



Greek Festival – October 4, 5, 6



2019 St. Nicholas Festival Dancers

ENTERING THE HEART

By Deborah Talbot

Back in February 2019 someone gave me a little book titled “The Guardian Angel, A Prayerful Contemplation for Each Day of the Month.” It is printed by the Monastery of All Saints of North America in British Columbia.

Each day of the month there are a couple of pages to read about the guardian angel’s role in a person’s life. I’ve been reading these pages nearly every day for six months now. Sometimes I will notice something I never saw before, but some things stand out to me every time I come to them. Something I repeatedly notice is this: ...*you spend whole days not even thinking about [God] or conversing with Him in prayer. When you are told to seek God in your own heart, you may as well be told to seek Him beyond the boundaries of the most remote country, for you have never entered into the depths of your own heart and perhaps you do not even know the way. Did you ever resolve to enter upon this path?... People so often live outside themselves, as objects of their own ambitions and desires, but this is such a terrible loss and can result in the destruction of the soul...*

The deep heart, my deep heart, something as mysterious and unknown to me as what is *beyond the boundaries of the most remote country*. Yet this is the place I meet God, and when I remember Him and commune with Him it is from this place. This deep heart is the nous. The nous is known as the eye of the soul, a sort of sense organ through which we sense the things of God. I understand the Fathers of the Church to say that the only way we recognize God is through the nous. This recognition is person to Person, our person to the Persons of God, and is awe-inspiring, as opposed to an idea or a thought from our heads that we decide we kind of like and decide to call it God.

Have you ever resolved to enter upon this path of the deep heart?

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St Nicholas Greek Orthodox Church

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Tacoma, WA 98405
Phone: 253-272-0466

Parish Website: stnicholastacoma.org
E-Mail: mail@stnicholastacoma.org



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

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



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

AHEPA
George Pirotis

Akathist Group Prayer
Sandy Dutton

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
LTC Gus Chamales

2019 Parish Council
George Pirotis—President
David Frisk—Vice-President
Mark Robinson—Treasurer
Anna Marie Oakes-Joudy —Secretary
Matthew Bell, Gus Chamales, Genevieve Eagle,
Ronnie-Sue Johnson, Zach Karanasos,
Christina Leinneweber, Fenia Mavromichali, Bill Samaras

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
Alexandria Samaras— President
Zoe Matteson—Vice President
Elena Apostle— Treasurer
Isabella Mastras- Secretary
Ingrid Chamalas—Advisor
Helen McClure — Advisor

Philoptochos Society
Hariklia (Hoddi) Motz President
Diane Pirotis- 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

Prosphora Baking
Deborah Talbot

Welcome
Ronnie Sue Johnson

Parish Council

The September Parish Council meeting is Tuesday September 9 at 7PM in the upper hall.

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Ss. Harikleia, Kallitroi, Aphroditte, Penelope, Melpomene & companions 8:20am-9:20am Akathist to St Nicholas 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 12:00pm-1:00pm Festival Dance Practice 4:00pm-5:00pm Panagiotu Wedding	2 Labor Day Repose of Fr Seraphim Rose 9:00am-10:00am Divine Liturgy 10:00am-11:00am Holy Unction Service	3 Phoebé 9:30am-1:00pm Festival Baking 5:10pm-6:10pm Akathist St Nicholas 5:30pm-6:30pm Vespers & Orthros 7:00pm-8:00pm Building Committee	4 Fast: Wine & Oil ok Prophet Moses 9:30am-1:00pm Festival Baking 6:40pm-7:40pm Akathist to St Nicholas 7:00pm-8:00pm Vespers: Prophet Zachariah 7:45pm-8:45pm Evening Liturgy: Prophet Zachariah	5 Zechariah, Father of John the Baptist 8:00am-9:00am Akathist to St Nicholas 8:30am-9:30am Philia Trip to Port Townsend	6 Fast: Wine & oil ok Miracle of Arch. Michael in Colossae 6:30am-7:30am Orthros w/ Akathist to St Nicholas 10:00am-11:00am Bible Study 5:30pm-6:30pm Vespers	7 Prefeast of Nativity of Theotokos 6:40pm-7:40pm Akathist to St Nicholas 7:00pm-8:00pm Vespers
8 NATIVITY OF THE THEOTOKOS 8:20am-9:20am Akathist to St Nicholas 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 12:00pm-1:00pm Festival Dance Practice 12:30pm-1:30pm Dance Group Workshop	9 Joachim & Anna 6:30am-7:30am Divine Liturgy 7:30am-8:30am Akathist to St Nicholas 9:30am-1:00pm Festival Baking	10 Empress Pulcheria 9:30am-1:00pm Festival Baking 10:00am-12:00pm WOCA: All Merciful Savior Monastery, Vashon Island 5:10pm-6:10pm Akathist to St Nicholas 5:30pm-6:30pm Vespers 7:00pm-10:00pm Parish Council	11 Euphrosynos the Cook STRICT FAST 9:30am-1:00pm Festival Baking 6:40pm-7:40pm Akathist to St Nicholas 7:00pm-8:00pm Paraklisis 8:00pm-9:00pm Choir rehearsal	12 Leavetaking of Nativity of Theotokos	13 Consecration of Church of Holy Sepulchre Fast: Wine & oil ok 6:30am-7:30am Orthros w/ Akathist to St Nicholas 10:00am-11:00am Bible Study 7:00pm-8:00pm Great Vespers: Exaltation of the Cross	14 EXALTATION OF THE CROSS 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 7:00pm-8:00pm Vespers
15 Philoptochos Tray for Holy Cross Seminary 8:20am-9:20am Akathist to St Nicholas 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 12:00pm-1:00pm Festival Dance Practice	16 Euphemia the All Praised 7:30am-8:30am Akathist to St Nicholas 9:30am-1:00pm Festival Baking 6:00pm-7:00pm Vespers at St Sophia, Bellingham	17 Clergy Retreat w/ Met Gerasimos Sophia & Daughters: Faith, Hope & Love 9:30am-1:00pm Festival Baking 10:00am-10:30am Services in Bellingham	18 Clergy Retreat w/ Met Gerasimos Eumenios of Gortyna STRICT FAST 9:30am-1:00pm Festival Baking 8:00pm-9:00pm Choir rehearsal	19 Clergy Retreat w/ Met Gerasimos Martyr Trophimos	20 Evstathios & Family Fast: Wine & Oil ok 10:00am-11:00am NO BIBLE STUDY THIS WEEK	21 Leavetaking of Exaltation of the Cross 10:00am-11:00am Philoptochos Mtg (no meal) 6:40pm-7:40pm Akathist to St Nicholas 7:00pm-8:00pm Vespers
22 Hieromartyr Phocas 8:20am-9:20am Akathist to St Nicholas 8:45am-9:45am Orthros 10:00am-11:00am Divine Liturgy 11:30am-12:30pm Xitco & Demetriades Memorial 12:00pm-1:00pm Festival Dance Practice	23 Conception of John the Baptist 6:30am-7:30am Divine Liturgy 7:30am-7:50am Akathist to St Nicholas 9:30am-1:00pm Festival Baking	24 Protomartyr Thekla Silouan of Mt Athos 6:30am-7:30am Divine Liturgy 7:30am-8:30am Akathist to St Silouan 9:30am-1:00pm Festival Baking 11:00am-12:00pm Fr at Vicariate Clergy Koinonia Group 5:10pm-6:10pm Akathist to St Nicholas 5:30pm-6:30pm Vespers	25 Fast: Wine & Oil Juvenaly, Protomartyr of N. America Peter the Aleut, Martyr of San Francisco 9:30am-1:00pm Festival Baking 3:00pm-4:00pm Pro Life Vigil at Cedar River 7:00pm-8:00pm Vespers: Dormition of St John the Theologian 7:45pm-8:45pm Evening Liturgy: Dormition of St John the Theologian 8:00pm-9:00pm Choir rehearsal	26 Dormition of St John the Theologian	27 Kallistratos STRICT FAST 6:30am-7:30am Orthros w/ Akathist to St Nicholas 10:00am-11:00am Bible Study 5:30pm-6:30pm Vespers	28 Chariton 6:40pm-7:40pm Akathist to St Nicholas 7:00pm-8:00pm Vespers

Notes:

30
Gregory of Armenia
9:30am-1:00pm Festival Baking
7:00pm-8:00pm Vespers: Protection of Theotokos & Romanos the Melodist
7:45pm-8:45pm Evening Liturgy: Protection of Theotokos

29
ALL PARISH WORKDAY
Kyriakos
8:20am-9:20am Akathist to St Nicholas
8:45am-9:45am Orthros
10:00am-11:00am Divine Liturgy
12:00pm-1:00pm Festival Dance Practice

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

News and Announcements

Festival News

The 2019 Tacoma Greek Festival will be October 4, 5, 6.

Want your family or company listed in the Festival Brochure? See the forms on pages 28 & 29. Be sure to note the deadlines.

Baking Schedule

September 3, Tuesday	Paximathia/Packaging
September 4, Wednesday	Paximathia/Packaging
September 9, Monday	Koulourakia/Packaging
September 10, Tuesday	Koulourakia/Packaging
September 16, Monday	Koulourakia/Packaging
September 17, Tuesday	Koulourakia/Packaging
September 18, Wednesday	Koulourakia/Packaging
September 23, Monday	Melo's/No Packaging in the evening
September 24, Tuesday	Dip Melo's/cup & tray/No packaging
September 25, Wednesday	Melo's/No Packaging in the evening
September 26, Thursday	Melo's/cup and tray, package Variety and Baklava
September 27, Friday	Package Variety, Baklava, Desserts
September 30, Monday	Tsoureki/Packaging
October 1, Tuesday	Tsoureki/Packaging
October 2, Wednesday	Chicken Prepping/Ouzo Cake, etc.
October 3, Thursday	Ek Mek
October 4, 5, 6, 2019	Greek Festival

The Greek Festival preparations are continuing on schedule. The Liquor permit application has been done, the Health permit application has been delivered to the Pierce County Health Dept. Please remember that working in a food booth requires a food handlers card. Information regarding taking the online test or going to the Pierce County Dept. of Health office, is available on the bulletin board in the downstairs hall. The bulletin board lists the dates and items we will be preparing each day.

The new tokens have arrived and are being counted and bagged. Dolmathes 4,000 ct. has been completed, we still have large pans of Baklava to complete, as of Monday, 38 pans needed to be made. Dance practice is taking place each week.

Thank you to all the volunteers that have stepped up to assist with planning, baking, prepping for the festival. The day group has enjoyed delicious lunches at each work party. You won't leave hungry.

Please consider attending the above work parties in the day or evening, your help is very much appreciated. Your time and talents help the church in so many ways.

The booths in the tent, kitchen, dining room, appetizers all need help, please speak to a core group member or Bill Samaras if you are interested in working in an area. Come join us, learn a new skill, enjoy the laughter and fellowship as we prepare for our Annual Greek Festival. The City of Tacoma is ready to attend our Festival this year.

God Bless and Thank you so much,

Greek Festival Core Group 2019

News and Announcements

Sunday School News

Sunday School Starts Next Month!

Mark your calendars ~ **Sunday, October 20**, is our first day back to Sunday School.

We are truly excited to add a fourth class and teacher this year! Joseph Johnson will be joining teachers Presbyteria Sophie, Savina Frisk and Monica Auter. He will be teaching the 6th-8th grade students, meeting in the Bookstore. What a blessing for our middle schoolers!

Thanks to all our teachers who serve the Lord through this important role in our church.

Sunday School Registration Begins Now

Registration forms *must* be completed before the start of the new Sunday School year, October 20 - ONE form per family. Forms are available and can be turned in on the counter by Mrs. Auter's classroom. A copy will also be emailed to parents of last year's registered students.

PLEASE NOTE: All 6th - 8th graders can register this year for their very own Sunday School class!!!

Greek Orthodox Festival ~ An Opportunity to Serve and Teach

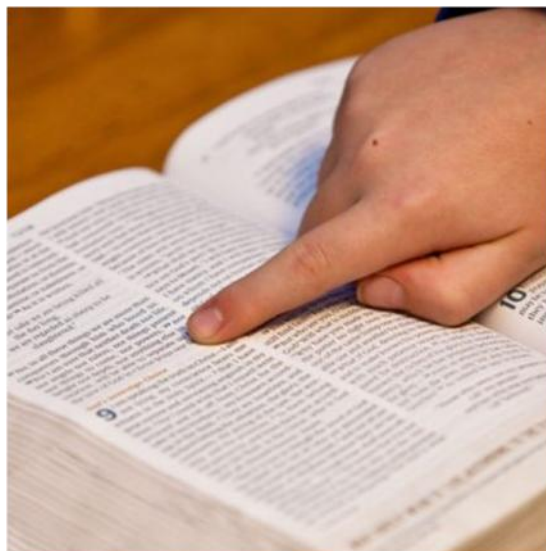
We know that children learn best by example. They are always watching others and paying attention to what behaviors match and make sense to what they are told to believe and do.

Our upcoming festival provides multiple opportunities for us to model service, faith and commitment to the youth and children of our church. Here's what you can do - - -

Invite/bring your youth, children, godchildren, grandchildren, nieces and nephews to a baking or packaging session. If they are too young to participate, bring along something for them to do while they watch you bake or package.

Sign up to volunteer for the Festival. Yes, this may mean you have to set up childcare for your little ones at home, but let them know of the importance of sacrificing time and resources in this way and how the Lord will bless and honor it.

Attend the Festival. Bring your family - and invite other families along - to take part in this joyous celebration of our culture and faith!



Continued on next page

News and Announcements

Sunday School News

Continued from previous page

Six Simple Ways to Make the Most of the Year Ahead (Excerpts taken from Be the Bee Episode #102)

As we look ahead to the new Sunday School year, we're not preparing simply to learn more about God: we're preparing to grow closer to God. Here are 6 things we can start doing right now to make the most of the year ahead as we take steps towards Christ and His Kingdom!

Be Silent Every Day - take a few minutes every day to sit in silence before God. Calm your heart. Settle your mind. This is key to prayer and gets easier with practice.

Pray Every Day - Connect with God. Be present with Him.

Read the Scriptures Every Day - This is how we encounter Him.

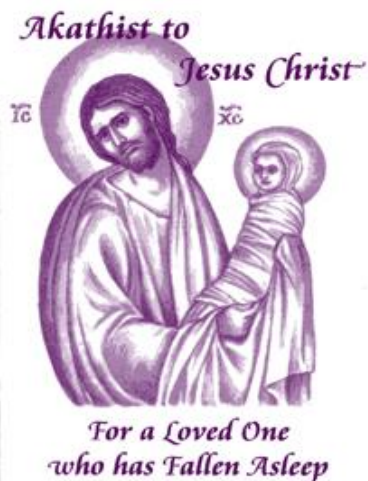
Follow the Fasts - Fasts pull our bodies into silence, commitment and prayer.

Be Merciful - Show mercy to everyone you meet. Help, smile, visit, feed, forgive, encourage, love . . .

Celebrate Liturgy often, at least Every Sunday - It's in the Liturgy that our bodies, minds and souls are awoken to God.

Sheila Auter—

Akathist Group Prayer

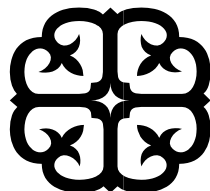


Our St. Nicholas Akathist Ministry has been busy since the beginning of the year.

Thank you for your devotion to the souls of our Orthodox family. I pray you have been blessed and felt the love that surrounds this ministry.

In Christ Love, Sandy.

Sandy Dutton—



Ministry News

BUILDING COMMITTEE

Roof repairs and preventative maintenance over the Dining Hall and Kitchen area roof were done last month, along with some patches at the Upper Hall roof. Of the two roofs, the Upper Hall is the more difficult to deal with because it has four existing roofing membranes over it which are in poor shape and full of blisters, and virtually no drainage slope. The combination of this provides lots of opportunity for underlying moisture to travel between the membranes and the source of leaks difficult to detect. While the Dining and Kitchen roof should be OK for the short term, the state of the Upper Hall, like the current Narthex, will continue to be in question until both its roofing and roof structure gets replaced.

A proposal was brought up again to the Parish Council last month to install new laminate flooring over existing and dated square vinyl tiles in the Sanctuary pew areas. After much discussion the consensus seemed to be that while new flush laminate flooring would be a significant improvement to what is currently there, a continuation of the mosaic floor tile that is currently at the Sanctuary aisles and altar areas would be preferred if its weight would not overload the existing floor structure. The structural engineer who is working on the Narthex Renovation design will do an assessment on whether floor structure upgrades would be required to accommodate more floor tile or not, and a more informed proposal will then be resubmitted to the Parish Council.

While outside the Building Committee scope, a special thanks is given out to John Pangis for organizing the prepping and spreading of beauty bark around the north parking lot perimeters within the property fence lines. And more importantly, thanks to all the people who showed up to spread the bark and did the actual work.



Above are some photos preventative roof repairs over the Dining Hall and Kitchen roof. Similar patches and repairs were done over the Upper Hall as well.

PROJECT 2020 NARTHEX RENOVATION NEWS

The design of the Narthex Renovation is well under way, after having an onsite meeting with Demetriou Architects and the Design Committee last month. The focus is currently on the new building structure, with the architect, structural engineer and Design Committee coordinating and working out detail scope issues as they come up. The civil engineer and landscape architect will be starting their design work the second week in September, and the mechanical and electrical engineers later that month after architectural plans have progressed far enough to use them as layout templates.

The second of three Town Halls will be held on Sunday September 15th after Liturgy.

Continued on next page

Ministry News

BUILDING COMMITTEE

Continued from previous page



Of the three Town Halls, this upcoming one on the 15th will perhaps provide the greatest opportunity for Parish input, as the design should be far along enough to see most of the details, but still early enough to make minor changes and tweaks without disrupting the design progress. Those who are interested are strongly urged to attend.

In preparation for the upcoming Town Hall, comment forms for Parish members have been posted on the Saint Nicholas website under the "Project 2020" tab, and hard copies are in the existing Narthex. Comments that are turned in either by hand or on line by September 13th will help address questions, concerns and suggestions, with the intent to further promote a community consensus.

From the previous Town Hall and separate onsite design meeting in August, below are some design changes and clarifications to note:

- 1) Marble tile previously indicated at the front face of the Narthex will instead be a continuation of brick veneer with accent trim as shown in an updated 3-D rendering.
- 2) While there will be no new side ramp at the north side of the Narthex main entrance in this project, the top landing will be designed to accommodate one in the future. The reasons for holding off on a new ADA ramp at the Narthex entry are it wasn't in the budget, and to install one on the north side would require removing the existing outside ramp that currently leads to the Upper Hall, meaning a new set of stairs and/or ramp would have to be constructed there. And without yet having a long term plan firmed up yet of specifically how the Upper Hall is to be renovated in the future, its ramp could end up being replaced twice rather than once if it were to be done with the Narthex work.
- 3) The new interior ceiling over the main portion of the Narthex is going to be arched.
- 4) Both exterior and interior doors in the Narthex area are going to be replaced.
- 5) Provisions are being made to accommodate future iconography in the Narthex, both in interiors and some at exteriors.
- 6) Options will be presented at the upcoming Town Halls for work that is above and beyond the Narthex Renovation scope; namely to enhance the church property site perimeter for security and aesthetic purposes. This is will be brought up for input and feedback, with the intent for the discussion to act as a gage of whether to put it up for approval at the General Assembly set for October 27.

As the design progresses, an estimate will be done this month to see how close we are to budget. Things are moving quickly, and plans in the Lower Hall display are likely to be updated weekly as the design progresses.

Bill Acker—

Ministry News



Coffee Hour Ministry

SEEKING NEW VOLUNTEERS TO JOIN TEAMS

MISSION

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

REQUIREMENTS TO JOIN THE MINISTRY

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

TEAM SCHEDULE SEPTEMBER

9/1/2019	Team Kipelidis
9/8/2019	Festival Dinner Test Run
9/15/2019	Team Johnson
9/22/2019	Team Samaras

TEAMS:

Team Karanasos: Daphne Karanasos, Leader; Anna Karanasos, Zach Karanasos, Angie Wilen, Ann Koopman, John Kouklis, Mary Matherine and Pres Maria Armatas

Team Johnson: Joseph Johnson, Leader; Ronie-Sue Johnson, Fenia Mavromichali, Katrina Orriss, David Orriss, Marie Bell, Barbara Phillips and Kathy Hermick.

Team Kipelidis: Despina Kipelidis, Leader; Dana Robinson, Sandra Ciarochi, Anastasia Bouzinekis, Yvonne Brandvold, Maro Kouklis and Fenia Mavromichali.

Team Samaras: Karen Samaras, Leader; Marion Palas, Sally Hallis, Jane Evancho, Kathy Heiser, Anastasia Scopelitis, Krysanthos Barnes, Rikky Kapes and Fenia Mavromichali.

Team Pres Sophie: Pres Sophie Majmudar, Leader; Evy Kontos, Irene Misiewicz, Gloria Brown, Deborah Talbot, Anna Marie Oakes Joudy, Ingrid Chamales and Claudia Cedeno.

Men's Team: Dr Fred Ehret, Leader; Bill Samaras, John Cook, Ed Winskill, Hugh Winskill, Jason Heiser, Andrew Phillips and Alex Misiewicz.

If the Holy Spirit plants you the desire to join the Coffee Hour Ministry, please contact Zach Karanasos.

Zach—

Ministry News

PROSPHORA BAKING SCHEDULE

Despina Ampatzis:	The first Sunday of every month
Deborah Talbot:	The second Sunday of every month
Mark Robinson	The third Sunday of every month
Anne Dykstra:	The fourth Sunday of every month
Freezer Stock:	The fifth Sunday of every month

Anyone wanting to bring this offering on a particular day should make the arrangements with Father Seraphim. Every Orthodox Christian in good standing (talk to your priest about what that means) is welcome to make the offering.

The purpose of the Divine Liturgy is to make this Thanksgiving Offering to God and receive it back from Him, transformed by Him, for our own transformation.

A recipe and tutorial for making moist, dense prospora is available to anyone interested. Once you have practiced making prospora a time or two, you may find you have the courage to bring this Thanksgiving Offering to the Liturgy for your name day or any day and more fully experience your Orthodox faith. I would also be happy to bake one time with anyone interested in learning about making prospora. For more information leave a message for Deborah Talbot at 360-593-2831.



Deborah Talbot—

Ministry News



ST. NICHOLAS
GREEK ORTHODOX CHURCH

Project 2020 Update: Comment Opportunity and Townhall Reminder

Dear brothers and sisters in Christ,

We have reached an exciting and important phase of our Project 2020 Narthex Renovation that is focused on developing the architectural and design plans. It is critical to the success of Project 2020 that everyone in our community have a chance to offer input. After all, the Narthex represents an opportunity for all of us to come together as stewards of St. Nicholas and of our faith and tradition.

Before our next townhall on September 15, the Project 2020 Steering Committee would greatly value receiving any comments or questions about the Narthex design. In particular, your input is appreciated on the following:

- Questions or thoughts on the exterior.
- Questions or thoughts on the interior.
- Overall feedback on the project.

Here's how you can share your comments:

Fill out the comment form online at stnicholastacoma.org/narthex-comments.

If you prefer to write down your comments, a hard copy of the comment form is included on the next page. Additional copies are in the narthex. You are welcome to complete the form and deposit it in the gray stewardship card box in the downstairs hall.

Please share your comments **by September 13, 2019**, so we can address common questions at the next townhall. We will also share answers and updates on the church website after the townhall. If you have questions or concerns, please feel free to contact me at aprimis@gmail.com or 360-239-7011.

With faith and love,

Andrew Primis—
Project 2020 Steering Committee Chairman

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Ministry News



ST. NICHOLAS
GREEK ORTHODOX CHURCH

Comment Opportunity: Project 2020 Narthex Renovation

Please share your questions and suggestions for the Project 2020 Narthex Renovation by September 13, 2019. Comments may also be submitted at stnicholastacoma.org/narthex-comments. In particular, your input is appreciated on the following:

- Questions or thoughts on the exterior.
- Questions or thoughts on the interior.
- Overall feedback on the project.

Questions will receive individual responses from the Project 2020 Steering Committee members who have the appropriate expertise to answer them. Common questions will also be addressed at the Project 2020 Townhall on September 15 and answered on the website and in the Messenger after the Townhall.

Please deposit your comment form in the gray stewardship card box in the downstairs hall.

First & Last Name:

Email:

Phone Number:

Comments:

Ministry News

STEWARDSHIP MINISTRY

GUESS WHAT MONTH IT IS? September is the month before the festival and the pace of festival preparation will begin accelerating as we draw closer to October 4,5 & 6. September is also the beginning of St. Nicholas' year 2020 stewardship campaign. You can soon expect to find your stewardship pledge cards either at the church, in your mailbox, in your email, or page 34 and we need your support by completing and submitting them to the Treasurer by the end of November. Doing so will enable our church parish council to do its job of preparing a budget in December that can then be briefed to the general assembly.

FESTIVAL PREPARATION. There are many women who assist with festival preparation but believe it or not there are also a few men, and this month's letter is going to highlight a few them. First and foremost is the dynamic foursome of Rich Heidal, Ricky Angelus, John Pangis, and George Ampatzis. On any given day you can find at least three, if not all four of them hard at work. Rich and Ricky generally work in the kitchen handling the ovens, the dishwasher, and assisting with the baking processes in general. John is the "Jack of all Trades" but mostly handles any electrical issue that may arise, and supervises the delivery and storage of products, and the bagging of 50,000 tokens. George Ampatzis is the person responsible for preparing the pastry boxes and to date he has prepared over 2000 of them with more to come! In addition to the dynamic foursome, Andy Evancho, George Panagiotu, and a few others round out the male contingent of the daily work crew. All of these men respond to the directives of Sally, Kathy, Merrilee, Chrisann, and Miss Ellie which just goes to show "...the man may be the head, but the woman is the neck, and she can turn the head any way she wants."

By the time this newsletter is published the people that have supported the prep to date will have finished the baklava, the dolmathes, and the spanakopita, but there is still much more to do. If you have any time and talent to spare during any of the prep days, WE NEED YOUR HELP! Please come and support the festival effort and bring a friend if you have one that is interested in learning how to prepare any of these Greek delicacies. You'll be glad you did!

During the last month I've had several inquiries and received many comments about August's newsletter regarding one of our group's topics of discussion, that being the subject of "what is more painful." For several weeks after that article was published many women tried to dispute "Big John's" words of wisdom, but none could successfully refute the logic behind John's words. But then it happened. One day as we were working in the kitchen rinsing grape leaves, Presbyteria Sophie said "Okay, I get it. I have no doubt that getting kicked "THERE" hurts, but let's face it, after five minutes the pain is gone, and you men are back to wanting to drink a beer and watch a football game. If you really want to put things in perspective, try getting kicked there every few minutes for 8-12 hours straight!

Oh—my—gosh! Just the thought of that made me start to double over! As my hands instinctively began moving from the sink to man's most important defensive and protective stance, Ingrid grabbed my arms and said, "Hah! Suck it up, Buttercup! Now you know what childbirth feels like." With that, I had to acknowledge that if a woman could tolerate that much pain for that length of time, clearly, they can tolerate far more than men. Score: Presbyteria 1, men 0.

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Ministry News

STEWARDSHIP MINISTRY

Continued from previous page.

STEWARDSHIP PLEDGE CARDS. As mentioned at the beginning of this letter, 1 September officially starts the Year 2020 Stewardship Pledge Card campaign. Our campaign is intended to run from September through November of this current year. Its goal is to obtain sufficient pledges so that the board can accurately prepare the 2020 budget and brief it to the general assembly for your approval either at the end of this current year, or in January of 2020. That's what our by-laws state but we can't do it without your support.

You will notice that this year's pledge card does not ask for as much information as our cards have in the past. It does ask for your name(s), address, and telephone number(s), along with your email addresses. Please take the time to complete the information on the card because we want to make a concerted effort to update everyone's contact information. If you do an automatic deduction from your bank account through our parish website you no longer need to complete a stewardship card and can update your personal information whenever it changes. That is the goal that we strive to attain but until you log on and make that happen, we will need a stewardship pledge card from you.

There is an old saying, "If you're not part of the solution, then you are part of the problem." Be part of the solution by completing your card and returning it to the treasurer's office in a timely manner. If you can't return it to the treasurer's office you may place it either in the locked gray box on the stewardship table in the small dining room, or in the slot in the desk in the narthex where people place their candle money. If your completed card is in a sealed envelope only our two treasurers will read it. If it isn't in an envelope, other parish council members are likely to handle and see it.

Mark Robinson has made available information regarding how to make regular contributions either through credit card or auto-withdraw from your bank account. If you are over the age of 70 and compelled by "Uncle Sam" to take minimum distributions from your IRAs, speak with your accountant or financial advisor about the tax advantages of making charitable contributions through those allowances. There are savings to be had if you utilize those assets to cover your stewardship pledge, and who among us is not interested in savings?

As always, we on the Parish Council greatly appreciate your support! We are truly blessed with fantastic spiritual leaders in Father Seraphim and Father Daniel, and so many wonderful people that do so much for our St. Nicholas Church. Please help us continue to grow St. Nicholas Greek Orthodox Church in order to do the Lord's work and as always, please join us at St. Nicholas "Where all the men are strong, the women are beautiful, and all the children are above average."

May God bless you always! Our sincere thanks to the following people have either submitted their 2020 Stewardship Pledge Cards or enrolled in autopay. Please add your name to next month's list!

Fr. Seraphim and Pres. Sophie	George and Diane Pirotis	Patra Alitsis
Andrew & Monica Auter	Harry & Sheri Basil	Morgan Blackmore
Vonnie Brandvold	Dr. Ingrid & G. Chamales	Courtney Cole-Faso
Genevieve Eagle	Chrisann Firth	David & Savina Frisk
Christina Gretty	Alex & Anna Marie Joudy	Zach & Daphne Karanasos
Christina Leineweber	Mary Leonard	Fenia Mavromichali
Rebecca Premis	Mark & Dana Robinson	Catherine Rowly
Bill & Karen Samaras	Denise & Rick Stahl	

Gus—

Ministry News

Praxis—The Practice of Faith

"Know how to live the Orthodox life with precision"

PRAXIS



Summer, 2019

Making the Sign of the Cross

In making this Sign we are making an act of worship, a confession of our Faith and a prayer, and therefore it should not be done carelessly or thoughtlessly, nor simply a matter of habit or nervous reaction. To make the Sign, first join the tips of the thumb, index finger and second finger of your right hand, while folding the other two fingers into your palm. Recollect that the three joined digits represent the Three Persons of the Most Holy Trinity: Father, Son and Holy Spirit. The two folded fingers are an expression of that other fundamental teaching of our Church, the Incarnation, for folded into the palm (the earth) they recall God the Son Who came down to earth and became man and is known in two natures, being

both perfect God and perfect man. With the hand held thus, make the sign over yourself by touching in turn the forehead, the stomach, the right and the left shoulder. In this way taking up His Cross, dedicate your whole being to Christ in fulfillment of the commandment to "love the Lord thy God with all thy heart, with all thy soul, with all thy strength and with all thy mind."

Receiving Communion

Please allow children & Sunday School teachers to go first (when in session)

KEY POINT: stay still and be "inert".

Form two lines, one on each side of the church. When your turn is next, please

DO NOT defer to people on the other side of the aisle (ie, when there is only one chalice). We realize it feels more polite to do so, but it slows things down. Simply alternate left side, right side, one at a time. Don't worry about going between a child and their parent. Children who need to stay directly with their parent will come together to the chalice.

Cross your arms or hold them to your side when approaching; open your mouth wide; stay as still and "inert" as possible; allow the priest to place the spoon in your mouth; close your lips (but not your teeth) around the spoon; allow the priest to remove the spoon, and don't pull your head back—keep it still; allow the altar servers to wipe your lips; DON'T make the Sign of the Cross at the chalice or try to wipe your own lips (this can cause a spill); take one piece of antidoron (blessed bread) and resist the temptation to take several and/or hand out to neighbors at the pews. They will get a chance to receive bread (if they are not receiving Communion that day) at the end of the liturgy.

If you are bringing a child: please receive first, and then present the child for Communion. If you are carrying the child, please hold their head against your right arm, and use your arms to restrain their arms and legs.

Care for Antidoron.

"Blessed bread" as we call it, is exactly that: blessed. The word literally means "instead of the Gifts", which originally was consumed by those not receiving communion that day. In common practice throughout the Archdiocese, everyone receives the antidoron at the end of the liturgy, including visitors/Non-orthodox.

- After Communion, please only take one piece, and refrain from gathering extras to share with pew neighbors. They will receive some at the end of the liturgy

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Ministry News

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PRAXIS



- Don't spill antidoron crumbs. Cup your hands, consume the piece, and afterwards, do a slight "suck" to pull up any remaining crumbs on the palm of your hand

- Teach your children to respect the antidoro in the same way

- Take antidoro home, cut it into crouton-size pieces, dry it and keep it in a special bowl to receive first thing in the morning before you start your day (on days you won't be fasting for Communion, of course!)

Take holy water home, and keep it next to the antidoro bowl, and receive it in three sips "In the Name of the Father, the Son and the Holy Spirit) with your antidoro (again, only on days you won't be going to receive Communion)

Receive a blessing from the priest.

"Kiss (don't shake) a priest's or bishop's hand."

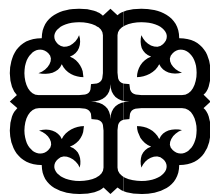
The proper way to greet a priest or a bishop is to ask for his blessing and to kiss his right hand. Approach the priest or bishop with your right hand over your left hand and say, "Father, bless." (If a Bishop, say, "Master, bless") This is much more appropriate (and traditional) than shaking their hands. When you kiss their hand you are theologically kissing Christ's own hand, as the grace of ordination makes this possible. (think: icons) As they give you a blessing, they will trace the sign of the Cross over you, with their fingers held in a particular way that actually spells out the letters IC XC (which means Jesus Christ) in Greek. So in actuality, he is imparting the name and grace of Jesus Christ to you. It renews the soul, and imparts grace to the priest himself, as he too is renewed in the coming of Divine Grace through this act of love and humility. It is a win-win for both.

Entering and Exiting the Church

Upon entering the church sanctuary:

1. Stop
2. Look at the icon of Christ on the iconostasion
3. Close your eyes & take a slow, deep breath and say the Jesus Prayer silently
4. Open your eyes and bow, putting your right hand as low to the floor as possible (while still standing, like a "touching your toes" exercise)
5. Raise your arm and make the Sign of the Cross, and then go to your seat (preferably using the side aisle, if possible)
6. When exiting the church, repeat the above; don't simply walk out of the church

Fr. Seraphim—



Ministry News

MILITARY/CIA/LAW ENFORCEMENT MINISTRY



MAJ Jeff Rogers
U.S. Army
Operation Enduring Freedom
"Wishing you all the best from the front lines of freedom in Afghanistan!"

Jeff Rogers continues to serve as a logistician in support of Operation Enduring Freedom in Afghanistan. Please pray for his safe return and for his family's well being during his absence.

September 2: VICTORY OVER JAPAN DAY (VJ Day). General James McArthur accepted the formal surrender of Japan on board the USS Missouri. St. Nicholas family members who served in the Pacific include



Anthony L. Adams
U.S. Army
WWII
Recipient of the Bronze Star Medal For service with Merrill's Marauders
Gus Chamales' uncle



Johnny Berneck & George Humphrey
Both were Killed In Action on the USS Kula in July 1942 in the Pacific.
Johnny Berneck was Deborah Talbot's uncle.



Robert C. Derby
U.S. Navy
WWII & Korea
Genevieve Eagle's father



Glenn Griffin
U.S. Navy
WWII
Robin Griffin's father



Elias Habeeb
U.S. Marine Corps
WWII
Delores Apostle's father



SGT Ansel Jameson
WWII, U.S. Army Air Corps
Recipient of the Distinguished Flying Cross w/OIC for valorous action with the Flying Tigers in the China/Burma/India Theatre.
Diane Pirotis' Father



John A. Karanzas
U.S. Navy
WWII
Recipient of Distinguished Flying Cross & Air Medal w/3DLCs for valor in Pacific Theatre during WWII
Mary Koumantrous' father



LTC & Mrs. Michael Koukles
U.S. Army
WWII
Recipient of the Bronze Star Medal
Vonnice Brandvold's Parents



CPO(R) John Pantelis
U.S. Navy
Iwo Jima-WWII
Greg Pantelis' father



Robert Simpson
U.S. Navy
WWII
Marlene Angelus' father



Robert Talbot
U.S. Navy
WWII
Deborah Talbot's father



Bill Zorzakis
U.S. Marine Corps
WWII
Helen McClure's father



September 11: PATRIOT DAY. Patriot Day is an annual observance on to remember those who were injured or died during the terrorist attacks in the United States on September 11, 2001. On the direction of the President, the flag of the United States should be displayed and flown at half-staff as a mark of respect to those that died on that day. Many people observe a moment of silence at 8:46 AM (Eastern Daylight Time). This was also the deadliest day in law enforcement history when 72 officers were killed while responding to the terrorist attacks.

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Ministry News

September 18, 1947: BIRTHDAY OF THE U.S. AIR FORCE. St. Nicholas family members:



Paul Armatas
Korea & Cold War
U.S. Air Force
Roxanne & Fr. Daniel's
father



Peter Brown
Cold War
U.S. Air Force
Gloria Brown's
husband



MSG(R) Richard
Clark
U.S. Air Force
Krisann Firth's
son-in-law



James L. Cook
Korea & Cold War
U.S. Air Force
John Cook's
father



MSG(R) Jim
Fotinopoulos
Cold War
U.S. Air Force
Dina Fotinopoulos'
husband



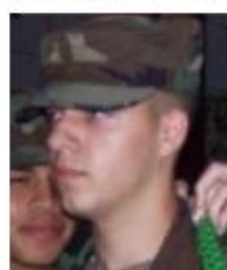
TSGT(R) Tom
Jackson
U.S. Air Force
Korean &
Vietnam Wars
Helga Jackson's
husband



Tony Joe Johnson
Cold War
U.S. Air Force
MSG(R) Joseph
Johnson's
father



MSG(R)
Joseph Johnson
Operation Desert
Storm &
Operation Iraqi
Freedom
Ronnie-Sue's
husband



TSGT Brandon
Johnson
U.S. Air Force
Operation Iraqi
Freedom
Ronnie-Sue &
MSG(R) Joseph's
middle son



Bob Leonard
Cold War
U.S. Air Force
Mary Leonard's
husband



Steve Maritakis
U.S. Air Force
Korea & Cold War
Mary Mathern's
brother



MSG(R) Walter Motz
Cold War
U.S. Air Force
Hoddi Motz's
husband



Charles Plunkett
U.S. Air Force
Viet Nam War
Lena Plunkett's
husband



LTC Tony Rocco
U.S. Air Force
Operation Desert Storm
Recipient of Defense
Meritorious Svc. Medal
and Air Medal w/50lc's
Mary Leonard's
Son-In-Law



SSG Ayrlee Rogers
U.S. Air Force
MAJ Jeff & Lexi Rogers'
daughter

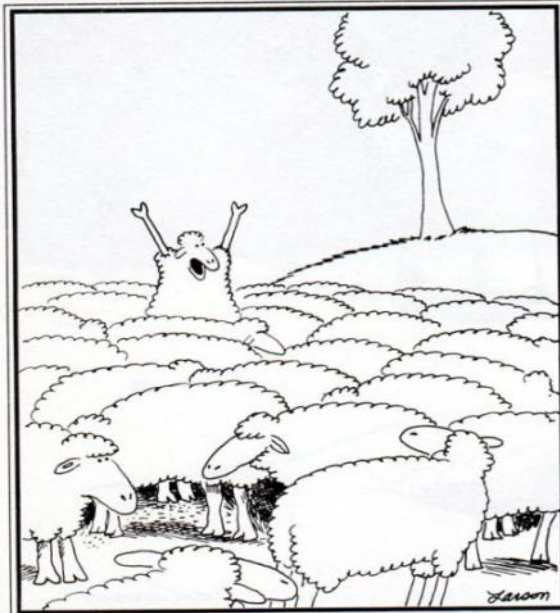


"Miss Mike"
Michael Jane
White
United States
Air Force
Cold War



Ministry News

ST. NICHOLAS BIBLE STUDY MINISTRY BOOK OF HEBREW



"Wait! Wait! Listen to me! . . . We don't HAVE to be just sheep!"



Families, parishes, etc. often “adapt to most immature or troublesome” members. This results in a culture of “togetherness at all costs” and aversion to membership loss, and the sabotage of would-be effective leaders. This results in “Herd Mentality” and sets up a “not good” dynamic in the parish, or family. St. Paul calls this out in the first three verses of Hebrews 6. **Acts 6:2** *“Then the twelve summoned the multitude of the disciples and said, ‘It is not desirable that we should leave the Word of God and serve tables.’”* This was the reaction of the Apostles as they dealt with an immature element. The Church has a structure: **Matthew 18:15** *“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother. But if he will not hear, take with you one or two more, that ‘by the mouth of two or three witnesses every word may be established’, and if he refuses to hear them, tell it to the Church. But if he refuses even to hear the Church, let him be to you like a heathen and a tax collector.”* Our goal as a church should be a thriving and sovereign parish that won’t be hindered or sabotaged by immature elements.

Edwin H. Friedman – A Failure of Nerve: Adaptation to Immaturity

But the most important ramification of the herding phenomenon for leadership is its counter-evolutionary effect. In order to be “inclusive”, the herding family will wind up adopting an appeasement strategy toward its most troublesome members while sabotaging those with the most strength to stand up to the troublemakers. The chronically anxious, herding family will be far more willing to risk losing its leadership than to lose those who disturb their togetherness with their immature responses. Always striving for consensus, it will react against any threat to its togetherness by those who stand on principle rather than good feelings. The herding instinct will move an emotionally regressed family to a position where it endeavors to accommodate the disruptions of the immature and of those who think in terms of their rights rather than their responsibilities. So rather than take stands with the most disturbed members and support those who stand tall, the herding family will adapt to the symptom-bearer (alcoholic, delinquent, substance abuser, gambler, hot-tempered one) and at the same time undercut anyone who attempts to define himself or herself against the forces of togetherness.

Continued on next page

Ministry News

ST. NICHOLAS BIBLE STUDY MINISTRY BOOK OF HEBREW

Continued from previous page

They often characterize that person as “cruel”, “heartless”, “insensitive”, “unfeeling”, uncooperative”, “selfish”, and “cold”.

It is interesting to contrast the view on adaptation to strength of another leader from a different part of society, a sports coach. Appalled at the coddling of complaining athletes, this football coach exclaimed, “When I coach, if receivers complain that the quarterback throws the ball too hard, I don’t go to the quarterback and tell him to let up. I tell him to throw it as hard as he can, and I then tell the receivers they had better hang on to his passes if they want to hang on to the team. If those who cover punts complain that the punter kicks it too far, I don’t go to the punter and tell him not to kick it so far. I tell the punter to kick it as far as he can, and I’ll try to find players who can get down the field and cover his kicks. And if blockers say that they have trouble keeping up with a running back because he’s too fast or too slippery, I don’t get on the running back and tell him to go slower; I tell him to do his thing as best as he is able, and I get on his blockers to keep up with his agility.”

“Chronic anxiety” has become the norm in American society today. The use of the word “abusive” in place of problematic or troublesome to dramatize a situation and set up an unnecessary alarm – “crying wolf”. It is not Christian to always capitulate to the least mature which could result in an anxious, sabotaging and immature parish culture.

Submitted by: Genevieve—

AHEPA FAMILY FALL CONFERENCE OCTOBER 12, 2019

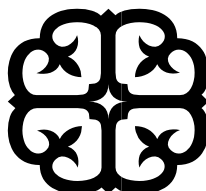
The conference will be held at the Assumption Church located at 1804 13th Ave in Seattle.

We will have registration at 9:30 am and meetings will start at 10:00. Lunch will be served at 12:00 and Meetings will resume at 1:00 The cost is \$30 per person.

Please send in your payment to Holly Poulias at 2856 NW 65th Street, Seattle, WA 98107

If you are attending the Ahepa Family Wine Tasting Event starting at 4:00 pm at the church, you may include your payment for that also.

See the flyer on page 32.



Ministry News

St. Nicholas Greek Orthodox Church Pro-Life Ministry

Greek Orthodox Archbishop Makarios at anti-abortion rally in Sydney



Photo by: George Mpliakas



Photo by: NSW MP Tania Davis

Greek Orthodox Archbishop Makarios addressed a 10,000-strong crowd that braved the Sydney winds on Tuesday at the 'Stand For Life' protest at Martin Place in opposition to the proposed bill to decriminalize abortion, currently before New South Wales Parliament. Earlier in the day, a pro-choice rally had taken place. Organized in part by a number of Christian lobby organizations, Archbishop Makarios spoke to a charged yet peaceful crowd alongside a number of leaders from various Christian denominations, as well as state and federal politicians. "I guess we are all united," the Archbishop said to open his address. "No law should take away a child's right to life, let alone take it away in such a barbaric manner." "Under the proposed legislation, such violent acts can be committed for any reason, on any baby up to 5-and-a-half months pregnant," the Archbishop continued, "even if...the parents are having a girl and they only wanted a boy. New South Wales abolished the death penalty for murder in 1955; now, it is being reintroduced." The bill, which passed the NSW Legislative Assembly two weeks ago, states that for terminations up to 22 weeks, "The medical practitioner may perform the termination if the [pregnant] person has given informed consent to the termination". Earlier in the day, NSW Premier Gladys Berejiklian had the vote on the bill delayed by a number of weeks, meaning that an outcome expected later this week now won't be reached until at least mid-September. "Up until now, the process has been designed to exclude your voice," said State Liberal MP, Tanya Davies. "We now have three weeks to cause a tsunami of opposition to the office and the ears of Premier Gladys Berejiklian." State Liberal MP Nathaniel Smith angrily addressed the energetic crowd, stating that "Sorry, I don't take orders from the socialist states of Victoria and Queensland." "We should not stand aside and let society kill a child on their birthday," said the first-term Member for Wollondilly. Under the bill, now before the Legislative Council, terminations of pregnancy after 22 weeks would require consensus from two medical practitioners on the basis that 'in all the circumstances... the termination should be performed', or in an emergency to 'save the person's life, or save another fetus.'

The protest in Sydney's CBD was held following the inaugural 'Religious Freedom Forum' at Parliament House earlier in the day, co-hosted by State Labor MP Tania Mihailuk and attended by Archbishop Makarios.

Article by George Mpliakas – August 21, 2019 3:16 p.m.

Submitted by: Genevieve—

Ministry News

Mission to Jamaica

By Anastasia Bouzinekis

Dear fellow parishoners, I just wanted to share a few things about my recent mission trip to Jamaica through Orthodox Christian Mission Center (OCMC). Firstly, I would like to thank Fr. Seraphim, The Parish Council, the anonymous donor, and the whole parish for your support, encouragement and prayers for me for this trip. It was one of the best experiences of my life! I plan to go again next year, God willing. The team was made up of seven like-minded, like-hearted Orthodox Christians coming from all over the country, led by Fr Michael Salzman from Georgia. First we met at the OCMC headquarters in St Augustine, FL, for a couple of days of training, orientation, and a short service commissioning us as missionaries. As a team, we bonded right away, although it doesn't always work that way. In Jamaica, we stayed with a wonderful Orthodox family. I experienced philoxenia at its best. They opened their beautiful home and family to us, including a swimming pool. St. Timothy's Orthodox Church is located in their home. Orthodoxy is so new in Jamaica that this is the first and only Orthodox Church, thus far. Only in the recent months have they received a full time Orthodox priest.

Although I never sweated so much in my life, I thoroughly enjoyed my time there. I felt very welcomed, connected and appreciated, as well as a strong sense of purpose. We conducted a four day "Vacation Bible School" there, with the theme "Follow Me and I will make you fishers of men." The children absolutely loved the program and were very thankful. They called me "Aunti Anastasia" and gave me lots of hugs. In the team, we each had our areas of responsibility. I was in charge of craft activities all four days, along with another team member. It was always a team effort however. We succeeded as a team, with God's help and for His glory. It was so exciting and rewarding for me to see the children enjoying the craft activities I had put together, and making beautiful, meaningful things that they could take home. On the last day in Jamaica, we went to a water park on the northern part of the island where we swam in the Carribean and climbed a waterfall! I was in awe that humans could actually climb a waterfall, as well as all the natural beauty surrounding me. It was another team building experience!

I learned so much on this trip. One day I went with a group on a public bus to the market (fruit, vegetables and meat). I could not understand what anyone was saying, as they were speaking Patwa (or Jamaican Creole). Patwa is the most widely spoken language, although English is the official language. I learned that Jamaicans drive on the opposite side of the road and the steering wheel is on the right (as in England and Cyprus), and that they like to honk their horns excessively when driving! Rules of the road are not enforced there. I learned that Jamaicans love to eat "patties" (fast food meat or veggie pies) and that they love KFC! I learned that Jamaica is a Christian country, with most Jamaicans being Protestant. However they have some familiarity with Orthodox Christianity as there are some Ethiopian Orthodox Jamaicans. As a people, they seem to be spiritually alive, down-to-earth and connected with each other. I can see Orthodox Christianity growing in this country. If anyone would like to help with the growth of the Orthodox Church in Jamaica, let me know. There is plenty of need and opportunity!

As Christians, we are all called to be "missionaries." The Great Commission Matthew 28:16-20. We might not all be willing and/or able to serve in other countries as missionaries, but we can all be "missionaries" to everyone we come across in our daily lives, serving others and spreading Christ's Gospel and love. With love in Christ,

Anastasia Bouzinekis—

Cover Story

Continued from page 1

Almost every morning at prayer I ask the intercessions of St. John the Forerunner, who descended into hades ahead of Christ and preached His coming to those held captive there, to help me descend into the depths of my own heart, exposing all the muck to the light of Christ, that it may all be turned into light, for everything revealed by light becomes light. I guess what I am asking for is the insight and courage to do what I need to do to receive in full what Christ has given to us, because there is a synergistic principle to the actualization of my salvation (and of yours). Cooperation is key, and true cooperation involves the deep heart.

This is where we have to distinguish in ourselves the difference between moralistic behavior and ontological being. This has to do with the volitional responsiveness that we mentioned last month; that is, determining our course of action. Am I going to get all of myself on board to cooperate with God and work out my salvation according to His guidance? Or am I thinking (in my deep heart) that I can manipulate God and make things work out the way I want them to while appearing to submit to Him? Because, remember, all things are in the human heart. St. Macarius the Great tells us it holds dragons and lions, poisonous beasts and all the treasures of evil, rough and uneven roads and precipices, but also God, the angels, the life and the kingdom, the light and the apostles, and the treasures of grace. As Aleksandr Solzhenitsyn put it, the line dividing good and evil runs right through every human heart, and this line shifts and oscillates inside us with the years. He believed that even in the best of hearts there remains an unprooted small corner of evil.

God has provided to us the way to our own deep hearts and salvation. This way is participation in the Church, full participation involving the physical and spiritual realms. Our means of preparation for this full participation are the ascetical practices (spiritual labors) of repentance, confession, prayer, fasting, and almsgiving. And these practices can be approached on a spectrum ranging from purely moralistic behavior to true communion in the deep heart. We are meant to be moving in the direction of true communion.

Consider the Eucharist, the Thanksgiving Offering of bread and wine and the thing that completes our full participation in the Church, the thing all those spiritual labors are preparing us to receive. Oftentimes it is the bread I have made that is offered. When baking this bread, I start by voicing a prayer of repentance, then the Trisagion prayers, and then a prayer to *Almighty God, our Help and Refuge, Fountain of Wisdom and Tower of Strength, who knows that I can do nothing without your guidance and help; assist me, I pray Thee, and direct me to divine wisdom and power, that I may prepare this prosphora faithfully and diligently, according to Thy will, so that it may be profitable to myself and others, and to the glory of Thy Holy Name. Amen.* I also appeal to the Theotokos, because it is in her womb that the body of our Lord was so perfectly knit together, and it is her blood and her flesh that he took on when He became man. Sometimes I have in my possession partly burned candles that were used back in the altar, or from the Lord's tomb during Holy Week, and I will light one of these in the kitchen and bring in an icon of the Theotokos or of Christ while I am baking. I use my hands to mix the bread and knead it and shape it, and I pray with my hands in the dough, *Lord have mercy* and anything else that may be on my heart. Usually I have some sort of liturgical recording playing. And when the bread is baked there is more prayer in which I tell the Lord I am offering myself, my very life to Him through this bread and asking Him to accept the gift...

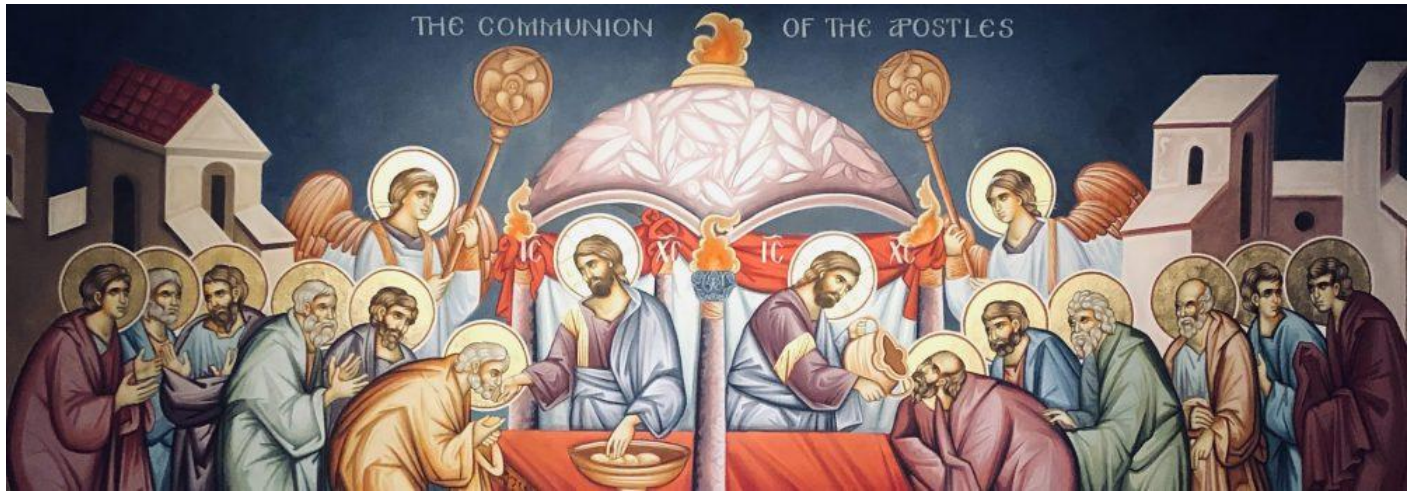
You see here the combination of both physical and spiritual striving, the attempt to arrange the physical space and my own heart to be pleasing to God and to use my whole being and the things God has provided to me for the things of God. Because it is all linked together, and it is all meant to be ordered a certain way.

Continued on next page

Cover Story

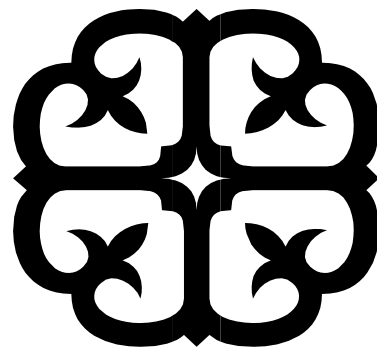
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This physical loaf of bread, when consecrated, somehow becomes the physical body of God in the Person of Jesus Christ, and Christ Himself feeds it back to our physical bodies, thereby infusing His whole life into our whole lives in order to bring us into the fullness of the salvation He has prepared for each of us and all of us. This fullness includes an incorruptible physical body. The physical and the spiritual are meant to work together—indeed, the pain of death is the separation of those two things, which death we overcome in Christ as we move along the spectrum of merely moralistic behavior to true ontological participation in God, which efforts He honors as He sees fit according to what He sees in our deep heart.



Post Script: For your contemplation, there is a wonderful story about revelation and beholding mysteries that includes within it asceticism, the deep heart, synergy, and cooperation, found at the following link:
<https://www.johnsanidopoulos.com/2010/04/ascetic-and-thief.html>

Deborah Talbot—



Ministry News

On line Donations now possible

ON-LINE DONATIONS

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



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

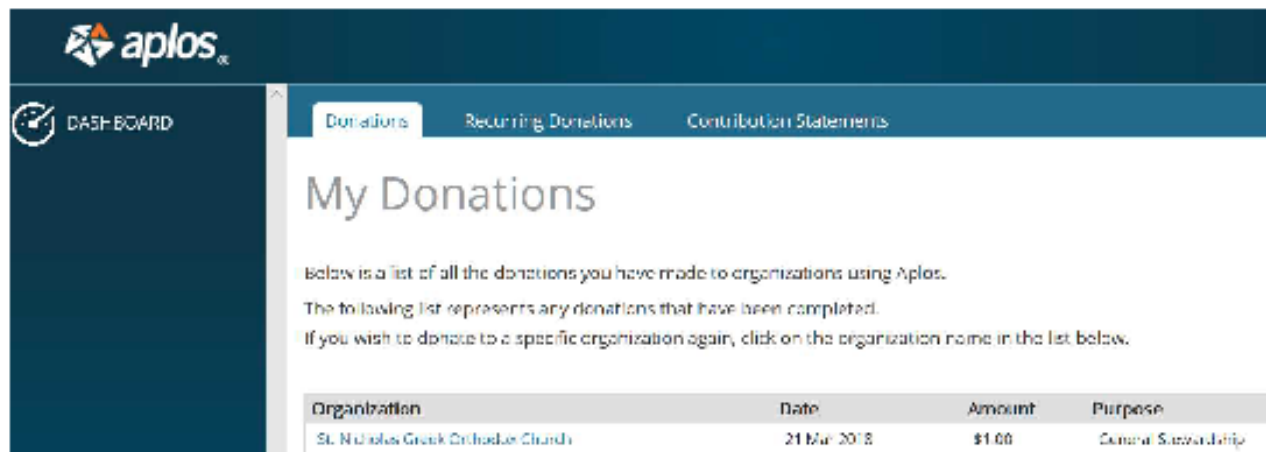
I want parishioners to enjoy greater flexibility in making Church donations and receiving an accounting of their annual to date contributions at any time of the year. Many of you have asked and inquired about the possibility of accounting for your donations automatically on-line. It is now a reality.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

In Christ,

Mark Robinson

On-Line Contribution Instructions:

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



The screenshot shows the Aplos software interface. At the top left is the Aplos logo. Below it is a navigation menu with 'DASH-BOARD' and three tabs: 'Donations', 'Recurring Donations', and 'Contribution Statements'. The main heading is 'My Donations'. Below the heading, there is explanatory text: 'Below is a list of all the donations you have made to organizations using Aplos. The following list represents any donations that have been completed. If you wish to donate to a specific organization again, click on the organization name in the list below.' Below this text is a table with the following data:

Organization	Date	Amount	Purpose
St. Nicholas Greek Orthodox Church	21 Mar 2018	\$1.00	General Stewardship


FREE ADMISSION  AUTHENTIC GREEK CUISINE

The 58th
**TACOMA
 GREEK
 FESTIVAL**

 October 4, 5, 6
 2019
 HOSTED BY



ST. NICHOLAS
 GREEK ORTHODOX CHURCH

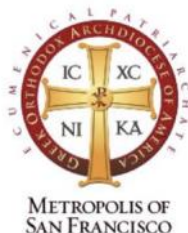
1523 S. YAKIMA AVE, TACOMA, WA
 STNICHOLASTACOMA.ORG/GREEKFESTIVAL  (253) 272-0466

FRIDAY & SATURDAY: 11AM-9PM, SUNDAY: 11AM-6PM

We are proud to donate a portion of our festival proceeds to "Shared Housing Services"

facebook.com/GreekFestivalTacoma
 instagram.com/TacomaGreekFestival





ST. NICHOLAS

GREEK ORTHODOX CHURCH

TACOMA GREEK FESTIVAL – SPONSORSHIP REGISTRATION FORM

Return this form by September 14, 2019 to guarantee your ad space in the 2019 Festival Program Brochure
Artwork deadline for banners displayed in tent is September 8, 2019.

Business name: _____

Contact name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Other phone: _____

Email: _____ Preferred method of contact (phone, email, text): _____

2019 SPONSORSHIP RATES

'3 x 5' banner* in tent and full page ad	\$500
Full page ad	\$300
½ page ad	\$175
1/3 page ad	\$125
¼ page ad	\$100

Payment method:

Enclosed check in the amount of \$_____ Check#_____

Credit card payments can be arranged, see below.

Please indicate if you would like to use your ad from a previous year.

In addition to this form, please provide us with your ad. For text only ads, please use WORD or plain text. For graphics, please produce a print ready .pdf or .jpg file.

Ad formatting information:

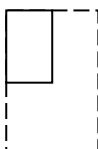
- Full page and banner 8.5" x 5.5", aspect ratio of 1.54:1
- Half: 5.5" x 4.25" aspect ratio of 1.3:1
- Quarter: 4.25" x 2.75", aspect ratio of 1.54:1



Full



Half



Quarter

Email (best) your ad to Alex Joudy, alex.joudy@gmail.com

You may also mail your ad to:

St. Nicholas Greek Orthodox Church
c/o Alex Joudy, Festival ads
1523 S. Yakima Ave
Tacoma, WA 98405

For questions, payments, or special ad considerations, contact:

Alex Joudy alex.joudy@gmail.com

Karen Samaras 260-070-5264 (call or text) karen.n.samaras@comcast.net.

FESTIVAL SPONSORSHIP FORM

COPPER, BRONZE, SILVER, GOLD LEVELS

Please state sponsor name exactly as it will appear in the program

Sponsor name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Sponsor signature: _____

Company Media/Graphics contact person:

Name: _____

Phone/text: _____

Email address: _____

We want to sponsor the 2019 Tacoma Greek Festival

- Gold Sponsor \$10,000
- Silver Sponsor \$5,000
- Bronze Sponsor \$2,500
- Copper Sponsor \$1000

Payment Options

- Check enclosed (pay to *St. Nicholas Greek Orthodox Church*)
- Pay through the St. Nicholas PayPal account:
www.stnicholastacoma.org/donate/
- Other: Contact Alex or Karen (see below)

Contacts:

Alex Joudy

alex.joudy@gmail.com

Karen Samaras

360-970-5264 karen.n.samaras@comcast.net

ST. DEMETRIOS Greek Festival

SEPTEMBER 20, 21, 22



St. Demetrios Greek Festival

Join us on **September 20, 21, and 22** for traditional Greek food, music, dancing, and culture.

Lastest News

Greek Dance

The St. Demetrios Dance Program is gearing up for another exciting year of dance and fellowship. This year our program will begin on Monday, September 9, 2019 at 6:00 p.m. in the large hall.

We invite everyone in our parish from four years old (must be four by September 1, 2019) to young adults. We also have a program for adults just to learn the basic Greek dances taught by Yvonne Hunt. All classes meet on Monday evenings. Class times are as follows:

- Pre-Kindergarten and Kindergarten from 6:00pm - 7:00pm
- Grades 1 and 2 from 6:00pm - 7:15pm
- Grades 3 to 9 from 6:00pm - 7:30pm
- Grades 10 to Young Adults from 7:30pm - 9:00pm
- Time for the adult group will be determined later.



We are hoping to have a Choral Group for all ages. If you like to sing only, come and learn Greek songs. If you like to dance and sing, the time will not conflict with the dance schedule. We are encouraging you to partake in this part of our program.

For more information, please visit saintdemetrios.com/community/greekdance/



ORTHODOX WINTER YOUTH RETREAT

Save the Date!
January 18-20, 2020

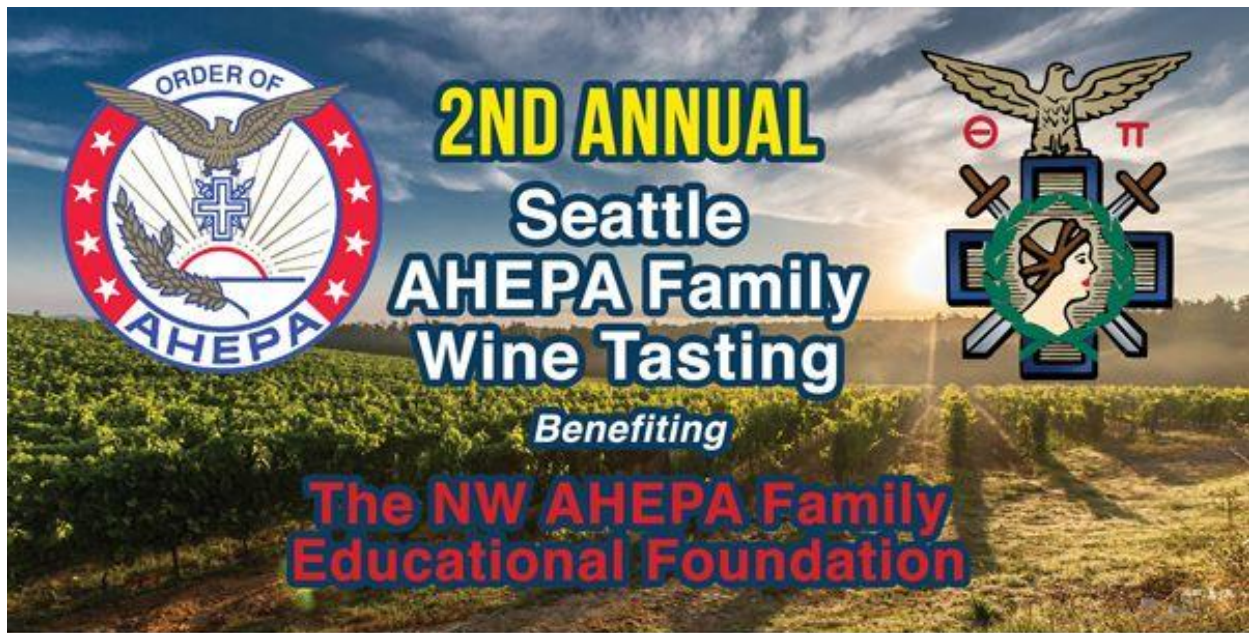
This retreat is coordinated by the Orthodox Christian Youth Ministry (OCYM) Team from the Antiochian Archdiocese under the arch-pastoral oversight of Metropolitan JOSEPH

Cedar Springs Camp Lake Stevens, WA

Open to all Orthodox Junior High and High School Youth and their friends!

An opportunity for youth to grow in spirit through worship, prayer, good food and games!

Registration begins October 1, 2019
\$160 early bird pricing!
www.tinyurl.com/orthodoxretreat



Saturday October 12th 4pm -7pm
Church of Assumption Hall
1804 13th Ave E, Seattle WA 98122

Presale: \$25 per person/\$40 per couple.

Includes souvenir wine glass,
tastings and appetizers.

\$30 per person/\$50 per couple at the door.

Featuring wines from:



**Tickets available at the door or in advance by
contacting Holly Poulias at hpoulias@hotmail.com.
Wine and raffle tickets available for purchase,
so bring your cash and checks!**

Labor Day

SERVICE OF HOLY UNCTION

**Come receive the
healing grace of the
Holy Spirit**

**Monday, September 2
9am Divine Liturgy
10am Service of Holy
Unction**



2020 STEWARDSHIP CARD

ST. NICHOLAS GREEK ORTHODOX CHURCH TACOMA, WASHINGTON



All things are possible
to the one who
believes in Christ.

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.

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. For more information, please visit:

stnicholastacoma.org/stewardship.

"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 Majumdar

Please PRINT your information clearly

"Those who seek the Lord shall never want for any good thing."

(Psalm 34:10)

OUR DONATIONS ARE IN THANKSGIVING TO GOD FOR HIS CONTINUED BLESSINGS GIVEN TO US. OUR DONATION REFLECTS HOW MUCH WE ARE BLESSED AND HOW THANKFUL WE ARE; HOWEVER, WE ARE AWARE THAT GOD EXPECTS US TO GIVE SACRIFICIALLY TO HIS WORK.

2020 STEWARDSHIP COMMITMENT

Stewardship contributions cover all of our parish operating expenses. An average contribution of approximately \$2000/year from each family would enable our parish to meet its operational expenses without depending on Festival revenue.

I/We offer a minimum stewardship pledge of \$...../year or \$...../

month in 2020 to support God's work.

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

SIGNATURE.....

Name (F/M/L):
 DOB (M/D/Y):
 Email:
 Telephone:
 Spouse:
 DOB (M/D/Y):
 Email:
 Telephone:
 Address
 City/St/Zip

Household Information

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

Saint Nicholas Messenger

St. Nicholas Greek Orthodox Church

1523 S Yakima Ave
Tacoma, WA 98405

Address Service Requested

