

## ASSUMPTION 2019 HOLIDAY GREEK DINNER

As of today, no one has volunteered to be a Committee lead, or member, in support of our December 7<sup>th</sup> Holiday Greek Dinner. **Kosta Pamboukas**, the event Chair, is holding a planning meeting today after Liturgy, at 12:15 pm, in the 3<sup>rd</sup> floor Mezzanine. Please grab a bite from Fellowship Hour and join him if you are interested in supporting our church and community for this annual event. If you are interested but cannot attend the meeting today, please contact Kosta ASAP to let him know of your interest ([Pamboukas.Kosta@gmail.com](mailto:Pamboukas.Kosta@gmail.com) / 206-450-7447). Thank you!

## HOLIDAY PASTRY / SPECIALTY FOOD BAKING SCHEDULE

Thank you to **Peter Argeres, Manda Bekris, Maria Geokezas, Carey Ann Ginos, Jimmy Marinopoulos, Athena Sarantinos and Katerina & Ourania Tziotis** for agreeing to lead our baking for the 2019 Holiday Bake Sale. We are still looking for a volunteer to lead preparation of Paximadia. If you would like to serve the church and your community by volunteering for leading the preparation of this cookie, please contact Joanne Zarkades at (206) 763-9628 or via e-mail at [jzarkades@q.com](mailto:jzarkades@q.com).

Please mark your calendar for the following dates and join us for “*parea*” while we work:

### NOVEMBER

- Nov. 03 (Sun): Koulourakia - Athena Sarantinos: Mix, Assemble & Bake - After Liturgy to 4:30 pm
- Nov. 10 (Sun): Baklava - Maria Geokezas: Assemble & Bake - After Liturgy to 4:30 pm
- Nov. 11 (Mon): Baklava - Maria Geokezas: Assemble & Bake - 10:30 am to 4:30 pm
- Nov. 16 (Sat): Prep for Spanakopita/Tiropita - Peter Argeres & Jimmy Marinopoulos: 9:30 am to 3:00 pm
- Nov. 17 (Sun): Spanakopita/Tiropita - Peter Argeres & Jimmy Marinopoulos: Assemble - After Liturgy
- Nov. 18 (Mon): Spanakopita/Tiropita - Peter Argeres & Jimmy Marinopoulos: 10:30 am to 4:30 pm
- Nov. 20 (Wed): Kourambiethes - Carey Ann Ginos: 10:00 am to 4:30 pm
- Dec. 02 (Mon): Tsourekia - Katerina & Ourania Tziotis: Assemble & Bake - 10:30 am to 4:30 pm
- Dec. 03 (Tues): Tsourekia - Katerina & Ourania Tziotis: Assemble & Bake - 10:30 am to 4:30 pm
- Dec. 04 (Wed): Tsourekia: Package - 10:30 am to 3:00 pm

“MANY HANDS MAKE LIGHT WORK”

Questions? Contact Joanne Zarkades at (206) 763-9628 or e-mail: [jzarkades@q.com](mailto:jzarkades@q.com).

## GREEK ORTHODOX CHURCH OF THE ASSUMPTION SUNDAY, OCTOBER 20, 2019

THE DIVINE LITURGY OF ST. JOHN CHRYSOSTOM WILL BE CELEBRATED TODAY



6<sup>th</sup> Sunday  
of Luke

**Priest:**  
Rev. Fr. Dean  
Kouldukis

**Address:**  
1804 13th Ave.  
Seattle, WA 98122

**Telephone:**  
(206) 323-8557

**Email:**  
[parishoffice@  
assumptionseattle.org](mailto:parishoffice@assumptionseattle.org)

**Web:**  
[assumptionseattle.org](http://assumptionseattle.org)

**Saturday Vespers:**  
4:00 pm

**Sunday Morning:**  
Orthros: 8:45 am

**Divine Liturgy:**  
10:00 am

### FEAST:

Greatmartyr Artemios (+363); Righteous Matrona of Cheopolite, Chios (+462); Righteous Gerasimos the Younger, the Ascetic, relics treasured in Cephalonia (+1579).

## WELCOME TO OUR CHURCH

It is with great joy that we welcome all visitors and guests who are worshiping with us today. Whether you are an Orthodox Christian or this is your first visit to an Orthodox Church, we are pleased to have you with us! Although Holy Communion and other Sacraments are offered only to baptized and chrismated (confirmed) Orthodox Christians, all are invited to receive the *antidoron* (blessed bread) from the priest at the conclusion of the Divine Liturgy. The *antidoron* is not sacramental, but is reminiscent of the agape feast that followed worship in the ancient Christian Church.

After the Divine Liturgy this morning, please join us in the Fellowship Hall for fellowship and refreshments.

There are several items in our literature holder (located on the wall in our Fellowship Hall next door) pertaining to Orthodox teachings and on the Orthodox Church in general. Please feel free to take a copy. We also have an Orthodox bookstore in our Fellowship Hall where you are welcome to browse for books on Orthodoxy and Orthodox living.

Also, please feel free to approach Fr. Dean after services with any questions you may have regarding your worship experience with us.

We hope that you will return often to worship with us, to grow in Christ and in our Orthodox Faith.

Tone: I Ηχος: Α΄ | Antiphonal Verses: Sunday | 7<sup>th</sup> Orthros Gospel: John 20:1-10

### ΤΟ ΠΡΩΤΟΝ ΑΝΤΙΦΩΝΟΝ

### THE FIRST ANTIPHON

α΄ Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον,  
καὶ πάντα τὰ ἐντός μου τὸ ὄνομα τὸ  
ἅγιον αὐτοῦ.

v.1 *Bless the Lord, O my soul, and all that is  
within me, bless His holy name.*

β΄ Εὐλόγει ἡ ψυχὴ μου τὸν Κύριον,  
καὶ μὴ ἐπιλανθάνου πάσας τὰς  
ἀνταποδόσεις αὐτοῦ.

v.2 *Bless the Lord, O my soul, and forget not  
all that He has done for you.*

γ΄ Κύριος ἐν τῷ οὐρανῷ ἠτοίμασε τὸν  
θρόνον αὐτοῦ, καὶ ἡ Βασιλεία αὐτοῦ  
πάντων δεσπόζει.

v.3 *The Lord in heaven has prepared His  
throne, and His kingdom rules over all.*

### REFRAIN (after each stichera):

Ταῖς πρεσβείας τῆς Θεοτόκου, Σῶτερ,  
σῶσον ἡμᾶς.

Through the intercessions of the Theoto-  
kos, Savior, save us.

### ΤΟ ΔΕΥΤ. ΑΝΤΙΦΩΝΟΝ

### THE SECOND ANTIPHON

α΄ Αἶνει ἡ ψυχὴ μου τὸν Κύριον·  
αἰνέσω Κύριον ἐν τῇ ζωῇ μου· ψαλῶ  
τῷ Θεῷ μου, ἕως ὑπάρχω.

v.1 *Praise the Lord, O my soul; I will praise the  
Lord in my life; I will chant unto my God for  
as long as I have my being.*

β΄ Μακάριος, οὗ ὁ Θεὸς Ἰακώβ  
βοηθὸς αὐτοῦ, ἡ ἐλπίς αὐτοῦ ἐπὶ  
Κύριον τὸν Θεὸν αὐτοῦ.

v.2 *Blessed is He of whom the God of Jacob is  
his help, whose hope is in the Lord his God.*

γ΄ Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ  
Θεὸς σου, Σιών, εἰς γενεὰν καὶ γε-  
νεάν.

v.3 *The Lord shall be King unto eternity; your  
God, O Zion, from generation to genera-  
tion.*

### REFRAIN:

Σῶσον ἡμᾶς, Υἱὲ θεοῦ, ὁ ἀναστὰς ἐκ  
νεκρῶν, ψάλλοντάς σοι· Ἀλληλουία.

Save us, O Son of God, Who arose from  
the dead, save us who sing to You: Alleluia.

## OPPORTUNITIES THIS WEEK...

### TODAY

- “Welcome” to Jesse Brandow, OCMC Missionary to Guatemala.
  - Church School
  - Fellowship Hour today is in support of Jesse Brandow, who is visiting our parish today. Everyone is welcome! Please join us.
  - Studies in the Faith - Adult Catechism (Library): 12:00 pm
  - Greek School for Kids (Downstairs Classrooms): 12:15 pm
- 🎵 Happy Birthday today to Athena Sarantinos & Michael Averkiou.  
Χρόνια Πολλά!

### MONDAY the 21<sup>st</sup>

- Garden Club Fundraiser (Fellowship Hall): 10:00 am
  - Prayers at the 3<sup>rd</sup> Hour: 10:30 am
  - Bible Study (Library): 11:00 am
- Parish Council Meeting (3rd floor Conference Room): 6:00 pm

### WEDNESDAY the 23<sup>rd</sup>

#### JAMES THE APOSTLE

- Matins: 8:45 am
- Divine Liturgy: 10:00 am

### FRIDAY the 25<sup>th</sup>

- Great Vespers at St. Demetrios GOC: 7:00 pm

### SATURDAY the 26<sup>th</sup>

#### DEMETRIOS THE MYRRH-STREAMER

- Matins at St. Demetrios GOC: 8:30 am
- Divine Liturgy at St. Demetrios GOC: 9:30 am
  - Great Vespers: 4:00 pm

## ANTI TOY EIDOMEN TO ΦΩΣ

Εἶδομεν τὸ φῶς τὸ ἀληθινόν, ἐλάβομεν Πνεῦμα ἐπουράνιον, εὗρομεν πίστιν ἀληθῆ, ἀδιαίρετον Τριάδα προσκυνῶντες· αὕτη γὰρ ἡμᾶς ἔσωσεν.

## POST COMMUNION HYMN

We have seen the true light; we have received the heavenly Spirit; we have found the true faith, worshiping the undivided Trinity, for the Trinity has saved us.

## MEMORIAL

A MEMORIAL WILL BE CELEBRATED TODAY IN LOVING MEMORY OF:

STEPHANOS (STEVE) PEPPE (9 mos)

+ MAY HIS MEMORY BE ETERNAL +



## THANK YOU FOR SERVING OUR COMMUNITY

READER TODAY: Straton Spyropoulos

## YOU'RE INVITED TO A GARDEN CLUB FUNDRAISER

Tomorrow, starting at 10:00 AM, the Greater Seattle District of the Washington State Federated Garden Clubs Garden Club is holding a fundraiser luncheon here in our Fellowship Hall. They are having a guest speaker reading from her books on the topic of her Grandfather's hotel in remote Montana, 1880-1964. She's an Edmonds local author, a lively storyteller whom many would enjoy. There will also be raffle items. The cost is \$20, men and women are welcome, and this includes a chicken dumpling meal.

Additionally, in February, May, September and November of 2020 there will be business/educational meetings at the church that members may wish to attend to get an idea of what garden clubs offer. Those require a \$5 registration fee and \$12 lunch optional for both a horticultural presentation and a floral design program. Please see Laurie Skandalis for additional information.

Greek-American Historical Museum of Washington State and Greek Heritage Society of Southern California invite you to a screening of the acclaimed documentary **The New Greek Americans 1960-2018**



Sunday, November 17, 2019 at 1:00 p.m.  
St. Demetrios Cultural Center  
2100 Boyer Avenue East  
Seattle, WA 98112

Suggested donation \$10

RESERVATIONS: (206) 325-8554 (Greeks in Washington)

Donations to benefit Greek-American Historical Museum of Washington State.

## ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ

( Απολυτικιον Της Ημέρας - Ηχος Α΄ )

Τοῦ λίθου σφραγισθέντος ὑπὸ τῶν Ἰουδαίων καὶ στρατιωτῶν φυλασσόντων τὸ αχραντον Σου σῶμα ἀνέστης τριήμερος Σωτὴρ δωρούμενος τῷ κόσμῳ τὴν ζωὴν. Διὰ τοῦτο αἱ δυνάμεις τῶν οὐρανῶν ἐβόων Σοι, ζωοδότα· Δόξα τῇ ἀναστάσει Σου Χριστέ, δόξα τῇ βασιλείᾳ Σου, δόξα τῇ οἰκονομίᾳ Σου, μόνε φιλόνηρωπε.

## ΕΙΣΟΔΙΚΟΝ

Δεῦτε προσκυνήσωμεν καὶ προσπέσωμεν Χριστῷ. Σῶσον ἡμᾶς Υἱὲ Θεοῦ, ὁ ἀναστὰς ἐκ νεκρῶν, ψάλλοντάς σοι· Ἀλληλούϊα.

## ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ

( Ηχος Α΄ )

Τοῦ λίθου σφραγισθέντος...

## ΑΠΟΛΥΤΙΚΙΟΝ

Ὁ μάρτυς σου Κύριε ἐν τῇ ἀθλήσει αὐτοῦ, τὸ στέφος ἐκομίσατο τῆς ἀφθαρσίας, ἐκ σοῦ τοῦ Θεοῦ ἡμῶν· ἔχων γὰρ τὴν ἰσχύν σου, τοὺς τυράννους καθείλεν· ἔθαυμασε καὶ δαιμόνων τὰ ἀνίσχυρα θράση· αὐτοῦ ταῖς ἰκεσίαις Χριστέ, ὁ Θεός, σῶσον τὰς ψυχὰς ἡμῶν.

## ΥΜΝΟΣ ΤΟΥ ΝΑΟΥ

Ἐν τῇ Γεννήσει τὴν παρθενίαν ἐφύλαξας, ἐν τῇ Κοιμήσει τὸν κόσμον οὐ κατέλιπες Θεοτόκε. Μετέστης πρὸς τὴν ζωὴν, μήτηρ ὑπάρχουσα τῆς ζωῆς· καὶ ταῖς πρεσβείαις ταῖς σαῖς λυτρομένη, ἐκ θανάτου τὰς ψυχὰς ἡμῶν.

## THE THIRD ANTIPHON

( The Hymn of the Day - Tone I )

Although Your tomb was sealed with a stone, O Savior, and Your most pure body was guarded by the soldiers, You rose on the third day giving life to all the world. Therefore, O giver of life, the powers of heaven praise You: Glory to Your resurrection, O Christ. Glory to Your kingdom. Glory to Your saving wisdom, O only lover of mankind.

## SMALL ENTRANCE HYMN

Come, let us worship and bow before Christ. Save us, O Son of God (who rose from the dead), to You we sing: Alleluia.

## THE RESURRECTIONAL APOLYTIKION

( Tone I )

Although Your tomb was sealed...

## APOLYTIKION - ARTEMIOS

Your Martyr, O Lord, was worthily awarded by You the crown of incorruption, in that he contested for You our immortal God. Since he possessed Your power, he defeated the tyrants, dashing the demons' powerless displays of defiance. O Christ God, at his fervent entreaties, save our souls.

## HYMN OF THE TEMPLE

You preserved your virginity in birthgiving; you did not forsake the world in your falling asleep, O Theotokos. You have passed to life being the mother of Life, and through your intercessions, deliver our souls from death.

## KONTAKION

Προστασία τῶν Χριστιανῶν ἀκαταίσχυντε, μεσιτεία πρὸς τὸν Ποιητὴν ἀμετάθετε, μὴ παρίδης ἀμαρτωλῶν δεησέων φωνάς, ἀλλὰ πρόφθασον, ὡς ἀγαθή, εἰς τὴν βοήθειαν ἡμῶν, τῶν πιστῶς κραυγαζόντων Σοι. Τάχυνον εἰς πρεσβείαν καὶ σπεύσον εἰς ἱκεσίαν, ἢ προστατεύουσα ἀεὶ, θεοτόκε, τῶν τιμῶντων Σε.

## KONTAKION

O Protection of Christians that cannot be put to shame, mediation unto the creator most constant: O despise not the voices of those who have sinned; but be quick, O good one, to come unto our aid, who in faith cry unto thee: Hasten to intercession and speed thou to make supplication, O thou who dost ever protect, O Theotokos, them that honor thee.

## Ο ΤΡΙΣΑΓΙΟΣ ΥΜΝΟΣ

Ἅγιος ὁ Θεός, ἅγιος ἰσχυρός, ἅγιος ἀθάνατος, ἐλέησον ἡμᾶς. (3x)...

## THE TRISAGION HYMN

Holy God, Holy Mighty, Holy Immortal, have mercy on us. (3x)...

## THE EPISTLE READING

**Priest:** Let us be attentive.

**Reader:** Let Your mercy, O Lord, be upon us.

**Verse:** *Rejoice in the Lord, O ye righteous.*

**Priest:** Wisdom.

**Reader:** The reading is from St. Paul's Second Letter to the Corinthians (9:6-11).

**Priest:** Let us be attentive.

**B**rethren, he who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. Each one must do as he has made up his mind, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to provide you with every blessing in abundance, so that you may always have enough of everything and may provide in abundance for every good work. As it is written, "He scatters abroad, he gives to the poor; his righteousness endures for ever." He who supplies seed to the sower and bread for food will supply and multiply your resources and increase the harvest of your righteousness. You will be enriched in every way for great generosity, which through us will produce thanksgiving to God.



## THE GOSPEL READING

The Reading is from Luke 8:26-39

**A**t that time, as Jesus arrived at the country of the Gadarenes, there met him a man from the city who had demons; for a long time he had worn no clothes and he lived not in a house but among the tombs. When he saw Jesus, he cried out and fell down before him, and said with a loud voice, "What have you to do with me, Jesus, Son of the Most High God? I beseech you, do not torment me." For he had commanded the unclean spirit to come out of the man. (For many a time it had seized him; he was kept under guard, and bound with chains and fetters, but he broke the bonds and was driven by the demon into the desert.) Jesus then asked him, "What is your name?" And he said, "Legion"; for many demons had entered him. And they begged him not to command them to depart into the abyss. Now a large herd of swine was feeding there on the hillside; and they begged him to let them enter these. So he gave them leave. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and were drowned. When the herdsmen saw what happened, they fled, and told it in the city and in the country. Then people went out to see what had happened, and they came to Jesus, and found the man from whom the demons had gone, sitting at the feet of Jesus, clothed and in his right mind; and they were afraid. And those who had seen it told them how he who had been possessed with demons was healed. Then all the people of the surrounding country of the Gadarenes asked him to depart from them; for they were seized with great fear; so he got into the boat and returned. The man from whom the demons had gone begged that he might be with him; but he sent him away, saying, "Return to your home, and declare how much God has done for you." And he went away, proclaiming throughout the whole city how much Jesus had done for him.

## ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ THE CONFSSION OF FAITH

### ΜΕΓΑΛΥΝΑΡΙΟΝ

Ἀξιόν ἐστιν ὡς ἀληθῶς, μακαρίζειν σε τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ παναμώμητον καὶ μητέρα τοῦ Θεοῦ ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σεραφείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον τεκοῦσαν τὴν ὄντως Θεοτόκον, σὲ μεγαλυνομεν.

### HYMN TO THE THEOTOKOS

It is truly right to bless you, Theotokos, ever blessed, most pure, and mother of our God. More honorable than the Cherubim, and beyond compare more glorious than the Seraphim, without corruption you gave birth to God the Word. We magnify you, the true Theotokos.

## ΚΟΙΝΩΝΙΚΟΣ ΥΜΝΟΣ

Αἰνεῖτε τὸν Κύριον ἐκ τῶν οὐρανῶν. Αἰνεῖτε αὐτὸν ἐν τοῖς ὑψίστοις. Ἄλληλουῖα.

## COMMUNION HYMN

Praise the Lord from the heavens; praise Him in the highest. Alleluia. (Repeat)...