



Beloved of Christ,

I came across this beautiful and pastoral resource a few years ago from a fellow priest in Northern California, and wanted to share it with you all—that it may serve as a helpful guide as we enter into this preparatory time to receive our Lord and Savior in the Nativity.

Every serious Orthodox Christian will enter into the arena of spiritual struggle during this holy season of the Nativity which began on November 15. And our common enemy, the devil, will do everything in his power to prevent you from taking up this fight.

The weapons in this arena are prayer, fasting and serving and loving others. In this way, we emulate our Lord Jesus Christ himself who in his incarnation “emptied Himself, taking the form of a servant, being made in human likeness. And being found in appearance as a man, He humbled Himself and became obedient to death—even death on a cross.” (Phillipians 2:7)

Let us also empty ourselves from gluttony, envy, pride, lust, anger and greed. Let us also take the form of a servant and offer ourselves to others. Let us also become human again and express our love to one another in words, in deeds and in thoughts. Let us also crucify our bad habits of judging, criticizing, gossip, slander and resentment. So that we can be made worthy to welcome the Christ-child along with the humble shepherds and the God-fearing Magi; so that our Lord will recognize himself in us.

Below are some practical guidelines for this holy season of the Nativity Fast, whether you are experienced in fasting or have never fasted. Aside from the “how to fast”, it’s more important to understand “why we fast”.

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St Nicholas Greek Orthodox Church

1523 S Yakima Ave

Tacoma, WA 98405

Phone: 253-272-0466

Parish Website: stnicholastacoma.org

E-Mail: mail@stnicholastacoma.org

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



Sunday Services

8:45 am Orthros

10:00 am Divine Liturgy

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

Fr. Anthony Cornett, Our Presiding Priest



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

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

Office Hours at St. Nicholas

— by appointment —

Email: anthonymcornett@gmail.com

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

Editors: Carol MartinOki/Bill Samaras

Media team: Paula Karanasos, Fr. Anthony

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

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Chris Basil, Vice President
Tony Panagiotu, Treasurer
Andrew Kouklis, Secretary

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Kathy Rowley

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Hands of Love

Genevieve Eagle

Military Service

LTC Gus Chamales

Premarital Education

George Pirotis, Diane Pirotis

Stewardship

Fenia Mavromichali

2023 Parish Council

Andrew Primis, President
Fenia Mavromichali, Vice President
Christina Leinneweber, Secretary
Mark Robinson, Treasurer
Yianni Charitou, Lisa Faithful, Kathy Johnson,
Zachary Karanasos, Maria Koumantaros, Alan Means,
Tony Paniagotu, and Bill Samaras

Greek Folk Dance

Anastasia Fyntrilakis - Chairperson
Evy Kontos - Treasurer

Dance Instructors:

Teen Group: Anastasia Fyntrilakis
Intermediate Group - Rachel
Beginner Group - Kelly Rosati
Adult Group - George Pirotis

Coffee Hour

Zach Karanasos

IT, etc.

Bill Samaras

Philia

Diane Pirotis

Pro Life

Genevieve Eagle

Flowers & Church Decorating

Kathy Rowley/Genevieve Eagle

Daughters of Penelope

Mary Koumantaros - President
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Alexandra Lord - Vice President
Lexi Samaras - Treasurer
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Advisors: Chamales, McClure, Apostle

Philoptochos Society

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Susie Manthou - Secretary
Ingrid Chamales - Treasurer

Greek School

George Pirotis

Lazarus Group

Dean Hamos

Pilgrimage

Zach Karanasos

Prosphora Baking

Presvytera Anna


Welcome

Gus Chamales

Parish Council

Next Parish Council Meeting will be Tuesday December 12, 2023

DECEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
 <p>Alypius the Stylite 5 more</p>	<p>Great Martyr James the 2 more</p>	<p>Irenarchus the Martyr 3 more</p>	<p>Martyrs Paramonus ar 2 more</p>	<p>Andrew the First-Calle Venerable Sebastian o 3 more</p>	<p>Nahum the Prophet 3 more</p>	<p>Abacus (Habakkuk) th 3 more</p>
<p>3</p> <p>Mary Leonard (40 Day) 5 more</p>	<p>4</p> <p>Great Martyr Barbara 5 more</p>	<p>5</p> <p>Venerable Sabbas the 4 more</p>	<p>6</p> <p>(Feast Day services ev 3 more</p>	<p>7</p> <p>Ambrose, Bishop of M 2 more</p>	<p>8</p> <p>Venerable Patapius 2 more</p>	<p>9</p> <p>Conception by St. Ann 3 more</p>
<p>10</p> <p>Martyrs Menas, Hermo 3 more</p>	<p>11</p> <p>Venerable Daniel the S 2 more</p>	<p>12</p> <p>Madarije, Bishop of Lit 4 more</p>	<p>13</p> <p>Martyrs Eustratius, Au 5 more</p>	<p>14</p> <p>Martyrs Thyrsus, Leuc ● 6:30am Orthros</p>	<p>15</p> <p>Eleutherius the Hieron 2 more</p>	<p>16</p> <p>Aggaeus (Haggai) the 2 more</p>
<p>17</p> <p>Daniel the Prophet, an 5 more</p>	<p>18</p> <p>Martyr Sebastian, and 2 more</p>	<p>19</p> <p>Boniface the Martyr ● 6pm Vespers</p>	<p>20</p> <p>Hieromartyr Ignatius ti 4 more</p>	<p>21</p> <p>Martyr Juliana of Nico 2 more</p>	<p>22</p> <p>Great Martyr Anastasi ● 9am Great Hours fo</p>	<p>23</p> <p>Nephon, Bishop of Cor 2 more</p>
<p>24</p> <p>Gloria Hailis (20 yr me 5 more</p>	<p>25</p> <p>NATIVITY OF CHRIST 4 more</p>	<p>26</p> <p>Synaxis of the Most-hc ● 6pm Vespers</p>	<p>27</p> <p>First Martyr Stephen ti 4 more</p>	<p>28</p> <p>Twenty-thousand Marl 2 more</p>	<p>29</p> <p>Holy Infants killed by J 3 more</p>	<p>30</p> <p>Venerable Martyr Anys ● 6pm Vespers & Sm:</p>
<p>31</p> <p>Hieromartyr Nestor (Si 4 more</p>	<p>Jan 1</p> <p>Basil the Great, Archb 2 more</p>	<p>2</p> <p>Sylvester, Pope of Rom 3 more</p>	<p>3</p> <p>Gordius the Martyr 4 more</p>	<p>4</p> <p>Nicephorus the Leper 3 more</p>	<p>5</p> <p>Eve of Theophany 4 more</p>	<p>6</p> <p>HOLY THEOPHANY OF ● 6pm Vespers & Sm:</p>

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

DECEMBER 2023 DAILY CALENDAR

<p>Friday, December 1 Nahum the Prophet 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>	<p>Saturday, December 2 Abacus (Habakkuk) the Prophet Venerable Porphyrius of Kavsokalyvia 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>
<p>Sunday, December 3 Mary Leonard (40 Day Memorial) Sophonias (Zephaniah) the Prophet 8:30am Orthros 10:00am Divine Liturgy 12:00pm Coffee Hour: Team Chamales 12:15pm Sunday Choir Practice</p>	<p>Monday, December 4 Great Martyr Barbara Hieromartyr Seraphim, Bishop of the Phanar Venerable John of Damascus 5:00pm Beginner's Greek (ZOOM) 6:00pm Modern Greek (ZOOM)</p>
<p>Tuesday, December 5 Venerable Sabbas the Sanctified 6:00pm Vespers 7:00pm Building Committee</p>	<p>Wednesday, December 6 Nicholas the Wonderworker, Bishop of Myra in Lycia 6:00pm Paraklesis 7:00pm Choir Practice</p>
<p>Thursday, December 7 Ambrose, Bishop of Mediolanum (Milan) Repose of Elder Ephraim of Arizona 6:30am Orthros</p>	<p>Friday, December 8 Venerable Patapius 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>
<p>Saturday, December 9 Conception by St. Anna of the Most Holy Theotokos 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>	<p>Sunday, December 10 Martyrs Menas, Hermogenes, and Eustrachios 8:30am Orthros 10:00am Divine Liturgy 12:00pm St. Nicholas Luncheon</p>

DECEMBER 2023 DAILY CALENDAR

<p>Monday, December 11 Venerable Daniel the Stylite 5:00pm Beginner's Greek (ZOOM) 6:00pm Modern Greek (ZOOM)</p>	<p>Tuesday, December 12 Madarije, Bishop of Libertyville Spyridon the Wonderworker, Bishop of Trimythous 6:00pm Vespers 7:00pm Parish Council</p>
<p>Wednesday, December 13 Martyrs Eustratius, Auxentius, Eugene, Mardarius, and Orestes Venerable Herman of Alaska Virgin Martyr Lucia 6:00pm Paraklesis 7:00pm Choir Practice</p>	<p>Thursday, December 14 Martyrs Thyrsus, Leucius, Callinicus, Philemon, Apollonius, Arian, and those with them 6:30am Orthros</p>
<p>Friday, December 15 Eleutherius the Hieromartyr 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>	<p>Saturday, December 16 Aggaeus (Haggai) the Prophet Modestus the Wonderworker, Archbishop of Jerusalem 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>
<p>Sunday, December 17 Daniel the Prophet, and the Three Youths Ananias, Azarias, and Misael Dionysius of Zakynthos, Archbishop of Aegina 8:30am Orthros 10:00am Divine Liturgy 12:00pm Coffee Hour: Team Cedeno 12:15pm Sunday Choir Practice</p>	<p>Monday, December 18 Martyr Sebastian, and those with him 5:00pm Beginner's Greek (ZOOM) 6:00pm Modern Greek (ZOOM)</p>



DECEMBER 2023 DAILY CALENDAR

<p>Tuesday, December 19 Boniface the Martyr 6:00pm Vespers</p>	<p>Wednesday, December 20 Hieromartyr Ignatius the God-bearer, Bishop of Antioch John of Kronstadt 6:00pm Paraklesis 7:00pm Choir Practice</p>
<p>Thursday, December 21 Martyr Juliana of Nicomedia 6:30am Orthros</p>	<p>Friday, December 22 Great Martyr Anastasia, the Deliverer from Potions 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>
<p>Saturday, December 23 Nephon, Bishop of Constantia (Salamis) in Cyprus Ten Martyrs of Crete 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>	<p>Sunday, December 24 Gloria Hallis (20 yr memorial) Venerable Martyr Eugenia 8:30am Orthros 10:00am Divine Liturgy 12:00pm Community Coffee Hour</p>
<p>Monday, December 25 NATIVITY OF CHRIST ACCORDING TO THE FLESH 5:00pm Beginner's Greek (ZOOM) 6:00pm Modern Greek (ZOOM)</p>	<p>Tuesday, December 26 Synaxis of the Most-holy Theotokos 6:00pm Vespers</p>
<p>Wednesday, December 27 First Martyr Stephen the Archdeacon Venerable Theodore the Branded Confessor 6:00pm Paraklesis 7:00pm Choir Practice</p>	<p>Thursday, December 28 Twenty-thousand Martyrs burned in Nicomedia Venerable Simon the Myrrh-streamer of Athos 6:30am Orthros</p>



DECEMBER 2023 DAILY CALENDAR

<p>Friday, December 29 Holy Infants killed by Herod Venerable Marcellus, Abbot of the Unsleeping Monastery 10:00am Bible Study (w/ 3rd Hour) 6:00pm Small Compline (w/ Canon)</p>	<p>Saturday, December 30 Venerable Martyr Anyisia of Thessaloniki 6:00pm Vespers & Small Compline (w/ PreCommunion Canon)</p>
<p>Sunday, December 31 Hieromartyr Nestor (Savchuk) Venerable Melania of Rome 8:30am Orthros 10:00am Divine Liturgy 12:00pm Coffee Hour: Team Karanasos</p>	



News and Announcements



The Daughters of Penelope extend their heartfelt thanks to all who supported their Founder's Day Coffee Hour.

From our Sisterhood to your homes our Sincere Best Wishes for a Happy Holiday Season.

Merry Christmas and a Happy, Joyous and Prosperous New Year!!

✧ **Storage Room Cleanup:** The storage room in the Lower Hall has become too full. The Parish Council would like to **declutter unneeded items** as well as **clean and organize** needed items. If you are involved in a **ministry that stores items in the Lower Hall Storage Room**, we need you to **label** items your ministry would like to keep by **January 14th**. After that date, the Parish Council will begin cleaning the room and may dispose of unlabeled items.



FESTIVAL 2023

Although the 60th Tacoma Greek Festival is now in the past. Please enjoy these photos of some memorable moments. Thank you, everyone that contributed to making this the best Festival ever.



FESTIVAL 2023



FESTIVAL 2023



St. Nicholas Tacoma Greek Festival Dancers 2023

Coffee Hour



COFFEE HOUR MINISTRY

MISSION

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

REQUIREMENTS TO JOIN THE MINISTRY

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

TEAM SCHEDULE FOR NOVEMBER:

- 12/03/2023 Team Chamales
- 12/10/2023 St. Nicholas Luncheon
- 12/17/2023 Team Cedeno
- 12/24/2023 Community Coffee Hour*
- 12/31/2023 Team Karanasos

TEAMS:

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

Team Charitou: Yanni & Sophia Charitou, Leaders; Fenia Mavromichali, Barbara Phillips, Sandra Ciarochi, Yvonne Brandvold, Marie Bell, Kathy Hermick, Maro Kouklis and Lisa Lauderback

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

Team Cedeno: Klauda Cedeno, Leader; Evy Kontos, Irene Misiewicz, Gloria Brown, Deborah Talbot, Scott & Rachael Parnell and Angela Montoya

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

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

COUNCIL CORNER

- We are rapidly coming to the end of another year! As we wind up 2023, there are a number of **important dates** upcoming:
 - Sunday, **November 26th**: General Assembly for **Nominations**
 - Thursday, **December 7th**: Ministry **Budget Requests** Due
 - Sunday, **December 10th**: Parish Council & Audit Committee **Elections**
 - Sunday, **January 14th**: Last day to label items before **Storage Room Cleanout**
 - **Parish Council Nominations**: Parish Council members hold two-year terms. Half of the Parish Council seats (six) are up for election each year. Current Parish Council members in the second year of their term are Zachary Karanasos, Maria Koumantaros, Christina Leinneweber, Fenia Mavromichali, Tony Panagiotu, and Mark Robinson. If you would like to **nominate a new or returning individual for these seats**, you may do so by attending the **General Assembly on November 26th**, emailing the **Church Office**, or contacting a **current Council member** as soon as possible. Nominations will be assessed by the Elections Committee and Fr. Anthony to ensure eligibility according to Parish Bylaws.
 - **Parish Elections** will be held on **December 10th** in conjunction with the **St. Nicholas Day Luncheon**.
 - **2024 Parish Budget**: The Church budget for next year is being drafted now. If you are involved in a **ministry that would like to request funds**, please send your request to the **Church Office or Mark Robinson** by Thursday, **December 7th**.
 - **Storage Room Cleanup**: The storage room in the Lower Hall has become too full. The Parish Council would like to **declutter unneeded items** as well as **clean and organize** needed items. If you are involved in a **ministry that stores items in the Lower Hall Storage Room**, we need you to **label** items your ministry would like to keep by **January 14th**. After that date, the Parish Council will begin cleaning the room and may dispose of unlabeled items.
 - **Building Committee**: The contract for repair work on the **roof** is almost finished and the work should be done in late December or early January. The Committee will be replacing the damaged portions of the chain link **parking lot fence** soon for enhanced security. In addition for safety, the Committee is commissioning an engineering study of potential **seismic improvements** for the floor of the Nave.

○

St. Nikephoros Chapel: Construction on the Chapel will begin soon. Small adjustments will also be made in the Narthex and stairwell in coordination.



Cover Story Continued

Why do we fast?

The goal of fasting is to strengthen our free will and self-control. It's about being more disciplined and liberating ourselves from addiction to the pleasure of eating and drinking “sumptuously” like the Rich Man in the parable of the Rich man and Lazarus. It is our humble gift and sacrifice to God. Prayer is absolutely essential. Without it, our fasting will not be accepted by God. Prayer and fasting are meant to soften our hearts so that we can have compunction for our sins. It allows us to feel the suffering of others who are in hunger and poverty and we can then act on this feeling of compassion through the giving of alms to the needy. Fasting can calm the carnal passions of the flesh and give clarity to our minds. Fasting and prayer burns the demons.

If you begin the fast and are unable to keep it, don't be discouraged or ashamed. It's not about how good you are at fasting. It's ultimately about how good God is for accepting your fasting as a sacrifice of love and in return blessing you with his love and grace. If necessary, adjust your fasting when it becomes counterproductive. For example, when you feel too weak to pray or you become irritable. Most importantly, don't give up completely! God will accept your imperfect fasting when you offer it in humility and failure. In fact, being humbled is part of the process and goal of our spiritual labors. We want to avoid spiritual pride or thinking highly of ourselves with regard to fasting, prayer or almsgiving. Humility is the greatest virtue we must struggle to attain.

“Fasting is an exceptional virtue; it represses bodily impulses and gives strength to the soul to fight against the poisoning of the heart through the senses, and provides it with a remedy against any past poisoning. Fasting causes the mind to be cleansed constantly. It withers up every evil thought and brings healthy, godly thoughts—holy thoughts that enlighten the mind and kindle it with more zeal and spiritual fervor.”

—Elder Ephraim of Arizona and Philotheou Monastery on Mount Athos (+2019)

How to Fast

Any attempt at fasting MUST include prayer. Otherwise, fasting can actually be harmful to yourself and to others. Take a break from TV, social media, the news, and listening to secular music. Instead, take time every day, (at least 5 minutes) to say the Jesus Prayer in a quiet place. Make prostrations in the morning and in the evening. Read a little bit of the New Testament every day. Read a spiritual book on a topic that interests you. Attend the morning or evening services offered during the week. Listen to Byzantine chant or other sacred music. Keep your mind on Christ. Every day, ask him to help you and strengthen you to complete the fast.

Schedule a confession

All of these efforts help to inspire and cultivate our repentance and open us up to desire and receive God's forgiveness which we receive in the sacrament of Holy Confession.

Some things to watch out for:

Fasting is making you weak, tired and irritable.

Fasting is making you judge others.

Fasting is making you think highly of yourself.

Some things to look forward to:

Fasting can deepen your prayer and spiritual vision.

Fasting can increase your self-control and will power.

Cover Story Continued

Fasting can give you mental clarity and energy.

The Nativity Fast

There are two levels of fasting for the Nativity: Fish Allowed and Strict Fast.

Fish Allowed

Follow a pescatarian diet. Seafood, olive oil and wine are allowed.

Strict Fast

Vegan diet only. No meat. No seafood. No dairy. No eggs. No oil. No wine.

During the period of time when it is Fish Allowed, Wednesdays and Fridays are still Strict Fast (as is the case all year long). However, on some Wednesdays and Fridays there is Wine and Oil Allowed. Follow the Calendar on our Archdiocese website of goarch.org for more guidance.

Nativity Fasting Periods

From November 15 - December 13

Strict Fast on Wednesdays and Fridays.

Fish Allowed on other days. (Vegan diet with seafood, oil and wine allowed)

After December 13, the fasting intensifies as we prepare to welcome our Lord.

From December 13 - December 24

Strict Fast Wednesdays and Fridays. Vegan all other days.

Guidelines for beginners

For beginners, (Catechumen, young children, and those who never fasted before) try to observe a strict fast on Wednesdays and Fridays and eat a vegetarian diet with seafood and minimal dairy on all other days.

Guidelines for Couples

It is customary for couples to abstain from marital relations during fasting periods so that they can focus on prayer and honoring the Lord with their minds and bodies instead. During this time, couples can intensify their prayer for their marriage, their children and also focus on serving one another and forgiving one another.

Beware of the Spirit of Antichrist

Over the next two months, we will be inundated with a distorted view of Christmas that our culture and the corporations have created. Instead of being about Jesus Christ, the "holiday season" will be about what gifts we will get or buy and all the sumptuous food we will eat. This is the spirit of the world, of gluttony and of materialism. It is the spirit of Antichrist which means "instead of Christ." And we justify it in all kinds of absurd ways.

Cultivate the Spirit of God

But the Church calls us to cultivate and retain within us the Holy Spirit and reject the false spirit of the world. Jesus Christ is the only true gift that we need to receive and that we need to give to others this holy season. Instead of being concerned about what gifts we will buy or receive, let us first be concerned to give our spiritual struggle of prayer, repentance, fasting, confession, worship, receiving Holy Communion, and serving others as a gift to our Lord. In this way, we can acquire the Holy Spirit. Having done this first;

Cover Story Continued

let us then express our love to one another through Christmas gifts and family gatherings in the Holy Spirit and for the sake of Christ.

Feel free to write or call me with any questions or comments. May God bless you and grant you a spiritually rewarding fast and a joyous feast of the Nativity!

With love in Christ,

Fr. Anthony

“An old man was asked, 'How can I find God?' He said, 'In fasting, in watching, in labors, in devotion, and, above all, in discernment. I tell you, many have injured their bodies without discernment and have gone away from us having achieved nothing. Our mouths smell bad through fasting, we know the Scriptures by heart, we recite all the Psalms of David, but we have not that which God seeks: charity and humility.” —

From: ‘The Desert Fathers’



Modern Greek Language School



2023 Modern Greek Language School / Classes: *Monday beginners 5pm (ZOOM) Modern Greek 6pm (ZOOM)*

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

Teacher - George Pirotis

Contact Church Office - 253-272-0466

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

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

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

Yearly possible events and student involvement:

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

Sunday, October 29st, 2023 - **OXI Day Celebration.**

Thursday, March 26th, 2023 **Celebration, commemorating the March 25th, 1821 Revolution for the Greek Independence from the Ottoman Empire!**

Cost: The classes are provided free of charge!

George Pirotis-

DAUGHTERS OF PENELOPE



DAUGHTERS OF PENELOPE



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

If you are interested please contact one of our officers.

President – Maria (Mary) Koumantaros

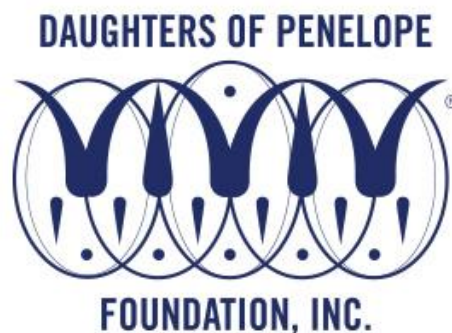
Vice-President – Dr. Olympia Tachopoulos Stafford

Recording Secretary – Debby Lord

Corresponding Secretary – Iphigenia (Fenia) Mavromichali

Treasurer – Evy Kontos

Maids of Athena Advisors – Ingrid Chamales and Virginia McClure.



Philoptochos News

President's Message

Holiday Food Certificate Drive - For more than 30 years Philoptochos has spearheaded a project to donate food certificates to families in the community for Thanksgiving and Christmas. This year we are assisting eight families at four schools, Boze, Blix, Downing and Travis (McCarver) elementary schools. Our goal is to raise **\$4,000** for this project.

Over \$3,585 has been donated towards our goal for this worthwhile project, including generous donations from the Daughters of Penelope and AHEPA. Please continue with your donations. Donations can be made by mail (please make your check out to Philoptochos-memo holiday food certificates) to the church mailing address or through the church donation website.

Vasilopita - On January 7, 2024 special loaves of bread (made by our Philoptochos members in the church kitchen), will be cut and served to representatives of the St. Nicholas ministries. Funds from this event will go to the St. Basil's Academy, the Greek Orthodox Archdiocese home for children in need in New York.

Veterans Day Lunch - Philoptochos assisted with this event by offering lunch after liturgy on November 12, 2023. A free will offering of \$855 was collected for Fisher House at Joint Base Lewis-McChord. Fisher House provides comfortable accommodations where military and veteran families can stay free of charge, while a loved one is in the hospital. Photos of this activity follow this column.

Philoptochos Membership - Our year starts in January and runs through December. Annual membership renewal requests will be mailed to all current members soon. We currently have 49 paid members. Please consider renewing your membership if you haven't already. We welcome new members as well. There is a lot of satisfaction in doing things for the common good and helping our church and the less fortunate among us.

Annual dues are \$30/year. Please contact Merrilee Pangis or the church office secretary if you would like the membership form.

Philoptochos Member Meetings - Our next member meeting will be Thursday, January 18, at 10:00 in the upper hall of church. The meeting will be accessible by Zoom as well. Topics will include the planned St. Nicholas 2024 activities. We invite members and interested parishioners to join these meetings and share their thoughts.

Philoptochos News

Outreach to others - Please take a few minutes to call and support the older members of our community. Human contact and interaction is so important and helps our community stay close.

Thanks for your Continuous Support!

Jane Evancho



Philoptochos News



PLEASE CONSIDER DONATING

St. Nicholas Philoptochos Society is in full swing for the Annual Food Drive for school children. We were able to give \$1,900.00 to 8 families for Thanksgiving. Thank you St. Nicholas Parishioners. We STILL hope to be able to be as successful at the Christmas holiday for families having a need!

PLEASE consider donating by **Dec. 13th** to St. Nicholas Philoptochos Society help make the holidays a wonderful opportunity!



www.CreativeCertificates.com

Building Committee

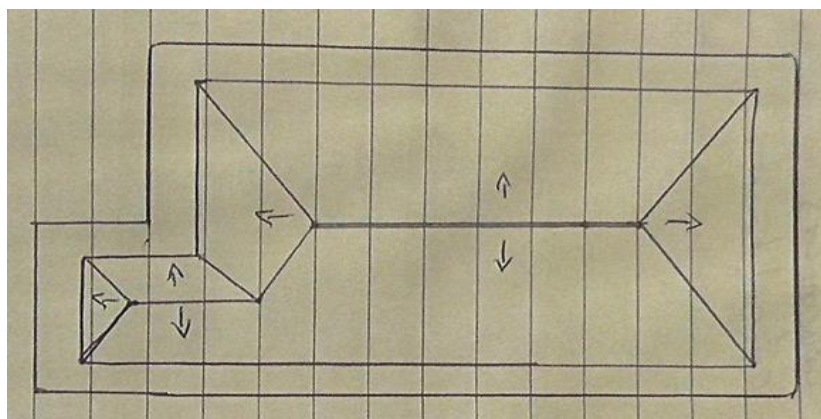
DECEMBER BUILDING COMMITTEE REPORT

Scope for the replacement of the Upper Hall and Lower Hall roofing is still being fine tuned with Lakewood Roofing, the selected roofing contractor. There were a significant number of upgrades requested over their initial bid which brought their revised total still under the \$240,000 budget approved at the General Assembly last summer. It is currently perceived that the Lower Hall will remain in place as long as the church itself, but the Upper Hall's long term use in its current state is in question, and could conceivably be replaced in the next 5 to 10 years.

Not wanting to skimp on the long-term and still looking for the most economical way, it was decided to implement all proposed upgrades pertaining to the Lower Hall roof and doing a hybrid of the roofer's initial proposal with some selective premiums for the Upper Hall roof. In general the Upper Hall work will be per Lakewood Roofing's initial proposal, but with a 2" layer of rigid insulation added to act as a condensation preventive measure while adding some climate comfort to the interior spaces. The roof perimeter edges will also be built up and, perhaps most importantly, replacing the existing roof scuppers with larger ones that have strainers and overflow outlets. This will greatly reduce the chance of them clogging up as has been the case in the past.

With Christmas and other holidays coming it will likely be just after New Years when the roofing replacement work starts. It is expected to take a few weeks to complete if the weather does not become disruptive.

At this time, interior modifications have started in the small Chapel next to the Narthex. An existing door opening between the Chapel and Narthex is being relocated in order to accommodate new ecclesiastical casework that will eventually be installed in the chapel. This, along with skim coating some of the existing Narthex area walls in preparation of the long awaited iconography that will be installed in the upcoming mouth or so will greatly enhance the spiritual presence and welcome when entering the church.



The above photo to the left is an existing scupper at the Upper Hall roof that tends to easily get clogged up with leaves and other debris. While existing downspouts will remain, new scuppers and drops to the downspouts will be enlarged, plus strainers installed, and overflow holes drilled at the outside face of the scuppers. The above right sketch is the roofer's proposed drainage plan over the Upper Hall, installing built-up tapered insulation to drain rainwater to the roof perimeters. As an enhancement, the perimeter roof edges will be built-up to prevent excess rainwater from spilling over the sides.

Contributed by: Bill Acker

ST. NICHOLAS AKATHIST MINISTRY

Ministry of Akathist, Prayers for the Departed

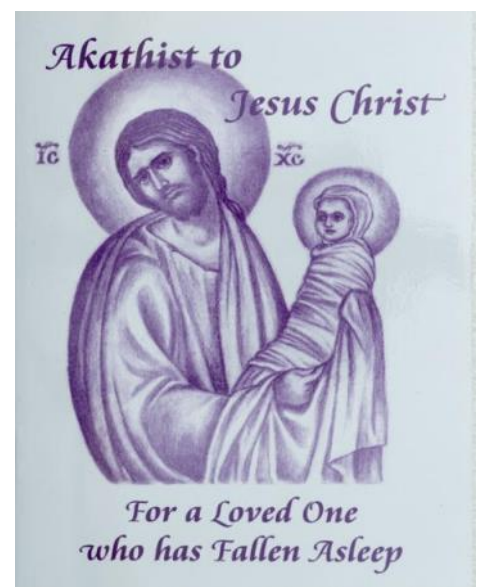


Thank you to all who are involved in this wonderful ministry at Saint Nicholas. In offering the gift of praying the Akathist to Jesus Christ for a Loved One who Has Fallen Asleep, it is a great comfort to family and friends of the departed ones.

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

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

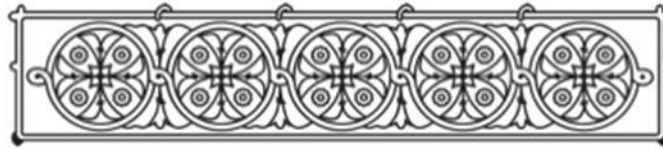
Thank you again,
Kathy Rowley



CATECHUMENS

2023 CATECHUMENS

Please pray for our Catechumens:
Christine (Christina), Jeffrey (Isaac), Erik (Ambrose)
Ethan (Moses) and Ava (Evanthia)
Catechism classes are open to all – please feel free to join us!!



CATECHISM PART ONE

The Doctrines of Christ

(Meeting in the Nave of the Church at 12:15pm on Sundays)

Sunday, October 15

INTRO: **What is the Orthodox Church?**

Sunday, October 22

CLASS ONE: **The Foundation of the Orthodox Church**

Sunday, October 29

CLASS TWO: **The Holy Trinity**

Sunday, November 5

CLASS THREE: **Creation**

Sunday, November 12

CLASS FOUR: **The Fall of Mankind**

Sunday, November 19

CLASS FIVE: **The Promised Messiah of Israel**

Sunday, November 26

CLASS SIX: **The Incarnation**

Sunday, December 3

CLASS SEVEN: **Man's "Yes" to God**

Sunday, December 10

CLASS EIGHT: **The Teachings of Christ**

Sunday, December 17

CLASS NINE: **Love is Stronger than Death**



Submitted by: "Mama" Genevieve

St. Nicholas Bible Study

Join us in person
or on ZOOM!

BIBLE STUDY

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

Fridays 10am-12pm

Metropolitan of Nafpaktos Hierotheos

The Seer



The Life of the Prophet Samuel
and its Relevance Today

Birth of the Theotokos
Monastery

INTERESTED IN JOINING?

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

Pro—Life Ministry

Introducing

LIFE HAVEN



LIFE HAVEN
For Pregnant Mothers

Life Haven is a loving, nurturing home environment for women in unsupported pregnancies, equipping them for a new direction in life by meeting physical, spiritual, and emotional needs and helping them heal from past trauma.

The need is great, as so many women who want to carry their babies in the face of a hostile culture have few places to go for care and support.

Beginning with a rental house, we will follow with staffing and on-going funding; and soon, we will open the home to women in need, starting with 1-3 women and slowly expand. We are extremely excited and grateful for the broad-based support and enthusiasm we have received so far!

*For questions please call:
Daniel Wright 425.770.2709
or Anna Hilling 425.577.3847*

Life Haven is...

- ...an Orthodox Christian home, where women of all beliefs will receive loving spiritual direction.
- ...the only home for pregnant mothers in the Snohomish County area.
- ...launched with love for the vulnerable and with the assurance of God's love for all.

JOIN US in this adventure!

All who have a heart for the unborn and their mothers are invited to partner with us! **We need you!**

Now accepting donations for "Life Haven"
(non-profit status in process)

Please Direct Checks to:

Life Haven
3715 196th St SW
#2262
Lynnwood, WA 98036

Life Haven is an Orthodox non-profit organization that aims to house, nurture, and guide pregnant mothers who are at risk and need support. This ministry fills a massive void in Snohomish County, as the nearest maternity homes are in Lynden and Puyallup.

Donations would secure a rental home next to St. Andrew's in Arlington. Their website is: lifehavenwa.org. As it is a new site, you can get more information by contacting our Development Coordinator, Daniel Wright, at the number listed on the website.

Submitted by: Genevieve

FLOWER MINISTRY

Feast of the Entrance of the Theotokos into the Temple



All hands on deck for Icon flower arrangement for the Entrance of the Theotokos into the Temple. Presytera Anna and volunteers helping to decorate Panagia's icon

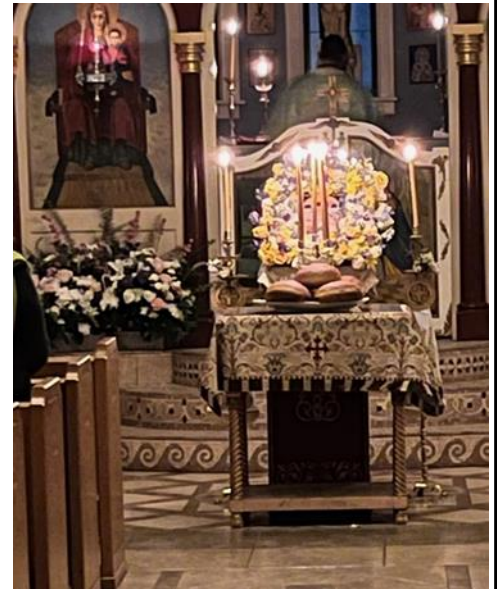


Father Michael Palamara of Sts. Constantine and Helen, West Nyack, NY and Fr. Dn Justin of Holy Resurrection in Castro Valley join Father Anthony at St. Nicholas all-night vigil for the Entrance of the Theotokos into the Temple.

FLOWER MINISTRY



Fr Dn Justin



Vespers with Artoklasia



Mary

Our dear friend, Mary Leonard, fell asleep in the Lord October 25.

We will truly miss her in this life, but with hope in the Resurrection, we will all, hopefully, be reunited.

We will truly miss her in this life, but with hope in the Resurrection, we will all, hopefully, be reunited.

Αιωνία της η μνήμη



Submitted by Genevieve

Donations and Pledges

On line Donations now possible

ON-LINE DONATIONS

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



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

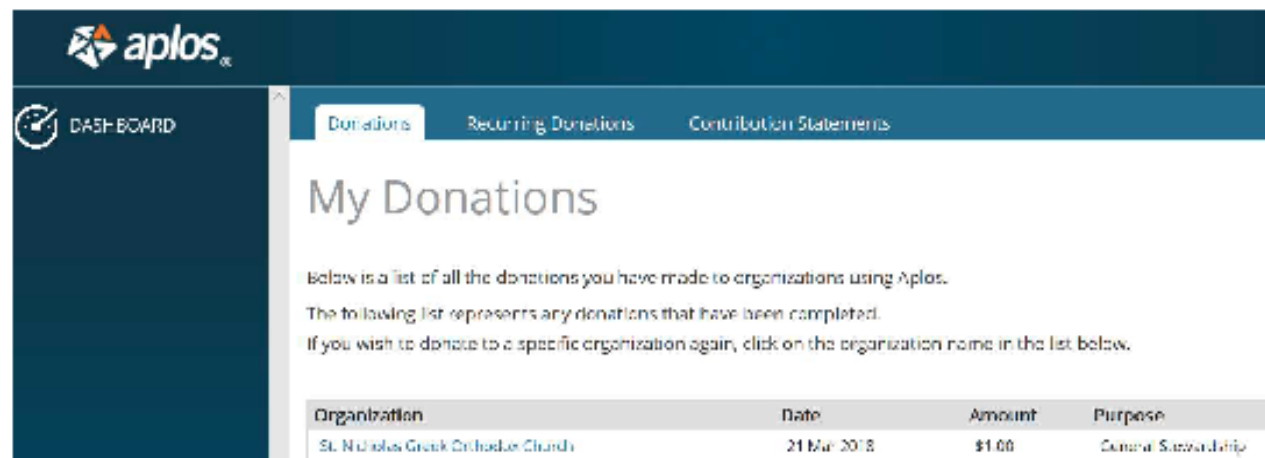
I want parishioners to enjoy greater flexibility in making Church donations and receiving an accounting of their annual to date contributions at any time of the year. Many of you have asked and inquired about the possibility of accounting for your donations automatically on-line. It is now a reality.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

In Christ,

Mark Robinson

On-Line Contribution Instructions:

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



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:

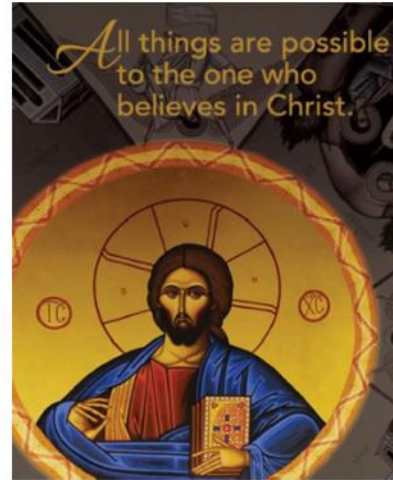
St. Nicholas Greek Orthodox Church
 Attn: Church Treasurer
 1523 S. Yakima Ave.
 Tacoma, WA 98405

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.

2023 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/M/L)	DOB (m/d/y)	Orthodox
.....(Y/N)
.....(Y/N)
.....(Y/N)
.....(Y/N)

"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.

2023 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 2023 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.....

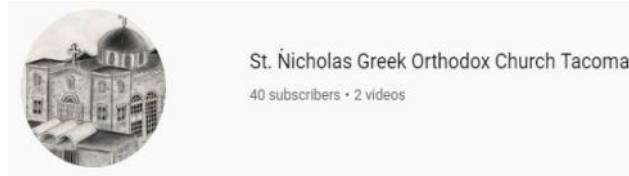
On Line Services

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

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

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

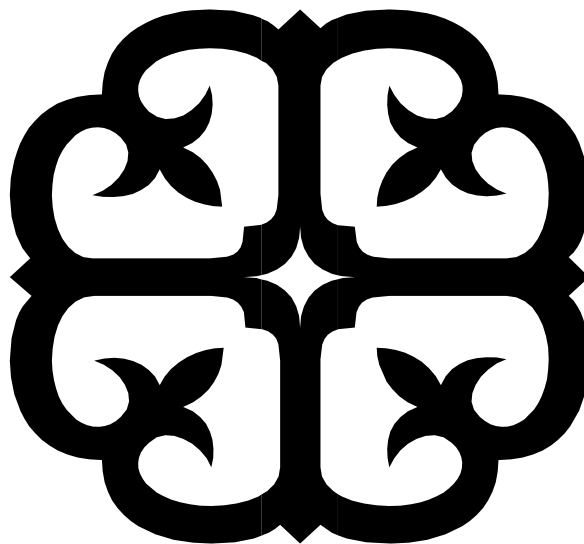
Click on this selection;



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

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

Bill Samaras—



Saint Nicholas Messenger

St. Nicholas Greek Orthodox Church

1523 S Yakima Ave

Tacoma, WA 98405

Address Service Requested

