YOUR LENTEN JOURNEY

As Orthodox Christians we were not created to stay as we are. We were created to become. Our challenge as Orthodox faithful is to hear the Gospel of our Lord and Savior Jesus Christ as if we were hearing it for the first time, allowing Him to transform our lives—to be renewed in His Resurrection. Being saved is not an event but a process. It is the same process that led all those whom we commemorate to attain sainthood.

The moon has no light of its own, yet it is able to light up the night by reflecting the light of the sun. And so it is with us, we have no light of our own, yet we may be radiant by reflecting the light of Christ—by the way we live our lives.

A saint is a sinner who keeps trying. A saint is one who makes it easier for others to believe in God. Consider the possibility that you may be the only Orthodox Christian that someone ever meets. Are you radiant with Christ? Do our reflect His light?

If we believe that in Orthodoxy we have the fullness of the Truth, then we have the great responsibility to let our light shine before all people. It is our duty and obligation not to hide our light under the bushel. Let us take the light of Christ that we received at our baptism and the light we receive at His Resurrection, and let it be born in our hearts. Let us be radiant!

We begin our Lenten journey by having the willingness to enter into conversation with God. Prayer is sometimes referred to as dialogue with God. Often it is a waiting on God in silence. In the Church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our mind and our heart are open to Him. Prayer is not only repeating words, it is trust in God that he hears and directs us in His Way, involving spiritual growth and development.

Great Lent is a time for self-examination and self-denial—a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us—our family and friends.

Most of all Lent is a time of joy and a new beginning. We cleanse ourselves—mind, body, and soul—through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha—the Resurrection of Christ.

I invite you to take charge of your spiritual health and nourish and feed your soul.

(Continued on page 17)
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Greek Orthodox Metropolis of New Jersey
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tiffany_wills@bullis.org

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fcostas@stkchurch.com

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Aris and Anna Yortzidis, Instructors

Greek School Auxiliary
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703-241-1176
pedakia@aol.com

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703-533-0055
tmchristou@yahoo.com

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http://saint-katherines.org/about_us/parish-committees

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przpauline@stkchurch.com

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Fay Mpras, Leader
703-865-5776
faympras@gmail.com

YAL (Young Adult League)
TBD

I LIKE TO THINK of the various ministries of our community as pieces to a puzzle. Each piece is unique, yet inextricably linked to the others. Each is an indispensable and critical piece of the holy “puzzle” that makes up who we are as a parish and community. Each piece is important and part of a greater whole—our Holy Mother Church. These “pieces”—the multiple and diverse ministries our Church is blessed to offer our parishioners—are all intertwined into the fabric of our community and play important roles in the life of our parish.

Young people born into our community can be affected enormously by the “pieces” of this glorious puzzle. As youth, they have the opportunity to receive religious, cultural, and language training in our Preschool, (soon to be established) Kindergarten, Catechetical Schools, and Greek Language Schools. HOPE, JOY, GOYA, YAL, OCF, and other youth programs are also available for their benefit. They profit from scholarship and mentoring programs sponsored by service organizations like AHEPA and the Daughters of Penelope. As they mature into young adults, they become members of our Choir, book clubs, Philoptochos, and our Parish Council. Indeed, as they become the next generation stewards of our community, our Church and its many ministries will continue to serve their educational, recreational, and spiritual needs—as well as those of their children. Isn’t it rather obvious therefore, that the “pieces” we refer to—our ministries—help ensure the next generation of Orthodox stewards? Which is one of the reasons I never cease to be amazed when someone suggests that one “piece” should be given less attention than another, or worse, ignored altogether.

Is our revered Philoptochos (which ministers to the needy) any less important than our adult and youth catechetical classes, or perhaps our Youth Choir (whose mere presence recently attracted a new member to our community), or our Missions group (which fulfills the Great Commission of Christ to go and “make disciples of all nations”), or our language or cultural training (which introduces new generations into the world of our Orthodox faith and culture), or our Stewardship ministry (which provides the financial means for our community), or our GOYA and other youth ministries (which provide important social, recreational, and educational outlets for our young people)?

Of course, the answers to these and similar questions is a resounding “NO!” Eliminating or weakening one ministry diminishes the others, for they are all part of the our Holy Orthodox Church. Simply put, the more vibrant our ministries, the healthier our community.

I therefore challenge each of you to become more involved in the life of our community. The opportunities for involvement are as abundant as the ministries available. New ministries are always encouraged (and several are currently being contemplated). If you are currently involved, please reach out to a friend within the community and encourage their participation. Please join us as we build a more loving community for our families and future generations.

As always, your prayers and support for our Church and its programs are welcomed. On behalf of our Parish Council, I wish you all a happy and blessed Lent. Καλή Σαρακοστή!

Your servant in Christ,

President, Parish Council

ITEMS NEEDED FOR GREAT LENT | HOLY WEEK | PASCHA

- Daffodils for Sunday of the Holy Cross (April 7)
- Palms for Palm Sunday (April 28)
- Q-tips/Cotton Balls for Holy Wednesday (May 1)
- Eggs for Easter and Tulle Bags
- Flowers for the Epitaphios on Good Friday (May 3)
- Good Friday Candles and Drip Protectors (May 3)
- Easter Candles and Drip Protectors (May 4-5)
- Easter Lilies

Saint Katherine is accepting donations in any amount to subsidize, or possibly cover the entire cost of, the above expenses. If you wish to contribute the full amount for any item, please contact Sophia Tsangali in the Church Office. Please make your check payable to Saint Katherine Church and submit it to the Church Office. Thank you.
CATECHETICAL (SUNDAY) SCHOOL

This April is extra special as we prepare to celebrate Holy Pascha on May 5. Our young people will continue to focus on what Great Lent means and what is crucial during this significant period in preparation for Holy Week and Pascha. Major emphasis will be given on this period of fasting and, more significantly, this period of repentance and prayer.

On April 7, our Church will conduct its Parish Oratorical Festival from 9:30am to 10:30am in the Lecture Room located in the Catechetical (Sunday) School area. Young people who wish to enter the Oratorical Festival as contestants should complete a registration form. Registration forms are available through the Chairman of our Parish Oratorical Festival, Mr. Ray Vazquez; the Catechetical (Sunday) School teachers; and the Church Office. On the day of our Parish Festival, parents of participants and interested members of our Church Community are invited to hear the presentations. In addition to the formal speeches of our entrants, some of our younger children will contribute short presentations that will enhance the Festival. Please feel free to contact Mr. Ray Vazquez at (703) 723-7424 for additional information.

On April 27, the Saturday of Lazarus, children and their families are invited to make palm crosses after the Divine Liturgy. There will be no Catechetical School the next day—Palm Sunday. On May 5 (Pascha) there will be no Catechetical School classes, but parents are urged to attend Church with their children for the moving Agape Service where the universality of Christ’s message is brought to us with readings from the Gospel in several languages. Regular Catechetical School classes will resume on May 12. On that day, our young people should bring back to their classes the mission boxes they received from their teachers at the beginning of Lent. The purpose of the mission boxes is to have another experience of giving to others less fortunate. That way emphasis on the scripture lesson, “It is more blessed to give than to receive,” is once more accentuated.

Four years ago our Catechetical (Sunday) School was invited to sponsor a large icon depicting children with Our Lord and Savior Jesus as part of our Church Beautification Project. We are pleased to report that we are in reach of achieving our goal of raising the full $25,000 cost of this beautiful icon. For our Catechetical School to complete its sponsorship of the icon, the parents of our children would need to amass only another $2,500. During the months of April and May we intend to reach this goal. Please review your information your children will be given in class or via email for specifics on how you can contribute to this effort or call Mr. Christian Demeter at 703-534-5669 for details.

Important Schedule Change: Catechetical School graduation will be on June 9, not Memorial Day weekend in May. Sunday School will be in session at 9:30am and there will be only one Divine Liturgy at 10:30am.

We wish a blessed Pascha to all our church family.

PAIDEIA

On Saturday March 23, we participated in the celebration of Greek Independence Day hosted by the Greek School. Thank you for coming to celebrate with us on this very important day in Greek history.

This month, in collaboration with the teachers, we will be working on a new, more detailed educational program for the PAIDEIA pre-school for the upcoming year (2013-2014). There will be 3 classes for the Greek component and 3 classes for the English component for the ages 2-3-4 year olds. Also, the Greek program will be based on the curriculum used in Greece, which is considered one of the best educational programs in Europe. The English component will be tailored to the most effective educational standards in our country.

The continued purchasing of school supplies enables us to provide our children high levels of education, thus creating one of the best schools in the region.

As we have in the past, Saint Katherine will offer a Summer Camp this year that will operate from July 1 through August 8 for 3-5 year olds. For the first time, we have also created a Summer Program for children 6-8 years old. If there is adequate participation it will run from July 1-July 12. The registration deadline for all ages for the Summer Camp is April 26. If you are interested in enrolling your child, please do so promptly.

We also have some other wonderful news. This year, during the week of the Vacation Bible Camp (June 24-28), we are working to offer an extension camp in the afternoon from 1:30pm-3:30pm. This afternoon session will focus more on Greek Language, History, and Customs. Please stay tuned for more details!

VACATION BIBLE CAMP

Vacation Bible Camp 2013 is quickly approaching! Our theme is Ten Things I Love About Being A Greek Orthodox Christian. We had a tremendous response to this year’s Camp, filling all our spaces faster than any other year. If you would like to place your child on the waiting list, please send us an email.

After 10 years of teaching and directing our Vacation Bible Camp, we will be stepping down following this year’s Camp. It has been a blessing to be part of this wonderful mission of our Church. We are excited about new leadership and new ideas to take our Camp into the next 10 years and beyond! If you are interested in learning more about VBC, please let us know. You are also welcome to sit in on our planning meetings, as well as visit Camp in June. We wish all a good Lenten season!

With thanks,
Christina Vazquez (czvmail@aol.com) and Daphne Papamichael (CyprusD@aol.com)
2013 STEWARDSHIP FORM

Stewardship is based on the fact that all that we have and all that we are comes from God. We commit ourselves to stewardship as a way of thanking God for all His blessings—returning to Him a portion of the time, talent, and treasure He has given us. Good stewardship of time means we share some of the 168 hours in a week with God and caring for others. Good stewardship of talent means we identify our talents and use them to glorify God and help other people. Good stewardship of treasure means we give a portion of our income to the Church and other charities. During the year 2013, we ask that everyone consider fulfilling their stewardship on a weekly basis. This will allow our church to better plan activities and expenses.

I (my family) pledge(s) $_______ per week of financial stewardship to Saint Katherine Greek Orthodox Church.

Name: ____________________________________________________________
Address: __________________________________________________________
City, State, Zip: ____________________________________________________
Telephone and email address: _________________________________________

GO GOYA . . .
Saint Katherine GOYA will host their 2013 Basketball Tournament the weekend of May 11-12 and is selling ads for their Tournament Book through April 25. For more information or to place an ad, please visit the GOYA table during Coffee Hours on Sundays or contact Mrs. Frances Campbell at frangoo123@yahoo.com. Thanks in advance for your support.

GOYA
GOYA HAS CHURCH DUTY on Sunday, April 14. Thomas Soiles is the GOYA Captain and Epistle Reader. On the Saturday of Lazarus, April 27, GOYA will fold palms into crosses following the Divine Liturgy.

GMU OCF
GMU Orthodox Christian Fellowship will meet in the Johnson Center on Mondays:
April 1, 2:00pm-3:30pm
April 15, 11:30am-1:00pm

Students are always welcome to join us at Saint Katherine for services, retreats, dinners, dances, etc. If you need a ride, please contact Fr. Costas at 703-671-1515.

HELP US GET READY (for the Festival)!
We would like to begin preparing for our Saint Katherine Spring Festival. Your help is greatly needed for our festival to be a success even well before the festival begins! If you would like to help prepare festival foods and/or help at the festival, please contact Andrea Ballard (703-250-5419 or andreaballard1@verizon.net) or Elvira Garnett (villa45@hotmail.com or 703-425-3675) and let us know if you would prefer to help daytime or evening hours.

SOU’PER STUDY
The Letter to the Ephesians: What’s Your First Love?

What is it? Soup and Bible study! Come after Wednesday night Pre-Sanctified Liturgies (April 3, 10, 17, and 24) for even more nourishment—a bowl of hot homemade soup, bread, and beverage, along with a prayerful discussion of what we can learn about ourselves from reading Paul’s letter and Christ’s injunction to the Ephesians (Rev. 2:1-7). All adults and older teens are welcome.

GO GOYA . . .
Saint Katherine GOYA will host their 2013 Basketball Tournament the weekend of May 11-12 and is selling ads for their Tournament Book through April 25. For more information or to place an ad, please visit the GOYA table during Coffee Hours on Sundays or contact Mrs. Frances Campbell at frangoo123@yahoo.com. Thanks in advance for your support.
Η ΜΕΓΑΛΗ ΤΕΣΣΑΡΑΚΟΣΤΗ ΟΔΗΓΕΙ ΣΤΗΝ ΑΡΕΤΗ!
Σοφία Δ. Τσαγκάλη

Η Μεγάλη Τεσσαρακοστή Αρχίζει! Σκοπός της είναι να μας βοηθήσει να κατανοήσουμε την σημασία της και να ζήσουμε πνευματικότερα. Είναι ένα θέμα επίκαιρο, καταποιητικό και οικοδομικό.

Τώρα έχουμε διέλθει τις τρεις εβδομάδες του Τριωδίου και μπαίνουμε στην Μεγάλη Τεσσαρακοστή. Η ευρεία αυτή περίοδος αρχίζει την Κυριακή του Τελούνου και Φαρσαίου και τελειώνει το Μέγα Σάββατο. Διαιρείται σε τρεις υποπεριόδους, τις εξής: a) Την προπαρασκευαστική (Τελούνου και Φαρσαίου, Ασώτου, Απόκρεος ή Κρήτεως και Τιμοφέα). b) Την κυριώς Μεγάλη Τεσσαρακοστή (μέχρι της Κυριακής των Βαλκόνων, έξι εβδομάδες), και γ) την Μεγάλη Εβδομάδα. Από την Καθαρά Δευτέρα εισερχόμαστε στην Άγια και Μεγάλη Τεσσαρακοστή, η οποία για την εκκλησία μας είναι ιδιαίτερη, σπουδαιά και ιερή.

Η εκκλησία μας έχει θεσπίσει την Μεγάλη Τεσσαρακοστή για να μας προσφέρει και να μας βοηθήσει έτσι, ώστε άξια να γιορτάσουμε τα σπετά Πάθη και την ζοφιάρα Ανάσταση του Κυρίου μας, ανάξιου και συνειδητοί χριστιανοί. Δεν είναι σωστό να γιορτάσουμε ένα μεγάλο γεγονός χωρίς προπροσώπων. Ας σκεφτούμε πόση προπονητική χρειάζεται να γίνει για να ευφυεστεί κατάλληλα μία εθνική γιορτή, να δοθεί μία σπουδαία διεξαγωγή ή ακόμη και πόσοι κόποι και έξωδα καταβάλλονται να ετοιμαστεί το σπίτι για μία ονομαστική ή γενέθλιων γιορτή. Στην περίπτωση όμως της εκκλησιαστικής χρειάζεται απεριόριστη ετοιμασία, αφού ο Κύριος οδηγεί στο σταυρικό θάνατο για την δική μας σωτηρία και λύση. Σε αυτό το καινικούντος τέλος της εκκλησίας μας η ιερά, αντιληφθούμε τα γεγονότα όσο το δυνατόν καλύτερα. Ας εμβαθύνουμε σ’ αυτά και ας τα κάνουμε προσωπικά βίωμα. Η περίοδος λοιπόν αυτή προσφέρεται να μας βοηθήσει, κατανοήσει τα γεγονότα, το Πάθος και την Θυσία, για να ετοιμαστούμε και να οφεληθούμε.

Τα ιδιαίτερα, που μας προσφέρει η εκκλησία την Μεγάλη Τεσσαρακοστή για να μας βοηθήσει, είναι οι κατανυκτικοί εσπερινοί της Κυριακής το απόγευμα με ιδιαίτερα κατανυκτικά "προκεζέματα" και τροπάρια. Τα απόδειξηνούν, που είναι κατανυκτικές εσπερινές ακολουθίες αυτοκριτικής, που μας οδηγεί σε μετάνοια. Οι Χαιρετισμοί της Θεοτόκου, μεγάλο πρότυπο προς μίμηση με όλες τις αρχές της Οι Προηγμένες Θέσεις Λειτουργείς για συγνώμη Θεία Κοινωνία τους προηγμένους και αξίων ξενιστών. 

Οι Θέσεις Λειτουργείς του Μεγάλου Βασιλείου με το υπόγειο και υψηλό περιγράμμα των ενώντων. Όλα μας οδηγούν σε μετάνοια, καθαρότητα και συνέσεως με τον Χριστό. Αν προσέξουμε το περιγράμμα αυτών που πλησιάζονται και διαβάζονται στην εκκλησία, θα διαπιστώσουμε ότι έχουν περιγραμμένο κατανυκτικό, υποβοηθητικό για μετάνοια, εξαγνήμονο και ένωση με τον Χριστό.

Εμείς, σαν χριστιανοί ορθόδοξοι, πώς θα ζήσουμε, πώς (Continued on page 14)
REGISTRY

Baptisms
Haralambos Bob Harold (March 8)
son of Maynard and Ruth Beverly
Godparent: Panagiotis Papasavvas

Elizabeth Konstantina (March 16)
daughter of Thomas and Angela Garzlaff
Godparents: John and Katina Doulis

Christopher Rudiger Garzlaff (March 16)
son of Thomas and Angela Garzlaff
Godparents: Marwan and Angelike Mina

Michael Christian (March 17)
son of Michael Christian and Ida Schulte
Godparent: Bereket Amdemichael

Lucas Sokratis (March 24)
son of George and Anastasia Papadopoulos
Godparents: Katerina Kotopoulos and
Aristides Karabinas

Michael Panagiotis (March 24)
son of Panagiotis and Penny Zoutis
Godparents: Kaneli Boosalis and Perry Sakkaris

Weddings
Eun Ju Jang
and
Louis Peter Cherpes (March 9)
Koumaroi: Joshua, Matthew, and Arthur Cherpes

Alexa Papadimos
and
Brian Peter Johnson (March 9)
(in Nassau, Bahamas)

Congratulations!

Funerals
Paul Hantzopoulos (February 23, in Greece)
Nicholas Karanikas (March 1)
Erietta Patrianakos (March 14)

May their memory be eternal.

WOMEN’S BOOK CLUB
WE HAVE FINISHED Heaven is for Real and are now reading Remember Thy First Love (Revelation 2:4-5) The Three Stages of the Spiritual Life in the Theology of Elder Sophrony. This is a book that is surprising in the sense that the reading is not difficult but the depth of the substance is amazing. Our meetings for this month will be on April 3 and 17. Please know that our book club is a welcoming group. If you ever think that you would have time to come to the church once every two weeks on Wednesday mornings we would love to have you with us. Our meetings are two doors to the right of our church office. We start at 10:30am and finish at noon. If you have any questions please contact Fay Mpras at 703-865-5776 or faympras@gmail.com.

Acquire a peaceful spirit and then thousands of others around you will be saved.
(St. Seraphim of Sarov, 19th Century Russian Saint)

The Hippo Theatre Group of Thessaloniki, Greece will present an educational theatrical play for children of all ages.

NIARA
Saturday, April 6, 3pm at St. George
Sunday, April 7, 3pm at St. Katherine

Tickets: $10 adults | $5 children
Contact Sophia Tsangali at 703-671-1515

Niara is a modern story for children of all ages and includes live music and dancing. It is a lively performance which entertains and educates its audience. The story is about an ordinary aristocrat on a trip of self-discovery. Niara on her journey to the faraway land of Portucat passes through many obstacles overcoming many enemies but finding unexpected friends. Niara is told in a modern storytelling mode with influences from musical theatre, with live music and dancing. The actors perform multiple roles and use physical and vocal skills. The performance will be in Greek, while the workshop, which follows, will be in English. The workshop includes theatrical games and drama techniques.

LOOKING FOR A TUTOR?
Najy Issa, Altar Boy Captain and GOYAn, is offering free tutoring for students, elementary through high school, in the following subjects: Sciences, Math, History . Contact Najy at Najy.Issa@gmail.com or 703-655-9144.
### 2013 ΑΚΟΛΟΥΘΙΑΙ
**ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΟΣ ΚΑΙ ΠΑΣΧΑ**

<table>
<thead>
<tr>
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<td>2η Θεία Λειτουργία</td>
<td>10:30pm</td>
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<td></td>
<td>Ακολουθία Νυμφίου</td>
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<tr>
<td>29 Απριλίου</td>
<td>ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ*</td>
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<td>Ακολουθία Νυμφίου</td>
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<tr>
<td>30 Απριλίου</td>
<td>ΜΕΓΑΛΗ ΤΡΙΤΗ*</td>
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<td>Ακολουθία Νυμφίου</td>
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<td>01 Μαΐου</td>
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<td>Το Άγιο Ευχέλαιο</td>
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<td>02 Μαΐου</td>
<td>ΜΕΓΑΛΗ ΠΙΜΠΙΤΗ</td>
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<td>Εσπερινος και Λειτουργία Μ. Βασιλείου</td>
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<tr>
<td></td>
<td>(Ο Μυστικός Δείπνος)</td>
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<td>Τα Άγια Πάθη (Τα Δώδεκα Ευαγγέλια)</td>
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<tr>
<td>03 Μαΐου</td>
<td>ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ</td>
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<td>Οι Μεγάλες Ώρες</td>
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<td>Μέγας Εσπερινός και η Αποκαθήλωσις</td>
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<td>Ο Επιτάφιος Θρήνος (Τα Εγκόμια)</td>
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<tr>
<td>04 Μαΐου</td>
<td>ΜΕΓΑ ΣΑΒΒΑΤΟ</td>
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<td>Εσπερινος και Λειτουργία Μ. Βασιλείου</td>
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<td>Ακολουθία Αναστάσεως</td>
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<td>Η ΑΓΙΑ ΑΝΑΣΤΑΣΙΣ</td>
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<tr>
<td></td>
<td>Όρθρος και Θεία Λειτουργία</td>
<td>12:00μμ</td>
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<tr>
<td>05 Μαΐου</td>
<td>ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΣΧΑ</td>
<td>11:00μμ</td>
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<tr>
<td></td>
<td>Ο Εσπερινός της Αγάπης Easter Egg Hunt</td>
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</tr>
</tbody>
</table>

### 2013 HOLY WEEK
**AND EASTER SERVICES**

<table>
<thead>
<tr>
<th>Date</th>
<th>Service Details</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>27 April</td>
<td>SATURDAY OF LAZARUS</td>
<td>9:30am</td>
</tr>
<tr>
<td></td>
<td>Orhros</td>
<td></td>
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<tr>
<td></td>
<td>Divine Liturgy</td>
<td>10:30am</td>
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<tr>
<td>28 April</td>
<td>PALM SUNDAY</td>
<td>8:00am</td>
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<tr>
<td></td>
<td>1st Divine Liturgy</td>
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<tr>
<td></td>
<td>Orhros</td>
<td>9:30am</td>
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<tr>
<td></td>
<td>2nd Divine Liturgy</td>
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<tr>
<td></td>
<td>Bridegroom Service</td>
<td>7:00pm</td>
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<tr>
<td>29 April</td>
<td>HOLY MONDAY*</td>
<td>7:00pm</td>
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<tr>
<td></td>
<td>Bridegroom Service</td>
<td></td>
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<tr>
<td>30 April</td>
<td>HOLY TUESDAY*</td>
<td>7:00pm</td>
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<tr>
<td></td>
<td>Bridegroom Service</td>
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<tr>
<td>01 May</td>
<td>HOLY WEDNESDAY</td>
<td>7:00pm</td>
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<tr>
<td></td>
<td>Holy Unction</td>
<td>3:00pm</td>
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<tr>
<td></td>
<td>Holy Unction</td>
<td>7:00pm</td>
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<tr>
<td>02 May</td>
<td>HOLY THURSDAY</td>
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<tr>
<td></td>
<td>Vespers with the Liturgy of Saint Basil</td>
<td>6:00am</td>
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<tr>
<td></td>
<td>(Mystical Supper)</td>
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<tr>
<td></td>
<td>The Holy Passion of Christ (Twelve Gospels)</td>
<td>7:00pm</td>
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<tr>
<td>03 May</td>
<td>GOOD FRIDAY</td>
<td>9:00am</td>
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<tr>
<td></td>
<td>The Great Hours</td>
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<td></td>
<td>Great Vespers with the Descent of the Cross</td>
<td>3:30pm</td>
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<tr>
<td></td>
<td>The Lamentations (Epitaphios)</td>
<td>7:00pm</td>
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<tr>
<td>04 May</td>
<td>HOLY SATURDAY</td>
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<tr>
<td></td>
<td>Vespers with the Liturgy of Saint Basil</td>
<td>9:30am</td>
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<tr>
<td></td>
<td>Canon Preceding the Resurrection</td>
<td>11:00pm</td>
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<td></td>
<td>THE HOLY RESURRECTION</td>
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<tr>
<td></td>
<td>Orhros and Divine Liturgy</td>
<td>12:00am</td>
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<tr>
<td>05 May</td>
<td>EASTER SUNDAY</td>
<td>11:00am</td>
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<tr>
<td></td>
<td>Vespers of Love (Agape)</td>
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<tr>
<td></td>
<td>Easter Egg Hunt</td>
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</tr>
</tbody>
</table>

*Ιερά Εξομολόγησις στις 6:00μμ και με appointment.

*Holy Confession will be offered at 6:00pm and by appointment.

### OTHER WEEKDAY SERVICES IN APRIL

**Mondays, April 1, 8, 15, and 22**
7:00pm Compline

**Wednesdays, April 3, 10, 17, and 24:**
Presanctified Liturgy, 7:00pm

**Fridays**
April 5, 7:00pm: 3rd Salutations
April 12, 7:00pm: 4th Salutations
April 19, 7:00pm: Akathist Hymn
**APRIL 2013**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>1</td>
<td>2:00pm GMU OCF</td>
<td>2</td>
<td>Adult Greek School</td>
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<td>5</td>
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<tr>
<td></td>
<td>5:00pm Greek School Tutoring Class</td>
<td>6:00pm <strong>Holy Confession</strong> 7:00pm Compline</td>
<td>6:00pm Introductory II 7:30pm Introductory I 7pm General Assembly</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I</td>
<td>5:00pm Greek School 7:00pm <strong>3rd Salutations</strong> 8:15pm Lecture: Dr. Frank Theofanis, Saint Katherine College</td>
<td>9:30am Greek School 1:30pm GS Tchrs’ Mtg.</td>
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<tr>
<td>8</td>
<td>5:00pm Greek School Tutoring Class</td>
<td>9</td>
<td>Adult Greek School</td>
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<td>6:00pm <strong>Holy Confession</strong> 7:00pm Compline</td>
<td>6:00pm <strong>Holy Confession</strong> 7:00pm Compline</td>
<td>6:00pm <strong>Holy Confession</strong> 7:00pm Pre-Sanc. Liturgy 8:15pm Soup’er Study 8:15pm Grk Folk Dance</td>
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<td>5:00pm Greek School 7:00pm <strong>4th Salutations</strong> 8:15pm Lecture: Orthodox Church in Eastern Africa, Mrs. Alexandra Thornton</td>
<td>9:30am Greek School 12pm Deadline for May DOXA</td>
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<tr>
<td>15</td>
<td>11:30am GMU OCF</td>
<td>16</td>
<td>Adult Greek School</td>
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<td></td>
<td>5:00pm Greek School Tutoring Class</td>
<td>6:00pm <strong>Holy Confession</strong> 7:00pm Compline</td>
<td>6:00pm Introductory II 7:30pm Introductory I 7:00pm Missions Meeting</td>
<td>10:00am Silent Prayer 10:30am Wmn’s Book Club 6pm Conversational Greek 6:00pm <strong>Holy Confession</strong> 7:00pm Pre-Sanc. Liturgy 8:15pm Soup’er Study 8:15pm Grk Folk Dance</td>
<td>18 Adult Greek School 6:00pm Intermediate 7:30pm Advanced 7:30pm Choir 7:30 HEC Basketball</td>
<td>Philoptochos Yard Sale 5:00pm Greek School 7:00pm <strong>Akathist Hymn</strong></td>
</tr>
<tr>
<td>22</td>
<td>5:00pm Greek School Tutoring Class</td>
<td>23</td>
<td>Adult Greek School</td>
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<td>6:00pm <strong>Holy Confession</strong> 7:00pm Compline</td>
<td>6:00pm <strong>Holy Confession</strong> 7:00pm Compline</td>
<td>6:00pm <strong>Holy Confession</strong> 7:00pm Pre-Sanc. Liturgy 8:15pm Soup’er Study 8:15pm Grk Folk Dance</td>
<td>6:00pm Conversational Greek 6:00pm <strong>Holy Confession</strong> 7:00pm Pre-Sanc. Liturgy 8:15pm Soup’er Study 8:15pm Grk Folk Dance</td>
<td>Adult Greek School 6:00pm Intermediate 7:30pm Advanced 7:30pm Choir 7:30 HEC Basketball</td>
<td>5:00pm Greek School 7:00pm <strong>Divine Liturgy</strong> Fold palms into crosses 9:30am Greek School</td>
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<tr>
<td>29</td>
<td>6:00pm Holy Confession 7pm <strong>Bridegroom Service</strong></td>
<td>30</td>
<td><strong>HOLY TUESDAY</strong> 6:00pm Holy Confession 7pm <strong>Bridegroom Service</strong> (Kassiani)</td>
<td>May 1 <strong>HOLY WEDNESDAY</strong> 3:00pm Holy Unction 7:00pm <strong>Holy Unction</strong></td>
<td>May 2 <strong>HOLY THURSDAY</strong> 6:00am Vespers/Liturgy of Saint Basil</td>
<td>May 3 <strong>GOOD FRIDAY</strong> 9am The Great Hours Phileotheos Bake Sale 10am Altar Boy Retreat, Preparation for Pascha: wrap eggs, decorate the Epitaphios, etc. 3:30pm <strong>Apokathelosis</strong> 7:00pm Lamentations</td>
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<td>30</td>
<td><strong>HOLY MONDAY</strong> 6:00pm Holy Confession 7pm <strong>Bridegroom Service</strong></td>
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<td>May 4 <strong>HOLY SATURDAY</strong> 9:30am Vespers/Liturgy of Saint Basil 11:00pm Canon preceding the Resurrection 12:00am <strong>Orthros and Divine Liturgy</strong> Magiritsa Soup to Break the Fast</td>
</tr>
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*Please check the online calendar, http://saint-katherines.org/calendar, for the most current information.*
PHILOPTOCHOS  (by Eleni Kanakos, President)
I AM VERY EXCITED about the participation of this year’s membership! For those who are not yet members, now’s the time to join! Together, our community efforts will be even stronger.

Easter is around the corner. Please help us as we bake Easter sweets and tsoureki in preparation for our annual Easter Bake Sales on Palm Sunday, April 28 and Good Friday, May 3. Make sure to place your tsoureki orders in advance. Contact me (ekanakos@aol.com or 703-938-8360) or Elvira Garnett (villa45@hotmail.com or 703-425-3675). You will receive an email or phone call as we round up our baking volunteers. Keep in mind that we will also be making preparations for sweets and food for our Spring Festival in the very near future.

Don’t forget about our annual Yard Sale on April 19-20. Please bring in your gently-used clothing and household items during the week leading up to the sale. Contact Trish Kapsidelis (tgk1413@yahoo.com or at 703.356.5905) regarding donations and/or any questions you may have.

We are also gathering donations for the Philoptochos raffle that will take place during our Spring Festival. Prizes will include restaurant gift cards, jewelry, electronics, vacations, gift baskets, etc. Please let us know if you are interested in making a donation this year. We would appreciate it greatly! Let’s make our fundraising bake sales and raffle huge successes!

The Greek Orthodox Church or Loudon County will host a Fashion Show Luncheon on Saturday, May 18, 11:00am-2:30pm at River Creek Country Club in Leesburg. Contact Ava Walter at avamwalter@gmail.com for tickets and reservations. Let’s support our sister church!

SAINT KATHERINE BOOKSTORE
The FOLLOWING LENTEN service books are available for purchase in the bookstore:

Holy Week and Easter Services in the Orthodox Church. Translated by Fr. George Papadeas. Description: New printing with contemporary English translation, includes a marker ribbon. All services from Palm Sunday through Pascha in both English and Greek.


The Service of the Akathist Hymn to the Most Holy Theotokos. Translated by Hieromonk Seraphim Dedes. Description: The Akathist Hymn to the Theotokos in a new translation by Father Seraphim Dedes, presented in Greek and English on opposite pages. Spiralbound.


DAUGHTERS OF PENELOPE  (by Jane Moore, Pres.)
HELLO TO ALL from Helle Chapter! As many of you may know, one of the many goals of the Daughters of Penelope is to help victims of domestic violence. To that end, we were honored to have Saint Katherine’s own Bill Porter speak to us at our March meeting about his experiences dealing with these types of victims. It was a wonderful discussion, which invoked many good questions and informative answers. Thank you so much, Bill!

Our next meeting will be held on Monday, April 8 immediately following the Small Compline service (around 8:00pm). We plan to have another distinguished guest—Fr. Costa! As has been our tradition for many years, Fr. Costa has taken time out of his busy schedule during Lent to come to our meeting and discuss the importance of women in Orthodoxy, the Bible, and Church history. We are looking forward to his next lecture! We wish all of you a Kali Sarakosti and many blessings during this Lenten season!

OPEN POSITION:
DIRECTOR OF EDUCATION
SAINT KATHERINE HELLENIC EDUCATION CENTER
Our church has recently re-organized its Hellenic educational offerings into one institution—the Hellenic Education Center (HEC). The HEC consists of three components: 1) a Greek Language School, offering Greek language classes for pre-K to 8th Grades and Adults, 2) the Paideia Day School, providing pre-K and, in the near future, a Kindergarten program, and 3) an emerging Community Education program, consisting of short courses and seminars related to Hellenic culture/language and Greek Orthodox traditions. We are seeking a Director of Education who will oversee this institution, putting in place many of the goals and objectives defined by the Saint Katherine Board of Education (BoE). Please visit the webpage for more info: http://www.saint-katherines.org/announcements/open-position-director-of-education-for-saint-katherine-hellenic-education-center.

GREAT LENT, HOLY WEEK AND PASCHA
To begin your journey, visit lent.goarch.org.
ΠΡΟΣΕΥΧΗ ΓΙΑ ΤΗΝ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΟΥ ΑΝΘΡΩΠΙΝΟΥ ΠΟΝΟΥ ΚΟΝΤΑ ΣΤΟΝ ΧΡΙΣΤΟ

ΧΡΙΣΤΕ ΜΟΥ,
Ο πόνος, η δοκιμασία, η θλίψη, η μαρτυρική ζωή και κάθε βιωματικό γεγονός το λεγόμενο πάθος αναπόθεκτα έρχεται στη ζωή μας με τραγικό χαρακτήρα.

Εσύ Χριστέ μου, που γνωρίζεις την δίκη μας κατάσταση δώσε την δύναμη ταύτης τις δύσκολες στιγμές που μαςηγώνουν την ψυχή μας. Ερήνευσε την ψυχική ταραχή, την αγονία, τον φόβο. Βοηθήσε μας να πάρουμε παράδειγμα από την δίκη Σου μαρτυρική πορεία προς τον Γόλγοθα. Δώσε μας την δύναμη την όρα της συγκρούσεως να ακολουθούμε την δίκη Σου βούληση και όχι την δίκη μας θέληση.

Εσύ γνωρίζεις τις αδυναμίες μας. Μέσα μας δύο δύναμες παλέλουν η ανθρώπιση και η Θεία. Να επικρατεί το δίκο Σου θέλημα και σε αυτό να υποτασσόμεθα.

Τούτο ο αγώνας ας φέρει την ηθική και πνευματική τελείωση. Μέσα στην θλίψη και στην δοκιμασία να μην πέφτουμε στην αμαρτία αλλά με Πίστη και Εμπιστοσύνη να Σε ακολουθούμε.

Χριστέ μου, γέμισε την καρδιά μας με το μεγαλείο της Χριστιανικής αγάπης γιατί αυτή είναι το πολύτιμοτέρο επίτευγμα του αγώνα μας.

Να νοώσουμε ότι η δοκιμασία δεν οδηγεί στην θλίψη και στην καταστροφή αλλά είναι η πηγή της γνώσης πνευματικής χαράς. Το βάρος του πόνου μας οδηγεί στην πνευματική τελείωση γιατί κινούμεθα μέσα στο δικό Σου Θείο σχέδιο.

Ο Απόστολος Παύλος εξήρετα δια τα παθήματά του και όπως μας τόνισε: “Εν τούς παθήμασιν αυτού δοκιμάζει χαράν ανεκλάλητον”. Δώσε και σε μας υπομονή σε αυτή την δύσκολη ώρα και τερά ευκαιρία. Χρειάζομαι εσύ. Εσείς η πνευματική δύναμη και αντοχή για να υποστούμε ήρεμα τον πειρασμό όπως είπε και ο Ιάκωβος: “Μακάριος ανήρ ου υπομείναι πειρασμόν”. Ο Ισός παρά την πικράν πείραν του πόνου του αναγνωρίζει την μακαριστή του πάσχοντος. Να πάρουμε δύναμη από την ζωή του Αβραάμ που είχε την απόλυτη εμπιστοσύνη στο σχέδιο Σου. Εκείνα τα χέρια που υψάθηκαν ικανοποιητικά επι έτη με το να ζητούν ένα τέκνο ήλθε η ώρα να το θυσίασουν.

Βοηθήσε μας να υπακούμε στο Θείο Θέλημα Σου χωρίς γογγυσμό και ολογνωμία. Να πάρουμε δύναμη από την δίκη Σου ζωή που ύψαθε στο σκηνικό σημείο εξενεργέσιμου και τελετοποιημένου.

Χριστέ μου, ερήνευσε την ψυχική ταραχή, την αγονία, τον φόβο, την ανησυχία και γέμισε την ψυχή μας με χαρά και ευδαίμονια.

Σε παρακαλούμε σε αυτή την πορεία της Μεγάλης Σαρακοστής να είσαι κοντά μας. Να βίωσομε το σταυρικό Σου πάθος για να γίνουμε μέτοχοι της Αναστάσεως! Να καταλάβουμε ότι το π α θ ω σ είναι Θεία Δοσέα και ευλογία ανεκτήμερης σπουδαιότητας αφού το επιτρέπεται Εσύ στην ζωή μας. Αμήν.

MORE TIPS FOR DEALING WITH GRIEF
Mark D. Miller, M.D

1. Get help for severe or persistent depression. Someone once said, “grief is not a disease but it can become one.” Grief can lead to serious depression. Consider getting professional help if you feel overwhelmed, hopeless, or helpless. Other signs of depression can include sleep impairment (too little or too much), apetite or weight change, low energy, difficulty concentrating, and feeling listless or agitated. By all means, seek professional help if you have suicidal thoughts.

2. Grief work can become complicated. Mixed emotions (positive and negative feelings), unresolved emotional turmoil, and losing someone after an argument can complicate the grieving process. Sharing these feelings with a professional therapist can help. Grief therapy need not be a long-term commitment. Even if you don’t see yourself as the kind of person who seeks therapy, this may be beneficial.

3. Anger is common in normal grieving and certainly justified when a loved one dies due to the malevolence of others. Try venting your anger in a letter. Consider channeling your anger into constructive action. Volunteer to work for causes that seek justice and prevention. Spending your energy helping someone else can help you in the process.

4. Be patient. The grieving process often includes setbacks. Don’t expect to set an “I’ll be over it” deadline and succeed. Often, grieving resumes after a time, sometimes even months or years. Reminders can trigger a flood of emotions. Don’t be surprised if this happens, and don’t consider it a sign of weakness. Instead, your psyche is telling you more grief work needs to be done.

5. If you feel stuck in your grief, try a new approach. We are creatures of habit who learn very quickly how to avoid painful situations. However, this may hinder working through the entirety of your grief. To “jump start” the process, consider reviewing memorabilia, photos, home movies, or videos. Talk about your loved one at holidays when his or her absence is most obvious. Don’t avoid it so as not to spoil the festivities. This is the perfect time to check in with other family members about how they’re doing with grief work, and share mutual support.

6. Celebrate your loved one’s lifetime accomplishments, values, and principles. Consider carrying the torch of a cause they believed in as a memorial. Start a scholarship, plant a garden, or make a donation in their name.
BOOK REVIEW
Gregory McKinney


Imagine yourself meeting an uncle, an old man, for the very first time. You are special to him from the start. He knows you, he loves you without reservation or reason. His life’s story takes you to places you thought you knew; through his descriptions, however, you see them as if for the first time. His counsel opens your eyes because, through his journeying, you realize he has met Christ.

Such is the subject of this month’s book, a 20th century Greek monk devoted to the Holy Mount Athos, Elder Porphyrios. Wounded by Love is wonderful Lenten reading, a compilation of his writings, letters, and transcribed oral history demonstrating what God can make possible within a person who gives himself completely over to his Lord:

That the heart may never love enough! The more wine you drink, the more you want to drink. The more you give yourself to the love of Christ, the more you want to give yourself. We must love Him with all our soul, heart, strength, power and mind. We must plug our heart into His love and be united with Him. That is what the Lord demands, not for Himself out of selfishness, but for us, so that He can give us everything—joy and happiness (p. 103).

The Elder demonstrated the graces of the Spirit through great powers of discernment, the gift of clear sight, and a boundless love for all. Yet with these gifts, he never claimed to be above anyone. He knew these things are available to all:

Man has such powers that he can transmit good or evil to his environment. We need to have goodness and love in our soul and transmit these things (p. 212).

In fact, he considered them “easy” for the one who centers his being in Christ and lives out His love.

The Hellenic Society Prometheas invites you to a presentation by
Magdalini Agrafioti
Psychologist, Psychotherapist, Family Therapist
Learning with the Mind and the Heart: The Power of Emotions in Everyday Life
Friday, April 12, 8:00pm
Saint George Greek Orthodox Church, Bethesda
The presentation will be in Greek. Reception to follow.

SAINT KATHERINE PROFESSIONAL AND BUSINESS DIRECTORY

PLEASE CONSIDER LISTING your profession or business on our church website. Please fill out the order form, available at http://www.saint-katherines.org/about_us/misc_forms, in its entirety. If you choose to list only your profession, please fill out that portion only. If you choose to list your business, please fill out that portion only. The cost per year is $25 for a professional listing and $100 for a business listing. The directory is online at http://www.saint-katherines.org/about_us/business-and-professional-directory. You may choose to renew your listing automatically for the next year by checking the box on the order form. If you are paying by credit card, your card will be charged for the renewal on or about January 1, 2014. If you are paying with cash or by check, you will be contacted prior to your renewal date. Credit card payments may be made on the church website via PayPal. All listings will be reviewed and acceptance will be determined at the discretion of the Business Directory Committee. A printed version of the directory will be distributed annually with listing additions available quarterly. Below are samples of how your listing will appear on our website.

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Professions:

Engineering

George Pappas
Electrical Engineer
www.georgepappas.net
555-555-5555

Businesses:

Places of Worship

Saint Katherine Greek Orthodox Church
3149 Glen Carlyn Road, Falls Church, VA 22041
703-671-1515
www.saint-katherines.org

Remember, you can go to www.saint-katherines.org/about_us/misc_forms for an order form and to www.saint-katherines.org/about_us/business-and-professional-directory to view the directory.

We look forward to receiving your listing!
Hello from Uganda! I am currently in Kampala with fellow missionaries Felice Stewart and James and Daphne Hargrave. The Hargraves are here in Uganda awaiting the birth of their first child, which is due to arrive sometime in the next week or so. Felice and I are both staying with them to provide support for Daphne in labor, as well as to help take care of her and the baby in the first few weeks after the birth. The weeks I spent in the government hospital’s maternity ward in Tanzania were very educational for me. I practiced my Kiswahili and learned more medical phrases. I was actually surprised how well I could communicate with my patients. Many of the women who gave birth in that hospital are referred to it for complications during their pregnancy, labor, or delivery. I witnessed many scary and sad clinical situations and outcomes that simply no longer take place in the United States. On the other hand I also saw some wonderful births and was able to help intervene with a couple of patients who really needed more nursing care and assistance than they were getting. After my experience in that hospital I am very, very glad that I have decided to stay with Daphne during her labor and birth, and that I can be an advocate for her, James, and the baby. Please keep them in your prayers for a safe and uncomplicated birth! A few weeks after the baby arrives, James and Daphne will return to their home in Mwanza and settle into life there with their newborn. My first term of service with OCMC will be up at that point, so I will make plans to return back to the United States. As much as I will miss living and working as a missionary in Tanzania, I know that it is time for me to spend some time back in the U.S. again. I have been away for almost two years and it will be good to see family and friends again. My plan right now is to return to work as a labor and delivery nurse, hopefully in the DC area, and to pursue a graduate degree to become a certified nurse-midwife. Ultimately I would like to return to missionary service, possibly in East Africa, as a nurse-midwife. Please keep us all in your prayers and know that as we enter Great Lent I am praying for all of you who have been supporting me for the past two years. May you have a holy time of preparation for our Lord’s Resurrection. I expect to be back in the US by Pascha, and look forward to hearing “Christ is Risen!” in English again.

MISSIONS AND OUTREACH

**OCMC Annual Meeting.** The OCMC has chosen Saint Katherine for their semi-annual board meeting May 20-22, 2013. Our Mission and Outreach Committee will serve as their host. Traditionally they will hold a banquet the Tuesday night of their meeting, this year it will be on May 21. This will be a wonderful opportunity to see the entire OCMC board and hear about their exciting programs.

**OCMC 2013 Teams Filling Up Quickly.** OCMC is sponsoring 13 short-term teams for overseas missions in 2013. The first team is already in Uganda. The other teams are filling up rapidly. For a complete list of teams, go to OCMC’s website, OCMC.org, or email Dr. John Demakis at demakis9931@gmail.com. Please give prayerful consideration to being a part of an OCMC team. It can be a life changing experience. Our community has always helped those who have chosen to go on a mission.

**Update from our Missionary in Tanzania, Maria Roeber:**

*FOCUS* Chooses Saint Katherine for Shoe Distribution. The Fellowship of Orthodox Christians United to Serve (FOCUS) has asked our Missions and Outreach Committee to be their representative in the DC area for distribution of children’s shoes. An anonymous benefactor has agreed to donate 400,000 pairs of children’s shoes to needy children in American every year. FOCUS, one of the newest ministries of the Assembly of Orthodox Bishops has asked us to be the local distributors. Our Parish Council has graciously agreed to set aside 450 square feet to receive and sort out the 3,300 pairs of shoes for the DC metropolitan area. This is a great honor for our community and we will need volunteers. The first shipment of shoes will arrive on July 1. We will need volunteers to help sort the shoes into sizes and school districts.

**MISSIONS LECTURES FOLLOWING SALUTATIONS SERVICES**

Our Missions and Outreach Committee continues to sponsor a series of talks following the Salutations Services:

- **March 29—FOCUS.** See information above.
- **April 5—Dr. Frank Papatheofanis, Saint Katherine College.** Dr. Frank Papatheofanis, President of Saint Katherine College (www.stkath.org), will speak about this college—the only Orthodox four-year Liberal Arts College in the United States not associated with a seminary. Saint Katherine based in North San Diego County, California. The college offers 12 major programs of study in the arts and sciences. Please join us for an informative discussion.
- **April 12—Mrs. Alexandra Thornton.** We will be honored to hear from Mrs. Alexandra Thornton, the daughter of Fr. Spartas of Uganda. Fr. Spartas is widely considered to be the founder of the Orthodox Church in Eastern Africa. Come and hear about this wonderful and inspired man from his daughter. Mrs. Thornton is a long-time member of our church.

**HOMELESS SHELTER**

**Cooking Schedule.** Our Adult Bible Class served dinner on March 19 and Paideia will serve lunch on April 12. The Mission Committee will serve dinner in May and the Vacation Bible Camp will serve lunch on June 27. Thanks to all who participate.

**Clothing and toiletries.** We continue to collect clothes and toiletries for the homeless shelter. Please bring items to the foyer of the Meletis Charuhas Center.

**Missions and Outreach Meeting**

The next meeting for our Missions and Outreach Committee is on Tuesday, April 16, 7:00pm.
Start by making Lent a time to turn away from the everyday mundane rituals for life and give your soul a renewed life.

Come to church and participate in:

1. Monday Complines
2. Wednesday Pre-Sanctified Liturgies followed by Soup’er Study
3. Friday Salutations followed by Lenten lecture series
4. Annual Adult and Joy Retreats
5. Sacrament of Holy Confession
6. Sunday Liturgies
7. Holy Week

I leave you with an open invitation to come to church any or all the time. Pick one of the above or pick them all. Just start your Lenten journey.

**THE PRAYER OF ST. EPHRAIM THE SYRIAN**

*(Read each weekday during Great Lent)*

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant. Yea, Lord and King, grant me to see my own errors and not to judge my brother, for Thou art blessed unto ages of ages. Amen.

Yours in Christ’s service,

Ft. Costas

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Your church and community depend on your stewardship commitment.

If you have not yet submitted your 2013 pledge, please complete the stewardship form on page 5 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your church and community depend on your stewardship commitment.

Any questions? Please contact Anna Vassilopoulos at avassilopoulos@stkchurch.com or 703-671-1515.
ATTENTION POSTMASTER:
Please expedite. Dated material.

PJ Skidoos is a Greek family-owned restaurant, which has been in Fairfax City for 35 years. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.

SUNDAY BRUNCH
ALL YOU CAN EAT! 10am-2pm
Adults $15.95, Kids 6-12 $7.95
Under 6 Free!
We take reservations for large parties!

Private banquet rooms available for all occasions! Seat up to 150 people. Wonderful value & delicious food! Beautiful wood bar & dancefloor. Our Greek Head Chef will cater to all tastes!

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