Volume 40 Number 1

JANUARY 2023

Messenger ST. Nicholas Greek orthodox church Faith in Our Future for the Future of Our Faith



Inside Messenger

Fr Seraphim, Presbytera Sophie, John, Nicholas, Thomas & Gabriel; Colm, Brigid and Helen (not pictured)

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Stewardship Ministry

Donations and Pledges

Grateful to God, Grateful to You! FROM FR. SERAPHIM

Just after receiving the Lord's Precious Body & Blood during the Divine Liturgy, we pray:

We give thanks to you, Master Who loves mankind, That on this day You have made us worthy to be partakers

of Your heavenly and immortal mysteries.
...Through the prayers and supplications
of the glorious Theotokos and ever virgin Mary and
all your saints.

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St Nicholas Greek Orthodox Church

1523 S Yakima Ave Tacoma, WA 98405

Phone: 253-272-0466

Parish Website: <u>stnicholastacoma.org</u> E-Mail: mail@stnicholastacoma.org

General Office Hours: Tuesday-Friday 10:00 am - 3:00 pm



Sunday Services

8:45 am Orthros 10:00 am Divine Liturgy

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



Fr. Seraphim Majmudar, Our Presiding Priest

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

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

Office Hours at St Nicholas Thursdays 9:00am - 12:00 noon Email: frseraphimm@gmail.com

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

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Media team: Paula Karanasos, Fr. Seraphim

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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

Paul Apostle

Akathist Group Prayer

Kathy Rowley

Altar Servers

Dr Nick Themelis

Bible Study

Genevieve Eagle

Book Store

Dr. Nick Themelis

Building Committee

Bill Acker

Building, Grounds & Maintenance

Richard Heidal, John Pangis

Choir

Rebecca Primis

Hands of Love

Genevieve Eagle

Military Service

LTC Gus Chamales

Premarital Education

George Pirotis, Diane Pirotis

Stewardship

To be announced

2023 Parish Council

In alphabetical order

Yianni Charitou, Lesia Faithful (Ishchenko), Kathy Johnson, Zachary Karanasos, Maria Koumantaros, Christina Leinneweber, Fenia, Mavromichali, Alan Means, Tony Panagiotu, Andrew Primis, Mark Robinson and 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

Flowers & Church Decorating

Kathy Rowley/Genevieve Eagle

Daughters of Penelope

Fenia Mavromichali — President Olga Manos— Vice President Evy Kontos - Treasurer D. Lord/H. McClure - Secretary

Maids of Athena

Zoe Matteson-President
Alexandra Lord -Vice President
Katie McClure -Treasurer
N. Serhan/A. Matteson - Secretary
Ingrid Chamalas - Advisor
Virginia McClure - Advisor

Philoptochos Society

Jane Evancho - President Hoddi Motz - Vice-President Merrilee Pangis - Secretary Ingrid Chamales - Treasurer

Sunday School

To be announced

Greek School

George Pirotis

Lazarus Group

Dean Hamos

Pilgrimage

Zach Karanasos

Prosphora Baking

Deborah Talbot

Welcome

Gus Chamales

Parish Council

Next Parish Council Meeting will be Tuesday January 10, 2023

JANUARY 2023

SUN Jan 1	MON 2	TUE	WED 4	THU 5	FRI 6	SAT 7
Fast Free!				Eve of Theophany	Fast Free	Synaxis of St John the Baptis
Basil the Great	Seraphim of Sarov	Genevieve of Paris	Nikephoros the Leper	STRICT FAST	THEOPHANY	8am Orthros
Circumcision of Christ	6:30am Divine Liturgy	6.30am Orthros	 6pm NO EVENING SERVICE 	• 6:30am Orthros & 1st Royal	8:45am Orthros	 9am Divine Liturgy
4 more	2 more	2 more	 7pm Choir Practice 	5 more	2 more	6pm Vespers
œ	6	10	11	12	13	14
Enrollment of Catechumens	Evstratios	Gregory of Nyssa	Fast: Wine & Oil ok	Martyr Tatiana	Hilary, Bishop of Poitiers	Leavetaking of Theophany
Swearing in of Parish Council	 5:30pm NO BEG, GREEK UN' 	Theophan the Recluse	Theodosios the Cenobiarch	 5:30pm Modern Greek Resul 	Strict Fast	Nina, Enlightener of Georgia
Vasilopeta ("St Basil's Cake")	 6pm Vespers: St Gregory & ! 	9:30am Fr S at WOCA Unctic	6:30am Divine Liturgy		6:30am Orthros	 6pm No Vespers tonight
3 more	• 6:45pm Evening Liturgy: St (2 more	2 more		 10am Bible Study (Last one 	
15	16	17	18	19	20	21
General Assembly: Budget	Chains of Ap Peter	Anthony the Great	Athanasios the Great	Makarios the Great	Euthymios the Great	Maximos the Confessor
John the Hut Dweller	 5:30pm Beginning Greek Re 	• 5:30pm Vespers & Orthros	Fast: Wine & Oil ok	Mark of Ephesus	Fast: Wine & Oil ok	 5pm Farewell Dinner for Maj
8:45am Orthros	6pm Vespers: St Anthony		6:30am Divine Liturgy	6:30am Divine Liturgy	6:30am Divine Liturgy	 6pm No Vespers Tonight
3 more	• 6:45pm Evening Liturgy: St /		2 more	• 5:30pm Modern Greek		
22	23	24	25	26	27	28
Apostle Timothy	Clement	Xenia of St Petersburg	Gregory the Theologian	Xenophon	Return of Relics of St John Cl	Ephraim & Isaac of Syria
Majmudars' Last Sunday 8:45am Orthros 10am Divine Liturgy	• 5:30pm Beginning Greek		 7pm Choir Practice 	• 5:30pm Modern Greek		 6pm No Vespers Tonight
29	30	31	Feb 1	2	က	4
Philoptochos Soup Supper fo 8:45am Orthros 10am Divine Liturgy	• 5:30pm Beginning Greek	Cyrus & John	Brigid of Ireland 1 pm Catechumen mtg: Expl. 7pm Choir Practice	• 5:30pm Modern Greek		

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

News and Announcements

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 <u>here</u>. 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;



St. Nicholas Greek Orthodox Church Tacoma

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—

Farewell Dinner for the Majmudars

Philoptochos and the Parish Council will host a farewell dinner for our beloved Father Seraphim and his family on Saturday, January 21, 2023. The gathering will start at 5:00 p.m., with dinner at 5:30 p.m. in the lower hall at St. Nicholas Greek Orthodox Church.

An RSVP invite will be emailed from the church's office. Please reserve this event by responding to the invite or by calling the Church office at 253-272-0466. We expect a capacity of 240 to be reached for this event so please make your reservations by January 14, 2023

News and Announcements

Welcome

Father Anthony Cornett

Greetings in the Lord,

I pray this season of our Lord's Nativity and Theophany have blessed you and your families immensely. Presbytera Anna and I, along with our little Macrina, have had the esteemed pleasure of serving the Saint Nicholas family recently, on the Sunday prior to Christmas. We feel extremely honored to now be called by the Church to make our lives with you all as family. Your hospitality allowed our short visit to feel as though we were already walking into a warm home. We know how much your beloved Fr. Seraphim and the entire Majmudar family have contributed to such a prayerful and welcoming environment.

Presbytera and I original come from the Saint George parish in Bakersfield, California but for the last couple of years, since seminary and ordination we have been serving Saint Sophia Cathedral in Los Angeles. We look forward to establishing our home amongst you all — growing and sharing in all that God so blesses.

In Christ,

Father Anthony Cornett



Fr. Anthony Cornett, Presbytera Anna, Miriam Rachel (9), Zoe Ephremia (7), Despina Evangelia (3)



Macrina Maria (4 months)

Fr Anthony will be moving up from Los Angeles during the week of February 20, and will celebrate his first liturgy as your new proistamenos on Sunday, February 26. Fr Irenaeus Williams & Fr Daniel Armatas have graciously agreed to celebrate the liturgy on the Sundays in between.

Council Corner

The 2022 Parish Council and the Elections Committee are pleased to announce the results of our December Elections! The 2023 Parish Council newly elected members are:

- Alan Means (reelected member)
- Andrew Primis (new member)
- Bill Samaras (new member)
- Kathy Johnson (reelected member)
- Leisa Faithful (Ishchenko) (new member)
- Maria Koumantaros (reelected member)
- Yianni Charitou (new member)

Members in the second year of their term:

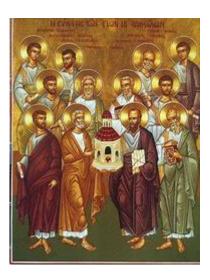
- Mark Robinson
- Fenia Mavromichali
- Tony Panagiotu
- Christina Leinneweber
- Zachary Karanasos

Elected 2023 Audit Committee Members:

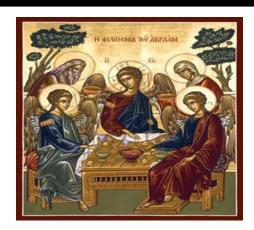
- Andrew Kouklis
- Andy Evancho
- Ed Winskill

Thank you to all the candidates and stewards who participated and voted in this year's election. May the Lord and St. Nicholas be with us and bless our Parish Council, the Priests who serve, and our Administration with wisdom and grace to lead our church in 2023.

In Christ's Love, 2022 Parish Council and Elections Committee



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

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

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

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

TEAM SCHEDULE FOR JANUARY:

01/01/2023 Spiro Vaichis 20 Year Memorial

01/08/2023 Vasilopita Cutting

01/15/2023 Community Coffee Hour*

01/29/2023 Philoptochos Soup Cancer & Social Service Drive

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

Modern Greek Language School



2022-2023 Modern Greek Language Classes, every Thursday, from 5:30 to 7:00 PM. 2022-2023 Beginners Greek Classes, Every Monday from 6:00-7:00 PM.

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

Teacher - George Pirotis

Contact Church Office - 253-272-0466

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

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

Philoptochos News

President's Message

Greetings everyone and Happy New Year!

December activities included:

Holiday Food Certificate Drive - For over 30 years Philoptochos has spearheaded a project to donate food certificates to families in the community for Thanksgiving and Christmas. This year we helped eight families at four schools, Boze, Blix, Downing and McCarver elementary schools. Gift cards have already been distributed to the families for both holidays.

Our goal was to raise \$4,000 for this project. As of December 16, 2022, we had raised \$6,639, surpassing this goal. Our heartfelt thanks goes to AHEPA, Daughters of Penelope and all members of our community who donated towards this project. Additional funds raised will be applied towards parishioner and/or local community needs.

St. Nicholas Feast Day Meal - Philoptochos members led by Hoddi Motz prepared a Lenten meal for 50+ attending Orthos and the Evening Liturgy. Our thanks to the team for preparing, serving and clean up of this meal.

January planned activities to further our mission of helping those less fortunate and to promote participation in the Philoptochos Society:

Vasilopeta - On January 8, 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.

Soup Coffee Hour - On January 29, homemade soup and rolls will be served at the coffee hour. Funds for this event benefit the Archdiocese Social Services fund.

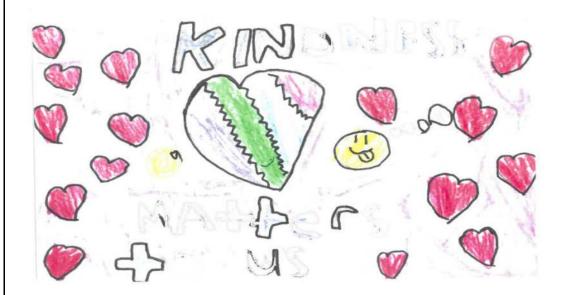
Membership - Our year starts in January and runs through December. The membership is \$30 for the year. Please ask any member about Philoptochos-it is the Orthodox Church's Women's Ministry. Membership renewal letters have been mailed to all members. Please renew and encourage our fellow Greek Orthodox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

Thank you so much for your support!

Jane--

Philoptochos News

Philoptochos received the following thank you from Blix Elementary



BLIX ELEMENTARY THANKS YOU

Dayhana M.L. 3rd grade Ms. Sukola

Deal St. Nicholas Greek Orthodox Church,
We here at Blix Elementary
Would like to thouk you for adopting
our School. Your help has Fremendausly
helped our families during the
holiday season and we appreciate
your kindness and willingness to help.
Thank you so much! Happy Holidays
Us. hewst

Building Committee

ROOFING AND OTHER LONG TERM ISSUES

It should be no secret that the Upper Hall and Dining Hall/Kitchen roofs have been in terrible shape for long time. For at least the last 10 years there has been an on-going response cycle of throwing on a roof patch over a suspect area after a ceiling drip has been discovered inside the church. While some preemptive roof patches have been applied in December in an effort to stop leaks from occurring over the course of this winter, it is but a short-term fix to delay or minimize water intrusions in the long-term future.

An obvious question which I have heard asked more than once from other Parish members is, why isn't something more substantial being done to fix the existing roofs? The short answer is the church's chronic roof problems are much more extensive and expensive than what it would be to simply call Roto-Router when there is a plugged up pipe to unclog. To explain in greater detail, below is some background information:

THE UPPER HALL ROOF:

Built in 1967 on the cheap, the roof structure over the Upper Hall is flat and has no drainage slope to it. Over the course of decades, the response to continual roof leaks has been to install a new low-budget roofing membrane over the previous last one. To date the Upper Hall roof has a total of four roofing systems over it. The current building code allows no more than two. The multiple layers of shoddy and aged membranes over a flat roof deck offers plenty of opportunity for both new and accumulated rainwater underneath the surface to travel horizontally, more often than not making it difficult to trace where a current roof leaf may actually be coming from. In addition, the Upper Hall structural roof framing is undersized, and does not meet current code. The dead weight of the additional roof membranes does not help.

The Upper Hall roof has for several years been living on borrowed time and band aids. To simply "reroof", or throw another membrane over the present roofing would likely cost a good \$20,000 for something that would be ineffective beyond a few years or so, and not be allowed by code. A true long-term solution would require a minimum of the following:

- 1) A building permit, and architectural design drawings to be submitted to the City.
- 2) A complete removal of all existing four roofing membranes.
- 3) A replaced, or at least upgraded roof structure that would require an engineer's design.
- 4) Either R-38 or R-49 rigid roof insulation to meet current energy code.

Other probable ramifications:

- 1) Replacing the roof structure would likely shut down the Upper Hall area to the Parish for at least a few mouths.
- 2) Roof structure replacement could end up requiring a gut and replacement of the Upper Hall exterior walls and building interiors, from its existing floor structure on up, for a host of building code and pragmatic reasons.
- 3) Because the east side of the Upper Hall floor structure that faces Commencement Bay cantilevers about 2' to 3' over the lower floor Dining Hall area, some supplemental column, beam and footing supports may be required in the Dining interior spaces below to support the Upper Hall floor overhang.
- 4) Any modifications to the east Upper Hall floor structure and perimeter walls is going to require some modifications to the Dining Hall roof structure and roofing where it ties into.

(Continued on the next page.)

Building Committee

(Continued from the previous page.)

THE DINING HALL/KITCHEN ROOF:

Like the Upper Hall, the Dining Hall/Kitchen roof has been experiencing leaks and living on borrowed time and band aids as well. But at least the Dining Hall/Kitchen roof has a drainage slope built into its structure, and "only" three existing roofing membranes over it instead of four.

However, like the Upper Hall, the Dining Hall would require a complete roofing replacement, a building permit, architectural design drawings, and rigid roof insulation meeting current code standards, along with tie-in transitions where it abuts the Upper Hall. While roof structure replacement should not be necessary at the Dining Hall/Kitchen roof, there is still likely to be some significant dry rot repairs and structural upgrades required.

IN SUMMARY:

The total cost to replace the Upper Hall and Dining/Kitchen Hall roofs, when accounting for construction costs, sales tax, permitting, and architectural & engineering fees, is likely to be **at least** \$150,000 for each roof, or well over \$300,000 for both, and that **does not** include any significant renovation under either of the roof structures.

Ideally, it would be best to do the Upper Hall and Dining Hall/Kitchen roofs at the same time, as there is a high urgency factor to take care of both, and some interdependency between them. Then there is a bigger issue of how the roofing replacement would affect, and best tie into future church renovations and/or expansions if there are to be any.

Before making a commitment of this magnitude, a well thought-out long-range plan should be developed and agreed upon as to what specific actions are to be taken. The goal in the upcoming year of 2023 is to develop a long-range plan via the Building Committee, Parish Council, and Parish at large.

A preliminary proposal is presently being developed to repair, renovate and expand the church in a way that loosely follows a broad-based concept that Father Seraphim had proposed last year. This is intended to be vetted through the Building Committee, and then the Parish Council. If positively received by both parties, a sketch and brief explanation of the proposal will be shown in the next Messenger.

It should be emphasized that any initial proposal is but a thumb-nail suggestion, primarily intended to get the ball rolling on some pro-active ideas to both fix the church's immediate deterioration problems while meeting long-term endeavors. This is going to be an extended process that seeks Parish input and ideas as a program develops.

(Continued on the next page.)

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Building Committee

(Continued from the previous page.)

SOME OTHER BUILDING ISSUES:

The church furnace that heats the Sanctuary, Lower Hall and Dining Hall/Kitchen spaces has gone out at least once recently. While a short term repair appears to have alleviated the problem for now, the furnace is well past its expected life expectancy, and its continuing reliability is questionable at best. Bid proposals have already been obtained to replace the existing church furnace. It is the intent to receive a go-ahead from the Building Committee to pass a recommended proposal to the Parish Council to approve and include as a line item into the upcoming 2023 budget. Given its importance and urgency, an approval will be sought in an upcoming January General Assembly,

Also, a budget is being obtained to provide gravel paving at a church owned vacant lot located at the south side of 16th S. Street, which would provide supplemental overflow parking for Parish members. This is intended to be passed onto the Parish Council as well, and decided upon whether it should be also included in the upcoming 2023 budget



Above is a photo of the Upper Hall roof, looking north from a portion of the new Narthex Renovation roof in the foreground. Grey strips shown on the Upper Hall roof are some of the many patches of mastic and granules that have been applied. Note how puddling easily occurs on the no-slope roof, including around a roof drain near the upper center portion of the photo.



Above is a photo of the Upper Hall roof, looking north from a portion of the new Narthex Renovation roof in the foreground. Grey strips shown on the Upper Hall roof are some of the many patches of mastic and granules that have been applied. Note how puddling easily occurs on the no-slope roof, including around a roof drain near the upper center portion of the photo.

Submitted by: Bill Acker

Cover Story Continued...

Thirteen years ago, on the feast of St Nicholas, I prayed this together with you all for the first time. Everything we have shared together since that day can be summarized by this prayer. CHRIST is the center of our life together; His Body and Blood have bound us together as one body; we have regularly celebrated the life of St Nicholas and many of His saints; and above all, the joy and consolation of His Most Pure Mother have sustained us.

For once, I want to keep it short (miracle of miracles, I know!!).

I wish to thank you, not from "the bottom of my heart" as they say, but from the very fabric of my soul. You have filled our hearts with joy and comfort. You have poured out your love, without measure, upon all of us Majmudars, and we are deeply moved at the close of this chapter in all our lives.

But the holy Eucharist is ONE! There is no such thing as a Tacoma Eucharist and a Santa Cruz Eucharist. There is only one Body and Blood of Christ. The whole point of the liturgy, of our life together, of the meaning of this prayer, is to *confirm* us in the Oneness that can only occur in Christ. "That they may be one" our Lord prayed in the Gospel of John.

Therefore, I do not write a goodbye letter today. I simply give thanks to the Lord and to you all for thirteen incredible years of our life in Christ. Our life together continues, just in a different context.

For Christians, there is no such thing as goodbye.

We'll "see" you at the holy Chalice every week!

With profound gratitude and heartfelt affection in Christ Jesus, we Majmudars give thanks to the Master Who loves mankind that He has made us partakers of His immortal mysteries, and to be partakers of Him with all of His beloved of St Nicholas!

Your friends and co-servants in the Lord,

Father Seraphim and the Majmudar family

MILITARY MINISTRY NEWS

Two months ago during the month of November we celebrated Veterans Day and the Marine Corps birthday. Because of short notice travel plans I did not have time to prepare an article about our Veterans Day presentation, but I am making up for it now.



We celebrate the Marine Corps birthday along with Veterans Day because the Marine Corps birthday is November 10th, and Veterans Day is on November 11th. This past November was the 247th birthday of the Marine Corps, and at St. Nicholas Greek Orthodox Church

part of our celebration includes the cutting of the Veterans Day and

Marine Corps birthday cakes. This year, Mrs. Vonnie Brandvold whose husband was United States Marine John Paul Brandvold (now deceased) received the honor of cutting the Marine birthday cake using the traditional Marine officer's Mameluke sword.



John Paul Brandvold U.S. Marine Corps Cold War Vonnie Brandvold's husband





Panayotis Koumantaros Royal Hellenic Army Maria Koumantaros' husband



Maria Koumantaros received the honor of cutting the Veterans Day cake using a traditional Army cavalry sabre. Maria received this honor for two reasons. First, her husband, Pano Koumantaros, served in the Armor and Cavalry branch of the Hellenic Army, and he was also a horse mounted member of Greece's Royal Guard. The primary reason however, was because Maria's father was the subject of this year's Veterans Day presentation.

Maria Koumantaros' father, John E. Karanzas, served in the United States Navy during WWII. He was a side gunner and assistant plane captain on a Navy PB4Y-1 (B-24 bomber) serving with VB-108 Bomber Squadron in the Pacific. John Karanzas flew over fifteen combat missions and was awarded the Navy's *Distinguished Flying Cross and three separate Air Medals for valor*. His unit of fourteen aircraft lost two aircraft and over 10% of its men during a two week period of unrelenting patrolling and bombing missions. Noteworthy is that several men in the squadron were posthumously awarded the Navy Cross, one

of the Navy's highest awards for valor, and second only to the Medal of Honor.

Maria's parents were long time members of St. Nicholas Greek Orthodox Church. Her father, John Karanzas, earned the distinction of being one of our church's most highly decorated veterans. **MAY THEIR MEMORY BE ETERNAL.**

Continued on next page.



John E. Karanzas
United States Navy
World War II
Recipient of the Distinguished Flying Cross & Air
Medal w/3 OLCs for valor in combat as a side gunner on a PB4Y-1 Liberator Bomber.
Maria Koumantaros' father



MILITARY MINISTRY NEWS

St. Nicholas Greek Orthodox Church was honored to recognize our many veterans during the annual presentation. Pictured below from left to right are some of St. Nicholas' many veterans who were present that day. Their names are listed from left to right along with their branch of service.

L to R: Joseph Johnson, USAF-Ret - Wiley Barnes, USA-Ret - Chris Cummins, USAR — George Pirotis, Hellenic Army - Richard Motz, USA-Ret - John Kouklis, USN - George Panagiotu, USN - Ralph Dimotopoulos, USA - Maria Koumantaros cutting the Veterans Day cake - Mike Whalen, USN - Steven C. Chamales, USMC - Yvonne Brandvold cutting the Marine birthday cake - John Pangis, USN - Peter Garrido, USMC - Michael-Jane White, USAF-Ret - George Ballasiotes, USA - and Don Calcote, USAF.



GOD BLESS OUR VETERANS!

We recently received another photo of a member of our parish that will now be included in the St. Nicholas Military Ministry collection. John K. Stafford, Dr. Olympia's husband, was a graduate of the United States Naval Academy and served in the United States Navy during the Cold War. Although they have recently moved away from Tacoma they are still members of St. Nicholas Greek Orthodox Church, and they return often to worship and visit their many friends.

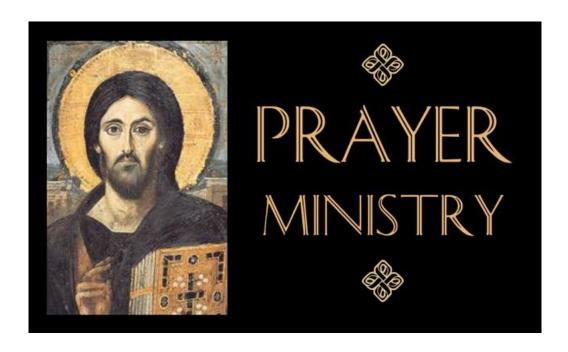


John Kevin Stafford United States Navy Cold War Dr. Olympia's husband



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.

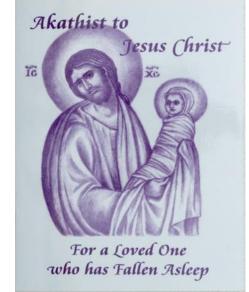
When we offer these prayers for the newly departed, it also helps us in many ways. **May God bless** your gift of prayer.

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

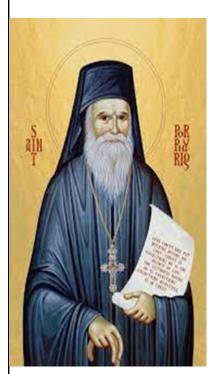
church office.

Thank you again,

Kathy Rowley



The Book of Acts



An Excerpt from Wounded By Love:
The Life and Wisdom of Elder Porphyrios
On Illness - I feel illness as the love of Christ –
'My Christ, Your love knows no limits!'

Grace will teach us all the other things, namely, how to abandon ourselves to Christ. That is, we ignore the illness, we do not think about it, we think about Christ, simply, imperceptibly and selflessly and God works His miracle for the good of our soul. Just as we say in the Divine Liturgy, 'we commend all our life to Christ our God.'

But we need to wish to ignore the illness. If we don't wish to, it's difficult. We can't simply say, 'I ignore it'. And so although we think that we are ignoring it and giving no thought to it, in point of fact we have it in our mind continually and we cannot find peace within ourselves. Let me prove this to you. We say: 'I believe that God will cure me. I won't take any medicine. I'll stay awake all night and I'll pray to God about it and He will hear me.' We pray all night long, we make entreaty, we call on and coerce God and all the saints to make us well.

We go to one place and another. With all these things don't we show that we are far from ignoring the illness? The more we insist and blackmail the saints and God to make us well, the more acutely we feel our illness. The more we strive to get rid of it, the more we feel it. And so we achieve nothing. And we have the impression that a miracle will happen, and yet, in reality, we don't believe it, and so we do not become better.

We pray and we don't take medicine, but we don't find any peace and no miracle happens. But you will say: 'What do you mean that I don't believe? Don't you see I haven't taken any medicine?' And yet, at bottom, we have doubt and fear within us and we think to ourselves, 'Will it really happen?' Here the words of Scripture hold good: If you have faith and do not doubt, not only will you do what has been done to the fig tree, but even if you say to this mountain, 'be lifted up and thrown into the sea', it will be done. [7] When faith is real, whether you take medicine or not, the grace of God will act. And God acts through doctors and medicines. The Wisdom of Sirach says: Honor the physician with the honors due to him, according to your need of him, for the Lord created him. The Lord created medicines from the earth, and a man of sense will not despise them. And give the physician his place, for the Lord created

The whole secret is faith? without doubts, gentle, simple and artless: in simplicity and artlessness of heart. [9] It is not a question of 'will power' or 'mind over matter'. A fakir (a Muslim ascetic who lives solely on alms) can display this kind of 'will power'. It is a question of having faith that God loves us with infinite love and wants us to become His own. That is why He allows illnesses, until we surrender ourselves in trust to Him.

If we love Christ, all things will change in our lives. We do not love Him in order to receive some reward such as health. Rather we love Him out of gratitude, without thinking of anything, only of the love of God. Nor should we pray with any ulterior motive and say to God: 'Make such-and-such a person well,

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so that he may come close to You.' It is not right to point out ways and means to God. How can we presume to say to God, 'make me well'? What can we tell to Him who knows everything? We will pray, but God may not wish to listen to us.

A person asked me a little while ago, 'When will I get well?'

'Ah,' I told him, 'if you say, "When will I get well?" then you never will get well. It's not right to entreat God about such things. You entreat anxiously for God to take the illness from you, but then the illness lays even tighter hold on you. We mustn't ask for this. Nor should you pray about this.'

He was taken aback and said, 'Do you mean I shouldn't pray?'

'Not at all,' I answered. 'On the contrary, pray a great deal, but for God to forgive your sins and to give you strength to love Him and to give yourself to Him. Because the more you pray for the illness to leave you, the more it adheres to you, winds its tentacles around you and squeezes you, and becomes inseparable from you. If, of course, you feel an inner human weakness, then you may humbly entreat the Lord to take the illness from you.'

Let us abandon ourselves in trust to the love of God

When we surrender ourselves to Christ, our spiritual organism finds peace, with the result that all our bodily organs and glands function normally. All these are affected. We become well and cease to suffer. Even if we have cancer, if we leave everything to God and our soul finds serenity, then divine grace may work through this serenity and cause the cancer and everything else to leave.

Stomach ulcers, you know, are caused by stress. The sympathetic system, when it is subjected to pressure, is constricted and suffers harm and so the ulcer is created. With stress, pressure, distress, anxiety, an ulcer or cancer comes about. When there are confusions in our soul, these have influence on our body and our health suffers.

The most perfect way is not to pray for our health? not to pray to become well, but to become good. That is what I pray for myself. Do you hear? I don't mean to be good in the sense of virtuous, but in the sense of acquiring divine zeal, of abandoning ourselves in trust to God's love, and of praying rather for our soul. And we mean our soul as it is incorporated in the Church, whose head is Christ, along with all our fellow men and our brothers and sisters in Christ.

And I open my arms and pray for all people. When I am about to receive Holy Communion, as I am standing before the Holy Chalice, I open my soul to receive the Lord, and I bow my head and I pray for you, for this person and that, and for the whole Church. You should do the same. Do you understand? Don't pray for your health. Don't say, 'O Lord, make me well.' No! Rather say, 'Lord, Jesus Christ, have mercy on me', with selflessness, with love and without expecting anything. 'Lord, whatever Your love desires...' Only in this way will you act from now on, loving Christ and our brothers and sisters. Love Christ. Become saints. Throw yourselves into becoming friends with Christ, into His love alone, into divine eros.

Isn't perhaps this what is happening to me, since I feel this zeal and adoration? Even though I feel that my body has rotted away, I don't succumb to my illness, not even to my cancer, I shouldn't speak, but my love for you and for the whole world doesn't allow me to remain silent. When I speak, my lungs remain

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without oxygen and that's very bad because the heart is harmed. I have suffered something much worse than a heart attack. And yet I live. Isn't that an intervention of God? Yes, and I am obedient to God's will, to my illness. I suffer without complaint and... with annoyance at myself because no one is devoid of uncleanness. [10] I'm in a bad state. My spirit is also sick.

I say to a hermit with whom I am in contact, 'Pray for me. I love you. Love me too and pity me and pray for me and God will have mercy on me.' 'You're the one who should pray,' he says to me.

'I'm beginning now to be unable to do all that I did for so many years,' I tell him. What does the hymn say? My mind is sorely wounded, my body has grown enfeebled, my spirit is sick, my speech has lost its power, my life is brought to death; the end is at the door. And so, O wretched soul of mine, what will you d

when the Judge appears before you to investigate your deeds? [20]

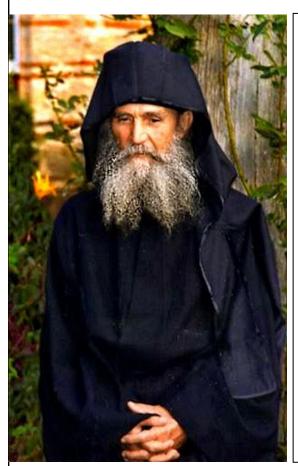
This hymn reflects my present state. I think that if I hadn't done this or that I wouldn't be in pain now, I would be close to Christ. I say this about myself because I'm thoughtless...

If you want to enjoy good health and live for many years, then listen to what Solomon the Wise has to say: Fear of the Lord is the beginning of wisdom and the counsel of saints is understanding; for to know the law is the mark of a sound mind, for in this way you will live long and years of your life will be added to you.' [21] This is the secret: for us to acquire this wisdom, this knowledge, and then everything functions smoothly, all things are put in order and we will live with joy and health.

Endnotes

- [1] The holy Elder suffered from the following illnesses: myocardial infarction (anterior diaphragm with lateral ischemia), chronic kidney disease, duodenal ulcer (with repeated perforations), operated cataract (loss of lens and blindness), herpes zoster (shingles) on the face, staphylococcus dermatitis on the hand, inguinal hernia (frequently strangulated), chronic bronchitis and cancer of the pituitary gland. Cf. Dr. Georgios Papazachou in an article in the periodical Synaxis, 41 (Jan–Mar) 1992, 93.
- [2] Heb. 12:6.
- [3] Rom. 14:8.
- [4] A theory that a soul after death has to pass through a series of 'tollgates' where it is interrogated about a variety of sins.
- [5] Matt. 22:12.
- [6] Prayers of Preparation for Holy Communion, Prayer 7.
- [7] Matt. 21:21.
- [8] Sir. 38:1, 4, 12.
- [9] Wisdom 1:1.
- [10] Cf. Job 14:4.
- [11] Great Canon by Saint Andrew of Crete (1st troparion of the 9th Ode).
- [12] Prov. 9:10-11.

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Excerpts Taken From The Book "Counsels From The Holy Mountain" by Elder Ephraim of Arizona (Philotheou Mt. Athos) on Prayer of the Nous and the Heart:

My children, always remember Jesus so that in all your weaknesses you may find the appropriate medicine. Are you in pain? By calling on Jesus you will find relief and enlightenment. Are you in affliction? Call on Jesus and behold, consolation will dawn in the realm of your heart. Are you overcome by discouragement? Do not neglect to set your hopes on Jesus, and your soul will be filled with courage and strength. Are you bothered by carnal thoughts that allure you to sensual pleasure? Take the consuming fire of the name of Jesus and set fire to the tares. Are you oppressed by some worldly affair? Say: "Enlighten me, my Jesus, how to deal with the matter which lies before me. Work it out in accordance with Thy holy will". And behold, you will be at peace and will walk with hope. In all and through all, set the name of Jesus as a foundation, support, adornment, and protection, and do not be afraid of the enemies. But when you go through anything without Jesus, then you should be afraid. Without medication do not expect to be healed—putrefaction will be the result. Make an effort in the prayer, my child, and then you will experience enormous benefit and refreshment and repose of

Say the prayer with pain and mourning of soul, and then you will feel differently. Pay attention only to yourself! Then you will see yourself and you will feel pain, and that pain will bring you the mercy of God. Do not pay attention to heartbeats when you say the prayer. Just keep your mind from wandering away from the prayer—this is the center and the aim of prayer. Pray continuously with the Jesus prayer; it will set everything right. Whoever prays is enlightened, whereas whoever neglects prayer—like me—is darkened. Prayer is heavenly light, and whoever has the prayer within him or on his lips has the light of prayer welling up within his heart, and this enlightens him what to think and how to guard himself against the snares of the devil.

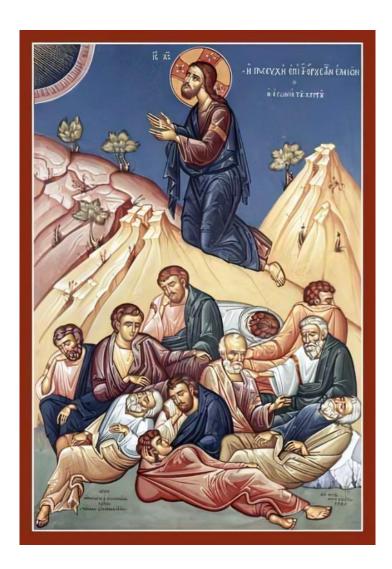
Work at noetic prayer with much diligence, patience, persistence, and humility. You should know that this method of prayer is not achieved by chance; it takes quite a struggle, as well as much time. We must not forget that the devil hates noetic prayer more than we can imagine, and consequently we shall face fierce opposition from him in various ways. Therefore, have forcefulness, courage, patience, persistence, humility, and a loving disposition towards our Jesus. Do not be discouraged at the first difficulties of the struggle; good things are achieved with labor and pain. But when you see fruit—and oh, what fruit!—then you yourselves will say, "it was worth the effort for such a spiritual harvest".

Father Seraphim: We have to be careful though. Don't think, "the more pain I cause myself, the better it is". We have to receive these teachings with maturity. We have to keep it controlled and simple. When you're doing your Jesus Prayer, use hesitant breaths – slightly holding it for mere seconds, twelve times at the most and not every time you pray. If you're living mostly pain free, there's a struggle to

The Book of Acts

bring everything into the heart. It's a simple and easy way to leverage pain to bring about that passivity of soul, to bring energy in, brace and then calm in very light doses. A lot of time I tell people to stop praying so much and listen to The Eagles or something. Read Charles Dickens, go on a walk, paint a picture, listen to Brahms's Requiem - just don't be too spiritual. You can get too deep into the spiritual life. Stop doing so much prayer in your closet - come to a weekday Liturgy - pray with your brothers and sisters. I'm just saying this by way of context. You have to be grounded. You should be doing more prayer with everyone as a group instead of a spiritual journey that you're taking "inside".

Submitted by: Genevieve Eagle



ST. NICHOLAS FLOWER MINISTRY





Presentation of the Theotokos in the temple November 21, 2022





Feast of St. Nicholas - December 6, 2022

ST. NICHOLAS FLOWER MINISTRY



Stage 1 - Christmas decorations for the Nativity of Christ





Our Design Director Kathy & new Flower Ministry helper Leisa

We are so happy to welcome Leisa to our Flower Ministry. She sure seems to have a natural talent and eye for flower arrangements and we are grateful for her help and dedication! If you want to join in the fun, please contact Genevieve, goobahoo@gmail.com.

Submitted by: Genevieve

ST. NICHOLAS PRO-LIFE MINISTRY





St. Nicholas Pro-Life Ministry will be hosting the coffee hour after Liturgy on **Sunday, January 22, 2023**. There will be a short presentation with pamphlets and a few small gifts. If God is encouraging you to be a part of this important ministry, please contact Genevieve at goobahoo@gmail.com.

HISTORY OF NATIONAL SANCTITY OF HUMAN LIFE DAY

In the historic case of Roe vs. Wade (1973), in which the U.S. Supreme Court ruled on January 22 that it is the pregnant woman's right to determine whether she wants an abortion The outcome of this case was that the woman was legally allowed to go for an abortion if she wanted. Since this outcome, many movements came into existence that openly opposed the ruling. The movement became stronger when U.S. President Ronald Reagan proclaimed January 22 as National Sanctity of Human Life Day.

Since Reagan's proclamation, the next presidents have maintained the importance of this day as the day was continuously celebrated for this purpose. So much so that the day is traditionally observed as a holy day by the Lutheran Church. During President Bill Clinton's tenure, the day was not celebrated. George W. Bush restored it and observance of this day continued in 2001.

The virtue of this day does not exist in the support this movement receives from the political parties. The key value comes from the movement itself, which emphasizes the need to protect and save lives, born or unborn.

NATIONAL SANCTITY OF HUMAN LIFE DAY TIMELINE

1973

Roe vs. Wade

The legal case is won by Jane Roe, a pregnant woman, who went to the U.S. Supreme Court for her right to get an abortion, which was illegal in her resident State of Texas.

1984

Reagan's Presidential Proclamation

Opposing the Supreme Court's ruling on its 11th anniversary, Reagan proclaims January 22 as a day to celebrate the Sanctity of Human Life.

1992

Planned Parenthood v. Casey

The Supreme Court upholds the constitutional right for the woman but adds strict conditions for abortion to take place.

2001

George W. Bush Reinstates This Day

After eight years of Clinton's tenure during which the Human Life Sanctity Day was not observed, President Bush reinstates this day's observance.

ST. NICHOLAS PRO-LIFE MINISTRY

NATIONAL SANCTITY OF HUMAN LIFE DAY FAQS

What is the sanctity of human life?

The term describes the preciousness of human life. First, the sanctity of life is a concept that one believes in - a moral conviction. Second, it is a moral conviction about how human beings are to be perceived and treated.

What are the violations of the sanctity of life?

Violence, abuse, oppression, human trafficking, and many other wrongs are also violations of the sanctity of life.

How does the sanctity of life apply to abortion?

Many apply the sanctity of life to issues like abortion and euthanasia, and, while it applies to those issues, it applies to much more. The sanctity of life should motivate us to combat all forms of evil and injustice that are perpetrated against human life. These include human trafficking, domestic abuse, and much more.

HOW TO OBSERVE NATIONAL SANCTITY OF HUMAN LIFE DAY

Spread the word

Educate your friends on the value of life and how important it is to protect a life that cannot even defend itself against abortion. Show them alternatives to abortion and where they can go for help.

Help others

Reach out to foster and group homes in your area and bring them a meal once every few weeks. Volunteering to spend time with the children will also help the often frazzled parents.

Support women who are pregnant

Many women choose abortion because they cannot care for the child. Support those mothers financially and assure them that it will be okay. In this way, you become part of the solution.

WHY NATIONAL SANCTITY OF HUMAN LIFE DAY IS IMPORTANT

Every life matters

61% of U.S. adults say abortion should be legal all or most of the time. The people call for a more detailed and thorough ruling on the case of abortion, as they believe every life matters, and it should not be one person's decision to take away or give life.

It creates awareness

Abortion comes in as a last resort for women who cannot support or care for a child. This fact needs to become public information so that support can be garnered for the unborn child and the pregnant mother.

We can achieve common ground

Until today, there have been pro-abortion movements or anti-abortion movements. Each side has presented its problems and reasoning, but no effort has been made to achieve a common ground where the health of a mother and the child is considered. The movement has become more political rather than personal. Observing this day can bring together people from both factions to formulate legislation that protects life and ensures its sanctity.

Submitted by: Genevieve

PROSPHORA

PROVIDING PROSFORO

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

Despina Ampatzis brings the offering the first Sunday of every month.

James Horton brings the offering the second Sunday of every month.

Please know that you who are not on the baking rotation are welcome to bring the prosphora and/or artoklasia for an occasion (for instance your name day, or a big feast day such as St. Nicholas or Dormition). The procedure would be to contact Father Seraphim and discuss it with him before the actual day, and to have the offering there in time.





Seal from the Monks at St. Anne's Skete on Mt. Athos, a gift to St. Nicholas Church in Tacoma.



STEWARDSHIP MINISTRY NEWS

The stewardship ministry is grateful to the following individuals and families who have supported our church by completing a 2023 stewardship card. As always we honor those who make contributions of time, talent and treasure as well. YOU make St. Nicholas the wonderful place that it is to worship our Lord and Savior, Jesus Christ.

List of those who have completed 2023 Stewardship cards as of January 4, 2022

Bill and Mary Acker Costa and Donna Basil Constantine and Ingrid Chamales Yianni and Sophia Charitou Sandra and Anthony Ciarochi Sharmarie and Troy Dares Jacqueline Dionas Sandra Dutton Gretchen (Genevieve) Eagle Timothy and Sunny Edgren Stephen and Claire Gorham **Dean and Carol Hamos** Hariklia Kapes Anna Karanasos **PaulaKaranasos** Steve Koukles Robert and Ann Latz Mariella and Hugh Lewis Olga Manos Angela Montoya Iphigenia Mavromichali Michael and Rodica Murphy Anthony and Debbie Panagiotu John and Merrilee Pangis Steve and Kathleen Politakis Alexandra and Richard Schutt Micholas and Becky Themelis Michael Jane White Kalitsa and John Xitco Tasso and Sarah Zambaras

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:

- On a computer or mobile device, go to the Church's website www.stnicholastacoma.org
- Select the (BOKKYO) button. This takes you to the Church's donate page!
- Select the gold colored donate 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: stnlcholastacoma.org/mlnlstry-center.

HOW TO RETURN THIS CARD

BY MAIL:

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

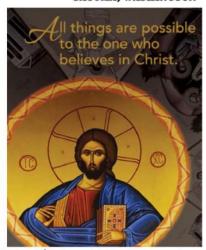
AT CHURCH:

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 **stnlcholastacoma.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):		
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City/St/Zip		
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Name (F/MI/L)	DOB (m/d/y)	Orthodox
		(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 RE-FLECTS 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.....

Saint Nicholas Messenger

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

Address Service Requested





www.stnicholastacoma.org

Rev: 1