

The Ladies Philoptochos of Saint Demetrios presents a one-day retreat

## Good Strength for Great Lent

Saturday, March 14, 2020  
9:00 a.m. to 2:30 p.m.  
St. Demetrios Community Center  
\$20.00 Donation  
(Includes Workshop & Luncheon)



We'll talk about practical ways to make sure that our Great Lent is a fruitful season. We'll consider what we are able to joyfully offer up this year as we fast, pray, study, and give alms.

About our speaker: Elissa Bjeletich and her husband, Marko, have five daughters and live outside of Austin, Texas. Elissa directs and teaches Sunday school at Transfiguration Greek Orthodox Church, writes books and hosts podcasts on Ancient Faith Radio, contributes to multiple curriculum projects, and works at an Orthodox summer camp.

The retreat is open to all men and women from our sister parishes in the Pacific Northwest.

To purchase tickets, please contact Patti Kost at [pattikost@comcast.net](mailto:pattikost@comcast.net), (206) 783-8387 or (206) 909-9113 by Sunday, March 8.

THE SONS OF PERICLES AND  
MAIDS OF ATHENA PRESENT

# GREEKS IN SEATTLE

**JANUARY  
17-20**

**SCHEDULE:**  
**FRIDAY**  
MEET AND GREET | 8PM  
**SATURDAY**  
SOP BASKETBALL TOURNAMENT | 9AM  
MOA WORKSHOP | 11AM  
GREEK NIGHT @ ST DEMETRIOS GREEK  
ORTHODOX CHURCH  
**SUNDAY**  
SOP BASKETBALL TOURNAMENT | 12PM  
SOP MOA NIGHT TIME EVENT

W HELLENIC STUDIES  
UNIVERSITY OF WASHINGTON  
The Henry M. Jackson School of International Studies

UW Hellenic Studies invites you to a talk by  
VANGELIS CALOTYCHOS  
Brown University



PERFORMING POLITICS, EMBODYING RESISTANCE IN GREECE, 1955 TO 2015:  
FROM MELINA MERCOURI TO YANIS VAROUFAKIS  
Thursday, February 6, 2020, 7 pm, UW Communications Building (CMU) 120  
\*RECEPTION TO FOLLOW IN THE SIMPSON CENTER, CMU 202/204\*

In summer of 2015, Greek society teetered on the brink. For six months, the ruling party, SYRIZA, strove to steer the ship of state out of a perfect storm. At the helm, ostensibly, its colorful Finance Minister, Yanis Varoufakis, exuded an air of confidence that suggested he had a plan even while SYRIZA's detractors at home and abroad believed his government was driving the nation towards the rocks. This dramatic showdown had all the potential of a political thriller, a fact not lost on director Costa-Gavras, who in 2019 directed a film based on Varoufakis's memoir of those heady days, *Adults in the Room*.

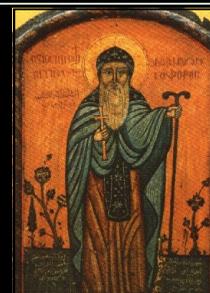
This talk reflects on Greek cinema's focus since 1955 on such moments of crisis and its use of real life tragic figures such as Varoufakis or Melina Mercouri who appear simultaneously on movie screens and the stage of politics.

Vangelis Calotychos has taught at Harvard, NYU, and Columbia. Since 2014, he is Visiting Associate Professor of Comparative Literature at Brown University. He has published widely on Greek literature, cultural studies, and questions of identity, representation, and politics. In 2013, *The Balkan Prospect: Identity, Culture, and Politics in Greece After 1989* (Palgrave MacMillan, 2013), an interdisciplinary analysis of Greece's position within and without the Balkans and Europe after the Cold War, was awarded the Edmund Keeley Book Prize. Currently his research focuses on Greek film. Professor Calotychos is the Executive Director of the Modern Greek Studies Association.

To request disability accommodation, contact the Disability Services Office at least ten days in advance at 206-543-6600/7, 206-685-6452/TTY, 206-685-7264 (FAX), or email [ds@uw.edu](mailto:ds@uw.edu).

## GREEK ORTHODOX CHURCH OF THE ASSUMPTION SUNDAY, JANUARY 19, 2020

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



12<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:** Righteous Makarios of Egypt (+390); Arsenios, Bishop of Kerkyra (+959); Mark the Noble (Eugenikou), Bishop of Ephesus and Champion (Hypermahos) of Orthodoxy (+1444); Righteous Makarios of Alexandria (+394); Relocation of the Relics of St. Gregory the Theologian.

## 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: 6 Ηχος: Πλ. Β´ | Antiphonal Verses: Sunday | 9<sup>th</sup> Orthros Gospel: John 20:19-31

### 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 πρεσβείαις 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.*

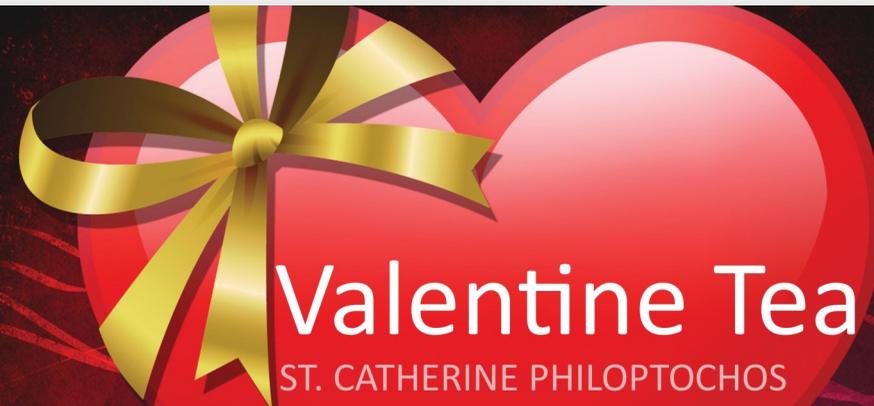
γ´ Βασιλεύσει Κύριος εἰς τὸν αἰῶνα, ὁ  
Θεὸς σου, Σιών, εἰς γενεὰν καὶ γε-  
νεάν.

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 Ἁλληλούια.

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



## Valentine Tea

ST. CATHERINE PHILOPTOCHOS

SATURDAY, FEB. 8<sup>th</sup>

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 Mary Lou Barton at (425) 432-9592 for more information.

Church of the Assumption Fellowship Hall at 1804 13<sup>th</sup> Ave. in Seattle

## OPPORTUNITIES THIS WEEK...

### TODAY

- Thank you for serving our community. Reader Today: John Skandalis
  - Church School
    - Studies in the Faith - Adult Catechism (Library): 12:00 pm
  - All Saints Camp Board Meeting (3<sup>rd</sup> Floor Conference Room): 12:15 pm
- Fellowship Hour will be sponsored today by the Mehas Family in honor of Vasili Mehas's 7<sup>th</sup> birthday today and Athan and Maximos Mehas's name days.
- Congratulations to John and Laurie Skandalis on their 1<sup>st</sup> Wedding Anniversary!

### MONDAY the 20<sup>th</sup>

( Parish Office will be Closed for the Martin Luther King, Jr. Holiday )

MONDAY the 20<sup>th</sup> through MONDAY the 27<sup>th</sup>  
FR. DEAN OUT OF TOWN FOR A WELLNESS MINISTRY SEMINAR

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

#### GREGORY THE THEOLOGIAN

- Matins at St. Demetrios GOC: 8:30 am
- Divine Liturgy at St. Demetrios GOC: 9:30 am
- All Saints Camp Fundraiser Dinner at St. Demetrios GOC: 5:30 pm

### ΤΟ ΤΡΙΤΟΝ ΑΝΤΙΦΩΝΟΝ

( Απολυτικιον Της Ημέρας - Ηχος Πλ. Β΄ )

Αγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα Σου, καὶ οἱ φυλάσ-σοντες ἀπενεκρώθησαν· καὶ ἵστατο Μαρία ἐν τῷ τάφῳ ζητοῦσα τὸ ἀχραντὸν Σου σῶμα. Ἐσκύλευσας τὸν ἄδην, μὴ πειρασθεὶς ὑπ' αὐτοῦ· ὑπήνησας τῇ Παρθένῳ, δορούμενος τὴν ζωὴν. Ὁ ἀναστὰς ἐκ τῶν νεκρῶν, Κύριε δόξα σοι.

### THE THIRD ANTIPHON

( The Hymn of the Day - Tone 6 )

The angelic powers appeared at Your tomb, the soldiers guarding it became as dead men, and Mary stood at Your grave seeking, seeking Your most pure body. But You made hell a captive; You were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to You.

### ΕΙΣΟΔΙΚΟΝ

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

### 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.

### ΤΟ ΑΝΑΣΤΑΣΙΜΟΝ ΑΠΟΛΥΤΙΚΙΟΝ

( Ηχος Πλ. Β΄ )

Αγγελικαὶ δυνάμεις ἐπὶ τὸ μνήμα Σου...

### THE RESURRECTIONAL APOLYTIKION

( Tone 6 )

The angelic powers appeared at Your tomb...

### ΑΠΟΛΥΤΙΚΙΟΝ

Τῆς ἐρήου πολίτης καὶ ἐν σώατι ἀγγελος καὶ θαυατουργὸς ἀνεδείχθης θεοφόρε πατὴρ ἡῶν Μακάριε· νηστεία, ἀγρυπνία, προσευχῆ, οὐράνια χαρίσματα λαβών· θεραπεύεις τοὺς νοσοῦντας καὶ τὰς ψυχὰς τῶν πίσει προστρεχόντων σοι. Δόξα τῷ δεδωκότι σοι ἰσχύν, δόξα τῷ σὲ στεφανώσαντι, δόξα τῷ ἐνεργοῦντι διὰ σοῦ πᾶσιν ἰάατα.

### APOLYTIKION - MAKARIOS

As a citizen of the desert and an angel incarnate and a wonder-worker you shone forth, O Makarios our God-bearing father. Since you received the spiritual gifts by fasting and vigilance and prayer, you can cure those who are ailing and heal the souls of those who run to you with faith. Glory to Him who gave His might to you; glory to Him who placed a crown on you; glory to Him who operates through you, providing cures to all.

### 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.

### 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

Ο μήτραν παρθενικήν ἀγιάσας τῷ τόκῳ  
Σου καὶ χεῖρας τοῦ Συμεὼν εὐλόγησας  
ὡς ἔπρεπε, προφθάσας καὶ νῦν ἔσωσας  
ἡμᾶς Χριστὲ ὁ Θεός. Ἄλλ' εἰρήνευσον  
ἐν πολέμοις τὸ πολίτευμα καὶ κραταίω-  
σον βασιλεῖς οὓς ἠγάπησας ὁ μόνος  
φιλόανθρωπος.

## KONTAKION

O Christ our God who through your birth have  
sanctified the virginal womb and have now  
blessed the arms of Simeon, today You have  
come to save us. O Lord, when wars prevail,  
keep your people in peace and strengthen our  
Public Authorities in every good deed, for You  
alone are the Lover of Mankind.

## 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:** O Lord, save Your people, and bless Your inheritance.

**Verse:** *To You, O Lord, I cry; O my God.*

**Priest:** Wisdom.

**Reader:** The reading is from St. Paul's Letter to the Colossians (3:4-11).

**Priest:** Let us be attentive.

**B**rethren, when Christ who is our life appears, then you also will appear with him in glory. Put to death therefore what is earthly in you: fornication, impurity, passion, evil desire, and covetousness, which is idolatry. On account of these the wrath of God is coming upon the sons of disobedience. In these you once walked, when you lived in them. But now put them all away: anger, wrath, malice, slander, and foul talk from your mouth. Do not lie to one another, seeing that you have put off the old nature with its practices and have put on the new nature, which is being renewed in knowledge after the image of its creator. Here there cannot be Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave, free man, but Christ is all, and in all.

## THE GOSPEL READING

The Reading is from Luke 17:12-19

**A**t that time, as Jesus entered a village, he was met by ten lepers, who stood at a distance and lifted up their voices and said: "Jesus, Master, have mercy on us." When he saw them he said to them, "Go and show yourselves to the priests." And as they went they

continued →

were cleansed. Then one of them, when he saw that he was healed, turned back, praising God with a loud voice; and he fell on his face at Jesus's feet, giving him thanks. Now he was a Samaritan. Then said Jesus: "Were not ten cleansed? Where are the nine? Was no one found to return and give praise to God except this foreigner?" And he said to him: "Rise and go your way; your faith has made you well."

## ΤΟ ΣΥΜΒΟΛΟΝ ΤΗΣ ΠΙΣΤΕΩΣ THE CONFESSION OF FAITH

## ΜΕΓΑΛΥΝΑΡΙΟΝ

Ἀξιόν ἐστὶν ὡς ἀληθῶς, μακαρίζειν σε  
τὴν Θεοτόκον, τὴν ἀειμακάριστον καὶ  
παναμώμητον καὶ μητέρα τοῦ Θεοῦ  
ἡμῶν. Τὴν τιμιωτέραν τῶν Χερουβείμ  
καὶ ἐνδοξοτέραν ἀσυγκρίτως τῶν Σερα-  
φείμ, τὴν ἀδιαφθόρως Θεὸν Λόγον  
τεκοῦσαν τὴν ὄντως Θεοτόκον, σὲ μεγ-  
αλυνομεν.

## 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. Ἄλλ-  
ηλούϊα.

## COMMUNION HYMN

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

## ΑΝΤΙ ΤΟΥ ΕΙΔΟΜΕΝ ΤΟ ΦΩΣ

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

## POST COMMUNION HYMN

We have seen the true light; we have re-  
ceived 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 (1 YR)

MARGARET GRADALIN (14 YRS)

MAY THEIR MEMORY BE ETERNAL