

Holy Apostles Greek Orthodox Church

FEBRUARY-APRIL 2018 NEWSLETTER



Inside:

Fr. Tom's Corner
**PRAYER IS A
CONTINUAL STATE
OF GRATITUDE**

Join us:
**CRAB FEED:
SATURDAY, FEB 24
5:30PM**

Holy Apostles'
**FEBRUARY,
MARCH, APRIL
CALENDARS**

GREAT LENT: A TIME FOR REFLECTION, RESPONSIBILITY AND SPIRITUAL GROWTH

The Great Lent
It's a journey... NOT a diet!



Most parents realize that keeping our babies healthy requires taking them to the pediatrician for their “well baby” check-ups. At each visit the doctor weighs and measures our kids to make sure they are growing at a healthy rate, checking eyesight and hearing, and answering any questions about behavior and health issues.

As parents, we can't wait for our children to reach important milestones – the first pounds gained, sitting up straight, rolling over, crawling, walking and eating solid food. Indeed, any parent would be devastated if the doctor diagnosed their child with “Failure to thrive.” Failure to thrive is a term used to describe a child whose growth falls below the expected norm.

So often, as we grow up into adulthood, we avoid going to the doctor, we avoid looking at our mental, physical and spiritual health. Is this because we recognize that we are already falling into the category of “Failing to grow and thrive?” Or, are we actively pursuing “solid food” growing into maturity as Christian men and women? If so, we are in the process of transformation! If we receive the diagnosis “failure to thrive” then in fact, we are dying and in need of help and intervention.

During Great Lent, we have a tremendous opportunity to nurture our spiritual health – to grow, to develop, to change! But this change requires effort, discipline, concentration and application. We do not automatically receive Christian maturity if we go to church a few times a month, do our cross and leave it at that. It is unreasonable to expect spiritual growth to require no effort. St. Paul's comparison of our spiritual development to the rigorous training of an athlete applies as well to our spiritual discipline. We are called to fast! We are encouraged to pray! We are commanded to forgive! Our mindset should be to extend compassion and love to others! As parents, are we willing to do everything possible to encourage our children's spiritual growth?

Each of us must take personal responsibility for our own spiritual health and direction our family is heading. Christ our Lord wants to run towards us like the father of the prodigal son. He stands at the door, waiting for our knock! He is ready to fill our hearts with His love and forgiveness.

We, like the prodigal, must recognize our state, our sin, our failure to thrive – and make every effort to return to Him!

Returning to Jesus requires self-reflection with no excuses. We must rid ourselves of “if only... it's because... I'm too busy... I wish this or that was different...” It is time for each of us to take responsibility. No more excuses! We should strive to thrive doing our best to live our spiritual life to the best of our ability. Nothing is more important than the pursuit of a spiritual life and being united with Jesus.

St John of Kronstadt says: “Watch your heart throughout your life; examine it, listen to it, and see what prevents it from uniting itself with the Lord. Let this be your supreme and constant study, and with God's help you will easily observe what estranges you to Him, and what draws you to Him and unites you to Him. It is the evil spirit more than anything else that stands between our hearts and God; he estranges us from God by the several vices, or by the desires of the flesh, and by worldly pride. So examine yourself more often. See where the eyes of your heart are looking....

Being an Orthodox Christian is more than a one day celebration were we can produce a baptismal certificate. We are called to be mindful of God and be watchful of our heart seeking to do whatever it takes to be united with the love of God. We are created to have inner peace and freedom, to have a new sense of direction and purpose in our lives. We are created to experience the power, joy and love of Jesus Christ as he resurrects us from dead hope, dead dreams, dead lives, from the deadness of sin to a new life, a life of glory and peace and hope and joy in the Lord.

At Holy Apostles, we are blessed to have a community committed to growing in Christ, to examining and listening to what unites us with Jesus. You are not alone. We are a church that desires maturity, desires faith, desires love. We are a body seeking to live a transfigured life in Christ. As your priest, I am committed to helping you along this process towards running the race and growing in your relationship with God during Great Lent.

Please consider making an appointment for the sacrament of Holy Confession. Slow down your pace and allow for silence to penetrate your soul. Please make every effort to attend Wednesday and Friday services. Prioritize bringing your family every week (not just once in a while) to Sunday OASIS classes and making the most out of this glorious season of transformation.

Begin today. Begin by opening your heart to God. Begin with “Lord, Have Mercy.”

+fr. tom

*Join us for our annual
Holy Apostles Greek Orthodox Church*

CRAB FEED



**Saturday, February 24th
5:30pm**

at
St Demetrios Cultural Center
2100 Boyer Ave N, Seattle

***Greek Dancing, Entertainment and a Fabulous
Dessert Auction!***

\$30 per person
\$90 per family

For Reservations & Information Contact:
Antigoni Tsircou at 206-795-6208 or antigonitsircou@yahoo.com
Ethel Barbas at 360-387-7245 or eabcamano@wavecable.com

MEN'S GROUP

Holy Apostles has a men's book discussion group that meets every other Monday at 7:30pm in the Holy Apostles Teen Room.

Contact Scott Ross at scott.ross@mytwu.ca if you have any questions.

GARAGE SALE

**Mark your calendars:
April 21st & 22nd**

Please set aside your unwanted items and plan to bring them to church during the week of April 15th to 20th.

The sale will be Saturday, April 21st 9:00am-5:30pm and Sunday, April 22nd 12:30pm-5:00pm.

Please bring:
Household Items
Tools
Electronic items (please make sure they work!)
Clothing: children's clothing and adult outdoor only
Books

(Please only bring items that you are comfortable selling at a bargain price.) All items left over will go to St D's for their festival or St Vincent DePaul.

Contact Diana Plumis if you can help with set-up on Friday or help with the sale on Saturday:
dianaplumis@comcast.net

OASIS SUNDAY SCHOOL

What is OASIS?

Oasis is the acronym for Orthodox Adults and Students in Study. It is the time after coffee hour where we go to our respective classrooms to deepen our knowledge and faith in Christ..

OASIS begins after our short coffee hour. We begin our lesson at 11:00 and conclude at 11:45. The kids and teens go to their respective classrooms and the adults' classroom is in the hall.

We do our best to offer information that inspires and encourages us to become healthy Orthodox Christians who are proud of their faith knowing that at the core of our faith is this calling to love God, to know God and to love those around us.

We look forward to having you join us!
+fr. tom

ORTHODOX CONNECTIONS

Creating connections within the Orthodox community



High School. College +













Fun Activities / Food / Fellowship -all are welcome!

Join us on the first Sunday of each month at 4pm

at Holy Apostles Greek Orthodox Church
19421 Ashworth Ave N, Shoreline WA 98133

OUR JOURNEY TO PASCHA! 2018

Created by Fr. Jonathan Bannon (ACROD)

SUNDAYS	THEMES / GOSPEL READING	HOW TO PARTICIPATE:
Fast - Free Week JANUARY 28th	 Publican and the Pharisee Reading: 2 Timothy 3: 10-15 Gospel: Luke 18: 10-14	Trust in God, not yourself! Ask for His help before every task this week!
Normal Fast Week FEBRUARY 4th	 The Prodigal Son Returns! Reading: 1 Corinthians 6: 12-20 Gospel: Luke 15: 11-32	Schedule a Confession. Use up/freeze meats this week.
Meatfare FEBRUARY 11th <small>FAREWELL TO MEAT TODAY</small>	 The Last Judgment Reading: 1 Corinthians 8: 8-9; 2 Gospel: Matthew 25: 31-46	Pray facing East this week. Christ is returning from the East and we wait for Him! Use up/freeze dairy this week.
Cheesefare FEBRUARY 18th <small>FAREWELL TO CHEESE TODAY</small>	 Adam and Eve are cast from Paradise! FORGIVENESS SUNDAY Reading: Romans 13: 11-14; 4 Gospel: Matthew 6: 14-21	Ask each other for forgiveness each evening this week before bed.
1st Sunday of Lent FEBRUARY 25th	 SUNDAY of ORTHODOXY Reading: Hebrews 11: 24-26, 32-12:2 Gospel: John 1: 43-51	Bring an icon to church for a procession.
2nd Sunday of Lent MARCH 4th	 ST GREGORY PALAMAS Reading: Hebrews 1:10-2:3 Gospel: Mark 2: 1-12	Bring a prayer rope to be blessed today! Use it and pray the Jesus Prayer each day this week.
3rd Sunday of Lent MARCH 11th	 VENERATION OF THE HOLY CROSS Reading: Hebrews 4: 14-5: 6 Gospel: Mark 8:34-9: 1	Wear your cross to church and kiss the cross each morning with a bow!
4th Sunday of Lent MARCH 18th	 ST JOHN of the LADDER Reading: Hebrews 6:13-20 Gospel: Mark 9: 17-31	Every time you climb stairs this week ask St. John to help you reach Paradise with the sign of the cross!
5th Sunday of Lent MARCH 25th	 ST MARY of EGYPT Reading: Hebrews 9: 11-14 & Heb 2:11-18 Gospel: Mark 10: 32-45 & LK 1:24-38	Ask the Theotokos to offer you and the world pure thoughts and ideas this week.
FLOWERY (PALM) SUNDAY! April 1st <small>GREAT WEEK BEGINS</small>	 ENTRY OF OUR LORD INTO JERUSALEM Reading: Philippians 4: 4-9 Gospel: John 12: 1-18	Place your palm branches and pussywillows behind an icon at home and in your car!
GREAT AND HOLY FRIDAY APRIL 6th	 GREAT AND HOLY FRIDAY JESUS DIES ON THE CROSS CHECK WITH YOUR PARISH FOR ROYAL HOURS AND VESPERS SCHEDULE	Refrain from TV, Internet, & Phones to honor Christ's Death.
FEAST OF FEASTS! APRIL 8th NO FASTING!	 HOLY PASCHA! (CHRIST IS RISEN!) Epistle: Acts 1:1-8 Gospel: John 1: 1-17	Greet everyone with "CHRIST IS RISEN!" & say it before good morning and goodnight!

Lenten Services

Wednesday Evenings:

Presanctified Liturgy 6:30pm
followed by a Lenten Meal

Friday Evenings:

Akathist to the Theotokos 6:30pm

Sunday Evenings:

Pan-Orthodox Vespers 5:00pm

February 25th: Church of the Assumption
1804 13th Ave, Seattle, 98122

March 4th: Three Hierarchs Romanian Church
6402 226th St SW, Mountlake Terrace 98043

March 11th: St Katherine
14216 132nd Ave NE, Kirkland 98034

March 18th: St Paul
21236 Poplar Way, Brier 98036

March 25th: Holy Apostles Church
19421 Ashworth Ave N, Shoreline 98133

Lazarus Saturday:

Saturday, March 31st
Orthros 8am, Divine Liturgy 9am
followed by Palm Cross Making and Koulourakia Baking

Holy Week Services

Sunday, April 1st:

Palm Sunday:
Orthros 8am/Divine Liturgy 9am
(*followed by Salmon Luncheon*)
Bridegroom Service 7pm

Monday, April 2nd:

Bridegroom Service 7pm

Tuesday, April 3rd:

Bridegroom Service 7pm

Wednesday, April 4th:

Holy Unction 6:30pm

Thursday, April 5th:

Holy Thursday Service 7:30am
12 Passion Gospels 6:30pm

Friday, April 6th:

Royal Hours 9am
Kid's Retreat 12:30pm
Taking Christ Down
from the Cross 3:00pm
Lamentations 7pm

Saturday, April 7th:

Liturgy 9am
Resurrection Service 11:30pm

Sunday, April 8th:

Agape Service 1pm
followed by Pascha Celebration Potluck

LENTEN WISDOM FROM THE FATHERS

“Let not the mouth only fast, but also the eye, and ear, and the feet, and the hands, and all the members of our bodies. Let the hands fast, by being pure from greed. Let the feet fast, by running away from unlawful spectacles. Let the eyes fast, being taught never to fix themselves rudely upon handsome countenances, or to busy themselves with strange beauties. For looking is the food of the eyes, but if this be such as is unlawful or forbidden, it mars the fast; and upsets the whole safety of the soul; but if it be lawful and safe, it adorns fasting.”

“For it would be among things the most absurd to abstain from lawful food because of the fast, but with the eyes to touch even what is forbidden. Let the ear fast also. The fasting of the ear consists in refusing to receive evil speakings and lies. Beware of limiting the good of fasting to mere abstinence from meats. Real fasting is alienation from evil. ‘Loose the bands of wickedness.’ Forgive your neighbour the mischief he has done you and forgive him his trespasses against you.” St. John Chrysostom

“We love because God first loved us. We forgive because God first forgave us. It is part and parcel of what it means to be human to forgive and love. What did Jesus say, “There must be no limit to your goodness since the heavenly Father’s goodness knows no bounds.” What makes this possible is that we are made in God’s image and called to develop His likeness. There are no limits for God or us.”

“Everything and everyone resides in the ocean of God’s grace. His tender loving care surrounds us. “In Him,” says St. Paul, “we live and move and have our being.” Forgiveness is the very air we breathe. Why do so many of us hold our breath? We struggle and fight when what we need to do is let go and breathe deeply. We need to stop defending ourselves against God’s grace.” St. Basil the Great

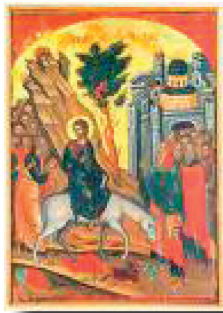
Our computers have spam filters. I believe many of us have “forgiveness filters.” We need to turn them off! One way is to begin consciously to nurture a life of forgiveness because forgiveness is not so much a tool we can use as much as it is a way of life!

Reflections on Holy Week and Pascha

Lazarus Saturday, Orthros ~ 8:00 & Divine Liturgy ~ 9:00 am

Great lent officially ends on Lazarus Saturday. The Liturgy of St. John Chrysostom is celebrated to commemorate the raising of Lazarus. Notice that Fr. Tom is wearing white/gold vestments. This change in color denotes the resurrectional nature of this service as a prelude to Holy Week. The beautiful baptismal hymn "As many as have been baptized into Christ" is sung. Historically this was a baptismal liturgy.

Palm Sunday,



Orthros, 8:00 am & Divine Liturgy, 9:00 am

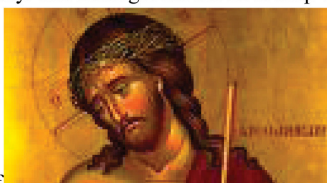
The hymn of Palm Sunday proclaims the children holding the emblems of victory singing, "Hosanna blessed is He who comes in the name of the Lord." We experience Christ's triumphal entrance into Jerusalem and we hold palms as symbols of Christ's ability to overcome death by raising Lazarus. We will receive our palms at the beginning of the Divine Liturgy to remember this great triumph throughout our sacred

worship.

Holy Sunday, Monday & Tuesday Bridegroom Service ~ 7 pm

The Bridegroom Services instruct us in our faith, as does all the preparation for Holy Week. Even more, they help us make Holy Week more than simply a ritual that tells a story. The Bridegroom Services help us enter into the story, the life of Jesus Christ, and live it.

Tuesday's Bridegroom Service with the procession and singing the hymn of St. Cassiani describes the life and conversion of the sinful woman who anointed Christ. The scriptures tell us that the whole room was filled with the scent of myrrh. Once again it is important to understand that this is simply not a play being reenacted, but rather we are attempting to enter the life of Christ.



Holy Wednesday Holy Unction Service 6:30 pm

We prepare for this service by prayer and fasting from noon until after receiving the Sacrament of Holy Unction. The Church is called the Body of Christ. We are members of the Body through our Baptism, Chrismation, Confession, and Holy Communion. As the sinful woman anointed Christ, we are also anointed with the oil of healing, so we can go with Christ to the Cross, suffer, die, and be resurrected with Him. At the conclusion of the service, the faithful are anointed with the sacrament of Holy Unction. The priest anoints each of the faithful with the oil of healing on various parts of the body: fore-

head, eyes, ears, mouth, palms and the back of each hand. These areas are associated with the senses of smell, hearing, taste and touch.

The biblical basis for the Sacrament is found in James 5:14-16: Is any among you sick, let him call for the presbyters of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed.

Holy Thursday Morning - 7:30 am

Vespertal Liturgy of St. Basil - This service relives the Lord's Supper and betrayal by Judas. The hymn "Of Your Mystical Supper, O Son of God" is sung throughout the service. Traditionally, Orthodox Christians throughout the world make every attempt to receive the Sacrament of Holy Communion on Holy Thursday. We have received the Sacraments of Holy Unction and Confession, and now Holy Communion, on this journey towards the Resurrection of Christ.

The "Washing of the Feet" Service will immediately follow the Divine Liturgy. Here, our priest will participate in a dramatic re-enactment of Christ's washing the feet of his disciples. This act is a mystery of humility and love.

Holy Thursday Evening ~ 6:30 pm Passion Gospel Service

This is one of the most important and solemn Holy Week services. It is a remembrance and an entrance into the suffering and death of Christ. The priest, standing in the center of the church surrounded by twelve candles, reads the words of the apostles who witnessed the events. As each Gospel is read one candle is lit. During the fifth reading, the priest processes with the Cross carried on his shoulder as he chants, "He who hung the earth upon the waters is now being hung on the cross."

As Simon carried the cross for Christ during his walk to the crucifixion, the priest now carries the cross. In doing so here presents the entire congregation.

At the point of the sixth Gospel when "He yielded up the spirit" is read, the priest places a wreath of flowers over the cross." (This is the moment in the scripture reading when Christ our Lord took his final breath).

Holy Friday Morning ~ The Royal Hours 9:00 am

Following the crucifixion, the myrrh bearing women prepared the tomb and Christ for burial. The faithful of our parish decorate the tomb of Christ with flowers. 11:00 am.

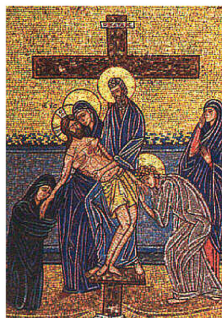
Holy Friday Afternoon Procession ~Taking Down of Christ ~"Apo-kathelosis" 3:00 pm

Procession with the Burial Shroud - At this service the icon of Christ is removed from the Cross as the priest reads, "And taking Him down they wrapped Him in a linen shroud." The tomb (Kouvouklion) stands empty in the center of the church. The shroud is carried by four people over the head of the priest who is carrying the gospel as the choir sings the "Hymn of Noble Joseph." The procession ends as the shroud is

Holy Friday Evening ~ The Lamentations 7 pm

The Lamentations, as the name suggests, is a mournful service lamenting the death of Christ. The beautiful Lamentations and refrains are sung by the congregation, "O Life, how can You die?" During the singing of the Ninth ode of the Canon, the priest blesses the congregation with rose water as rose pedals are scattered around the church.

During the service, the shroud is removed from the tomb, along with the priest; the congregation makes a procession around the entire exterior of the church. They return to the church to hear the reading Ezekiel about the valley of the dry bones. The service ends with the veneration of the shroud and the distribution of flowers.



Holy Saturday Morning ~ 9:00 am Liturgy

This beautiful service celebrates Christ's descent into hell to free Adam and Eve and all who lived and died in anticipation of the coming of Christ. The glorious hymn from the Liturgy of St. James is sung, "Let all mortal flesh be silent."

Holy Saturday Evening ~ Resurrection service of Holy Pascha, 11:30 pm

As a community of faith, we have experienced great spiritual renewal in our journey through Lent and Holy Week. All the preparations have been for this night. The church is ready and the faithful have spent the day in strict fast. There is a sense of anticipation in the air. The church is darkened and the music selections are somber as during all of lent. All lights in the church are extinguished and there is total darkness.

At midnight, the flame from a single candle appears at the altar. The priest comes forth singing "Come Receive the Light" -- holding the light of Christ that he gives to the rest of the faithful. The entire congregation in procession walks towards the doors of the church.

Upon finishing the procession around the church, the congregation gathers at the closed front doors of the church. The Priest knocks on the doors three times saying: Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. And a voice asks: Who is this King of Glory? The priest answers: The Lord strong and mighty, the Lord mighty in battle. The priest then knocks again saying: Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. And again the voice asks: Who is this King of Glory? The priest then replies: The Lord of hosts, he is the King of Glory. The doors are swung open and the priest reenters followed by the congregation.

The entire tone of the service is changed. The dim interior of the church is gone. The dark vestments and candle holders are also gone. The tomb and somber music are also gone. The church is as bright as possible. The vestments are bright and the singing joyous. It is the triumphal resurrection of Christ saving us from death and granting us resurrection. "Christ is Risen!" The Hymn "Christ is Risen from the Dead" is sung repeatedly with joy and power. The Cry of "Christ is Risen" and the response "Truly, He is risen." fills the air. This is proclaimed in many different languages.

English - Christ is Risen! / Truly He is Risen!

Greek - Christos Anesti! / Aleithos Anesti!

Slavonic - Christos Voskrese! / Voistinu Voskrese!

Arabic - Al-Masih-Qam! / Hakkan Qam!

The Symbolic Red Eggs

At the conclusion of the service, everyone receives a red egg. Eggs are a symbol of rebirth and new life. The red eggs of Pascha are a reminder of the blood of the risen Lord. At the end of our Resurrection Service, red eggs are blessed by the priest and distributed to all. Before eating the eggs, people tap their eggs against one another's as they say "Christ is Risen! Truly He is Risen!" Cracking the egg represents breaking the seal of Christ's tomb. We are reminded of new life, or that the cracking of eggs symbolizes the shattering of Hades by the victorious Christ. According to custom, the person who cracks the other's egg first will have the blessing.



St. Mary Magdalene, who is often depicted in icons holding a red egg, may have been aware that the Romans would know the meaning of the egg as something that brings forth life from a sealed chamber. After Christ was crucified and rose up to Heaven, Mary Magdalene was in Rome. When she met with the Roman Emperor Tiberius, she gave him a red colored egg and announced "Christ is Risen!" At the conclusion, all are invited to break the fast and break bread together.

The Agape Service, 1:00 pm

At 1:00 Sunday afternoon following Paschal Liturgy, the Agape Vespers service is celebrated. The congregation gathers together to hear readings from the four Gospels in many different languages proclaiming that Christ is Risen!

Community Pascha Celebration

Let us celebrate the Feast of Feasts together!

We will be celebrating Pascha with an afternoon of activities immediately following the AGAPE Service. We will have an Easter egg hunt, games and activities for our children and wonderful fellowship with dancing and food. Plan to attend!

**Pascha Celebration
Sunday, April 8th
after the Agape Service**

**Volunteers needed
Holy Apostles Paschal Celebration**

Please sign up online at:

<http://bit.ly/2Btzo4V>

**or contact Linda Smith at:
holypostles@comcast.net
206-542-1391**

PRAYER LIST

Laurie Accito	Dana	Judy Knittle	Oliver	Teodor
Stevie Adamek	Darla	Kurt	Paul	Teresa
Alison	David	Kristen	Alexandra	Christopher Themelis
Angelina	Barbara Deligan	Betty Kouldoukis	Stephanie Pappas	Terry Olson
Angeliki	Chaleen DeStephano	Beau Larson	George Paris	Ed Talerico
Pete Anthony	Tammie Duskin	Laura	Nancy Paris	Joyce Talerico
Sidonia Anthony	Costa	Laurie	Christy Pessemier	Joseph Taylor
Pres. Maria Armatas	Eugenia	Andrew and Ciara Leckie	Alana Petrie	Gus Themelis
Artemis	Renee Feria	Blair Leckie	Sarah Powell	Tina
Midge Conner	Efthalia Geanous	Georgia Leckie	Philip & Barbara	Trae Tinglestadt
Kathy Auer	Evangelia	Fotini Leviton	Patricia Rey	Michael Tsagalakis
Gene Auer	Gabriella	Sophia Lott	Rachael	Marianna Turko
Aaron Barlas	Gementzopoulou Family	Martha	RJ	Vasili
Jamie Baudin	Merrill Gilchrist	Matthew Gray	Ronald	Steve Voss & family
Margaret Baumgartel	Geoffrey Gilmore	Mason	Rose	Sarah Webb
Ben	Janell Gilmore	Michelle	Sarah	Johnnie Whitby
Tom Belesiotis	Alan Herr	Michael	Sasha	Yvonne
Bouzinekis Family	Stephanie & Athena Hineline	Michaila	Marsha Sherwood	
Jeanne Boss	Howard	Marie Moffitt	Kurt and Kathy Simons	
The family of Parker Brown	Fr. Isidore	Mary Moffitt	Navaeh Smith	
Linda Busse	Jaclyn	Hayley and Ashley Montgomery	Sophia	
Carol	Jessica	Jim and June Morrison	Greg Spyridis	
Carina	John	John Mastor Jr.	Stephanie	
Katelyn Carlsen	Judy	Natalia	Stephen	
Chad	Michael Karsiotis	Natasha	Alice Stevenson	
Christina and Tedor	Kelly	Nathan	Karen Stevenson	
Christina	Candace Kerwin	Nia	Vasili Stumpus	
Christine	Kimberly	Nikiphora	Sallie Squires	
		Jon & Erin Ornes	Tanya	

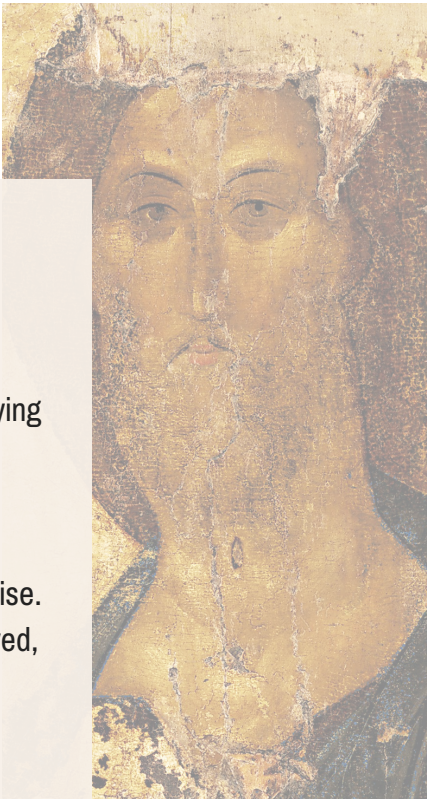
O Holy Father, heavenly Physician of our souls and bodies, who has sent Your Only-begotten Son our Lord Jesus Christ to heal all our ailments and deliver us from death: please visit and heal Your servant (Name), granting him/her release from pain and restoration to health and vigor, that she/he may give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

WISDOM FROM THE FATHERS

Our heart is like a mirror; as the objects of the outer world are reflected in an ordinary mirror, so ought the truth to be reflected with all exactitude in our hearts.
- St. John of Kronstadt

When we once begin to form good resolutions, God gives us every opportunity of carrying them out.
- St John Chrysostom

Take heed, then, often to come together to give thanks to God, and show forth His praise. For when you assemble frequently in the same place, the powers of Satan are destroyed, and the destruction at which he aims is prevented by the unity of your faith.
- St. Ignatios of Antioch, 2nd century




Holy Apostles Calendar

February 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • 7:00PM - 9:00PM Give Back  Group (Addiction Support Group)	2 • 8am Orthros 9am Divine Liturgy Presentation of our Lord	3
4 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School) • 4:00PM Orthodox Connections: Teen and Young Adult Group	5 • 7:30PM - 9:00PM Men's Group	6	7 • 5:30PM HAK'ers Knitting Group • 5:30PM Dinner • 6:30PM Vespers • 7:00PM - 8:30PM Book Group	8	9	10 • 8am Orthros 9am Divine Liturgy <i>Saturday of Souls</i>
11 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	12	13	14	15 • 7:00PM - 9:00PM Give Back  Group (Addiction Support Group)	16	17 • 8am Orthros 9am Divine Liturgy <i>Saturday of Souls</i>
18 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School) • 6:00PM Forgiveness Vespers	19 • Lent Begins	20 • 7:00PM - 9:00PM Parish  Council Meeting	21 • 6:30PM Presanctified Liturgy <i>Followed by a Lenten Meal</i>	22	23 • 6:30PM Akathist to the Theotokos	24 • 8am Orthros 9am Divine Liturgy <i>Saturday of Souls</i> • 5:30PM Crab Feed at St Demetrios
25 • Sunday of Orthodoxy • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	26	27	28 • 6:30PM Presanctified Liturgy <i>Followed by a Lenten Meal</i>			

 Reminder exists


Holy Apostles Calendar

March 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 • 7:00PM - 9:00PM Give Back  Group (Addiction Support Group)	2 • 6:30PM Akathist to the Theotokos	3
4 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School) • 4:00PM Orthodox Connections: Teen and Young Adult Group	5	6	7 • 6:30PM Presanctified Liturgy <i>Followed by a Lenten Meal</i>	8	9 • 6:30PM Akathist to the Theotokos	10
11 • Sunday of Holy Cross • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	12	13	14 • 6:30PM Presanctified Liturgy <i>Followed by a Lenten Meal</i>	15 • 7:00PM - 9:00PM Give Back  Group (Addiction Support Group)	16 • 6:30PM Akathist to the Theotokos	17
18 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	19	20 • 7:00PM - 9:00PM Parish  Council Meeting	21 • 6:30PM Presanctified Liturgy <i>Followed by a Lenten Meal</i>	22	23 • 6:30PM Akathist to the Theotokos	24
25 • 8am Orthros 9am Divine Liturgy <i>Feast of the Annunciation</i> • 11:00AM - 11:45AM OASIS (Sunday School)	26	27	28 • 6:30PM Presanctified Liturgy <i>Followed by a Lenten Meal</i>	29	30	31 • Lazarus Saturday 8am Orthros 9am Divine Liturgy

 Reminder exists

Holy Apostles Calendar

April 2018						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 • Palm Sunday Orthros 8am Divine Liturgy 9am Luncheon 10:30am • 7PM 7pm Bridegroom Service	2 • Holy Monday 7pm Bridegroom Service	3 • Holy Tuesday 7pm Bridegroom Service	4 • Holy Wednesday 6:30pm Sacrament of Holy Unction	5 • Holy Thursday 7:30am Holy Thursday Service 6:30pm 12 Passion Gospels Service	6 • Holy Friday 9am Royal Hours 12:30pm Kids Retreat 3pm Taking Christ down from the Cross 7pm Lamentations	7 • Holy Saturday 9am Liturgy 11:30pm Resurrection Service
8 • Pascha 1pm Agape Service <i>followed by a community celebration/potluck</i>	9	10	11	12	13	14
15 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	16 • 7:30PM - 9:00PM Men's Group	17 • 7:00PM - 9:00PM Parish Council Meeting	18	19	20	21
22 • 8am-Orthros 9am-Divine Liturgy • 11:00AM - 11:45AM OASIS (Sunday School)	23	24	25	26 • 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 • 7:30PM - 9:00PM Men's Group					

 Reminder exists

Holy Apostles Greek Orthodox Church
19421 Ashworth Avenue North
Shoreline, WA 98133

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“Let us commit ourselves and one another and our whole life to Christ our God”