

# Saint Sophia Greek Orthodox Church

September-October 2016 Monthly Bulletin

## Presvytera Elizabeth Travels to Western Kenya

Speaks at the "Mothers Union Conference" in the Diocese of Kisumu and Western Kenya

By Presvytera Elizabeth Tervo



*"Praise the Lord!" And the people responded, "A-men!" "Alleluia!" ... "A-men!" "Good morning!"... "Good morning." And again, Good morning!"... "Good morning."*

This was how the sermons and talks began at the Mothers Union Conference. The people gave me an honored spot in the front of the church next to the

iconostasis. I was just so exhausted that I was glad to sit. The Orthodox Liturgy there was lively with singing, dancing, and drumming.

Bishop Athanasios Akunda, who visited our parish of St. Sophia last spring, organized this diocesan women's conference. I also saw churches, schools, and the diocese center, all being edified, restored, and improved. Many of these institutions have been built and/or supported by Orthodox Christian Mission Center, and Bishop Akunda has been supported by OCMC in his education and his priesthood by the Support a Mission Priest (SAMP) program. I saw women's leaders and youth leaders learning from him. The people truly love and respect him. It is very meaningful to them that their new bishop is an indigenous Kenyan, and indeed was born in that very diocese!

The Mothers Union there is the equivalent of our Philoptochos. About 300 ladies from all over the diocese met together for prayers, lectures, and meals. They heard talks on some relevant women's issues and also about stewardship.

I spoke about women's groups in America, and also separately to the group of Presvyteras.

Bishop Akunda was very careful that I have enough time to rest, taking into account the long journey I had had. Since I was a 'mzungu' (white person), everyone wanted to meet me, especially children. We were deep in the countryside and some people had never seen a white person before. I knew I did not deserve all this attention, so I tried to be very courteous, showing respect for Bishop Akunda in the traditional Orthodox way, asking for his blessing before speaking, kissing the priests' hand, etc.

The conference proceeded on "African time" which resembles "Greek time," but it was all very comfortable. One evening, Father Athanasios Amadiva, who Secretary-General of the Diocese, told me that since I was tired, we would skip my last talk. I said I was not at all tired (not quite true!), and that the people who sent me were particularly expecting me to give this one. He was quite pleased, and called all the ladies back into the church. Nobody minded this sudden change in plans, even though dinner was postponed. I started in on my talk about

women's health. I discussed some challenging issues and the ladies listened and had many questions.

Then the ladies made me an honorary member of the Mothers Union! They did a special song and dance and put their special headscarf on my head. One of the Kenyan ladies, Jane Wanjiku Gitau, who also spoke, was honored too. Then Jane said to me,

*"Now! We dance!"*

*"We do?" I said.*

*"Yes! We do!"*

So we both got up and danced with the ladies. This was such fun and I really appreciated the ladies welcoming me in this way.

On Dormition, after the Liturgy, Fr. Athanasios asked me to come up to the front and say a few words. I immediately got up and began:

*"Praise God!" And the people all responded "A-men!"*

Bill Black, a long-term OCMC missionary at the seminary in Nairobi, had preached about

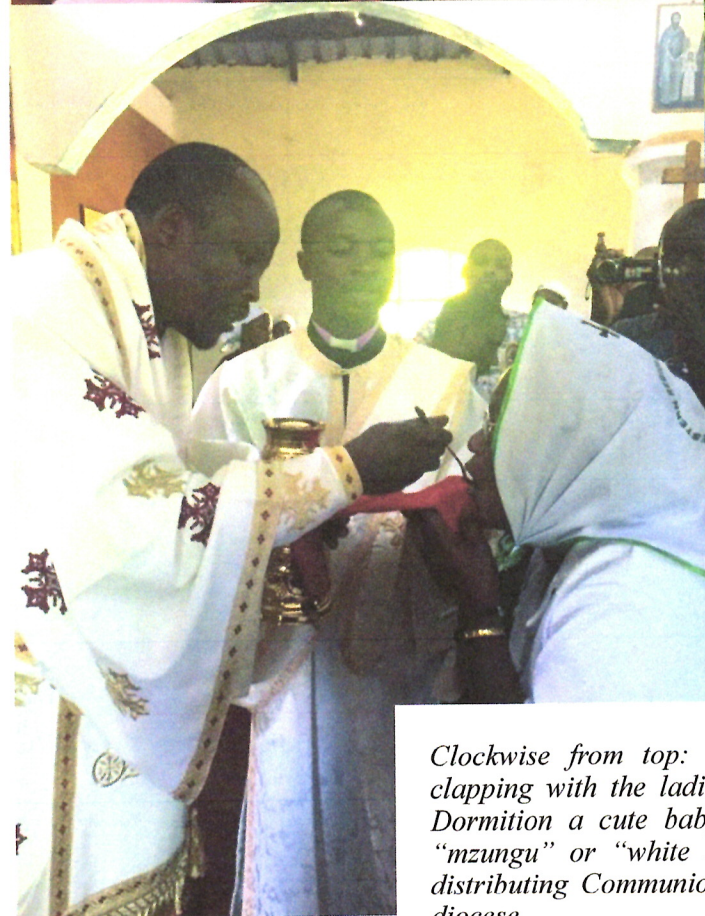
how the Theotokos had said Yes to God. I talked about how we can say Yes to God, every day, every minute. While you are hoeing on your shamba, while you are sorting chaff from your maize, pray "Lord have Mercy" with each motion. I talked about how I had said Yes to missions for God years ago. While I was getting my training as a nurse-midwife, and my theological education, the moment was waiting when I would come to Africa and meet my sisters there. Do not give up, I said, because when you say Yes to God you will find yourself going along His path. I found myself using the patterns of speech I had observed in the African speakers, and the people were absorbed in what I was saying.

The whole trip, I felt that God was in charge, that it was His mission, and that I was just along for the ride. Even on the airplane flights, twice I was seated next to Muslims who asked me to explain Christianity to them. They asked who is Jesus? and what does God say about suffering? I was amazed at these long, intense conversations. I could not help thinking that this was meant to be.

And is not every part of our lives a mission? Missions traditionally means going across cultural borders to talk about Jesus Christ. But if we say yes to God, and accept that at every moment it is Him who is alive, we can follow the track that He has laid out for us, whether it is speaking at a conference on another continent, or hoeing our *shamba* (an African family farm), or just keeping our temper until dinner time!



# Memories from Presvytera Elizabeth's Mission Trip to the "Mothers Union Conference" in the Diocese of Kisumu and Western Kenya



*Clockwise from top: Pres. Elizabeth with presvyteres; clapping with the ladies during Liturgy on the Feast of Dormition a cute baby; cute children investigating the "mzungu" or "white lady"; Bishop Athanasios Akunda distributing Communion to the Orthodox Faithful in his diocese*



## *St. Sophia Feast Day Celebrations*

*To the Faithful Orthodox Community of St. Sophia,*

*I invite you to celebrate our parish feast! This year His Eminence, Metropolitan Gerasimos will preside over our worship services! We will celebrate **Great Vespers on Friday, September 16th**, beginning at 6:30 pm, followed by a light reception and "**Youth and Family Forum**" with His Eminence. **On Saturday, September 17th**, we will celebrate **Divine Liturgy**. Orthros will begin at 9:00 am, followed by Liturgy at 10:00 am. A luncheon will be available with a donation.*

*Let us come together to praise God, give thanks to Him for the great Saints of Sophia and Her Three Daughters Faith, Hope and Love, and may we ask them with fervor to intercede to Christ Our God to save our souls!*

*In Christ,*

***Fr. Michael***

### ***Feast Day Celebration Schedule***

**Friday, Sept. 16th**

6:30 pm Vespers

7:30 Youth and Family Roundtable with Metropolitan Gerasimos

Light Reception provided by St. Sophia Philoptochos

**Sat. Sept. 17th**

9:00 am Orthros; 10:00 am Liturgy

Luncheon to follow, provided by the Parish Council



## **ST. SOPHIA PHILOPTOCHOS "DINE AND DANCE"**

### **FUNDRAISER KIDS'N'CANCER and "CAMP AGAPE"**

Saturday October 22nd

Northwood Hall + 3240 Northwest Avenue + Bellingham, WA

\$50

Steak and Prawn Dinner

No Host Bar

Music by Alpha Video



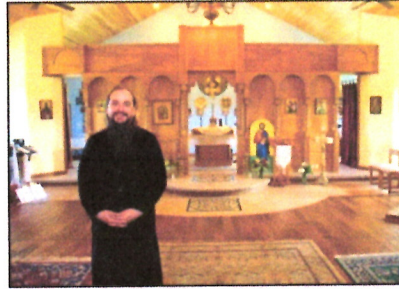
Camp Agape NW has been serving children with cancer and their families since 1997. The inspiration to start Camp Agape started with church leaders who witnessed the need for children with cancer and their families to experience a carefree and memory making week at Summer camp. At Camp Agape the whole family is nurtured in a loving camp environment.

# Antiochian Women's Retreat

## From Here to Eternity

"Learning to Love, as God Loves"

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



V. Rev. Fr. Gregory Horton

When: Saturday, October, 1st 2016

Time: 9 a.m.—4:30 p.m.

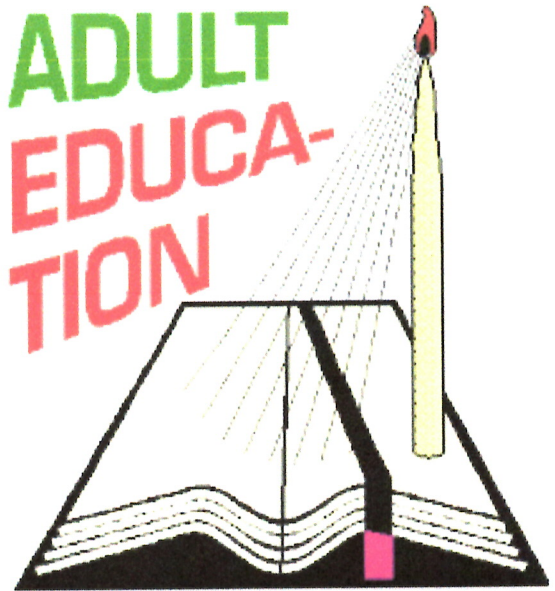
With the blessing of Sayidnya JOSEPH, the Antiochian Women of the Pacific Northwest Deanery announce the second annual Autumn Antiochian Women's Retreat.

V. Rev. Fr. Gregory Horton, pastor of Holy Myrrhbearers Antiochian Orthodox Church in Bonner's Ferry, ID will be our guest speaker.

To register, call 360.435.9769 by Sept. 25th

The retreat will begin at 9:00 a.m. with Third Hour prayers and end at 4:30 p.m. Great Vespers will follow at 5:00 p.m. for those that want to stay. However, no evening meal will be available at the church.

# ADULT EDUCATION



Is it true that "we all have the same God?" Find out at:

## Orthodoxy and Heterodoxy

THE 2016 NORTHWEST PAN-ORTHODOX CONTINUING EDUCATION CONFERENCE



Saturday, October 8, 2016 8:30-4:30

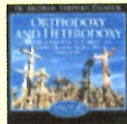
Guest Presenter



**The Rev. Fr. Andrew Stephen Damick,**  
Pastor of St. Paul Orthodox Church of Emmaus, Pennsylvania, and author of *Orthodoxy and Heterodoxy* and *An Introduction to God*.

Fr. Andrew is a founder and serves on the Board of Directors of the Society for Orthodox Christian History in the Americas (SOCHA), as well as being one of the founding administrators of the OrthodoxWiki website, where he authored or made major editorial contributions to more than 250 articles.

He is also the author of the Roads From Emmaus weblog, the Orthodoxy and Heterodoxy podcast, and the Roads From Emmaus podcast (both on Ancient Faith Radio), and he serves as editor-in-chief of the Orthodoxy and Heterodoxy weblog.



### THE PROGRAM

The event will take place from 8:30 to 4:30 on Saturday. Participants may choose from two tracks of courses. Each runs approximately 2 hours.

9:30 Workshops Begin Concurrently

**Orthodoxy and Heterodoxy**  
presented by Fr. Andrew Damick  
Session 1: Roman Catholicism  
Session 2: Pentecostalism  
Session 3: Non-mainstream Christian Denominations  
*Book Signing Opportunity*

**Teacher Training I**  
presented by Carole Buleza  
Director, Antiochian Orthodox Department of Christian Education  
Session 1: Overview of Orthodoxy  
Session 2: Introduction to Teaching  
Session 3: Curriculum Resources  
Sharing

**Schedule:** Session 1: 9:30-11:30, Lunch 11:30-12:30, Session 2: 12:30-2:30, Session 3: 2:30-4:30, Certificates and Closing: 4:30

**Contact:** Anne Beach at [anne\\_slp11@gmail.com](mailto:anne_slp11@gmail.com) or [Leshie.Atherholt@aol.com](mailto:Leshie.Atherholt@aol.com); [events@outlook.com](mailto:events@outlook.com)

Hosted by  
**ST. PAUL ORTHODOX CHURCH, BRIER**

St. Paul Orthodox Church, 21236 Poplar Way - Brier, WA 98036

Donations will be accepted to defray the costs of Fr. Andrew's lectures. The Teacher Training I courses require a \$20 fee to cover printed materials. Registration materials are available on the Christian Education website, [www.antiochian.org/christianeducation/conferences](http://www.antiochian.org/christianeducation/conferences).



St. Sophia

## Wednesday Morning Weekly Bible Study

Will begin Wed. October 12th at 11:00 am in the fellowship hall.

We will study the

*Gospel of St. Matthew*

**Fr. Andrew Damick will visit  
parishioners  
of St. Sophia and St. Innocent  
parishes**

He will be at the home of Bill and Lynn Day in Ferndale 5:00 pm Sun. October 9th for a lively discussion on matters pertaining to the Orthodox Faith.

For more information, please contact  
Gabe Martini at  
[gabemartini@icloud.com](mailto:gabemartini@icloud.com)

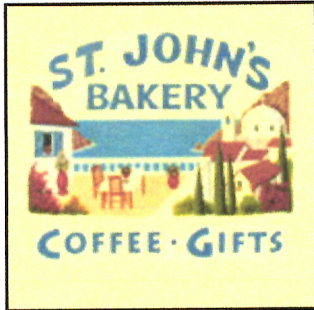


# Pilgrimage to the Convent of St. John the Forerunner in Goldendale, WA

**Fri.-Sun. October 14-16.**

Depart from St. Sophia at 8:00 am.

Arrive back at St. Sophia Sun. evening about 7:00 pm. More info to come.



For more information, cost, what to bring and to sign up,  
please contact: Fr. Michael

Monastery website, which  
includes visitor information:

**stjohnmonastery.org**



## Coffee Hour and Offerings for September, October and November

Thank you for offering to host the weekly coffee hour! if you have any questions regarding the coffee hour, please contact Dena Lien at play\_ball@comcast.net or 360-421-3913. Please note that Dena will be unavailable from August 18th thru October 1st to make schedule changes. If you are not able to do the coffee hour on your scheduled week, please find a substitute to cover for you. She apologizes for any inconvenience this may cause you.

*God bless our St. Sophia Coffee Hour and Proshoro Baking Volunteers! Your holy work and contribution brings our Community together!*

### Coffee Hour Volunteers

September 4th--no coffee hour--Festival preparation  
September 11th--no coffee hour--Festival  
September 18th--Evelyn Lallas and Tula Trames  
September 25th--Yanolla Boulos and Nahla Gholam

October 2nd--Salome Wolters and Elizabeth Morgan  
October 9th--Effie Bachelor and Francine Tsoulouhas  
October 16th--Ibtissam Mansour and Angelina Moussi

October 23rd--Dorine Boulos and Marie Boulos  
October 30th--Mary Hulbush, Dena Lien and Cherie Webster

November 6th--Georgia Sentkowski and Cheryl Lallas  
November 13th \* --Cristina Gholam and Nadia Boulos  
November 20th \* --Marina Polichronakis and Eleni Pantoleon  
November 27th \* --Nia Zourkos, Eleni Mistry and Tammy Stavropoulos

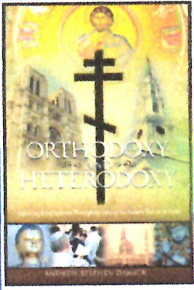
\*Nativity fast begins--Lenten foods only please--fish is allowed

### Proshoro Baking Volunteers

September 4th- Sue Moyer (4)  
September 11th— Adrienne Hunter (5)  
September 18th— Kim Weil (4)  
September 25th—Tasia Tsoulouhas (4)

October 2nd- Brooksana Raney (4)  
October 9th— Kim Weil (4)  
October 16th— Tamara Mattson (4)  
October 23rd— Sue Moyer (4)  
October 30th— Adrienne Hunter (4)

November 6th— Tasia Tsoulouhas (4)  
November 13th— Brooksana Raney (4)  
November 20th— Christos Christoforou (4)  
November 27th—Tamara Mattson (4)



Is it true that "we all have the same God?" Find out at:

# Orthodoxy and Heterodoxy

THE 2016 NORTHWEST PAN-ORTHODOX CONTINUING EDUCATION CONFERENCE

CHRISTIAN EDUCATION  
ORTHODOX CENTER IN AMERICA



Saturday, October 8, 2016 8:30-4:30

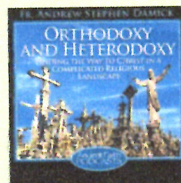
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Christian Denominations

*Book Signing Opportunity*

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presented by **Carole Buleza**

Director, Antiochian Orthodox

Department of Christian Education

Session 1: Overview of Orthodoxy

Session 2: Introduction to Teaching

Session 3: Curriculum, Resources,  
Sharing

**Schedule.** Session 1 9:30-11:30, Lunch  
11:30-12:30, Session 2 12:30-2:30,  
Session 3 2:30-4:30. Certificates and  
Closing 4:30.

**Contact:** Anne Beach at [anne.slp.11@gmail.com](mailto:anne.slp.11@gmail.com) or Leslie Atherholt at [aodce\\_events@outlook.com](mailto:aodce_events@outlook.com).

Hosted by:

## ST. PAUL ORTHODOX CHURCH, BRIER

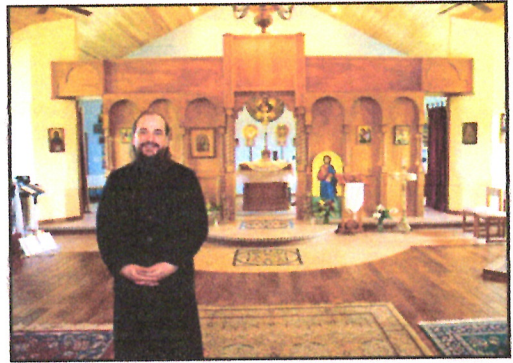
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*Antiochian Women's Retreat*  
*From Here to Eternity*  
*"Learning to Love, as God Loves"*

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



V. Rev. Fr. Gregory Horton

When: Saturday, October, 1st 2016

Time: 9 a.m.—4:30 p.m.

With the blessing of Sayidnya JOSEPH, the Antiochian Women of the Pacific Northwest Deanery announce the second annual Autumn Antiochian Women's Retreat.

V. Rev. Fr. Gregory Horton, pastor of Holy Myrrhbearers Antiochian Orthodox Church in Bonner's Ferry, ID will be our guest speaker.

The retreat will begin at 9:00 a.m. with Third Hour prayers and end at 4:30 p.m. Great Vespers will follow at 5:00 p.m. for those that want to stay. However, no evening meal will be available at the church.

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**Please make your reservation by Sunday, September 25th**

Name(s) \_\_\_\_\_

\_\_\_\_\_ # of people at \$20 per person = Total Amount \$ \_\_\_\_\_

Pay by Credit Card \_\_\_\_\_

Name on Card

Card No.

Expiration

Verification code  
(3 digit code on back)

By signing, I authorize St. Andrew to charge my credit card for the above amount.

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Please make checks payable to Helen Robinson 700 Laurel Drive, Everett, WA 98201

Questions? Please email Helen Robinson at [rickandhelenrobinson@gmail.com](mailto:rickandhelenrobinson@gmail.com).

# Liturgical & Events Calendar

St. Sophia Greek Orthodox Church  
Bellingham, Washington

# SEPTEMBER 2016

sun

mon

tue

wed

thu

fri

sat

1

2

3

**Ecclesiastical  
New Year**  
8:45 am Orthros  
9:30 am **Divine  
Liturgy**

5:30 Readers  
Vespers

4

5

6

7

8

9

10

8:45 am Orthros  
10 am Divine  
Liturgy  
NO COFFEE  
HOUR  
4 pm Wedding

**Eve of the Nativity  
of the Theotokos**

6:00 pm Great  
Vespers

**BELLINGHAM GREEK FESTIVAL**

**Nativity of the  
Theotokos**  
8:45 am Orthros  
9:30 am **Divine  
Liturgy**  
11 am Festival  
Doors Open

11 am Festival  
Doors open

11 am Festival  
Doors open  
4:30 Confessions  
5:30 Great Vespers

**FESTIVAL**

11

12

13

14

15

16

17

**NOTE: DIFFERENT  
LITURGY TIME  
for Festival**

8:15 am Orthros  
9:30 am **Divine  
Liturgy**  
NO COFFEE HOUR  
11 am Festival  
doors open

FESTIVAL  
CLEAN UP

Washington  
Orthodox Clergy  
Association Mtg. at  
Holy Savior  
Monastery, Vashon  
Island

FESTIVAL  
CLEAN UP

**Elevation of the  
Holy Cross**  
8:45 am Orthros  
9:30 am **Divine  
Liturgy**

**Eve of  
St. Sophia Feastday**  
6:30 Great Vespers  
7:30 Light Reception,  
Youth & Family  
Forum with  
Metropolitan  
Gerasimos  
Sunday School Open  
House

**Feast of St. Sophia**  
9:00 am Orthros  
10 am Liturgy with  
Metropolitan  
Gerasimos  
11:30 Community  
Luncheon

18

19

20

21

22

23

24

8:45 am Orthros  
10 am Divine Liturgy  
11:30  
Fellowship  
Hour

**SUNDAY  
SCHOOL  
BEGINS**

11 am -3 pm  
Orthodox Christian  
(College)  
Fellowship table at  
WWU Info Fair

11 am -3 pm  
Orthodox Christian  
(College)  
Fellowship table at  
WWU Info Fair

6:00 pm Vespers

4:30 Confessions  
5:30 Great Vespers

25

26

27

28

29

30

8:45 am Orthros  
10 am Divine  
Liturgy  
11:30  
Fellowship  
Hour  
Sunday School

6:00 pm Vespers



# Liturgical & Events Calendar

St. Sophia Greek Orthodox Church  
Bellingham, Washington

# OCTOBER 2016

sun

mon

tue

wed

thu

fri

sat

Women's Retreat @  
St. Andrew,  
Arlington

5:30 Readers  
Vespers

8:45 am Orthros  
10 am Divine  
Liturgy  
Sunday School  
11:30  
Fellowship  
Hour

**Orthodoxy in America Conference- Beaverton, OR**

6:00 pm Readers  
Vespers

“Orthodoxy &  
Heterodoxy” Pan-  
Orthodox  
Conference at St.  
Paul Church in Briar

5:30 Readers  
Vespers

8:45 am Orthros  
10 am Divine Liturgy  
11:30  
Fellowship  
Hour  
Sunday School  
5pm **Meet & Greet with  
Fr. Andrew Damick** at  
Bill and Lynn Day home

11 am Weekly Bible  
Study Begins

4 pm Homeschool  
Co-op  
6:00 pm Vespers

**Pilgrimage to St. John the Forerunner  
Monastery in Goldendale, WA**

**Monastery  
Pilgrimage**

8:45 am Orthros  
10 am Divine Liturgy  
Sunday School  
11:30  
Fellowship  
Hour

10 am- Washington  
Orthodox Clergy  
Assoc. Meeting-  
Assumption Church  
in Seattle

11:am Bible Study  
  
4 pm Homeschool  
Co-op  
6:00 pm Vespers

**St. Gerasimos**

8:45 am Orthros  
9:30 am **Divine  
Liturgy**  
Nameday of Met.  
Gerasimos

4:30 Confessions  
5:30 Great Vespers

6 pm  
**PHILOPTOCHOS  
KIDS'N'CANCER  
DINNER DANCE  
FUNDRAISER**

8:45 am Orthros  
10 am Divine  
Liturgy  
Sunday School  
11:30  
Fellowship  
Hour

Great Vespers @ St.  
Demetrios Church in  
Seattle

**St. Demetrios**  
8:45 am Orthros  
9:30 am **Divine  
Liturgy**  
11:00 am Bible  
Study  
4 pm Homeschool  
Co-op  
6pm Vespers

**OXI Day**

11 am Baptism

4:30 Confessions  
5:30 Great Vespers

8:45 am Orthros  
10 am Divine  
Liturgy  
Sunday School  
11:30  
Fellowship  
Hour



# St Sophia Sunday School will begin September 18th.

We have a full staff of teachers this year, and we are all looking forward to teaching and learning together with the children!

Sunday school will take place after Communion.

Please register your children for Sunday School on the forms located in the narthex.

**Class Teachers for 2016-2017:** High School-- Christos Christoforou; Middle School-- Anne Williams; Grades 3-5--resvytera Elizabeth ; Grades K-2--Tammy Mattson; Preschool/Pre-K --Brooksana Raney

**Parents, please see your child's teacher to sign up for snack rotation**

**Activities for all students outside of regular Sunday School class:**

- \* Christmas Pageant
- \* St. John Chrysostom Oratorical Festival
- \* St Patrick's Day Parade
- \* Palm-Cross Tying on Lazarus Saturday
- \* Sundaes Celebration at the end of the school year
- \* Lenten service project and more!

**Note to parents:** If you are interested in helping with a class or have a question, we want to hear from you!

**COME TO THE SUNDAY SCHOOL OPEN HOUSE**  
FRIDAY, SEPT. 16TH  
Following the Great Vespers



## A Way to Help Your Parish...

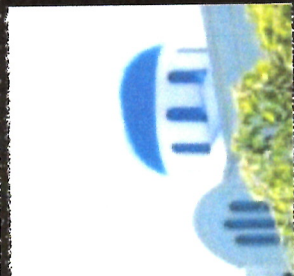
*The St. Sophia Stewardship Committee respectfully asks that you please consider remembering the St. Sophia Church in your estate planning and consider leaving a bequest to your parish.*



# St. Sophia Greek Orthodox Church

510 E. Sunset Dr. Bellingham, WA 98225  
(360) 734-8745 [stsophia.bellingham@gmail.com](mailto:stsophia.bellingham@gmail.com)

**SEPTEMBER**  
**2016**  
MONTHLY BULLETIN



Visit the parish website  
**[www.saintsophias.org](http://www.saintsophias.org)**  
for worship schedules, information on the Orthodox Faith, the "On-Line Chapel," links to inspiring radio programs, podcasts and more!  
The website has been updated...  
check it out for new items!

