THE GOOD NEWS

The Monthly Bulletin of the Greek Orthodox Church of the Assumption

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GREEK ORTHODOX
CHURCH
OF THE ASSUMPTION
1804 13th AVENUE
SEATTLE, WA 98122
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Rev. Fr. Michael Johnson

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Ingrid Papahronis
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The last Sunday before Great Lent is called Forgiveness Sunday. On the morning of that Sunday, at the Divine Liturgy, we hear the words of Christ:

> *"If you forgive men their trespasses, your heavenly Father will also forgive you, but if you forgive not men their trespasses, neither will your Father forgive your trespasses…" (Mark 6:14-15).*

Later that evening we gather for Forgiveness Vespers where we hear the announcement of Lent in the Great Prokeimenon: "Turn not away Thy face from Thy child for I am afflicted! Hear me speedily! Draw near unto my soul and deliver it!". And after making our entrance into Lenten worship, with the prayer of St. Ephraim the Syrian with its prostrations – we ask forgiveness from each other, we perform the rite of forgiveness and reconciliation. And as we approach each other with words of reconciliation, the choir intones the Paschal hymns, filling the church with the anticipation of Paschal joy.

Missions
Carolyn Mesagno
(401) 617-1109

Camp Agape NW
Andrea Gray
(206) 310-2459

Chanters
Evangelos Pampoukas
(206) 246-7573

Byzantine Chant Classes
Vasilis Fournarakis
(206) 437-1068

Greek Dance Groups
Voula Xenos
(206) 784-7644

Church School
Rachael Pamboukas
(425) 432-2786

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

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

Stewardship
Dimos Katsis
(240) 383-9000

YAL
Steven Miller
(406) 696-0057

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

CHRIST'S GYM

by Rev. Fr. Panagiotis Sotiras

As we enter 2017, the traditional New Year's resolutions are under way. One of the most popular resolutions is getting in shape. Gym memberships spike during the month of January and fitness centers are crowded as people strive to burn off the holiday calories and get healthy. Usually by the end of the first or second month, the gyms are not as packed and later on, it thins out even more. Nevertheless, the desire to work out stems from the fact that by going to the gym, we will feel better, happier, healthier, and full of life.

The Church also wants us to feel better, happier, healthier, and full of life but in a more profound way, of course. While our bodies may grow old and even become ill, our inner lives, our souls, can remain healthy and full of life. The Church does not want us to feel spiritually old, tired and burdened. God wants our souls to experience a life of newness. This life of spiritual renewal began at our baptism as Saint Paul reminds us, "*Therefore we were buried with Him through baptism into death, that just as Christ was raised from the dead by the glory of the Father, even so we also should walk in newness of life.*" (Romans 6:4) God's desire is that our "*youth is renewed like the eagle's.*" (Psalm 103:5) Christ Himself tells us, "*Behold I make all things new.*" (Revelation 21:5)

Spiritually we grow tired, old and burdened because of unhealthy choices we make, which lead us to sin. When we sin, when our behavior is contrary to God's teachings, and we are burdened with experiences like guilt, denial, despair, anger, emptiness and bitterness. Sin and its consequences age our soul; we grow spiritually tired and sick. We are blessed that the Church offers us a way to reverse this process.

In some ways, the Church is like a gym – we come to work out spiritually so that our souls feel better, happier, healthier and full of life. We have trainers in our Bishops, Priests and Theologians who instruct us and help us in our spiritual life. We also have friends in the Saints to encourage us and help us achieve our goals. The Church helps us feel spiritually invigorated and alive, no matter what our age may be. Part of the way the Church is able to help us feel this way is because the burdens of sin are lifted from our life through participation in the sacrament of Confession.

How can we experience this newness of life? First, just like the gym, we need to make Church a priority if we want to see results. We need to attend the Divine Liturgy and receive

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Holy Communion on a regular basis. We need to pray and read Scripture daily. We need to go to Confession. We need to surround ourselves with those who will encourage us, namely the Saints, by learning about their lives. We need to push ourselves and apply the virtues of patience, kindness, mercy, compassion and forgiveness to those in our lives, even to those who have wronged us. We need to accept the disciplines of fasting, but not just from food, but from gossip, hurtful words, and vengeance. We need to make sure we help the poor through our Philoptochos Society and through other philanthropic agencies.

As we participate in the spiritual gym that is the Church, and get stronger in our faith, I know that we will feel spiritually better, healthier, happier and full of life. At the gym people slowly stop going because exercising gets too difficult. Let us avoid this from happening with the Church. Like working out at the gym, it may not always be easy to go to Church or apply the teachings of the Church to our lives, but the results for our souls will be well worth the effort.

May our Lord bless you and your loved ones this New Year with His abundant love and peace! ■

FEBRUARY WORSHIP SCHEDULE

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

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

Saturday, February 4
4:00 pm Great Vespers

Sunday, February 5 / Publican & Pharisee - Triodion Begins
8:45 am Matins
10:00 am Divine Liturgy
Epistle: II Timothy 3:10-15
✠Gospel: Luke 18:10-14

Monday, 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

Tuesday, February 7
10:40 am Prayers at the 3rd Hour

Friday, Feb. 10 / St. Haralambos
8:45 am Matins
10:00 am Divine Liturgy
Epistle: II Timothy 2:1-10
✠Gospel: John 15:17-27; 16:1-2

Saturday, February 11
4:00 pm Great Vespers

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

Saturday, Feb. 18 / Saturday of Souls
8:45 am Matins
10:00 am Divine Liturgy
Epistle: I Thessalonians 4:13-17
✠Gospel: Luke 21:8-9; 25-27; 33-36

Sunday, Feb. 19 / 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

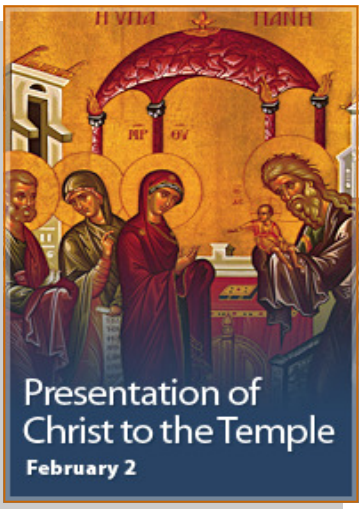
Tuesday, February 21
10:40 am Prayers at the 3rd Hour

Saturday, Feb. 25 / Saturday of Souls
8:45 am Matins
10:00 am Divine Liturgy
Epistle: Galatians 5:22-26; 6:1-2
✠Gospel: Matthew 6:1-13

Sun, Feb. 26 / 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

Monday, Feb. 27 / LENT BEGINS
4:00 pm Great Compline & Great Canon I

Tuesday, February 28
10:40 am Prayers at the 3rd Hour
4:00 pm Great Compline & Great Canon II



WOCA PAN-ORTHODOX VESPERS

All Services Begin at 5:00 PM

March 5th (Sunday of Orthodoxy)
St. Demetrios GOC
2100 Boyer Avenue E.
Seattle, WA 98112
Phone: (206) 631-2500
Homilist: Met. Gerasimos

March 12th (Sunday of St. Gregory Palamas)
Holy Apostles GOC
19421 Ashworth Avenue N.
Shoreline, WA 98133
Phone: (206) 542-1391
Homilist: Fr. David Hovik

March 19th (Sunday of the Holy Cross)
St. Katherine OCA Mission
14216 132nd Ave. NE
Kirkland, WA 98034
Phone: (425) 623-3653
Homilist: Fr. Jeremiah Vollman

March 26th (Sunday of St. John Climacus)
St. Paul AOC
21236 Poplar Way
Brier, WA 98036
Phone: (425) 771-1916
Homilist: Fr. James Robinson

April 2nd (Sunday of St. Mary of Egypt)
Sts. Joachim & Ana Romanian Orthodox Church
4202 34th Avenue W.
Seattle, WA 98199
Phone: (206) 434-1911
Homilist: Fr. Tom Tsagalakis

USHERS & READERS

Sunday, February 5

Ushers: Ron Delarose & William Howe
Close: Dimos Katsis
Reader: Steve Miller

Sunday, February 12

Ushers: Ted Dimitriou & Cristina Pappas
Close: Straton Spyropoulos
Reader: Penny Peppes

Sunday, February 19

Ushers: James Prekeges & Christina Siaterlis
Close: Niko Pamboukas
Reader: Joanna Pulakis

Sunday, February 26

Ushers: Jim Cox & Louis Natsiopoulos
Close: Chris Pamboukas
Reader: Straton Spyropoulos

FELLOWSHIP HOUR

Stay! Eat! Enjoy each other's company!

Please join us after Liturgy for refreshments. All are welcome.

THANK YOU to our friends and families who hosted a Fellowship Hour in January: **Joanne Zarkades, Gus & Kristina Mehas, Basil Papahronis, Corinda LeClair, Tom Swanton, St. Catherine Philoptochos, Stella & Louie Apostolou and George, Emmanuel & Paul Flemetakis, Mike & Jodi Hulbert, and Christina Pappas & her family.**

In February, we have three Sunday available to host:

- February 05: **James Prekeges**
- February 12: **AVAILABLE TO HOST**
- February 19: **AVAILABLE TO HOST**
- February 26: ***AVAILABLE TO HOST***

In March, we have two Sundays available to host:

- March 05: ****St. Catherine Philoptochos****
- March 12: ****AVAILABLE TO HOST****
- March 19: ****St. Catherine Philoptochos****
- March 26: ****AVAILABLE TO HOST****

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

Thank you for planning your food offerings within the fasting guidelines

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

http://assumptionseattle.360unite.com/groups/fellowship-hour

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

Thank You for serving!

Ingrid Papahronis
Coordinator - Fellowship Hour

KOLIVA - MEMORIAL SERVICES

To schedule a memorial please contact our Office Manager, Jillian Chandler. If assistance with Koliva is requested, Jillian will contact Mary Lou Barton who makes arrangements for Koliva.

Some things to keep in mind:

⇒ Please allow at least one week to ten days for us to contact a Philoptochos member to prepare Koliva. This ensures that *sitari* (wheat) is available and allows time to purchase additional ingredients as necessary. At times there may be 3-4 memorials on a given Sunday.

⇒ Our Koliva preparers are all volunteers (sisters of Philoptochos) who facilitate the tradition for those who request our help. They willingly and lovingly prepare the Koliva, which, from start to finish, takes 3 days.

⇒ Philoptochos purchases the *sitari*; all other ingredients are purchased by the ladies who prepare the Koliva, and they are reimbursed by Philoptochos.

⇒ Philoptochos asks a $75 donation (or whatever amount you are able to donate). This donation helps further St. Catherine's philanthropic ministries.

Parishioners who desire to prepare their own Koliva may purchase *sitari* at $2 per pound. The sitari is in 1-pound plastic baggies located in the kitchen pantry. An envelope is available for donations.

The **women to thank** for preparing Koliva are **Theodora Geokezas** who has taken the lead in this regard, **Marianthe Geokezas, Laurie Skandalis, Tasoula Pamboukas, Glyka Pamboukas**, and **Kristina Mehas**. The preparation of Koliva by these special women in St Catherine's, in memory of those who have fallen asleep in the Lord, is done with love and hope for eternal life. ■

FASTING GUIDELINES

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

We look at Great Lent (which begins on Feb. 27th) 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 20-26	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 17	Abstinence from Categories I, II & III Wine, Oil, Shellfish, Fruit, Vegetables and Vegetable Products are permitted.
Strict Fast February 1, 3, 15, 27 & 28	Abstinence from Categories I, II, III & IV Shellfish, Fruit, Vegetables and Vegetable Products are permitted.

Stewardship

a way of life

ABRAHA, Amanuel & Selam Tekle
AMORATIS, Anthony & Sophie
ARGUE, Clifford & Theodora
ATHANS, Eleni & George Bariames
ATHANS, John & Stella
ATTIAS, Anna
BARBACHAN, Hugo & Popee
BARBAS, E. Anthe
BAROKAS, Marie
BAROKAS, Vasso
BARTON, Roger & Mary Lou
BASS, Steve & Stella
BULBULA, Girma & Alemitu Wakene
CARDARAS, Vlasios & Voula
CHARONI, Nancy
CHARONI, Tim & René
CHARONIS, Mark
CHRISTOU, Ted & Barbara
CONOM, Joanna
COOLIDGE, Trilby
COSTACOS, Jerry & Eva
COX, Maria
DALLAS-SMITH, Mary
DELAROSE, Ron & Teresa
DELEGANS, George & Alexandra
DIAFOS, Pauli
DIAMOND, Maria
DIAMOND, Nitsa
DIMOS, Gabriella
ESTEP, Charles & Lina
EVANS, Jr., Peter
FARMER, Joanna
FLY, Larry
FRANKS, John & Athanasia
GEOKEZAS, Demetrios & Eryn
GEOKEZAS, Marie & David Howard
GEOKEZAS, Meletios & Theodora
GREENE, Marke & Angela
HULBERT, Mike & Jodie
HUNT, Kelsey
HUNT, Madeleine
ILES, Catherine
JEWELL, Gavin & Emily
KATSIS, Dimos & Alexis
KAZAKOS, Stephano
KOULDUKIS, Betty
KOULDUKIS, George
KOULDUKIS, Fr. Dean & Pres. Val
LINARDOS, James & Jan
LING, Maria
LORD, Timothy & Debby
LOTAKIS, Greg
LUCAS, Greta
MANOLIDES, Andrew & Anastasia
MANOLIDES, Nancy
MASCHINSKY, Dan & Teresa
MEHAS, Gus & Kristina
NATSIOPOULOS, Louis
NEWTSON, Michael & Elaine
O'NEIL, Katie
PAMBOUKAS, Kosta
PAMPOUKAS, Evangelos & Tasoula
PAPAHRONIS, Basil
PAPPAS, Cristina
PAPPAS, George & Lora
PEPPES, George & Penny
PEPPES, Steve & Popi
PREKEGES, James
RAKUS, Tom
SARIDAKIS, Arthur
SKARLATOS, Nikoletta
SKEPETARIS, Eva
SKEPETARIS, Tom & Teresa
SMETHERAM, Philip & Carol
SMETHERAM, Sofia
SOUKAS, George & Ritsa
STAFFORD, Stephanie Pulakis
STAMATOYANNOPOULOS, George & Thalia
STUBBS, Sue
TALERICO, Ed & Joyce
TARLSON, Popi
TOURAS, Antonios, Antonia & Nikolas
TRAPALIS, Dina & Eleni
TREMBANIS, Sophia
TSALAKY, Molly
TSALAKY, Tony
TZIOTIS, Yiannis & Katerina
ZAFFEE, Maria
ZANIDES, Fran
ZARKADES, Joanne

GENERAL ASSEMBLY

On Sunday, February 26th, 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 26, 2017

Opening Prayer and Scripture Reading
(Fr. Dean)

Election of Chair

Approval of Minutes
(from General Assembly convened on November 20, 2016)

Treasurer's Report
(William Howe - 2016 Year End Report)

Stewardship Report
(Gus Mehas - 2016 Year End Report and 2017 Projections)

Audit Committee Report
(Naya Kehayes - 2014 & 2015 Audit Reports)

Building Project Loan Financial Report
(William Howe)

2016 Holiday Fest Report
(Joanne Zarkades)

San Francisco Metropolis Clergy-Laity Assembly
Wednesday, April 26th - Thursday, April 27th
(Designation of Delegates)

Old Business

New Business

Fr. Dean's Comments

Adjourn

Closing Prayer
(Fr. Dean)

ST. JOHN THE ALMSGIVER

We welcomed **Betty Saites** to our morning food preparations in January. Betty is a new parishioner, having moved here from Milwaukee, Wisconsin to be closer to her granddaughter. Betty's granddaughter is Pauli Diafos' great granddaughter.

The turkey contributions these past two months helped supply enough meat for two cooking sessions. Thank you to all who contributed!

We depend on your continuing financial and food donations support to sustain our ministry. The generous funds donation by Clara Nicon have been declining and we will require an increased support from the Assumption community as a whole to sustain this Outreach ministry.

As we were cooking the second Thursday in January, we saw two street people sitting in the alley behind the church. It was a bitter, cold day so we invited them to join us for lunch. We learned their story and gave them a momentary respite from hardship. This is who and what we are about!

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 9:00 am to noon and then serve the food at the shelter from 6:00 pm to 9:00 pm. ■

Basil Papahronis
St. John the Almsgiver Spokesman

2017 PARISH COUNCIL

Gus Mehas (President)
Niko Pamboukas (Vice President)
William Howe (Treasurer)
Christina Siaterlis (Secretary)
Ron Delarose
Ted Dimitriou
Larry Fly
Dimos Katsis
Daniel Maschinsky
Chris Pamboukas
Cristina Pappas
James Prekeges
Straton Spyropoulos

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

SNOWFEST!

ASSUMPTION FAMILY FUN DAY AND SNOW-TUBING EXTRAVAGANZA
SNOQUALMIE PASS, SATURDAY, FEBRUARY 25th

2016 – Mengis Ablelome speeds down the snowy slopes!

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. We'll be attending the 1:30pm-3:30pm session at the Summit Tubing Center, with pizza on the way home. It's a perfect event for kids, elementary through middle school. Don't buy your tickets yet - the parish will go for a group rate.

Email with details to follow!

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

CLICK HERE

Got questions? Talk to Fr. Michael. ■

ORATORICAL FESTIVAL 2017

ATTENTION 7-12 GRADERS:
START NOW TO PREPARE FOR THIS YEAR'S COMPETITION

There are three categories: oratory, poetry and essay. 7-9 graders get to compete at the "junior" level; while 10-12th graders compete as "seniors." Our parish festival is set for Sunday, March 26th. Win there, and you go on to District and maybe the Metropolis competition. Win there, and you get a trip to Massachusetts in June for the Nationals, where you might even win some serious scholarship money toward college. You'll also meet a lot of other cool Greek Orthodox kids and enjoy some great activities! (4-6th graders can also participate at the parish festival, but don't actually compete - great preparation, though, for when they're old enough.) ■

For help with "tips and topics" visit:

http://www.goarch.org/archdiocese/departments/religioused/sjcof/sjcof_2017_topics_tips.pdf

CLICK HERE

WINTER CLOTHING DRIVE

WINTER CLOTHING DRIVE FOR THE JUBILEE WOMEN'S CENTER
JANUARY 29 - FEBRUARY 12

We are accepting women's in-season Winter clothing donations now through Sunday, February 12.

We will be delivering the clothes to the Jubilee Women's Center on St. Valentine's Day, Tuesday, February 14th, when we serve dinner that evening.

Your donations are given to women to wear for interviews, a new job, a special event, or to improve self-confidence day to day.

All clothing, accessories and shoes must be clean, gently used & consignment quality. You may bring your clothing in either hanging on hangers or folded in bags. Please look for the clothing rack and collection tub outside of the Fellowship Hall.

For other accepted donation items please see the "Wish List" on the Jubilee website:

http://www.jwcenter.org/get-involved/wish-list/

For comments or additional questions, please **contact Carolyn Mesagno** at cemesagno@live.com. Thank you! ■

2017 PACIFIC NW GOYA Lent Retreat

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

This year's Lent Retreat sees the return of the Amazing Race where our teenagers will not only see Portland through an amazing journey on foot but also learn about the journey we take during Lent that leads us to Pascha.

- WHO: Teens in Grades 7 - 12
- WHAT: An Amazing Race around Portland! Discussions with Clergy! Fun with Friends, New and Old! Confession and More!
- WHERE: Holy Trinity: 3131 Glisan St. Portland OR 97232
- WHEN: March 17, 18, 19, 2017.
- COST: $90 per person. Scholarships available for those in need.

We invite youth from all of our Orthodox Parishes to attend. Teens from outside of Portland will be hosted by Portland families on Friday and Saturday night.

Note: This is the only retreat where we encourage teens to bring their cell phones. Phones will be used to take photos and accomplish tasks during the Amazing Race portion of the retreat. Teens without cell phones are encourage to bring a digital camera.

Please fill out separate registrations forms for EACH child attending. Register at www.saintdemetrios.com **Registration closes on March 6, 2017.**

ORTHODOX MISSIONS

Jesse stands with the Orthodox priest and the faithful of Nueva Concepción, Guatemala.

I have finished my first term of service as a missionary in Guatemala, thanks to support from all of you! After spending two years working in Guatemala, I have seen the depth of the need for missionaries here. With thousands of people still growing in Orthodoxy, the Church needs experienced missionaries to continue the work here. I can help even better in Guatemala now that I'm fully fluent in Spanish and have developed strong relationships in the villages. So I have decided to volunteer for another two-year term of mission work (from 2017 to 2019). Before beginning the next two-year term, I will return to the USA to visit with everyone and share how things are progressing in Guatemala. I will be traveling in the Pacific Northwest during February. I plan to visit with all of you at Church of the Assumption on Sunday, February 26th.

Thank you for your love and support! Please continue to pray for me and support me in your generosity. I can't wait to see all of you at the end of February! ■

Jesse Brandow
Missionary to Guatemala

Follow: www.facebook.com/jessebrandow
Support: www.ocmc.org/jessebrandow

ST. CATHERINE PHILOPTOCHOS NEWS

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 12th**, 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

Help Provide a Community Meal at Jubilee

Dinners that our parish provides to Jubilee 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.

We will provide another community meal to the residents of Jubilee on Tuesday, February 14th. We'll meet at Jubilee 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 and fruit and dessert) or help prepare and serve the meal, please **contact Alexis Katsis** (boyda02@gmail.com) or **Elaine Newtson** (ementis@gmail.com).

Family Outreach

Assumption parishioners Jonathan and Marilee Brewer are expecting the birth of their first child at the end of January. If you would like to prepare and deliver a meal to the Brewers home in Phinney Ridge after the baby is born please **contact Teresa Maschinsky** at teresa.maschinsky@gmail.com or at (719) 661-7013. This is a beautiful opportunity for us to show our love and support for Jonathan and Marilee and we hope you can join us in the joyful undertaking!!

Annual Philoptochos Valentine's Tea

Mark your calendars for our annual Valentine Tea scheduled for Saturday, February 11th from 1:00 to 4:00 pm.

The tea will include lovely eats, raffles, door prizes and entertainment. You won't want to miss it! Be sure to invite your family and friends. Children are especially welcome (check out the flyer for the cooking class scheduled just before the tea)!!

All Philoptochos members are asked to bring tea sandwiches or a dessert, preferably homemade. We are also seeking donations for the raffle. Suggested items to donate include: restaurant gift certificates, theater tickets, wine, chocolate, Greek specialty foods, Ouzo or similar liquor, Seahawks items, family entertainment, spa or bath and body items, night out on the town and

continued ➔

➔ "homemade with love" items.

We would love to hear from you if you have ideas or questions. Please bring donations to the church by February 5th so they can be arranged into baskets. As always, your support and donations are sincerely appreciated and vitally necessary to raise the funds needed to continue our many charitable endeavors.

For questions, please **contact Nancy Charoni** at (206) 933-2403.

Hygiene Bag Project for Angeline's Day Center for Homeless Women

Please continue to collect 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.

2017 Philoptochos Membership Campaign

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 aid 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.

The annual dues of $40 are being collected now. Please pick up a membership form today (they can be found in the Fellowship Hall across from the Bookstore) and let us know how you want to be involved!! ■

Events at a Glance:

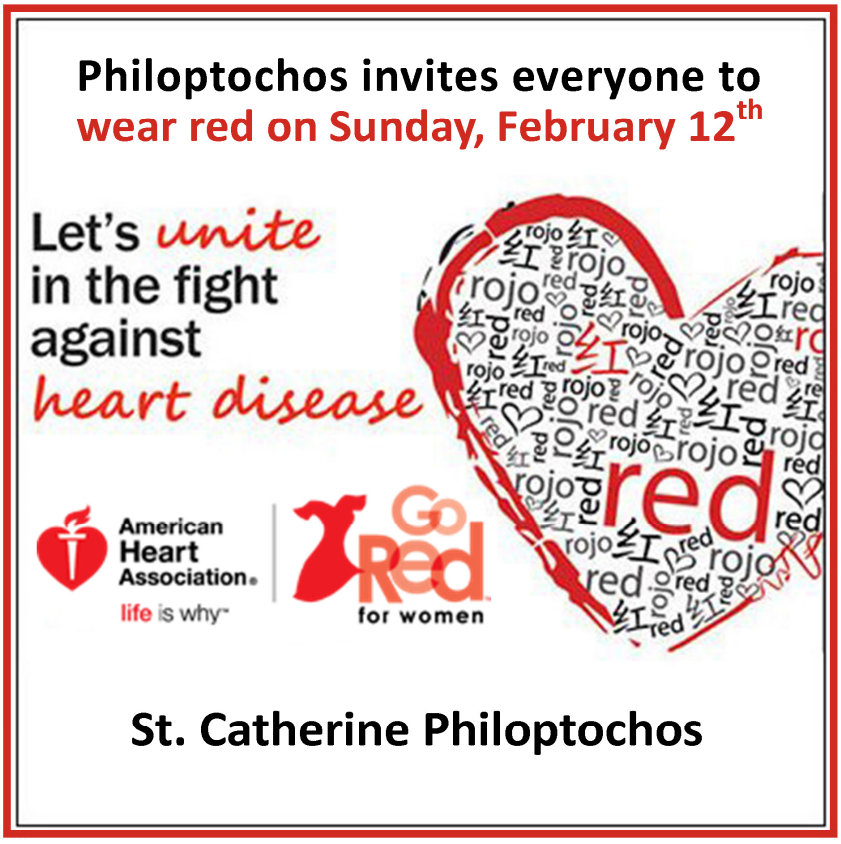
⇒ Cooking Class for Children from noon - 1:00 pm on **Saturday, February 11th**
⇒ Annual Philoptochos Valentine Tea on **Saturday, February 11th** from 1:00 - 4:00pm
⇒ "Go Red for Women" on **Sunday, February 12th**
⇒ Community Meal at Jubilee Women's Center at 4:30 pm on **Tuesday, February 14th**
⇒ General Membership Meeting on **Sunday, March 13th** during Fellowship Hour

With Sisterly Love,

Kristina Mehas
President

Valentine Tea
ST. CATHERINE PHILOPTOCHOS
SATURDAY, FEB. 11th
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, gloves - and if you wish, bring your own Teapot and teacup. 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

Children's Cooking Class
with Kristina Mehas
Saturday, February 11th, 12:00 - 1:00 pm
at the Greek Orthodox Church of the Assumption
1804 13th Avenue, Seattle, 98122
(206) 323-8557
All ages are welcome. We'll prepare tasty treats together from noon to 1:00 pm and then we'll attend the Philoptochos Valentine's Tea together.
Class Menu
Tea Sandwiches
Chicken Salad
Egg Salad
Cucumber
Cream Cheese & Blueberries
For more detailed information call Kristina Mehas at (206) 390-7233


Philoptochos invites everyone to
wear red on Sunday, February 12th
Let's unite in the fight against heart disease
American Heart Association.
life is why
Go Red for women
red
St. Catherine Philoptochos

GREEK ORTHODOX CHURCH OF THE ASSUMPTION

FEBRUARY 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	✠Strict Fast Wine/Oil Allowed Dairy Allowed		**1**✠ 9:00 am Matins at St. Sophia GOC 10:00 am Liturgy at St. Sophia GOC 11:00 am Funeral for Fr. Photius Pentikis at St. Sophia GOC in Bellingham	**2** PRESENTATION OF OUR LORD 8:45 am Matins 10:00 am Liturgy 9:00 am St. John the Almsgiver-Cooking 7:00 pm Byzantine Chant Classes 7:30 pm AA Meeting	**3**✠ PARISH OFFICE CLOSED	**4** 4:00 pm Great Vespers
5 SUNDAY OF THE PUBLICAN & PHARISEE Triodion Begins 8:45 am Matins 10:00 am Liturgy Church School	**6** ST. PHOTIOS 8:30 am Matins at St. Demetrios GOC 9:30 am Liturgy at St. Demetrios GOC 6:00 pm Men's Ministry Meeting	**7** 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study 6:00 pm Parish Council Meeting 6:30 am Camp Agape NW Board Meeting	**8**	**9** 9:00 am St. John the Almsgiver-Cooking 7:00 pm Byzantine Chant Classes 7:30 pm AA Meeting	**10** ST. HARALAMBOS 8:45 am Matins 10:00 am Liturgy 11:30 am Philoptochos Tea Set-up PARISH OFFICE CLOSED	**11** 12:00 pm Children's Cooking Class **1:00 pm PHILOPTOCHOS VALENTINE TEA** 4:00 pm Great Vespers
12 SUNDAY OF THE PRODIGAL SON 8:45 am Matins 10:00 am Liturgy Church School Philoptochos "Go Red Sunday"	**13** 7:00 pm Studies in Faith	**14** 4:30 pm Philoptochos serving dinner at Jubilee center	**15**✠	**16** 7:00 pm Byzantine Chant Classes 7:30 pm AA Meeting	**17** PARISH OFFICE CLOSED	**18** SATURDAY OF SOULS 8:45 am Matins 10:00 am Liturgy 4:00 pm Great Vespers
19 JUDGMENT SUNDAY (Meatfare) 8:45 am Matins 10:00 am Liturgy Church School Memorial: Dimitrios & Kathryn Skandalis	**20** PRESIDENT'S DAY PARISH OFFICE CLOSED	**21** 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study	**22**	**23** 7:00 pm Byzantine Chant Classes 7:30 pm AA Meeting	**24** PARISH OFFICE CLOSED	**25** SATURDAY OF SOULS 8:45 am Matins 10:00 am Liturgy 1:30 pm Assumption Family Snow Day at Snoqualmie Pass
26 FORGIVENESS SUNDAY (Cheesefare) 8:45 am Matins 10:00 am Liturgy Church School Jesse Brandow Missions Presentation GENERAL ASSEMBLY 5:00 pm Service of Forgiveness	**27**✠ GREAT LENT BEGINS 4:00 pm Great Compline & Great Canon I 7:00 pm Studies in Faith	**28**✠ GREAT LENT 10:40 am Prayers at the 3rd Hour 11:00 am Bible Study 4:00 pm Great Compline & Great Canon II				

PARISH OFFICE HOURS:
M-TH 11:00 AM - 6:00 PM ~ (206) 323-8557
(Parish Office is CLOSED on Fridays)

MATINS GOSPEL & TONE SCHEDULE

Sunday	Gospel	Tone
5	11	Plagal Fourth
12	1	First
19	2	Second
26	3	Third

THE MONTHLY BULLETIN OF THE GREEK ORTHODOX CHURCH OF THE ASSUMPTION

GREEK ORTHODOX CHURCH
OF THE ASSUMPTION
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Seattle, WA 98122-2515

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