

April, 2016 USPS 600-160, No 4

# 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."

### Renewed and Refreshed by the Holy Cross

In just a few short weeks, we will enter into Jerusalem with Our Lord and Savior Jesus Christ, riding a donkey, with crowds shouting "Hosanna to the Son of David! Blessed is He who comes in the name of the Lord!", (Matthew 21:9) only to see those same crowds turn on him shortly thereafter and call for His crucifixion. These events of Holy week end, not in a tragic death, but with the miracle His Holy resurrection after three days in the grave, redeeming all of humanity and giving us life anew.

Fr. Alkiviadis, in his book "Great Week and Pascha in the Greek Orthodox Church." says this:

> "[Holy] Week brings us before two realities. One the one hand we are made aware of the dreadful blight of human sin, issuing from the rebellion against God that resides in us and around us; on the other hand, we experience anew the omnipotent, transforming power of God's love and holiness. From the beginning, Jesus and His Gospel were met by a twofold response: some believed and became His disciples; other rejected Him and came to hate him, and to despise and scorn His Gospel."

Today, more than two thousand years later, we are faced with this same struggle. We have a choice to reject or believe in Christ, to turn away from Him or turn to Him. But we know this struggle is not as black and white as it is told in Scripture. To be a follower of Christ is a struggle for sure, but the Church did not leave us to flap in the wind as those who have no hope. She established Great Lent and Holy

living under the tyranny of sin. When we fall down she gives us a way to pick ourselves back up and try again. Great Lent calls to greater selfexamination, forgiveness, prayer, fasting and almsgiving, not simply as a set of rules, but so in shedding the cares of this world we may have a real, tangible relationship with our Lord and Savior Jesus Christ.

We find ourselves halfway through this lenten journey and, if we have taken our spiritual struggle seriously, we may be experiencing this struggle in a very real way. We may be tired of fasting, or all of the extra services. Having tried to keep up both we may have given up and gone back to life as usual. This is why the Church appointed this third Sunday to elevate the Holy Cross in our midst. Its purpose, as you may have guessed, is twofold: it serves as a reminder that Christ will be crucified; but also that this symbol of our faith, once an instrument of death, is now the Tree of Life. If Christ suffered, then so must we and Great Lent is definitely a struggle, our own crucifixion. But it is not in vain, because we know that the prize at the end is a new life where the torments of this life never existed and there is only real joy in Him.

So we've reached the crest of the last hill in our journey and we can see the end in sight. Let us take comfort in the elevated cross, feeling renewed and refreshed, so that we may fight the good fight, finish the race and keep the faith. Then we can raise our candles on Pascha as we chant Christ is Risen with true joy.

In Christ, +Fr. Daniel Triant

St. Demetrios Office Hours: 9:30 am - 5:30 pm Monday - Friday Phone: 206-631-2500

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### **Parish Directory**

Rev.Fr. Photios Dumont Proistamenos 206-631-2501, frphotios@saintdemetrios.com

Fr. Daniel Triant Assistant Priest 206-631-2502 frdaniel@saintdemetrios.com

Dn. Perry Angelos, Deacon 425-652-2983. Angelos3@msn.com Vasilios Lazarou, Chantor

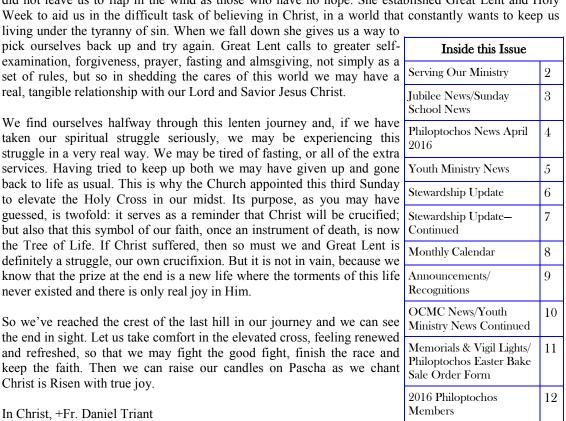
Georgine Looney Parish Council President looneyegg@comcast.net

Lefteris Sitaras Youth Ministry Director 206-631-2504, Isitaras@saintdemetrios.com

Simoni Shirland Administrative Assistant 206-631-2503, sshirland@saintdemetrios.com

Maria Barbas Financial/Stewardship Admin 206-631-2505, mbarbas@saintdemetrios.com

Saundra Maroussis Hall Rental Manager 206-631-2515. smaroussis@saintdemetrios.com Paula Charuhas-Macris Sunday School Director Ext 2507, pcharuhas@saintdemetrios.com Nina Varlamos, Philoptochos President 206-784-4922 Ninavarlamos@msn.com Tedros Habte-Mezengi, Custodian



### CHURCH SERVICES, EPISTLE AND GOSPEL READINGS

Date	Church Service	
April 1st	Presanctified D. Liturgy, 9:30 am; Akathist Hymn, 7 pm	Προηγιασμένη Θεία Λειτουργία, 9:30 π.μ.
April 3rd April 8th	Sunday of Holy Cross; Pan-Orthodox Vespers at St. Katherine's, 5 pm Presanctified D. Liturgy, 9:30 am; Akathist Hymn, 7 pm	Χαιρετισμοί, 7 μ.μ. Τής Σταυροπροσκυνήσεως Παν Ορθόδοξος Εσπερινός στην Αγ. Αικατερίνη, 5 μ.μ. Προηγιασμένη Θεία Λειτουργία, 9:30 π.μ. Χαιρετισμοί, 7 μ.μ.
April 10th	Sunday of St. John Climacus	Ασιρετισμοί, 7 μ.μ. Κυριακή Αγίου Ιωάννου της Κλίμακος
April 15th	Pan-Orthodox Vespers at Spyridon, 5 pm Presanctified D. Liturgy, 9:30 am; Akathist Hymn, 7 pm	Παν Ορθόδοξος Εσπερινός στον Αγ. Σπυρίδωνα, 5 μ.μ. Προηγιασμένη Θεία Λειτουργία, 9:30 π.μ.
April 17th April 23rd	Sunday of St. Mary of Egypt Saturday of Lazarus	Χαιρετισμοί, 7 μ.μ. Κυριακή Αγ. Μαρίας της Αιγυπτίας Σάββατο του Λαζάρου
April 24th	Palm Sunday; Bridegroom Service, 7 pm	Κυριακή των Βαϊων. Του Νυμφίου, 7 μ.μ,
April 25th	Presanctified D. Liturgy, 9:30 am; Bridegroom Service 7pm	Προηγιασμένη Θ. Λειτουργία, 9:30 π.μ.Του Νυμφίου, 7μμ
April 26th	Presanctified D. Liturgy, 9:30 am; Bridegroom Service, 7 pm	Προηγιασμένη Θ. Λειτουργία, 9:30 π.μ.Του Νυμφίου, 7μμ
April 27th	Presanctified D. Liturgy, 9:30 am Holy Unction, 3 pm & 7 pm	Προηγιασμένη Θ. Λειτουργία, 9·30 π.μ. Αγιον Ευχέλαιον, 3 και 7 μ.μ.
April 28th	Holy Thursday, Vesperal D. Liturgy, 9:30 am Holy Passion, 6:30 pm	Μεγάλη Πέμπτη, Εσπερινή Θεία Λειτουργία, 9:30 π.μ. Τα Αγια Πάθη, 6:30 μ.μ.
April 29th	Holy Friday, Great & Holy Hours 9:30 am	Μεγάλη Παρασκευή, Μεγάλες Ωρες, 9:30 π.μ.
	Apokathilosis, 3 pm; Lamentations Service, 7 pm	Αποκαθήλωσις, 3 μ.μ Εγκώμια, 7 μ.μ.
April 30th	Holy Saturday, D. Liturgy 9:30 am Resurrection Vigil & D. Liturgy 11 pm	Μεγάλο Σάββατο, Θεία Λειτουργία, 9:30 π.μ. Ανάσταση και Θεία Λειτουργία, 11 μ.μ.
May 1st	Holy Pascha—Agape Vespers, 12 Noon	Αγιον Πάσχα, Εσπερινός της Αγάπης, 12 μ.μ.

### **ALTAR SERVERS**

April 3rd & 17th	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, Theofanis Kalasountas and John Limantzakis.
April 10th & 24th	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, Peter Economou Grunder and Elias Oraivei.

### PARISH COUNCIL SERVERS

April 3rd & 17th	John Ales, Stephanos Margaritis, Jim Kost, John Kapelouzos, George Tramountanas, Dale Hazapis, Christos Psichos
April 10th & 24th	Georgine Looney, George Papanastasiou, Andrew Aliferakis, Thomas Dudler, Vicky Christianson, Bob Read, Louis Kotsakis

### EPISTLE READERS-ARTHUR SARIDAKIS-INSTRUCTOR; CHRIS MACRIS- ASSISTANT

April 1st	Athan Dumont and Dionisia Tsafos
April 3rd	Joseph Dumont, in English
April 8th	Chris and Paula Macris
April 10th	Angela Katinas, in Greek and Demetri Teodosiadis, in English
April 15th	John and Arianna Dumont
April 17th	Alexandra Koceski, in Greek and Manoli P. Tramountanas, in English
April 24th	Jack Hillman, in Greek and Anastasia Konugres, in English

Fasting Type	April
Wine & Oil Allowed	2, 3, 9, 10, 16, 17, 23
Strict Fast	1, 4-8, 11-15, 18-22, 25-30
Fish Allowed	24

Sunday Offerings for March 2016		
March 6	\$ 4,645.90	
March 13	\$ 3,811.02	
March 20	\$ 4,695.05	
March 27	\$ 3,730.00	
Total	\$ 16,881.97	

## MARCH MEAL FOR JUBILEE WOMEN'S CENTER

Thank you to parishioners Maria Cooper and Christina Meletis, as they provided a much enjoyed dinner and parea to our neighbors and sisters in need at the Jubilee Women's Center in March.

Meals, clothing and donations help the residents at JWC, as they move out of poverty and homelessness and onto independent living.

Volunteer and dinner opportunities are open to all parishioners at St. Demetrios and are a wonderful way to help our community, during Lent and anytime. High school and young adults are also welcome. If you would like more information, please contact Georgene Karambelas at 206 829 9337 or

karambelas@comcast.net. Also at the Jubilee website: www.jwcenter.org.

## THANKFUL FOR TOILET PAPER!!! (AND THE LOONEY TWINS!)

Yes, that's right! Toilet paper, and LOTS of it! Sophia and Theodore Looney have been great supporters, volunteers and young ambassadors of Jubilee Women's Center. The siblings created friendly competition between their two schools, Holy Names and O'Dea and held a toilet paper drive for JWC. JWC received thousands of rolls of TP! Money saved from buying TP is money better spent on housing and services provided to the residents.

Sophia has also volunteered sorting donated clothing and Theodore has held a fundraiser at O'Dea. Both have also included their family and provided meals. Jubilee is very thankful for the Looney twins, their generous hearts and all they have done to help. They are great examples of our youth engaging in our community. We are proud of them and very thankful. Good Job!

### NEW CHURCH DIRECTORY

We are hard at work on a new version of the church directory for Saint Demetrios. This directory will be available both online and through a phone app, as well as being available in print. The directory information that is online will ONLY be available to our parishioners, and you may opt out of this if you so choose. In addition, this new directory will have parishioners' photos in it (once again, you may choose not to participate in this option if you wish).

We will be collecting information for the directory at coffee hours through Easter, or you may fill out the online form found here at <a href="https://goo.gl/dpPM1e">https://goo.gl/dpPM1e</a>. As for photos, those will be taken at the coffee hour as well or you may email your picture to <a href="georgetramo@saintdemetrios.com">georgetramo@saintdemetrios.com</a>. Put "Church Directory" in the subject line, and be sure to include the names of the people in the picture.

The present plan is to have the web/phone app version of the directory available by the end of May, and a physical version will be printed in the summer. Thank you for your cooperation with this!

### **Sunday School News**

### **Lenten Service Project**

ur 2016 Sunday School Lenten Service Project will be raising funds to help support the construction of a school for children in the Turkana region of northern Kenya.

The deserts of northern Kenya, often seen as barren and desolate, are bringing forth life! Scores of the Turkana people that call this place home have accepted Christ and have been baptized into the Orthodox Faith. Your efforts will not only see that children get access to education, but will also serve as a continued witness of Christ's unfailing love. More information can be found at <a href="https://www.ocmc.org">www.ocmc.org</a>

Great and Holy Lent is a time for almsgiving and helping others. Throughout Lent, we will be having a class contest to collect funds to help the construction of the school. The Sunday School class who raises the most money will be awarded with an ice cream sundae party during Sunday School later this spring. Donations are tax-deductible (checks may be made to OCMC) and will be collected during Sunday School through April 24, 2016.

Thank you for kindly considering making a donation to this worthy cause.

#### Lazarus Saturday Communion Breakfast

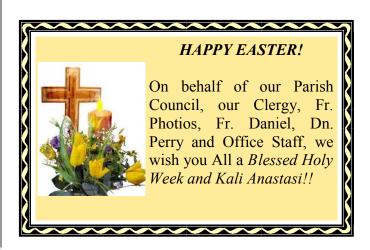
Join us after Liturgy on **Saturday**, **April 23**, **2016** for the Sunday School sponsored lenten breakfast and the tying of the palm crosses.

### **Holy Friday Myrrhbearers**

All young ladies in the 3rd-6th grades are invited to participate as Holy Friday Myrrhbearers on April 29, 2016. Practice will be held on April 23, 2016 following Lazarus Saturday Divine Liturgy. Please contact Paula Charuhas Macris at pcharuhas@hotmail.com by April 17, 2016.

### **Holy Friday Luminaras**

The Sunday School Program will be selling luminaras on **Sunday**, **April 3 and April 10** during coffee hour. Luminaras are a memorable way to honor a departed loved one and will be placed around the outside of St. Demetrios on Holy Friday.



### **Philoptochos News April 2016**

### A Message from President Nina

The first year as your president has been quite an eye opener. As a longtime member of Philoptochos, I thought I knew what Philoptochos was but I had no idea of all that Philoptochos does. Women across the country continue to demonstrate their well proven commitment to charity, giving and philanthropy. The National Philoptochos Society disbursed \$1,736,748.00 in the year 2015 through various funds and special drives – AND - this figure does not include the hundreds of thousands of dollars that are donated directly by chapters and metropolises to local philanthropic ministries and to other outstanding projects, exemplifying the dedication, sacrifice and devotion of our ladies. Our faith and our mission unite us and empower us to make a difference. Together we can lessen the pain, loss and suffering of others. I hope you will join me!

### **Easter Bake Sale**

A pre-order form for the bake sale is included in this bulletin or you can order online through the St Demetrios E-News. Only paid pre-orders will guarantee that you receive what you want so be sure to order early. The pre-order deadline is Monday, April 18<sup>th</sup>. Questions? Contact Lena LaMarche at 425.383.6834 or floss4life2@gmail.com.

### **Shut In Parishioners**

Every year Philoptochos distributes Easter baskets to our shut in parishioners. If you are aware of someone who is a shut in, please contact our Visitation Chairperson Kay Betts at 206.546.2370 or <a href="mailto:yassou@frontier.com">yassou@frontier.com</a>. If you would like to help with visitation in your part of town, please let Kay know you are available. Everyone is welcome to help and it means so much to those we take time to visit.

### **Mochas for Missions**

Again during Lent our Philoptochos chapter will collect money to support mission churches. (This campaign was formerly called Pennies & Prayers.) Canisters will be set out for you to collect change until they are turned in on Pentecost. Our chairperson is Peggy Tramountanas and she can be reached at 206.783.4466 or agapemom@hotmail.com.

### **Philoptochos Diaper Drive**

Thank you to everyone who has already given to our drive. Donations will be accepted until Pascha and gratefully received to help needy families on our community.

### **Care Packages for the Homeless**

Have you ever sat at a stop light wishing you had something to give to a person standing on the side of the road? On Sunday, March 27<sup>th</sup>, our Philoptochos chapter with the help of the Sunday School passed out small bags to parishioners filled with snacks and necessities that people living on the street could use. The bags contained non perishable food items, toiletries and other necessities. Thank you to everyone who took one to give away. We would like to continue to this project so if you would like to be involved, contact Mary Damascus at 509.951.2975 or mndamascus@comcast.net.

### **Membership Continues for 2016**

We hope you will continue to support us with your annual dues of \$40 and join us when you can for fellowship. All are welcome and if you have time to donate in addition to your check, even better. You will not receive a call when you write a check as we are a volunteer organization and we are grateful for

every member whatever their participation. We realize that not everyone is able to come to our meetings but your dues are what allows us to do the work of Philoptochos and are gratefully accepted. Contact Dorothy Haskell, our membership chairperson at 425.503.4200 or <a href="mailto:dorothyhaskell39@gmail.com">dorothyhaskell39@gmail.com</a>.

### Give Your Heart to a Child

This month you will be receiving in the mail an invitation to 'Give Your Heart to a Child', a Camp Agape NW fund raiser to provide an extraordinary summer camp experience for kids with cancer and their families, free of charge thanks to the generous people who support our cause. Please mail your donation or you can safely and easily donate online at <a href="http://www.campagapenw.org/">http://www.campagapenw.org/</a>. Thank you!

### Camp Agape Northwest July 25th-30th, 2016

Camp Agape NW Volunteer, Visitor, and Family applications for 2016 are now available at http://www.campagapenw.org/. For the safety of the cancer kids, everyone on campus is required to fill out a form. The deadline is April 15th for all volunteers, staff and visitors. Medical staff applications are due by June 1st. Camp Agape NW is for kids with cancer, their health and safety is our first priority. Many of them have weakened immune systems, therefore there are stringent criteria for all volunteers and visitors. It is required that all persons on campus have the recommended CDC vaccines prior to camp which includes MMR, DTap (or TDap), Polio and Varicella. In addition, a health screening by camp nurses is conducted upon arrival on campus. Volunteers must be 17 years old at the time of camp. Volunteers in Training (VIT) must be at least 15 years old at the time of camp and these positions are on a 'space available' basis each year. The number of VITS varies each year depending on the number of families and volunteers.

There is a \$20 non-refundable application fee. A "no questions asked" fee waiver is available; if needed please email<u>campagapenw@gmail.com</u> for the coupon code. A national background check is included in the application fee. Returning volunteers who have used the online application system in the past only need to sign on and update the form. If anyone needs assistance applying, please contact <u>campagape@gmail.com</u> or call Georgia Steenis at <u>206</u> <u>-419-6887</u>

### **Saint Demetrios Philoptochos Contacts:**

President: Nina Varlamos

ninavarlamos@msn.com 206.499.0369

Camp Agape NW: Georgia Gianacos

Steenis ggianacos@gmail.com 206.419.6867

Dress for Success and Jubilee Women's Shelter: Georgene

Karambelas karambelas@comcast.net 206.829.9337

Sunshine: Mary Damascus

mndamascus@comcast.net 509.951.2975

St. Martin de Porres Men's Shelter: Helen

Kalasountas <u>425.641.0472</u>

Visitation: Kay Betts 206.546.2370

### **Upcoming Meeting Schedule:**

All are welcome to attend our meetings and events:

- April 12 regular meeting at Church, 6:30 pm
- April 21st Cook for St. Martin de Porres Men's Shelter
- May 10th regular meeting at Church, 6:30 pm

### Your Sister in Christ,

#### Susan Reichmann, Philoptochos Advisor

425.772.1605 susanreichmann@yahoo.com

### YOUTH MINISTRY NEWS

### **GOYA Forum**

Every 1st and 3rd Wednesday

Join us for our next GOYA Forum, now on the first and third Wednesday of the month!!! Join us on April 6th as we celebrate Pre-Sanctified Divine Liturgy from 5 to 6:30 pm then meet for discussion until 7:15 pm. GOYA Forum is a bi-weekly meeting for our teens to grow in our faith and have fellowship with each other. Save the date for our next GOYA Forum on Wednesday, April 20th.

For more information and to let us know you are planning to attend, please contact <u>Lefteris Sitaras</u>. Everyone is welcome!



### Oratorical Festival

Still Time to Write a Speech!

Check out the <u>2016 St. John Oratorical Festival Topics</u> and dig deeper into the topics with the <u>Tips & Resources!</u> Follow the Oratorical Festival on Facebook to be the first to see immediate updates on any SJCOF news.

The St. Demetrios Parish festival will be held on Sunday, April 10, 2016 at 12:30 pm. in the Fr. Homer Library

The winners will move on to the District Festival held on Sunday, April 17 at St. Demetrios.

### 2016 YOUTH MINISTRY EVENTS

### April

- 1-3 GOYA Amazing Race Lent Retreat
- 6 GOYA Forum
- 10 Parish Oratorical Festival
- 17 District Oratorical Festival at St. Demetrios
- 17 Mommy & Me—Look in the eNews for location!
- 20 GOYA Forum
- 23 Communion Breakfast & Palm Crosses
- 29 Holy Friday Retreat

### May

- 1 Holy Pascha! Agape Service & Egg Hunt
- 4 GOYA Forum
- 8 Mother's Day Brunch
- 14 Dance Groups Dinner Dance
- 15 Family Bible Bowl
- 18 GOYA Forum

Orthodox Teen Talk to be announced

#### June

- 4 St. Demetrios Auction
- 5 Last day of Sunday School & Carnival
- 7 GOYA Junior & Senior Dinner
- 19 Father's Day Breakfast
- 21 GOYA Forum
- 24 & 25 GOYA Lock-In

#### July

- 10 16: All Saints Camp Sessions
  - High School & Elementary Camp
- 17 23: All Saints Camp—Middle School Camp
- 24 30: Camp Agape



Our Sunday School Students processed around the church with Icons as we celebrated the Sunday of Orthodoxy on March 20.

### Orthodoxy on Tap-Wednesday, April 13th

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.

During Lent, we will meet for Presanctified Litugy on Wednesday, April 13th. **Join us on April 13th** as we celebrate Pre-Sanctified Divine Liturgy from 5 to 6:30 pm then meet for discussion until 7:15 pm.

### Holy Friday Retreat—Friday, April 29th

All youth are invited to join us on Friday, April 29th for our annual Holy Friday Retreat. We will spend the day learning about Holy Friday, decorating the Epitaphion and preparing for Pascha. The retreat begins at 9:30 a.m. in the small hall and ends at 3 p.m. but all youth are encouraged to stay for the un-nailing service. Letters are available for school absences.

### Please pack a bag lunch for your child.

RSVP to Lefteris Sitaras by Monday, April 25th at 206-630-2504. Volunteers Needed.

## **Annual Easter Egg Hunt** Sunday, May 1

Everyone is invited to celebrate the Resurrection of our Lord at the Agape Service at noon on May 1. Following the service, please join us for an Egg Hunt at Montlake Community Center at 1:30 p.m. All youth should bring a basket!

### **Mother's Day Breakfast**

Sunday, May 8

Join our GOYAns as they celebrate MOM with roses for mothers as they enter church and a homemade breakfast following Liturgy



### STEWARDSHIP UPDATE

or our 2016 Stewardship Campaign, we currently have 325 stewards who have returned their signed pledge cards and have pledged \$337,365.00 Our goal for 2016 is \$535,000. Remember that you can arrange for automatic payments through your bank or paypal. 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

Rothopi Andrews

Fr. John and Presv. Anna Angelis

Theodore and Kim Angelis

**Evangelos and Magdaline Angelou** 

**Basil Anton** 

Costas Antonopoulos

K.G. and Kostoula Apostolou

Clifford and Theodora Argue

Patricia Arvanitidis

Brent and Rhea Aslin

John and Stella Athans Thomas and Maria Barbas

George and Eleni Athans Bariames George and Frances Barnecut

Michael and Nisa Basilicato Bassam and Duaa Bayouk

George and Alice Bayouk

Gabriel Bayouk

Lena Bayouk

**Christopher and Penelope Benis** 

Kay Betts

Zachariah and Aliki Birkenbuel

Neena Blackwell

Maria Bollman

Andrew and Rosalie Boulieris

Gus Boutsinis

**Jeffrey and Allison Brooks** 

Theodora Broutzakis

Mark and Maria Brymerski

Frank and Shelley Buhler

Mark and Maria Burke

William and Cheryl Buursma

Steve and Chryssa Calandrillo

Nick and Vanessa Carkonen

Susanna Cerasuolo

Efthemia Carras

Chris and Effie Chriest

Ron and Vicky Christianson

Demetre and Katherine Christofilis

Anastasios and Voula Christophilis

Dino and Nikki Christophilis

**Kosta and Maria Christopoulos** Edward and Anastasia Clarke

**Cathleen Clinger** 

Marie Collins

Jeffrey and Katie Comstock

John and Diane Conom

Madeline Conom

O. George and Kay Constantine

G. Paul Constantine

Debbie Constantine-Skouras

Tom and Evelyn Contoravdis

Olivia Contos

Gus and Margaret Cooper

Maria Cooper

Nick and Karen Cooper

George and Kyla Coromilas

Jerry and Eva Costacos

Georgia Cotsovolos

**Barbara Cotton** 

Barbara Cotton

Maria Cotton

Gus Courounes

Nicoleta Courounes

Renee Courounes

**Dale and Marianna Crane** 

Donald and Laura Crews

Christos and Judith Dagadakis

George and Angela Dalas

Mary Dallas-Smith

Mary Damascus

Daniel and Angela Daoura

Marguerite Daoura

George and Alexandra Delegans

Sam and Vicki Deliganis

Peter and Diane Demopulos

Ryan and Demetra Dennis

Nick and Athena Modonas-Diafos

Stephanie Dikeakos

Vasili and Katherine Dikeakos

John and Aksenia Dikun

Thelma Doces

Christopher and Maria Dodd

Voula Dodd

Demetrios and Vickie Dotis

Gus and Gregoria Dounis

Rob and Janie Drumhiller

Kenneth and Kristina Dudunakis

Fr. Photios and Presv. Katherine Dumont

John and Arianna Dumont

Mary P. Economou

**Thomas and Michelle Economou** 

George and Eva Economy

Litsa Edwards

Sophia and David Eitel-Mcshea

**Eric and Anna Elstad** 

**Andrew and Michelle Escobar Helen Exarhos** 

**Ed and Katherine Retelas Fancher** 

Nicolette Farmasonis

Petros and Colleen Farmasonis

Sharon Glein and Yemane Fecadu

Daniel and Helen Ferrelli

Matthew and Alexandra Flugstad

Ioannis Fotopoulos

John and Athanasia Franks

Nick Ganoulis

Meletios and Theodora Geokezas

Evan George

Harry and Mary George

Nick and Irene Georvasilis

Tyler and Anastasia Geving

Michael and Wanda Gikas

James and Shawn Hages

Elaine and Lars Giusti

**Robert and Danielle Griffith** 

Efv Grivas

Joan Hanna

Dorothy Haskell George Hatziantoniou and Elizabeth

**Economou** 

**Richard Grunder and Christina** 

Economou

Neil and Terri (Karis) Hawdon Dale Hazapis

Helen Heuer

John and Maria Hillman Patrick and Vickie Howard

Vickie Huff

Mary Hulbush

Carlos and Eleni Jimenez

John and Emilie John

James and Pota Johnson

Jeff and Angela Sourapas-Jones

Panagiotis and Rena Kalasountas Jim Kaloris

George and Christina Kaltsounis

Maria Kaltsounis

Vicky Carras Kangles

John and Virginia Kapelouzos

Jim and Georgene Karambelas

Spiros and Zoe Karimbakas

Anthony and Sarah Karis

Nick and Nancy Karis

Terry and Ann Karis

Georgia Karvountzi

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### Our 2016 Stewards:

(Continued from Page 6)

Christine Karzmar

Nicholas and Kalliopi Katholos

Jean Katsandres Teresa Kazaras

Peter and Hanna Kenny Timothy and Sofia Kenny Bishara and Diane Kharoufeh

Brian and Jiovanna Koceski Alexander and Leta Kolios

Vivie Kollias

George and Maria Kost

Jim and Patti Kost

Louie and Vicky Kotsakis Panos and Toula Koutlas

Helene Krikris Gary Kuhar Dena Kusulos Harold Kusulos

John and Natalie Kusulos-Jury Peter and Rachele Kyriacou

Kostas and Linda Kyrimis

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George and Eleni Lagos

Jack Lakkis

Michael and Lena LaMarche James and Sharon Langus

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Dean and Kathleen Lentgis John and Polette Limantzakis Johnny and Lucy Limantzakis

Glen and Georgine Loonev

George and Giannoula Lymberis

Chris and Paula Macris

Eugenia Macris Greg and Mia Macris Louis and Mary Malesis Helen Malevitsis

Bechara and Xiomara Mallouk

Georgia Manolakos

Stilianos and Kari Manos James and Mary Lou Manus

James Markezinis

John and Kelly Markezinis

Anthony and Alexandra Maroussis

Jean Mastor

Niki Mastoropoulos

Constantine and Areti Mavromatis

Lillian C. McDermott

David and Georgia McFarlan

Pipena Mercouriadis

Michael and Elaine Michaelidis

Kathy Mitalas

Avnalem and Semira Moba

Walter and Frances Moldskred

Alex and Maria Moroseos

Carol Mykris

Bettyann Nassar Peter Neckas Sandy Neckas

James and Stella Nelson

Jim and Carolyn O'Donnell

Shirley Olsen

Jonathan and Stephanie Otis

Irene Palios Bill Pallis

Chris and Vasiliki Pallis Chris Tom and Rebecca Pallis

Elli Pallis Margie Pallis Tina Pallis

**Evangelos and Anastasia Pampoukas** 

Alice Panagakis

John and Lisa Panagiotou Sam and Colleen Panagiotou Yiannis and Johnette Panopoulos Artemios and Rebecca Panos

Steve Panos

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Irene Peterson Helen Petratos William V. Phillips Paul and Pamela Plumis

Theologia Polizos

Andonios and Evangelia Polychronopoulos

Nikolaos and Charikleia Poulias

Lia Preftes Elefteria Proios

Christos and Tammy Psichos Nicholas and Anastasia Raissis

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Adele Rottle-Williams Chris Roumeliotis Kary Roumeliotis Kayla Roumeliotis

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George and Thalia Stamatoyannopoulos

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Kegan and Nicole Tosto Evangelia Tountas

Antonios and Antonia Touras Athan and Cindy Tramountanas Emmanuel and Peggy Tramountanas George and Dana Tramountanas

James and Barbara Trehearne George and Thelma Treperinas Sam and Elly Treperinas

Fr. Daniel and Presv. Michelle Triant

Vasilios and Dionisia Tsafos George and Eftihia Tsantilas

**Stavros Tsitsis** 

Dometios and Georgia Tziotis

Ourania Tziotis

Yiannis and Katerina Tziotis Jordan and Emily Vardell

John and Karin Varlamos

Vasili and Nina Varlamos Ivan and Ianita Velkov

**Demetrios and Aspasia Voltsis** 

Evan Voltsis

J. Robert and Effie Walker

Joann West

Brett and Yvonne Willard

Vivian Williamson

Edmund and Cathy Chohlas Wood

Daniel and Mary Wright James and Jeretta Wright

Emmanuel J. Xenos

John Xenos

Nicholas and Lizabeth Zardis

John and Mary Ellen Zoulas

April 2016 Wednesday

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	-	2
Mission Trip to Kenya, Fr. Photios					GOYA Lent Retreat	
a all	6 PM Greek Dance 6 PM Small Compline & Dance Practice 7 PM Great Compline Righteous Hilanion the Younger	8 AM ATS Luncheon  Mark, Bishop olArethousion	5:30 PM Greek School 5:30 PM Greek School Scotheres, Apolles, Cephes, Caseser & Sr. John Climacus	Philioptochos Cook for the Homel  Akakios, Confessor St Irrocent Met of Moscow & Apostle b	9:30 AM Pre-Sanctified Divine Liturgy 9:30 AM Tops Dinner Auction 7 PM Akathist Hymn 8:30 PM Jesus Prayer Service 8:30 PM Jesus Prayer Service 8:30 PM Jesus Prayer Service 8:30 PM Great Vespers 5 PM Great Vespers 5 PM Great Vespers 5 PM Great Vespers	5 PM Great Vespers 5 PM Great Vespers St. Titos the Righleous
က	4	Ω.	9	7	80	6
		6 PM GOYA Forum			WOCA Prison Ministry Conference and Lenten Retreat 9:30 AM Pre-Sanctified Divine Liturgy (Lenten Retreat - OCPM - Sponsor 5 PM Akathist Hymn 8:30 PM Jesus Prayer Service  Eupsychius of Caesarea	Lenten Retreat - OCPM - Sponsor)  5 PM Great Vespers  Eupsychius of Caesarea
NIKEIAS, CONTESSOR	Plato the Studite	Navdios, Diodoros & Nikophoros, Martyrs	Gregory of Sinal	Kalliopios & Akylini, Martyrs	Herodion, Agabus, Hulus, Asynchius of m	Sts. Hapnael, Nicnolas & Irene
Epistle: Hebrews 6:13-20 Gospel: Mark 9:17-31 St. John Climacus 8:15 AM Orthros 9:30 AM Divine Liturgy 12 PM Oratorical Festival 5 PM Pan Orthodox Vespers - St. Spyridon OCA - Seattle	6 PM Greek Dance 6 PM Small Compline & Dance Practice 6:30 PM Twilight Auction Meeting 7 PM Great Compline	12 10 AM WOCA Meeting 6:30 PM Parish Council Meeting 6:30 PM Young Adult Forum 6:30 PM Philoptochos Meeting	5 PM Pre-Sanctified Divine Liturgy - Assumption 5:30 PM Greek School	114 Avistarchos, Poudes & Trophimos of the 70	9:30 AM Pre-Sanctified Divine Liturgy 5 PM Great Vespers 7 PM Akathist Hymn 8:30 PM Jesus Prayer Service  Crescens, martyr  Crescens, martyr  Agape, Irene, Nik	16  F PM Great Vespers  Agape, Irene, Niki & Hiona, Martyrs
17	78	19	00	21	22	23
Epistle: Hebrews 9:11-14  Cospel: Mark 10:32-45  St. Mary of Egypt  8:15 AM Orthros  9:30 AM Divine Liturgy 11:30 AM Stewardship Sunday 12:30 PM District Oratorical Festival 2 PM Large Hall Rental 5 PM Large Hall Rental Figurarchs ROC - Mountlake Terrace	9 AM Philoptochos Baking 6 PM Dance Board Meeting 6 PM Greek Dance 9 PM Small Compline & Dance Practice 7 PM Great Compline	19 9 AM Philoptochos Baking 6 PM GOYA Forum 6:30 PM Stewardship Meeting	20 S PM Pre-Sanctified Divine Liturgy - (St Demetrios 5:30 PM Greek School	Cook for St. Martin de Porres	9 AM Philoptochos Baking 9:30 AM Pre-Sanctified Divine Liturgy 8:30 AM Orthros 9:30 AM Divine L 11:30 AM Divine L 11:30 AM Commu Palm Cross Mal	Saturday of Lazarus 8:30 AM Orthros 9:30 AM Divine Liturgy 11:30 AM Communion Breakfast & Palm Cross Making - Small Hall 5 PM Great Vespers
Symeon, Hiermartyr & Companions	Cyril, Pat. of C/nple John the Righteous	Pafnoutios & Philip, Martyrs	Theodore the Righteous Zachaias, Apostle	Ianouarios & Alexandra, Martyrs	Theodore of Sykeote	George, Great Martyr
24	25	26	27	28	29	30
Episte: Philippians 4:4-9 (Gospel: John 12:1-18 Paim Sunday 8:15 AM Orthros 9:30 AM Orthros 11:30 AM Paim Sunday Luncheon 11:30 AM Philoptochos Easter Bake Sale 7 PM Richerroom (Nymbhios) Service	9:30 AM Pre-Sanctified Divine Liturgy 9:30 AM Pre-Sanctified Divine Liturgy 7 PM Bridegroom (Nymphios) Service 8 PM Bridegroom (Nymphios) Service 9 PM Bride	9:30 AM Pre-Sanctified Divine Liturgy 7 PM Bridegroom (Nymphios) Service	Cook for Jubilee Women's Center 9:30 AM Holy Unction 7 PM Holy Unction	9:30 AM Institution of the Holy Eucharist - Vesperal Divine Liturgy g 11 AM Color Easter Eggs 6:30 PM Holy Passion Service	Holy Friday Retreat 9:30 AM Great and Holy Hours 9 PM Un-nailing of Christ from the Cross 7 PM Lamentation Service	(Holy Saturday) 9:30 AM Vesperal Divine Liturgy of Pascha 11 PM Pascha Vigil
Elizabeth the Wonderworker	St. Mark, Apostle & Evangelist	Basil, Bishop of Amaseia	Symeon, Bishop of Jerusalem	9 Martyrs of Kyzicus	Jason & Sosipater of the 70	St. Clement the Righteous St. lakovos, Apostle

### **ANNOUNCEMENTS**

### **Baptisms**

Congratulations to Justin and Nicole Skinner whose daughter Olivia Nicole was baptized on March 13th, 2016. Her sponsors are Ken and Susan Swanson.

"Na sas zese!"

Congratulations to Eric and Anna Elstad whose daughter Penelopy was baptized on March 20th, 2016. Her sponsor is Athena Hilantaris. "Na sas zese!"

Ongratulations to Ireni Palios whose son Stamatios was baptized on March 27th, 2016. His sponsors are Evan Voltsis and Michael Photopoulos. "Na sas zese!"

### Yiayia & Friends Luncheon

The April Yiayias & Friends luncheon will be on Thursday, April 7, at Pete's Eggnest, located at 7717 Greenwood Avenue North. Time is 11:30 a.m. The restaurants appreciate knowing how many to expect so they can adequately accommodate us. For questions and reservations this month, please contact Kay Betts, preferably by email: <a href="mailto:yassou@frontier.com">yassou@frontier.com</a> or alternately by phone, <a href="mailto:206-546-2370">206-546-2370</a>.

## SAVE THE DATE FOR ST. DEMETRIOS AUCTION—SATURDAY, JUNE 4TH

t. Demetrios Greek Orthodox Church presents the 12th Annual Twilight Auction Saturday, June 4th, 2016 @ 5:30pm. Please mark your calendar and plan to attend!

### **METRO ROUTE 25 DELETED**

ffective March 26<sup>th</sup>, Metro Transit's Route number 25 will no longer operate as Metro revamps their overall bus service. This route, which operates currently with stops on East Lynn Street, is being eliminated due to low ridership. Bus service on routes number 43 and 48 will continue as normal—with stops at Montlake Blvd & SR 520 (by the Union 76 gas station) as well as at 24<sup>th</sup> Ave East & Boyer Ave East.

## John 20:19-25 Gospel Readers for Agape Service (Easter Sunday): 12 Noon

The Gospel lesson is read in various languages to illustrate the universality of the Good News of the Resurrection. The Agape Service is a joyous religious celebration, inspired by love and forgiveness; Our Lord's Resurrection is joyfully sung and proclaimed to all. If you would like to read the Gospel in any international language during the Agape Service, please call or email Bassam Bayouk at 425-357-1906 or duaakb@hotmail.com

### **Our Condolences**



We express our Deep Condolences to Fifi Moroseos and her family for the passing of her husband, Kyriakos Moroseos. May his memory be eternal! "Αιωνία αυτού η μνήμη!"

### Lenten Retreat—Saturday, April 9, 2016

Lenten Retreat sponsored by the Washington Orthodox Clergy Association will be on Saturday, April 9, 2016 at St. Demetrios Church. "Let Us Open Our Hearts This Lent to Learn How God Brings Light and Love to The Least of These Our Brethren". Fr. Stephen Powley served as a Prison Chaplain for almost 26 years before retiring in August 2010. He will be sharing with us the many incredible God transforming events in these prisons he had opportunity to witness.

Please RSVP to **lentenretreat@outlook.com**. A free will offering will be appreciated.

### **Bookstore News**

reat Lent is a time to enrich our faith through prayer – A union with God. Our bookstore offers many prayer books and pamphlets for all ages:

"A Beginner's Guide to Prayer" – The Orthodox way to draw closer to God.

"The Jesus Prayer" – A booklet describing the history and the use of this powerful prayer.

"Way of the Pilgrim" – The meaning of unceasing prayer by a Russian pilgrim.

"A Pocket Prayer Book" – A handy booklet containing prayers from the Divine Liturgy.

"Hear Me" – A prayer book for Orthodox teens.

"Ascension of our Lord" – A booklet for young readers highlighting this great Feastday.

Prayer & icon bracelets and prayer ropes are also available. "It is the duty of all Christians to remain always in prayer." St. Gregory Palamas

Have a Blessed Pascha!

### St. Demetrios Greek Folk Dancers Dinner/Dance Recital 2016

he Dance Group Spring Dinner/Dance will be at St. Demetrios Community Center on Saturday, May 14th, 2016. 5:30 pm Social Hour—7:00 pm Dinner and Dance Performance. Adults—\$20; Youth 9-18—\$10. Children under 8 and registered dancers free. RSVP Maria Barbas at 206.794.5659 or Katherinew@watsonsecurity.com

### In Appreciation

Friends for their phone calls and for sending her 'Get Well' wishes, flowers and Food to her home after her recent operation. Your thoughtfulness and concern are truly appreciated! May God Bless you for your kindness!

Terry Karis would like to thank St. Demetios Parish Council, the Philoptochos and all the Friends and Parishioners for the "Get Well" cards, phone calls and their concern after his recent heart surgery. He truly appreciates your thoughtfulness and caring!



### MISSION SUNDAY SUCCESS -- THANK YOU!

Mission Sunday, March 13, at St. Demetrios was a big success, thanks to the hard work and generous donations of many people from our parish.

We were blessed to have as our guest speaker Fr. Martin Ritsi, the Executive Director of the Orthodox Christian Mission Center (OCMC). His dynamic sermon painted a vivid picture of bringing people to Christ and the Orthodox faith in remote regions of Northern Kenya, East Africa. Our own priest, Fr. Photios, joined Fr. Martin and a team of several others, going into villages in this Kenya region known as Turkana and evangelizing the people who have had no contact with Christianity.

To help support OCMC projects in this area, we raised over \$4000 on Mission Sunday through your very generous offerings in the special collection taken in church, additional donations at the coffee hour, and your record purchases of the wide variety of items for sale in the Greek Lenten Deli.

### THANK YOU ALL!

Thank you also to our former Mission Team members from St. Demetrios who passed the tray, Mary Dallas-Smith, Liz Economou, and Ann Karis; the Ladies of the Philoptochos for providing the coffee hour; and the Deli sales staff: Kathy Mitalas, Georgia Cotsovolos, William Grosvenor, Carolyn Mesagno (OCMC Parish Ambassador at the Church of the Assumption), Angelique Saffle, Christina Meletis, Tedros Habte-Mezengi, and Georgia's Bakery.

If you missed the opportunity to contribute on Mission Sunday, you can still make a donation to OCMC for the Kenya Team on line at www.ocmc.org or by mailing a check to OCMC, 220 Mason Manatee Way, St. Augustine, FL 32086.

Thank you again, and Kali Sarakosti.

Eugenia Macris, St. Demetrios Parish OCMC Ambassador and Deli Sale Organizer, Cliff Argue, Member, OCMC Board of Directors



### YOUTH MINISTRY NEWS-CONTINUED

### St. Demetrios Scholarships

pply Online through May 15
Our church currently has five scholarships available of \$500 each to be awarded to our members pursuing undergraduate, graduate or post-graduate studies.

The awards are made available through the St. Demetrios Educational Fund. The fund was established to recognize scholastic achievement and commitment to one's faith among the youth of our parish and others who have been accepted to institutions of higher learning. Please visit <a href="https://www.saintdemetrios.com">www.saintdemetrios.com</a> to apply.

### YAL Night at Whirlyball



It was a great night of Whirlyball with extremely close matches between Victoria's Team Yellow and McKenzie's Team Red. Congrats to VIP Athan Dumont and thanks to everyone who participated.



The "Gang" from March's Mommy and Me gathering

### MEMORIALS AND VIGIL LIGHTS

### Memorials and Holy Altar Candles from last Month

The Eight Holy Altar Table Vigil Lights were offered on March 20th, 2016 in loving memory of **Nitsa Gumas** (thirteen years since her passing), by her children, Polette and John Limantzakis, grandchildren and great-grandchildren.

A Holy Altar Table Vigil Light was offered on March 20th, 2016 in loving memory of **Jimmy Damascus** (one year since his passing), by his sister, Jean Mastor and Family.

A Forty-Day Memorial Service, a Holy Altar Table Vigil Light and the Coffee Hour were offered on March 27th, 2016 in loving memory of **Kyriakos Moroseos**, by his wife, Fifi Moroseos, their children, grandchildren and greatgrandchildren.

### Holy Altar Candles for April 3rd

Two Holy Altar Table Vigil Lights are offered in loving memory of **Marigoula and Christos Barbas** (sixteen years and forty-seven years since their passing), by their children, Demetra and Peter Jacobsen, grandchildren and greatgrandchildren.

A Holy Altar Table Vigil Light is offered in loving memory of **George Asimakopoulos** (twenty years since his passing), by his wife, Anna and sons, Andy and Theo and Family.

A Holy Altar Table Vigil Light is offered in loving memory of **Maria Jesus Cervates** (forty days since her passing), by her children, Maria Tsafos Cervatis and Ricardo Cervatis, Dionisia Tsafos and Family.

### Holy Altar Candles for April 10th

A Holy Altar Table Vigil Light is offered in loving memory of **Dennis Karavias** (ten years since his passing), by his mother, Francine Karavias and Family.

Two Holy Altar Table Vigil Lights are offered in loving memory of **Demetrios Andrews** (fourteen years since his passing), by his mother, Rothopi Andrews, his brother Vasili and son Niko.



## PHILOPTOCHOS EASTER BAKE SALE ORDER FORM

### Saint Demetrios Philoptochos Easter Bake Sale 2016

Sunday, April 24<sup>th</sup>, 12:00 – 1:30 PM
Tsoureki \$6
Kourabiethes \$12/dozen
Koulourakia \$6/dozen
Round bread (with red egg) \$15
Paximathia \$8/dozen

Pre-orders **must** be pre-paid by Monday, April 18<sup>th</sup> ONLY PRE-ORDERS WILL BE ACCEPTED!

Mail your check with this order form to:
Lena LaMarche
21031 – 49<sup>th</sup> Avenue SE
Bothell, WA 98021

425.383.6834 or floss4life2@gmail.com

All orders will be available for pick up at Saint Demetrios on April 24<sup>th</sup> only – no early pick up, please!

Name	
Phone number	
Quantity of:	
TsourekiKourabiethesKoulourakiaRound breadPaximathia	<u>.                                      </u>
Total	\$

Thank you for your support of Philoptochos!



### The Orthodox Way (USPS 600-160) Published Monthly by St. Demetrios Church 2100 Boyer Ave. East, Seattle, WA 98112

Postmaster send address changes to: The Orthodox Way 2100 Boyer Avenue East Seattle, WA 98112

### 2016 Philoptochos Members We wish to thank the following Parishioners and Friends for joining the St. Demetrios **Philoptochos Society**

Aaron, Eva Ales, Margaret Angelis, Presvytera Anna Angelos, Diakonissa Francesca Apostolou, Eva Argue, Theodora Babarakos, Lula Bakamus Dina Barbas, Maria Barnecut, Frances Bartlett, Anastasia Betts, Kay Biros, Demetra Bollman, Maria Boulieris, Rosalie Chriest, Effie Christie-Dudler, Pandora Christofilis, Eleni Christophilis, Nikki Collins, Marie Constantine, Kay Cooper, Margaret Cooper, Maria Dagadakis, Eftihia Dalas, Angela Delegans, Alexandra Damascus, Mary Dennis, Demetra Dikeakos, Voula Doolittle, Athena Drumhiller, Janie Dudunakis, Kristina Dumont, Presvytera Katherine Economou, Elizabeth

Economou, Marla

Economou, Mary P Economou-Grunder, Christina Exarhos, Eleni Farmasonis, Colleen Gennaios, Nicoletta Gikas, Wanda Glein, Sharon Grivas, Efv Haskell, Dorothy Hazapis, Dale Hillman, Maria Hubbell, Theodora John, Emilie Johnson, Pota Kalasountas, Helen Kaloris, Jim Kaltsounis, Maria Karambelas, Georgene Karis, Ann Katholos, Kalliopi Katsandres, Jean Kavounas, Angela Kenny, Sofia Koceski, Jiovanna Kollias, Vivie Kost, Maria Kost, Patti Koutlas, Toula Kyrimis, Linda LaMarche, Lena Legeros, Julie Looney, Georgine Lymberis, Giannoula Lymberis, Olga Maciejewski, Mary

Macris, Eugenia Macris, Paula Madison, Demitrula Malesis, Mary Malevitsis, Helen Maroussis, Saundra Mastor, Jean Mavromatis, Rita Meletis, Christina Mitalas, Katherene Modonas-Diafos, Athena Mootafes, Dorothea Moroseos, Maria Mykris, Carol Nelson, Stella Nicoloudakis, Maria O'Laughlin, Yiota Pagones, Elaine Pallis, Margie Pallis, Vicki Panagakis, Alice Panagiotou, Lisa Panos, Rebecca Petratos, Helen Plumis, Pam Poletti, Toula Polizos, Theologia Polychronopoulos, Litsa Poulias, Holly Proios, Eleftheria Rainwater, Maria

Ranglas, Jeannie Read, Despina Reichmann, Susan Rose, Maria

Rozis, Haroula Rubin, Maria Ruh, Katina Sakelaris, Dena Sakellaris, Penny Samolis, Katina Sancken, Barbara Saridakis, Arthur Shahwan, Christina Shinas, Terri Shirland, Simoni Sitaras, Fav Skoulis, Vassie Stamolis, Vicky Stavros, Toula Steenis, Georgia Stotz, Heather Stotz, Lindsay Supernaw, Cleo Swegle, Robert Taylor, Stacy Teodosiadis, Georgia Thompson, Alexa Tramountanas, Peggy Trehearne, Barbara Treperinas, Thelma Triant, Presvytera Michelle Tsafos, Dionisia