



Saint Sophia Greek Orthodox Church

March-April 2016

www.saintsophias.org email: stsophia.bellingham@gmail.com (360) 734-8745
510 East Sunset Drive Bellingham, Washington 98225

"Why I'm Orthodox" Reflections on the Orthodox Faith

Dear Readers,

From time to time, after the conclusion of the Sunday Divine Liturgy, St. Sophia parishioners will come before the community to share what the Orthodox Christian Faith, Church and parish means to them and how they help them grow in their relationship with Jesus Christ. In January, parish council member and chanter Christos Christoforou delivered the following reflection. If you feel called to give such a reflections, please contact me.

In Christ,

Fr. Michael

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Why I am Orthodox by Christos Christoforou

I was born and brought up in the old country. There, it was difficult to separate religion from the rest of one's life. I remember grade school, with the special benches at church, where we were supposed to sit on Sunday services, and the senior student who took attendance, and Monday prayer at school, with the Principal reading the names of the students who were absent...

So for me, the question really isn't, "why am I an Orthodox Christian" because that is taken for granted. Rather, the question for me is, why am I where I am today, with regards to my religion?

In my mid-twenties I came to the USA to go to school. By that time, church had regressed to once a year on Easter.



Christos and his wife, Kim

a place very similar to school, and he would get used to it.

And that's how I started going back to church.

Around that time, there was a lot of upheaval in my personal life. Looming changes, uncertainty, and rejection. Church was the opposite: Constancy, acceptance and love. Soon I found myself looking forward to Sundays.

Growing older, church, and my faith, was becoming more important to me.

If one were to ask me, why are you going to church nowadays? I like my priest. I like my fellow parishioners, whom I see as an extended family. I like the Liturgy, and I listen to some hymns like others listen to their favorite songs. But ultimately, it's all about becoming a better Christian, a better person, have stronger faith, and ultimately get closer to God. I have a lot of work to do!

- Christos

It is strange how I returned to church. My eldest was a special needs kid, and when the time was coming for him to go to school, we thought that it might be a good idea for him to go to Sunday School. He would be in

Looking Ahead

Saturday of Souls Liturgies
Mar. 5th, 12th & 19th

Forgiveness Vespers
Sun. March 13th

Great Lent Begins
Monday March 14th

Sunday of Orthodoxy
March 20th

Annunciation
Fri. March 25th

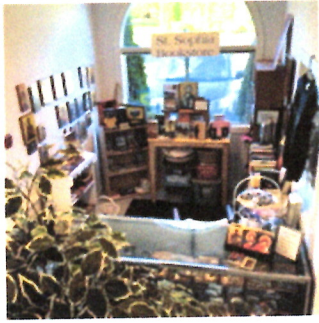
Palm Sunday
April 24th

Holy Week
April 24th-May 1st.

Pascha/Orthodox Easter
Sunday May 1st



THE ST. SOPHIA BOOKSTORE



March Bookstore News

Great Lent, beginning March 14, is the most important of the four Orthodox Lenten seasons. There are many books, icons, cards, incense currently available to prepare ourselves for this season.

BOOKS:

- “Book of Services for Holy Week and Easter”
- “Daily Lenten Meditations”
- “Lenten Spring”
- “Lenten Cookbook”

EASTER CARDS (10 in a pack), Red egg dye (from Greece), hand decorated candle for your Easter dining table...and much more.

CHILDREN BOOKS:

- “Miracle of the Red Egg”
- “Lent! Wonderful Lent”
- “The Legend of the Cross”
- 2-pack of Orthodox coloring books (Great Lent and Holy Week which includes poster and stickers
- “My Orthodox Counting Book”
- “Guardian Angel Children’s Prayer Book” with an introduction to the Divine Liturgy.

Come and browse your parish bookstore; you will find many surprises. We also do special orders.



St. Sophia Choir

Choir practices will be held after Liturgy at noon on Sunday, March 20th and Sunday, April 17th. There will also be a special practice for the Lamentations and Pascha services after Royal Hours on Holy Friday. These are very important practices in our preparation for Lent and Pascha; if you intend to sing in the choir during these seasons please make sure to attend!

We Are Proud of You!



Congratulations to Kyle Sentkowski field goal kicker for Blaine High School and grandson of Georgia Sentkowski. According to the Bellingham Herald, Kyle “was one of 58 high school football players nationwide selected to play on the U-18 national team, which played Canada this past Feb.

3rd at AT&T Stadium in Arlington, Texas.”

Donations Request

\$145 per case of Communion wine (two cases needed); \$75 for case olive oil for church candles (approx. 6 month supply); \$35 for case of censer charcoal; \$100 for incense; \$25 for oil candle cups for hanging candles (5 cups desired); \$150 priest Paschal/Easter Candle; \$150 for a professionally made color welcome banner to post on front lawn of church to invite the public to services; \$55 for palms for Palm Sunday; \$300 for case of vigil candles for Holy Friday and Saturday; lamb for Easter picnic- please ask Georgia Sentkowski. *If you have any questions, or to make a donation, please contact Fr. Michael. Thank you!*

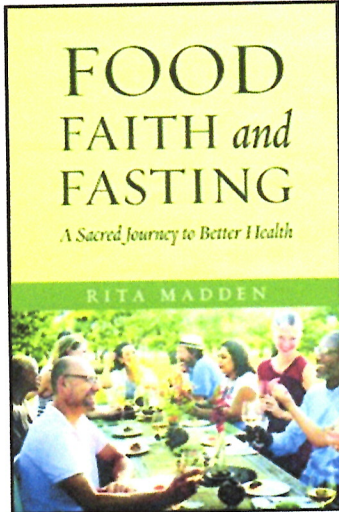
Thank you...

to those who have sent in their 2016 Parish Membership Cards...

Fr. Michael and Elizabeth Tervo + Christos & Kim Christoforou + Georgia Sentkowski + George & Judith Moularas + Areti Moularas + Pete Barbas + Gebran Gholam + Yanni & Ana Cristina Gholam + Kris Freeberg + Joyce Piantes + Roger Hulbush + Dimitrios & Terpsithea Totkas + Vasile & Iona Aluash + Sue Moyer + Alicia Morgan + Elizabeth Morgan + Jim & Eleni Zourkos + Bryant & Tamara Mattson + Anthony & Partena Rodriguez + Niki & Raymond Welton + The Cretu Family + Forest & Holly Grow + Hariekli Meras-Bryant + Douglas & Dena Lien + Thelma Stasinis + Paul & Ann Richardson + John & Natalie Koenig + Manoli & Anna Chondroyannis + Chris & Eleni Pantoleon + John Harriman + Adrienne Hunter + Dimitrios & Georgia Damianos + Dan & Effie Eisses + Anastasia Zervas + Nadim & Angeline Moussi + Pete & Matina Primbas

Come, Join the
St. Sophia Book Group
and join us as we read...

The Book Group will meet
Wed. April 13th, after the
Pre-Sanctified Liturgy



For ordering information,
please contact Hariiekla
Bryant, director of the St.
Sophia Book Store

Book Group

In April, the St Sophia Book Group will read and discuss "Food, Faith and Fasting: A Sacred Journey to Better Health" by Rita Madden, MPH, RD.

Orthodox Christians fast approximately half the days of the year. But in our food-obsessed society, how do we determine our approach to eating in general? Nutritional expert Rita Madden expands on her popular podcast to help us eat in a way that is healthful for both our bodies and our souls—in times of fasting, feasting, and the ordinary days in between.

About the Author:

Rita Madden, MPH, RDN, is the nutrition director for Mediterranean Wellness, a company that focuses on sensible weight loss/management and chronic disease prevention/management. She completed her graduate work in public-health nutrition at Loma Linda University. She has a podcast on the subject of food, health, and the Eastern Orthodox Faith on Ancient Faith Radio. She is also a member of the Orthodox Speakers Bureau, through which she conducts workshops on this subject matter on a nationwide level. Rita is passionate about this subject matter and is devoted to helping people form a healthy relationship with food.

For more info about this group, please contact
Presvytera Elizabeth: elizabeth.tervo@gmail.com

St. Sophia Easter Picnic

Sunday, May 1st 1:00 pm
Hovander Park, Ferndale

You and your family are invited to join the St. Sophia Community to celebrate the Great Feast of Pascha with an picnic at Hovander Park in Ferndale. If you are planning to attend, please either put your family name with number of adults and children in your party on the sign-up sheet in the church hall. You can also rsvp by contacting the church office (360-734-8745) or emailing Georgia Sentkowski (georgia2608@comcast.net). Please rsvp so the parish council can know how much food to order. There will be a charge at the door, to help offset the cost of the facilities rental and other costs.

Presvytera Elizabeth thanks the St. Sophia parish for supporting her going to the annual Metropolis Presvyteres Retreat at St Nicholas Ranch in January! This was a wonderful time of fellowship, refreshment, encouragement and education for all the Presvyteres present.

Of note, your Presvytera Elizabeth was elected to serve as President of the Metropolis of SF Sisterhood of Presvyteres for the next two years.

St. Sophia Spiritual Retreat

***"Accept Their Crowns Into Thy Kingdom:
Reflections on Marriage
as a Sacrament of Love"***

with presentations

by **Dr. Carrie Frederick Frost**

Orthodox Theologian and St. Sophia parishioner

and **Fr. Michael Tervo**

Saturday, April 16th

12:00 pm to 6:00 pm

Followed by Great Vespers

St. Sophia Greek Orthodox Church

510 East Sunset Drive Bellingham

[www. saintsophias.org](http://www.saintsophias.org)

Hospitality provided by

the St. Sophia Ladies' Philoptochos Society/Friends of the Poor

Chocolate Eggs like you've never had before!



Starting with a real egg, it's contents are blown out and drained. Then each eggshell is sterilized and filled with chocolate praline. Just crack like a real hard-boiled egg and peel to taste this yummy

treat from Boehm's Chocolates.

\$5.00 each. Your support helps fund our Project Mexico Homebuilding team.

Available during coffee hour Sunday, April 16 & 23.

For more information or to pre-order, contact Brooksana at 441-0144



Project Mexico
& St. Innocent Orphanage

Building Hope for Boys Without Families and Families Without Homes

PHILOPTOCHOS/FRIENDS OF THE POOR NEWS
ST. SOPHIA CHAPTER #4032

WHAT IS PHILOPTOCHOS? WHY SHOULD ORTHODOX CHRISTIANS JOIN? Philoptochos means "friends of the poor". The mission of this society is to fulfill the commandment of our Lord Jesus Christ, to care for the needy and the vulnerable in the world around us.

It is the largest Christian women's organization in the United States, established in 1931. In addition to its ministries of caring for the poor and the sick, Philoptochos members strive to make a difference in the lives of people suffering from human trafficking, homelessness, sexual exploitation and domestic abuse. We also strive to support those who labor in our national church communities.

MEMBERSHIP DRIVE BEGINS MARCH 1 AND ENDS MAY 1.

There will be a registration table set up in MacIntyre Hall during coffee hour.

**JOIN PHILOPTOCHOS !
MAKE A DIFFERENCE!**

St. Sophia's 2016 Parish Council

Fr. Michael Tervo, Priest

Parish Council President: Yanni Gholam

Vice President: Bryant Mattson

Secretary: Georgia Sentkowski

Treasurer: Areti Moularas

Member at Large: Effie Eisses

Member at Large: Christos Christoforou

Member at Large: Chris Pantoleon

Save the Date

Sunday, April 24th Palm Sunday Luncheon

**Orthodox Christians to March in the Bellingham
St. Patrick's Day Parade
Saturday March 12**

All ages invited! Orthodox Christians from St. Sophia and St. Innocent are going to March in the 2016 Bellingham St. Patrick's Day Parade to remind people that St. Patrick is also an Orthodox saint! Meet at 11 am in the lot at the corner of Ohio and Cornwall Ave. We'll march at 12 noon. Bring your banners, icons, and green!



**The 6th Annual St Sophia Parish
St. John Chryostom Oratorical Festival**

April 10, 2016 (In the church after coffee hour)

Our young people will be giving speeches on various topics according to our faith. Kids from both Sunday School and the Homeschool Coop will be participating.

The older group's presentations will be formally judged and the top two in each division will move on to the District Festival in Seattle on April 17.

Our judge this year will be Fr. David Sommer.
Questions, see Presvytera Elizabeth



Liturgical & Events Calendar

St. Sophia Greek Orthodox Church
Bellingham, Washington

2016

sun mon tue wed thu fri sat

1 2 3 4 5

**METROPOLIS CLERGY-LAITY
IN CALIFORNIA,
Feb. 29-March 1st**

**Fr. Michael at Clergy Conference
in California
March. 1-3**

SAT. OF SOULS
8:45 am Orthros
9:30 am Liturgy & Memorial Service
11 am Trisagion at Bayview Cemetery
4:30 Outreach Committee
5:30 Great Vespers

10 am Homeschool Coop

6:15 pm Reader's Vespers

JUDGEMENT-MEATFARE SUNDAY 6
8:45 am Orthros
10 am **Divine Liturgy**
11:15 Sunday School
11:15 Fellowship

7 **Washington Orthodox Clergy Association-** St. Thomas Orthodox Church, Snohomish

10 am Homeschool Coop

6:15 pm Vespers

11 **CHEESEFARE SATURDAY** 12
8:45 am Orthros
9:30 am Liturgy & Memorial Service
11 am Orthodox march in Bellingham
St. Patrick's Day Parade
4:30 Confessions
5:30 Great Vespers

FORGIVENESS-CHEESEFARE SUNDAY 13
8:45 am Orthros
10 am **Liturgy**
11:15 Sunday School
11:15 Fellowship
12:00 **Forgiveness Vespers**

GREAT LENT BEGINS 14
Clean Monday
Office Closed
7pm Great Compline

10 am Homeschool Coop

5:30 pm 9th Hour
6:00 pm
Presanctified Liturgy
7 pm Lenten potluck

7 pm 1st Salutations

18 **1ST SAT. OF LENT / MIRACLE OF THE KOLYVA** 19
8:45 am Orthros
9:30 am Liturgy & Memorial Service
4:30 Confessions
5:30 Great Vespers

SUNDAY OF ORTHODOXY 20
8:45 am Orthros
10 am **Liturgy & Procession of Icons**
11:15 Sunday School
11:15 Fellowship
12:00 Choir practice
5:30 **Pan-Orthodox Vespers @ St Andrew, Arlington**

7pm Great Compline

10 am Homeschool Coop

5:30 pm 9th Hour
6:00 pm
Presanctified Liturgy
7 pm Lenten potluck

5:30 pm Great Vespers

24 **ANNUNCIATION/ EVANGELISMOS** 25
Greek Independence Day
8:45 am Orthros
9:30 am Liturgy
10:45 am Greek Independence-Great Doxology @ Memorial Park
7 pm 2nd Salutations

4:30 Confessions
5:30 Great Vespers

SUNDAY OF ST. GREGORY PALAMAS 27
8:45 am Orthros
10 am **Divine Liturgy**
11:15 Sunday School
11:15 Fellowship

6pm Parish Council
7pm Great Compline

10 am Homeschool Coop

5:30 pm 9th Hour
6:00 pm
Presanctified Liturgy
7 pm Lenten potluck

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Liturgical & Events Calendar

St. Sophia Greek Orthodox Church

Bellingham, Washington

2016

sun	mon	tue	wed	thu	fri	sat
						1 2
					7 pm 3rd Salutations	4:30 Confessions 5:30 Great Vespers
HOLY CROSS/ MID-LENT 3	4	5	6	7	8	9
8:45 am Orthros 10 am Liturgy 11:15 Sunday School 11:15 Fellowship 12:00 Choir practice	6pm Confessions 7pm Great Compline	10 am Homeschool Coop	5:30 pm 9th Hour 6:00 pm Presanctified Liturgy 7 pm Lenten potluck		7 pm 4th Salutations	9 am Orthodox Prison Ministries Retreat. St. Demetrios, Seattle 4:30 Confessions 5:30 Great Vespers
ST. JOHN CLIMACUS 10	11	12	13	14	15	16
8:45 am Orthros 10 am Liturgy 11:15 Sunday School 11:15 Fellowship 12:00 St. Sophia Oratorical Festival	6pm Confessions 7pm Great Compline	10 am Homeschool Coop 10 am Washington Orthodox Clergy Assoc. Mtg at St. Demetrios, Seattle	5:30 pm 9th Hour 6:00 pm Presanctified Liturgy 7 pm Lenten potluck 7pm St. Sophia Book Group		7 pm Akathist Hymn	4:30 Confessions 5:30 Great Vespers
ST. MARY OF EGYPT 17	18	19	20	21	22	23
8:45 am Orthros 10 am Liturgy 11:15 Sunday School 11:15 Fellowship 12:00 Reading of the life of St. Mary of Egypt 1:00 Choir practice	6pm Confessions 7pm Great Compline	10 am Homeschool Coop	5:30 pm 9th Hour 6:00 pm Presanctified Liturgy 7 pm Lenten potluck			SATURDAY OF LAZARUS 8:30 am Orthros 10 am Philoptochos Tsourekia Baking 9:30 Liturgy 10:30 am Palm Cross Tying & Church Decoration 5:30 pm Great Vespers
PALM SUNDAY 24	HOLY MONDAY 25	HOLY TUESDAY 26	HOLY WEDNESDAY 27	HOLY THURSDAY 28	HOLY FRIDAY 29	HOLY SATURDAY 30
8:45 Orthros 10:00 Liturgy & Procession 11:45 Community Fish Luncheon 7 pm Bridegroom Service	9 am 9th Hour 9:30 am Presanctified Liturgy 7 pm Bridegroom Service	9 am 9th Hour 9:30 am Presanctified Liturgy 7 pm Bridegroom Service	9 am 9th Hour 9:30 am Presanctified Liturgy 4 pm Holy Unction 7 pm Bridegrom Service Followed by Anointing w/ Unction	9:30 am Divine Liturgy of St. Basil 7 pm 12 Gospels	9:30 am Royal Hours 10:30 am Decorate the Epitaphion 3:00 pm Unnailing Vespers 7:00 pm Lamentations 9:00 pm Community Lenten Soup Meal	9:30 am Vesperal Liturgy of St. Basil 11pm Vigil for the Resurrection 12 Midnight Anastasis Service & Liturgy; potluck to follow

Milestones

Baptism: Oscar Rodriguez, son of Partena and Anthony Rodriguez; Godparents: Star and Evans Vagelaras, Jan. 31st

Memorial: Maria Voulgari, 40 days. Mother of Virginia Tourikis; Feb. 21st

Coffee Hour Offerings

3/6 Mary Hulbush, Dena Lien, and Cheri Webster—

Meatfare Sunday, meat and dairy allowed

3/13 Georgia Sentkowski and Cheryl Kahle—
Cheesefare Sunday, no meat

3/20 Cristina Gholam and Nadia Boulos*

3/27 Marina Polichronakis and Eleni Pantoleon*

4/3 Nia Zourkos, Eleni Mistry, and Tammy Stavropoulos*

4/10 Effie Eisses and Joyce Piantes*

4/17 Voula Parks, Jamee Twining, and Loree Foote*

4/24 Palm Sunday Fish Luncheon

**Lenten Fast... please no meat or dairy. Oil and wine are allowed.*

Thank you for finding a substitute and notifying Dena Lien if you are not able to provide for coffee hour on your scheduled day Please contact Dena at 360-421-3913 or e-mail her at play_ball@comcast.net

Prosporo Bakers

3/6 Tasia Tsoulouhas (4)

3/13 Tamara Mattson (5)

3/20 Christos Christoforou (6)

3/27 Harieklia Bryant (4)

4/3 Adrienne Hunter (4)

4/10 Brooksana Raney (4)

4/17 Kim Weil (4)

4/24 Palm Sunday/Holy Week-

Sunday- Sue Moyer (6);

Mid-Week- Harieklia Bryant (6)

A Way to Help Your Parish...

The St. Sophia Stewardship Committee respectfully asks that you please consider remembering the St. Sophia Church in your estate planning and consider leaving a bequest to your parish.

Orthodox Christian Holy Week Services to be Celebrated at St. Sophia Greek Orthodox Church

Bellingham, Washington
April 23rd-May 1st, 2016

Sat. April 23rd Saturday of Lazarus

8:45 am Orthros; 9:30 Divine Liturgy

10:00 am Philoptochos Tsourekia Baking

10:30 am Refreshments, palm cross tying, church decoration

5:30 pm Great Vespers for Palm Sunday

Sun. April 24th PALM SUNDAY

10:00 am Divine Liturgy

Fish luncheon sponsored by the Parish Council

7:00 pm First Bridegroom Service

Mon. April 25th Holy Monday

9:00 am 9th Hour

9:30 am Presanctified Liturgy

7:00 pm Second Bridegroom Service

Tue. April 26th Holy Tuesday

9:00 am 9th Hour

9:30 am Presanctified Liturgy

7:00 pm Third Bridegroom Service

Wed. April 27th Holy Wednesday

9:00 am 9th Hour

9:30 am Presanctified Liturgy

4:00 pm Sacrament of Holy Unction & Anointing

7:00 pm Fourth Bridegroom Service, followed by Anointing

Thu. April 28th Holy Thursday

9:30 am Vespers Liturgy of St. Basil the Great (Last Supper) -

Easter egg dyeing after Liturgy

7:00 pm Matins of the Holy Passion of our Lord (with 12 Gospels)

Fri. April 29th Holy Friday

9:30 am Royal Hours

10:30 am Decoration of the Epitaphios

3:00 pm Great Vespers of the Descent from the Cross

7:00 pm Orthros with the Lamentations

Sat. April 30th Holy Saturday

9:30 am Vespers Liturgy (1st Resurrection)

11:00 pm Pre-Paschal Canon

12:00 am Resurrection Service & Orthros, followed by Divine Liturgy

Sun. May 1st GREAT AND HOLY PASCHA

11:00 am Agape Vespers at Church

1:00 pm Community Potluck Picnic at Hovander Park, Ferndale

Mon. May 2nd Bright Monday- St. George

Divine Liturgy at St. George Cathedral, Vancouver, BC

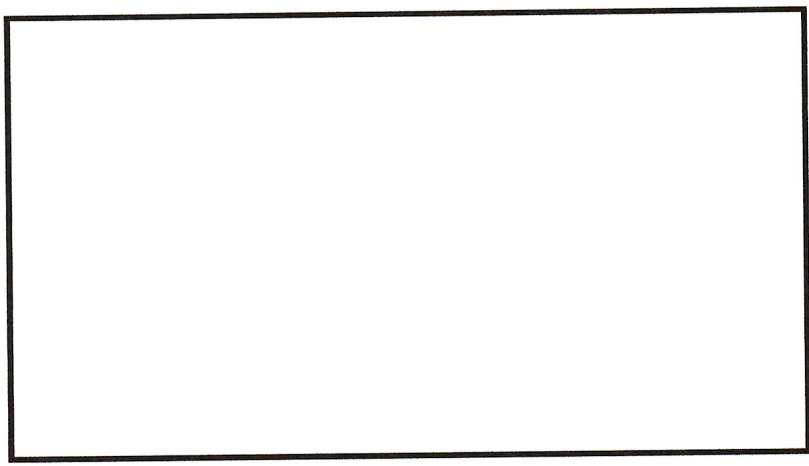
Fri. May 6th Bright Friday - Theotokos the Life-Giving Spring

9:00 am Orthros

9:30 am Divine Liturgy

St. Sophia Greek Orthodox Church

510 E. Sunset Dr. Bellingham, WA 98225



**Join us at the
Sunday of Orthodoxy
Pan-Orthodox Vespers**

St. Andrew Orthodox Church, 230 E
Burke Ave Arlington WA 98223

Sunday, March 20th, 5:30 pm.

Parishioners from St. Sophia, St. Innocent (Everson), Abbotsford, Surrey, Arlington and Snohomish will come to celebrate the victory of the Orthodox & restoration of the veneration of the holy icons.



**All Saints Summer Camp
www.allsaintscamp.com**

High School Camp - entering Grades 10 - 12 & current Seniors: **July 10 - 16, 2016**

Advanced Camp - entering Grades 6 - 9: **July 17 - 23, 2016**

Elementary Camp - for children entering Grades 3 - 5: **July 10 - 16, 2016**



**SERVICES TO BE CELEBRATED
AT ST. SOPHIA
DURING GREAT LENT**

Monday Evenings: Great Compline 6:00 pm; Confessions following service

Wednesday Evenings: Pre-Sanctified Liturgy, 6:30 pm; lenten potluck to follow

Friday Evenings: Salutations Service, 7:00 pm

Saturday Evenings: Great Vespers, 5:30 pm