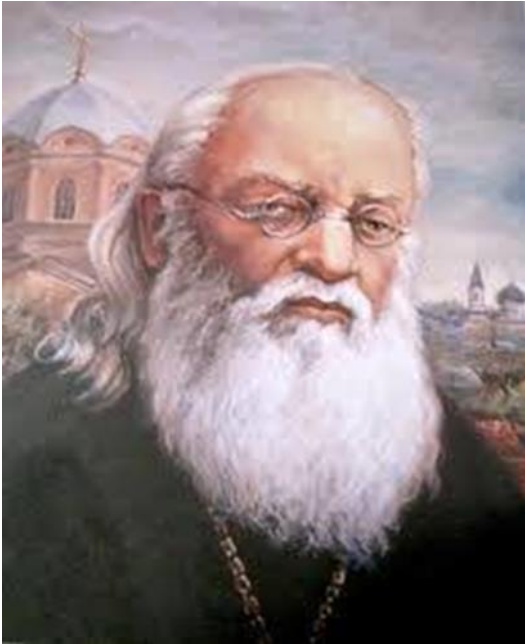




## The Value of Fasting St Luke, the Blessed Surgeon of Simferopol

(Delivered on February 23, 1947)

(NOTE: This sermon of the great physician-bishop, St Luke, was delivered to Orthodox Christians who had been suffering under the lingering effects of the Second World War, including food shortages and other hardships.)



Great Lent is beginning and I want to speak to you about fasting. You will say: "Why is he talking to us about fasting, since we have been hungry for a long time, and we are going through an ongoing Great Lent?" So what, don't I need to talk about it? Indeed, it is needed very much! The fast, which you have fasted until now, is a punishment from God, but the fast that begins tomorrow is a holy fast, established by the Holy Church, which is not a punishment from God, but a blessing of God, the mercy of God. The fast which you have been fasting for a long time, will not give you any kind of reward, because the reward from God is only for good intention. If you fasted out of necessity, because you are unable to eat better, this is not your good intention. God accepts good



works that come from your will, from your intention. He accepts those good works that are done willingly with effort and difficulty.

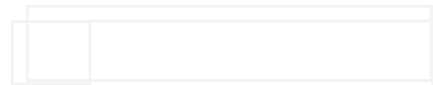
But in the fast that you observe, neither your effort, nor your willingness, nor the difficulty have a reward for the obligatory fast, for the fast that is sent by God for punishment. There is no honor in it. Delve deeply in this, remember this. Of what true fasting will I talk about?

Cover story continues page 15

Inside Messenger	
Calendar	Page 4
News and Announcements	Page 5
Building Committee Report	Page 6-8
Military Ministry	Page 9-14
Cover Story Cont.	Page 15-17
Stewardship	Page 18-20
Bible Study	Page 21-24
Pro-Life	Page 25-27
Akathis	Page 28
Greek Language School	Page 29-30
Prospora	Page 31-33
Philoptochos	Page 34
Sunday School	Page 35-37
Donations and Pledges	Page 38-39

### How to Return to Church

See article 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 (Due to Covid-19, Social/Coffee Hour is temporarily suspended)



## 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**  
George Pirotis

**Akathist Group Prayer**  
Kathy Rawley

**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 Philips

**Hands of Love**  
Merrilee Pangis

**Military Service**  
LTC Gus Chamales

**Premarital Education**  
George Pirotis, Diane Pirotis

**Stewardship**  
Maria Koumantaros

**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.  
April 13, 2021

April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Veneration of the Holy Cross 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Theodora of Thessaloniki 6:30am-7:30am Orthros 5:30pm-6:30pm Daily Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Eutychios, Pat. of C'nope GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends 6:30am-7:30am Orthros 10:00am-12:00pm Bible Study 5:30pm-6:30pm Beginning Greek 7:00pm-8:00pm Building Committee	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Kallopios & Akyllina 6:00pm-7:00pm Presanctified Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Rufus the Obedient 5:30pm-6:30pm Modern Greek	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Thus the Wonderworker 6:30am-7:30am Presanctified Liturgy 6:00pm-7:00pm Salutations to the Theotokos	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Joseph the Hymnographer 9:00am-10:00am Divine Liturgy 6:00pm-7:00pm Vespers
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Sunday of St. John Climacus 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Theodora of Thessaloniki 6:30am-7:30am Orthros 5:30pm-6:30pm Daily Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Martin, Pope of Rome 6:30am-7:30am Orthros 10:00am-12:00pm Bible Study 5:30pm-6:30pm Beginning Greek 7:00pm-8:00pm Parish Council	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Thomas of Alexandria 6:00pm-7:00pm Presanctified Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Vadin of Persia 6:30am-7:30am Presanctified Liturgy 6:00pm-7:00pm Salutations to the Theotokos	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Gregory V, Pat. of C'nope 9:00am-10:00am Divine Liturgy 6:00pm-7:00pm Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Metropolis Clergy/Lady Assembly (zoom) Saturday of the Akathist 9:00am-10:00am Divine Liturgy 6:00pm-7:00pm Vespers
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Sunday of St. Mary of Egypt 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Anthousa of C'nope GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends 6:30am-7:30am Orthros 5:30pm-6:30pm Daily Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Zacchaeus the Tax Collector, Bp. of Caesaria 6:30am-7:30am Orthros 10:00am-12:00pm Bible Study 5:30pm-6:30pm Beginning Greek 5:30pm-6:30pm Daily Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Empress Alexandria GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends 6:00pm-7:00pm Presanctified Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Leonidas, Bp. of Athens 5:30pm-6:30pm Modern Greek	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Amphilokios of Patmos Fast: Wine & Oil ok GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Metropolis Clergy/Lady Assembly (zoom)	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Lazarus Saturday 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 6:00pm-7:00pm Vespers
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Sunday of St. Mary of Egypt 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Paphnoutos 6:30am-7:30am Orthros 10:00am-12:00pm Bible Study 5:30pm-6:30pm Beginning Greek 5:30pm-6:30pm Daily Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Zacchaeus the Tax Collector, Bp. of Caesaria 6:30am-7:30am Orthros 10:00am-12:00pm Bible Study 5:30pm-6:30pm Beginning Greek 5:30pm-6:30pm Daily Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Great Martyr George (transferred) 6:30am-7:30am Orthros: St. George 5:30pm-6:30pm Modern Greek 6:00pm-7:00pm Presanctified Liturgy: St. George	FAST: Wine & Oil ok GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Great Martyr George 6:00pm-7:00pm Presanctified Liturgy for Lazarus Saturday	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Metropolis Clergy/Lady Assembly (zoom) Saturday of the Akathist 9:00am-10:00am Divine Liturgy 6:00pm-7:00pm Vespers	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends Lazarus Saturday 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 6:00pm-7:00pm Vespers
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>Notes:</b>
Fast: Fish, Wine & oil ok GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends PALM SUNDAY 8:45am-10:00am Orthros 10:00am-11:00am Divine Liturgy 6:00pm-7:00pm Bridgroom Orthros	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends HOLY MONDAY 6:30am-7:30am Presanctified Liturgy 8:00am-8:45am Reading of Gospel of Matthew, ch 1-8 10:00am-11:00am Bridgroom Orthros	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends HOLY TUESDAY 6:30am-7:30am Presanctified Liturgy 8:00am-9:00am Reading of Gospel of Matthew, ch 9-18 10:00am-11:00am NO BIBLE STUDY THIS WEEK 6:00pm-7:00pm Bridgroom Orthros	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends HOLY WEDNESDAY 6:30am-7:30am Presanctified Liturgy 8:00am-9:00am Reading of Gospel of Matthew, ch 19-25 6:00pm-7:00pm Holy Unction	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends HOLY THURSDAY 9:00am-10:00am Orthros 10:00am-11:00am Vespers 3:00pm-4:00pm Last Supper 5:30pm-6:30pm Modern Greek 6:00pm-7:00pm Passion Gospels (Holy Fri Orthros)	GREAT LENT FASTING: no meat/dairy/fish, Wine & oil ok on weekends HOLY FRIDAY 8:00am-9:00am Royal Hours 3:00pm-4:00pm Descent from the Cross Vespers 6:00pm-7:00pm Lamentations (Holy Sat Orthros)	

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

### Misplaced Medical Chair

*The medical chair that has been in the upper hall has been misplaced. If anyone knows of its whereabouts please contact the church office at 253-272-0466*

### Returning to Church

Parishioners are once again attending services in person at St. Nicholas and able to receive Holy Communion. Church gatherings are limited to a maximum of 50 people while maintaining social distancing and the wearing of masks. To facilitate adhering to the 50 person guidance, parishioners are asked to sign up in advance for Saturday and Sunday services on the church [website](#). Sign up in advance for up to two Sundays per month. After that, you can sign up for any open slots beginning 10am on Saturday mornings. No reservations are needed for weekday services. Please remember masks are required, stay home if you are not feeling well. Also, if you are at risk, please stay home. Contact Fr. Seraphim to make special arrangements for Communion or other special needs.

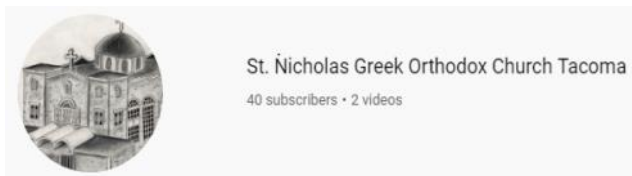
Live TV Streaming of church services continues. If you are unable to attend services in person, you can participate by watching most services live at home. See instructions below.

### 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—*

## Building Committee



### THE NARTHEX RENOVATION STARTS IN MAY

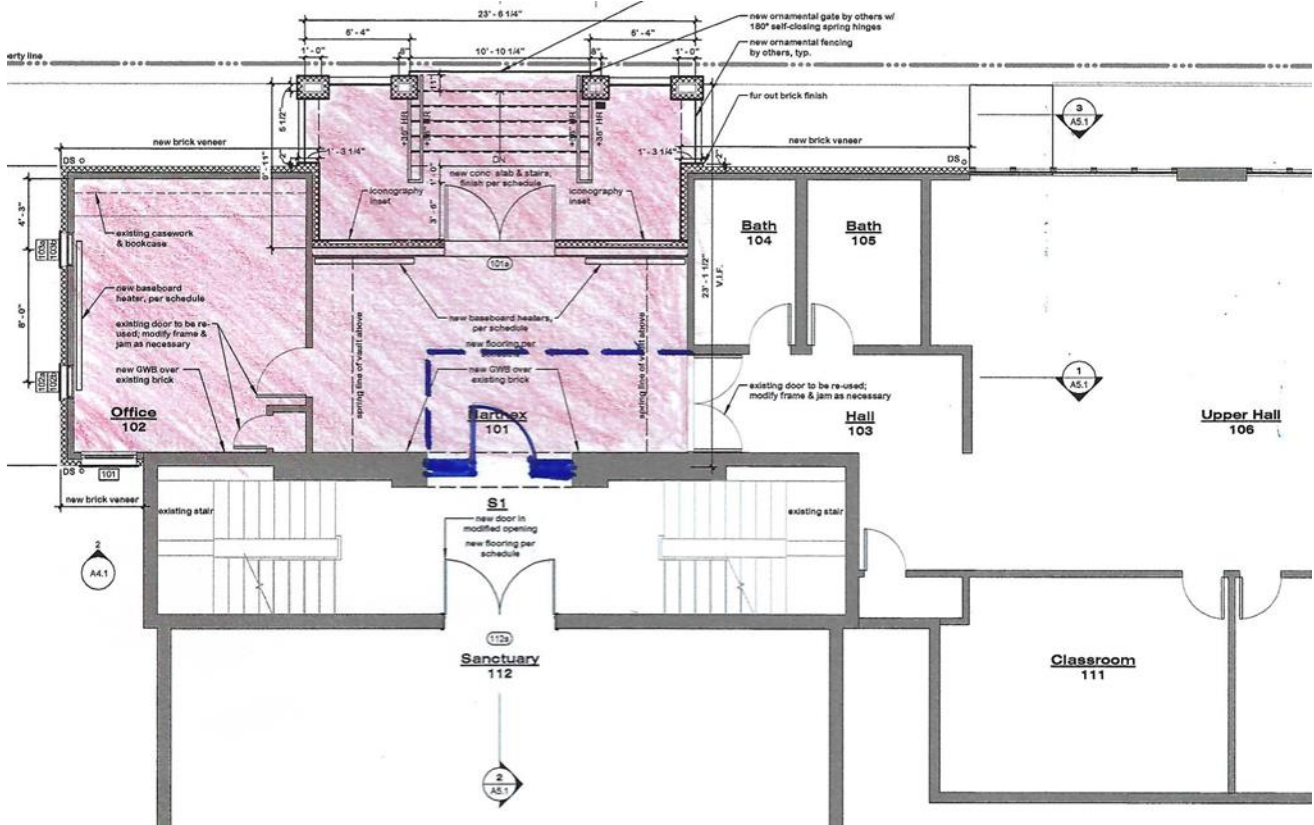
Field construction on the Narthex Renovation begins on Monday May 10th, a full week after Pascha, and will be running through to mid-September, with completion targeted a few weeks before the Greek Festival would take place if there ends up being one this year. During that time frame of just over four months the Narthex area will be closed off for construction purposes. As a means of getting used to this, the main church entrance from Yakima Avenue will be closed starting April 18th, a few weeks before construction actually starts.

During construction access to the Sanctuary and the Upper Hall spaces will be limited through two interior stairwells from the Lower Hall and the exterior Upper Hall door that faces Yakima Avenue respectively. Means for traversing between the Sanctuary and interior stairwell areas to the Upper Hall spaces during non-construction hours will be accommodated by the general contractor providing temporary barriers used to create a passage way that will be installed and removed between working shifts. A layout of this is illustrated on the following page.

Father Seraphim's office will be unavailable for use during construction, and a temporary office will be set up for him, possibly in the church book store. Also, Rush Construction, the general contractor, will be allocated a roughly 10' x 10' space in a Lower Hall area adjacent to one of the stairwells, which they will use as a temporary construction office for the duration of the project. All other spaces within the church beyond the Narthex construction zone will remain open and unaffected by the renovation work.

*(Continued on the next page.)*

# Building Committee



(Continued from the previous page.)

Above is a partial floor plan of the upper church level. The shaded area represents the immediate construction zone that will be off-limits to the Parish during construction. Colored in blue is a temporary wall and door the contractor will construct to act as a barrier between the construction zone and the Sanctuary and interior stairwell areas that remain open. The Upper Hall will remain in use as well. Dashed blue lines depict temporary portable barriers the contractor will put in place at the end of each working shift, which will allow the Parish passage from the interior stairwell areas to the Upper Hall and vice versa during non-working hours.

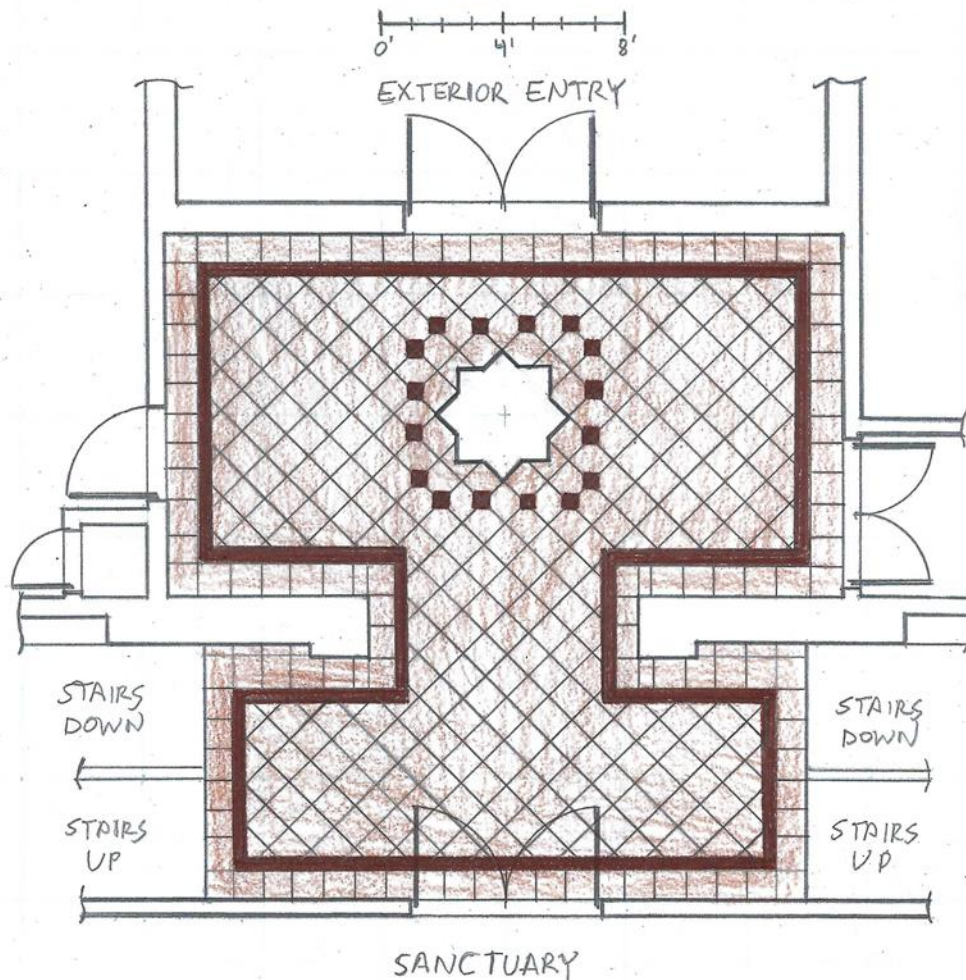
There is some finish work that will take place in the unshaded space between the stairwells; namely mosaic tile flooring, a new drywall ceiling and some painting. Access in that area will be restricted for a time period of perhaps about two weeks total during weekdays when the finish work there takes place. When the contractor is working in that space at least one stairwell for the most part will remain open during the weekdays, and both stairwells will still be available for full use on weekends.

(Continued on the next page.)

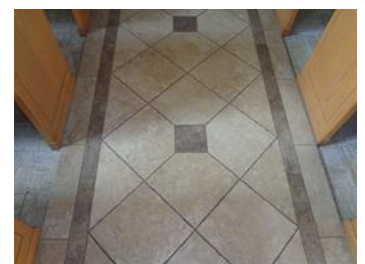
# Building Committee

*(Continued from the previous page.)*

Under the direction and guidance of Dr. Nich and Father Seraphim, below is a sketch of the proposed mosaic floor design in the renovated Narthex area. The tile colors, textures and layouts will be similar to what is in the Sanctuary and Father Seraphim's office, but will not exactly match, as the in-place tiles are no longer made. In general, there will be perimeter row of border tile that surrounds angled, or 'on-point' field tile, both of which will be separated by 3" to 4" wide darkened accent strips. The blank space shown in the middle of the Narthex will be filled with a shop-made double-eagle mosaic plaque, roughly 4' x 4', similar in design to one at the Saint John's Monastery in Goldendale, WA, which is shown in the upper right photo below. The angled field tile in the Narthex area will be centered around the double-eagle mosaic, acting as the benchmark for tile setting. 6" x 6" square accent pieces around the mosaic and 6" x 6" tile floor base at the walls will be the same color and texture of the accent strips.



*Floor mosaic eagle at St. John's Monastery in Goldendale.*



*Floor tile pattern at the center aisle in the Sanctuary*

In other news, an electronic ringer with an intercom and monitoring camera was installed at the exterior Upper Hall door, with phone APP control, and hard wired stations in the church office & Father Seraphim's office. A special thanks to Zach for coordinating the installation.

*Contributed by Bill Acker*

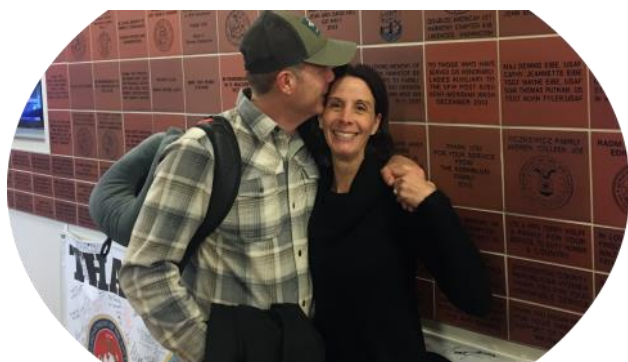


# Military, CIA, Law Enforcement Ministry News

## WHEN JEFFREY COMES MARCHING HOME....

IT IS WITH GREAT PLEASURE that we can say that Jeff Rogers is home safe and sound from his tour of duty in Afghanistan, and back in the arms of his loving wife, family and friends! **DOXA TO THEO!**

Jeff has been serving for the last nine months in Afghanistan as a logistical officer supporting Afghan and American Special Operations forces in the war against the Taliban. His job often took him to various Afghan military bases to coordinate with Afghan military units and civilian representatives, and provide support to American military forces. As with all duties in Afghanistan and Iraq, danger is everywhere. We thank the



good Lord for Jeff's safe return and pray for the safety of all of our troops serving in harm's way.

May 31 will our St. Nicholas Memorial Day presentation and as part of that we have asked Jeff to speak and share with us some of his experiences from his tour of duty. Between now and then, please be sure to take a few minutes to visit with Jeff and his family when you see them after liturgy, welcome Jeff back, and thank the entire Rogers family for their service and sacrifice for our nation.

**APRIL IS THE MONTH OF THE MILITARY CHILD!** April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make, and the challenges they overcome.

It seems appropriate that we should recognize Jeff and Lexi's daughter and their three sons as part of this event. During the past year while Jeff was serving in Afghanistan, the rigors of 24/7 duty, the stress of being constantly on alert for incoming artillery or mortar fire, the never-ending requirement to scan the area for enemy ambush or sniper fire, and the added security threat from a potential suicide bomber all take a heavy toll not only on the serviceman or woman, but also on that person's family back home.

The Rogers are truly an incredible family. While Jeff was having to deal with the stress of serving in a combat zone, Lexi was managing the family household in Gig Harbor and providing love, guidance and stability for their daughter and three sons.

*Continued on next page....*

When Jeffrey Comes Marching Home

Patrick Sarsfield Gilmore (1865)

## Military, CIA, Law Enforcement Ministry News

Ayrlee, their daughter is stationed in Germany and serving in the United States Air Force. She is an Aviation Resource Manager and coordinates flight schedules for her Squadron's fighter and transport pilots.



This is no easy task because mission requirements have people going many different directions, 24/7, and pilot flight time, down time, and crew rest periods must be strictly controlled. The risk is high and errors can be life threatening, and career ending. Strict attention to detail and devotion to duty are essential. Ayrlee proved to be up to the task and because of her outstanding performance she will soon be promoted, and then recommended for the Air Force's Scholarships for Outstanding Airmen program. Upon completion of that program she will follow in family tradition by becoming a commissioned officer and a Second Lieutenant in United States Air Force.

Jeff and Lexi's three boys are exceptional young men and during their father's absence racked up a remarkable list of accomplishments. Quinlan, their oldest is in his 2nd year at UW. He is enrolled in a select engineering program and was chosen as one of 70 students for a new field of Human Centered Design Engineering. The students in this program are mentored by Microsoft Engineers who are pioneering this new field. Quinlan's classroom requirements are rigorous and very demanding but he continues to excel and will likely become one of our country's leaders in this challenging new field.

With their father in Afghanistan, Ayrlee in Germany, and Quinlan at UW, that left Lexi, Keyvyn and Stellan to keep the home fires burning. Keyvyn is a Junior at Gig Harbor High School and an outstanding student and athlete. He excels academically and maintains a 4.0 GPA while participating in his school's most demanding classes. He is the captain of his lacrosse team and also a member of the school's tennis team. Soon he



will be representing his school as a member of their men's doubles tennis team at the Washington State Tournament, and with such remarkable skill and talent he is bound to do well.

Not to be outdone, Stellan, the youngest of the Rogers clan is also a remarkably talented young man. He is in the 8th grade and like his older siblings, maintains a 4.0 GPA. He is enrolled in his schools most advanced classes for his grade but particularly enjoys Spanish, geometry, and advanced language arts. Like his older brother he is an exceptional athlete and a member of his school's lacrosse team, and the St. Nicholas Festival dance group. Like all of the Rogers family he possesses great interpersonal skills and is blessed with his father's great sense of humor.

*Continued on next page....*

# Military, CIA, Law Enforcement Ministry News

The Rogers children are blessed with loving parents who have instilled in them strong family values and their belief in God has been key to their upbringing and success. They represent the best attributes of what makes our country great and their accomplishments reflect greatly upon their family, the United States Armed Forces, and St. Nicholas Greek Orthodox Church. **DOXA TO THEO!**



**LTCs Theo Voudouris and Jennifer Clark** have enjoyed the past two years at Camp Humphreys, South Korea. Their three daughters have remained active in gymnastics, soccer and swimming. The Family has also been blessed to explore seven other countries during their tour. The girls have traveled through New Zealand, watched sunsets at Angkor Wat in Cambodia (now considered one of the seven wonders of the world), and climbed the Great Wall of China. The Voudouris Family is scheduled to return to the U.S. in June; Theo will work in the Pentagon and Jennifer will retire after 23 years of service. (CONGRATULATIONS JENNIFER!) They miss St. Nicholas Church and send their love to all of our parishioners!



**April 6, 1917:** Following a vote by Congress approving a declaration of war, the U.S. entered WWI in Europe. St. Nicholas family members who fought in WWI include the following:



**Marlene Angelus'**  
Grandfather,  
U.S. Army  
*World War I*



**CPL Gus Caravasilis**  
U.S. Army, *World War I*  
**Recipient of the Silver Star**  
**Citation for valor during**  
**the Saint-Mihiel Salient &**  
**Meuse-Argonne Offensive.**  
Gus Chamales'  
Grandfather



**James Michalareas**  
Hellenic Army  
Greco-Turkish War  
1919  
**Killed by communist**  
**guerillas during WWII.**  
Gus Chamales' Great  
Uncle



**Walter R. Motz,**  
U.S. Army  
*World War I*  
Walter Motz'  
father



**Lascos Sarantinos**  
U.S. Army  
*World War I*  
**Recipient of the Silver Star**  
**Citation for valorous action**  
**during the Ypres-Lys**  
**& Meuse-Argonne**  
**Offensives.**  
Roxanne & Fr.  
Daniel's grandfather

**April 14, 1865:** President Abraham Lincoln was shot and mortally wounded while watching a performance of Our American Cousin at Ford's Theater in Washington. He was taken to a nearby house and died the following morning at 7:22 a.m.



Continued next page...

# Military, CIA, Law Enforcement Ministry News



**April 18, 1942:** The first air raid on mainland Japan during World War II occurred as General James Doolittle led a squadron of B-25 bombers taking off from the carrier Hornet to bomb Tokyo and three other cities. Damage was minimal, but the raid boosted Allied morale following years of unchecked Japanese military advances. St. Nicholas family members who served in the Army Air Corps during WWII include the following:



**Edward E. Beecher**  
U.S. Army Air Corps  
*WWII*  
Chrisann Firth's uncle



**SGT George L. Chamales**  
U.S. Army Air Corps  
*WWII*  
Gus Chamales' father



**PVT Tom Cheruhas**  
U.S. Army Air Corps  
*WWII*  
Serma Cheruhas' husband



**CPT Frank Ciarochi**  
U.S. Army Air Corps  
*WWII*  
Anthony Ciarochi's father



**SGT Arthur Ehrett**  
U.S. Army Air Corps  
*WWII*  
Dr. Fred Ehret's father

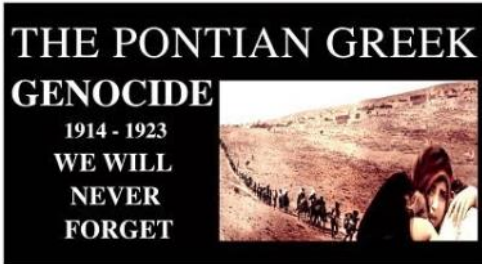


**SGT Ansel Jameson**  
U.S. Army Air Corps,  
*WWII*  
*Recipient of the Distinguished Flying Cross w/OLC for valor during combat with the Flying Tigers in the China/Burma/India Theatre.*  
Diane Pirotis' Father

**April 19, 1775:** At dawn in Massachusetts, about 70 armed militiamen stood face to face on Lexington Green with a British advance guard unit. An unordered "shot heard around the world" began the American Revolution. A volley of British rifle fire was followed by a charge with bayonets leaving eight Americans dead and ten wounded. Sergeant Richard Motz served with the Pennsylvania Militia and fought in the Revolutionary War.



One of America's original Veterans,  
**Sergeant Richard Motz**  
4<sup>th</sup> Co, 7<sup>th</sup> Bn. PA Militia  
*Served with General George Washington at the crossing of the Delaware River!*  
**1776 - 1778**



**April 24, 1915:** In Asia Minor during World War I, the first modern-era genocide began with the deportation of Greek and Armenian leaders from Constantinople and subsequent massacre by Young Turks. In May, deportations of Greeks and Armenians and mass murder by Turks began, resulting in the complete elimination of the Armenians from the Ottoman Empire and all the historic Armenian homelands. Estimates vary from 800,000 to over

2,000,000 Armenians and from 500,000 to over 1,000,000 Greeks were murdered .

**April 30, 1789:** George Washington became the first U.S. President as he was administered the oath of office on the balcony of Federal Hall at the corner of Wall and Broad Streets in New York City.



*Continued on next page....*

## Military, CIA, Law Enforcement Ministry News

**BLOOD DONATION.** How many of you know Stamatie Christodoulou? Stamatie is one of our newest parishioners having arrived about five months ago from Colorado. Stamatie is a military veteran and is employed as a nurse at the JBLM Armed Services Blood Bank Center – Pacific Northwest (ASBBCPN), which happens to be one of twenty-two donor centers that support the Department of Defense. Armed Services Blood Banks conduct blood drives at military installations, ROTC programs, and at federal agencies across the United States. They are not authorized to conduct blood drives in the civilian community because they are not allowed to compete with civilian blood donor agencies.



Stamatie  
Christodoulou  
U.S. Air force



The ASBBC is a tri-service blood bank, so it supports the United States Army, Navy, and Air Force. Its primary mission is to support contingency operations by sending blood/plasma products directly to the battlefield, but its goal is to provide quality blood products for all service members, their dependents, military retirees, and the civilian community.

JBLM's blood bank allows people to donate in any of three different ways. People can donate whole blood, they can donate plasma, or they can donate platelets. Whole blood and some plasma that is donated at JBLM is immediately processed and sent directly to the battlefields of Iraq and Afghanistan. Plasma is freeze dried before shipping and upon arrival in the combat zone it is issued to military medics. Freeze dried plasma is lighter and less bulky to carry and it is easily reconstituted with saline before it is administered to someone who has been wounded on the battlefield.

People with O negative blood are particularly sought after as blood donors because people of any blood type can receive it. For that reason, all O negative blood goes directly to the Madigan Army Medical Center's (MAMC) Neonatal Intensive Care Unit, where it is administered to newborns in need of blood transfusions. People who desire to donate blood platelets can do so with the knowledge that their blood goes directly to MAMC where it is used exclusively for trauma patients. There is a never-ending need for all types of blood at JBLM and the Blood Bank is always actively seeking additional donors.



Stamatie and I recently talked to the members of AHEPA about getting a group of volunteers together and going to JBLM to donate blood. We had planned to do this during the month of May in symbolic recognition of Memorial Day, and more specifically to honor those men and women who died while in service to our nation. Because of the COVID-19 virus situation the date of this event is on hold.

*Continued on next page....*

# Military, CIA, Law Enforcement Ministry News

If you would be willing to join us in this planned endeavor at some point in the future when we have been given the "All clear" command, Stamatie and I will host a meeting to discuss the concept of this blood donating operation, conduct the screening for people to ensure they will qualify as a donor, and identify a date that works best to travel to JBLM as a group via caravan. JBLM is a restricted military installation and therefore someone with a valid military ID card must be in the vehicle to gain entrance, hence the need to travel via caravan to the facility. If you have questions feel free to contact either **Stamatie (856-397-2920) or me (605-691-3423)**, or plan to attend the meeting once it is scheduled. We need your help! Please support this valuable program once the virus is subdued and it is safe to gather.



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

**WE ARE EXTREMELY HONORED AND HAPPY** to welcome back to St. Nicholas Greek Orthodox Church, Timothy and Sunny Edgren and their two boys! Timothy recently completed his service with the United States Army and we are thrilled they have returned to the Pacific Northwest! We wish them all the best as they settle into their home in Gig Harbor, WA. **WELCOME HOME!!!**

**ONE FINAL REMINDER**, if you or an immediate family member served in any branch of the armed forces we would greatly appreciate a photo for our Military Ministry collection. Our collection continues to grow and we are now up to approximately 130 pictures. Please keep them coming! I know there are more pictures out there so please email them to [gleafops@gmail.com](mailto:gleafops@gmail.com).

**IN CLOSING** let me remind everyone that God willing, our annual Memorial Day presentation and salmon luncheon will be held on 31 May 2020. I know that as of this writing it may seem unlikely that St. Nicholas will be allowed to host this event, but if the "All clear" command is given, we will do our best to execute accordingly. The event will include a presentation by Jeff Rogers on his recent deployment to Afghanistan, and a Memorial presentation on Seaman Johnny Bennack, Debra Talbot's uncle, who was killed while fighting the Japanese in the Pacific during WWII.



Contributed by Gus

## Cover Story...

Of the one instituted by the Lord Jesus Christ Himself, because we know that when the scribes and pharisees went and began to criticize Him because His disciples were not fasting, He answered them: "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast" (Matt. 9:15).



Long ago, many years ago, the Holy Bridegroom, the Bridegroom of the Church, Christ, the Head of the Church, was long ago taken up from us to heaven. His words are eternal, and if He said that His disciples would fast, then they must fast. But did He not set the example of fasting, did He not fast forty days and forty nights before beginning His Divine work for the salvation of mankind? Did not Moses and Elijah fast before they came into direct contact with God? Like the Lord Himself, they fasted for forty days and nights. Here is our example. The book of the holy Prophet Jonah confirms the power of fasting, its great importance. There was the city of Nineveh that was full of innumerable rich people, but their sins, the impurity of the Ninevites were lifted up to God, so that God decided the terrible punishment and condemned Nineveh to extermination. He sent the Prophet Jonah to the city of Ni-

neveh, to tell the people that the terrible catastrophe, the extermination of the people, awaited them. So how did the people of Nineveh receive this warning from the Prophet? The people became frightened and first of all the King of Nineveh, and they all understood that they must repent before God for their grave sins. According to the royal decree, a three day fast was imposed, not only on all people, but also on all beasts. No one dared to eat or drink. The king took off his precious clothes, wrapped himself in a sack, sat on ashes and in tears repented before God, with rivers of tears asking for God's forgiveness. And this repentance saved Nineveh. For this fasting and repentance the Lord forgave Nineveh, He overturned the decision to destroy it. You see, how great is the power of fasting! Can we behave carelessly in all that the Lord has established, much more with contempt, with forgetfulness? We cannot, because every word of Christ is the word of God, it is full of Divine power, full of absolute truth. Fasting is a great work, a work of salvation, pleasing to God. You heard in the Gospel reading that when the Lord Jesus Christ came down after the Transfiguration, He saw the multitude of the people who were shouting and arguing. They said that His apostles could not heal the possessed young man. The Lord healed him. When the apostles asked him why they could not heal the possessed young man, He said to them, "This kind cannot go forth except through prayer and fasting" (Matt. 17:21). The demons run away from fasting. Fasting is against demons, fasting is unbearable for them, it is intolerable. You will say, "Are there not a few people, for whom fasting is also hated, who welcome the beginning of fasting with grunts?

How will they be deprived of food?" There are not a few among us who complain, who say that fasting is not necessary, that neither with food nor with drink they thank God, but rather do so with good works. This is gross hypocrisy. Those who do not fast and generally do not want to please God, all of them reject fasting. The unbelievers reject fasting, the Lutherans, the sectarians reject fasting. But for us fasting should be the great and holy commandment of Christ. Is it possible to equate oneself with the demons who run away from fasting, for whom it is unbearable, intolerable? Rejection of fasting equates us with demons, with the demons themselves. Think about it! Bend your head down low and regret that you did not observe the fast. You know what is happening in our city. Almost all people, without exception, have forgotten fasting. Only a small number of people remember and keep it. How horrible that is! This therefore signifies disrespect for the Cross of Christ. Has it always been so in our country? The old days were not like that at all. All the people fasted, starting with the old pious kings who were not absent from a sin-

## Cover Story...

gle ecclesiastical service. At that time, the children were brought up with all the established ecclesiastical rules, they were instructed from the womb about fasting, about its holiness, about its importance, and young children fasted in parallel with adults. Is there something similar now? The new generation that grew up atheist, does not know about fasting, does not want to hear about God. But is it possible for your children, Christian children, to grow up like them? Does not the new generation need to grow up, raised in the fear of God, in the faith of Christ, in obedience to all that is established by the Church? Do not your children need to shine in the dark like bright stars? If you do not raise your children in this way, you will have a terrible defense before God. Why is fasting necessary? In what is its power? By fasting, we abstain from those demands of our stomach, we abstain from what our stomach always seeks, from abundant and satisfying food.



When we begin to fast, we deny our belly the fulfillment of its requirements, we begin to eat as if impoverished, we begin the first degree of restraint. And when we begin to abstain from the demands of the belly, we begin to abstain from the other demands of our flesh. This is because all our sins come from the flesh. The flesh pulls us to earth, prevents our soul from ascending to God, like chains, it fixes us on earth, to the material. If in the holy fast we get into the habit of abstaining from the demands of our insatiable belly, we start every other abstinence. We begin to hold our tongue that is ready for any filth, for insult, for malice, for reproach. We gain power over our tongue, power over the vigorous and shameful pursuits of our abdominal organs. We begin to abstain not only from apparent sin, but also from the sin and adultery that is on our minds. Starting with the curbing of a passion, with the constant asceticism, we gradually achieve the great goal which is the curbing of all the passions, of all the carnal desires. Isn't that a great and holy purpose? We were created to become like God, we were created to be partakers of divine blessedness in eternal life. How will we be judged worthy of this blessedness, if we do not purify our hearts, restrain our insatiable flesh? Fasting is the great school of all temperance, one of the most difficult and great human tasks. For every painful and big task we start gradually, with unceasing exercises. And here, we need to start curbing our flesh by curbing our belly. We gradually begin to wash with the holy bath of repentance, so that at the end of the fast, having cleansed our flesh with holy repentance, we meet on the great day of Christ's Resurrection clean and pure before God. Fasting is the entryway of repentance, its necessary companion. When we fast, fasting reminds us of the need for holy repentance. If we understand the need to observe fasting and we all observe it, we will receive great blessings, we will under-



## Cover Story...

stand how necessary is the fasting that motivates for great repentance.

We must know that all pure people, those who loved the Lord deeply, never faced fasting with denial. All the saints labored in fasting. At the beginning of the fast they did not grieve, they did not mourn, as when it begins with dissatisfaction, but they rejoiced. And when such joy was manifested in their hearts, then they clung to fasting, and they fasted all their lives, because they sensed what kind of power of grace fasting gives. The demons run away from fasting, they tremble before it, but the saints run towards fasting, they rush towards it, they rejoice with it, because fasting gives the deep joy that is not interrupted by anything, the joy of the Lord Jesus Christ, the Holy Spirit. May our Lord and God Jesus Christ find all of us worthy of this joy! Amen.

*Contributed by Father Seraphim*



The fast  
of the  
Apostles

[www.antiochpatriarchate.org](http://www.antiochpatriarchate.org)

## Stewardship Ministry News

### Dear Families of St. Nicholas:

In 2019 the Greek Orthodox Archdiocese of America issued uniform "Regulations" for immediate application to all Clergy, Members of the Parish Councils, and the entire Greek Orthodox Family in America. The "Regulations of the Greek Orthodox Archdiocese of America contain the policies, rules, operation, procedures and controls to promote effective governance of Church activities at all levels; plus, communications procedures to assure those in positions of responsibility understand these policies, rules and regulations and the obligations of their position."

*The Regulations of the Greek Orthodox Archdiocese of America include four parts: Part One, Archdiocesan Regulations; Part Two, Uniform Metropolis Regulations; Part Three, Uniform Parish Regulations; and, Part Four, Revision of Regulations.*

When reviewing the Regulations, I found one section which was extremely interesting: Part Three - Uniform Parish Regulations (UPR): Chapter One, Article 18, Section1 on PARISHIONER. The first two paragraphs read as follows:

**Section 1:** *Every person who is baptized and chrismated according to the rites of the Orthodox Church is a parishioner. The religious, moral and social duties of a parishioner are to apply the tenets of the Orthodox Faith to his/her life and to: adhere to and live according to the tenets of the Orthodox faith; faithfully attend the Divine Liturgy and other worship services; participate regularly in the holy sacraments; respect all ecclesiastical authority and all governing bodies of the Church; be obedient in matters of the Faith, practice and ecclesiastical order; contribute towards the progress of the Church's sacred mission; and be an effective witness and example of the Orthodox Faith and Traditionsto all people.*

*A parishioner in good standing practices all the religious and moral duties as described in this Section 1. At a minimum, a parishioner in good standing must: be eighteen years of age or over; be current in his or her stewardship and other financial obligations to the Parish, abide by all the regulations herein stated and the Parish Bylaws; and cooperate in every way towards the welfare and well-being of the Parish. (Stewardship is recommended to be ten percent (10%) of one's annual income as stated in Holy Scripture to help meet the financial obligations of the Parish, the Metropolis and the Archdiocese.)*

*In reading the above we see a definition for "parishioner" and another definition for "A parishioner in good standing". The question then comes to mind what are the definitions of other words, such as stewards and members? With so many terms relating to being a member of our church, why am I making it so important to have a signed stewardship card on file? The answer to this last question is simple: If we as a parish are in the need to borrow money from a financial institute, we need to show them documentation on our commitment to repay our debt. So now the issue arises, rather than focus solely on a stewardship card, let us also acknowledge those who are contributors to the church. A Contributor is defined as any person making a contribution to the church.*

*Continued next page...*

## Stewardship Ministry News

*We all recognize we have much to be thankful for, such as our family, our health, the roof over our head, our jobs, our home, etc. We also need to recognize we have been given these goods by our Lord and Savior, Jesus Christ. As a token of our thanks and appreciation for everything HE has given us, we say 'THANK YOU' by giving some of our financial resources back to the church. How much we give is up to us. The 2019 Uniform Regulations recommends 10% of one's annual income, but this is only a suggestion. What we give is something between us and God.*

In this month's Stewardship Ministry, we will mention the 119 "contributors" who had made contributions to St. Nicholas from January 1, 2021 through March 17, 2021. A "Contributor" is anyone who has made a donation to St. Nicholas during the current fiscal year. The list has been updated as of March 17, 2021. While every effort was made to ensure the below list is accurate, if we have accidentally omitted a name, please contact the church office immediately so your name can be recognized. Every effort has been made to insure our list is accurate. On a positive note, it was reported at our last Parish Council meeting our Net Income as of the end of February, 2021 exceeded our expenses. What an accomplishment!!!! On behalf of the 2021 Parish Council, we THANK EVERYONE for their generous contributions.

### The following are individuals who have made a CONTRIBUTION(s) to St. Nicholas in 2021

William & Mary Acker Leonidas & Despina Alatsis Patra Alatsis Kacoulou Andreas Sonny & Irene Angelos Rick & Marlene Angelus Paul & Dolores Apostle Tony and Lori Apostle Andrew & Sheila Auter George Ballasiotes Tyler & Lexi Balsler E. Anthe Barbas Harry & Sheri Basil T.L. Berg Theodora Bessinas  Tatiana Bilibin Yvonne Brandvold  Dora Brown Cheryl Burack Scott & Marcia Cairns William and Bonnie Caress	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 and Helga Jackson Joseph & Ronnie-Sue Johnson Kathy Johnson "Rikki" Hariklia Kapes  Anna Karanasos Paula Karanasos Zachary and Daphne Karanasos Naser & Catalina Khalaj Claudia Kieszling Evangelos & Despina Kipelidis	George and Helen McClure  Alan (John) and Sheilagh Means Tatyana Mikeladze Cassie Marie Moeller Tom Mollas Hariklia & Dick Motz Michael & Rodica Murphy David & Katrina Orriss Evangelos Pamboukas Nikos & Sonia Pamboukas George Panagiotu Alexis Pangis John & Merrilee Pangis Stathis & JoAnna Papanicolaou Audrey Pasion  George and Diane Pirots Stavros Pirots  Joaquin & Shanna Pirots Martha Politakis Steve & Kathleen Politakis  Andrew and Rebecca Primis
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# Stewardship Ministry News

Barry & Deborah Middleton Cassidy

Klaudia Cedeno  
C.G. and Ingrid Chamales  
Yianni Charitou

Elena Chen  
Anthony & Sandra Ciarochi  
Courtney Cole-Faso

Dina Deliyianides  
Gretchen Eagle  
Andrew and Jane Evancho  
James and Deena Fotinopoulos

David & Savina Frisk  
Dayle Sokratis Frisk

Mary Georgopolos  
Alla Glagoleva  
John & Judy Godulas  
Eliza Gooler  
Stephen and Claire Gorham  
John Gregory

Anna Kiraki

Anna Koopman  
Steve Koukles  
Mary Kouklis  
Ourania and Ronald Koukousoula Ayume

Maria Koumantaros  
Robert & Anne Latz

Christina Leinneweber  
Mary Leonard  
Svetlana Lukianova

George & Bess Lurker  
Jeff & Laura Macaluso  
John Majmudar  
Fr. Seraphim & Pres. Sophie Majmudar

Chris & Susan Manthou  
Mathew Manthou  
Natalia Marberg

Dean & Julie Mastras  
Iphigenia Mavromichali

Emmanuel Psilovikos  
Martin J. Reiter III & Lorissa Catherine Reiter  
Mark & Dana Robinson  
Katherine Rowley

Lilia Rusu  
Alexandra and Richard Schutt  
Denise and Richard Stahl  
Alexandru (dec.) and Victoria Stefan  
Andrew and Joanne Stergachis  
James & Jenise Sweeney

Deborah Talbot  
Nicholas and Becky Themelis  
Dee Varca

Michael Jane White  
Jeffrey and Janice Williams  
Edward Winskill  
Marcela Wirth

Kalitsa Z. and John Xitco  
John Zaoutsos

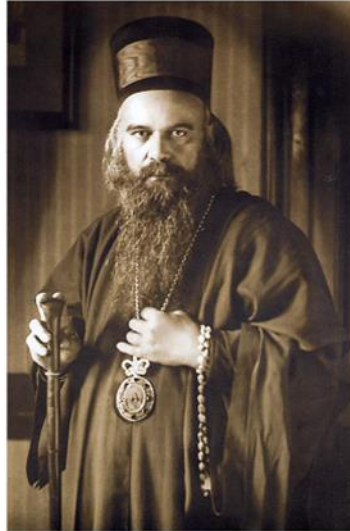
*Contributed by: Maria Koumantaros*



## Bible Study

# ST. NICHOLAS BIBLE STUDY THE REVELATION

Sermon  
On the  
Ascension



St Nikolai  
Velimirovich of  
Zhicha and  
Pennsylvania  
(March 18)

Nikolai (Velimirovich), Bishop of Ohrid, "Homily 27: The Ascension of the Lord (Homilies Vol 1, pp. 296-299)

*When swallows run short of food and the cold weather is coming, they set off to warm climates, where there is plenty of sun and food. One swallow flies ahead, testing the air and showing the way, while the rest of the flock follows after.*

*When our souls run short of food in the material world, and when the cold of death draws near – ah, is there a swallow like that one, to take us to a warm place, where there is plenty of spiritual warmth and food? Is there such a place? Is there, oh, is there such a swallow?*

*Outside the Christian Church, there is no one who can give any sort of reliable answer to this. The Church alone knows, and knows with certainty. It has seen that part of Paradise for which our souls yearn in the frozen twilight of this earthly existence. It has seen this blessed swallow, the first to fly to that yearned-for place, dispersing the darkness and cutting through the heavy atmosphere between earth and Heaven with its powerful wings, opening the way to the flock behind it. Apart from this, the Christ, as the New Adam, the first Man, the Firstborn among men, was the first to rise up to Heaven on spiritual wings, to the throne of Eternal Glory and power, thus cleaving the way to Heaven and opening all Heaven's gates to His followers, with their spiritual wings – as an eagle cleaves the way for its eaglets, as the swallow which goes ahead, showing the flock the way and breaking the air's heavy resistance.*

*"O, that I had wings like a dove; for then would I flee away and be at rest" (Psalm 54 [55]:6), the Psalmist cried in distress before Christ's coming. Why? He himself explains: "My heart is disquieted within me, and the fear of death is fallen upon me. Fearfulness and trembling are come upon me, and a horrible dread hath overwhelmed me" (vv. 4-5). Such a terrible sense of deathly fear and of the horror of exist-*

## Bible Study

ence in the wastes of this life must, like a heavy nightmare, have weighed on the whole rational, honest world before Christ. "Who would give me wings, to fly away from this life?": this must be a question asked by many noble and sensitive souls. But whither will you fly, O sinful human soul? Can you still, as in a dream, feel that place of warmth and light from which you have been driven out? Lo, the gates were closed behind you, and Cherubim with flaming swords were placed there, to forbid your approach. Lo, sin has clipped your wings – not bird's wings but Divine wings – and has forced you firmly down to the ground. Someone is needed, first to free you from the weight of sin, to wash you and make you stand erect. And then someone is needed to implant and nourish new wings in you, so that you can fly. Then you need someone, someone very strong for whom the Cherubim with flaming swords will stand aside, to let you through to your glorious homeland. Lastly, you need someone who will find mercy for you from your grieved Creator, so that He will receive you once more into the lands of His immortal country. This "someone" was unknown to the pre-Christian world. He revealed Himself as our Lord and Savior Jesus Christ, the Son of the living God. From love for you, He bowed down from Heaven to earth and came down on earth, clothed Himself in flesh, became a prisoner for the sake of you prisoners, suffered sweat and frost, endured hunger and thirst, gave His face to spitting and His body to be nailed to the Cross, lay in the tomb as a corpse, went down to Hades to destroy a prison worse than this life, that was intended for you after your parting from the body – and all this in order to save you from the mire of sin, and set you on your feet. He then rose from the dead, by this means to give you wings for flight to Heaven, and finally ascended into Heaven to open the way to you and bring you into the Angels' abode. . You do not now have to sigh in fear, trembling and horror as King David did, nor to desire wings like a dove, for the Eagle has appeared, and has shown and cloven a road through. You have only to nurture the spiritual wings that you were given at your Baptism in His Name, and to desire with all your strength to climb up there where He ascended. He has done ninety-nine percent of all that is needed for your salvation; will you not strive to do that one remaining percentage point for your own salvation, and this when, "...for you, an entrance shall be ministered...abundantly into the everlasting Kingdom of our Lord and Savior Jesus Christ." (II St. Peter 1:11)?

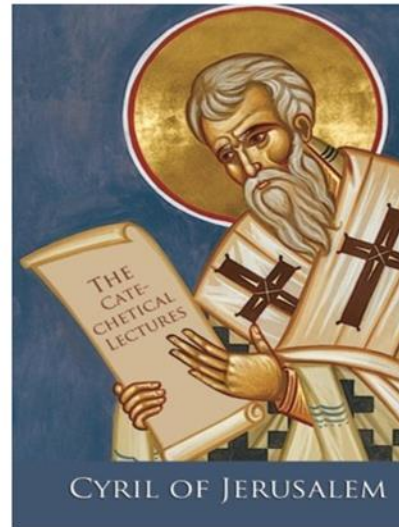
The Lord's Ascension from earth to Heaven is as unexpected to men as His coming down from Heaven to earth and His birth in the flesh was to the Angels. What event in His life does not represent something unique and uniquely unexpected to the world? As the Angels watched with wonder how God, at the first creation, separated light from darkness and water from dry land, how He placed the stars in the heavenly vault, and how He brought forth plants and animals from the dust and finally formed man, giving him a living soul, so each one of us must look with wonder at the events of the Savior's life, beginning with wondrous Annunciation to the most Holy Virgin by the Archangel Gabriel in Nazareth, and then through in order to His mighty Ascension on the Mount of Olives. It is all, at first sight, unexpected, but, when they are made aware of the plan for the dispensation of our salvation, all rational men must shout for joy and glorify God's power, His wisdom, and His love for mankind. You can take no single great event out of Christ's life and not disfigure the whole, as you cannot cut off a living man's arm or leg and not disfigure him, or remove the moon from the heavenly vault or blot out a part of the starry myriads, and not disfigure the order and beauty of the heavens. So do not think of saying: "It was unnecessary for the Lord to ascend!" When some of the Jews were constrained to acknowledge and cry out: "He hath done all things well!" (Mark 7:37), how can we, who are Baptized in His name, not believe that all He did, He did well: devising and ordering with great wisdom. And His Ascension is therefore, also good, devised and ordered with great wisdom, as are also His Incarnation, Baptism, Transfiguration and Resurrection. "It is expedient for you that I go away." (John 16:7), said the Lord to His disciples. Do you see how He disposes and does everything as is best for me? Every word and act of His have our good as their aim. His Ascension is of Boundless good for us all. Were it not so, He would not have ascended.

## Bible Study

**St. Cyril of Jerusalem:**

*2 Comings of Christ*

*Second is preceded  
by Antichrist*



**St. Cyril of Jerusalem: Catechetical Homily 4**

On the Clause, And Shall Come in Glory to Judge the Quick and the Dead; Of Whose Kingdom There Shall Be No End.

**Daniel 7:9-14** *“I beheld till thrones were placed, and one that was Ancient of Days did sit, and then, I saw in a vision of the night, and behold one like the Son of Man came with the clouds of heaven...”*

*1. We preach not one advent only of Christ, but a second also, far more glorious than the former. For the former gave a view of His patience; but the latter brings with it the crown of a divine kingdom. For all things, for the most part, are twofold in our Lord Jesus Christ: a twofold generation; one, of God, before the ages; and one, of a Virgin, at the close of the ages: His descents twofold; one, the unobserved, like rain on a fleece; and a second His open coming, which is to be. In His former advent, He was wrapped in swaddling clothes in the manger; in His second, He covers Himself with light as with a garment. In His first coming, He “...endured the Cross, despising shame...” **Hebrews 12:2**; in His second, He comes attended by a host of Angels, receiving glory. We rest not then upon His first advent only, but look also for His second. And as at His first coming we said, “Blessed is He Who comes in the Name of the Lord”, so will we repeat the same at His second coming; that when with Angels we meet our Master, we may worship Him and say, “Blessed is He Who comes in the Name of the Lord”. The Savior comes, not to be judged again, but to judge them who judged Him; He who before held His peace when judged, shall remind the transgressors who did those daring deeds at the Cross, and shall say, “These things have you done, and I kept silent” **Psalm 50:21**. Then, He came because of a divine dispensation, teaching men with persuasion; but this time they will of necessity have Him for their King, even though they wish it not.*

St. Cyril is contrasting Christ's two comings. One is unobserved and the other will be revealed to everyone. One, He came in silence and allowed mankind to continue with their daily lives; the other, every knee will bow before Him and acknowledge Him as King. St. Cyril is echoing the end of the **7<sup>th</sup> Chapter of Revelation** where kings, noblemen and the powerful men of the earth will crawl under rocks and beg that they fall and hide them from the wrath of the Lamb. We, twenty centuries later, render the Gospel narrative as a retrospective. What's missing in all of that is maranatha (μαρανάθα – come Lord Jesus). The parish cultures in the early centuries were absolutely infused with this constant expectation that Christ was coming again and their own end was imminent. In today's culture, that sense of immediacy and ex-

## Bible Study

pectation is lost, except in the case of the Saints. They are always aware that their own end is imminent and that the Lord's Second Coming is at hand. If we look at it historically, retrospectively, it might feel like He has delayed His Coming; but after Christ's Second Coming when we are brought before His Judgment Seat, it will feel as if there wasn't enough time. The message for Christians today, is to live accordingly and to look at both Christ's First Coming and His Second Coming.

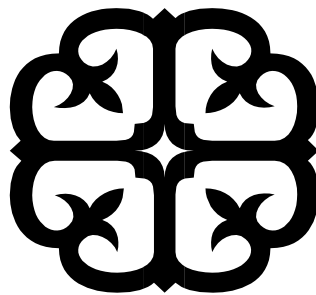
### **St. Cyril of Jerusalem – Excerpt from Catechetical Homily #15 - Antichrist poses as Jewish Messiah**

*...and by the lying signs and wonders of his magical deceit having beguiled the Jews, as though he were the expected Christ, he shall afterwards be characterized by all kinds of crimes of inhumanity and lawlessness, so as to outdo all unrighteous and ungodly men who have gone before him; displaying against all men, but especially against us Christians, a spirit murderous and most cruel, merciless and crafty. And after perpetrating such things for three years and six months only, he shall be destroyed by the glorious second advent from heaven of the only-begotten Son of God, our Lord and Savior Jesus, the true Christ, who shall slay Antichrist with the breath of His mouth, and shall deliver him over to the fire of hell.*

Data point number 1: Antichrist will “pose” as the Jewish Messiah, not just a world leader of some magnificence or ability, but specifically that he will be accepted by the Jews. It doesn't mean that he won't have other roles to play in terms of world affairs, but one key characteristic is that the Orthodox Jews will proclaim him as their Messiah. As history unfolds, Christ will lift the veil and many of the Jews (who at one point proclaimed this false messiah to be the Messiah) will then see the truth and join the New Israel in faith in Christ (as St. Paul said).

What in our daily Church lives addresses Christ's Second Coming (as compared to Advent of the Nativity for His First Coming)? The Divine Liturgy, in particular the Holy Eucharist, is the ultimate sacrament of the Kingdom to come. The Divine Liturgy is the ultimate moment that we experience in the intervening series of moments between His First Coming and His Second, and is everything that Christ accomplished in His First Coming, but points to His Second. St. John of the Ladder says that the greatest virtue to practice is the remembrance of death because that is the Second Coming of Christ in an individual context. Combining those two, the remembrance of death with what we experience in the Divine Liturgy, is the ultimate way to celebrate the Advent of His Second Coming.

Submitted by: Genevieve Eagle





**ST. NICHOLAS PRO-LIFE MINISTRY****ST. NICHOLAS PRO-LIFE MINISTRY**

How many times have you heard expectant parents or grandparents say, “I don’t care if it’s a boy or a girl, as long as it’s healthy”? I’m ashamed to say that I was one of those people. Each life is precious. Being a parent isn’t a part-time position. It’s the most important job that anyone will have. Whether a child is born with perfect physical, mental and emotional attributes or is born with physical, mental or emotional disabilities, he/she is precious. The following article is about a young woman who was born with a physical disability and rose above the stereotype of being an invalid. Her adoptive parents welcomed the challenge of raising a child who would need special care and attention and encouraged her to become an Olympic champion.

## ST. NICHOLAS PRO-LIFE MINISTRY

By Amanda Prestgiacomio  
February 8, 2021

Car manufacturer Toyota aired a commercial with a strong pro-life message on Super Bowl Sunday featuring the story of Paralympic 13-time gold medal-winning swimmer Jessica Long.

The ad told the story of baby Jessica and her adoptive American parents. Before she was adopted, her soon-to-be parents were told of one-year-old Jessica's rare condition, and that her legs would have to be amputated.

"We found a baby girl for your adoption, but there's some things you need to know," a woman from the adoption agency is heard telling the parents in the commercial. "She's in Siberia and she was born with a rare condition. Her legs will need to be amputated. I know this is difficult to hear, but her life — it won't be easy."

"It might not be easy," Long's adoptive mother responds, "but it'll be amazing. I can't wait to meet her."

Long is "one of the world's most decorated swimmers with 23 Paralympic medals, including 13 gold, and 30 world medals consisting of 24 gold," according to Paralympic.org.

"It's such an emotional spot," Long said of the ad, according to Paralympic.org. "It's so raw. The way Toyota was able to capture all of that, it brings all of these emotions out that I kind of forgot about. I didn't start out the sport thinking that I was going to win gold medals or to be in a Super Bowl commercial. I started this sport because I truly loved the water. It was a place that I felt really free."

Live Action president and founder Lila Rose applauded Toyota for the ad.

"[Thirteen] months after birth, Jessica Long was adopted by an American family," Rose posted to Twitter on Monday. "At 18 months, both of her legs were amputated below the knees."

"But despite the adversity, she grew up to become a strong, beautiful & accomplished woman—winning 60+ world championship medals in swimming," she added.

"I was always angry with God," Long is quoted on the group's website. "I couldn't understand how a God could make me without my legs. When I was 8 years old, I kinda accepted him, but it was more out of fear and wanting to just go to heaven. There wasn't a relationship and I still never felt good enough. Years later when I was out in Colorado Springs training, I felt God truly work in my heart. I was raised the right way, but I still had to come to Christ on my own. Eventually I decided I wanted to give Jesus my whole heart. It was the best decision I've ever made. It doesn't mean I don't have tough days! I now just know who ultimately has my heart and I'm learning to trust God. Growing up I had multiple surgeries to help with boney overgrowth. What made this so difficult was the healing process and not understanding why I had to go through all of that pain. I also had to learn how to walk each time, but looking back, quitting was never an option. I got through every single challenging moment of my life because of my determination that God gave me."

"Believe you are capable of incredible things and that God has a plan for every individual," she continued. "I want you to embrace who God made you to be. To love every part of yourself, flaws and all."

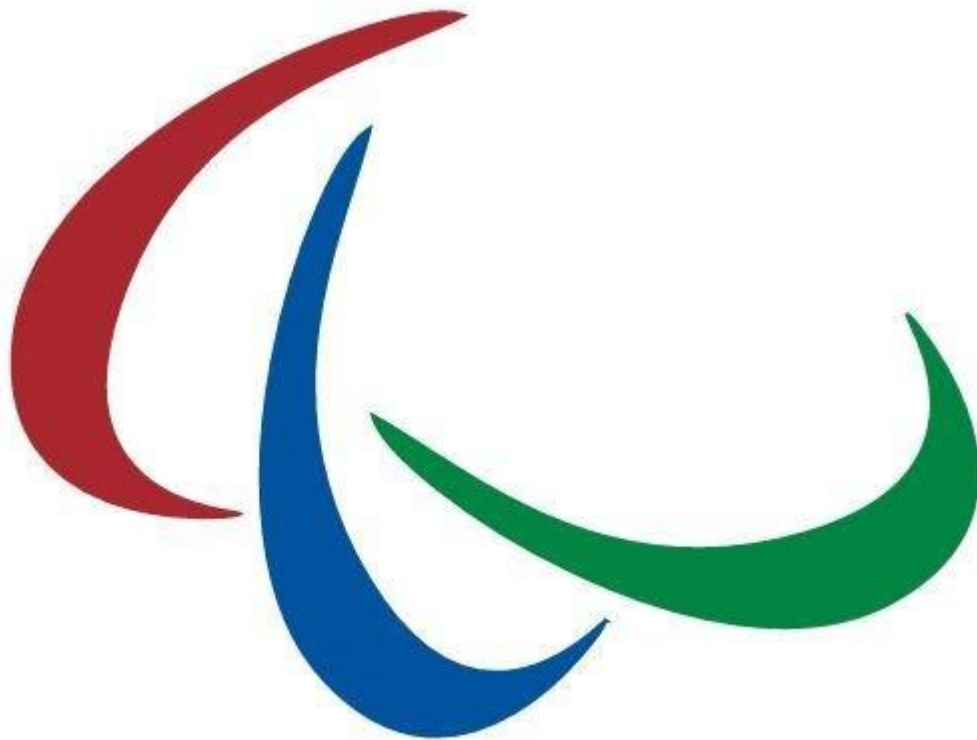
## ST. NICHOLAS PRO-LIFE MINISTRY

“For so long, I was so ashamed of my legs and I used to hide them, but I now know God made me this way to be a light in this world,” the athlete added. “Being born without legs was never a punishment. I now look at my legs and think of all the people I’ve been able to touch because God made me this way. Embrace who you are! Shine bright and never ever give up on your dreams.”

In an Instagram post celebrating the ad, Long posted: “No words will ever amount to how much this means to me. To have my story shared in such a way brings absolute chills. Thank you to Toyota for bringing my story to life. Thank you to my parents for adopting me and giving me the best life. Thank you to my friends and family for supporting me all these years. Thanks to my coaches for pushing me to be the best. Thank you to my husband for loving me unconditionally.”

Toyota is reportedly a longtime partner of the International Paralympic Committee.

*Submitted by: Genevieve Eagle*



**ST. NICHOLAS AKATHIST MINISTRY**

**Ministry of Akathist, Prayers for the Departed**

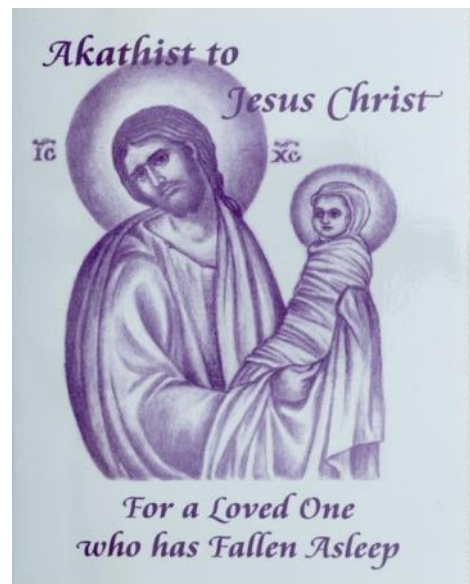


Thank you to all who are involved in this wonderful ministry at Saint Nicholas. In offering the gift of praying the Akathist to Jesus Christ for a Loved One who Has Fallen Asleep, it is a great comfort to family and friends of the departed ones.

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

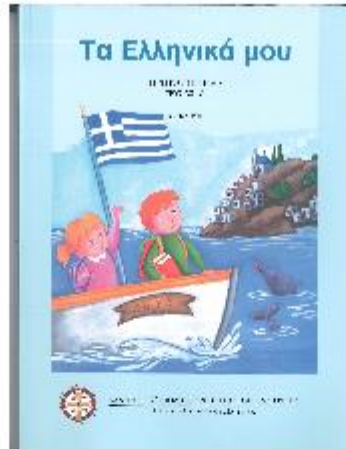
If you are interested in knowing more about this ministry, or would like to be involved, please contact the church office.

Thank you again,  
Kathy Rowley



# Greek Language School

## Modern Greek Language School / Classes:



"Advanced Class - Students" Pict. of 3-18-2021.

**The 2020 - 2021 Modern Greek Language School "Advanced Class - Τριτη 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**

## Greek Language School

**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** independently of age (this may change if it is needed). **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*

A	.....α.....	father.....	a.....	ALPHA
B	.....β.....	vest.....	b.....	BETA
Γ	.....γ.....	ghes, yess.....	g.....	GAMMA
Δ	.....δ.....	those.....	d.....	DELTA
E	.....ε.....	let.....	e.....	EPSILON
Z	.....ζ.....	zest.....	z.....	ZEETA
H	.....η.....	fee.....	e.....	EETA
Θ	.....θ.....	thick.....	th.....	THEETA
I	.....ι.....	ee.....	i.....	IOTA
K	.....κ.....	king.....	k.....	KAPPA
Λ	.....λ.....	lift.....	l.....	LAMDA
M	.....μ.....	miss.....	m.....	MEE
N	.....ν.....	no.....	n.....	NEE
Ξ	.....ξ.....	six.....	ks.....	KSEE
O	.....ο.....	obey.....	o.....	OMIKRON
Π	.....π.....	push.....	p.....	PEE
P	.....ρ.....	rock.....	r.....	RO
Σ	.....σ, ς..	sea,zest.....	s.....	SIGMA
T	.....τ.....	tess.....	t.....	TAF
Υ	.....υ.....	subway.....	u.....	UPSILON
Φ	.....φ.....	phee.....	f.....	FEE
X	.....χ.....	loch.....	ch.....	KHEE
Ψ	.....ψ.....	grips.....	ps.....	PSEE
Ω	.....ω.....	obey.....	o.....	OMEGA

i is Y ("yes") after consonant m,n,l,r  
and before a vowel

[athensgrecenow.com](http://athensgrecenow.com)

## PROSPHORA

### PROVIDING PROSFORO

*Holy, Holy, Holy, Lord Sabaoth*

***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.



Thank you, Despina.

### LECHEM-ARTOS-BREAD

#### Following the Word Through Scripture

We have come to Leviticus Chapter 23, the Feasts of the Lord. The Lord spoke to Moses that the children of Israel should observe certain feasts, and He gave Moses a calendar, a way to organize their lives around remembrance of God and thanksgiving to God. They were to observe as feasts the Sabbath Day, Pascha, the Feast of Unleavened Bread, the Feast of Harvest aka the Feast of Weeks aka Pentecost, the Feast of Trumpets/New Year, the Day of Atonement, and the Feast of Tabernacles aka the Feast of Ingathering. These feasts were to be holy assemblies of the people, and three of them were to occur at a specific place of God's choosing. From Deuteronomy 16:16: *Three times a year all your males shall appear before the Lord your God in the place the Lord chooses; at the Feast of Unleavened Bread, at the Feast of Weeks (Harvest), and at the Feast of Tabernacles (Ingathering); and they shall not appear before the Lord your God empty-handed. Every man shall give as he is able, according to the blessing the Lord your God gave you.*

We find our word **bread** in instructions for two of these feasts, the Feast of Unleavened Bread and The Feast of Weeks/Harvest/Pentecost.

In the God-given calendar, the first month occurs in spring. On the 14th day of this first month at twilight is Passover/Pascha. From the 15th to the 21st of this first month, no leaven is to be found in their dwellings; this is the Feast of Unleavened Bread. On the first day and the seventh day there were to be holy assemblies of the people, and no service work was to be done. This is also the time of the barley harvest, and the people are instructed to offer a sheaf of grain of the firstfruits of the harvest on the morning following the Sabbath day of Passover. This is the context of Leviticus 23:9-14. It seems they

## PROSPHORA

were not to eat following the Passover meal until they had offered the sheaf of firstfruits.

*Leviticus 23:10,14: (Feast of Unleavened Bread) ...you shall bring a sheaf of the firstfruits from your harvest to the priest....You shall eat neither **bread** (lechem/artos) nor roasted fresh ears until the same day you have offered gifts to your God; it shall be an ordinance forever throughout your generations in all your dwellings.*

The Feast of Unleavened Bread is also the beginning of the Feast of Weeks (Harvest). From the day of the first offering of firstfruits above, the day following the Sabbath of Passover, they were to count seven full weeks to the day after the seventh sabbath, the 50th day after Passover/Pascha, and offer a new grain offering of the wheat harvest. This second firstfruits offering was to be baked with leaven. On this day there was to be a holy assembly of the people, and no service work was to be done. This was the end of the Feast of Weeks. Today we call this feast Pentecost from Πεντηκοστή—50th day. This offering is the context of Leviticus 23:15-22.

*Leviticus 23:17-20: (Pentecost) You shall bring from your dwellings two deposit **loaves** (lechem/artos) of two-tenths of an ephah of fine flour. They shall be baked with **leaven**. They are firstfruits to the Lord. Then you shall offer with the **bread** (lechem/artos) seven lambs of the first year without blemish, one young bull, and two rams without blemish.... one kid of the goats as a sin offering, and two lambs of the first year as a sacrifice of a peace offering, with the **loaves** (artos) of the firstfruits. The priest shall deposit them with the **bread** (lechem/artos) of the firstfruits as a deposit offering before the Lord, with the two lambs. They shall be holy things to the Lord; and for the priest who presented them, his they shall be.*

Deuteronomy 26 records what the people were to say and do at these harvest offerings, which was to remember and acknowledge what the Lord has done for them, and rejoice and worship.

After his resurrection, just before his ascension, when Jesus told his disciples to tarry in Jerusalem (Luke 24:49 and Acts 1:4), He was telling them to keep the Feast of Weeks in Jerusalem and to celebrate the 50th day there. This was a major feast for the Jewish people, one at which they were to be in Jerusalem with their offerings as noted at the beginning of this article. All of the peoples in the region round about would have known that the Jewish people were gathering in Jerusalem at that time to celebrate the harvest and give thanks to God for his provision. It was at the Jewish Feast of Pentecost that these disciples were endued with power from on high; that is, the harvest was fruitful and the firstfruits were presented there in Jerusalem.

There is a whole page in the Orthodox Study Bible (page 151) on Pentecost and how the Jewish feast was fulfilled in the events described in Acts, how the descent of the Holy Spirit means the Mosaic Law is now fulfilled and transcended. Transcend means to go beyond the range or limits of a thing. For examples of transcending the Mosaic Law look to the Sermon on the Mount (Matthew chapter 5).

*To be continued...*

*Deborah Talbot-*

*Prospora continued next page....*



# PROSPHORA

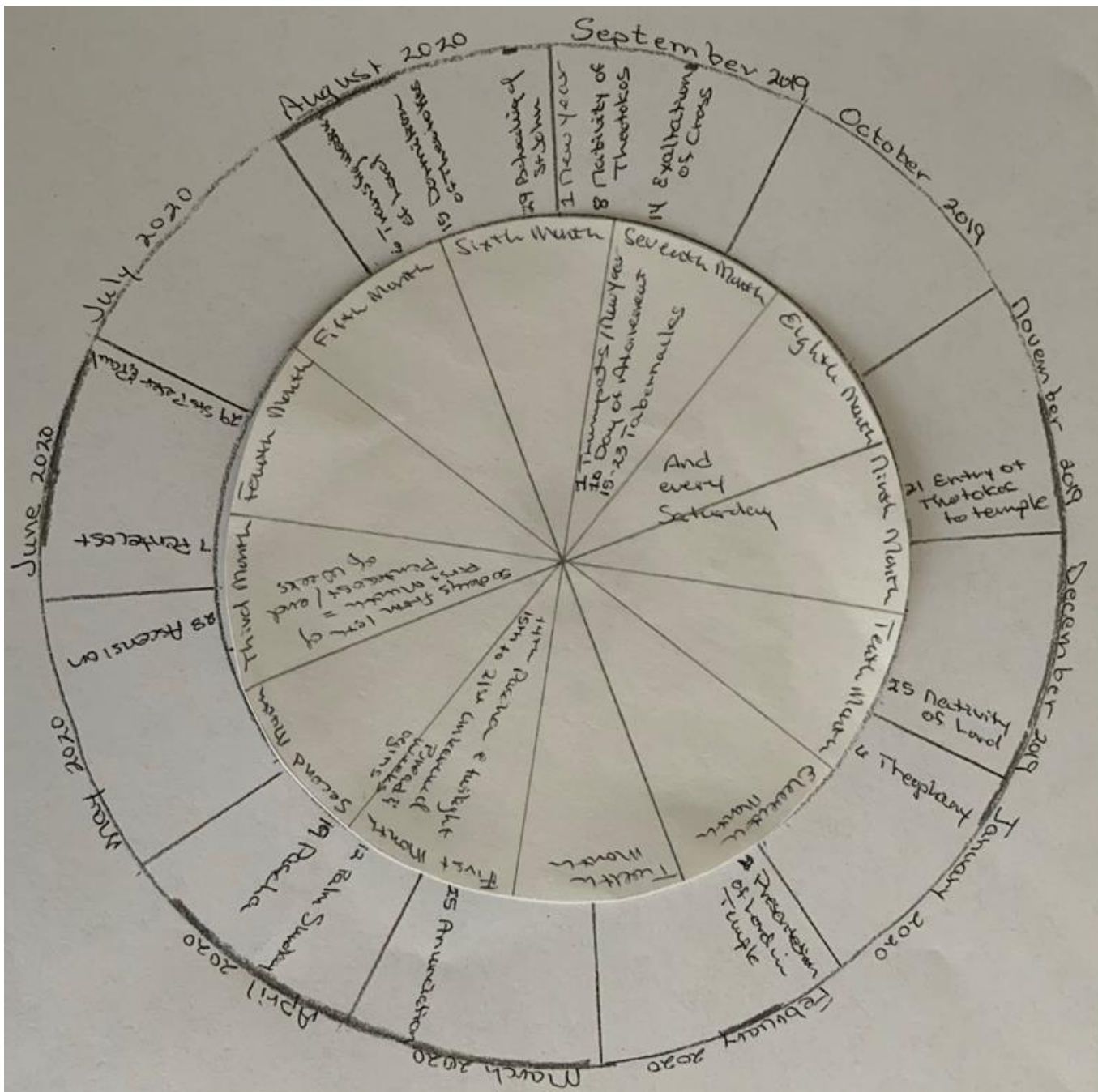
**Calendars:**

*Inner circle: Jewish calendar as given by God*

*Every Sabbath and the other major feasts, beginning with Pascha in the first month (spring time). Note the New Year at the beginning of the seventh month, which is at the end of the year's harvests in the fall season. This is Rosh Hashanah (head of the year).*

*Outer circle: Christian calendar*

*Every Sunday (Lord's Day, eighth day) and the other major feasts, beginning liturgically with Pascha in the spring, and beginning ecclesiastically with the Church New Year on September 1 coming into the fall season.*



# PHILOPTOCHOS

## PHILOPTOCHOS

### President's Message

The Philoptochos recent projects to give back to our community are described below.

**Donations to St. Basil's Academy**-Our church's tradition in January is to have the cutting of the vasilopita. This is a fund raiser for St. Basil's Academy, the Greek Orthodox Archdiocese home for children in need, in New York. Due to Covid restrictions Philoptochos was unable to serve the vasilopita. A request for donations was sent out to parish members through the February weekly bulletins and we received a total of \$990 towards this cause. These funds will be sent to the national office for St. Basil's Academy.

**Camp Agape Northwest Virtual Camp**- For the last 25 years the Philoptochos chapters of St. Demetrios, Assumption, St. Nicholas and Holy Apostles have worked together to hold a 6 day camp for kids with cancer and their families. This camp is held at All Saint's Camp on Raft Island in Gig Harbor. Due to Covid 19 restrictions planning is underway for a virtual camp to be held in July. Volunteers are needed to help with welcoming delivery parades, meal delivery, and others program assistance. Volunteer applications will be available on the CANW website- [campagapenw.net](http://campagapenw.net)

**Philoptochos Member Meetings**-The chapter member meetings will continue to be held monthly by Zoom. The next meeting is scheduled for April 15, 2021, at 5:00 P.M. Please call Merrilee Pangis at 253-759-1026 for the Zoom information. Topics will include Philoptochos programs and ministry commitments and the 2021 chapter election. We invite members and interested parishioners to join these meetings and share their thoughts. The calendar of events will be posted in the Messenger when we can resume our activities.

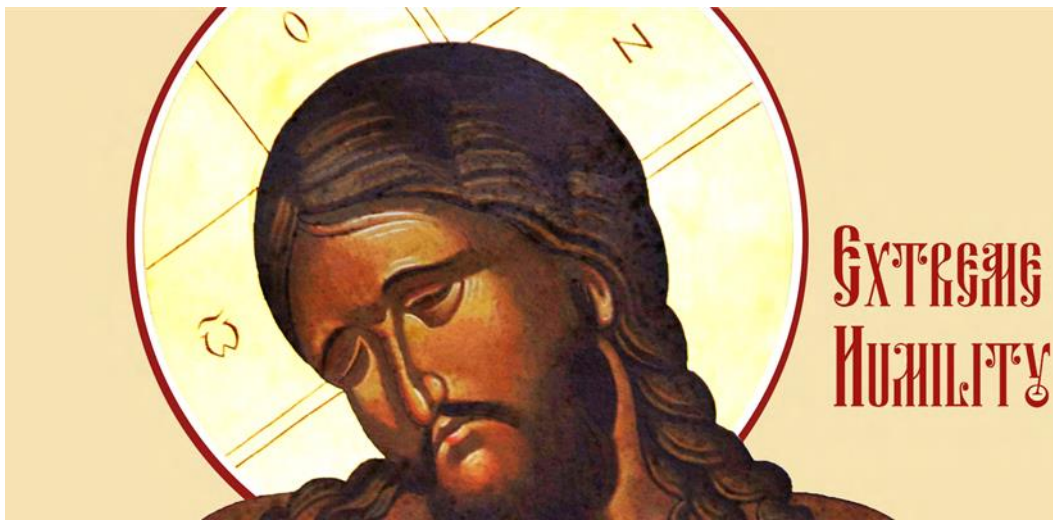
**Philoptochos Membership**-Annual membership renewal requests have been mailed to all current members. Please consider renewing your membership. We welcome new members as well. Annual dues are \$30/year. Please contact Jane Evancho at 253-565-9744 if you would like the membership form.

**Outreach to others**-Please take a few minutes to call and support the older members of our community during the pandemic. Human contact and interaction is so important during these trying COVID-19 times.

*Thanks for your Support!*

*Jane Evancho*

# SUNDAY SCHOOL



## What is Great Lent?

Great Lent is a time of getting ready—a time of preparing—for Pascha, the day when we celebrate Jesus Christ being raised from the dead, His glorious Resurrection!



Take time to sit down with your family and look at the icon of the Resurrection.

*Continued next page...*

## SUNDAY SCHOOL

*Who do you see in the icon? How is Christ helping people?*

After Christ was laid into the tomb, He descended into Hades and broke the bonds of death. He let out all of the people therein, such as King David, Solomon, John the Baptist, Adam and Eve, who we see written on the icon.

This is why Pascha is so special—we thank Jesus Christ for saving us and celebrate the fact that one day we will be able to live with Him forever.

Great Lent is a time when we get ready for Pascha by trying to do good things, the things that Jesus teaches us to do.

It's a time for us to make an extra effort in changing those behaviors that lead us away from Christ - like being lazy, uncaring, selfish or prideful, or skipping prayer time or church services.

### Why can Great Lent be so hard?

If Great Lent seems difficult or uncomfortable to us, especially at first, it's a sign we're doing something right. It's revealing the things we need to repent so that we can start again with the habits of Christian living.

And that's the joy of Great Lent! Turning and running back to our loving Father, just as the Prodigal Son did, so we can journey with God from this life to life eternal with Him in Paradise.

### What do we do during Great Lent?

*During Great Lent, we increase our times of prayer, fasting and almsgiving.*

We pray the Prayer of St. Ephraim with prostrations every day. Print or copy this prayer on a piece of paper so you can keep it in your icon corner, or in a place that you'll easily see it, so you can pray it alone or together with your family.

#### The Prayer of St. Ephraim

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. (*prostration*)

But give rather the spirit of chastity, humility, patience, and love to Thy servant. (*prostration*)

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages.  
Amen (*prostration*)

During Great Lent, we attend the Liturgy of Presanctified Gifts weekly.

*Continued next page...*

## SUNDAY SCHOOL

The Liturgy of Presanctified Gifts is a special opportunity we have to receive the Eucharist and be spiritually nourished to face the struggles and challenges we experience during the weeks of Great Lent.

This liturgy is similar to the divine liturgy on Sunday: we sing selected Psalms, there's an entrance with the Holy Gifts, we hear readings from Scripture, we give thanks to God for all that He gives to us, and we receive the Eucharist.

To receive the Eucharist at a Presanctified Liturgy, we fast from food and drink from at least the noon meal. This might be difficult during school, so practice and prepare your mind to remain focused on why you're fasting: to receive the Eucharist!

*During Great Lent, we seek ways to help others.*

When we see someone in need, it's our responsibility as Orthodox Christians to help them, even in some small way.

The person in need could be:

lost  
lonely  
sad  
hungry or thirsty  
cold, or  
something else....

It's not for us to judge whether or not they deserve our help or what they'll do with the help we provide. Christ calls us to be a loving example of Him in that moment.

*During Great Lent, we confess our sins.*

Confession reminds us of how much God loves us, forgives us, and helps us get back on track, pointing our lives toward Christ. Ask a parent or godparent to help you schedule a time with your spiritual father for confession. Confession and receiving the Eucharist are two sacraments that go hand-in-hand, restoring us to the community of the Faithful!

*Contributed by: Sheila Auter*

# 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.

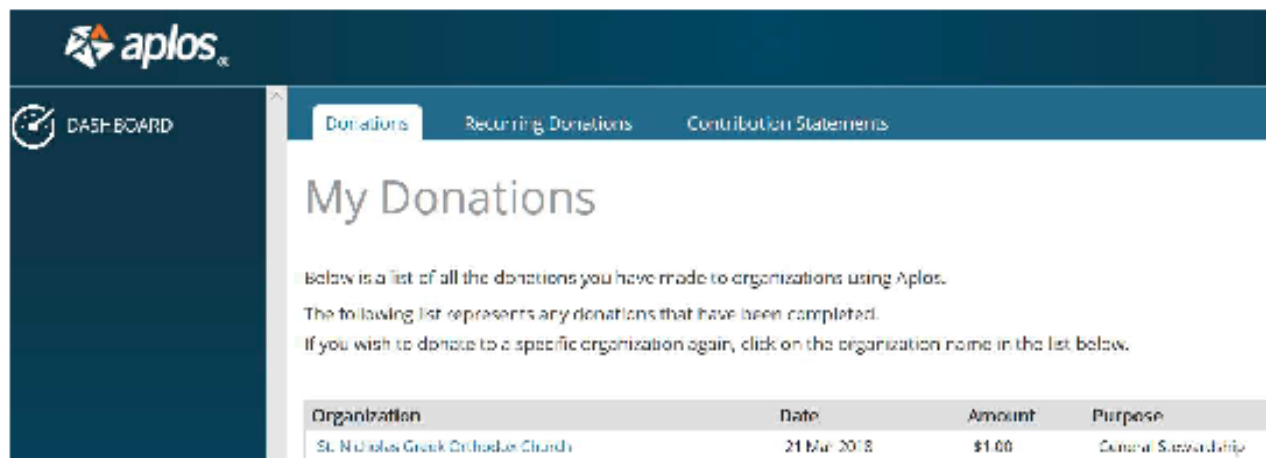
I want parishioners to enjoy greater flexibility in making Church donations and receiving an accounting of their annual to date contributions at any time of the year. Many of you have asked and inquired about the possibility of accounting for your donations automatically on-line. It is now a reality.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

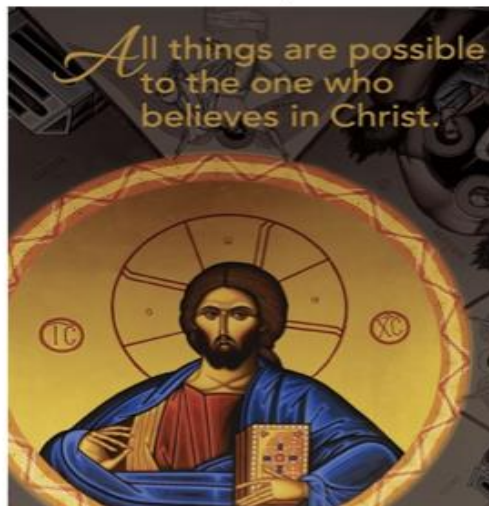
St. Nicholas Greek Orthodox Church  
 Attn: Church Treasurer  
 1523 S. Yakima Ave.  
 Tacoma, WA 98405

**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*

