



## The Way to Be Saved! KEEPING A DAILY PRAYER RULE

Think of the soul like a newborn: it needs constant care. The soul, like a baby, needs food; it needs water; it needs love and attention; and of course it needs its diaper changed!

Without constant care, a baby will become unwell very quickly. The same is true of the soul: daily prayer, spiritual reading, fasting, confession and regular reception of Communion are essential for its health and wellbeing.

Here is a daily prayer rule that EVERYONE should follow to the best of their ability and circumstances. If you don't already have a prayer rule, take a few moments to look this over and chat briefly with Fr Seraphim to come up with a specific plan that is best for you.

- If you don't have one yet, get an Orthodox prayer book. Our bookstore has them. The Daily Readings app on mobile phones is another good source, for free.
- Jesus Prayer ("Lord Jesus Christ, Son of God, Have Mercy On Me") [100-300 per day, usually done with a prayer rope]

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**Return to Church Policies**

See news on page 5

# St Nicholas Greek Orthodox Church

1523 S Yakima Ave

Tacoma, WA 98405

Phone: 253-272-0466

Parish Website: [stnicholastacoma.org](http://stnicholastacoma.org)

E-Mail: [mail@stnicholastacoma.org](mailto:mail@stnicholastacoma.org)

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. Seraphim Majmudar, Our Presiding Priest

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

Fr. Seraphim’s Cell phone: 253-365-5817

Office Hours at St Nicholas  
Thursdays 9:00am - 12:00 noon  
Email: [frseraphimm@gmail.com](mailto:frseraphimm@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, Rebecca Primis, Fr. Seraphim, Roxanne Vallantine

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Submit content, comments, or corrections, addressed to the Editor at [mail@stnicholastacoma.org](mailto:mail@stnicholastacoma.org)

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# St. Nicholas Ministries

**AHEPA**  
Paul Apostle

**Akathist Group Prayer**  
Kathy Rowley

**Altar Servers**  
Dr Nick Themelis

**Bible Study**  
Genevieve Eagle

**Book Store**  
Dr. Nick Themelis

**Building Committee**  
Bill Acker

**Building, Grounds & Maintenance**  
Richard Heidal, John Pangis

**Choir**  
Rebecca Primis

**Hands of Love**  
Merrilee Pangis

**Military Service**  
LTC Gus Chamales

**Premarital Education**  
George Pirotis, Diane Pirotis

**Stewardship**  
Maria Koumantaros  
Gus Chamales

**2021 Parish Council**  
Ronnie-Sue Johnson—President  
David Frisk—Vice-President  
Mark Robinson—Treasurer  
Christina Leinneweber—Secretary  
Maria Koumantaros, Alan (John) Means, David Orriss Jr., Despina Kipelidis, Kathy Johnson, Klaudia Cedeno, Sheila (Monica) Auter, Zach Karanasos

**Greek Folk Dance**  
Evy Kontos – Chair & Intermediate dancers  
Dr. Anastasia Fyntrilakis—Treasurer & Teen dancers  
  
Krisann Firth – Costume Director  
Julie Kotsali – Board Member  
Presbytera Sophie Majmudar – Board Member  
  
Kelly Rosati – Beginner dancers  
  
George Pirotis – Adult Group Instructor

**Coffee Hour**  
Zach Karanasos

**IT, etc.**  
Bill Samaras

**Philia**  
Diane Pirotis

**Pro Life**  
Genevieve Eagle

**Vitos Scholarship**  
Ronnie Sue Johnson

**Flowers & Church Decorating**  
Kathy Rowley

**Daughters of Penelope**  
Karen Samaras – President  
Olga Manos— Vice President  
Fenia Mavromichali— Secretary  
Helen McClure— Treasurer

**Maids of Athena**  
Zoe Matteson-President  
Isabell Mastras-Vice President  
Elena Apostle-Treasurer  
Ingrid Chamalas—Advisor  
Helen McClure – Advisor

**Philoptochos Society**  
Jane Evancho - President  
Hoddi Motz - Vice-President  
Marian Palas - Secretary  
Joyce Kalivas- Griffin - Treasurer

**Sunday School**  
Sheila Auter, Director

**Greek School**  
George Pirotis

**Lazarus Group**  
Dean Hamos

**Pilgrimage**  
Zach Karanasos

**Prospora Baking**  
Deborah Talbot

**Welcome**  
Ronnie Sue Johnson

## Parish Council

Parish Council meeting is the 2nd Tuesday of the month.  
August 10, 2021

August 2021		Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Fast: Wine & Oil ok Holy Maccabean Martyrs Procession of the Cross 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	<b>2</b> Gamaliel, Teacher of St Paul STRICT FAST 6:30am-7:30am Orthros 5:30pm-6:30pm Paraklesis w/ Blessing of Waters	<b>3</b> STRICT FAST Salome the Myrrbearer 6:30am-7:30am Orthros 5:30pm-6:30pm Paraklesis 7:00pm-8:00pm Building Committee	<b>4</b> 7 Sleepers of Ephesus STRICT FAST 6:00pm-7:00pm Paraklesis 7:00pm-8:00pm "Fire on Father" Q&A open to all	<b>5</b> Prefeast of Transfiguration STRICT FAST 10:00am-11:00am Bible Study 5:30pm-6:30pm Modern Greek 6:00pm-7:00pm Great Vespers: Transfiguration of Christ 6:45pm-7:45pm Evening Liturgy: Transfiguration	<b>6</b> Fast: Fish, Wine & Oil ok TRANSFIGURATION OF CHRIST	<b>7</b> Domitios Fast: Wine & Oil ok 6:00pm-7:00pm NO EVENING SERVICES	
<b>8</b> Fast: Wine & Oil ok Met. Kallinikos of Edessa 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	<b>9</b> Apostle Matthias Fast: Wine & Oil ok 6:30am-7:30am Divine Liturgy 5:30pm-6:30pm Paraklesis	<b>10</b> Fast: Wine & Oil ok Martyr Lawrence of Rome 6:30am-7:30am Divine Liturgy 5:30pm-6:30pm Paraklesis 7:00pm-8:00pm Parish Council	<b>11</b> Niphon, Patriarch of C'Nople STRICT FAST 6:00pm-7:00pm Paraklesis 7:00pm-8:00pm "Fire on Father" Q&A open to all	<b>12</b> Phioros & Aniketos of Nicomedia STRICT FAST 5:30pm-6:30pm Modern Greek	<b>13</b> Fast: Wine & Oil ok Leavetaking of the Transfiguration 6:30am-7:30am Paraklesis 10:00am-12:00pm Bible Study 6:00pm-6:45pm Vespers: St Joseph the Hesychast 6:45pm-7:45pm Evening Liturgy: St Joseph	<b>14</b> Fast: Wine & Oil ok Joseph the Hesychast 6:00pm-7:00pm VESPERS AT ASSUMPTION, SEATTLE	
<b>15</b> DORMITION OF THE MOTHER OF GOD 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy 12:00pm-1:00pm Festal Luncheon for Panagia	<b>16</b> Icon Not Made with Hands	<b>17</b> Myron of Cyzikos	<b>18</b> Floros & Lauros of Ilyria STRICT FAST 6:00pm-7:00pm Paraklesis 7:00pm-8:00pm "Fire on Father" Q&A open to all	<b>19</b> Andrew the General 6:30am-7:30am Orthros 5:30pm-6:30pm Modern Greek 5:30pm-6:30pm Vespers	<b>20</b> Prophet Samuel STRICT FAST 6:30am-7:30am Orthros 10:00am-12:00pm Bible Study 5:30pm-6:30pm Vespers	<b>21</b> Martyr Bassa & Sons 5:30pm-6:30pm Akathist to St Xenia for Homeless	
<b>22</b> Martyr Agathonikos 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	<b>23</b> Irenaeus of Lyons 6:30am-7:30am Orthros 6:00pm-7:00pm Vespers: St Kosmas 6:45pm-7:45pm Evening Liturgy: St Kosmas	<b>24</b> Kosmas Aetolos Kosmas of Aetolia 5:30pm-6:30pm Vespers	<b>25</b> Ebba, Abbess of Coldingham STRICT FAST 6:00pm-7:00pm Paraklesis 7:00pm-8:00pm "Fire on Father" Q&A open to all	<b>26</b> Josaph, Prince of India; Barlaam his teacher; Abenner, his father 5:30pm-6:30pm Modern Greek 6:00pm-7:00pm Vespers: St Phanourios 6:45pm-7:45pm Evening Liturgy: St Phanourios	<b>27</b> Phanourios Poinmen the Great 10:00am-12:00pm Bible Study	<b>28</b> Moses the Black 5:30pm-6:30pm Supplication to St Xenia for Homeless 6:00pm-7:00pm Vespers	
<b>29</b> BEHEADING OF JOHN THE BAPTIST 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	<b>30</b> Synaxis of the Hierarchs of Serbia	<b>31</b> Sash of the Theotokos	<b>Notes:</b>				

The most up to date calendar is always found at the St. Nicholas web page: [www.stnicholastacoma.org](http://www.stnicholastacoma.org)

## News and Announcements

### Returning to Church

St. Nicholas is fully open and we look forward to seeing you all! Here is the current status:

1. **No sign up is necessary. We are able to fill to full capacity.**
2. **Sit wherever you like. All pews are available.**
3. **Coffee hour has resumed!**
4. **We will continue live streaming.**
5. **The Metropolis is asking parishioners to please consider wearing a mask while attending services until the COVID disease rates decline to low levels of transmission as defined by the CDC.**

Although this directive is voluntary, we are strongly encouraging our parishioners to wear masks while at Church. Also, please note, this is only an indoor directive and does not apply to outdoor places.

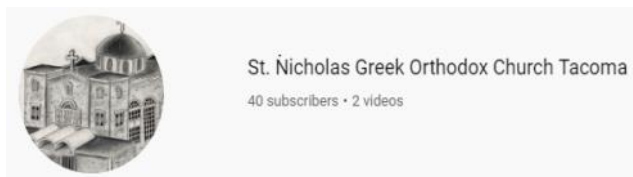
We will not be re-establishing social distancing and the sign-up reservation system for attending services.

### Watch Services From Home, Live

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](http://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—*

### Parish Family Luncheon to Celebrate Dormition!

In place of the church picnic at Raft Island, which falls on August 15, on the Sunday of the Dormition of the Theotokos, the Parish Council is hosting a light luncheon during coffee hour to celebrate. The menu will include fried chicken, a variety of side dishes and salads, rolls, fruit, cookies, and beverages. **In order to prepare, we do need to know how many parishioners to expect so please sign up in advance! The sign-up sheet is at the entrance table in the lower hall.** You can also call the church office to sign up before August 9. We look forward to celebrating this blessed feast together as a Parish Family during and after liturgy!

## News and Announcements



### Fire on Father!

#### *Evening Q & A about our Faith*

#### WHAT

“Fire on Father!” Submit your questions or observations about any aspect of our Orthodox Faith. Fr Seraphim will answer your questions in a group discussion format

#### WHEN

7pm on Wednesday evenings in August & September (preceded by Paraklesis to the Mother of God at 6pm) First session is Wed, Aug 4

#### WHERE

In the church; we will live stream as well, using the same YouTube channel as church services

#### WHO

All are invited; Catechumens and inquirers are especially encouraged to attend

#### HOW

Submit your questions to: [frseraphimm@gmail.com](mailto:frseraphimm@gmail.com) or hand a written question to Fr Seraphim. You can also call the church office and leave your question with Carol.

#### SAMPLE TOPICS

*Is Christ God's Son or is He God? Why do we have icons? Why is venerating the Mother of God so important in Orthodoxy? Do we believe in the Old Testament? What is the difference between Orthodoxy and Roman Catholicism? How do I deepen my prayer life? How can I get more involved at St Nicholas? What is the purpose of tithing? How does the Archdiocese work? How do I prepare for Communion? Why can't non-Orthodox receive Communion?*

...and many more!



# Festival News and Announcements

## 2021 Festival News

### St. Nicholas Greek Bake Sale

This year the Festival Planning Committee and Parish Council have recommended a much smaller version of our Annual Greek Festival. The traditional Festival will be replaced with the St. Nicholas Greek Bake Sale and will take place October 1, 2, 3, 2021.

We will sell a variety of handmade traditional Greek pastries and some handmade frozen items.

Purchases must be pre-paid through our church web site beginning later in August. Order pickups will occur October 1, 2, 3 (Friday, Saturday and Sunday). More information about ordering and pickup will be shared in the weekly and monthly bulletins as these systems are put in place.

As always, St. Nicholas pastries and baked goods are hand made by volunteers in the St. Nicholas kitchen. The Festival Planning Committee and Parish Council want to thank everyone who attended the last



two Saturday work parties held on July 17 and July 24. Each day we had more than 35 volunteers making small pans of baklava. To date, we have made 224 small pans of baklava and this Saturday, July 31, we will complete small pans of baklava and will begin making large pans of baklava.

We will begin daytime work parties starting on August 2, 3, 4, Monday, Tuesday and Wednesday. We will begin at 9:30 am and work to approximately 2:30 pm. We will continue to make large pans of baklava, spanakopita, tiropitakia, paximadia, koulourakia, melomakarona, kourambeithes, and tsoureki and will be scheduled accordingly.

Festival Planning Committee

## Parish Council News

August is here and the summer is half over! Your Parish Council has been busy with several of the *Rebuilding* and *Reconnecting* initiatives in July!

Narthex Construction is getting exciting as we start to see the walls go up and the shape of it coming into view! In addition to working with Bill Acker and the building committee on aspects of Project 2020, the Council has also approved replacement of the lower hall south door, which has been showing evidence of weather damage and age. That door replacement order is going in this month.

The Council has also been considering options for enhancing our property's physical security, in particular replacement of the rolling gate to the parking lot with a more automated option. Our goal is to enhance access and security for those coming to weekday services and to volunteer and work at the church on weekdays. We have asked the building committee to explore feasibility and costs.

Our Bylaws subcommittee is making great progress in updating the parish bylaws to align with the Uniform Parish Regulations of the Archdiocese and removing unnecessary articles that don't apply to local parishes.

It has been a joy to see so many parish family members returning to church services and events! We are very excited about having selected a product for creating an on-line church directory. Planning for building and testing the directory functionality will begin this month, and detailed communication on this exciting project to help us reconnect and stay connected will be coming over the next couple of months.

Finally, we are blessed and so grateful for the ability to resume some of our parish ministries and activities!

1. Coffee Hour: As has already been announced, the Coffee Hour ministry will be starting in earnest after August 15. Please consider joining this wonderful ministry of service to each other! Contact Zach Karanasos to volunteer.

2. Parish Picnic: The Parish Picnic has become a Parish Family Luncheon for Dormition on August 15. Details are in the News section of this edition of the Messenger. Please sign up in advance so we know how much food to make!

3. Greek Festival: The Council has approved a gradual return to the annual Greek Festival, with this year being a modified event selling our wonderful baked goods. While we had hoped to be able to support a full festival, the uncertainties of the city safety environment, the tight timeline with the Narthex construction completion, and the deadline for making that final decision coming before those issues were fully resolved, the Council and the committee felt the best approach for this year was to proceed with a modest festival event and work toward a full festival next year. Thank you to the festival committee for their thoughtful consideration of all the issues and making recommendations, and thank you to all those who have been coming to bake already this year. You have been amazing!

May your August be blessed and thank you for your support of our beloved St. Nicholas through your stewardship, your volunteerism, and your faithfulness.

Your servant in Christ,

Ronnie-Sue Johnson, Parish Council President



# Coffee Hour



## COFFEE HOUR MINISTRY

### URGENT CALL FOR NEW VOLUNTEERS TO JOIN

With the startup again of having coffee hour at St Nicholas, it has become apparent that all coffee hour teams are in imperative need of having more members on their team. Since the teams are now in the process of regenerating, the **coffee** hours will be no-host. You can help by volunteering to join the ministry. If you are moved by the Holy Spirit to join the Coffee Hour Ministry, please contact Zach Karanasos.

### 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

**Keeping the Coffee Hour Ministry alive is pivotal because it represents a great opportunity to:**

- \*Put into practice principles of our faith (hospitality, discipline, respect, servitude, generosity, engagement) that enhance our spiritual growth and challenge us to become servant leaders
- \*Foster a sense of community
- \*Unify us by building within our parish a center of shared values and purposes

Coffee hour should become part of our collective identity as Orthodox Christians at St. Nicholas Church. Furthermore, it is one of the few and regular times parishioners can connect with each other.

### REQUIREMENTS TO JOIN THE MINISTRY

A servant's heart and a sense of love and care that is penetrating, engaging and inspiring. A desire to give back a portion of the Lord's blessing He has bestowed upon you by showing hospitality to your fellow icon of Christ.

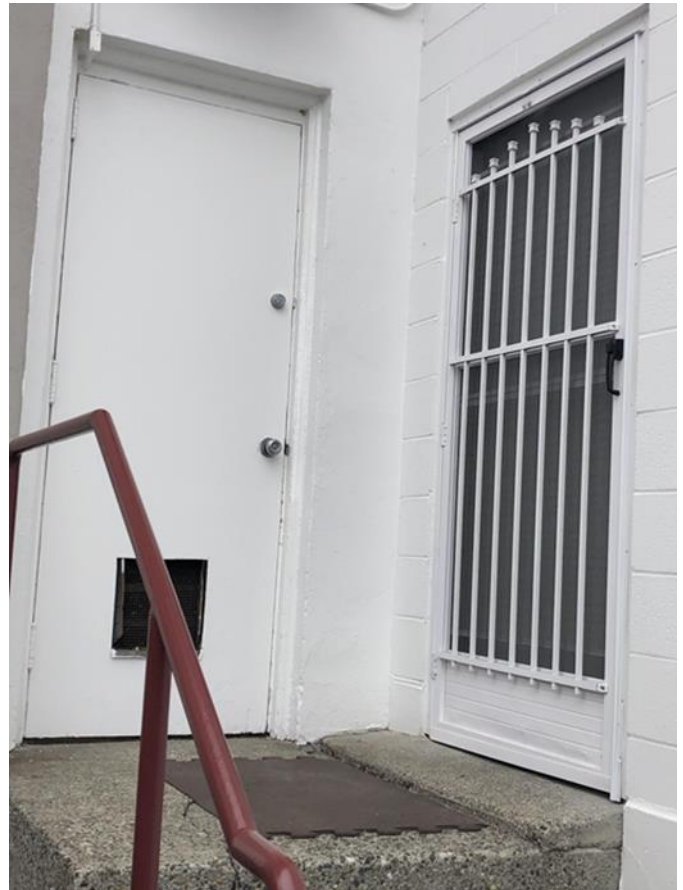
# Parking Lot Beautification Project

## PARKING LOT BEAUTIFICATION PROJECT PHASE 1 COMPLETION

Thanks to all the work party volunteers: Sheila-Monica Auter, Fran Hall, Kathy Rowley, Yianni Charitou, Gus Chamales, Alex Misiewicz, Kathy Johnson and Father Seraphim who made it possible in giving the Church parking lot structures a “face lift”. We scraped, painted, repaired, pressure washed and here are photos showing the final results.



# Parking Lot Beautification Project



Next project to come: Parking Lot Beautification Project – Phase 2

*Submitted by: Genevieve*

## Building Committee



### THINGS ARE STARTING TO TAKE SHAPE

Building framing, sheathing and structural steel support work started last month, and the form and shape of the new Narthex is becoming evident. Roofing has just started and windows will be coming in at the end of July, with brick work starting a few weeks later. Interior finishes, such as drywall, painting and mosaic tile floors will be occurring through the month of August. Landscaping will take place during the first half of September.

Overall, the project schedule targeted for a mid-September completion, has been pushed back two weeks, primarily because the supplier of the exterior custom doors has been dropped as of two weeks ago due to their inability to perform.

*(Continued on the next page.)*

## Building Committee



*(Continued from the previous page.)*

Originally, Rush Construction, the general contractor had bid the project with custom exterior wood doors per the bid document set of plans and specs. After a contract was signed I was highly encouraged to look at an alternative set of doors by another supplier, which was enthusiastically endorsed by a priest at an Orthodox Church in Montana where a set of doors by them had been installed. These doors were made from a factory in China, are of heavy gage metal filled with rigid insulation, and can be customized to a plethora of desired design and detail features. Upon further inquiry, and a generous credit that Rush Construction offered to have the church provide the exterior doors instead of them, it appeared that by buying direct we would be able to get a better product at a lesser price.

However, once this change was made in the contract late last year, the broker of the China doors has been slow, often non-responsive, and very limited on the submittal information they have repeatedly been requested to provide. It has been a constant struggle dealing with them for the past 8 months, consuming hundreds of working hours, hundred of pages of e-mails, and countless phone calls.

A problem that was ultimately not able to overcome concerned door closers. the means by which the doors self-close, and is a code requirement. First, the closers the broker was to provide turned out to be undersized according to the factory in China. Second, an alternative set of closers they advised us to purchase turned out to be unacceptable to the factory because they would not work in doors with arched tops, which these church doors have. I was informed of the latter on June 29th, close to the time the doors were supposed to be delivered onsite. The broker left it up to the church to figure out a workable alternative, the most feasible I came up with was iffy at best. Plus, with their unexpected delay, jobsite delivery of the doors, without closers, would not be until the end of September at the earliest unless we decided to have them air shipped at a steep premium.

In short, the broker was unable and/or unwilling to provide a proper set of doors that would meet code and building permit requirements, and I found it an unacceptable risk and burden for the church to try to pick up their pieces. That is why at this late hour I decided it was time to stop the bleeding and go back to the supplier with Rush Construction who bid the original wood doors that were called out in the bid document plans and specs.

## Building Committee

With that, the original doors are targeted to be delivered to the jobsite the third week of September, with the project being finished and signed off by the building department around the end of that month.

One other hurdle to contend with is the City of Tacoma is likely to require us to replace an additional strip of concrete sidewalk along South 16th Street that was not called out in the bidding documents, but is a last minute stipulation made by a city site inspector. Fortunately it should not extend the overall project schedule.

Also, after the roofing is completed, we are tentatively looking to provide interior passage between the stairwell and Upper Hall areas around the end of July or early August during non-working hours before the project is finished.

*Contributed by: Bill Acker*



## Military, CIA, Law Enforcement Ministry News

**Just a reminder:** This ministry seeks to recognize and honor all St. Nicholas parishioners and their family members who have served in any branch of the American armed forces, of their native country such as Greece, Norway, Rumania, Ukraine, or others. We also seek to recognize and honor all St. Nicholas parishioners and their family members who have served in the Central Intelligence Agency, or any branch of federal, state, county, or city law enforcement.

If you or your family members served in any of these organizations please email a picture of the person in their uniform along with their name, branch of service, dates of service if known, and any awards or honors they may have received while serving their country. Photos of the individual will be used in future Messenger articles, during Memorial and Veteran's Day presentations, and during any other opportunity where it may be appropriate to recognize their service.

Additionally, if you are in possession of papers, medals or any other military memorabilia that your family member earned or acquired during their service in the armed forces and would like to learn more about those items, I may be able to help. Simply photograph those items and email them to [gleafops@gmail.com](mailto:gleafops@gmail.com) along with a brief explanation of what information you have about them. I would be happy to assist you in identifying military medals and explaining their significance, identifying military souvenirs your family member may have obtained while serving overseas, or decipher and explain the meaning of any military documents you may possess.

If your loved one served in the armed forces of our country or the country of his or her origin, that is a piece of family history you should be proud to pass onto subsequent generations. It would be an honor to assist you in preserving that family history.

### **SIGNIFICANT EVENTS IN HISTORY DURING THE MONTH OF AUGUST.**

#### **4 August 1790: The United States Coast Guard was established.**

The Coast Guard's official history began on 4 August 1790 when the first Congress authorized the construction of ten vessels to enforce federal tariff and trade laws and to prevent smuggling. Known variously through the nineteenth and early twentieth centuries as the Revenue Marine and the Revenue Cutter Service, the Coast Guard expanded in size and responsibilities as the nation grew.



The service received its present name in 1915 under an act of Congress that merged the Revenue Cutter Service with the Life-Saving Service, thereby providing the nation with a single maritime service dedicated to saving life at sea and enforcing the nation's maritime laws. The Coast Guard began to maintain the country's aids to maritime navigation, including operating the nation's lighthouses, when President Franklin Roosevelt ordered the transfer of the Lighthouse Service to the Coast Guard in 1939.

In 1946 Congress permanently transferred the Commerce Department's Bureau of Marine Inspection and Navigation to the Coast Guard, thereby placing merchant marine licensing and merchant vessel safety under their purview.

*Continued on next page....*

# Military, CIA, Law Enforcement Ministry News

The Coast Guard adopted its trademark racing stripe design in 1967, as a result of the recommendation made to President John F. Kennedy in the spring of 1963 by the industrial design firm of Raymond Loewy/William Snaith, Inc.

The Coast Guard is one of the oldest organizations of the federal government and until Congress established the Navy Department in 1798 they served as the nation's only armed force afloat. The Coast Guard protected the nation throughout their long history and served proudly in every one of the nation's conflicts. Our national defense responsibilities remain one of our most important functions even today.

Since 2003 the Coast Guard has operated as part of the Department of Homeland Security, serving as the nation's front-line agency for enforcing the nation's laws at sea, protecting the marine environment and the nation's vast coastline and ports, and saving life. In times of war, or at the direction of the President, the Coast Guard serves under the Navy Department. (Source: *Military.com*)

To date this ministry knows of only one St. Nicholas family member, Thomas Angelos, Ricky Angelus' uncle, who served in the United States Coast Guard. Sadly, he died at sea while serving our nation in World War II during a training exercise.

**MAY HIS MEMORY BE ETERNAL.**



**Thomas Angelos**  
*WWII*  
**U.S. Coast Guard**  
**Died in line of duty at sea during training maneuvers**  
**Ricky Angelus' uncle**



**7 August 1782: The Purple Heart Medal was established.** Most people know that the Purple Heart is given to those who are wounded or killed while fighting in our nation's wars, or are injured or die in terrorist attacks. What most Americans, do not realize, however, is that the Purple Heart is a unique military award. First, it is the oldest U.S. military decoration; General George Washington awarded the first purple-colored heart-shaped badges (see image at right) to soldiers who fought in the Continental Army during the American Revolution. Second, until World War II, the Purple Heart was exclusively an Army decoration and, with rare exceptions, only soldiers received it; the Navy and Marine Corps lacked the authority to award it to sea service personnel. Finally, the Purple Heart is the only decoration awarded without regard to any person's favor or approval; any soldier, sailor, airman or marine who sheds blood in defense of the nation is automatically awarded the Purple Heart. (Source: Army Historical Foundation)



**Elia J. Pangis**  
**U.S. Army, WWII**  
**Recipient of The Purple Heart**  
**For wounds sustained during the Italian Campaign.**  
**Elly Pangis' husband**

Several St. Nicholas parishioners and their family members have earned this medal. Elia Pangis, Miss Elly's husband and John Pangis' father, earned the medal during WWII while serving as an artilleryman and fighting with the Army in Italy.

*Continued on next page....*



# Military, CIA, Law Enforcement Ministry News



Johnny Bennak & George Humphrey  
U.S. Navy, **WWII**  
**Both were Killed in Action on the USS Helena in July 1943 in the Pacific.**  
Recipient of the **Purple Heart**  
Deborah Talbot's uncle.

Seaman Johnny Bennak, Deborah Talbot's uncle, and his ship-mate George Humphrey were sailors serving on the USS Helena in 1943 during World War II. Their ship was sunk in battle while fighting with the Japanese Navy in July of 1943, and both men were posthumously awarded the Purple Heart Medal after being lost at sea.



**Remember our Heroes!**  
PFC Denny Lagounaris  
U.S. Army, **WWII**  
**Killed in Action at the Battle of the Bulge 1944**  
Recipient of the **Purple Heart**

Private First Class Denny Lagounaris had been a parishioner at St. Nicholas Greek Orthodox Church when he enlisted in the Army and went off to serve as an infantryman during World War II. He was killed in action while fighting German soldiers during the famous Battle of the Bulge, and was posthumously awarded the Purple Heart Medal.



CPT James Rogers  
U.S. Army  
**Viet Nam War**  
Recipient of the **Purple Heart Medal for wounds in combat.**  
Jeff Rogers' uncle

Captain James Rogers, Major Jeff Rogers' uncle, earned the Combat Infantryman's Badge and the Purple Heart medal for wounds received while leading soldiers as a platoon leader, and fighting as an Infantry officer in the jungles of Viet Nam.



COL(R) Leon Spirito  
U.S. Army  
**WWII, Korea & Vietnam**  
Recipient of the **Bronze Star for Valor w/30lc's & Purple Heart w/20lc's!**  
Anthony Ciarochi's uncle

Colonel Leon Spirito, Anthony Ciarochi's uncle, served in the Army for over 26 years and fought in three different wars; World War II, the Korean War, and the Vietnam War. He was decorated for bravery in combat earning the Bronze Star Medal for Valor on four different occasions, and was wounded three times earning the Purple Heart Medal with 2 oak leaf clusters.



**Remember our Heroes!**  
CPL George Velias  
U.S. Army, **Korean War**  
**Killed in Action November 19, 1951.**  
Recipient of the **Purple Heart.**  
Killed less than 10 days before his unit was pulled out of the front.  
There were 64 men killed in his unit, K Co, 3-7 Cavalry.  
George Velias was the last man to die.

Corporal George Velias who grew up as a parishioners at St. Nicholas Greek Orthodox Church joined the Army and left to fight in the Korean War in 1951. While serving as soldier with K Company, 3rd of the 7th Cavalry, he was killed in action and posthumously awarded the Purple Heart Medal.

**15 August 1940: The first American Airborne parachute jump occurred.** The first American parachute jump occurred at Fort Benning, Georgia in August of 1940. The mission of the ground force soldier, "to close with the enemy by means of fire and maneuver in order to destroy or capture him, or to repel his assault by fire, close combat and counterattack," has remained the same down through the years. However, the American soldier's method of entry into combat has undergone radical changes through the years.

*Continued on next page....*

# Military, CIA, Law Enforcement Ministry News



Today, by the use of air transport, soldiers overcome the obstacles of time and space in order to set down where they can close with the enemy with the maximum surprise and minimum delay.

Fort Benning, Georgia is called the “Cradle of American Airborne.” The first test unit, composed of forty-eight enlisted men and two officer volunteers, was formed there in June of 1940, and the unit made its first jump in August of that year. Since that time well over 1.5 million student parachute jumps have been made at that location.

Until January 1946 the training was aimed at parachute qualification, however since then, the airborne student has been given the training necessary to enter combat by the use of the powered aircraft or the parachute. These soldiers are still infantrymen, artillerymen, or members of the supporting services who merely are utilizing a different means of transportation.

The questions often asked are: “Just what does an individual have to do to qualify as a parachutist, and what are the components of the Airborne Course?”

All officers and enlisted men are volunteers and have to pass a physical examination, and meet the strict physical fitness prerequisites specified by Army Regulations. Discipline is enforced throughout the course and any failure to meet the demanding standards results in immediate dismissal. The course is three weeks of intensive instruction in the technical training of parachutists and consists of the following: 1. A ground week where soldiers are taught parachute landing falls and specified techniques for exiting a variety of aircraft. 2. A tower week where soldiers practice exiting a 34 foot tower with the proper body position that facilitates the proper opening of the parachute, and a 200 foot tower where soldiers are hoisted up and dropped with a parachute in order to practice steering techniques and proper parachute landing falls. 3. A jump week where soldiers are taken up in various military aircraft and conduct actual parachute jumps with an increasing amount of tactical military gear. Successful completion of all stages of training culminates with the award of the coveted silver wings of the “Parachutists Badge.”

The following St. Nicholas parishioners & family members have graduated from Airborne courses taught either at Fort Benning, GA, or at the Airborne Course Training Center in their native country of Greece. In doing so, they joined the ranks of the select few known as paratroopers, easily identified in uniform by the prestigious silver wings upon their chest



**Dr. James Auter**  
Paratrooper, 101<sup>st</sup>  
Airborne Division  
U.S. Army  
*Cold War*  
Andrew Auter's  
father



**MAJ Kristoffer C. Chamales**  
U.S. Army  
*Operation Iraqi Freedom*  
Dr. Ingrid & Gus' son



**MAJ Steve Chamales**  
USMC  
*Operation Iraqi Freedom & Operation Enduring Freedom*  
Dr. Ingrid & Gus' son

*Continued on next page....*

# Military, CIA, Law Enforcement Ministry News



2LT Gus Chamales  
U.S. Army Airborne School  
Ft. Benning, GA  
1976



LTC(R) Jennifer Clark  
U.S. Army  
**Awarded the Legion of Merit Medal for outstanding military service.**



CPT Jeremy Clark  
U.S. Army  
**Operation Iraqi Freedom Recipient of the Air Medal**  
**Died in a non-combat OH-58 helicopter accident**  
14 December 2010  
LTC(R) Jennifer Clark's husband



1LT Timothy Edgren  
U.S. Army  
Sunny Edgren's husband



G/SGT James E. Glendening  
U.S. Marine Corps  
**Operations Iraqi and Enduring Freedom Recipient of the Bronze Star Medal and Marine Commendation Medal for Valor in Combat**  
Kathy Hermick's son



COL(R) George McClure  
U.S. Army  
**Operation Desert Storm Recipient of the Legion of Merit w/OLC**  
Helen McClure's Husband



Chris Pamboukas  
Royal Hellenic Army  
**1968-1970 Served as a parachute rigger and General's staff assistant**



2LT Efthimios S. Pirotis  
Royal Hellenic Army  
**2nd Paratrooper Squadron, 1st Special Forces Group**  
1967-1968  
George Pirotis' brother



Efthimios G. Pirotis  
Royal Hellenic Army  
**Served in the 5th Moira Special Forces**  
1972-1974  
George Pirotis' cousin



**24 August 1991: Ukraine Independence Day.** St. Nicholas Greek Orthodox Church is blessed with parishioners of many nationalities. Several of our parishioners are of Ukrainian descent and in recognition of their contributions to our church we would like to wish them a Happy Independence Day on the 24th of August, as they celebrate their native country's thirtieth year of independence!

Generally independence day is celebrated with a military parade held in Kyiv, the capital of Ukraine. Since 2019 no military parade has taken place. According to a 21 October 2020 decree by President Volodymyr Zelensky in 2021 a military parade will be held.

2021 marks Ukraine's 30th anniversary. There are celebrations planned for three days in honor of the event. A company from Lviv was responsible for the anniversary logo. A new award known as the "National Legend" will be presented in a ceremony on August 22. On August 23, the first Summit of the Crimean Platform will also take place on this day.

Foreign leaders have been invited to the 30th anniversary celebrations, including US president Joe Biden, Greek president Katerina Sakellaropoulou, Lithuanian president Gitanas Nauseda, and Moldovan president Maia Sandu. (Source: Wikipedia)

**HAPPY INDEPENDENCE DAY TO OUR UKRAINIAN PARISHIONERS!**

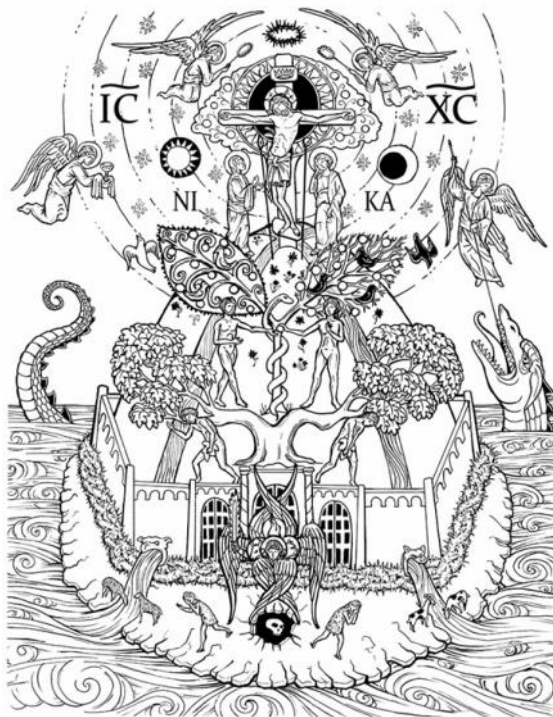


## Cover Story Continued...

- “Most Holy Theotokos Save Us” [50-100 per day on the prayer rope]
- 1 section of holy Scripture a day [ie, one chapter, or at least the daily readings]
- Morning Prayers: Kiss your holy icons and say the morning prayers in the prayer book. For a shorter version, simply do the Trisagion Prayers.
- Make the Sign of the Cross upon starting your vehicle and going somewhere
- Follow the fasting rules of the day (see the parish calendar for food restrictions that may apply)
- Give thanks to God and bless your food with the Sign of the Cross at every meal. Say: “Our Father...” and then “Lord Jesus Christ our God, bless the food and drink of Your servants, for You are holy, now and forever, and to the ages of ages. Amen”
- Evening Prayers: if possible, read the Small Compline from your prayer book each afternoon or evening. If not, at least do the Trisagion Prayers.
- Prostrations (ie, stand in front of icons, make the Sign of the Cross, go down to the floor on your knees, with head to the floor, stand back up) if physically possible. All able bodied should do at least 3 per day, and preferably around 25-50.
- Paraklesis or Akathist. If possible, read one of these every day, or at least a portion each day, even if it is very short. Your prayer book should have at least a few to choose from.
- Work on repenting of your primary sins, and come to confession at least quarterly
- Attend Saturday vespers and Sunday liturgy every week, as well as all the major feast days.
- Live “communion to communion”: receive Christ in the Eucharist often
- Practice the “ministry of presence”: that is, at least once a day, give another person your complete, heart centered attention. This can be in person, on the phone, a letter, etc. This is the essence of loving our neighbor.

These are the key ingredients for “soul baby formula”: the divine grace which purifies, illumines and sanctifies the soul. Do this and you will live!

—Fr. Seraphim—



# Stewardship Ministry News

## Stewardship

Offering Our Time, Talent and Treasure To God

### Dear Members of the St. Nicholas Greek Orthodox Parish

Listed below are those family units who have made contributions and those who are considered stewards of our church. As indicated in the past, you are considered a steward if you have a 2021 Stewardship card on file. A steward also has the right to vote at General Assemblies. As of the middle of July we are happy to report 168 family units have made contributions to our church, of which 92 are considered stewards. On behalf of the Parish Council, we THANK each and everyone of you for your generous contributions. If you haven't submitted a stewardship pledge card for 2021 please do so at your earliest convenience. God Bless each and every one of you.

William & Mary Acker •  
 Nicholas Afeiche  
 Leonidas & Despina Alatsis •  
 Patra Alatsis •  
 Kacoulou Andreas  
 Anna Andrey  
 Sonny & Irene Angelos  
 Rick & Marlene Angelus •  
 Paul & Dolores Apostle •  
 Tony and Lori Apostle •  
 Andrew & Sheila Auter •  
 Tina Ayers  
 George Ballasiotes  
 Tyler & Lexi Balser •  
 E. Anthe Barbas  
 Chrysanth & SFC® Wiley  
 Barnes  
 Harry & Sheri Basil •  
 Sophia Elizabeth Berg •  
 T.L. Berg  
 Theodora Bessinas •  
 Tatiana Bilibin  
 Dean & Anna Bolaris  
 Andrew & Kathy Bouzinekis  
 Yvonne Brandvold •  
 Dora Brown  
 Cheryl Burack •  
 Scott & Marcia Cairns •  
 William and Bonnie Caress •  
 Cash Donations - Anonymous  
 Donors

Barry & Deborah Middleton  
 Cassidy  
 Klaudia Cedeno •  
 C.G. and Ingrid Chamales •  
 Steven Chamales  
 Yianni Charitou  
 Reagan & Reanne Charuhas  
 Elena Chen  
 Chris A. Cherbas  
 Anthony & Sandra Ciarochi  
 Courtney Cole-Faso •  
 Sharmarie & Troy Dares •  
 Dina Deliyianides •  
 Gretchen Eagle •  
 Timothy & Sunny Edgren •  
 Frederick & Anastasia Ehret  
 Amber Lynn Eramo •  
 Mary Erickson  
 Andrew & Jane Evancho •  
 James & Deena Fotinopoulos  
 David & Savina Frisk •  
 Dayle Sokratis Frisk •  
 Father and Alexanorie  
 Gavrill  
 Mary Georgopolos •  
 Christina Ginosatis  
 Alla Glagoleva  
 John & Judy Godulas •  
 Eliza Gooler

Stephan & Claire Gorham •  
 John Gregory  
 Christina Gretty •  
 Robin & Joyce Kalivas-Griffin •  
 Sally Hallis •  
 Dean & Carol Hamos •  
 Michael & Kristine Hanberg •  
 Daniel & Ekaterini Hanson •  
 Natalya Harpe  
 Brent & Evangelia Hassel  
 Magdaline Hatzikazakis •  
 Richard & Kathleen Heidal  
 Christopher & Cheryl Hunt  
 Thomas & Helga Jackson •  
 Joseph & Ronnie-Sue Johnson •  
 Kathy Johnson •  
 "Rikki" Hariklia Kapes •  
 Anna Karanasos •  
 Paula Karanasos •  
 Zachary & Daphne Karanasos •  
 Naser & Catalina Khalaj •  
 Nelya Khamilonova  
 Claudia Sargent Kieszling •  
 Evangelos & Despina  
 Kipelidis •  
 Anna Kiraki

# Stewardship Ministry News

## Stewardship

Offering Our Time, Talent and Treasure To God

Anna Koopman	Anthony Panagiotu	Olympia and John Stafford •
Steve Koukles •	George Panagiotu	Deborah Talbot •
John C. Kouklis	Alexis Pangis •	The Matherne Family
Mary Kouklis •	John & Merrilee Pangis •	The Sandas Family
Ourania Koukousoula & Ronald Ayume	Stathis & JoAnna Papanicolaou	Nicholas and Becky Themelis •
Maria Koumantaros •	Scott and Rachael Parnell	Roxanne Vallantine •
Peter and Margaret Laketa	Audrey Pasion	Dee Varca •
Deanne Langevin	Andrew Phillips •	Georgia & Peter Vlahas •
Vernon Larson	George and Diane Pirotis •	John Volkert •
Robert & Anne Latz •	Stavros Pirotis •	Michael Jane White •
Christina Leineweber •	Lena & Charles Plunkett	Jeffrey and Janice Williams
Mary Leonard •	Joaquin & Shanna Poirot	Edward Winskill •
L. Likos	Martha Politakis	Hugh Winskill
Svetlana Lukianova	Steve & Kathleen Politakis •	Marcela Wirth
Andrew Lurker	Andrew and Rebecca Primis •	Kalitsa & John Xitco •
George and Bess Lurker •	Emmanuel Psilovikos	Tasso & Sarah Zambaras
Jeff & Laura Macaluso	Sammy Ramzi	John Zaoutsos
John Basil Majmudar •	Homer-Christian Reiter and Audrey Sikara •	Luai Zureikat
Fr. Seraphim & Pres. Sophie Majmudar •	Martin J. Reiter III & Lorissa Catherine Reiter •	
Sara & Costas Makariou •	Aaron T. & Renae C. Rice	
Olga Lynn Manos •	Mark & Dana Robinson •	
Chris & Susan Manthou •	Katherine Rowley •	
Mathew John Manthou •	Lilia Rusu	
Natalia Marberg	Katherine Salatas	
Katherine Mason •	Alexandra and Richard Schutt	
Dean & Julie Mastras •	St. Nicholas Philoptochos Society	
Iphigenia Mavromichali •	Alexandru* & Victoria Stefan •	
Helen & George McClure •	Denise and Richard Stahl •	
Alan (John) & Sheilagh Means •	Jacob Swan	
Tatyana Mikeladze •	Andy & Joanne Stergachis •	
Cassie & Paul Moeller •	James & Jenise Sweeney	
Tom Mollas		
Nina & John Morrison •		
Hariklia & Dick Motz •		
Michael & Rodica Murphy •		
Order of AHEPA - Olympic Chapter		
David & Katrina Orriss •		
Evangelos Pamboukas		
Niko & Sonia Pamboukas •		

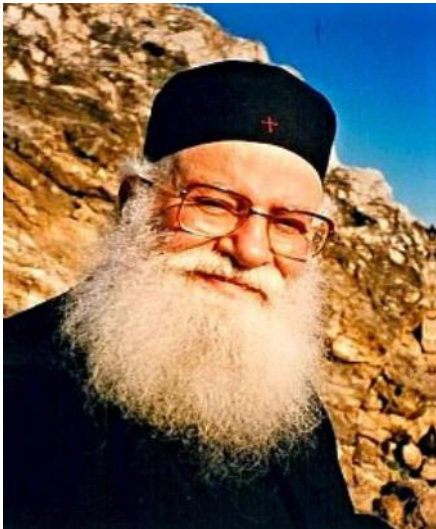
• 2021 Stewardship card on file

\* Deceased

**Organization:** Order of AHEPA, St. Nicholas Philoptochos Society

## Bible Study

# ST. NICHOLAS BIBLE STUDY THE REVELATION



**Revelation 6:8** *“So I looked, and behold, a pale horse. And the name of him who sat on it was Death, and Hades followed with him. And power was given to them over a fourth of the earth, to kill with sword, with hunger, with death, and by the beasts of the earth.”*

### Father Athanasios Mitilinaos

*Other types of evil beasts that cannot be seen with the naked eye are also microorganisms. Today we call them viruses. They are almost invisible. Please forgive me if I make some mistakes because I am not a microbiologist but as viruses are not visible, we are curious and after we've been ill, we ask each other: “What happened to you? – The doctor said I had a virus.” Now, what does a virus mean? It is not a trivial question at all. By experimenting, we find some helpful medicine, but we do not know exactly what these microorganisms are. Now these viruses come attack us, and worst of all, these things seem to wrestle us to the ground. What a smack for some of our arrogant egoists who stood up on the toes of their feet and lifted up their necks to declare to heaven that there is no God. What irony! Arrogant mankind drops down dead killed by an invisible speck of a beast called a bacterium or a virus. My friends, it seems that this matter is a subject of prophecy as well.*

*We must also mention that it is no coincidence that in the opening of the fourth seal, there is a plague that makes increasing use of the number four: fourth seal, fourth living creature, four plagues, one-fourth of mankind will perish. This is not accidental. Again, I will repeat what we have emphasized from the very beginning, that the fulfillment of the four plagues is cyclical, with intensification towards the final times. Moreover, it seems that the twentieth century is the beginning of this intensification. For this reason, let us be forever vigilant, lest we are at the beginning of these very dreadful events.*

#### **Father Seraphim:**

There are many viruses (HIV, hepatitis, etc.) that God has stored up for judgment. The same can be said for all illness, actually, which is the result of sin. It's hard to tell if it has been increasing as time goes by. Before modern medicine, people died from plagues and illnesses that can be treated today with antibiotics and such. The words cyclical and intensification are important. One of the points that Father Athanasios is making is we can't look for just one event and say that that is the definitive waypoint. It's easy to get dis-oriented very fast. Even if we were to understand the Coronavirus and its response as a major

## Bible Study

waypoint in history's journey to its conclusion, we have to remember the principle of cyclical intensification. *The black plague (a flea-borne bacterial disease of rodents that jumped to humans) started in October 1347 and over the next five years, it killed more than 20 million people in Europe, almost one third of the continent's population. Recent research has indicated that the pathogen responsible may have existed in Europe as early as 3000 B.C.* It was a series of a disease process that progressed from the steps of Russia, across Europe, England and the Scandinavian countries. If you look at what's going on in the world today, it's easy to draw some parallels. There were different responses to the "Black Death" including sorcery, black magic, people who believed the Church would save them and those who turned to paganism to save them because they couldn't find any reason for the continuation of this disease. Today we are currently trying to figure out what is happening with the escalation of new and potent viruses in our recent past such as Ebola and Coronavirus SARS epidemics. It's still cyclic. You won't know how bad it is unless you look in retrospect. What we see so pervasive in the media now is that there is so much information and misinformation and feelings of frustration because medical science has been touted, over the last twenty – thirty years, as so wonderful to have come to the rescue. Now this little "virus" has come along and taken the bloom of the rose revealing that medical science isn't the "be all and cure all" of every disease. Other than time, we aren't that far from the bubonic plague era. We can take a page from Father Athanasios and put this in perspective. If this Coronavirus pandemic is something that we, personally, find very distressing, we have to remember that it is part of this cyclical rampa and where it exactly falls upon this cyclical rampa we can also find parallel points along that same spiral back through history that could have been, objectively, worse (in terms of the sum total of human suffering). Father Athanasios is trying to get us to understand that it doesn't mean there is no acceleration of these things as they are driving towards the conclusion of history. It's difficult to plot this on the graph, but one thing we do know is that it is one more sign of something the Fathers have explained to us, all along, that will occur; so, we shouldn't lose our heads over it.

Evangelism came about because of the way Christians dealt with the bubonic plague, the flu epidemic of 1918 and plagues back in the Roman times. They were the only ones who would go into homes where disease had taken life and remove the bodies of the dead, and nurse the afflicted who were dying, and take in the children of those who had died from these epidemics thus, exposing themselves. The Christian response to plagues has been one of the most noteworthy missionary outcomes in the history of the Church. When every human being who has ever lived gathers before the throne of Christ and the demons and angels are cowering in fear and the Kingdom is about to be revealed, how long ago will the time of these pandemics seem? The entire sweep of human history will seem short. It's immediate. He said, *"Assuredly, I say to you, this generation will by no means pass away till all things take place."* **Luke 21:32.** Let's not lose our sense of proportion over our perspective on the progression of time and the fulfillment of these seals. The sense of proportion that Father Athanasios has given us is the same proportion that the Christians faced during these plagues of history. It's no different. The vision for history and its proportions that are derived from that, are the same. We should be calmer about these events and not become rattled. If we are rattled than that means we are disoriented. We should re-orient ourselves as to what is going on in human history. The enemy wants everyone to be disoriented so he can capitalize on that fear and gain control. Calm is the immunity to the kind of control that the devil and his minions will try and leverage.

### Father Athanasios continues:

*There are other types of evil beasts to consider, as I believe that the terrible beasts sent by God are microbes and germs. Who created germs? Microbes and germs did not come into existence only recently. Microbes existed from the time that God created all things. These are microorganisms, but He reserved them for the punishment of the transgressors and apostates of His law. Remember Saint Peter says, "God is keeping fire inside of matter" (2 Peter 3:10-18). This is important, be attentive here: [God is](#)*



## Bible Study

keeping fire inside of matter that will be released to destroy the ungodly. The heavens and the earth are kept in store, reserved for fire until the Day of Judgment and perdition of ungodly men.

If we were to analyze Saint Peter's second letter we would be amazed because it clearly points to the use of thermonuclear energy. \* Today we know that matter contains energy, tremendous energy. It seems that God will remove this energy that is inherent within matter and stored there. He will use it to punish the ungodly. As Revelation, Isaiah the prophet, and others say, all of creation will change and become brand new at the same time, from the old heavens to the new heavens, from the old earth to the new earth. So, the verb, keep, has kept, can also be used for bacteria, which of course, God created. Bacteria have been kept in store for the punishment of the disrespectful, the unfaithful, and the apostates of God's will. Initially, they were not commanded to harm or punish mankind, but now God Himself issues that command.

\* waiting for and hastening the coming of the day of God because of which the heavens being on fire will be kindled and dissolved, and the elements will melt with fire! (2 Peter 3:12). Normal fire does not melt mountains or evaporate bodies of water. The elder associates this meltdown in 2 Peter with the total release of nuclear energy embedded in all elements which will bring about the complete destruction and renewal of the universe.

### Father Seraphim:

On the literal level of what Father Athanasios said about bacteria, St. John Chrysostom makes a very interesting observation about the "drunkenness" of Noah. **Genesis 9:20-21** "And Noah began to be a farmer, and he planted a vineyard. 21) Then he drank of the wine and was drunk, and became uncovered in his tent." Before the Flood or "Κατακλισμός" (cataclysm), there was no bacteria, thus, no fermentation. After the Flood there was a biospheric change to the elements. The earth's rays didn't hit the earth directly before the flood because of the Firmament that was pierced creating the outpouring of water. All of this was because of the change initiated by God's judgment at the time of the Flood. It's no accident that the Flood of Noah, the Last Supper (the wine of the Eucharist) and the piercing of Christ's side, using the same words in Greek, are related. There is a continuity of what God has done between Himself and mankind through the elements beginning in the Book of Genesis. God allowed bacteria to create a poison out of what was, previously, a life-giving substance. The Eucharist is the healing of that wound and the restoration through that pain to eternal life and joy. The material creation, itself, has a major significance to how we understand what is going to occur at His Second Coming once all the Seals are unloosed. When Father Athanasios mentions the Fourth Seal that involves plagues and he identifies them as bacteria and their specific role in executing God's judgment for the repentance of mankind as He did after the Flood (Noah and fermentation) so Father Athanasios is explaining that the heat inside matter (Einstein identifies it as  $E = mc^2$ ) and how God created matter itself and how God interacts with rebellious humanity through matter is connected. The Seals have to do with how God is using matter to bring about the repentance of mankind as history reaches its culminating point. We have to understand that the material world has been intimately involved in God's saving dispensation for mankind from the very beginning; and furthermore, the created elements will continue to have a relationship. We are not going to be disembodied, there will be a general resurrection. All the creation elements of the universe will die and rise again. **Revelation 21:1-4** "Now I saw a new heaven and a new earth, for the first heaven and the first earth had passed away. Also, there was no more sea. 2) Then I, John, saw the holy city, New Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. 3) And I heard a loud voice from heaven saying, 'Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people. God Himself will be with them and be their God. 4) And God will wipe away every tear from their eyes; there shall be no more death nor sorrow, nor crying. There shall be no more pain, for the former things have passed away.' " That's what the "melting with

# Bible Study

*fervent heat*” is. That is the relationship of man and the elements with the sense of utter destruction through thermonuclear war and how the conclusion of human history will have something to do with a catastrophic destruction of the elements on the one hand and on the other hand how we speak of a “*new heaven and a new earth*” as we see in the latter part of Revelation (i.e., **Rev. 21**).

Submitted by: Genevieve Eagle



## ST. NICHOLAS PRO-LIFE MINISTRY



### Pro-life leaders: Movement must be ready if Roe is overturned

By Kate Scanlon – CNA (Catholic News Agency)

Washington D.C., Jul 6, 2021 / 17:03 pm

If the Supreme Court sends the question of legal abortion back to the states, pro-life groups must be prepared to respond, pro-life leaders told CNA on Monday.

Pro-abortion activists are preparing for a potential reversal of *Roe v. Wade*, the Supreme Court's 1973 ruling that struck down a state abortion ban and legalized abortion nationwide.

Politico (political magazine) reported Tuesday that some pro-abortion groups are already organizing to provide surgical or chemical abortions in the event *Roe* is overturned and future state abortion bans are enacted; the groups are "prepared to defy any laws banning abortion," Politico reported.

Some of the steps outlined in the report include efforts to arrange travel for women seeking surgical abortions, or the distribution of abortion pills by mail.

Pro-life activists told CNA that their side, too, should prepare for the possibility of abortion being decided by the states.

## ST. NICHOLAS PRO-LIFE MINISTRY

Tom Glessner, president of the National Institute of Family and Life Advocates, told CNA that a reversal of Roe would not stop abortions from taking place.

“It simply grants more powers to the states to prevent or prohibit abortions,” Glessner said, adding that the pro-life movement should be all the more prepared to support women and families in the face of unplanned pregnancies.

“The pro-life movement better be ready, and pro-life pregnancy centers better be ready,” Glessner said.

When the Supreme Court agreed in May to take up the case of *Jackson Women’s Health Organization v. Dobbs* – which concerns Mississippi’s ban on most abortions after 15 weeks of pregnancy – both pro-life and pro-abortion activists said the court could alter or effectively nullify Roe.

Oral arguments in the case are scheduled for the fall, and the court will be deciding the question of whether states can ban “pre-viability” abortion.

Jeanne Mancini, president of the March for Life, told CNA that said her group’s very mission is “to work for a time when abortion is unthinkable.” She encouraged pro-life Americans to build a culture of life now.

“I encourage the pro-life movement to actively engage with and participate in ministries and organizations that support both the mother and her unborn baby,” Mancini said. “Everyone has a role to play in building a culture of life.”

“All life is sacred and how society treats a mother and her child should reflect that truth,” Mancini said, noting that “at a time when justice and human dignity are on everyone’s minds, we should be promoting policies that protect the least among us starting in the womb.”

Mallory Quigley, vice president of communications for the Susan B. Anthony List, told CNA that an increasing number of pro-life laws have been passed in states “on a mandate from the people who elected them.”

“We’re looking at states that want to help women and children, and we’re looking at the abortion industry that will stop at nothing to keep abortion businesses running, whether that’s illegal distribution or extraordinary lengths to get women to abortion clinics,” Quigley said.

Tags: Pro-life, Catholic News, Supreme Court, Roe v. Wade, Dobbs v. Jackson Women’s Health Organization, pro-abortion groups.

Submitted by: Genevieve

## ST. NICHOLAS AKATHIST MINISTRY

### Ministry of Akathist, Prayers for the Departed

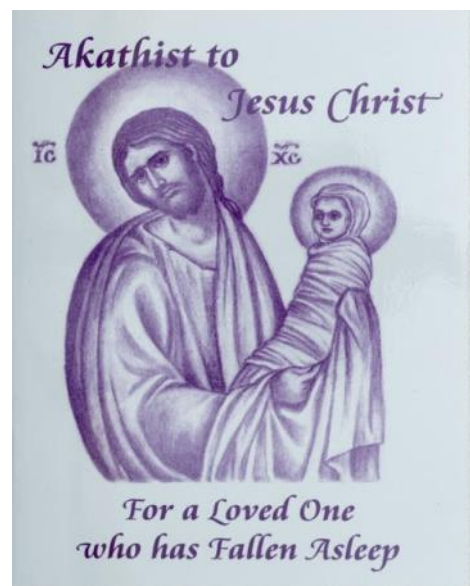


Thank you to all who are involved in this wonderful ministry at Saint Nicholas. In offering the gift of praying the Akathist to Jesus Christ for a Loved One who Has Fallen Asleep, it is a great comfort to family and friends of the departed ones.

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



# Greek Language School

## Modern Greek Language School/Classes

### “Advanced Class” - Student Picture of 04-15-2021



### “Pictures of previous years”



## Greek Language School

Pictures of previous years continued...

**Modern Greek Language School / Classes:**



**The 2020 - 2021 Modern Greek Language School "Advanced Class - Εκτὴ Τάξη "resumed on Thursday, October 8, 2020 and will continue to Jun. 25, 2021" every Thursday, from 6:00 to 7:00 PM.**

Due to the COVID-19 restrictions on "Gathering" all classes are virtual via "Zoom Teleconferencing", for more information please contact Genevieve Eagle or George Pirotis.

General Information: **The classes are open to everyone** that is 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 of the class in learning the **great influence of the "Greek Language and the Hellenism"** to the "Western Civilization" and to the whole world!

**Yearly events and possible student involvement:**

**Αγιασμός** (Blessing) of the class at the beginning of the School year.

Sunday, October 31st - **OXI Day Celebration.**

Thursday, March 28th, 2021 **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-

# PROSPHORA

## PROVIDING PROSFORO

*Your own of your own we offer unto You, on behalf of all and for all.*

Despina Ampatzis brings the offering for the first Sunday of every month. Just a reminder that people are welcome to bring the prospora (and artoklasia) for special days, name days, etcetera. The procedure would be to contact Father Seraphim and discuss it with him before the actual day, and to have the offering there in time. We also have a need for people desiring to participate in the Liturgy in this way to commit to providing the offering on one Sunday every month. The second, third, and fourth, Sundays of every month are available. You can bring in your bread for Sunday at Saturday evening Vespers, or you can bring it in at 8:30 Sunday morning. Any extra loaves will be frozen and used during the weekday liturgies.

*Contributed by: Deborah Talbot*





# PROSPHORA

## LECHEM-ARTOS-BREAD

### Following the Word Through Scripture

We are in the Book of Numbers, which begins in the Sinai Desert where Exodus left off. The tabernacle had been completed, the priests were then consecrated, and the Passover was celebrated one year after leaving Egypt. Then a census was taken, and the people and the camp were ordered and tasked. When that was accomplished, in the second month of the second year since leaving Egypt the Lord arose and led them through the desert toward the promised land. But there was still a whole lot of grumbling and complaining going on. The Lord gets angry, Moses gets angry, things are burned, people die, and the saga continues. The people camped at Hazeroth, and then in the Desert of Paran at Kadesh. Here the Lord instructed Moses to send out twelve spies to spy out the land of Canaan, "...which I (the Lord) am giving to the children of Israel...". The spies were in the land for forty days, and then they brought back their report to the camp at Kadesh. Ten of the spies said that the people of the land were strong, the cities were fortified...and the people cried all that night. They said, let's choose a new leader and return to Egypt. This brings us to Numbers 14:9: *But do not apostasize from the Lord, nor fear the people of the land, for they are our bread/a thing to be devoured by us (lechem/κατάβρωμα); their time has come and gone, but the Lord is with us. Do not fear them.* The Hebrew says the people of the land are our **lechem(bread)**; the Greek says they are our **κατάβρωμα (or they are a thing to be devoured by us)**, their time has come and gone....

The speakers in verse 14:9 are Joshua and Caleb, the remaining two spies. They were the only two of the twelve spies who believed in God and His promise. They are standing against the unbelief of the other ten spies and the people, and the Glory of the Lord stood with them, which prevented the congregation of the people from stoning them to death.

I suggest these words *lechem* and *κατάβρωμα* indicate the need to exert some effort to receive the thing God has given. Remember that the root of the word *lechem* has meanings which include to battle, to overcome, to prevail, to make war. The task of the Israelites was to listen to the Lord, to believe Him and cooperate with Him by acting in obedience to Him. Instead, a great many of them grumbled and complained against Him in unbelief and apostasy (stepping away from). The consequence of this is that the Lord will not let this generation see the promised land; those in the census 20 years and older who murmured against Him will die in the desert. Their children will be shepherds in the desert for forty years, bearing one year of guilt for each day the spies were in the land. Those ten spies who brought an evil report died before the Lord by a plague. When Moses informed the people of the Lord's response to their murmuring they mourned, but not unto repentance, because some of them then decided to take matters into their own hands and go take the land themselves. The Lord did not go with them—they had stepped away from him and were continuing to move in that contrary direction—but when these men were beaten back by the people already in the land, they returned to the rest of the camp at Kadesh.

At this time the Lord begins instructing Moses what to tell the people regarding grain and drink offerings. *Numbers 15:18-20: ...When you come into the land into which I bring you, then it will be, when you eat from the bread (lechem/artos) of the land, that you shall take away the choice portion for the Lord. You shall separate the choice portion of your cake/bread (challa/artos) as the firstfruits of the dough\*, as a choice portion from the threshing floor.* Dough\* is two or more things (ground-up grain plus water) that have been mixed together and kneaded (or worked) until transformed. It is not the leftover, incidental part of this dough that is to be offered, but the choice portion of it, the firstfruits.

# PROSPHORA

That this dough is made of grain that has been harvested, threshed, and ground up brings to mind that expression “been through the mill,” i.e., rough and difficult times. The water can be that “new drink...gushing forth from the tomb of Christ, in whom we are established.”\*\*And these two things are kneaded and worked together until they become one new thing...

It seems to me that in these instructions about offering, God, the giver of all good things, is wooing the people, teaching them how in everyday moments to turn from their grumbling back to Him in faith and in thanksgiving, that He is teaching them about anamnesis, a *remembrance that is directed forward toward fulfillment, or toward telos*, through asceticism. Asceticism refers to self-discipline, to overcoming with effort by battling, by making war, which brings us back to lechem/bread. But you must battle with understanding so that you resist the thing you ought to resist—those disordered passions—and do not resist the thing you ought not to resist—God, who is holy, holy, holy. God in His love for us has provided a structured order which lifts us from the quicksand, and He is showing them and us how to access that structured order everyday moment by everyday moment.

The map shows where we are on the journey. The Book of Numbers begins down at the Wilderness of Sinai, center bottom. Follow that orange line up to the right through the blue triangle camps... the place of burning... notice the meat God brings them in the form of birds... Hazeroth where the Lord struck Miriam with leprosy... up to Kadesh-Barnea, where the twelve spies were sent out into Canaan for forty days.

\*The Greek word for dough here in Numbers 15 is Strong's Greek word 5445, which is used five times in the New Testament and translated as lump. See Romans 9:21 and 11:16, 1Corinthians 5:6-7, and Galatians 5:9. This information is offered for your own reading and reflection. I read them and was led to look at the word leaven, Strong's Greek word 2219, as used in 1Corinthians 5:6 and Galatians 5:9, Matthew 13:33, 16:6, Mark 8:15, and others regarding leaven, thinking of this in terms of dough (a mixture), honorable and dishonorable, pure and impure, as applied to my own experiences, motivations, thoughts, and actions, to my own ascetic practice, and what kind(s) of leaven I bring into the whole body of Christ.

\*\*From the Paschal Canon, Ode 3, Irmos.

To be continued...

Deborah Talbot-



# 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.

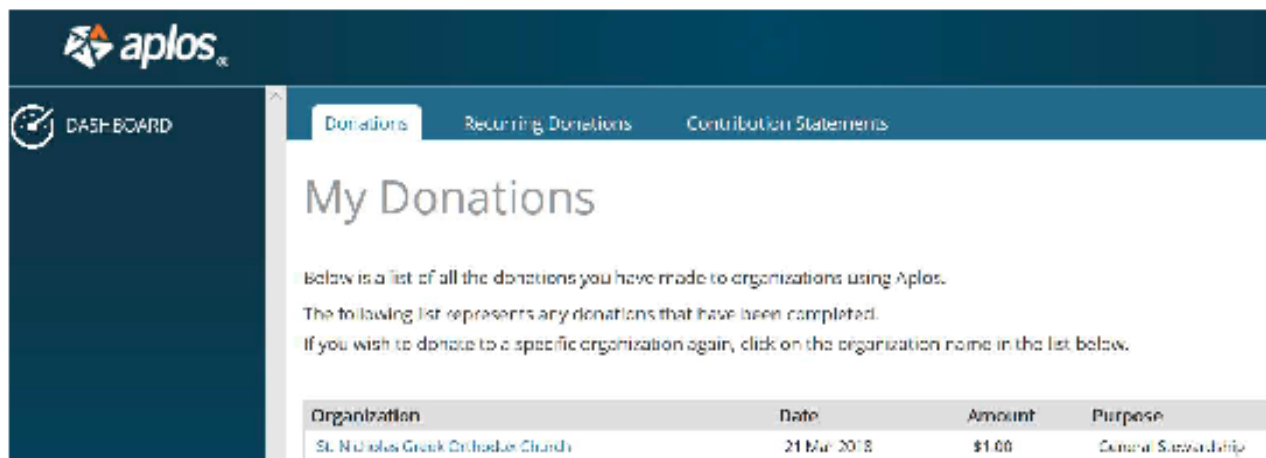
I want parishioners to enjoy greater flexibility in making Church donations and receiving an accounting of their annual to date contributions at any time of the year. Many of you have asked and inquired about the possibility of accounting for your donations automatically on-line. It is now a reality. 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.stnicholastacoma.org](http://www.stnicholastacoma.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.



**OUR MISSION**

St. Nicholas Greek Orthodox Church proclaims and teaches the Gospel in accordance with the Orthodox Faith; sanctifies the faithful through God's grace in worship, the Divine Liturgy, and other sacraments; enhances parishioners' spiritual life; and adds to the faithful by receiving individuals into the Church through instruction, baptism, and/or chrismation.

**COMMIT YOUR TIME AND TALENT TO ASSIST WITH GOD'S WORK**

St. Nicholas has several ministries that exist to fulfill our parish mission and serve our community. Giving of our time and talent through these ministries is just as much an act of stewardship as giving financially. If you would like to contribute your time and talent through one of our ministries, please visit our website to see a list of active ministries: [stnicholastacoma.org/ministry-center](http://stnicholastacoma.org/ministry-center).

**HOW TO RETURN THIS CARD**

**BY MAIL:**

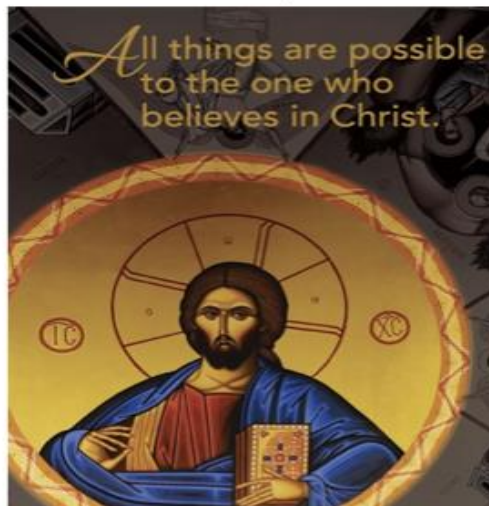
St. Nicholas Greek Orthodox Church  
 Attn: Church Treasurer  
 1523 S. Yakima Ave.  
 Tacoma, WA 98405

**AT CHURCH:**

Drop your completed card 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](http://stnicholastacoma.org/donate). For more information, please visit: [stnicholastacoma.org/stewardship](http://stnicholastacoma.org/stewardship).

**2021 STEWARDSHIP CARD  
 ST. NICHOLAS GREEK ORTHODOX CHURCH  
 TACOMA, WASHINGTON**



*"Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves, and to grow in grace. It allows us to participate in the work of God. Giving is not a substitute for commitment - it is an expression of our commitment."*  
*Fr. Seraphim Majmudar*

Please PRINT your information clearly

Name (F/M/L): .....  
 DOB (M/D/Y): .....  
 Email: .....  
 Telephone: .....  
 Spouse: .....  
 DOB (M/D/Y): .....  
 Email: .....  
 Telephone: .....

**Household Information**

Address .....  
 City/St/Zip .....

**Dependent Children**

Name (F/MI/L)	DOB (m/d/y)	Orthodox
.....	.....	(Y/N)
.....	.....	(Y/N)
.....	.....	(Y/N)
.....	.....	(Y/N)

Are we living our calling and preparing: "... a good account before the awesome judgment seat of Christ?"  
 Is our stewardship the healthiest and the most effective it can be?

**Christ's Possible Question to You:**

**"What did you do with MY Church under Your watch given all of the gifts I gave you?"**

**..... 2021 STEWARDSHIP COMMITMENT.....**

Tithing a minimum of 10% of the blessings God has bestowed upon us is what we as Orthodox Christians are asked to do. If you are unable to tithe 10% of God's blessings at this time, please consider tithing a percentage amount equal to what you gave last year, but rounded up to the next whole number.

I/We offer a minimum stewardship pledge of \$...../year or \$...../month in 2021 to support God's work.

I/We understand that by participating in supporting our parish financially and by committing my/our Time and Tal-ents, I/we shall be a member(s) in good standing at St. Nicholas Greek Orthodox Church.

SIGNATURE.....

Click Here to Email Completed Form To Treasurer

Note: To email - the PDF must be open in Adobe Acrobat or a Comparable PDF Reader

Saint Nicholas Messenger

St. Nicholas Greek Orthodox Church

1523 S Yakima Ave

Tacoma, WA 98405

*Address Service Requested*

