

Saint Sophia Greek Orthodox Church

May, June, July 2018 Monthly Bulletin

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

The Feast of Pentecost: How to Get the Grace of the Holy Spirit

by Bishop Job of Kashira

All-Holy Trinity, have mercy on us!

The great Feast of Pentecost is truly a celebration of spiritual unity of all people belonging to the Church of Christ. As it is said in the Kontakion of Pentecost: **“When the Most High descended, He blessed the tongues, which divided the nations; but when He distributed the tongues of fire, He called all into Unity; wherefore, with one accord, we glorify the All Holy Spirit”**, when God the Father gave the apostles the fiery tongues of the Holy Spirit, all the people were called to be united in the Church of Christ. The Holy Spirit brought together the disciples into a single spiritual body of Christ, and the Church was formed. On this day the Church unites believers of all nationalities throughout the world with each other and Heaven. Everyone who heard the preaching of the Apostles on that day, heard it in their native languages.

The Holy Spirit descended in the form of tongues of fire in order to burn all impurity and sinfulness from the hearts of all believers. Also, the fiery flame of the Holy Spirit reminds us that we should strive to burn with a sacrificial love for God and people, so that our souls and hearts may shine with the light of grace. By tongues of fire, Christ’s disciples were completely reborn. They began to glow from within with the joy of the Holy Spirit. If the Apostles had not received the Holy Spirit, and had not lived in communion with the Spirit of God, the world would never have heard the Gospel. In order to inherit eternal life it is not enough to go to church on Sundays and to believe in Christ. To become saints, and to overcome the demons, it is necessary to get the power of the Holy Spirit. Christianity without the Holy Spirit is not Orthodox.

What must we do in order to get the grace of the Holy Spirit?

First. Our soul must be clean and free. When we are about to receive a dear guest, we clean our house and prepare the best food. No one receives a guest with dirty dishes littering the kitchen. The Holy Spirit must be received as our dearest guest. It is not up to the Holy Spirit to cleanse our soul so that we can feel good. The Lord is ready to help us, but without our participation our soul will not be pure. Each one of us will receive the gift of the Holy Spirit proportionately to the amount of effort we put in. To use another example, when a container is full of liquid, nothing else can be poured into it. First you must pour out the old, wash it out and clean it, then you can pour something else into it. Likewise, with the gift of the Holy Spirit, first you must cleanse your soul. It is very complicated to do this on our own. This is why we ask God to **“cleanse us from all impurity”**, help us to become clean; then the Holy Spirit can fill us with grace.

Second. Our soul must be whole and intact. At church and at home we must strive to be like the Apostles were on the eve of Pentecost, be UNANIMOUS. Liquid can not be kept in a cracked container. It would slowly leak through the cracks. Likewise, the grace of the Holy Spirit can not be kept in a soul where there is enmity and hatred. The unanimity and love which reigned among the Apostles stunned people. Many people, looking at them, said **“See how they love one another”** and themselves became Christians. The Apostles and early Christians were like children. And children, even if they belong to different nationalities and speak different languages, communicate with ease and play with each other. Children easily learn a new language. If we become like children, full of love and simplicity, the Holy Spirit will help us understand the words of the Bible and the teachings of Christ, as well as learn the most perfect and eternal language, the language of love.

How do you know a man is full of the grace of the Holy Spirit? Saint Silouan, a twentieth century saint, said **“If a man loves his enemies – then he courts the Holy Spirit.”** Such a real spiritual person knows how to forgive an enemy, how to tolerate injustice, and how to refrain from blasphemy and condemnation.

On this festive day we decorate our homes and churches traditionally with green branches of trees and flowers; this is to remind us that the feast of the Holy Spirit is actually the feast of Eternal life. More importantly we must strive to embellish our hearts and souls in order to receive the power of the spirit of God. Let us cleanse our souls through repentance and prayer, let us fill our souls with the love of our neighbors and good deeds. Then the Holy Spirit will dwell in us. Amen!

“When the Most High descended, He blessed the tongues, dividing the nations; but when He distributed the tongues of fire, He called all into Unity; wherefore, with one accord, we glorify the All Holy Spirit” - Kontakion

What the Church Fathers say about...

the Holy Spirit and Pentecost

"The true aim of our Christian life consists in the acquisition of the Holy Spirit of God."

St. Seraphim of Sarov

"And my Father will love him, and we will come to him and make our home with him." My friends, consider the greatness of this solemn feast of Pentecost that commemorates God's coming as a guest into our hearts! If some rich and influential friend were to come to your home, you would promptly put it all in order for fear something there might offend your friend's eyes when he came in. Let all of us then who are preparing our inner homes for God cleanse them of anything our wrongdoing has brought into them."

St. Gregory Dialogos, on Pentecost in Be Friends of God

"If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers."

*St. Gregory Palamas,
St. Simeon the New Theologian*

The Preparation of the Royal House One's Soul), with the Holy Spirit depicted...

"...One must clean the royal house from every impurity and adorn it with every beauty, then the king may enter into it. In a similar way one must first cleanse the earth of the heart and uproot the weeds of sin and the passionate deeds and soften it with sorrows and the narrow way of life, sow in it the seed of virtue, water it with lamentation and tears, and only then does the fruit of dispassion and eternal life grow. For the Holy Spirit does not dwell in a man until he has been cleansed from passions of the soul and body."

St. Paisius Velichkovsky, "Field Flowers"



"The aim of all those who live in God is to please our Lord Jesus Christ and become reconciled with God the Father through receiving the Holy Spirit, thus securing their salvation, for in this consists the salvation of every soul. If this aim and this activity is lacking, all other labour is useless and all other striving is in vain. Every path of life which does not

lead to this is without profit."

St. Simeon the New Theologian

"Everything that breathes, breathes by air and cannot live without air; similarly all reasonable free creatures live by the Holy Spirit, as though by air, and cannot live without Him. "Every soul is quickened by the Holy Spirit." Recognize that the Holy Spirit stands in the same relation to your soul as air stands in relation to your body."

St. John of Kronstadt, My Life in Christ



Christ is risen!

FIRST ANNUAL
SPRING BAZAAR

ST. SOPHIA GREEK ORTHODOX CHURCH
510 E. SUNSET DRIVE, BELLINGHAM

FRIDAY & SATURDAY
MAY 11TH & 12TH
9AM—4PM

Shop for unique items, including Mother's Day gifts, and enjoy the *loukoumades* (Greek donuts) and Greek coffee for sale.

The proceeds from the Spring Bazaar will go towards

Kids'n'Cancer
Camp Agape NW
and other Philoptochos ministries.

FOR MORE INFORMATION CONTACT:
SAINTSOPHIA.PHILOPTOCHOS@GMAIL.COM

Philoptochos

means
"Friends of the Poor"

VOLUNTEERS are needed to help at the Bazaar.

Please contact Kim Weil at
kimlakeswhatcom@comcast.net to volunteer.

Philoptochos Commitments for May/June

National Ministry Commitments for May/June:

- + 75th Anniversary Founders Fund
Provides assistance to Greek Orthodox older adults & their families, continuing care facilities and special projects
- + Orthodox Christian Fellowship (OCF)
Provides Orthodox Christian support to college students on campuses in the U.S.

Metropolis Commitment:

- + Kids 'n' Cancer

Needed: Coffee Hour Ministry Coordinator. Please see Kim Weil if you are able to help with this important hospitality ministry.

Donations Sought: We are asking for donations of new or gently used stuffed animals and books, for patients of ALL ages at the U.W. Medical Center. Please leave them in the designated bin in the social hall. Contact: Joyce Piantes.

Thank you to our Tsourekia Bakers: Eleni Kipelides, Presvytera Alexandra, Judy Moularas, Salome Wolters and Koula Margaritis.

Philoptochos Mission Statement

The Greek Orthodox Ladies Philoptochos Society, Inc., is the duly accredited women's philanthropic society of the Greek Orthodox Archdiocese of America. The mission of the Society shall be:

- To help the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons and to offer assistance to anyone who may need the help of the Church through fund raising efforts; and
- To promote the charitable, benevolent, and philanthropic purposes of the Greek Orthodox Archdiocese of America, through instructional programs, presentations, lectures, seminars and other educational resources;
- To preserve and perpetuate Orthodox Christian concepts and the Orthodox Christian Family, and through them, to promote the Greek Orthodox Faith and traditions, in accordance with its doctrines, canons, discipline, divine worship, usages and customs;
- To promote participation in the activities of the Greek Orthodox community, with the cooperation of the Parish Priest and the Parish Council.

The charitable work of the Society shall be performed with discretion, courtesy and kindness.



The Body of Christ, our Parish, has grown! Congratulations to the Amundgaard Family—Ben, Jen, Sophia and Dylan, who were baptized on the Saturday of Lazarus, March 31st. Patron Saints and Godparents:

*Ben took St. John of Damascus as patron; Godparent: Matt Malyon
Jen took St. John the Baptist; Godparent: Jenni Malyon
Sophia took St. Agatha; Godparent: Brooksana Raney
Dylan took St. James, Brother of the Lord; Godparent: Paul Tervo*

St. Sophia

Choir

Director:
Presvytera Elizabeth
elizabeth.tervo@gmail.com



Congratulations to the choir for the new music they've been learning! All welcome! We usually practice on Thursday evenings: contact Presvytera Elizabeth for choir practice dates and location. The next practice will be Thursday, May 17th at Brooksana's house.

ETHIOPIAN COFFEE CEREMONY

with Parishioner Salome Wolters

Sunday, May 20th
at 12:00 noon.



Join Salome as she demonstrates how coffee is made and served the traditional Ethiopian way. See how coffee is transformed from the bean to its delicious drinkable form, right in front of your eyes!

You will find it to be very interesting and enjoyable!



St. Sophia Books and Gifts

Summer Online Book Club:
WE READ TOGETHER!

What if we all read the same book?

"*We Read Together*" is an online book group, nurturing conversation and community around great Orthodox Christian books. This year's pick is **For the Life of the World** by Fr. Alexander Schmemmann.

SIGN UP AND LEARN MORE AT www.GrowOrthodoxy.org Download an online study guide, available May 1. Join four weekly online live discussions Thursdays 7-8:30 p.m. PST. Presented by the Greek Orthodox Metropolis of San Francisco.

The St. Sophia Bookstore will also be selling the book.

HAPPY SUMMER TO ALL!

St. Sophia Parent Meeting

Sunday, June 10th

12:15 pm

Parents please come join us so we can discuss how to best minister to our kids during the Summer months and for Sunday School next Fall.



Congratulations to Richard and Zeina Evans, whose daughter Moreli was baptized on Saturday, April 21st. Her patron saint is the Prophet Elias. Godparents: Salam and George Ilvanakis.

LET'S GET TOGETHER AND DANCE!

St. Sophia
MEMORIAL WEEKEND

GLENDI

Saturday

May 26th, 2018

6:00 pm

St. Sophia McIntyre
Fellowship Hall
510 E. Sunset Drive Bellingham, WA

\$20 per person

Children 10 and under are free

Contact: Eleni Zobolas ezobolas@gmail.com Gabriella Boulos gabriellaboulos@gmail.com

Thank you...
to those who returned their
2018 Parish Membership Cards....

- Fr. Michael & Presvytera Elizabeth Tervo
- Christos Christoforou & Kim Weil
- Brooksana Raney
- Alex & Natasha Detsikas
- Helen Griffin
- Jamie & Gabriel Twining
- Kallee & Justin Dalton
- Loree Foote
- Tim & Voula Parks
- Emmanouel & Marina Polichronakis
- Thelma Stasinou
- The Damianos Family
- Adrienne Hunter
- Dymond Nikon
- Paul & Anna Richardson
- John & Francine Tsoulouhas
- Curt & Salome Wolters
- Chris & Eleni Pantoleon
- Niki Welton
- Prokopis & Rina Contoravdis
- Reader John F. Harriman
- Dino & Eleni Monioudis
- Marie Boulos
- Reader Dionysios Ingraham
- Victor & Dorine Boulos
- Gabriella Boulos
- Marcella Boulos
- Adrianna Boulos
- Bassam Victor Boulos
- Nahla Gholam
- Cynthia Chahine
- Sophia Chahine
- Alex & Hortance Youssef
- Bassam & Yanolla Boulos
- Anastasia Boulos
- Bassam Najib Boulos
- Wafa Gholam
- Elizabeth Morgan
- Andrey Khomutov
- Georgia Sentkowski
- John Sykes & Roseann Renouf
- George & Judy Moularas
- Susan Kipelides
- Matt & Jenni Maylon
- Charley & Kula Margaritis
- Theodosios & Eleni Kipelides
- Demetrios & Elenis Sotiriou
- Maria Illvanakis
- Joyce Piantes
- Nikitas & Anastasia Tsoulouhas
- Bryant & Tamara Mattson
- Hariekliya Bryant
- Dean & Niki Tsitsis
- Danie & Marina Billings
- Alex & Natasha Detsikas
- Nicholas Mattson
- Anastasia Zervas
- Mary Hulbush
- Yanni & Ana Cristina Gholam
- Gebran Gholam
- Juliana Gholam
- Pete Besas

As of April 30th

St. Sophia SPRING GENERAL ASSEMBLY
Sunday, June 3rd, During the Coffee Hour

FOOD SUPPLIES NEEDED FOR BELLINGHAM GREEKFEST 2018

ITEM	QUANTITY NEEDED	SIZE	APPROXIMATE COST per unit	TOTAL COST
Honey	1 bucket	40 lbs.	\$4.00 per lb.	\$160.00
All Purpose flour	250 lbs.	25 lb. bags	\$8.96 per bag	\$ 89.60
Salt	2 bags	25 lb. bags	\$11.56 per bag	\$ 23.12
White granulated sugar	600 lbs.	25 lb. bags	\$18.95 per bag	\$454.80
Canola Oil	13 cases	5 gallon bottles	\$24.89 case	\$323.57
Minced Garlic	8 jars	16 Oz.	\$5.77 ea.	\$46.16
Lemon Juice	7 cases	12 32 oz in cs	\$29.78 case	\$208.32
Rice	16 case	25 lb. box	\$15.49 case	\$247.68
Walnuts	3 ½ case (10 per case)	3 lb. bag	\$12.99 ea. bag	\$818.10
Feta Cheese	6 buckets	bucket	\$69.73 ea.	\$408.38
Kalamata Olives with pits	3 buckets	bucket	\$96.30 ea.	\$288.90
Olive Oil	4 gallons	gallon	\$13.64 gal	\$54.56
Red Wine Vinegar	4 gallons	gallon	\$4.29 ea.	\$17.10
Chicken soup base	1 bucket		\$129.89 bucket	\$12989
Chicken gravy	4 cases		\$40.16 case	\$160.64
Salad Dressing Mix	10 packages		\$3.47 ea.	\$34.70
#4 Fillo	36 cases	25 lbs. per cases	\$56.25 per case	\$2025.00
Unsalted butter	10 cases	30 lbs. per case	\$2.45 per lb.	\$840.00
Eggs	30 doz =2 cases	15 doz per case	\$12.85 per case	\$25.70
Hamburger	200 lbs.		\$2.35 lb.	\$470.00
Grape Leaves	3 buckets		\$99.75 per bucket	\$292.25
Tzatziki sauce	9 buckets	5-gal buckets	\$85.44 buckets	\$768.96
Yogurt	9 buckets	5-gal buckets	\$29.64 each	\$356.22
Pepperoncini	16 gallon	4 cases	\$2.84 cases	\$106.26
Powder Sugar	2 bags	25lb	\$18.29	\$36.58
Baguettes	14 cases		\$29.68 cases	\$414.96
Cooking Oil	4 each	5-gal containers	\$20.93 each	\$83.72
Wine- Restina ,red and white	12 cases	24/500ml ad 24/50ml	\$95.00	\$940.00
Pork	400 lbs		\$1.50 lb	\$690.00
Legs of lamb	700 lbs		\$4.35 lb	\$3,082.00
Chicken	1800 lbs			\$3024.41
Gyros	150 cases		\$29.28 cs	\$5,250.00
Pita	76 case		\$23.50 c	\$1,786.00

Monetary or Product Donations Needed by May 26th

If you have any questions about how to donate, please contact Georgia Sentkowski

Liturgical & Events Calendar

St. Sophia Greek Orthodox Church
Bellingham, Washington

MAY 2018

sun	mon	tue	wed	thu	fri	sat
29	30	1	2 Mid Pentecost 8:45 am Orthros 9:30 am Liturgy 6:15 pm Vespers	3	4	5 6:00 pm Great Vespers
Sunday of the Samaritan Woman 6 8:45 am Orthros 10 am Divine Liturgy 11:15 Sunday School 11:30 Coffee Fellowship 12:30 Festival Committee Mtg. 1pm Bazaar Setup	7	8	9 5:30 pm Parish Council 6:15 pm Vespers	10	11  Philoptochos Spring Bazaar 9am-4pm	12  Philoptochos Spring Bazaar 9am-4pm 6:00 pm Great Vespers
Sunday of the Blind Man 13 8:45 am Orthros 10 am Divine Liturgy 11:15 Sunday School 11:30 Coffee Fellowship 	14	15	16 Apodosis of Pascha 8:45 am Orthros 9:30 am Liturgy 6:15 pm Hours & Great Vespers	17  ASCENSION OF OUR LORD 8:45 am Orthros 9:30 am Liturgy 6:15 pm Vespers	18	19 6:00 pm Great Vespers
Sunday of the Fathers of the 1st Ecumenical Council 20 8:45 am Orthros 10 am Divine Liturgy 11:15 Sunday School 11:30 Ethiopian Coffee Ceremony	21  Ss. Constantine & Helen 8:45 am Orthros 9:30 am Liturgy	22	23 6:15 pm Vespers	24	25	26 Saturday of Souls 8:45 am Orthros 9:30 am Liturgy & Memorial Service (bring Kolyva) 6 pm Memorial Day Weekend GLENDI 6:00 pm Great Vespers
HOLY PENTECOST 27 8:45 am Orthros 10 am Divine Liturgy & Kneeling Vespers 	28  Monday of the Holy Spirit <i>Fr. Michael in Spokane for Feast Day of Holy Trinity parish</i>	29	30 6:15 pm Vespers	31	1	2

Liturgical & Events Calendar

St. Sophia Greek Orthodox Church
Bellingham, Washington

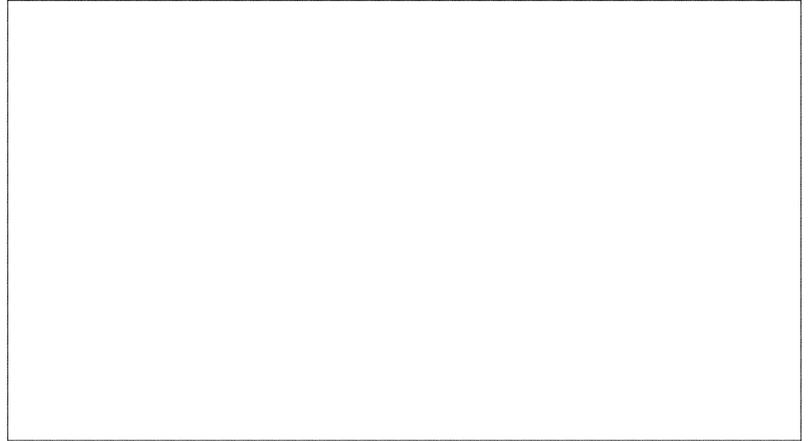
JUNE 2018

sun	mon	tue	wed	thu	fri	sat
27	28	29	30	31	1	2 6PM Great Vespers
SUNDAY OF ALL³ SAINTS 8:45 am Orthros 10 am Divine Liturgy 11:30 PARISH SPRING GENERAL ASSEMBLY	4	5	6 6:15 pm Vespers	7 9:30 am Liturgy	8	9 6PM Great Vespers
2nd Sunday of¹⁰ Matthew 8:45 am Orthros 10 am Divine Liturgy 11:30 Coffee Fellowship 12 noon St. Sophia Parent Meeting	11	12	13 6:15 pm Vespers	14 9:30 am Liturgy	15	16 6PM Great Vespers
3rd Sunday of¹⁷ Matthew 8:45 am Orthros 10 am Divine Liturgy 11:30 Coffee Fellowship	18	19	20 6:15 pm Readers Vespers	21 <i>Fr. Michael traveling until July 7th</i>	22	23 6PM Readers Vespers
Nativity of the²⁴ Forerunner John the Baptist 8:45 am Orthros 10 am Divine Liturgy 11:30 Coffee Fellowship	25	26	27 6:15 pm Readers Vespers	28 Great Vespers at St. Paul parish in Briar	29 Ss. Peter and Paul Liturgy at St. Paul in Briar Great Vespers at Holy Apostles in Shoreline	30 Holy Apostles Liturgy at Holy Apostles Parish in Shoreline 6pm Readers Vespers

St. Sophia Greek Orthodox Church

510 E. Sunset Dr. Bellingham, WA 98225

MAY-JULY 2018
MONTHLY BULLETIN



Bellingham GreekFest 2018

September 6th - 9th

Look for our banner to be located in Fairhaven from August 21st through September 9. Once again we have live music for all four days.

VOLUNTEER for THE FESTIVAL!

FOOD DONATIONS NEEDED: The chart is located in the hall where one can see what is needed. Thank you to those who have already put their name on the list. **Donations Commitments are needed by May 26th.**

VOLUNTEER for THE FESTIVAL!

BAKING SCHEDULE: The schedule is posted in the hall. All are invited to join in the fun and, of course, we also have a shared buffet lunch.

VOLUNTEER for THE FESTIVAL!

Corporate sponsorship letters are going out in May. All those interested please contact Dino. dino.monioudis@gmail.com

The next Festival Committee Meeting will take place Sunday, May 6th at 12 noon.

THANK YOU FOR HELPING TO MAKE OUR FESTIVAL A SUCCESS!

Your Festival Committee