THE GOOD NEWS

The Monthly Bulletin of the Greek Orthodox Church of the Assumption

Volume 23, Issue 2

February, 2018

GREEK ORTHODOX
CHURCH
OF THE ASSUMPTION
1804 13th AVENUE
SEATTLE, WA 98122

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Rev. Fr. Michael Johnson

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"Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One."

Camp Agape NW
Andrea Gray
(206) 310-2459

Chanters
John Stiles
(360) 480-3944

Church School
Rachael Pamboukas
(425) 432-2786

Fellowship Hour
Ingrid Papahronis
(206) 932-8085

Greek Dance Groups
Voula Xenos
(206) 784-7644

Greek Language Program
greekschoolseattle@gmail.com

Missions
Carolyn Evangeline
(401) 617-1109

St. Catherine
Philoptochos
Kristina Mehas
(206) 232-8690

St. John the Almsgiver
Basil Papahronis
(206) 923-0449

Stewardship
Dimos Katsis
(240) 383-9000

Youth Ministry
Fr. Michael Johnson
(206) 420-1728

BUILDING A STRONG FAMILY BY SERVING OTHERS

Nicholas Chakos
Exec. Director of FOCUS North America

by Nicholas Chakos

The tech giant Google recently reported that 93 million "selfies" are taken each and every single day. On many days, I think that my fifteen-year-old daughter is single-handedly responsible for a sizeable percentage of that number. From the time that the first Kodak camera was sold in 1888 through 1950, it's estimated that a few billion photographs were taken worldwide. That's seemingly less than what my other kids – ages eleven, nine and seven – snap, tweet, post and vine in one week. It's easy to think that young people these days are so hooked on technology, so absorbed in self-promotion through their social networks, that they can't see past their device's screens and don't care for anyone other than themselves, their "friends" and "followers".

But to dismiss our young people's social networks as frivolous or downright bad is to ignore the trend of how young people are using their phones, computers and virtual networks to inspire action and activity in the real world. While we do need to be protective of what our young people are viewing and sharing across cyberspace, we also must understand that our children value these networks and connections immensely and that they are not going away any time soon.

Throughout history, there have always been many demands, distractions and societal problems pulling at families. I doubt that an Orthodox Christian family, at any point in time, would say that raising a family "in the Church" was easy. Yet, we must deal with where we are today, live within the society which we currently have and struggle towards salvation in this world as it is.

The challenge for families today is to allow our children to leverage the strengths of technology while teaching them that our faith places a high value on external and personal relationships. Christ's commandments, to love God completely and to love and serve our neighbors, were given to all of us and include every age group. Fulfilling these two great commandments typically takes personal interaction. At some point, if we are going to live up to Christ's commandments and stand on His right side at Judgment, we must teach our children to put the tech down, go out and meet people where they are.

But who has the time to go out and help others? Life is busy – plain and simple. I'm the first to admit that my wife and I struggle to keep a balance among Church, work, school, Greek school, baseball, Greek dance, modern dance, Girl Scouts, family vacations, gymnastics, swim team, soccer, house chores, and homework. Even though we claim an importance on raising kind and helpful children and a desire to have our kids stay faithful members of the Church into adulthood, our actions often do not follow our aspirations. Many of us suffer from the fleeting desire to give our children material wealth and prosperity while we fail to give them the peace, calmness of home and dedicated time that is necessary to grow together as a family and to work together, family-as-church, towards our salvation.

"We need to keep our kids in the church!" This is a plea that I hear often –– I think that a better approach would be to say that "we need to keep the Church in our kids". Keeping the Church in our kids starts with the family. As faithful parents a we must root our Faith deep into our homes and then

continued ➔

take that faith back out into the world, building it into the routines and habits of our children. This needs to be done through actions, not words. Parents need to lead by example, allowing our children to see us actively praying, fasting, attending church regularly and participating in acts of service to others.

Working together on outreach projects as a family not only allows us to follow Christ's teachings, but it strengthens family togetherness, helps children learn, and empowers them to understand that they can help others. Serving others benefits a child's psychological, social and intellectual development. It increases self-esteem, responsibility and helps children develop new social skills.

The time that you spend together as a family helping others will be rewarding and more memorable than almost any other family activity this year.

Christmas is hardly two months past and my children have already forgotten what they received as presents. My children don't remember where they celebrated their last birthday party (was it at home or did we go bowling?). My kids do remember with perfect clarity the days that we spent in Fairfax County, just outside of Washington DC, as a family helping children in need through FOCUS North America.

Each year, the Fellowship of Orthodox Christians United to Serve (FOCUS) assists thousands of homeless and disadvantaged children get ready to go back to school. FOCUS' program Operation Lace Up helps families in need get ready to go back-to-school by providing children with medical and dental check-ups, school supplies, new backpacks and new athletic shoes so that they can attend school ready to learn and succeed. Over the past five years, FOCUS has been a significant partner with 250 school districts in 30 cities throughout the country, providing more than 252,000 disadvantaged children with educational support services while moving their parents from dependency to self-sufficiency through vocational training, job placement, and securing permanent housing.

Once these children are in school, FOCUS provides many of them with nutritious meals to ensure they stay properly fed—especially during targeted times of the week and month when family cupboards may be bare. FOCUS provides more than 20,000 meals each month to children who are hungry through no fault of their own.

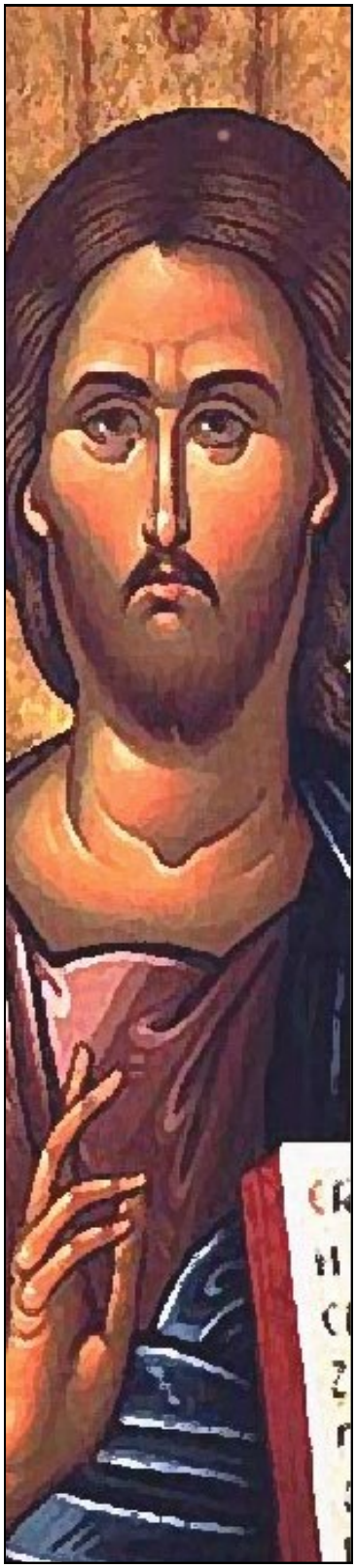
My kids will never forget sitting and talking with children from area homeless shelters, walking hand in hand with them and helping them size a new winter coat and a new pair of shoes. They remember those children's names and they cherish the photos that they have. At first my kids were shy and uncomfortable, being surrounded by children who they didn't completely understand. But once my kids got past that discomfort, they realized that these children had the same hopes and fears, likes and dislikes as any other child. And in the end, when the children in need reached out and hugged my kids, my kids realized that they had the power to help others, to make people happy and in a very small way to bring positive change into the world.

Working together as a family in service to others is a wonderful way to instill the teachings of Christ into our children. In addition to teaching our children to pray, participating in the sacraments and attend services regularly, family outreach activities are excellent ways to look outward from ourselves and invigorate parish life. When your family serves alongside other families from your parish, the network of community-family is extended. You become better friends, all families are strengthened and we often learn more about ourselves than any selfie could ever show. ■

Nicholas Chakos is the Executive Director of FOCUS North America and holds an academic appointment at the University of Pittsburgh's Graduate School for Public and International Affairs, where his teaching centers on developing and implementing human assistance programs. He lives in Pittsburgh with his wife Haido, and their four children.

FEBRUARY WORSHIP SCHEDULE

8:45 am Matins ~ 10:00 am Divine Liturgy ~ 4:00 pm Vespers



Friday, February 2 / Presentation of our Lord in the Temple
8:45 am Matins
10:00 am Divine Liturgy
Epistle: Hebrews 7:7-17
✠Gospel: Luke 2:22-40

Saturday, February 3
4:00 pm Great Vespers

Sunday, February 4 / Prodigal Son
8:45 am Matins
10:00 am Divine Liturgy
Epistle: I Corinthians 6:12-20
✠Gospel: Luke 15:11-32

Monday, February 5
10:40 am Prayers at the 3rd Hour

Tuesday, February 6 / St. Photios
8:30 am Matins at St. Demetrios GOC
9:30 am Divine Liturgy at St. D's
Epistle: Hebrews 7:26-28; 8:1-2
✠Gospel: John 10:9-16

Saturday, Feb. 10 / Saturday of Souls
8:45 am Matins
10:00 am Divine Liturgy
Epistle: II Timothy 2:1-10
✠Gospel: John 15:17-27; 16:1-2
4:00 pm Great Vespers

Sunday, Feb. 11 / Judgment Sunday (Meatfare)
8:45 am Matins
10:00 am Divine Liturgy
Epistle: I Corinthians 8:8-13; 9:1-2
✠Gospel: Matthew 25:31-46

Monday, February 12
10:40 am Prayers at the 3rd Hour

Saturday, Feb. 17 / Saturday of Souls
8:45 am Matins
10:00 am Divine Liturgy
Epistle: II Timothy 2:1-10
✠Gospel: Luke 20:46-47; 21:1-4
4:00 pm Great Vespers

Sun, Feb. 18 / Forgiveness Sunday (Cheesefare)
8:45 am Matins
10:00 am Divine Liturgy
Epistle: Romans 13:11-14; 14:1-4
✠Gospel: Matthew 6:14-21
5:00 pm Forgiveness Vespers

Monday, Feb. 19 / LENT BEGINS
10:40 am Prayers at the 3rd Hour
7:00 pm Great Compline & Great Canon I

Tuesday, February 20
7:00 pm Great Compline & Great Canon II

Wednesday, February 21
6:30 pm Presanctified Liturgy at St. Demetrios GOC (followed by a Lenten Potluck - please bring a dish to share with others).

Thursday, February 22
7:00 pm Great Compline & Great Canon IV

Friday, February 23
10:00 am Presactified Liturgy
7:00 pm Salutations to the Theotokos

Saturday, Feb. 24 / Saturday of Souls
8:45 am Matins
10:00 am Divine Liturgy
Epistle: II Corinthians 4:6-15
✠Gospel: Matthew 11:2-15
4:00 pm Great Vespers

Sun, Feb. 25 / Sunday of Orthodoxy
8:45 am Matins
10:00 am Divine Liturgy
Epistle: Hebrews 11:24-26, 32-40
✠Gospel: John 1:43-51
5:00 pm Pan-Orthodox Lenten Vespers

Monday, Feb. 26
10:40 am Prayers at the 3rd Hour
7:00 pm Great Compline

Wednesday, February 28
6:30 pm Presanctified Liturgy
(followed by a Lenten Potluck - please bring a dish to share with others).

WOCA PAN-ORTHODOX VESPERS

All Services Begin at 5:00 PM

February 25th (Sunday of Orthodoxy)
Assumption GOC
1804 13th Avenue
Seattle, WA 98122
Phone: (206) 323-8557
Homilist: Fr. Jeremiah Vollman

March 4th (Sunday of St. Gregory Palamas)
Three Holy Hierarchs Romanian Orthodox Church
6402 226th St SW
Mountlake Terrace, Washington 98043
Phone: (425) 673-7036
Homilist: Fr. Daniel Triant

March 11th (Sunday of the Holy Cross)
St. Katherine OCA
14216 132nd Ave. NE
Kirkland, WA 98034
Phone: (425) 623-3653
Homilist: Fr. James Robinson

March 18th (Sunday of St. John Climacus)
St. Paul AOC
21236 Poplar Way
Brier, WA 98036
Phone: (425) 771-1916
Homilist: Fr. Michael Tervo

March 25th (Annunciation)
Holy Apostles GOC
19421 Ashworth Avenue N.
Shoreline, WA 98133
Phone: (206) 542-1391
Homilist: Fr. David Hovik

USHERS & READERS

Sunday, February 4

Ushers: Kosta Pamboukas & Cristina Pappas
Close: Gus Mehas
Reader: Joanna Pulakis

Sunday, February 11

Ushers: James Prekeges & Jim Cox
Close: Chris Pamboukas
Reader: Andrea Mann

Sunday, February 18

Ushers: Justin Franklin & Kosta Pamboukas
Close: Kosta Pamboukas
Reader: Straton Spyropoulos

Sunday, February 25

Ushers: Cristina Pappas & James Prekeges
Close: Niko Pamboukas
Reader: Stephanie Pulakis Stafford

FELLOWSHIP HOUR

Please stay for a while after the Liturgy and join us for refreshments. All are welcome!

Honoring our church community by serving our friends and families during Fellowship Hour in December were: **St. Catherine Philoptochos, Carolyn Evangeline, Andrea Mann and Panos & Georgia Thomas.** In January were: **St. Catherine Philoptochos, Stella & Louie Apostolou, George, Emmanuel & Paul Flemetakis, and Chris & Glyka Pamboukas.**

In February, we have two Sunday available to host:

- February 04: **Dimos & Alexis Katsis**
- February 11: **Ron & Teresa Delarose**
- February 18: ***AVAILABLE TO HOST***
- February 25: *AVAILABLE TO HOST*

In March, we have two Sundays available to host:

- March 04: *AVAILABLE TO HOST*
- March 11: ***St. Catherine Philoptochos***
- March 18: *AVAILABLE TO HOST*
- March 25: ****Katie O'Neil****

**Fast Day: Wine/Oil Allowed.* ***Fast Day: Fish Allowed.* ****Fast Day: Dairy Allowed*

Thank you for planning your food offerings within the fasting guidelines.

Hosting a Fellowship Hour is a great way to honor a loved one for their Nameday, Birthday, Anniversary or any special occasion.

For more information on hosting a Fellowship Hour please view the Guidelines at:

http://assumptionseattle.org/fellowshipHourGuidelines.html

If you would like to host a Fellowship Hour, please contact me at (206) 932-8085, or via email at ingymoe@me.com. ■

Thank You for serving!

Ingrid Papahronis
Coordinator - Fellowship Hour

FASTING GUIDELINES

ARISE, LET US BE GOING: A REFLECTION ON GREAT LENT by Matushka Constantina

We look at Great Lent (which begins on Feb. 19th) as a test, a race even, that we run in order to successfully cross the finish line, to reach the celebration of the Lord's Saving Passion and His life-giving Resurrection. Great Lent is a microcosm of our Christian life. We are only given a short period of time in life to push ourselves to keep the commandments of Christ in order to successfully cross the finish line on the Day of Judgment. We do not know how long or how short the race will be, so we must *"arise and be going"* (Mt. 26:46) now. We must pray now; we must fast, repent, and confess our sins now because we don't know if we'll be granted a "then". Great Lent reminds us of the now, of the race we are a part of but perhaps haven't taken the time to truly run.

If this were my last Lent, my last days, I hope and pray that I would reach the end and hear the blessed words, *"Well done, my good and faithful servant... enter thou into the joy of thy lord"* (Mt. 25:23). ■

CATEGORIES OF FOODS:	
Category I	Meat/Poultry and Meat/Poultry Products (includes beef, pork, chicken, etc. as well as items which have beef gelatin [such as some commercial brands of gelatin], lard [some commercial brands of crackers include lard], rennet [used in some yogurts], etc.)
Category II	Dairy Products (includes butter, eggs, milk, cheese, etc. as well as items containing dairy whey, and milk extracts such as casein and sodium caseinate, etc.)
Category III	Fish (includes sardines, tuna, trout, bass, shark, pike, etc., but *not* shellfish such as lobster, shrimp, crab, oysters, scallops, clams, mussels, etc.)
Category IV	Olive Oil (according to some, this should extend to all oil) and Wine (which includes all alcoholic beverages such as whiskey, beer, etc.)

Dairy Allowed February 12-18	Abstinence from Categories I Dairy, Fish, Wine, Oil, Shellfish, Fruit, Vegetables and Vegetable Products are permitted.
Fish Allowed	Abstinence from Categories I, & II Fish, Wine, Oil, Shellfish, Fruit, Vegetables and Vegetable Products are permitted.
Wine/Oil Allowed February 9, 24-25	Abstinence from Categories I, II & III Wine, Oil, Shellfish, Fruit, Vegetables and Vegetable Products are permitted.
Strict Fast February 7, 19-23, 26-28	Abstinence from Categories I, II, III & IV Shellfish, Fruit, Vegetables and Vegetable Products are permitted.

WINTER GENERAL ASSEMBLY

On Sunday, February 25th, immediately following the celebration of the Divine Liturgy, our Winter General Assembly will be convened. Please make every effort to attend this event and share in the administration of our beloved parish.

The agenda for this upcoming General Assembly is listed below. As always, financial statements and meeting minutes will be distributed on the day of the assembly. ■

AGENDA
GENERAL ASSEMBLY
Sunday, February 25, 2018

Opening Prayer and Scripture Reading
(Fr. Dean)

Election of Chair
(James Prekeges)

Approval of Minutes from November 19, 2017 Meeting

Treasurer's Report
(Dimos Katsis - 2017 Year End Report)

Stewardship Report
(2017 Year End Report and 2018 Projections)

2016 Audit Committee Report

Church Renovation Report
(Penny Peppes / James Prekeges)

2017 Holiday Fest Report
(Ted Dimitriou)

2018 San Francisco Metropolis Clergy-Laity Assembly Report
(Fr. Dean / James Prekeges)

Assumption Church Ministries Overview
(Fr. Dean)

Old Business

New Business

Fr. Dean's Comments

Adjourn

Closing Prayer
(Fr. Dean)

Faithful STEWARDSHIP

AMORATIS, Anthony & Sophie
ARGUE, Cliff & Theodora
ATHANS, Eleni & George Bariames
ATHANS, Emmanuel
ATHANS, John & Stella
BARBACHAN, Hugo & Popee
BARBAS, Ethel
BAROKAS, Marie
BAROKAS, Vasso
BARTON, Roger & Mary Lou
BASS, Steve & Stella
BOYD, Raymond & Christine
BRATSANOS, Rose
BULBULA, Girma & Alemitu Wakene
CARDARAS, Vlasios & Voula
CHARONI, Nancy
CHARONIS, Mark
CHRISTOFILIS, Mike & Dora
CHRISTOFILIS, Dino & Jessica Schwitzer
CHRISTOU, Ted & Barbara
CONOM, Molly
COOLIDGE, Trilby
COSTACOS, Tock & Terry
COSTACOS, Jerry & Eva
DALLAS-SMITH, Mary
DELAROSE, Ron & Teresa
DELIMITROS, Katie
DIAMOND, Maria
DIAMOND, Nitsa
DIMITRIOU, Ted & Kiki
DUDUNAKIS, Kenny & Kris
EVANGELINE, Carolyn
EVANS, Jr., Peter
EXARHOS, Helen
FARMER, Joanna
FLY, Larry
FOOTE, Maria & Sophia
FRANKLIN, Justin & Nicole
GEOKEZAS, Demetrios & Eryn
GEOKEZAS, Maria & David Howard
GEOKEZAS, Mel & Theodora
GEORGE, Nick
GEORGES, Helen
GINOS, Alexander & Carey Ann
GREENE, Marke & Angela
INNIS, Connie
JEWELL, Gavin & Emily
KAPAKOS, Peter & Candace Wall
KAZAKOS, Georgia
KAZAKOS, Stephano
KOEMAN, Henry & Heleni
KOKKONIS, Nick & Jennifer
KOSTAKIS, Constantine & Ann
KOULDUKIS, Betty
KOULDUKIS, George
KOULDUKIS, Fr. Dean & Pres. Val
KOUMANTAROS, Yannis & Jenadee
LEE, Nancy & Stuart Anderson
LENTGIS, Dean & Kathleen
LING, Maria
LUCAS, Greta
MALLOS, Steve & Sophia
MANOLIDES, Andrew & Anastasia
MASCHINSKY, Dan & Teresa
MEHAS, Gus & Kristina
NICHOL, Thomas
NICON, John & Joann
O'NEIL, Katie
OSBON, Joymarie
PALLIS, Chris & Vicki
PAMBOUKAS, Chris & Glyka
PAMBOUKAS, Kosta
PAMBOUKAS, Niko & Rachael
PAMBOUKAS, Niko & Sonia
PAMPOUKAS, Evangelos & Tasoula
PAPANTOS, Spero & Tina
PAPPAS, Cristina
PARALIS, Panagiotis & Asimo
PEPPES, George & Penny
PEPPES, Steve & Popi
PETRAKOS, Bill & Reiko Hisamatsu
PIERIDES, Voula
PRINEAS, Michael
RAKUS, Tom
SARANTINOS, George & Athena
SAVVIDES, Kay
SERPANOS, George & Meropi
SIATERLIS, Dimitrios & Christina
SIDERIS, Panagiotis & Voula
SKANDALIS, John & Laurie
SKEPETARIS, Evanthia
SKEPETARIS, Tom & Teresa
SMETHERAM, Sofia
SOUKAS, George & Ritsa
SOURAPAS, Steve
SPAULDING, Caroline
SPYROPOULOS, Straton
STAFFORD, Stephanie Pulakis
STUBBS, Sue
TAYLOR, Valerie Ann
THOMAS, Panagiotis
THOMPSON, Chuck & Niki
TOURAS, Antonios & Antonia
TOURAS, Nikolas
TREMBANIS, Sophia
TSALAKY, Molly
TSAROUCHA, Georgia
TZIOTIS, Yiannis & Katerina
VLAD-ORTIZ, Catalina
XENOS, Spiro & Voula
XYDIS, John & Janice
ZAFFEE, Maria
ZANIDES, Fran
ZARKADES, Joanne

A NOTE FROM THE PRESIDENT...

Greetings. I am humbled and honored to have been chosen by your 2018 Parish Council to be President. I intend to revive an old tradition, of the President writing a short note in the monthly bulletin communicating what the Parish Council is doing.

Right now, we have just started the new year, and we have many, many challenges to address, and I'm looking forward to making great progress. For example, we have to fix the roof and ceiling, but that will soon be followed by the Church renovation and beautification project, which is back in process. Our finances are getting back under control thanks to a great Treasurer and Audit Committee. We have exciting new stewardship programs. We are looking at outreach to bring more people into our Orthodox faith. We are planning a Mortgage-burning party. We have festivals and family outings and youth programs planned. And on and on.

And there is a possible new program – Greek School! At our January Parish council meeting, a group of three wonderful women gave a presentation on starting Greek language lessons for both children and adults. They are putting together a survey which you will see soon, to figure out how many kids and adults are interested and so forth. If all goes well, they may have this up and running in just a few weeks! Bravo!

So you see why I am VERY excited! We have a GREAT Parish Council, with some of the best people in our parish serving us. It is comforting to know that all of the people on the Council are super-smart and very dedicated and hard-working. And of course, it helps that we have an awesome Priest. I hope you can share my excitement as we head into what I expect to be a wonderful new year! ■

James Prekeges
Parish Council President

2018 PARISH COUNCIL

James Prekeges (President)
Niko Pamboukas (Vice President)
Dimos Katsis (Treasurer)
Christina Siaterlis (Secretary)
Ron Delarose
Ted Dimitriou
Larry Fly
Justin Franklin
Gus Mehas
Chris Pamboukas
Kosta Pamboukas
Cristina Pappas
Straton Spyropoulos

God Bless you, and your families, for your sacrifice of time and talents during this upcoming year!

ST. JOHN THE ALMSGIVER

The cooking ministry of St. John the Almsgiver thanks all the parishioners who so generously supported the Christmas Giving Tree last year and donated to assist us with providing two hot meals a month to the homeless men of our community who are housed in the St. Martin de Porres shelter. With your devotion and the blessings of our Lord we will make a difference in the lives of those men in our community.

Everyone, any age, male or female, is always invited to participate during our daytime food preparation sessions, or in the evening for the serving sessions at the St. Martin de Porres shelter.

We are here the first and second Thursday - every month. We cook at the church from 9:30 am to noon and then serve the food at the shelter from 6:00 pm to 9:00 pm. ■

Theodora Geokezas

ASSUMPTION LIBRARY

I am going to restart doing book reviews and reports on our Assumption Library.

The library has been computerized using the Library of Congress Classification System and barcoded. Everyone can get a library card with a barcode to use for book check out.

Just a quick review this month:

We have the book "On Prayer" available for checkout. The book is a collection of articles on different aspects of prayer and spiritual life. A section of the book is dedicated to the "Jesus Prayer". Another section contains many prayers written by the author. I encourage you visit our library and explore this book (BX382 S634) and many other great books. ■

Ron Delarose
GOCA Librarian

SNOWFEST!

ASSUMPTION FAMILY FUN DAY AND SNOW-TUBING EXTRAVAGANZA
SNOQUALMIE PASS, SATURDAY, FEBRUARY 24th.

2017 – Gus Mehas gets a push from his two younger sons, Maximos and Vasili.

If you and your kids enjoyed our "Snowfest" at Snoqualmie Pass last winter, you know what fun it can be. And if your family missed it last time, here's your chance for some real winter excitement. It's a perfect event for kids, elementary through high school. And after speeding down the slopes, we'll enjoy pizza in North Bend on the way home…

Be sure to buy your tickets right away as our session may sell out! You can simply purchase them online at :

https://securestore.summitatsnoqualmie.com/tubing

Select February 24th, then "Tubing Ses #3 1:30-3:30."

Watch for an email from Fr. Michael with more info. If you have questions, feel free to contact him at *john2402@serv.net*.

For more info, check out: http://www.summitatsnoqualmie.com/mountains/tubing. ■

FAMILY & YOUTH ACTIVITY SCHEDULE

Last year, our youth and family events reached "new heights" for all ages. Shown here in Seattle's Great Wheel: Roula Gouloumi, Steve Miller and the Mehas kids - Vasili, Athan and Maximos with their dad, Gus.

The schedule below covers the rest of the school year. Please check it out and save the dates. Also get back to Father Michael and let him know if there are any conflicts with your family's schedule and he'll see if some dates could still be changed (*john2402@serv.net*):

FEBRUARY

24 Sat - **Family Snowfest** - snow tubing at Snoqualmie Pass then pizza at North Bend

MARCH

18 Sun - **GOYA** Parish **Oratorical Festival** (Grades 7-12)

31 Lazarus Sat - **Family – Liturgy**, lunch, **Confessions** & tying **palm crosses** then enjoy the **Living Computers Museum** in SODO

31 Lazarus Sat - **GOYA overnight** at church (6th-12th grades)

APRIL

04 Holy Wed - **GOYA** readers at **Unction**

06-07 Holy Fri & Sat - **GOYA** girls serve as **myrrh-bearers**

28 Sat **Father & Son Outing**, Ebey's Landing, Whidbey Island

MAY

13 Sun Mother's Day - **Elementary kids give flowers** to parish women

19-20 Sat thru Sun - **Family retreat** at All Saints Center, plus afternoon at other location to be determined

JUNE

01-03 Fri thru Sun - **Bite of Greece** - **GOYA** helps and **Dancers** perform

16 Sat - **Family summer outing** on Hood Canal

SUPPORT FOR MISSIONS

FR. CHRISTMAS PHOTOS BRING HOLIDAY SPIRIT AND SUPPORT FOR MISSIONS!

Brothers Ari and Eli Gibbons pose with Fr. Christmas in early December. They are the sons of Nick Gibbons and Maria Pierides Gibbons of our parish.

Again this Christmas our Assumption families got an opportunity to have their Christmas photos taken after Sunday Liturgy, in our own parish hall. There was no charge for the photos; instead, each family had a chance to donate to a worthy cause. Every year the parish chooses a charity to support and this Christmas the donations went to the growing Orthodox mission among the native Mayan people of Guatemala. Money collected for the photos, plus a large contribution that came in after Christmas allowed us to fill some important needs identified by Orthodox missionary Jesse Brandow, who has visited our parish in the past.

All told, our donations this year totaled $924. This enabled us to provide the Mayan mission with six boxes of 100-count charcoal, six pounds of quality incense and a complete set of icons of the Church's great feasts, mounted on wood. A big **thanks to Kristina Mehas** for coordinating the purchase and delivery of these items, and also to **Gus Mehas** for the many unforgettable Christmas photos he took with his professional-grade camera equipment. ■

OCMC 2018 CALL TO MISSIONS

2017 was an amazing year for OCMC Mission Teams that saw 146 team members serve in eight countries around the world. Highlights included:

- 18 Team projects with 146 Team members (including 42 past members), supporting 6 OCMC missionaries
- Members representing 10 different jurisdictions, 28 US states, as well as Canada
- Ages ranging 12 to 74 years young, with 16 family units
- Serving 10 hierarchs in over 25 communities
- Teaching over 1,085 adults (including seminarians, clergy, clergy wives, teachers, and lay leaders)
- Ministering to over 1,290 youth, young adults, and their leaders
- Caring for 640 patients, while working alongside local doctors, nurses, and health workers
- Utilizing nearly $109,000 in Team grants for medicines, orphanages, retreats, camps, seminars, conferences, clergy, leaders, seminarians (33), and projects
- Raising awareness with 780 supporters, including over 385 new donors
- Offering numerous witness opportunities of the Faith in action

This year will be full of even more milestones as the Mission Center responds to a call for more than 140 short-term team members in 2018. For the first time ever, OCMC will be partnering with Project Mexico to send Orthodox Christians to help build homes for people in need while gaining a deeper understanding of the missionary ethos of the Church. The Mission Center will also be partnering with sister agency Orthodox Christian Fellowship (OCF) to send college students to Albania for Real Break. And, we are excited to share that an OCMC team will be serving in Jamaica for the first time.

Over 22 teams that will be serving in nine countries need volunteers just like you in the coming year. Please prayerfully consider joining one of these teams. Your life will be changed as you work to help transform the lives of others. For more information or to apply, visit https://www.ocmc.org/about/open_teams.aspx. ■

Carolyn Evangeline
Assumption Ambassador to OCMC

1-877-GO-FORTH
(463-6784)

missions@ocmc.org

ST. CATHERINE PHILOPTOCHOS NEWS

Events at a Glance

⇒ Valentine's Tea from 1:00 - 4:00 pm on **Saturday, February 10th in the Fellowship Hall**
⇒ "Go Red for Women" on **Sunday, February 11th**
⇒ Community Meal at Jubilee Women's Center at 4:30 pm on **Tuesday, February 20th**
⇒ Lenten Toy Drive to benefit Children's Hospital begins on **Sunday, February 25th**

2018 Membership Dues Being Collected Now

Please join us in our annual membership campaign. Your choice to become a member, or to renew your membership, is a wonderful opportunity to fellowship with other women in our church whose collective mission is:

- *To help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fund raising efforts; and*
- *To promote the charitable, benevolent, and philanthropic purposes of the Greek Orthodox Archdiocese of America, through instructional programs, presentations, lectures, seminars and other educational resources;*
- *To preserve and perpetuate Orthodox Christian concepts and the Orthodox Christian Family, and through them, to promote the Greek Orthodox Faith and traditions, in accordance with its doctrines, canons, discipline, divine worship, usages and customs;*
- *To promote participation in the activities of the Greek Orthodox community, with the cooperation of the Parish Priest and the Parish Council.*

Dues can be given to Membership Chairs: Rose Bratsanos and **Marianne Bratsanos**.

Philoptochos **GO RED** Sunday

Go Red for Women is the American Heart Association's national call to increase awareness about heart disease, **the #1 killer of American women**. In women, heart disease is more deadly than all forms of cancer. The red dress is a national symbol for women and heart disease awareness.

The National Philoptochos Society promotes the Go Red for Women campaign. In support of this program, we are designating **Sunday, February 11th**, as Philoptochos **GO RED SUNDAY** and are asking our Philoptochos sisters across the country to join the movement and wear red when attending Church services.

It's not just a man's disease. Heart disease and stroke kill 1 in 3 women, yet it's 80% preventable. Help us raise awareness to end this killer of women. Wear Red to show your support for saving women's lives. For more information go to: www.goredforwomen.org

Vasilopita Luncheon to Benefit St. Basil Academy

Thanks to all who attended and to those who helped prepare, set up and serve the luncheon on Sunday, January 7th - **Alexis Katsis, Joanne Zarkades, Connie Innis, Stella Bass, Janice Xydis, Ethel Barbas, Stephanie Stafford, Rose Bratsanos, Marianne Bratsanos,** and **Tom Swanton**.

continued ➔

PHILOPTOCHOS NEWS - cont'd

In honor of their service to our parish, Father Dean presented 2018 Vasilopita to: First, Our Lord and Savior Jesus Christ; The Panagia - Matthew Gray; Patriarch - Jerry Costacos; Archbishop Demetrios - Joanne Zarkades; Metropolitan Gerasimos - Larry Fly; St. Basil - Presvytera Valerie; Men's Ministry - Andrew Manolidis; Parish Council President - Gus Mehas; Missions - Carolyn Evangeline; Youth of our Community - Elias Mitchell and Leon Stavropoulos; College Youth of our Community - Manoli Xenos who will have Good Luck and a blessed 2018 as his Vasilopita contained the Coin! Camp Agape NW - Mary Lou Barton; All Saints Camp - Andrea Gray; Chanters - Evangelos Pamboukas; Choir - Christopher Kouldukis; Philoptochos – Alexis Katsis; Youngest Parishioner - Gabriel Maschinsky; Oldest Parishioner - Constandina Trapalis; Stewardship - Dimos Katsis; St John the Almsgiver - Mel and Theodora Geokezas; Acolytes - Nick Cosmakos; Bookstore - Trilby Coolidge; Family Ministry - Fr Michael Johnson; Prosphoro - Voula Perides and Tasoula Pampoukas; Sunday School - Rachel Pamboukas; The Bite of Greece - Demetrios Geokezas; The Holiday Fest - Ted Dimitriou; Parish Support Staff - Tom Swanton; Bible Study - Stella Athans; Greek Dance Ministry - Sophie Mitchell; Church Renovation - Penny Peppes; Adult Catechism members.

A Vasilopita with a coin was the centerpiece on each table - a Blessed 2018 to all!

Mary Lou, Rose Bratsanos, Marianne Bratsanos and Joanne Zarkades.

Help Provide a Community Meal at Jubilee Women's Center

Dinners that our parish provides to Jubilee, on the third Tuesday of each month, help low income and women coming out of homelessness stretch their grocery budgets. The residents not only deeply appreciate the meals, they truly look forward to and enjoy our company and friendship.

On Tuesday, January 16th we served pastitsio with bread, fruit and dessert. Thank you to **Janice Xydis** who donated the fruit and to **Straton Spyropoulos** who donated the bread. **Straton, Kristina Mehas** and **Christine Boyd** helped cook and serve.

(This picture was taken at Jubilee in December when the kids made and decorated sugar cookies and a special holiday punch for the residents. Pictured is: Vasili Mehas, Chase Nunan, Maximos Mehas, Dimos and Vasilios Katsis, Sadie Nunan, Athan Mehas, Alexis Katsis, Gabrielle, Anthony and Christine O'Donnell and Laura Gabriel. ➔)

We will provide another community meal to the residents of Jubilee on Tuesday, February 20th. We'll meet at the Jubilee Center at 4:30 pm to prepare and heat the food. At 5:30 pm we'll serve the food. If you would like to donate a food item (we still need bread, fresh veggies, fruit and dessert) or help prepare the meal, please **contact Alexis Katsis** (boyda02@gmail.com).

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PHILOPTOCHOS NEWS - cont'd

Assumption Honors it's Veterans

On Sunday, November 12th we celebrated our Veterans at Assumption. In addition to a slide show that showcased veteran's pictures and dates of service, our Sunday school children made cards. We originally intended on taking the cards to one of the VFW posts, but as the children were working on the cards they began asking if they could give them to their own parents, grandparents, and other relatives who had served in the armed services. Their genuine pride and admiration for those who have served our country and their heartfelt comments and stories was remarkable. Parents, grandparents, aunts and uncles keep on sharing. You would be amazed at how much the children really are listening.

A big thank you to **Marianne Bratsanos** who oversaw the Sunday School card project and to **Alexis Katsis** who put the slideshow together. Thank you also to all of those who contributed photographs and most importantly thank you to all of our Veterans, both living and deceased, who so selflessly served our country. The children wanted to make sure we mentioned those that served in Greece and other countries as well!

Photos like this one of **Jerry Costacos** were included in our Veteran's day slide show. Jerry served in the Navy during WWII from 1944-1946.

If you or a family member is a veteran or active service member, we would love to include your photo and service dates in our 2018 Veteran's Day slide show!! Photos and information can be submitted to **Alexis Katsis** at boyda02@gmail.com or **Kristina Mehas** at kmmehas@gmail.com.

Christmas Presents for Homeless Women

On Sunday, December 3rd, Assumption parishioners were invited to stuff beautiful fabric bags with supplies for homeless women at the YWCA's Angeline's Day Center in Seattle. The bags were given to the women on Christmas. This year we managed to stuff 238 bags for the women at Angeline's. That was about 38 more bags than we donated in 2016!! AND this year's bags were absolutely stuffed, more so than ever before. Each bag contained the following: shampoo, conditioner, body wash, soap, toothbrush, toothpaste, Kleenex, feminine hygiene products, a comb or brush, a bottle of water, socks or a hand knit scarf, a packet of hot cocoa or spiced cider, a snack or protein bar.

(Jodie Hulbert, Marianne Bratsanos, Fr. Dean and Rose Bratsanos stuff supplies into fabric bags for homeless women.)

Bravo to everyone who collected travel sized hygiene items throughout the year, those who pur-

continued ➔

PHILOPTOCHOS NEWS - cont'd

chased items and to everyone who helped stuff the bags on December 3rd. A special **thank you to Popi Peppes** who made all of the beautiful bags and to **Janice Xydis** who organized the entire effort!!

It's not too soon to start collecting travel size toiletry items for next year's drive. As you travel throughout the year please save any hotel hygiene items you don't use.

(Fr. Dean poses for a photo with all of the boxed hygiene bags before they are delivered. ➔)

LOOKING AHEAD...SAVE THE DATE...

Friday, March 2, 2018 | 7:00 - 10:00 pm
AXIS Pioneer Square
308 1st Avenue South, Seattle 98104
*Complimentary valet parking provided

This year, Jubilee celebrates 35 years of supporting women facing homelessness as they rebuild their lives. Join us for a night out at the AXIS Pioneer Square to benefit these extraordinary women as they heal, work toward living wage employment, and find a path out of poverty.

Enjoy local wine and beer, tasty bites from chef stations, and a dessert bar. Play for prizes at queen of hearts, wine toss, and balloon pop. Pose with your posse at the photo booth. Bid on fabulous items and experiences at our silent and live auctions.

Tickets: https://www.brownpapertickets.com/event/3173818.
Individual - $60 until February 9 or $75 until March 1
Angel Sponsor - $250 donation including two admission tickets & drink tickets
More information: events@jwcenter.org or jwcenter.org

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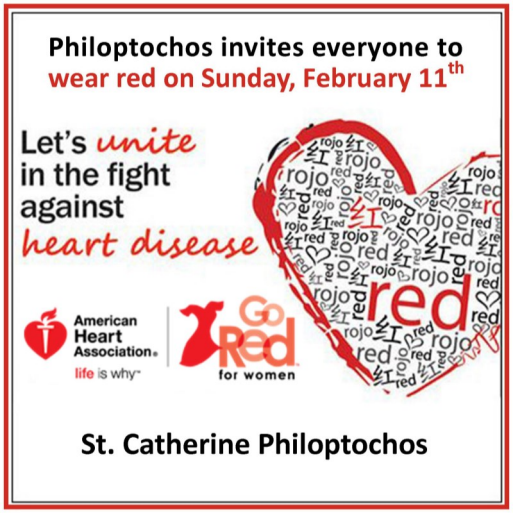
Valentine Tea
ST. CATHERINE PHILOPTOCHOS
SATURDAY, FEB. 10th
1:00 pm - 4:00 pm
$15.00 Donation ~ $5.00 (Children 6-12)
BENEFITS PHILOPTOCHOS MINISTRIES
Bring Mom, Daughter, YiaYia, Granddaughter, Sister, Thea, Friends,
even your Husband! Wear a favorite hat and gloves.
Enjoy tasty treats, Door Prizes, a Raffle and Entertainment.
MEMBERS: Please bring your favorite Tea Treats.
Contact Nancy Charoni at (206) 933-2403 for more information.
Church of the Assumption Community Hall at 1804 13th Ave. in Seattle


Philoptochos invites everyone to
wear red on Sunday, February 11th
Let's unite
in the fight
against
heart disease
American Heart Association.
life is why
Go Red for women
red
St. Catherine Philoptochos

continued ➔

2018 MEMBERSHIP FORM

Saint Catherine Philoptochos Society

Greek Orthodox Church of the Assumption
Seattle, WA

YES! I would like to offer my love and service by joining the Philoptochos Society in its philanthropic efforts!

Please accept my stewardship as follows:

- National Per Capita (Supports National Philoptochos Projects) $ 15.00
- Metropolis Per Capita (Supports Metropolis Philoptochos Projects) $ 15.00
- My stewardship to my Local Chapter's Ministries $ 10.00

SUBTOTAL .....$ 40.00

- Additional donation (supports the good works of our chapter) $ _____

TOTAL ..... $ _____

Please make checks payable to: St Catherine Philoptochos
Mail or deliver completed form to: 1804 13th Ave, Seattle, WA 98122
Questions? Contact Membership Co-Chairs Rose Bratsanos and Marianne Bratsanos

Name: _____ Date: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-Mail Address: _____

I wish to receive announcements by: (circle preference) email US mail phone call

Please indicate which Standing Committees or activities/projects interest you:

__ Membership
__ Boutique
__ Sunshine
__ St. Sofia Circle
__ Mary & Martha Circle
__ National Commitments
__ Camp Agape NW
__ Meals for New Moms
__ Senior Svcs & Support
__ Audit
__ Finance
__ History
__ Program
__ Family and Society
__ Social Services
__ Vasilopita/Tsourekia
__ Prosforon
__ Koliva Preparation
__ Holy Cross Receptions
__ GOCA Feast Day Lunch
__ Valentine Tea
__ St Catherine Lunch
__ Palm Sunday Lunch
__ Go Red For Heart
__ Go Pink for Breast Cancer
__ Outreach Projects
__ Decorate Kouvouklion

Philoptochos is you and I making a difference!!

HOME/BUSINESS BLESSING FORM

It is the Tradition of our Orthodox Faith that homes and businesses are blessed every year with the water that has been blessed during the services of Epiphany. Due to Fr. Dean's travel schedule this year, house blessings will take place on Tuesdays in February and on Tuesdays and Saturdays in March. If you are interested in having your home or business blessed, please fill out the below form and return it to the parish office, or give us a call at (206) 323-8557, and we'll be in contact with you to schedule an appointment once regional information has been established. Please remember, Fr. Dean and Fr. Michael celebrate multiple house blessings so they ask that food please not be offered - only coffee or tea. Thank you! ■

Request Form

Name:

_____

Address of Home or Business:

_____

_____

Contact Phone: _____

Proposed Appmt Date: _____

Proposed Appmt Time: _____

Greek Orthodox Church of the Assumption
(206) 323-8557

Home / Business Blessing

2018

GREEK ORTHODOX CHURCH OF THE ASSUMPTION

FEBRUARY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
MATINS GOSPEL & TONE SCHEDULE Sunday: 4, 11, 18, 25 Gospel: 2, 3, 4, 5 Tone: Second, Third, Fourth, Plagal First				**1** 9:00 am St. John the Almsgiver-Cooking for the Homeless	**2** PRESENTATION OF OUR LORD 8:45 am Matins 10:00 am Liturgy PARISH OFFICE CLOSED	**3** 4:00 pm Great Vespers
4 SUNDAY OF THE PRODIGAL SON 8:45 am Matins 10:00 am Liturgy Church School Memorial: Efrosene Drougas (40 days)	**5** 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study	**6** ST. PHOTIOS 8:30 am Matins at St. Demetrios GOC 9:30 am Liturgy at St. Demetrios GOC	**7** ✠	**8** 9:00 am St. John the Almsgiver-Cooking for the Homeless	**9** PARISH OFFICE CLOSED	**10** SATURDAY OF SOULS 8:45 am Matins 10:00 am Liturgy 1:00 pm PHILOPTOCHOS VALENTINE'S TEA 4:00 pm Great Vespers
11 JUDGMENT SUNDAY (Meatfare) 8:45 am Matins 10:00 am Liturgy Church School Memorial: Anna Rakus Philoptochos "Go Red Sunday"	**12** 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study 6:00 pm Parish Council Meeting	**13** 6:30 pm Camp Agape NW Board Meeting at St. Demetrios GOC	**14**	**15**	**16** PARISH OFFICE CLOSED	**17** SATURDAY OF SOULS 8:45 am Matins 10:00 am Liturgy 4:00 pm Great Vespers
18 FORGIVENESS SUNDAY (Cheesefare) 8:45 am Matins 10:00 am Liturgy Church School 5:00 pm Forgiveness Vespers	**19** ✠ GREAT LENT BEGINS PRESIDENT'S DAY PARISH OFFICE CLOSED 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study 7:00 pm Great Compline & Great Canon I	**20** ✠ 4:30 pm Philoptochos serving dinner at Jubilee center 7:00 pm Great Compline & Great Canon II	**21** ✠ 6:30 pm Presanctified Liturgy at St. Demetrios GOC followed by a Lenten Potluck	**22** ✠ 6:30 pm All Saints Camp Board Meeting 7:00 pm Great Compline & Great Canon IV	**23** ✠ 10:00 am Presanctified Liturgy 7:00 pm Salutations to the Theotokos	**24** SATURDAY OF SOULS 8:45 am Matins 10:00 am Liturgy 1:30 pm Assumption Family Snowfest at Snoqualmie Pass 4:00 pm Great Vespers
25 SUNDAY OF ORTHODOXY 8:45 am Matins 10:00 am Liturgy Church School on Procession Schedule GENERAL ASSEMBLY 5:00 pm Pan-Orthodox Lenten Vespers	**26** ✠ 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study 6:00 pm Men's Ministry Meeting 7:00 pm Great Compline	**27** ✠	**28** ✠ 6:30 pm Presanctified Liturgy followed by a Lenten Potluck			✠ Strict Fast Wine/Oil Allowed Dairy Allowed

PARISH OFFICE HOURS:
M-TH 11:30 AM - 6:30 PM ~ (206) 323-8557
(Parish Office is CLOSED on Fridays)

THE MONTHLY BULLETIN OF THE GREEK ORTHODOX CHURCH OF THE ASSUMPTION

GREEK ORTHODOX CHURCH
OF THE ASSUMPTION
1804 13th Ave
Seattle, WA 98122-2515

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