

Holy Apostles Greek Orthodox Church

SEPTEMBER-OCTOBER 2017 NEWSLETTER



Inside:

Fr. Tom's Corner
**A TOTAL ECLIPSE,
A TOTAL
EXPERIENCE**

Join us:
**WEDNESDAY EVENINGS:
DINNER AND
CHILDCARE AVAILABLE!
STARTING SEPT. 20TH**

Holy Apostles'
**SEPTEMBER AND
OCTOBER
CALENDARS**

Fr. Tom's Corner

A TOTAL ECLIPSE A TOTAL EXPERIENCE

'And God said, "Let there be light....Genesis 1:3



Where were you on August 21st? At 10:20 in the morning?

Wherever you were, one of the greatest sights in the universe, the total eclipse of the sun was experienced by millions of people. God created this world with such precision that scientists knew the "exact" time of the eclipse would be 10:20 a.m. in Seattle. Many who came with their simple glasses, cereal box eclipse viewers were ready to see the spectacular two-minute show.

The Star Tribune commented that, "The stars came out in the middle of the day, zoo animals ran in agitated circles, crickets chirped, birds fell silent and a chilly darkness settled upon the land Monday as the U.S. witnessed its first full-blown, coast-to-coast solar eclipse since World War I." This is simply fantastic as we see the harmony of God's creation and how we are all connected.

Some people traveled thousands of miles to experience the eclipse. They brought binoculars, telescopes, etc. to see it. Many congregated at near by parks, hill tops, street corners, front yards or porches and looked up into space at the sun with their special glasses.

We all came with one purpose, to see and experience that God given scientific reality of the moon hiding the sun for a couple minutes! I was with Presbyteria and Maria Sophia, my daughter, that day, waiting to see this anticipated event. Twenty minutes before the full eclipse, I noticed the temperature drop. The sunlight dimmed as if someone put sunglasses on me. We marveled at the grandeur and beauty of God's creation!

People reported becoming emotional and started crying, some said their breath was taken away and many felt this was the most significant spiritual experience of their life. This powerful experience simply enlarged our view of God's works.

Someone said, "within those few precious minutes, people have joined an exclusive club of the most spectacular occurrence you can see with the human eye. There are few events in life that leave a permanent, indelible impression of the total eclipse of the sun".

Many fought the traffic, crowds, financial costs, and other obstacles to join this "exclusive solar eclipse club"! Yet God is asking us, as we begin our new ecclesiastical year on September 1st, to fight the crowds to make the commitment and journey 356 days with Jesus in His club, His church, His home!

The Orthodox Church is not an 'exclusive', one event, one time solar eclipse club. Our church is all-inclusive to anyone who desires a life in Christ, not a moment with Christ, not an hour with Christ but a unique relationship with the Creator who offered this eclipse and any future eclipses!

Jesus is asking us to not be distracted by the busy thoughts, not be distracted by the cares of the world, not be distracted by complacency, or other excuses that keep us from traveling to church and come to worship.

Jesus invites us to His home, not to look up into 'outer' space for a two minute eclipse, but to faithfully travel into that sacred "inner" space of the heart to be touched by His infinite love. St. Paul reminds us, "to set our minds on the things of heaven, not earthly things". He again tells us in the epistle to the Hebrews to: "fix our eyes on Jesus, the author and perfecter of faith".

We fixed our eyes on the sun and moon when watching the eclipse but our Holy Church asks us to fix our eyes on Jesus!! Our church wants to offer a permanent indelible impression of God's love, grace, and light in our life! The church wants to share the enthusiasm of this real experience of God's infinite power and love as she guides the eyes of our soul to the light of Christ!

Christ is the light of the world so that whoever believes in Him will 'never' walk in the path of darkness. Jesus never fails to shine from heaven with salvation in His beams. And "the Son is the radiance of God's glory". Heb. 1:3.

Our church never wants us to stop being amazed at the miracle of the eclipse and God's universe but wants us to commit to follow Jesus so we can come to meet and know the maker of His amazing creation.

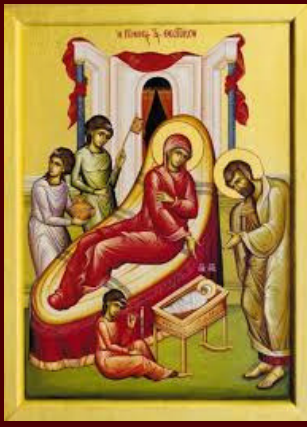
The Lord wants to leave an indelible and permanent impression in our heart! Jesus is asking us to come to His place, His church, His home with an open heart and a desire to clearly see. He doesn't ask us to 'go' to church but asks us to come and worship the Author of all creation! Yes, and we get to do that!! It's a privilege!

May these words of the Liturgy inspire us as we fix our eyes on Jesus and as we ask God to: "Shine in our hearts, the pure light of His divine knowledge, and open the eyes of our mind that we may comprehend the message of His Gospels..

For You, Christ our God, are the illumination of our souls and bodies, and to You we offer up glory, together with Your Father, Who is without beginning, and Your all-holy, good, and life-creating Spirit, now and forever and to the ages of ages. Amen.

May we experience this spectacular, permanent, and indelible reality of peace and love that only comes from our Lord!

I look forward to traveling this journey together with you in 2017/2018!
+fr. tom



The Nativity of the Theotokos

Friday, September 8th

Orthros 8:00am

Divine Liturgy 9:00am

The first major feastday of our church is the Nativity of the Theotokos. Many would find honoring the Theotokos a bit strange since Jesus is the center of our faith. And it is for this precise reason that Christ and the Church turns our attention to the Virgin Mary since the Theotokos always turns our attention back to her Son.

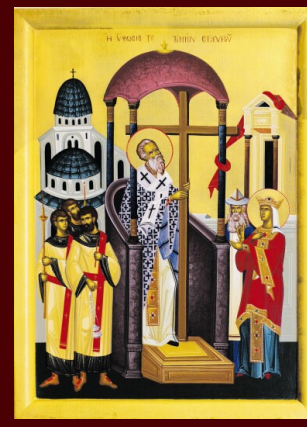
Christ chose her and she became the first example of a true human being, accepting Christ not only by saying yes, but allowing her body to cooperate with God for our salvation.

We are invited to become like the Virgin Mary. She is the first human being to accept Jesus. She is the first person who bore Jesus. She is the one that the Bible tells us that "every generation will call her blessed! And she is the one who points us back to Christ. She encourages us to become "Christophori" Christ bearers.

Remembering the Virgins birth is a necessary component of our faith: The image of the Virgin Mary, the Virgin Mother, stands [as] the image of infinite humility and purity, filled with beauty and strength; the image of love and the victory of love. The Virgin Mary, the All-Pure Mother demands nothing and receives everything. She pursues nothing and possesses all.

In the image of the Virgin Mary, we find compassion, tender-heartedness, care, trust, humility. We call her Our Lady and the Queen of Heaven and Earth, and yet she calls herself "the hand-maid of the Lord." .. Christ said, 'Do not be anxious. Seek first the Kingdom of God' (see Mt 6:33). Beholding this woman - Virgin Mother, Intercessor - we begin to sense, to know not with our mind, but with our heart, what it means to seek the Kingdom, to find it, and to live by it.

THE VIRGIN MARY: THE CELEBRATION OF FAITH: by Alexander Schmemmann, pages 21 - 22



Elevation of the Holy Cross

Thursday, September 14th

Orthros 8:00am

Divine Liturgy 9:00am

Reflections on the Holy Cross.

We Christians place the Cross in our Church, in our homes, in our cars. We continually make the sign of the Cross, and wear a Cross around our neck, because the Cross is not a decoration but has become a symbol of love, joy, hope, power and victory.

The Cross reminds us of God's love. "God so loved the world that he gave his only begotten son that whoever believes in him will not perish but will have eternal life." (John 3:16) What greater love is there than to lay down your life for others?

The Cross reminds us of joy, the joy of paradise, the Kingdom. We start the liturgy with 'blessed is the kingdom. Many hymns of our church recall how Adam and Eve were sent out of paradise because of a tree. They ate fruit from the forbidden tree. And yet it is also a tree that has opened the doors of paradise once again for all believers, the tree of the Cross.

The Cross reminds us of hope, a hope that is greater than the darkest despair. When Jesus was crucified, his disciples and followers all despaired. They had abandoned Jesus, yet, after the resurrection, they understood the Cross in a new way. It was no longer a symbol of despair, but it was now a sign of hope for all people, a hope for new life.

The Cross is a symbol of power. Often in the world, it seems that evil conquers good and that sin is stronger than virtue. Yet the Cross reminds us that sin will not have the last say. Evil will not last forever. The Cross reminds us of the resurrection. Evil and suffering appear to win, but then comes the resurrection. The chaos of today will not last. God will have the last say.

Finally, the Cross is a symbol of victory. Through the death of Jesus on the Cross, the greatest evil, death itself, was destroyed. Before the Cross, the devil thought that death was his greatest weapon. All who died would enter his dark kingdom. And yet, when Jesus entered Hades, the devil trembled.

The Cross, which had been a tool of evil, became a power of death for hell itself! One of the morning hymns describes the devil trembling when he sees Christ himself enter into Hades and cries out, "My spirit trembles, and now I must cast out Adam and his posterity. A tree brought them to my realm, but now the tree of the Cross brings them back again to paradise."

Metropolis of San Francisco

Family Wellness Ministry

invites you to the

Pacific Northwest



"Face to Face
Heart to Heart!"

Family Wellness Conference

Relevant • Relational • Interactive

Sept. 8 – 9

Holy Apostles Greek Orthodox Church – Seattle (Shoreline)

Fri., 7 pm – 9 pm • Sat., 9:45 am – 4 pm

JOIN US...

Experience relevant interactive workshops that will inspire and enlighten Orthodox Christians who desire to participate in a meaningful Family Wellness Ministry in their parish.

Conference Participants shared:

"This was truly a sacred and beautiful experience! I feel so renewed in both my relationship with Christ and with my wife! Thank you!"

"Great workshops! Topics were informative both on a personal level as well as a take away for my own parish."

"The speakers were incredible! During the conference important information was shared that was Christ-Centered and uplifting!"

"I loved the honesty in the presenters helping to remove stigmas of the struggles we all have."

"I got practical perspectives and real life takeaway's to bring back. Love the ideas and initiatives to implement in my parish!"



George Papageorge
Marriage & Family Therapist
Speaking on
Parenting

Fr. Timothy Pavlatos

Director of
Family Wellness Ministry
Marriage & Family Therapist
Speaking on
Marriage



Fr. Tom Tsagalakis
Marriage & Family Therapist
Speaking on
Addiction

REGISTER ONLINE: www.familywellnessministry.org

Space is limited so register today!

CLOUD OF WITNESSES

HOLY APOSTLES WEEKLY GRIEF SUPPORT GROUP



JOIN US for 7 consecutive Mondays
(Sept. 18th - Oct. 30th from 7:00 - 9:00 p.m.)

when we will hold a special weekly support group for people who have experienced grief or loss in their lives. Everyone is welcomed!

For more information,
contact Jillian Chandler at (425) 750-8200.

"I thought faith would say, I'll take away the pain and discomfort, but what it ended up saying was, I'll sit with you in it." - Brené Brown

HOLY APOSTLES GREEK ORTHODOX CHURCH
19421 ASHWORTH AVE. N. ~ SHORELINE, WA ~ 98133

THOUGHTS ON GRIEF

A big question that faces all of us is what should we do with our losses? Is there a way for that which is lost to be found? Can sadness turn to gladness, or mourning lead to dancing? When "weeping lasts for a night time," does joy truly come in the morning?

The truth is not whether we have experienced loss, we all do, but rather how we live our losses. Have we learned to be strong and hide them, or pretend they aren't real? Are we cautious or scared to share them with others? Is there an inner voice convincing ourselves that our losses are little compared with other people's losses?

You see, we can never get to joy if we dare not cry, if we do not have the courage to weep, if we don't take the opportunity to experience the pain.

Many have learned to just ignore it or we have been told that being strong means not crying.

We are told to get over it, move on, and, for many, following that recipe breeds bitterness or resentment hardening our heart for the rest of our life!

I believe that Christ gives us the grace to reach out beyond our fears and embrace the reality of our losses. The invitation is to bear one another's burden with love and compassion. If you have a friend who is in pain or who has lost someone, can you just listen and say, "I love you and will be with you, I want to hear how hard it is. I don't know what to say to you, I don't know what to do about it, but I do want to be with you, and walk with you. I am not afraid."?

We encourage everyone who has experienced a loss to come to the Cloud of Witness where we learn that it's better to mourn our losses than to deny them. Where we dare to feel our losses and grieve them. Where we name the pain and say, "Yes, we feel real pain, real fear, real loss; and we are going to embrace it and offer that as a gift to those willing to walk with us in that reality."

Join us on this journey into the heart on Monday evening!
+fr. tom

people making

A Real Life in Christ is Beautiful

Five consecutive Wednesday's
September 20th through October 18th
7:00 p.m.-8:30 p.m.
Holy Apostles Greek Orthodox Church

With
Fr. Tom Tsagalakis and Steve Long

- I. **Who Do You Say that I am?**
 - Exploring the nature of God and man/woman
 - Renewal and Restoration: Becoming living temples filled with the Holy Spirit.
- II. **The Key to Life: A healthy response to suffering**
 - Confronting pain and suffering through the lens of love
 - Discovering perseverance as we learn from Jesus and His followers
- III. **Making your home an extended church**
 - Creating sacred space for real conversations
 - 3D Vision: Fostering Desire, Dedication, and Determination to live a life in Christ
- IV. **Taking your soul everywhere you go**
 - An examination of character: Am I a career chameleon or an imitator of Christ?
 - Consumer or communer: Are we seeking treasures of the world or pearls of the Kingdom?
- V. **Practice makes permanent**
 - Practicing prayer, fostering an attitude of the heart
 - Developing healthy relationships, discovering that a real life in Christ is beautiful

Come - be encouraged and challenged reflecting on the healing ministry of Jesus - discovering that a life in Christ is beautiful! Join Fr. Tom and Steve Long each Wednesday evening Sept. 20th through October 18th

Wednesday Nights

Everyone is Invited!

Come participate in a program, have dinner or just hang out with friends!

Join us for dinner!

Drop in between 5:30pm and 6:30pm

Food will be in the kitchen, serve yourself!



HAKers: 5:30pm

Knitting, Crochet and needlework group:
Calling all who knit, crochet, embroider, etc: will
be meeting in the Fellowship Hall. We
welcome all and would love to teach those who
want to learn.

Adult Education: 7:00pm

Join us for our upcoming series:
Peoplemaking: September 20th to October
18th, 7:00 to 8:30pm. We will discuss how a
real life in Christ is Beautiful. We will
prayerfully discover that at the core we are
created in God's Image and Likeness and that
we are His beloved sons and daughters. Plan
to join us for this five week journey!

EPIC 4th-6th Grade Youth Program: 5:30-7:00pm

We have a wonderful evening ministry for our 4th-6th
graders. Our group meets in the Teen Room at
5:30pm.

Childcare: 6:00-8:30pm

Bring your kids to church, have some dinner and
then let them play while you attend our adult
education series! Please register for childcare by
contacting Eva Sailor: 206-972-7570

Childcare: 6:00-8:30pm

Please register for childcare by
contacting Eva Sailor: 206-972-7570

Dinner volunteers needed!

one time or ongoing.
Contact Linda Smith if you
can help: 425-273-4861

There is something sacred about having a meal together and we see Jesus breaking bread with many during His journey. They ate, talked and joined in fellowship. Sharing a meal with others today is no different. The fellowship and bonding remains unchanged...and Jesus is with us!

EPIC at Holy Apostles

starts Sept. 20th!

4th -6th grade youth program



Join us on Wednesday evenings! We meet from 5:30 p.m.- 6:30 p.m.
Dinner will be provided along with a wonderful program for our kids.

contact Eva Sailor for details: 206-972-7570

WISDOM FROM THE MOTHERS

In the beginning, there is struggle and a lot of work for those who come near to God. But after that, there is indescribable joy. It is just like building a fire: at first it's smoky and your eyes water, but later you get the desired result. Thus we ought to light the divine fire in ourselves with tears and effort.

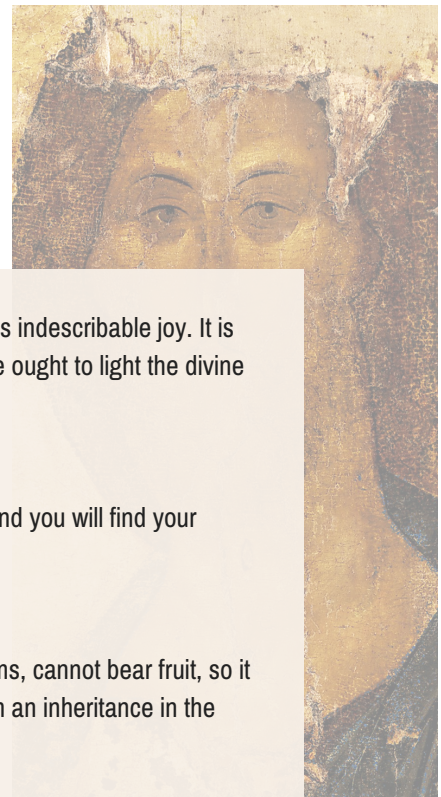
– Amma Syncletica

Imitate the Publican and you will not be condemned with the Pharisee. Choose the meekness of Moses and you will find your heart which is a rock changed into a spring of water.'

- Holy Mother Syncletica of Alexandria

'Let us strive to enter by the narrow gate. Just as the trees, if they have not stood before the winter's storms, cannot bear fruit, so it is with us; this present age is a storm and it is only through many trials and temptations that we can obtain an inheritance in the kingdom of heaven.'

- Holy Mother Theodora



PRAYER LIST



Laurie Accito
Stevie Adamek
Alison
Angelia
Angeliki
Pete Anthony
Sidonia Anthony
Pres. Maria Armatas
Artemis
Midge Conner
Kathy Auer
Stephen Auer
Gene Auer
Aaron Barlas
Jamie Baudin
Margaret Baumgartel
Ben
Tom Belesiotis
Bouzinakis Family
Jeanne Boss
The family of Parker Brown
Linda Busse
Carol
Carina
Katelyn Carlsen
Chad
Christina and Tedor
Christina
Christine
Dana
Darla
David
Barbara Deligan
Chaleen DeStephano
Tammie Duskin
Costa
Eugenia
Renee Feria
Efthalia Geanous
Evangelia
Gabriella
Gementzopoulou Family
Merrill Gilchrist
Geoffrey Gilmore
Janell Gilmore
Alan Herr
Stephanie & Athena Hineline
Howard
Fr. Isidore
Jaclyn
Jessica
John
Judy
Michael Karsiotis
Kelly
Candace Kerwin
Kimberly
Judy Knittle
Kurt
Kristen

Betty Kouldoukis
Beau Larson
Laura
Laurie
Andrew and Ciara Leckie
Blair Leckie
Georgia Leckie
Fotini Leviton
Sophia Lott
Martha
Matthew Gray
Mason
Michelle
Michael
Michaila
Marie Moffitt
Mary Moffitt
Hayley and Ashley Montgomery
Jim and June Morrison
John Mastor Jr.
Natalia
Natasha
Nathan
Nia
Nikiphora
Jon & Erin Ornes
Oliver
Paul
Alexandra
Stephanie Pappas
George Paris
Nancy Paris
Christy Pessemier
Alana Petrie
Sarah Powell
Philip & Barbara
Patricia Rey
Rachael
RJ
Ronald
Rose
Sarah
Sasha
Marsha Sherwood
Kurt and Kathy Simons
Navaeh Smith
Sophia
Greg Spyridis
Stephanie
Stephen
Karen Stevenson
Vasili Stumpus
Sallie Squires
Tanya
Teodor
Teresa
Terry Olson
Ed Talerico
Joyce Talerico

Joseph Taylor
Gus Themelis
Tina
Trae Tinglestadt
Michael Tsagalakis
Marianna Turko
Vasili
Steve Voss & family
Sarah Webb
Johnnie Whitby
Yvonne



*O Holy Father,
heavenly Physician
of our souls and
bodies, who has
sent Your
Only-begotten Son
our Lord Jesus
Christ to heal all
our ailments and
deliver us from
death: please visit
and heal Your
servant (Name),
granting him/her
release from pain
and restoration to
health and vigor,
that she/he may
give thanks to You
and bless Your Holy
Name, of the
Father, and of the
Son, and of the
Holy Spirit: now
and ever, and unto
ages of ages.*

Holy Apostles Calendar

September 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3 • 8am-Orthros 9am-Divine Liturgy	4	5	6	7	8 • 8am Orthros 9am Divine Liturgy <i>Nativity of the Theotokos</i> • 7:00PM - 9:00PM Family Wellness Ministry Conference	9 • 10:00AM - 4:00PM Family Wellness Ministry Conference
10 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	11	12	13	14 • 8am Orthros 9am Divine Liturgy <i>Holy Cross Feastday</i> • 7:00PM - 9:00PM Give Back  Group (Addiction Support Group)	15	16
17 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	18 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	19 • 7:00PM - 9:00PM Parish Council Meeting	20 • 5:30PM HAK'ers Knitting Group • 5:30PM - 7:00PM EPIC Youth Group 4th -6th Grade • 7:00PM - 8:30PM Adult Education Series - "People Making"	21	22	23
24 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	25 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	26	27 • 5:30PM HAK'ers Knitting Group • 5:30PM - 7:00PM EPIC Youth Group 4th -6th Grade • 7:00PM - 8:30PM Adult Education Series - "People Making"	28 • 7:00PM - 9:00PM Give Back  Group (Addiction Support Group)	29	30

 Reminder exists

Holy Apostles Calendar

October 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	2 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	3	4 • 5:30PM HAK'ers Knitting Group • 5:30PM - 7:00PM EPIC Youth Group 4th -6th Grade • 7:00PM - 8:30PM Adult Education Series - "People Making"	5	6	7
8 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	9 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	10	11 • 5:30PM HAK'ers Knitting Group • 5:30PM - 7:00PM EPIC Youth Group 4th -6th Grade • 7:00PM - 8:30PM Adult Education Series - "People Making"	12 • 7:00PM - 9:00PM  Give Back Group (Addiction Support Group)	13	14
15 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	16 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	17 • 7:00PM - 9:00PM Parish Council Meeting	18 • Orthros 8am Divine Liturgy 9am <i>St Luke the Evangelist</i> • 5:30PM HAK'ers Knitting Group • 5:30PM - 7:00PM EPIC Youth Group 4th -6th Grade • 7:00PM - 8:30PM Adult Education Series - "People Making"	19	20	21
22 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	23 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	24	25 • 5:30PM HAK'ers Knitting Group • 5:30PM - 7:00PM EPIC Youth Group 4th -6th Grade • 7:00PM - 8:30PM Introduction to Orthodoxy (Adult Education Series) • 7:00PM Vespers at St Demetrios	26 • Orthros 8:30am Divine Liturgy 9:30am <i>at St Demetrios in Seattle</i> <i>St Demetrios Feastday</i> • 7:00PM - 9:00PM  Give Back Group (Addiction Support Group)	27	28
29 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	30 • 7:00PM - 9:00PM Grief Support Group - "Cloud of Witnesses"	31				

Holy Apostles Greek Orthodox Church
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“Let us commit ourselves and one another and our whole life to Christ our God”