



On the Spirit of Fasting

My beloved,

Below is a study from the Catechism offered at Saint Nicholas on the subject of fasting. As we look ahead into our own entrance into the Great 40 Days, I felt it would be a good resource to share with all. May we all share in a good struggle toward the Resurrection!

—Fr. Anthony

In the New Testament, prayer is closely associated with fasting. When the Apostles were unable to cast a demon out of a child, the Lord told them, “*This kind can come forth by nothing, but by prayer and fasting*” (Mark 9:29). Even though He is God by nature, our Lord Himself fasted in the flesh so that we might learn the importance of fasting (see Matthew 4:2).

In giving instructions to His Apostles, Christ did not say to them, “*If ye fast,*” but “*When ye fast*” (Matthew 6:16). The Apostles fasted (see Acts 13:2). In the Didache we read that the early Christians observed Wednesdays and Fridays as regular fast days, even as we do today.

Fasting is, therefore, not an option for Orthodox Christians. It is an essential element of the life in Christ. Great Lent begins with this command from the prophecy of Joel: Blow the trumpet in Zion, sanctify a fast, call a solemn assembly (Joel 2:15). In short, fasting is a matter of obedience to God.

There are two kinds of fasting: (1) a complete abstinence from food and (2) an abstinence from certain kinds of food. Complete abstinence from food is prescribed before reception of Communion. This begins the evening before Communion. The minimum requirement is no food or drink after midnight. Many also observe a complete fast at the beginning of Lent and on Great and Holy Friday, at least until after vespers.

During Great Lent and the other seasons of fasting, we abstain from all meat, dairy products, and fish with backbones. We also regulate the amount of food eaten. The Fathers tell us that we should get up from the table still slightly hungry, in order to be attentive at prayer.

Abstinence from certain types of food has nothing to do with “uncleanness.” There is nothing morally wrong with eating meat, although most Fathers did teach that Adam and Eve did not eat meat before the Fall.

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St Nicholas Greek Orthodox Church

1523 S Yakima Ave

Tacoma, WA 98405

Phone: 253-272-0466

Parish Website: stnicholastacoma.org

E-Mail: mail@stnicholastacoma.org

Administrative Office Hours: Tuesday—Friday 10:00 am - 3:00 pm



Sunday Services

8:45 am Orthros

10:00 am Divine Liturgy

Please join us for Social/Coffee Hour in our downstairs hall, following the Divine Liturgy

Fr. Anthony Cornett, Our Presiding Priest



For appointments, questions or urgent needs, Fr. Anthony is available 24/7 on his cell phone.

Fr. Anthony's Cell phone: 1-661-776-5237

Office Hours at St. Nicholas

— by appointment —

Email: anthonymcornett@gmail.com

Saint Nicholas Messenger is the official monthly newsletter of the St. Nicholas Greek Orthodox Church of Tacoma Washington

Editors: Carol MartinOki/Bill Samaras

Media team: Paula Karanasos, Fr. Anthony

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Submit content, comments, or corrections, addressed to the Editor at mail@stnicholastacoma.org

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 Evy Kontos - Treasurer

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 Intermediate Group - Evy Kontos
 Beginner Group - Kelly Rosati
 Adult Group - George Pirotis

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Coffee Hour

Zach Karanasos

IT, etc.

Bill Samaras

Philia

Diane Pirotis

Pro Life

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Flowers & Church Decorating

Genevieve Eagle

Greek School

George Pirotis

Lazarus Group

Dean Hamos

Pilgrimage

Zach Karanasos

Prosphora Baking

Presvytera Anna

Welcome

Gus Chamales

Parish Council

Next Parish Council Meeting will be Tuesday March 12, 2024

MARCH 2024

SUN	MON	TUE	WED	THU	FRI	SAT
25 Hieromartyr Reginos, Bishop of Tarasius, Archbishop of Constantinople 5 more	26 Martyr Photini the Samaritan, and Pophyrus, Bishop of Gaza 3 more	27 Raphael, Bishop of Brooklyn Venerable Epiraim of Katounak 3 more	28 Venerable (John) Cassian, Confessor Venerable Basil the Confessor 2 more	29 6:30am Orthros 2 more	Mar 1 David of Wales Venerable Martyr Eudokia of Samos 2 more	2 Martyr Hesychius the Senator Venerable Nicholas Planas 3 more
3 Martyrs Eutropius, Cleonicus, and Euphrosimus 8:30am Orthros 3 more	4 2024 Metropolis Clergy-Laity Affairs Venerable Gerasimus of the Jordan 6pm Modern Greek (ZOOM)	5 2024 Metropolis Clergy-Laity Affairs Piran of Cornwall 4 more	6 2024 Metropolis Clergy-Laity Affairs 42 Martyrs of Amorium 2 more	7 Hieromartyrs of Cherson 6:30am Orthros	8 40 Great Martyrs of Sebaste (The Holy Martyrs) Venerable Theophylact the Confessor 3 more	9 Saturday of Souls 8:30am Orthros 2 more
10 Quadratus the Martyr of Corinth 8:30am Orthros 4 more	11 Sophronius, Patriarch of Jerusalem 5pm Beginner's Greek (ZOOM) 6pm Modern Greek (ZOOM)	12 Gregory the Great, Pope of Rome Venerable Theophanes the Confessor 3 more	13 Translation of the relics of Nice 6pm Paraklesis 7pm Wednesday Chant Class	14 Venerable Benedict of Nursia 6:30am Orthros	15 Agapius the Martyr, and those who suffered with him 10am Bible Study (w/ 3rd Hour) 6pm Small Compline (w/ Cancellation)	16 Sabinus, the Martyr of Egypt Venerable Christodulus of Patmos 2 more
17 Venerable Alexius, the Man of God Venerable Patrick, Enlightener of Ireland 5 more	18 CLEAN MONDAY Cyril, Archbishop of Jerusalem 3 more	19 Martyrs Chrysanthus and Daria 2pm 40 Days for Life 6pm Great Compline w/ Cancellation	20 Cuthbert of Lindisfarne Venerable Fathers slain in Saint Albans 2 more	21 Venerable Bishop James the Confessor 6pm Great Compline w/ Cancellation	22 Hieromartyr Basil, Presbyter of Caesarea 6:30am Presanctified Liturgy 6pm Small Compline w/ Cancellation	23 Hieromartyr Nicon, and his 199 Companions Miracle of the Kollyva 3 more
24 1821 Greek Revolution Celebrations Venerable Artemon, Bishop of Thessalonika 6 more	25 ANNUNCIATION OF THE MOST HOLY VIRGIN 8:30am Orthros 3 more	26 Synaxis of Archangel Gabriel 6pm Vespers 7pm Building Committee	27 Matrona, Martyr of Thessalonika 6pm Presanctified Liturgy 7:30pm Potluck w/ Lenten Blessing	28 Venerable Gabriela Venerable Hilarion the New, Abbot of the Great Schema	29 Mark, Bishop of Arethusa and Cyprian Martyrs Jonas and Barachisius 6pm Small Compline w/ Cancellation	30 Venerable John of Sinai, author of the Philokalia 6pm Vespers & Small Compline
31 Hieromartyr Hypatius, Bishop of Thessalonika Innocent of Alaska, Equal-to-the-Apostles 4 more	Apr 1 Venerable Mary of Egypt 5pm Beginner's Greek (ZOOM) 6pm Modern Greek (ZOOM)	2 Venerable Titus the Wonderworker 6pm Vespers 7pm Building Committee	3 Venerable Nicetas the Confessor 6pm Paraklesis	4 Venerable George of Maleon Venerable Theonas, Archbishop of Thessalonika 6:30am Orthros	5 Claudius, Diodore, and the five Holy Martyrs 10am Bible Study (w/ 3rd Hour) 6pm Small Compline (w/ Cancellation)	6 Eutychius, Patriarch of Constantinople 6pm Vespers & Small Compline

The most up to date calendar is always found at the St. Nicholas web page:
www.stnicholastacom.org

MARCH 2024 DAILY CALENDAR

<p>Friday, March 1 David of Wales Venerable Martyr Eudokia of Samaria 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>	<p>Saturday, March 2 Martyr Hesychius the Senator Venerable Nicholas Planas 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>
<p>Sunday, March 3 Martyrs Eutropius, Cleonicus, and Basiliscus 8:30am Orthros 10:00am Divine Liturgy 12:15pm Catechism: Class 12</p>	<p>Monday, March 4 Venerable Gerasimus of the Jordan 6:00pm Modern Greek (ZOOM)</p>
<p>Tuesday, March 5 Piran of Cornwall Venerable Martyr Conon of Isauria 2:00pm 40 Days for Life 6:00pm Vespers 7:00pm Building Committee</p>	<p>Wednesday, March 6 42 Martyrs of Amorium 6:00pm Paraklesis 7:00pm Wednesday Chant Class</p>
<p>Thursday, March 7 Hieromartyrs of Cherson 6:30am Orthros</p>	<p>Friday, March 8 Venerable Theophylact the Confessor, Bishop of Nicomedia 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>
<p>Saturday, March 9 40 Great Martyrs of Sebaste 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>	<p>Sunday, March 10 Quadratus the Martyr of Corinth, and those with him 8:30am Orthros 10:00am Divine Liturgy 12:15pm Catechism: Class 13 12:15pm Choir Practice (Divine Liturgy Group)</p>

MARCH 2024 DAILY CALENDAR

<p>Monday, March 11 Sophronius, Patriarch of Jerusalem 5:00pm Beginner's Greek (ZOOM) 6:00pm Modern Greek (ZOOM)</p>	<p>Tuesday, March 12 Gregory the Great, Pope of Rome Venerable Theophanes the Confessor of Sigrigane 2:00pm 40 Days for Life 6:00pm Vespers 7:00pm Parish Council</p>
<p>Wednesday, March 13 Translation of the relics of Nicephorus, Patriarch of Constantinople 6:00pm Paraklesis 7:00pm Wednesday Chant Class</p>	<p>Thursday, March 14 Venerable Benedict of Nursia 6:30am Orthros</p>
<p>Friday, March 15 Agapius the Martyr, and those with him 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>	<p>Saturday, March 16 Sabinus, the Martyr of Egypt Venerable Christodulus of Patmos 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>
<p>Sunday, March 17 Venerable Alexius, the Man of God Venerable Patrick, Enlightener of Ireland 8:30am Orthros 10:00am Divine Liturgy 12:15pm Catechism: Class 14</p>	<p>Monday, March 18 Cyril, Archbishop of Jerusalem Nicholas, Bishop of Ohrid and Zica Nikolai Velimirovic of Pennsylvania 6:00pm Modern Greek (ZOOM)</p>
<p>Tuesday, March 19 Martyrs Chrysanthus and Daria 2:00pm 40 Days for Life 6:00pm Vespers</p>	<p>Wednesday, March 20 Cuthbert of Lindisfarne Venerable Fathers slain in Saint Sabbas Monastery 6:00pm Paraklesis</p>

MARCH 2024 DAILY CALENDAR

<p>Thursday, March 21 Venerable Bishop James the Confessor 6:30am Orthros</p>	<p>Friday, March 22 Hieromartyr Basil, Presbyter of the Church of Ancyra 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>
<p>Saturday, March 23 Hieromartyr Nicon, and his 199 Disciples Tikhon, Enlightener of America 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>	<p>Sunday, March 24 Venerable Artemon, Bishop of Seleucia 8:30am Orthros 10:00am Divine Liturgy 12:15pm Catechism: Class 15 12:15pm Choir Practice (Divine Liturgy Group)</p>
<p>Monday, March 25 ANNUNCIATION OF THE MOST HOLY THEOTOKOS 6:00pm Modern Greek (ZOOM)</p>	<p>Tuesday, March 26 Synaxis of Archangel Gabriel 6:00pm Vespers</p>
<p>Wednesday, March 27 Matrona, Martyr of Thessaloniki 6:00pm Paraklesis</p>	<p>Thursday, March 28 Venerable Gabrielia Venerable Hilarion the New, Abbot of the Peleketete Monastery 6:30am Orthros</p>
<p>Friday, March 29 Mark, Bishop of Arethusa and Cyril the Deacon Martyrs Jonas and Barachisius, and those with them 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>	<p>Saturday, March 30 Venerable John of Sinai, author of the Ladder 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>
<p>Sunday, March 31 Hieromartyr Hypatius, Bishop of Gangra Innocent of Alaska, Equal-to-the-Apostles and Enlightener of North America 8:30am Orthros</p>	<p><i>Sunday, March 31 continued...</i> 10:00am Divine Liturgy 12:15pm Catechism: Class 16</p>

Ordination of Spyridon Rice to the Holy Diaconate



The faithful from Saint Nicholas Greek Orthodox Church in Tacoma, WA witnessed the ordination of Spyridon Rice to the Holy Diaconate by His Eminence Metropolitan Gerasimos of San Francisco, on Saturday, February 3, 2024. Also participating in the service were His Grace Bishop Ioannis of Phocaea, Metropolis Chancellor; Rev. Father Dean Kouldukis, from Assumption Greek Orthodox Church in Seattle, WA; Rev. Father Photios Dumont from Saint Demetrios in Seattle, WA; Rev. Father Tom Tsagalakis from Holy Apostles Greek Orthodox Church in Shoreline, WA; Rev. Father David Sommer from Saint Thomas Antiochian Orthodox Church in Snohomish, WA; Rev. Father Seraphim Majmudar from Saint Lawrence Greek Orthodox Church in Felton, CA; Rev. Father Matthew Swehla from Saint John the Baptist Greek Orthodox Church in Beaverton, OR; Rev. Father Patrick O'Rourke from Holy Cross Greek Orthodox School of Theology in Brookline, MA; Rev. Father Anthony Cornett from Saint Nicholas in Tacoma, WA; and Rev. Archdeacon Justin Bosl from Resurrection Greek Orthodox Church in Castro Valley, CA.

The following day, Sunday, February 4, the faithful from Saint Demetrios Greek Orthodox Church in Seattle, WA witnessed the ordination of Deacon Spyridon Rice to the Holy Priesthood by His Eminence Metropolitan Gerasimos of San Francisco. Also participating in the service were His Grace Bishop Ioannis of Phocaea; Rev. Father Photios Dumont; Rev. Father Seraphim Majmudar; Rev. Father Patrick O'Rourke; and Rev. Archdeacon Justin Bosl. Father Spyridon will serve as the Assistant Priest at Saint Demetrios Greek Orthodox Church in Seattle, WA.

He completed his Master of Divinity degree in December 2023 at Holy Cross Greek Orthodox School of Theology in Brookline, MA. In 2013, he graduated with a Bachelor of Arts degree in Biblical and Theological Studies with a concentration on Biblical Languages from Multnomah University in Portland, OR.

Father Spyridon is married to Presvytera Ranae, and they are the parents of Marcella, Anthony, John and are expecting baby number four in July 2024!

AXIOS Father Spyridon!

Ordination of Spyridon Rice to the Holy Diaconate



Ordination of Spyridon Rice to the Holy Diaconate



Coffee Hour



COFFEE HOUR MINISTRY

MISSION:

- ✂ To extend the Holy Eucharist to social/coffee hour
- ✂ To express and manifest our faith by extending the hospitality we proclaim and by acknowledging the grace we have received during the Divine Liturgy
- ✂ To promote fellowship
- ✂ To connect with fellow parishioners, to welcome guests and to invite new faith seekers to our Church

REQUIREMENTS TO JOIN THE MINISTRY:

A servant's heart and a sense of love and care that is penetrating, engaging and inspiring.

TEAM SCHEDULE FOR MARCH:

03.03.2024 Men's Team
 03.10.2024 Community Coffee Hour*
 03.17.2024 Team Chamales
 03.24.2024 March 25 Celebration
 03.31.2024 Team Cedeno

***Community Coffee Hour:** Parishioners are encouraged to bring cookies, pastries, chips, fruit, etc.. Just be aware that during fasting periods (Great Lent, Apostles, Panagia & Nativity), the items need to be vegan.

TEAMS:

Team Karanasos: Daphne Karanasos, Leader; Anna Wilson, Christina Gretty, Zach Karanasos, Ann Koopman, Pres Maria Armatas and Lisa Faithful

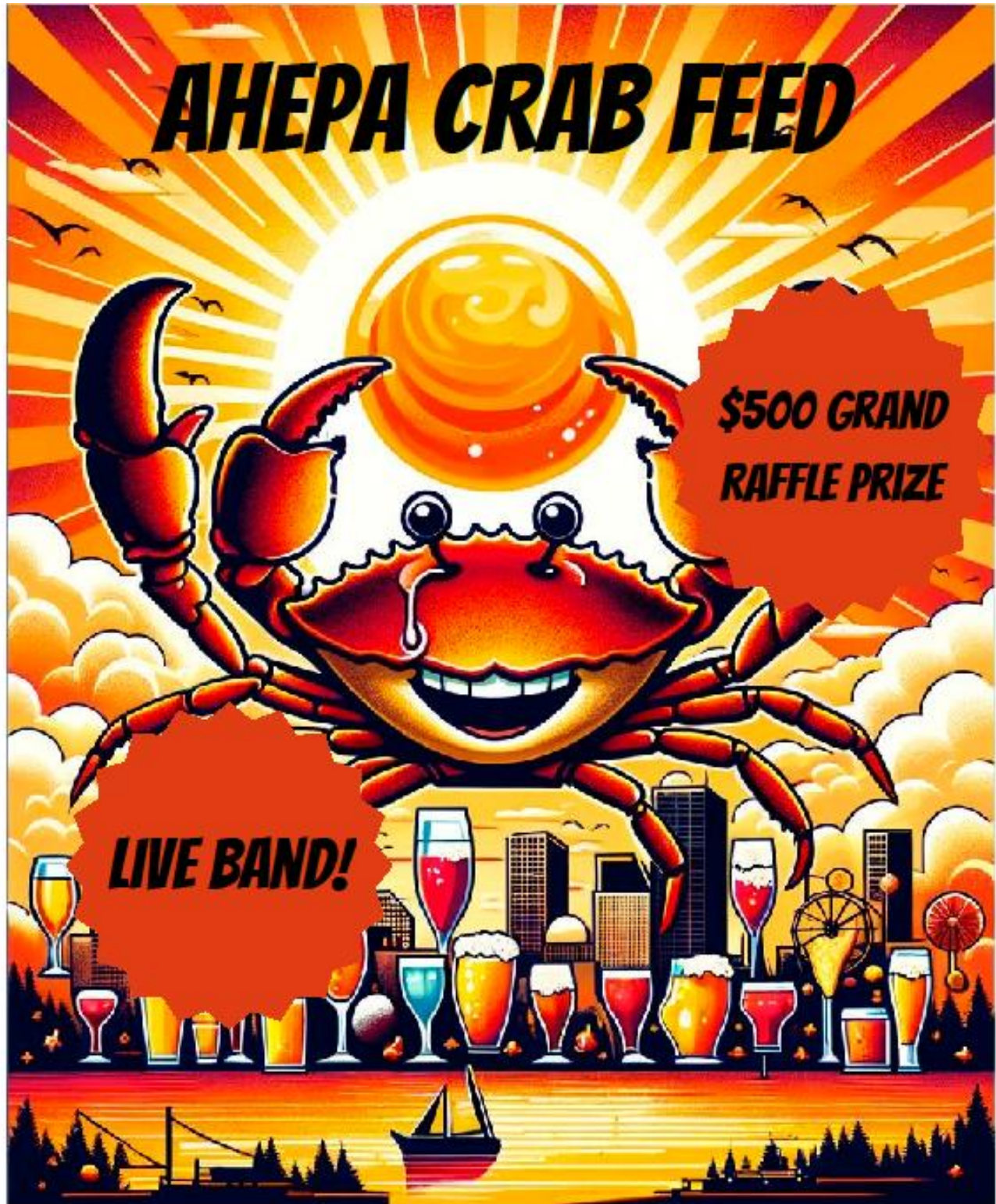
Team Charitou: Yanni & Sophia Charitou, Leaders; Fenia Mavromichali, Sandra Ciarochi, Yvonne Brandvold, Dino Basil, Maro Kouklis and Lisa Lauderback

Team Chamales: Dr Ingrid Chamales, Leader; Karen Samaras, Sally Hallis, Rikky Kapes, Kathy Johnson, Sharon Kennedy and Tim & Kathie Harvey

Team Cedeno: Klauda Cedeno, Leader; Evy Kontos, Irene Misiewicz, Gloria Brown, John (Alan) Means, Scott & Rachael Parrell and Angela Montoya

Men's Team: Ed Winskill, Leader; Dr Fred Ehret, Bill Samaras, John Cook, Hugh Winskill, and Moses (Robert) Sullivan

AHEPA



AHEPA CRAB FEED

**\$500 GRAND
RAFFLE PRIZE**

LIVE BAND!

March 23, 2024 @ The STAR Center
3873 S 66th Street, Tacoma
Doors open 4:30, Food starts 5:30
Cost: \$75

All you can eat crab, pasta, salad,
rolls, beer and wine

All Proceeds go to fund the
Education Mission of AHEPA

Philoptochos Annual Tea Party



St. Nicholas

Greek Orthodox Ladies Philoptochos Society

Cordially invites you to the

Annual Women's Tea and Luncheon
Saturday at 11:30 am, May 18, 2024

For more information, please contact
Heddi Motz (253-205-9018) or Jane Ewancho (253- 213-5869)

Tickets will be \$30.00 per person.
A Luncheon and Dessert Buffet will be served.

Our Famous Raffle still \$1.00 per ticket



Camp Agape Northwest



Camp Agape Northwest (a summer camp for kids with cancer and their families since 1997) is accepting applications for volunteers. If you are 16 and older, we encourage you to join this extraordinary group of volunteers. For any questions about volunteering, please contact Presvytera Pat Tsagalakis (206) 380-1862 or Kalitsa Xitco (to help out in the kitchen) (253) 312-6312. Applications are due April 15th. Camp takes place at All Saints Camp (Gig Harbor) July 20-27. St. Nicholas volunteers are encouraged to join in this outreach opportunity.

The Agape 5k run/walk will be May 19, 2024. Please visit <https://www.campagapenw.org/run-for-agape-5k> for more information and to register!

Father Anthony's Message continued

There is, however, a correlation between the types of food we eat and our spiritual state. Animal products, especially fats and oils, tend to inflame the passions and create inner turmoil. This ancient wisdom of the Fathers will come as no surprise to modern nutritionists.

Although fasting has many health benefits to recommend it that is not the reason we fast. Bishop Kallistos writes, *"The primary aim of fasting is to make us conscious of our dependence upon God"* (The Lenten Triodion, p. 16). We voluntarily experience physical hunger in order to make us aware of our true spiritual hunger, our poverty of spirit.

Another reason we fast is to subdue our passions and self-will. The Fathers tell us that there is no way we can control our urges for sexual gratification, money, power, etc., if we are unable to control our stomachs. Fasting is the first step toward self-control.

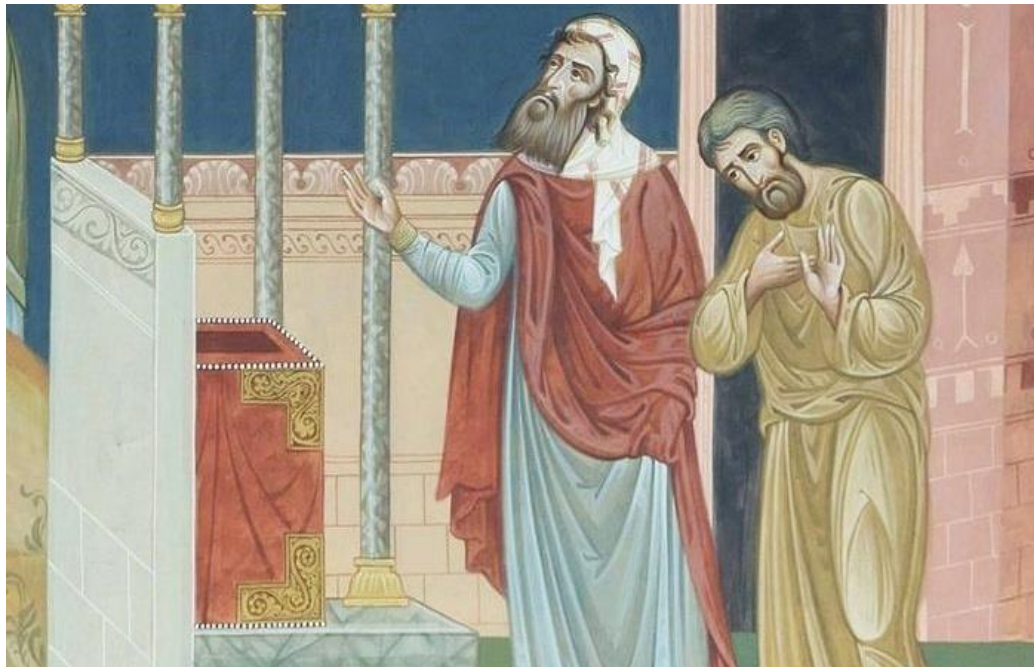
When we fast, it is extremely important that we do so according to the rules of the Church and the directions of our spiritual father. Self-will is cut off by obedience. Making up our own fasting rules is an act of self-will, not obedience, and can only lead to spiritual pride.

Fasting, therefore, is a means of subduing the passions; it is not a virtue in and of itself. We do not fast in order to earn "merits." We are servants of our heavenly Master and do only as we are commanded:

So likewise ye, when ye shall have done all those things which are commanded you, say, *"We are unprofitable servants: we have done that which was our duty to do"* (Luke 17:10).

As with any practice, fasting can become an excuse for legalism. It is possible to keep the letter of the fast and yet violate its inner spirit. We must always keep in mind that the purpose of fasting is to control our passions and to bring us closer to God. Strict fasting according to the rules that is not accompanied by an inner attitude of submission to God yields only a hypocritical and judgmental attitude toward others. This is why we are enjoined by the hymns of the Church to observe a spiritual as well as physical fast:

Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love (The Lenten Triodion).



Modern Greek Language School



2024 Modern Greek Language School / Classes: *Monday beginners 5pm (ZOOM) Modern Greek 6pm (ZOOM)*

General Information: **The classes are open to everyone** who may be interested to learn the Greek Language, History and Culture!

Teacher - George Pirotis

Contact Church Office - 253-272-0466

Purpose - The purpose of the Greek School is to promote the Greek letters, language, culture, and Hellenic Civilization. **The classes are open to all parishioners.**

Students will learn Grammar, Modern Conversational Greek and some of the Biblical - Ancient Greek Terminology.

To the satisfaction of the teacher, there is lots of energy, interest, and curiosity in the class in learning the **great influence of the "Greek Language and Hellenism"** to the "Western Civilization" and to the whole world!

Yearly possible events and student involvement:

Αγιασμὸς (Blessing) of the class at the beginning of the School year.

Sunday, October 27th, 2024 - **OXI Day Celebration.**

Sunday, March 24th, 2024 **Celebration, commemorating the March 25th, 1821 Revolution for the Greek Independence from the Ottoman Empire!**

Cost: The classes are provided free of charge!

George Pirotis-

DAUGHTERS OF PENELOPE



DAUGHTERS OF PENELOPE



The Daughters of Penelope is a sisterhood of dedicated women who want to promote Hellenism, Education, Philanthropy, Civic Responsibility, Family and Individual Excellence. We are starting our new fiscal year, and are inviting women of our parish to join our sisterhood.

If you are interested please contact one of our officers.

President – Maria (Mary) Koumantaros

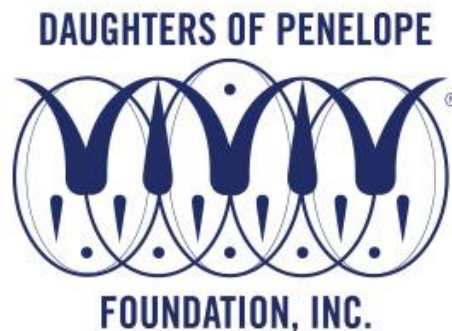
Vice-President – Dr. Olympia Tachopoulos Stafford

Recording Secretary – Debby Lord

Corresponding Secretary – Iphigenia (Fenia) Mavromichali

Treasurer – Evy Kontos

Maids of Athena Advisors – Ingrid Chamales and Virginia McClure.



March 25th Greek Independence Day

The State of Washington



Proclamation

WHEREAS, the ancient Greeks developed the concept of democracy, in which the supreme power to govern was vested in the people; and

WHEREAS, the Founders of the United States drew heavily on the political experience and philosophy of ancient Greece in forming our representative democracy; and

WHEREAS, Greek soldiers were with the United States Marines on the shores of Tripoli in the military operations memorialized in the United States Marine Corps' Hymn; and

WHEREAS, many Americans fought alongside the Greeks in their fight for Greek independence, while stirring speeches by President James Monroe and Representative Daniel Webster led Congress to send funds and supplies to aid the Greeks in the struggle for freedom; and

WHEREAS, Greece is one of only three nations in the world, beyond the former British Empire, that has been allied with the United States in every major international conflict in the twentieth century, including World War I, World War II, Korea, Vietnam, Desert Storm, and the Balkans; and

WHEREAS, Greece and the United States of America are at the forefront of the effort for freedom, democracy, peace, stability, and human rights; and

WHEREAS, March 25, 2024, marks the 203rd anniversary of the beginning of the revolution that freed the Greek people from the Ottoman Empire;

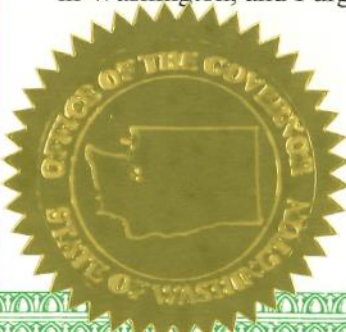
NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim March 25, 2024, as

Greek Independence Day

in Washington, and I urge all people in our state to join me in this special observance.

Signed this 9th day of February, 2024

Governor Jay Inslee



Philoptochos News

President's Message

Greetings everyone and welcome 2024! It is such a blessing that the Philoptochos mission is truly a valued part of St. Nicholas parish! Each of the events that Philoptochos has sponsored over the past year have been GENEROUSLY supported by not only parishioners, but even by visitors to our parish. Philoptochos is humbled by the financial expression of your faith in our ability to help those who are needy in our local area and the wider orthodox community.

Ordination of Aaron Spyridon Rice to the Holy Diaconate - Philoptochos and the Parish Council jointly prepared and coordinated a meal and reception for visiting hierarchs, priests, and deacons on February 3. Approximately 135 parishioners, family, and friends attended. A photo of the event follows this column.

Significant planned activities include:

Ladies Lunch and Raffle - Philoptochos annual fun event with lovely tables, exciting raffle items, and a huge dessert buffet will be held on Saturday, May 18. For more information please contact Hoddi Motz or Jane Evancho.

Recent early 2024 activities to further our mission of helping those less fortunate and to promote participation in the Philoptochos Society:

Soup Coffee Hour - On January 28, members prepared a variety of soups and rolls to be served at the coffee hour. This was a free-will offering and \$917 was collected. Funds for this event benefit two National funds, the Social Services fund and the Cancer and Other Major Illnesses Fund.

The Social Services fund provides assistance to improve the quality of life of those in need. Through confidential and professional services, the National office provides outreach, education, support, advocacy, financial assistance and referrals to local and broader resources as needed.

The Philoptochos Cancer and Other Major Illnesses fund provides relief to members of our community, so they can focus on their health and health care needs.

Pie Coffee Hour - On February 11 members served a variety of pies for \$3.00/piece at the coffee hour. Donated funds totaling approximately \$677 from this event will go to the Autism Assistance Fund. This fund provides assistance and support to persons within the Autism spectrum and promotes education to heighten Autism awareness.

Membership - Our year starts in January and runs through December. The membership is \$30 for the year. Please ask any member about Philoptochos-it is the Orthodox Church's Women's Ministry. Please contact Jane Evancho for membership payment. We encourage our Greek Orthodox friends to join us. They can be involved as much or as little as they wish. We welcome you all to our group. There is a lot of satisfaction in doing things for the common good and helping our church and the less fortunate among us...

Thank you so much for your support!

Jane--

Meal and Reception for the Ordination of Aaron Spyridon Rice



Building Committee

MARCH BUILDING COMMITTEE REPORT

Lakewood Roofing, the roofer under contract to replace roofing at the Upper Hall and Lower Hall roofs, should be starting to mobilize the last week in February. They will be stocking materials on the Lower Hall roof, out of the way from Parishioners and the public. A few parking stalls near the Kona House and Dining Hall will be blocked off and used for staging and the storing of a dumpster. The Upper Hall roof is planned to be done first, followed by the Lower Hall roof. Each area is expected to take about 2 to 3 weeks to complete without factoring in for bad weather. Full project completion is anticipated to be around the start of Great Lent and well before Holy Week.

The finishing touches on the Chapel renovation and preparation for new iconography in the Narthex area were completed in time for His Eminence Metropolitan Gerasimos to lead a Hierarchical Divine Liturgy at Saint Nicholas earlier in February. It will likely be at least a few months, sometime after Pascha, when the iconographer designated to install new iconography in the Narthex area will be available to do the onsite work.

AHBL, the engineering firm hired to advise on and design upgrades to the floor structure in the Sanctuary, made their first investigative onsite trip in February. Specific upgrade options are:

- 1) Provide seismic upgrades to voluntarily bring the floor structure up to current code.
- 2) Increase the load rating of the floor structure from 60 PSF to 100 PSF, which by code will allow more flexible seating arrangements in the future, and more enhanced flooring options.
- 3) Beef up the structure enough so that one doesn't feel a "bounce" when another walks across it.

The good news from AHBL's initial site visit and resulting assessment is that structural floor upgrades should NOT require removal of existing flooring and sheathing at the top side of the floor inside the Sanctuary space. If significant topside work were required, the Sanctuary would likely have to be closed off during upgrades, resulting in liturgies and other services being held elsewhere for a few weeks, maybe more. The bad news is that much or most of the existing Lower Hall plaster ceilings below would have to be removed and later replaced in order to provide adequate access to do any meaningful type of upgrade work.

AHBL's original proposal was to do a thorough investigative review and provide construction drawings ready to be submitted for permitting. However, to be that thorough would require some large openings to be cut into the existing Lower Hall plaster ceilings to accurately verify existing conditions of the structure above. Because large ceiling cuts were deemed to be overly intrusive at this point, a Plan "B" was developed that would provide a preliminary design based on what AHBL can find using the current limited access available allowing for enough information to still realistically estimate the cost of the three options listed above. A preliminary design should be available within the next month or so from AHBL for that task.



The photo on the left shows some of the Lower Hall plaster ceilings that would have to be removed and replaced to allow access for upgrades to the Sanctuary floor structure above. The right photo shows the renovated Chapel leading to the Narthex.



Submitted by: Bill Acker...

ST. NICHOLAS AKATHIST MINISTRY

Ministry of Akathist, Prayers for the Departed

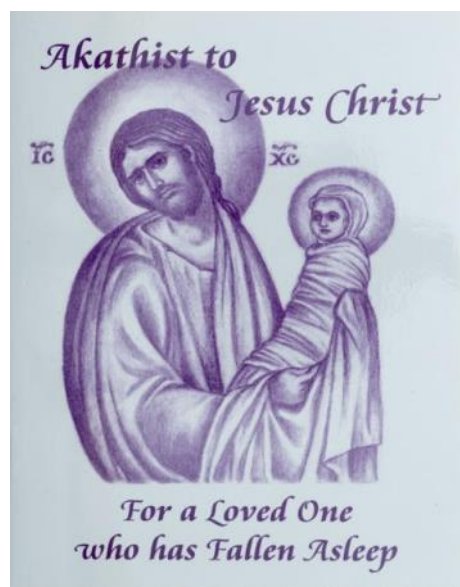


Thank you to all who are involved in this wonderful ministry at Saint Nicholas. In offering the gift of praying the Akathist to Jesus Christ for a Loved One who Has Fallen Asleep, it is a great comfort to family and friends of the departed ones.

When we offer these prayers for the newly departed, it also helps us in many ways. **May God bless your gift of prayer.**

If you are interested in knowing more about this ministry, or would like to be involved, please contact the church office.

Thank you again,
Kathy Rowley



St. Nicholas Bible Study

Join us in person
or on ZOOM!


BIBLE STUDY

- **Samuel (1st & 2nd Kingdoms)**
- Accompanying text: ***The Seer***
- Meeting for **3rd Hour Prayer** in Church followed by study in Upper Hall

Fridays 10am-12pm

Metropolitan of Nafpaktos Hierotheos

The Seer



The Life of the Prophet Samuel
and its Relevance Today

Birth of the Theotokos
Monastery

INTERESTED IN JOINING?

Please contact Genevieve
at stnicholaszoom@gmail.com
to add your name to our email list.

Catechumens

ST. NICHOLAS' CATECHISM CLASS



2023 Catechumens



2021 Catechumens

CATECHISM – SPRING 2024 PART 2

Starting Sunday, February 18, Father Anthony will start the second half of the Catechism Program at St. Nicholas in the Nave of the Church at 12:15 p.m. every Sunday through April 21. All are welcome. Please feel free to join us after coffee hour.

Catechism Part Two *The Life in Christ*

February 18:	Class 10:	The Birth and Mission of the Church
February 25	Class 11:	The Structure of the Church
March 3:	Class 12:	Holy Baptism
March 10:	Class 13:	The Seal of the Gift of the Holy Spirit
March 17:	Class 14:	The Mystical Supper
March 24:	Class 15:	The Church at Prayer
March 31:	Class 16:	The Mystery of Love
April 7:	Class 17:	Monasticism
April 14:	Class 18:	The Age to Come
April 21:	Conclusion:	Living an Orthodox Life in a Secular World

Submitted by: "Mama" Genevieve

Pro—Life Ministry



Light & Life
FUNDRAISER DINNER

CARE NET of PUGET SOUND - Light & Life Fundraiser Dinner

with speaker & author Kirk Walden

Care Net's Mission: Offering hope by providing compassionate, practical care, accurate information, Biblical truth and life-affirming resources for pregnancy, sexual health & integrity and abortion recovery.

Please join some of the members of St. Nicholas Pro-Life Ministry and Care Net of Puget Sound, **Saturday, March 16, 2024**, for an evening of celebrating all God has done and envisioning how we can show grace and provide life-affirming care in bigger ways than ever before! As women search for hope, see firsthand how the Church in the Puget Sound area is offering hope and sharing in ways that are transforming lives for life - both physical and eternal.

When:	5:00 pm Check-in & Reception 6:00 pm Dinner & Program
Where:	Greater Tacoma Convention Center 1500 Commerce St., Tacoma, WA 98402
Entrée choices:	Vegan fusilli with pea & mushroom w/red sauce -or- Frenched Chicken -or- Smoked Double Pork Chop

Please contact Genevieve at stnicholaszoom@gmail.com and submit your first and last name, contact information and entrée choice if you wish to join us. The meal is without charge, but this is a fundraiser and they will ask those in attendance to consider making a donation.

Pro—Life Ministry

ABOUT KIRK WALDEN



I was born in the suburbs of Los Angeles, and when I was four, my father accepted a professorship at Auburn University, moving our family across the country to Alabama. Despite my west coast heritage, very little of the big city culture stuck with me. I became a Southern boy, accent and all.

My love of sports comes honestly. From age seven until my mid-twenties, I attended most every football and basketball game in my college hometown. It's not overstating things to say that—at least as a kid – I lived sports

THE SPORT THAT SNAGGED ME

From the moment I picked up a golf club when I was 9, I dreamed of playing professional golf. Not surprisingly then, every day was spent on and around the golf course. It was my home, I just didn't sleep there. I went on to play golf for Auburn University, earning a degree in journalism along the way.

After a brief stint in professional golf, a job in sales, and a go at public policy, I began working as an executive director for a Christian non-profit ministry.

My life has had many twists and turns, but for every failure and heartache, there was strength to move forward.

PRESENT TENSE

Today I live in the suburbs of Nashville, Tennessee, and try to live a transparent life with friends and neighbors – one marked by faith and hope.

I'm husband to one wonderful Jennifer, a dad of five, grandfather to Henry, and "human" to a dachshund name Aubie (in honor of my beloved Auburn Tigers).

In a journey that still astounds me, I now work for ministries here and around the world. Much of my time is spent speaking, writing and consulting on their behalf.

Submitted by: Genevieve

FLOWER MINISTRY



FEAST OF THE MEETING OF OUR LORD



Submitted by: Genevieve

Donations and Pledges

On line Donations now possible

ON-LINE DONATIONS

The donation section of the Church’s website has been revamped to include a link to a new on-line donation form. The form allows one-time donations, setup for automatic recurring donations, and selection of donation purpose. There is also a note section to inform Church accounting of special handling needs, such as memorial donations or address changes. Church on-line donations are directed to the Church through WePay (a Chase Bank Affiliate) and Aplos Software, LLC. Donors contributing on-line receive an email thanking them for their donation. In addition, through a link in the donation notification, each donor can setup their own Aplos account to view a list of on-line donations, manage recurring donations, and to view and print a contributions statement.



Please be aware that in converting to this software I noticed multiple duplicative account names. In some instances, I will need to merge duplicate accounts so the contribution statement accurately combines into one statement both the on-line donations and check and cash donations. The unique identifier for this purpose is a valid email address.

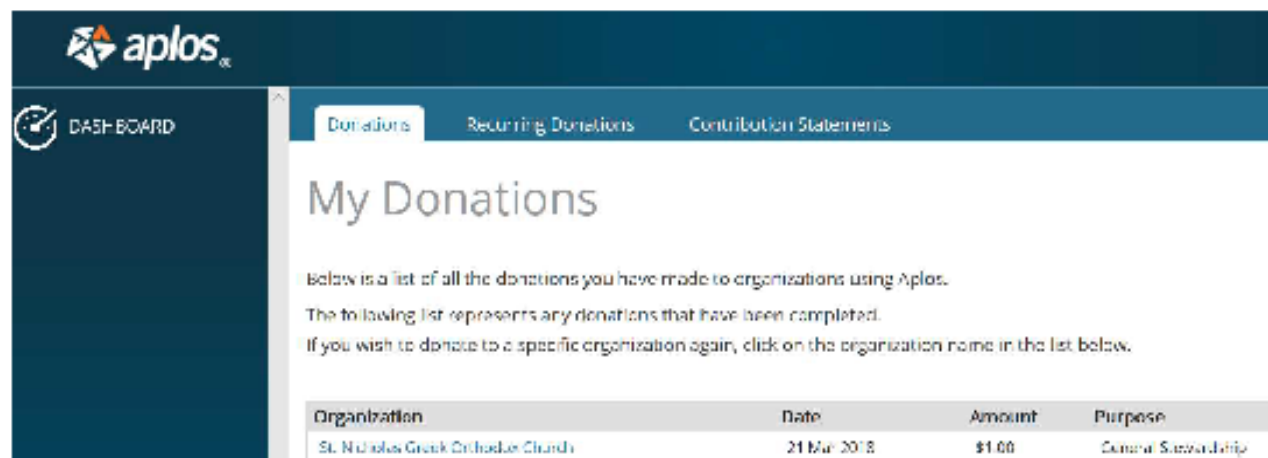
I want parishioners to enjoy greater flexibility in making Church donations and receiving an accounting of their annual to date contributions at any time of the year. Many of you have asked and inquired about the possibility of accounting for your donations automatically on-line. It is now a reality. If you have any problems or questions with this new service, please let me know. As your treasurer, I am here to serve you!

In Christ,

Mark Robinson

On-Line Contribution Instructions:

- 1) On a computer or mobile device, go to the Church’s website – www.stnicholastacom.org
- 2) Select the  button. This takes you to the Church’s donate page!
- 3) Select the gold colored donate  button at the bottom of the page.
- 4) You will now be taken to the page to make your donation. Simply complete the form.
- 5) From the contributions email you receive, select the link to setup your own Aplos account. An account history page will be available. The first tab will show only on-line donations, the second tab allows accounting for recurring donations, and the third is for contribution statements listing on-line, check, and cash donations.



Donations and Pledges

2024 SAINT NICHOLAS (TACOMA, WA) STEWARDSHIP PLEDGE

JAN-DEC 2024

Please print clearly in all applicable fields.

LAST NAME _____ FIRST NAME _____ SPOUSE* _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE () _____ CELL () _____ EMAIL(S) _____

PROFESSION (Optional) _____ ANNIVERSARY ____ / ____ / ____ BIRTHDAY ____ / ____ / ____

NEW STEWARD ACTIVE STEWARD *SPOUSE BIRTHDAY ____ / ____ / ____ *SPOUSE IS ORTHODOX? YES NO

Dependent Children

NAME _____ D.O.B. _____ ORTHODOX? YES NO

NAME _____ D.O.B. _____ ORTHODOX? YES NO

NAME _____ D.O.B. _____ ORTHODOX? YES NO

PLEASE COMPLETE BOTH SIDES <<< PLEDGE CARD MUST BE COMPLETED ANNUALLY

2024 SAINT NICHOLAS (TACOMA, WA) STEWARDSHIP PLEDGE

JAN-DEC 2024

PLEASE RETURN THE COMPLETED CARD BY DECEMBER 17, 2023 USING ONE OF THE FOLLOWING OPTIONS:



MAIL
St. Nicholas Greek Orthodox Church
Attn: Church Treasurer
1523 S. Yakima Ave.
Tacoma, WA 98405

CHURCH
Drop your completed card for the
2024 Stewardship Pledge into the secured
dropbox on the stewardship table in the
downstairs hall.

Stewardship contributions can be fulfilled with cash, check, credit card,
or through online donations at stnicholastacoma.org/donate.

A contribution of \$2000/yr per family allows for coverage of operational costs.

As a steward in gratitude for God's blessings, I/we commit to support the work of His church by offering the following PLEDGE of \$_____ /month or \$_____ /annually

SIGNATURE _____ SIGNATURE _____

PLEASE COMPLETE BOTH SIDES <<< PLEDGE CARD MUST BE COMPLETED ANNUALLY

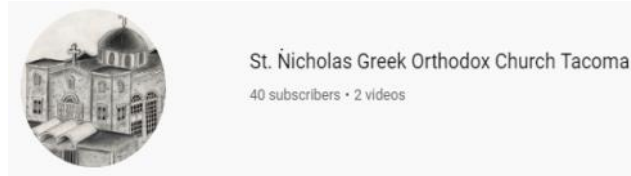
On Line Services

Watch Services From Home, Live (it's working again)

Although you might not be able to be at St. Nicholas in person, you can watch services at home from any device capable of connecting to YouTube. This is free and is available for most services. Here's how to do it:

1. First, find the schedule when a service is being broadcast. This is called Live Streaming. Look at the calendar on the previous page, or better, look at the calendar on the St. Nicholas Web page. www.StNicholasTacoma.org. There is a Live Streaming link at the church calendar.
2. You can simply click [here](#). If there is a service underway, press the button. You will see and hear the service.
3. Watch on any device. Open **YouTube** (you may have to start a browser like Chrome). In the *YouTube search bar*, type; *St Nicholas Tacoma*

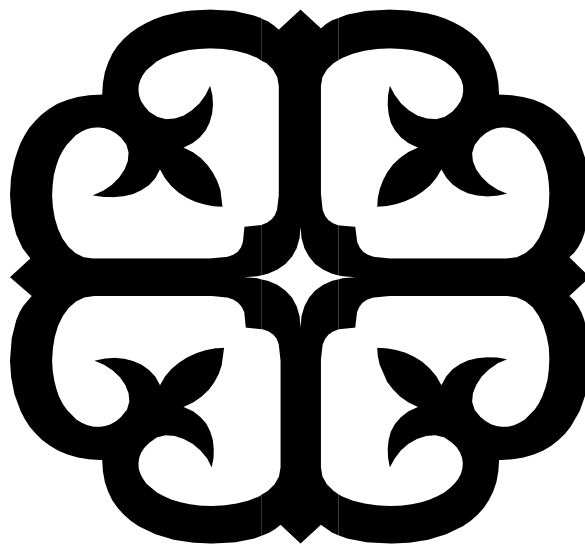
Click on this selection;



If a service is being broadcast, click the **LIVE NOW** button.

4. Some TV's allow direct connection to YouTube. You can connect as above.

Bill Samaras—



Saint Nicholas Messenger

St. Nicholas Greek Orthodox Church

1523 S Yakima Ave

Tacoma, WA 98405

Address Service Requested

