion Breakfast & Palm Crosses
- 29 - Holy Friday Retreat

2016 GOYA Lent Retreat

Faith & Fellowship

**THE AMAZING
RACE**

Edition

"Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever." 1 Corinthians 9:25

Friday, April 1 – Sunday, April 3

**For all Jr. & Sr. GOYAnS
in Grades 7 – 12**

**Held at Church of the Assumption 1804 13th Ave.,
Seattle. Registration Forms available by Monday,
February 22nd at www.saintdemetrios.com**

HOST FAMILIES NEEDED!

**Please contact Leteris Sitaras for more
information at 206-631-2504 or
lsitaras@saintdemetrios.com**

STEWARDSHIP UPDATE

For our 2016 Stewardship Campaign, we currently have 212 stewards who have returned their signed pledge cards and have pledged \$243,665. Our goal for 2016 is \$535,000. Remember that you can arrange for automatic payments through your bank or paypal. (go to www.saintdemetrios.com/Stewardship/egiving)

We thank the following stewards for their contributions!

The Stewardship Committee



2016 Stewards:

John and Margaret Ales
Andrew and Vicky Aliferakis
Costas Anastassiou and Thiresia Yiallourou
Larry and Aikaterine Anderson
Costas Antonopoulos
Clifford and Theodora Argue
Patricia Arvanitidis
Brent and Rhea Aslin
John and Stella Athans
Thomas and Maria Barbas
George and Eleni Athans Bariames
Michael and Nisa Basilicato
Bassam and Duaa Bayouk
George and Alice Bayouk
Gabriel Bayouk
Lena Bayouk
Kay Betts
Zachariah and Aliko Birkenbuel
Neena Blackwell
Maria Bollman
Andrew and Rosalie Boulrieris
Gus Boutsinis
Theodora Broutzakos
Frank and Shelley Buhler
William and Cheryl Buursma
Nick and Vanessa Carkonen
Susanna Cerasuolo
Chris and Effie Chriest
Ron and Vicky Christianson
Demetre and Katherine Christofilis
Anastasios and Voula Christophilis
Dino and Nikki Christophilis
Ed and Anastasia Clarke
Jeffrey and Katie Comstock
Madeline Conom
George and Kay Constantine
Debbie Constantine-Skouras
Tom and Evelyn Contoravdis
Olivia Contos
Gus and Margaret Cooper
Maria Cooper
Nick and Karen Cooper
Jerry and Eva Costacos
Barbara Cotton
Maria Cotton
Gus Courounes
Nicoleta Courounes
Renee Courounes
Donald and Laura Crews
Christos and Judith Dagadakos

Mary Dallas-Smith
Mary Damascus
Daniel and Angela Daoura
Sam and Vicki Deliganis
Peter and Diane Demopulos
Ryan and Demetra Dennis
Nick and Athena Modonas-Diafos
Stephanie Dikeakos
John and Aksenia Dikun
Thelma Doces
Christopher and Maria Dodd
Voula Dodd
Takis and Kiki Dotis
Gus and Gregoria Dounis
Rob and Janie Drumhiller
Kenneth and Kristina Dudunakis
Fr. Photios and Presv. Katherine Dumont
Litsa Edwards
Sophia and David Eitel-McShea
Nicolette Farmasonis
Sharon Glein and Yemane Fecadu
Daniel and Helen Ferrelli
Matthew and Alexandra Flugstad
Ioannis Fotopoulos
Meletios and Theodora Geokezas
Evan George
Harry and Mary George
Nick and Irene Georvasilis
Tyler and Anastasia Geving
Michael and Wanda Gikas
Efy Grivas
Joan Hanna
Dorothy Haskell
Neil and Terri (Karis) Hawdon
Dale Hazapis
Helen Heuer
John and Maria Hillman
Patrick and Vickie Howard
Mary Hulbush
Carlos and Eleni Jimenez
James and Pota Johnson
Jeff and Angela Sourapas-Jones
Panagiotis and Rena Kalasountas
Jim Kaloris
George and Christina Kaltsounis
Vicky Carras Kangles
John and Virginia Kapelouzios
Jim and Georgene Karambelas
Spiros and Zoe Karimbakas
Anthony and Sarah Karis

Nick and Nancy Karis
Terry and Ann Karis
Georgia Karvountzi
Nicholas and Kalliopi Katholos
Jean Katsandres
Teresa Kazaras
Peter and Hanna Kenny
Timothy and Sofia Kenny
Bishara and Diane Kharoufeh
Vivie Kollias
Jim and Patti Kost
Panos and Toula Koutlas
Helene Krikris
Gary Kuhar
Harold Kusulos
George Ladas
Michael and Lena LaMarche
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Shirley Olsen
Irene Palios
Bill Pallis
Chris and Vasiliki Pallis
Chris Tom and Rebecca Pallis
Alice Panagakos
Sam and Colleen Panagiotou
Yiannis and Johnette Panopoulos
Artemios and Rebecca Panos
Steve Panos
George Papanastasiou

METROPOLIS OF SAN FRANCISCO PROGRESSING IN THE COMPLETION OF ITS STRATEGIC PLAN IMPLEMENTATION

*The Metropolis of San Francisco welcomes all people with joy, peace
and love on their journey to theosis and salvation through churches that save,
heal, preach the Gospel and guide the faithful.*

In July 2012, the Metropolis of San Francisco embarked on the development of a comprehensive Strategic Plan. Beginning in February, 2015 teams began to release programs to parishes within the Metropolis.

Now in January 2016, the overall implementation of the Strategic Plan is on track and capacity-building programs are in place to support our Parishes. To-date, programs supporting 25 of the 37 Strategic Goals have been implemented. The remaining 12 Goals are scheduled to be released by June, 2016.

Since the initiation of the Strategic Plan dedicated clergy and lay leaders, representing the various regions in our Metropolis, have worked joyfully and diligently to facilitate the many components of the Strategic Plan and bring it to full implementation and success.

Also much has been learned along the way. Additional programs, not included specifically in the original plan, have been developed such as the establishment of a Family Wellness Director role, the creation of a Leadership Development Ministry and the development of a new Metropolis Website.

Some of the exciting highlights of the Strategic Plan so far include:

- A two-year ***Moms, Pops & Tots*** catechism curriculum has been developed and already adopted by 20 parishes in our Metropolis.
- A new and visionary ***Parish Stewardship*** program model is being implemented by ten parishes.
- An online ***Philanthropic Information Exchange*** has been created with 50 parishes participating and sharing ideas and programs to better serve those in need.
- A ***Parish-Level Strategic Planning Guidebook*** has been initiated and it being utilized by 20 parishes.
- A program for ***Clergy Continuing Education*** is being implemented through retreats and seminars to strengthen our clergy and their ministries.
- ***Increased communication*** through electronic media, including posting of news, ministry and financial information on the Metropolis website.
- Hiring of full-time ***Assistant Director*** for the Metropolis Commission on Orthodox Mission and Evangelism (C.O.M.E.).
- Expanded programs for ***Family Wellness*** under the guidance of our new ministry director, Fr. Timothy Pavlatos.
- Guidelines for establishing an ***Orthodox Forum*** which provides a new meeting format for a parish's young adult parish ministry.
- A skilled ***Finance Team*** has been assembled to consult with parishes on financial matters.
- The ***"Prepare" Pre-Marital Counseling Program*** is now being offered by many clergy to help engaged couples as they journey toward marriage.
- Ongoing ***Pan Orthodox*** cooperation and communications in Western States.
- Creation of a ***Parish Mentoring Team*** to help smaller parishes develop and grow.
- Guidelines for ***Standardized Financial Reporting*** have been developed to assist our parishes.
- Increased use of ***Social Media*** by Metropolis Office of Youth and Young Adult Ministries.

Incredible and meaningful progress has been made towards implementing the vision of His Eminence Metropolitan Gerasimos which he shared over a decade ago. By having our development teams and parishes working closely together, we have accomplished a great deal. However, there is still much ahead of us.

Here are some ways our parish can continue to support the Implementation:

- Keep current on the Implementation by reviewing at: www.SFstrategicplan.net
- Attend a parish meeting to review upcoming plans.
- Volunteer to assist with implementation of action items at our parish.

As His Eminence Metropolitan Gerasimos has stated, "The future of the faithful and parishes of the Greek Orthodox Metropolis of San Francisco depends on how diligently we pursue this Strategic Plan as stewards of God's many blessings. I look forward to sharing this journey of faith with you!"

February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 15th Sunday of Luke Epistle: 1 Timothy 4:9-15 Gospel: Luke 19:1-10 8:15a Orthros 9:30a Divine Liturgy	1 6p Greek Dance	2 8:30a Orthros 9:30a Divine Liturgy	3 St. Philaret Cook for Homeless 8:30a Orthros 9:30a Divine Liturgy 6p Greek School 7p Orthodoxy 101	4 11a COME Meeting - San Francisco, CA 11:30a Yiyia & Friends Luncheon, at Acropolis Pizza & Pasta	5 St. Agatha, Martyr	6 8:30a Orthros 9:30a Divine Liturgy 11a SUB MAKING 5p Great Vespers 5:30p Greek Night - FDF Presentation
Sts. Kyros & John, Unmercenarys	Sts. Tryphon, Martyr	Presentation of Our Lord	St. Symeon the God-Receiver	St. Isidore of Pelusium	St. Agatha, Martyr	St. Photios the Great
7 God Parent Sunday 16th Sunday of Luke Epistle: 2 Corinthians 6:1-10 Gospel: Matthew 25:14-30 8:15a Orthros 9:30a Divine Liturgy 11:30a Philotochos Meeting	8 8:30a Orthros 9:30a Divine Liturgy 6p Greek Dance	9 6:30p Stewardship Meeting	10 8:30a Orthros 9:30a Divine Liturgy 6p Greek School 7p Orthodoxy 101	11 Faith Dance & Fellowship, Anaheim, CA (FDF)	12 St. Theodora the Empress St. Viassios, Martyr	13 Eulogios, Patriarch of Alexandria
St. Luke the Righteous St. Parthenios	St. Theodore the General	St. Nikiphoros, Martyr	St. Haralambos	St. Theodora the Empress St. Viassios, Martyr	Alexios Wndwkr of Russia Meletios Abshp of Antioch	Eulogios, Patriarch of Alexandria
14 Faith Dance & Fellowship, Anaheim, CA (FDF) Sunday of Canaanite Woman Epistle: 2 Corinthians 6:16-7:1 Gospel: Matthew 15:21-28 8:15a Orthros 9:30a Divine Liturgy 1p Baptism	15 Church Office Closed	16 8:30a Orthros 9:30a Divine Liturgy 12p Possible Spiritual Court 6p Greek School 7p Orthodoxy 101	17 8:30a Orthros 9:30a Divine Liturgy 12p Possible Spiritual Court 6p Greek School 7p Orthodoxy 101	18 Cook for St. Martin de Porres 10a WOCA Meeting	19 5p Great Vespers	20 Bessarion the Great
Isaac of the Kiev Caves	Eusebios the Righteous Onesimos, Apostle	5 Egyptian Marys, Elias, Jeremiah, Is...	St. Theodore of Tyron	St. Leo, Pope of Rome St. Nicholas Planas	Archippos, Phileno & Apphia, Apostles St. Philothei of Athens	Bessarion the Great
21 Sunday of Publican & Pharis... Epistle: 2 Timothy 3:10-15 Gospel: Luke 18:10-14 8:15a Orthros 9:30a Divine Liturgy 11a Sunday School Project 3p Mommy & Me	22 NO FASTING THIS WEEK! 6p Dance Board Meeting 6p Greek Dance 6:30p Parish Council Meeting	23 Hieromartyr Polycarp	24 Cook for Jubilee Women's C... 10a Spiritual Court 6p Greek School 7p Orthodoxy 101	25 St. Tarasios, Patr. Chnople	26 YAL Retreat in Portland	27 10a Wedding 4p Holy Apostle Crab Feed 5p Great Vespers
Eustathius, Bishop of Antioch Righteous Timothy of Symbola	Righteous Thallasios & Limnaios	Hieromartyr Polycarp	1st & 2nd Finding of the Head of the...	St. Tarasios, Patr. Chnople	Photini, Samaritan Woman Porphyrios, Bishop of Gaza	Procopios of Decapolis St. Thalelaeos of Syria
28 YAL Retreat in Portland Sunday of Prodigal Son Epistle: 1 Corinthians 6:12-20 Gospel: Luke 15:11-32 8:15a Orthros 9:30a Divine Liturgy 1p Dedication of New Cemetery Section at Washelli, Reception to follow	29 Clergy / Laity Assembly @ St. Nicholas Ranch 6p Greek Dance	1 St. Nicholas Ranch 6p GOYA Forum	2 St. Philaret Cook for Homeless St. Theodotos, Martyr 8a Large Hall Rental 6p Greek School	3 Balkan Fest set up	4 9a Camp Clean-Up 3p Balkan Fest 5p Great Vespers	5 St. Mark the Ascetic
Neo Martyr Kyranna St Basil the Confessor	Eudokia, Righteous martyr Kassianos, Confessor	St. Euthalia St. Nicholas Planas	St. Alexandria of Alexandria	Gerasimos the Righteous	St. Mark the Ascetic	St. Mark the Ascetic

ANNOUNCEMENTS

New Arrivals

Congratulations to the proud parents, Yianni and Kristina Maroutsos on the birth of a baby girl, Nilsa Cecilia Maroutsos, born January 18, 2016, weighing 7.1 lbs., 19" long. The proud grandparents are George and Deena Maroutsos and the late Roly and Nilsa Sotomayor (of Steilacoom, WA). "Na sas zese!"

Yiayia & Friends Luncheon

Our next Yiayias & Friends luncheon will be on **Thursday, February 4**, at **Acropolis Pizza and Pasta**, located at **500 Central Way in Kirkland**. Time is **11:30 a.m.** There is parking available. The restaurants appreciate knowing how many to expect so they can adequately accommodate us. For questions and reservations, please contact **Mary Damascus**, preferably by email: mndamascus@comcast.net (or alternately by phone: [509-951-2975](tel:509-951-2975)). Those who wish to carpool may meet at the church at 11:00 a.m.

Happy 100th Birthday!



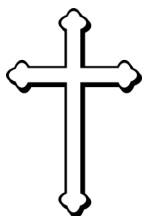
Anna Asimakopoulos celebrated her 100th birthday in early January 2016 with her family at St. Thomas Family Home. Anna's sons Andy, with wife Carole, and Theo attended the party. Her grandchildren, Drew and Christina, along with great-grandchildren sang and enjoyed a

festive occasion. Anna wishes all her friends a Healthy and Happy New Year!
Ta Ekato sti se!

Blessing of Homes

Dear Parishioners if you would like Fr. Photios or Fr. Daniel to come and bless your home, or business after the Feast Day of Holy Epiphany, please call the Church Office at 206-631-2500 and make an appointment.

Our Condolences



We express our Deep Condolences to Dena Kusulos and her family for the passing of her husband, Alex A. Kusulos. May his memory be eternal! "Αἰώνια αὐτοῦ η μνήμη!"

Godparent Sunday

The role of the Godparent in the Orthodox Church is an important one. Along with the parents, the Godparent is charged with the responsibility of assisting in the spiritual development of the child. Whether a blood relative or not, the Godparent is now embraced as part of the "spiritual family" of that child. On **Sunday, February 7, 2016**, we will celebrate Godparent Sunday to recognize the importance of the Godparent/Godchild bond in Christ. On this special day, consider taking communion together with your Godparent/Godchild. An opportunity for photos will also be available during the coffee hour.

Daughters of Penelope Sisterhood Conference—2016

You are cordially invited to attend the 32nd annual Sisterhood Conference in Seattle on April 8th and 9th, at the Monaco Hotel located at 1101 4th Ave., Seattle, WA. You can make your reservations by calling the hotel at 206-621-1770. If you have any questions please call Neena Blackwell at 425-252-7229, or go to neena.blackwell@yahoo.com. Please mail your completed reservation form to: Holly Poulas, 2856 NW 65th St., Seattle, WA 98117.

DEDICATION OF WASHELLI NEW SECTION

As you may know, on July 1, 2015, St. Demetrios Church expanded our cemetery within the Washelli Cemetery further to the east. As part of this purchase agreement, several decisions were reached which impact the use of all existing graves within the entire St. Demetrios Cemetery. One visible decision, which many of you may have already seen, is a sidewalk was added through the entire new section in order to make visitation easier.

Washelli is inviting all parishioners to attend a dedication of the new section on Sunday, February 28th at 1:00 pm followed by an open house at their Funeral Home Celebration Hall where lunch will be served. At the open house, information will be provided on:

- availability within the old and new St Demetrios Cemeteries (sections G and H)
- policies agreed upon with this last purchase that will impact new lot owners and potentially impact existing lot owners
- how to best provide control over family graves after the grave owner dies
- common misconceptions concerning end of life issues will be addressed, such as social security death benefits, the legal documents you should have in place to protect your interests as you near the end of life, guardianship proceedings, how you can legally shelter some assets if you are in need of applying for Medicaid
- how you can have your body returned to Seattle for burial at no cost to your family if you die while traveling away from home
- a complementary Personal Planning Guide will be made available to help you organize vital information needed by your survivors at the time of your death.

Kindly RSVP to Bill Ready at: (206)399-1967 or: bready@washelli.com



MISSION TEAMS TO ALASKA

Alaska, though as much a part of the United States as any other state, is a land apart. It is unique in its history and culture. It is because of this history and the Native Alaskan people that the ministries of the Orthodox Christian Mission Center are so important there.

In Alaska, Orthodoxy was the first expression of Christianity that was presented to the native people. Thanks to the efforts of men like St. Herman, many of the Alaskan people came to accept the Faith. The roots of the Church run deep in Alaska, but today Alaska is a much different place than it was in St. Herman's day. The people of Alaska are trying to strike a balance between preserving their traditional way of life while embracing what modernity has to offer.

This journey can be especially difficult for the youth. The allure of secular society is strong. The case for the pursuit of convenience and materialism is pretty easy to make, especially in villages that can feel isolated by vast distances and an unforgiving climate. The importance of a life grounded in the Faith can be a more difficult case to make. The benefits may not be immediate, and the journey may not be easy.

This is why OCMC sends teams of volunteers to Alaska every year. They work with the youth. They share with them the fullness of the Orthodox Faith that has been an integral part of their culture for centuries. Through fellowship, fun activities, teaching, and worship, young Alaskans are able to experience a living, vibrant Orthodoxy that can impact their lives more than anything the secular world has to offer. The youth come away with a sense of community among themselves, with people of the same faith, and the generations that have preceded them.

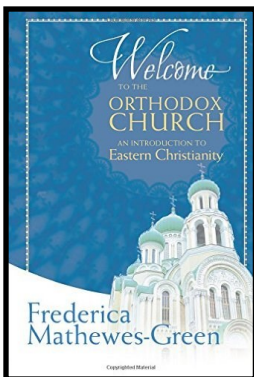
The missionary witness in Alaska is needed among the Alaskan youth now more than ever! Please prayerfully consider joining one of the three teams that will serve by offering youth camps in 2016. If you or anyone you know is interested, please visit http://www.ocmc.org/about/open_teams.aspx, e-mail teams@ocmc.org, or call 1-877-463-6784 ext. 141.

MISSION SUNDAY, MARCH 13

We are pleased to announce that Fr. Martin Ritsi, Executive Director of the Orthodox Christian Mission Center will be our guest speaker for Mission Sunday on March 13, 2016. Please be sure to plan to attend and hear this dynamic priest who has devoted his life with his family to world-wide Orthodox Missions. We will also have the traditional Lenten Deli Sale on that day to support the work of OCMC and sponsor the Coffee Hour.

Bookstore News

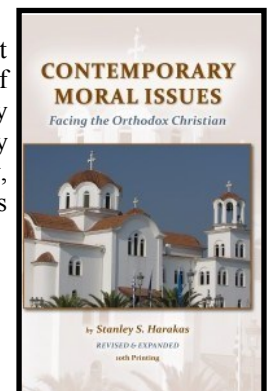
Two great books we are highlighting this month are: *"Welcome to the Orthodox Church, an Introduction to Eastern Christianity"* and *"Contemporary Moral Issues Facing the Orthodox Christian."*



Welcome to the Orthodox Church provides a comprehensive introduction to Orthodoxy, but with a twist: readers learn by making a series of visits to a fictitious church, and get to know the faith as new Christians did for most of history, by immersion. Mathewes-Green provides commentary and explanations on everything from how to "venerate" an icon, the Orthodox understanding of the atonement, to the Lenten significance of tofu. It's the perfect book for inquirers and newcomers, but even readers who have been Orthodox all their say they learned things they never knew before.

Contemporary Moral Issues Facing the Orthodox Christian takes on the most significant issues of the day. Fr Harakas presents the Orthodox Christian point of view, blending Scripture, Church history, and the wisdom of our Church Fathers. By understanding what Christ and the Church teaches us, we can usually make very good decisions about moral and ethical questions. Chapter topics include Astrology, the Occult, Divorce, Human Rights, Racism, Capital Punishment, Ecology, Euthanasia, Donation of Organs after Death, Cremation, and many more.

Stop by our St. D's Bookstore and pick up your copy today!



MEMORIALS AND VIGIL LIGHTS

Memorials and Holy Altar Candles from last months

A Forty-Day Memorial Service, a Holy Altar Table Vigil Light and the Coffee Hour were offered on December 27th, 2015 in loving memory of **Pete Mykris**, by his wife, Carol Mykris and their children, Meena and Costas Vellis, Thelma and George Treperinas, Kristina and Kenneth Dudunakis and grandchildren.

A Holy Altar Table Vigil Light was offered on January 17th, 2016 in loving memory of **Terry Stamos** (ten years since his passing), by his aunt, Vasilike Stamos.

Two Holy Altar Table Vigil Lights and a donation to St. Demetrios Church were offered on January 31st, 2016 in loving memory of **Gust and Chris Doces**, by their mother, Mrs. Thelma Doces and Family.

A Memorial Service and a Holy Altar Table Vigil Light were offered on January 31st, 2016 in loving memory of **Nick Nikolidakis** (fourteen years since his passing), by his wife, Maria Nikolidakis and Family.

Memorials and Holy Altar Candles for February 7th

A Memorial Service, a Holy Altar Table Vigil Light and the Coffee Hour are offered in loving memory of **Anna Malesis and Dino and Toulia Patas** (ten years, one year and two years since their passing), by Alexandra and Curtis Kruse and Family.

A Forty-Day Memorial Service and a Holy Altar Table Vigil Light are offered in loving memory of **Dr. Basil Gregores**, by his daughters, Andrea, Alexa and Thalia and his cousins, Petros and Colleen Farmasonis and Goddaughter Nicolette.

Two Holy Altar Table Vigil Lights are offered in loving memory of **Nitsa Kollias and Dimitri Kollias** (twenty-seven years and fifteen years since their passing), by her granddaughter, and his cousin, Eleni Carras.

A Holy Altar Table Vigil Light is offered in loving memory of **Peter and Katina Ales** (one year, and three months since their passing), by their Goddaughter, Eleni Carras.

A Holy Altar Table Vigil Light is offered in loving memory of **Maria Chohlas** (fifteen years since her passing), by her daughter, Cathy Chohlas Wood and Family.

A Holy Altar Table Vigil Light is offered in loving memory of **Maria Chohlas** (fifteen years since her passing), by her niece, Penelope Sakellaris and Family.

A Holy Altar Table Vigil Light is offered in loving memory of **Peter N. Allison** (in honor of his Birthday), by his uncle, George and Alexandra Delegans and Family.

Two Holy Altar Table Vigil Lights are offered on February 10th in loving memory of **Harikleia and Dimitrios Dinopoulos**, by their daughter, Eleni Malevitsis and Family.

Memorials and Holy Altar Candles for February 14th

A Forty-Day Memorial Service and a Holy Altar Table Vigil Light are offered in loving memory of **Alex Kusulos**, by his wife, Dena Kusulos and Family.

Memorials and Holy Altar Candles for February 21st

A Memorial Service and a Holy Altar Table Vigil Light are offered in loving memory of **Michael and Eleni Damascus** (twenty-five years, and three years since their passing), by their daughter, Eugenia Macris, grandchildren, Angelique and Mark Saffle, Chris and Paula Macris, and great-grandchildren, William and Olivia Grosvenor.

A Holy Altar Table Vigil Light is offered in loving memory of **John Grivas** (sixty years since his passing), by his niece, Cathy Chohlas Wood and Family.

Holy Altar Candles for February 28th

A Holy Altar Table Vigil Light is offered in loving memory of **Alex Chohlas** (forty-one years since his passing), by his daughter, Cathy Chohlas Wood and Family.





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