ORTHODOX TRADITION SPEAKS OF THE SACRAMENT OF HOLY CONFESSION as the “rite of reconciliation.” In the words of Saint Maximos the Confessor, this is in reference to reconciliation with the community of the faithful—the Ekklesia. When reconciled with the Ekklesia, we are reconciled with God as well. The priest, in the Sacrament of Confession, speaks for the community as well as for God when he reads the prayer of absolution for forgiveness and reconciliation.

O God and Savior, who by Thy prophet Nathan has granted pardon to David repenting of his own transgressions, Who has accepted Manasseh’s penitential prayer; do Thou, the same compassionate Lord, accept this Thy servant (name) who is repentant of sins that he (she) has committed. Overlook all that he (she) has done, forgiving all of his (her) unrighteousness, and overlooking his (her) iniquities. You have said, oh Lord, I desire not the death of a sinner, but rather that he (she) should return from His wickedness and live; and that sins ought to be forgiven even unto seventy times seven. For as Thy greatness is incomparable, so is Thy mercy immeasurable. Who, oh Lord, would stand aright before you if Your judgment was to the extreme in what is amiss in our lives? You are a God of those who repent and unto You we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

There are several ways in which you can prepare yourself to encounter God through the sacramental experience of Confession:

a) Find a quiet place where you can be alone and concentrate on the love of God, His love for the world, and for you. Think of the Christmas story and how Our Lord became Man because He loves us, how He experienced death on the cross because He loves us, and how He resurrected because He loves us.

b) Think of what God wants you to be and where you are in life at this very moment. Ask yourself: Am I worthy to be called a creation of God? When Christ returns at the second coming, will we be able to tell him that in spite of our failures in life we sincerely tried to make amends in our shortcomings?

c) Face the most difficult question of all: How have we offended God? In examining ourselves, what sins have been committed? One easy way of doing this is to write all the sins committed recently or since your last confession on a piece of paper. Details and unnecessary descriptions should be avoided.

The following “self-examination” questions based on the Ten Commandments (Exodus 20:1-17) and the Archdiocesan pamphlet, The Neglected Sacrament, A Practical Guide to Confession and Happiness can help you prepare your list.

(Continued on page 14)
**Greek Orthodox Archdiocese of America**
*Greek Orthodox Metropolis of New Jersey*
**Saint Katherine Greek Orthodox Church**
www.saint-katherines.org
3149 Glen Carlyn Road
Falls Church, VA 22041
703-671-1515 phone
703-671-1385 facsimile

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Bible Study (Sundays)  Bill Polizos  571-434-7790  polizos@att.com
Catechetical (Sunday) School, Adult  George Charuhas, Principal  703-999-2109  gscharuhas@gmail.com
Catechetical (Sunday) School, Youth  Bill Polizos  571-434-7790  polizos@att.com
Women’s Book Club  Fay Mpras  703-865-5776  fymprasad@gmail.com

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Book Reviews  Gregory McKinney, Contributor  571-338-6929  dintym@hotmail.com
Daughters of Penelope Helle #283  Karen Polizos, President  571-434-7790  kpolizos@naifa.org
DOXA  Presv. Pauline Pavlakos, Editor  703-239-2627  przpauline@stkchurch.com
Facebook  Saint Katherine Greek Orthodox Church  Gregory McKinney  703-271-6411  christinak37@gmail.com
GOYA (ages 13-18)  Christina Kosmakos, President  703-271-6411  christinak37@gmail.com
GRACE  Fr. Costa Pavlakos, Spiritual Advisor  703-671-1515  frcostas@stkchurch.com
Greek Dance  Aris and Anna Yortzidis, Instructors  757-218-6991  greekdancedc@gmail.com
Greek School Auxiliary  Martha Lampros, President  703-536-4860  mmlampros@msn.com
HOPE (ages 7 and under)  Toula Christou, Director  703-533-0055  tmchristou@yahoo.com
JOY (ages 8-12)  Tina Papamichael, Director  703-536-4711  athena02@verizon.net
Listserv (email list)  Presv. Pauline Pavlakos, Administrator  703-239-2627  przpauline@stkchurch.com
Missions and Outreach  Dr. John Demakis, Chairman  703-319-1610  demakisk9931@gmail.com
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Parish Committees, List of  http://saint-katherines.org/about_us/parish-committees
Philoptochos  Eleni Kanakos, President  703-938-8360  ekanakos@aol.com
Safeway eScrip  Elvira Garnett, Coordinator  703-425-3675  villa45@hotmail.com
Single Parent Fellowship  Andrea Katsenes, Coordinator  andrea.katsenes@verizon.net
Website  Presv. Pauline Pavlakos, Webmaster  703-239-2627  przpauline@stkchurch.com
YAL (Young Adult League)  Olivia Carr  401-633-2072  SaintKatherineYAL@stkchurch.com
“Problems don’t go away if you ignore them son, they only get worse.” My father’s enduring wisdom applies to this day and I find myself in the unenviable, but necessary, position of addressing you regarding an unpleasant matter. Last year at this time, I wrote the following about a subject that has regrettably become an ongoing concern:

… I am making a plea to all parishioners who attend our forthcoming Holy Week services, especially the Anastasi…PLEASE help us avoid costly repairs and other maintenance issues by being mindful of candle drippings during the service. Each year, we spend untold hours cleaning and repairing our pews of wax damage due to careless, and frankly, inconsiderate parishioners. Last year, such carelessness resulted in a hole being burned into a seat cushion. The overwhelming majority of us would never dream of being so careless in a friend’s home, yet for some unfathomable reason, many attending these most holy of services, handle their candles so carelessly during the services they cause considerable damage in our Lord’s house. Please help us reverse this disturbing trend.

Sadly, this appeal went largely unheeded by a small, but increasingly inconsiderate group of individuals whose wanton disregard of our holy sanctuary resulted in additional damage to carpets, pews, and upholstery. I do not exaggerate when I say it was profoundly heartbreaking to witness the damage after the services were over. We simply cannot allow this to continue.

Accordingly, we are taking two steps to proactively address this situation and minimize damage. First, for all services during which candles are used within the sanctuary during Holy Week, the upholstery will be covered with a clear adhesive plastic covering. We have tested this material and view it as a reasonable way to help minimize, and hopefully eliminate, persistent wax damage. Secondly, extensive research revealed the existence of a new candle product that has been well received in numerous other communities. This new, albeit smaller, “dripless” candle burns approximately 3 to 4 hours and is about half the size of the candles we currently use. The clear plastic cup is more durable featuring a higher grade plastic and the candle itself generates little wax if it is held in the upright position. We will begin to make this lambatha available to the community this year and hope children especially will benefit from the smaller size and find it easier to handle.

Although smaller, these new candles cost us more due to their “dripless” nature and higher-quality plastic. Nevertheless, they will be offered to parishioners at the same price as last year. We trust everyone appreciates this prudent, measured response as we fully transition to this new lambatha by next year. We thank you in advance for your cooperation and understanding.

Turning to another, far more pleasant matter, I wish to invite everyone in our community to our first annual Easter Lamb Roast to be held immediately after the Agape services on Easter Sunday. This will be a great opportunity for one and all to enjoy a traditional Greek Easter, including roast lamb on the spit, pastitsio, spanakopita, tiropita, and much more for a most reasonable price of $30 per adult and $25 for children under the age of 12. We pray this will be a great success and become an enduring and cherished community tradition. Please see the ad on page 7 for additional information and make your reservations as soon as possible. I hope to see you all there!

I trust everyone’s Lenten journey thus far has been blessed and spiritually fulfilling. On behalf of our Parish Council, I wish you all joy in the knowledge of the truly risen Christ! Happy Easter. Kalo Pascha!

Your servant in Christ,

President, Parish Council
CATECHETICAL (SUNDAY) SCHOOL

THIS APRIL IS EXTRA SPECIAL as we prepare to celebrate Holy Pascha on April 20. 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 12, 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 April 20 (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 April 27. On that day, our young people should bring 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 accented.

GOYA

GOYA will go Cosmic Bowling on Saturday, April 5, 8:00pm at Bowl America Burke, 5615 Guinea Road, Fairfax, VA 22032. The cost is $15 for two games and shoes.

GOYA will help fold palms into crosses following liturgy on the Saturday of Lazarus, April 12, and help decorate the church for Easter following the 9:00am Great Hours on Good Friday.

GOYA has church duty on Sunday, April 27. Kristian Snyder will be the GOYA Captain and Epistle reader.

GOYA basketball practices are scheduled for Thursdays, April 3, 10, and 24 at 7:00pm and Sunday, April 6 following the second liturgy’s coffee hour. We may have a scrimmage with Loudon County on the 6th.

GOYA wishes everyone a spiritually-fulfilling Lenten journey towards the glorious celebration of Pascha.

GMU OCF

Fr. COSTA WILL MEET with Orthodox Christian Fellowship students at the Johnson Center, Room 239H (Campus Ministries Office) at George Mason University on Monday April 7, 3:00pm-5:00pm. Northern Virginia Community College students are welcome to join us. Please tell your Orthodox friends about this ministry and this meeting. Parents, please tell your college student. If you need a ride to church, especially during this period of Great Lent, please contact Fr. Costa (frcostas@stkchurch.com or 703-671-1515) and he will arrange transportation.

IONIAN VILLAGE (IONIANVILLAGE.ORG) OFFERS A VERY UNIQUE SUMMER CAMP EXPERIENCE. IN ADDITION TO PARTICIPATING IN A TYPICAL SUMMER CAMP PROGRAM, CAMPERS WILL BE EXPOSED TO THE ORTHODOX FAITH AND LEARN ABOUT HELLENIC CULTURE AND THE COUNTRY OF GREECE THROUGH EXCURSIONS.

THREE PROGRAMS

Summer Camp
(Open to campers in grades 8 through 12)
Session One: June 23 - July 12, 2014
Session Two: July 20 - August 8, 2014

Spiritual Odyssey: Cyprus
(Open to young adults, ages 19-24)
June 1-11, 2014

2014 TOURNAMENT
APRIL 26-27

GOYA’s 2014 Basketball Tournament will be held on April 26 and 27. Saturday’s games will be played at Trinity Christian School, 11204 Braddock Road, Fairfax, VA 22030 and Sunday’s games will be played in our church gym. Please come out and cheer for us.

We will, once again, have a tournament ad book. Please stop by our table on Sundays after liturgies if you are interested in placing an ad.

HOPE

HOPE, ages 7 and under, will gather on Sunday, April 6, following second liturgy, in Founders’ Hall. They will make an Easter craft from provided supplies. Muffins and drinks will be served.
WHY LEARN GREEK?
Eleni Alexopoulou

In the previous segment, I highlighted how being educated in the Greek language and Greek culture allows us to see the world through different lenses, builds a critical mind, and forms active citizens. In this segment, I would like to highlight the fact that Greek language and Greek culture prepare us and allows us to think big. We have many such examples in our history—the spread of Greek colonies in antiquity from Crimea to Gibraltar; the fight of Greeks against Persian imperialism; the spread of Hellenism and Hellenistic culture through the vast Empire of Alexander the Great, extending from the Balkans and Egypt to Hindu River in India; the glorious Byzantine Empire which lasted for 1,000 years; the Greek revolution of 1821 after 400 years of Ottoman slavery; and the heroic defense of Greece against the Italian Fascists and German Nazis during World War II. However, we need not go back that far. The founders of our Greek communities and parishes here in the United States left Greece and Asia Minor with the hope of a better life—and they succeeded! The Greek-American community is not only affluent, it is the best educated community in the United States.

But what is it that makes us think “big”? What is it that makes Hellenes different? What is it that allows us to overcome challenges and difficulties? We go full circle back to Ancient Greece and one of the most famous mottos, ΑΕΙ ΑΡΙΣΤΕΥΕΙΝ, that is “always to excel.” We indeed set the bar very high. Our historical track record demonstrates that, even under extremely difficult conditions, we succeed.

Encouraging and facilitating our children to learn Greek is one way to teach them to aim high and achieve their goals. As Dr. Chekwas (a native of Nigeria and a graduate of the University of Thessaloniki in Philology and Dentistry), who visited our school and spoke to our Greek school children in Greek as if a native, demonstrated, ΕΛΛΗΝΕΣ ΕΙΣΙ ΟΙ ΤΗΣ ΕΛΛΗΝΙΚΗΣ ΠΑΙΔΕΙΑΣ ΜΕΤΕΧΟΝΤΕΣ (ΙΣΟΚΡΑΤΗΣ), that is “Hellenes are those who partake of Hellenic Education” (Isokrates). Dr. Chekwas offered a unique vision to our kids—he said to them, “You that learn Greek are teachers. Continue to learn Greek so that my grandchildren can learn Greek.” I need to highlight that Dr. Chekwas is a Nigerian with no blood connections to Greece. I do not think it is a coincidence that this same epigram greets the visitor of the Gennadeios Library, the Library of the American School of Classical Studies in Athens.

Thank You, Skenteris Family!
Thank you to Jordan and Chrisoula Skenteris, Christopher Skenteris, and Artemis Dimopoulos for their extremely generous donation of all the food, drink, and cooking, for this year’s Stewardship Sunday luncheons! May God continue to bless you abundantly!

Congratulations, Elvira and John Garnet!
Elvira Garnet and son’s (John) business, Wandering Zorba Bakery, appeared in the March 2014 Northern Virginia magazine.
Elvira and John frequent farmers’ markets during peak season and fill special orders year round. They hope to open a mobile cart or storefront.
Visit them at wanderingzorba.com.

Saint Katherine/Safeway Educational Benefits Program
(3 ways to participate!)
1. Register your Safeway card with Saint Katherine. When you shop at Safeway and pay by cash, check, debit card, SmartCheck, gift card, WIC and/or SNAP, up to 3% of your purchase goes to Saint Katherine. Credit cards are not accepted for Safeway contributions to Saint Katherine when participating in this part of the program. There is no limit to the amount that our church can earn!

2. Register your credit card with e-Scrip. e-Scrip is Safeway’s accounting and advertising company. Every time a credit card is used at participating restaurants, Macy’s, Pep Boys, Michelin, Eddie Bauer, etc., 3% to 7% of the purchase amount is donated to Saint Katherine.

3. Recycle through Safeway. Recycle such items as inklets, iPads, iPhones, cell phones, computers, etc. For each recycled item, e-Scrip will give $1 to $90, depending on the item, to the church.

Participating in Safeway’s Educational Benefits is a win-win situation. Contact Elvira Garnet, Saint Katherine Safeway e-Scrip coordinator, at villa45@hotmail.com or 703-425-3675, with questions or for help.

Thanks for participating in the educational benefits program!
ΟΙ ΜΑΘΗΤΕΣ ΤΟΥ ΚΥΡΙΟΥ, μετά το μέγα γεγονός της Αναστάσεως του Βιώσαμενο Κύριο Ιησούς Χριστός, βρέθηκαν στην Γαλιλαία. Στο υπερώφο της ερευνάτησης είχαν δεν, βεβαία, δύο φορές τον Λατρεμόνα Διδασκάλο τους, καθώς επιστάτης τον είχαν δει και στο πανέμορφο ακρωτήριο της Λήμνης, μετά από ένα ολοκλήρως και αποτυπώμενο ψάρεμα. Τον είχαν δει χωρίς να τον περιμένουν στο θαμπό φως της χαράς τους, να τους προκαταλήγει να κοιμάται και πάλι για ένα καινούργιο ύπνο. Κι έτσι κοντά του απόλαυσαν την βαθύτητα της αναμμένης φωτός και το ψημένο ψάρι.

Η μεγάλη τους επιθυμία ήδη ήταν να τον δουν και πάλι, κι αυτή η επιθυμία τους φλόγες όλο και περισσότερο την καρδιά τους. Στον νου τους ζωνάζει ζωή η υπόθεση, που τους είχε δώσει, πριν από τα Άγια Πάθη του. «Θα προπονευθούμε και θα σας συναντήσων στην Γαλιλαία». Τους το υπενθύμισε άλλως το και ο Ιδιός με τις Μυροφόρες. Και να, που η ύπαρξη επέτασε γι’ αυτή την τόσο πολύ επίσημη και δημόσια συνάντηση. Πιστοί οι μαθητές στην ενοπλή του Κυρίου πήγαινε στο γνωστό οροπέδιο της Γαλιλαίας, εκεί, όπου ο Κύριος συνήθιζε να διδάσκει τα πλήθη. Θα πάει κανένας μαθητής. Επήγαν και οι ενδέκα, καθώς επίσης και άλλο πολύ πλήθος μαθητών Του. Κανένας δεν μπορεί να περιγράψει τα συναισθήματα της χαράς και της ιερής συνεργασίας των μαθητών, όταν αντικρούσαν τον Αναστημένο Διδάσκαλό τους. Πλημμυρισμένοι από βασιλιά ευάλωτα και ευγνωμοσύνη, έπεσαν και Τον προσκυνήσαν. Ηταν όμως και μερικοί από το πλήθος, που από την μεγάλη εκπληκτική, δεν πρόσφεσαν να Τον αναγνωρίσουν. Δεν είχαν καταλάβει ότι είχαν εμπρός τους Τον Αναστημένο, τον Ιδιό τον Κύριο, ο οποίος είχε υποφέρει και σταματεί.

Ο πανάγαθος Κύριος, με την άπειρη αγάπη τους και συγκατάβαση, πληρώνει προς τα πλήθη και τους οικείους για τον δουν και να τον ακούσουν έτσι, ώστε πεπεσμένοι τελείως και αυτοί να γίνουν φλόγες κηρύκες της Αναστάσεως. Και θα βεβαιώνουν στο μέλλον αυτού, περισσότεροι από πεντακάθαρτο. Τον έθεσαν να γίνει το γεγονός της Αναστάσεως του Κυρίου. Όπα είπε ο Κύριος εκεί στο όρος, ήταν εναρμονικά και κυριολεκτικά ουσιαστικά! Οι μάρτυρες της Αναστάσεως του ιδίου χρόνου και έφεραν θεία υπόθεση. Πέρασαν παντά τα χρόνια της ταπεινώσεως του και των θείων Παθήτων του. Τώρα έτσι και άνθρωποι παρέλαβαν από τον θεάτη παρά την παντοδύναμη εξουσία, που πάντοτε είχε ως θεός Λόγος. Είναι πλέον ο Εξουσιοδότης Βασιλέως! Και ως Κύβερνητής του σύμπαντος, Ουρανού και Γης, δίνει στους μαθητές του την εξουσία να γίνουν οι διδάσκαλοι της Ικετεύουσας. Να διδάσκουν σε όλα τα άθροι την ορθή πίστη στον Τριάδικο Θεό. Και διά του Μυστικού του Αγίου Βαπτίσματος να καθίσουν τους πιστούς πολίτες της Βασιλείας του Χριστού, υπό τον απαραίτητο όρο να φυλάσσουν στην ζωή τους όλα όσα είδεςε ο Ιησούς. Υποθέτεις μεγάλες και βερεξές έθεσες στους έστως των Αποστόλων ο Κύριος. Τους εστάλει σε ένα έργο πνευματικό και τεράστιο. Να διδάσκουν σε όλα τα άθροι

Ευλογημένη Τεσσαρακοστή! Ευφρόσυνα Πάσχα!

(Η συνέχεια στο επόμενο τεύχος)
**REGISTRY**

**Baptisms**

Alexander (March 1)
son of David and Alexia Ziants
Godparent: Maxine Calamos

Steven Eleftherios (March 8)
son of Stergos and Meghan Kaloudis
Godparent: Naomi Kaloudis

Androniki (March 16)
daughter of Demetrios and Stavroula Kokkinis
Godparents: Stella Koukides and Athanasios Kokkinis

**Chrismation**

Fani Spanomanoli (in March)
in Menetes, Karpathos, Greece

Congratulations!

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**ΕΣΤΙΑΚΗ ΝΗΣΤΕΙΑ**

ΑΥΤΕΣ ΤΙΣ ΗΜΕΡΕΣ ΤΗΣ ΣΑΡΑΚΟΣΤΗΣ ΕΣΤΙΑΖΟΥΜΕ ΣΤΟ ΤΙ ΤΡΕΠΕΙ ΝΑ ΦΑΣΟΥΜΕ: ΤΟ ΦΑΓΗΤΟ ΓΙΝΕΤΑΙ ΙΣΟΣΤΑΣΙΑΚΩΣΤΑ ΗΤΟΥ ΠΩΣΟ ΤΗΝ ΠΡΟΣΟΧΗ ΔΕΝ ΤΟΛΜΑΙΝΑΙΝΕ ΣΚΕΦΤΟΝΑΙΝΕ ΣΤΟ ΤΙ ΔΕΝ ΠΡΕΠΕΙ ΝΑ ΣΚΕΦΤΟΥΜΕ ΚΑΙ ΣΤΟ ΤΙ ΠΡΕΠΕΙ ΝΑ ΚΑΝΟΥΜΕ. ΑΝ ΑΥΤΑ ΠΟΥ ΚΑΝΩ ΘΑ ΘΑΝΑΤΩΝΟΥΝ ΔΩΣΕ ΣΤΟΝ ΠΑΝΤΟΔΥΝΑΜΟ ΘΕΟ. ΠΩΣ ΘΑ ΜΠΟΡΟΥΣΑΜΕ ΝΑ ΑΓΚΑΛΙΑΣΟΥΜΕ ΜΕ ΠΕΡΙΣΣΟΤΕΡΗ ΘΕΒΙΚΟΤΗΤΑ ΚΑΙ ΚΑΤΑΝΟΗΣΗ ΑΥΤΑ ΘΑ ΤΟΥΣ ΕΝΟΧΛΟΥΝ ΚΑΙ ΤΟΥΣ ΤΑΡΑΘΟΥΝ. ΕΝΩ ΘΑ ΜΠΟΡΟΥΣΑΜΕ ΝΑ ΚΑΝΟΥΜΕ ΚΑΙΤΙ ΣΤΟ ΤΙ ΘΑ ΔΟΥΣΕ ΧΟΡΟ ΣΤΟΝ ΔΙΠΛΑΝΟ ΜΑΣ. ΕΝΩ ΘΑ ΜΠΟΡΟΥΣΑΜΕ ΝΑ ΣΥΝΘΕΣΟΥΜΕ ΚΑΙ ΝΑ ΤΟΛΜΗΣΟΥΜΕ ΜΕ ΑΓΑΠΗ ΑΥΤΟΥΣ ΠΟΥ ΜΑΣ ΠΟΝΕΙΟΥΝ.

ΚΑΣΗ ΣΑΡΑΚΟΣΤΗ ΣΕ ΌΛΟΥΣ ΜΑΣ!! ΝΑ ΒΙΩΣΟΥΜΕ ΜΙΑ ΕΥΛΟΓΗΜΕΝΗ ΚΑΙ ΕΜΠΕΙΡΟΔΥΝΑΜΗ ΑΓΙΑ ΣΑΡΑΚΟΣΤΗ!! ΝΑ ΔΟΥΣΟΥΜΕ ΚΑΙ ΣΤΑ ΠΑΙΔΙΑ ΜΑΣ ΑΥΤΗ ΤΗΝ ΕΥΚΑΙΡΙΑ ΝΑ ΓΛΥΣΩΝΟΥΜΕ ΚΑΙ ΝΑ ΑΓΚΑΛΙΑΣΟΥΜΕ ΤΟΝ ΠΛΗΣΙΟΝ ΤΟΥΣ ΚΑΙ ΤΟΝ ΧΡΙΣΤΟ ΜΕ ΜΕΓΑΛΥΤΕΡΗ ΕΜΠΙΣΤΟΣΥΝΗ! ΑΜΗΝ.
**2014 HOLY WEEK AND EASTER SERVICES**

**12 April**

- **SATURDAY OF LAZARUS**
  - Orthros: 9:30am
  - Divine Liturgy: 10:30am

**13 April**

- **PALM SUNDAY**
  - 1st Divine Liturgy: 8:00am
  - Orthros: 9:30am
  - 2nd Divine Liturgy: 10:30am
  - Bridegroom Service: 7:00pm

**14 April**

- **HOLY MONDAY**
  - Bridegroom Service: 7:00pm

**15 April**

- **HOLY TUESDAY**
  - Bridegroom Service: 7:00pm

**16 April**

- **HOLY WEDNESDAY**
  - Holy Unction: 3:00pm
  - Holy Unction: 7:00pm

**17 April**

- **HOLY THURSDAY**
  - Vespers with the Liturgy of Saint Basil (Mystical Supper): 6:00am
  - The Holy Passion of Christ (Twelve Gospels): 7:00pm

**18 April**

- **GOOD FRIDAY**
  - The Great Hours: 9:00am
  - Great Vespers with the Descent of the Cross: 3:30pm
  - The Lamentations (Epitaphios): 7:00pm

**19 April**

- **HOLY SATURDAY**
  - Vespers with the Liturgy of Saint Basil: 9:30am
  - Canon Preceding the Resurrection: 11:00pm
  - THE HOLY RESURRECTION: 12:00am

**20 April**

- **EASTER SUNDAY**
  - Vespers of Love (Agape): 11:00am

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**EASTER EGG HUNT**

The Annual Easter Egg Hunt for our young children will be held on Easter Sunday, April 20, following the 11:00am Agape Service. The Agape Service is short and joyful, with gospel readings in several languages. Come to church, proclaim “Christ is Risen,” and then gather your Easter candy. THEN . . . Join us for the Easter picnic (see the previous page for details).

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**PHILOPTOCHOS EASTER BAKE SALE**

Sundays, April 6 and 13, 9:30am and 12:00pm

Wednesday, April 16, 4:30pm

Place orders at LPbakesale@yahoo.com or contact Mary Varlas at 703-965-4161 by April 5.

- tsoureki-$12, spanakopita-$25/tray, diples-$15/6 pcs
- koumbariethes-$15/dz, koulourakia-$7/dz, baklava-$18/6
- melomakarona-$15/dz, kataifi-$18/6, tiropites $21/dz
## APRIL 2014

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td><strong>6 Saint Mary of Egypt</strong>&lt;br&gt;Philooptochos Bake Sale&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;Daughters of Penelope&lt;br&gt;HOPE Easter Craft&lt;br&gt;GOYA Basketball&lt;br&gt;4pm Adult Greek Dance</td>
<td>7&lt;br&gt;3:00pm GMU OCF&lt;br&gt;5:00pm Greek School Tutoring Class&lt;br&gt;7:00pm Compline</td>
<td>8&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:00pm Introductory I&lt;br&gt;7:00pm Missions Meeting&lt;br&gt;8:00pm AHEPA Meeting</td>
<td>9&lt;br&gt;10:30am Wmn’s Book Club&lt;br&gt;6pm Conversational Greek&lt;br&gt;7:00pm Pre-Sanc. Liturgy&lt;br&gt;8:00pm Greek Folk Dance&lt;br&gt;8:00pm HEC Basketball</td>
<td>10&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Intermediate&lt;br&gt;7:30pm Advanced&lt;br&gt;7:00pm GOYA B-Ball</td>
<td>11&lt;br&gt;5:00pm Greek School</td>
<td>12&lt;br&gt;<em>SATURDAY OF LAZARUS</em>&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;Fold palms into crosses&lt;br&gt;9:30am Greek School</td>
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<td><strong>13 PALM SUNDAY</strong>&lt;br&gt;Palm Sunday Luncheon&lt;br&gt;Phi looptochos Bake Sale&lt;br&gt;Diaper Drive&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros&lt;br&gt;9:30am Single Parents&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Bridegroom Service</td>
<td>14&lt;br&gt;<em>HOLY MONDAY</em>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Bridegroom Service&lt;br&gt;8:00pm Deuteri Deutera</td>
<td>15&lt;br&gt;<em>HOLY TUESDAY</em>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Bridegroom Service (Hymn of Kassiani)</td>
<td>16&lt;br&gt;<em>HOLY WEDNESDAY</em>&lt;br&gt;3:00pm Holy Unction&lt;br&gt;7:00pm Holy Unction&lt;br&gt;4:30pm Philoptochos Bake Sale</td>
<td>17&lt;br&gt;<em>HOLY THURSDAY</em>&lt;br&gt;6:00am Vespers/Liturgy of Saint Basil&lt;br&gt;7:00pm Holy Passion of Our Lord</td>
<td>18&lt;br&gt;<em>GOOD FRIDAY</em>&lt;br&gt;9am The Great Hours&lt;br&gt;Philoptochos Bake Sale&lt;br&gt;10am Altar Boy Retreat; Preparation for Pascha: Wrap eggs, decorate the Kouvouklion, etc&lt;br&gt;3:30pm Apokathelosis&lt;br&gt;7:00pm Lamentations</td>
<td>19&lt;br&gt;<em>HOLY SATURDAY</em>&lt;br&gt;9:30am Vespers/Liturgy of Saint Basil&lt;br&gt;11:00pm Canon preceding the Resurrection&lt;br&gt;12:00am Orthros and Divine Liturgy&lt;br&gt;1:30am Magiritsa Soup to Break the Fast</td>
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<td><strong>20 HOLY PASCHA</strong>&lt;br&gt;11:00am Agape Service&lt;br&gt;Annual East Egg Hunt&lt;br&gt;1st Annual Easter Lamb Roast</td>
<td>21&lt;br&gt;Bright Monday (Office Closed)</td>
<td>22&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:30pm Introductory I</td>
<td>23&lt;br&gt;<em>Saint George</em>&lt;br&gt;10:00am Liturgy <em>at Saint George, Bethesda</em>&lt;br&gt;10:30am Wmn’s Book Club&lt;br&gt;6pm Conversational Greek&lt;br&gt;7:00pm Greek Folk Dance&lt;br&gt;7:45pm HEC Basketball</td>
<td>24&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Intermediate&lt;br&gt;7:30pm Advanced&lt;br&gt;7:00pm GOYA B-Ball</td>
<td>25&lt;br&gt;Theotokos of the Life-Giving Fountain&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy</td>
<td>26&lt;br&gt;GOYA Basketball Tournament&lt;br&gt;9:30am Greek School</td>
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<td><strong>27 Sunday of Thomas</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;GOYA Church Duty&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:00pm GOYA Basketball Tournament</td>
<td>28&lt;br&gt;5:00pm Greek School Tutoring Class</td>
<td>29&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:30pm Introductory I</td>
<td>30&lt;br&gt;6pm Conversational Greek&lt;br&gt;7:00pm Greek Folk Dance&lt;br&gt;7:45pm HEC Basketball</td>
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*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
PHILOPTOCHOS (by Eleni Kanakos, President)
I AM VERY EXCITED ABOUT the number of women who have already joined Philoptochos in 2014! For those who are not yet members, now is the time to join! Together, our community efforts will be even stronger.

On behalf of my sister and I, I would like to thank everyone for their outpouring of support and prayers. We are very grateful to all of you.

Thank you to Trish Kapsidelis and all the ladies for an excellent reception following the Sunday of Orthodoxy vespers. It was a lovely event.

Easter is around the corner. Sweets and tsourekiya will be on sale during our annual Easter Bake Sale. Contact Mary Varlas at LPbakesale@yahoo.com or 703-965-4161 to place your orders. The deadline is Saturday, April 5. As you know, these baked goods sell quickly! Our Easter Bake Sale dates are Sundays, April 6 and April 13, following both liturgies, and Wednesday, April 16, 4:30pm-5:30pm, following the 3:00pm Holy Unction service.

Soon we will need your help with baking for our annual Spring Festival. Please be on the lookout for our emails.

Our next meeting is Sunday, May 18, following the second liturgy. Please mark your calendars.

I wish everyone a Happy Easter!

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. New printing with contemporary English translation, includes a marker ribbon. All services from Palm Sunday through Pascha in both English and Greek.

WOMEN’S BOOK CLUB
THE WOMEN’S BOOK CLUB will meet on Wednesdays, April 9 and 23 at 10:30am. On April 9, we will have our new book, *Guide To The Divine Liturgy*, by Robert Krantz. The book is available for purchase in our bookstore. This would be a great time to join us! If you have any questions, please email faympras@gmail.com.

DAUGHTERS OF PENEOLOPE (by Karen Polizos, President)
OUR THANKS TO OUR SAINT KATHERINE community for supporting our jewelry fundraiser! Thank you also to our Sisters who helped prepare food and serve at Bailey’s Crossroads Shelter on March 11, and to those who contributed gift cards and monetary donations for Saint Basil Academy in recognition of Daughters of Penelope Day at Saint Basil Academy on March 29.

At our March meeting, we were delighted to welcome Sophia Euripides, Danae Kouliakizaki, Doris Mentis, Eleni Peyser, and Larissa Simkovich into our Chapter. Our next meeting will be held on Sunday, April 6, immediately following the second Divine Liturgy. On behalf of all of our sisters in Helle Chapter, we wish you many blessings this Lenten and Easter season.

SINGLE PARENT FELLOWSHIP
SINGLE PARENT FELLOWSHIP will meet on Sunday, April 13, 9:30am, during the Palm Sunday Luncheon. All single parents are welcome. If you have any questions, contact Andrea Katsenes at andrea.katsenes@verizon.net.

Christ is Risen! | Arabic: Al Maseeh Qam! Haqqaan Qam! | German: Christus ist auferstanden. Er ist wahrhaftig auferstanden. | Russian: Khristos voskres! Voistinu voskres! | Serbian: Hristos Vaskrese! Vaistinu Vaskrese! | Spanish: Cristo ha resucitado! Verdaderamente ha resucitado! | Truly He is Risen!
Cuba Mission Trip, March 10-16. The first ever Cuba mission team left on March 9 to spend one week in Cuba working with the Orthodox churches there. The team, led by our own Fr. Costa Pavlakos, included Elena Chambers, Perry Cherpes, Esther Georgatos, Christos Marafatos, Michael Pagedas, Dr. Jerry Rich, and Nia Vroustouris. Although based in Havana, they visited Orthodox churches at other sites as well. Their mission included religious education and youth work. The Orthodox Church of Cuba is under Metropolitan Athenagoras of Mexico and the Caribbean.

Diaper Drive, Palm Sunday, April 13. We will again have our semi-annual diaper drive on Palm Sunday. Collections will take place in the foyer of our Meletis Charuhas Community Center. Please bring unopened packages for ages newborn to 6. No pull ups, please. Federal food stamps cannot be used to buy diapers, so this is a great help to mothers with infants.

Project Mexico, August 13-19. Our next mission trip to Project Mexico will take place August 13-19, 2014. Ray Vazquez will again lead the mission. The team will stay at the St. Innocent Orphanage outside of Tijuana, Mexico. Details will appear in next month’s DOXA.

Recap of OCMC Benefit Dinner on February 9. Our sixth annual OCMC Benefit dinner was held at Saint Katherine on February 9. Our keynote speaker was Fr. Luke Veronis of Webster, Massachusetts. Fr. Veronis spent 18 months in Africa and 10 years in Albania as an Orthodox missionary. Most of his missionary experiences were with Archbishop Anastasios of Albania. He shared his experiences with us—the high points and the difficult times. All agreed it was a wonderful experience.

2015 OCMC Benefit Dinner. Next year, our OCMC benefit dinner will feature Rev. John Chakos who is a long-term missionary in Guatemala. Fr. Chakos served for many years in Pittsburgh, Pennsylvania but now he and his wife are working with the new Orthodox church in Guatemala. He will share with us the exciting events occurring in the Guatemala as hundreds of thousands are converting to Orthodoxy. Learn how the Church is ministering to them. Save the date!

Food Pantry, May 4. Our next quarterly food pantry drive will occur on Sunday, May 4. Please bring non-perishable food or canned items to the church on Sunday, May 4. Please place the items in cloth bags that will be distributed at church. A big thank you to Rebecca Leung and Marilyn Rouvelas who are donating the cloth bags. Please be generous. Get the children involved. What a wonderful way to teach our children to help the less fortunate.

Monumental Mission Walk, November 15. We have received our permit and the Monumental Mission Walk 2014 is on!! This year, our tent will be set up near 15th Street and Constitution Avenue on the National Mall, very near the Washington Monument. Last year, 184 people participated. We hope to break that record in 2014. The funds collected will go to support Orthodox missions around the world and our local outreach programs. We will publish details in DOXA later in the year, but hold the date!

HOMELESS SHELTER

Cooking Schedule. The Daughters of Penelope served dinner at the shelter on Tuesday night, March 11. In April, the Mission and Outreach Committee will serve. Please contact Dr. John Demakis, Missions and Outreach Chairman, at demakis9931@gmail.com if your church organization would like to serve dinner at the shelter.

Clothing Collection. We continue to collect clothing and toiletries for the homeless shelter all year long. Bring new or clean used clothes and unopened toiletries to the foyer of our Meletis Charuhas Community Center. The winter is an especially difficult time for the homeless. Please bring warm clothing including caps, gloves, thermal socks, etc.

Next Meeting, April 8. The next meeting of the Missions and Outreach Committee will be on Tuesday, April 8, 7:00pm. All are welcome to attend.

TURN AGAIN TO LIFE
Mary Lee Hall

If I should die and leave you here a while,
be not like others sore undone,
who keep long vigil by the silent dust.
For my sake turn again to life and smile,
nerving thy heart and trembling hand to do
something to comfort other hearts than thine.
Complete these dear unfinished tasks of mine
and I perchance may therein comfort you.

Saint Katherine Greek Orthodox Church offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for contributing articles nearly every month for the last 10 years.
MINISTRY & OUTREACH OPPORTUNITIES
I HOPE AND PRAY that all within our blessed community are having a spiritually profitable journey through this season of Great Lent as we draw closer to the Holy and Great Feast of Pascha. I wish to make two announcements and invitations concerning opportunities to participate in ministries here at Saint Katherine Greek Orthodox Church.

The first opportunity I would like to bring to your attention is the YAL (Young Adult Ministry). Within our family here at Saint Katherine, we have a vibrant and thriving community of young adults and I invite each and every one of you to join together as we learn about ourselves, each other, and our Greek Orthodox Faith. This is an opportunity for you to reach out to one another, creating and nurturing friendships that will last a lifetime. On Monday, March 31, I ask all young adults of our community to join me after the Great Compline Service to discuss the wonderful opportunities which lay before us.

The second is an opportunity to participate in a ministry of our church designed specifically for those who are in the field of Law Enforcement (at all levels—local, state, federal, and military). In January of 2010, His Eminence, Metropolitan Evangelos of New Jersey convened an historic first meeting of Greek Orthodox Law Enforcement personnel by initiating the Saint Andrew Eastern Orthodox Law Enforcement Federation within the Holy Metropolis of New Jersey. The mission of the “Federation” is the spiritual well-being for the law enforcement officer, in the face of the ever-growing demands his/her career places on the individual and the family. As Greek Orthodox Christians, we will strive to be a positive and moral force within law enforcement, our families, and the community at large by following the example of Christ our True God. I encourage all those in the field of law enforcement who are interested in creating a Virginia Chapter of Saint Andrew Eastern Orthodox Law Enforcement Federation to contact me (frphanley@stkchurch.com or 703-671-1515).

In His service,
Fr. Panagioti Hanley

ALL AROUND THE TOWN
Joanna Bose

BACH’S JESU, MEINE FREUDE (JESUS, MY JOY) AT THE NATIONAL GALLERY

ON SUNDAY EVENINGS, except for a break during the summer, the West Garden Court is the venue for concerts provided by the Music department of the National Gallery of Art. These concerts are free to the public. Although you have to wait in line, there is wonderful music to be heard there.

This past Sunday, there was a performance of Bach’s music, which started with three English suites on the piano, followed by a very beautiful motet for five voices, called Jesus, My Joy. It was sung in the original German with a printed translation provided.

The opening Chorale starts with, Jesus, my Joy, my heart’s pasture, Jesus, my treasure! Ah, how long, ah long has my heart suffered and longed for You! God’s lamb, my bridegroom, besides You on earth nothing shall be dearer to me.

The National Gallery of Art’s Vocal Ensemble, a group of around 15, accompanied by a cello and a small organ, sang this piece. A “motet” is a piece of music written to be sung as an introduction to a morning service or vespers. In this one, Bach followed the tradition of choosing the German texts from the Bible or religious poetry. The 11 sections of this piece have the scriptures tell of Jesus freeing man from sin and death. In response, the chorale text is from the believer’s perspective, praising the gifts of Jesus Christ as well as longing for His comforting spirit. It was 20 minutes of sublime music. For me, the purity and clarity of the voices was extremely powerful. Listening to music performed live has an immediacy that can be transformative. Religious music, even in a foreign language, can elevate your spirit upwards.

This Easter, there are performances of Bach’s music at the Washington National Cathedral. St. John’s Passion is being performed on Sunday, April 13 and an organ recital on Sunday, April 6.

2014 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 2014, 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: _______________________________
STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2014 Saint Katherine Stewardship Program for the period February 1-28, 2014. Thank you for responding to the needs of our church. Any questions? Please contact Anna Vassilopoulos at avassilopoulos@stkchurch.com or 703-671-1515.

Mr Frank Agnos
Ms Karen Aldana and
Mr Matt Olson
Ms Joanna Alexis
Ms Artemis Anagnos
Mr Pericles Apostolou
M/M James Ballis
Mrs Mary Basiliko
M/M Tom Beck
Ms Beth Botis
M/M Lewis Brickates
M/M Manuel Capsalis
M/M Thomas Cardamone, Jr
Mr John Charalamboxoupolos and
Hourig Ishkanian
Miss Ekaterina Chelpon
Revi/Presv Theodore Chelpon
Dr Andrew Christopher
Mr Ivan Danzig
M/M Nicholas Diapoulis
M/M Arthur Dimopoulos
Mr Richard Eriopidis
Mr Ferrisizid and
M/S Fersizid Zorbas
Ms Irene Fineskos
M/M Stephanos Flossos
Mrs Dianne Kavros Fogarty
M/M Lampros Georgakopoulos
M/M Evans George
Ms Mary Georgiou
Ms Eleni Goldsmith
M/M Arthur Gomez
M/M John Gouvios
Mr Peter Hadjigeorgiou
M/M John Hall
Rev Panagiotis Hanley
Mrs Antigone Harocopoulos
M/M Karl Hickson
Mrs Agontsa Holmes
M/M Scott Jemison
M/M Timothy Johnson
Ms Crystallo Papamichael
Ms Nancy Thompson
Mr Michael Kalis
M/M George Kapetanakis
Mrs Andrec Katsenes
Mr Stacey Kazacos
M/M Andreas Kokkinis
M/M Alexander Kolovos
Mrs Marika Koumanelis
M/M George Koumanelis
Mrs Maria Koustenis
M/M Peter Kulic
M/M John Kusher
Mrs Maria Laliotis
M/M Peter Malek
Dr/Mrs Joseph Michalowicz
M/M Peter Michos
M/M Brett Miller
Mrs Evdokia Mitchell
M/M William Moore
Mr Stylianos Moschou and Mrs
Efthymia Rapti
Lto/Mrs Matthew Mowery
Mrs Mitzi Natsios
M/M George Nicopoulos
M/M Anthony Pagonis
M/M Chris Papachristos
Ms Crystallo Papamichael
Ms Rinas Papadopoulos
Dr Mary Papadopoulos
Ms Crystallo Papamichael
M/M Panayiotis Papasavvas
M/M Dimitros Paraskevopoulos
M/M Theodros Plekakis
M/M John Petalas
Dr/Mrs John Topping
Mr John Topping
Mr Fotios Tsurias
Mr Nick Ploutis
M/M Bill Polizos
Mr Pete Pontikis
Mr John Pors
Mrs Asimina Psarakis
M/M Spiro Roiniotis and Ms Julia
Young
M/M Emanuel Rouvelas
Mr Aaron Rusnak and
Mileva Sturgis
M/M John Stepanchuk
Mrs Aspasia Sapountzis
Mrs Katherine Simmons
M/M Spyridon Sotrichos
M/M Chris Soves
M/M Nick Stamas
Ms Stephanie Stanga
M/M George Stathopoulos
M/M Peter Stefanou
M/M Gerasimos Stellatos
Mr John Stepanchuk
M/M James Stoucker
Rev/Mrs Milan Sturgis
M/M Nicholas Superina
M/M Marcus Talbott
M/M Athanasios Theodoropoulos
M/M Gene Thornton
M/M Jackson Toof
Dr/Mrs John Topping
M/M George Tsampelas

SUNDAY CHURCH DUTY ROSTER

<table>
<thead>
<tr>
<th>Date</th>
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<th>Captain</th>
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<tr>
<td>April 6, 2014</td>
<td>8:00am</td>
<td>Pierre Tavoularis, Captain</td>
<td>Bill Polizos, Bill Porter</td>
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<td>Kelly Alexis</td>
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<td>Peter Karounos</td>
<td>Daphne Vaccarello</td>
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<td>George Moshos</td>
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<td>April 13, 2014</td>
<td>8:00am</td>
<td>Daphne Vaccarello, Captain</td>
<td>Dr. John Demakis</td>
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<td>Kelly Alexis</td>
<td>Pierre Tavoularis</td>
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<td>Andrea Ballard</td>
<td>Maria Vargas</td>
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<td>Chris Christou</td>
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<td>April 20, 2014</td>
<td>11:00am</td>
<td>Various Parish Council Members</td>
<td><em>Agape Service</em></td>
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<td>April 27, 2014</td>
<td>8:00am</td>
<td>Pierre Tavoularis</td>
<td>Daphne Vaccarello</td>
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<td>Maria Vargas</td>
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<tr>
<td>April 27, 2014</td>
<td>9:30am</td>
<td>Peter Karounos, Captain</td>
<td>Nick Larigakis</td>
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<td>Artemis Dimopoulos</td>
<td>Maria Wills</td>
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<td>Bill Polizos</td>
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<td></td>
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<td>Bill Porter</td>
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I am the Lord your God, you shall have no other gods before Me. Have I loved God as much as I should? Have I been more interested in myself than in God? Have I tried to serve God and keep His Commandments? Have I been vain about my personality, personal appearance, clothes, possessions, family, ability, success, or accomplishments? Have I given way to anxiety instead of turning to God for help? Have I failed to trust in God and His mercy? Have I failed to pray to God sincerely and faithfully? Have I put myself before God?

You shall not make for yourself a graven image. Have I put another person before God’s law by not going to Church or committing some other sin to please that person? Have I neglected my duties to God through fear of ridicule? Have I been insincere about my religion? Have I received Holy Communion without the appropriate preparation?

You shall not take the name of the Lord your God in vain. Have I profaned the Holy Name of God? Have I misused the Holy Name of Jesus? Have I cursed anyone or sworn a false oath? Have I paid proper attention to holy persons and things? Have I broken any solemn vow or promise?

Remember the Sabbath day, to keep it holy. Have I missed Church on Sundays? Have I always kept Sunday as it ought to be kept? Have I done unnecessary work on Sundays? Have I been irreverent during Church services? Have I caused anyone to profane the Lord’s day? Have I been ashamed of my religion or my Church?

Honor your father and your mother. Have I respected my parents and been grateful enough for all they have done for me? Have I disobeyed them or neglected them? Have I contributed as much as I should to the support and happiness of my parents? Have I tried to bring my children up properly? Have I given as much care as possible to the religious life of my family with regard to daily prayer, church attendance, etc.? Have I honored God, my Heavenly Father, by treating my employers as well as co-workers honestly and diligently?

You shall not kill. Have I killed, if not in outward deed, perhaps in my heart? Have I wished for someone’s death? Have I been unjustly angry? Have I harmed others by ridicule or contempt? Have I defamed anyone who needed help? Have I gossiped about people? Have I been cruel to anyone? Have I failed to forgive anyone? Have I shown proper respect toward life?

You shall not commit adultery. Have I been impure in thought, word, or deed? Have I committed unworthy actions alone or with others? Do I dwell on pornography and obscenity? Have I committed any sin with regard to my spouse or other member of my family? Have I caused others to commit sinful acts?

You shall not steal. Have I ever stolen anything or shared in stolen goods? Have I cheated in business, games, or school? Have I kept things that did not belong to me? Have I given as much as I am able to charitable causes and the Church?

You shall not bear false witness. Have I lied? Have I concealed the truth? Have I exaggerated? Have I let others receive blame for my faults? Have I judged others for sins which I also have committed? Have I been deceitful, unfair, hypocritical?

You shall not covet. Have I been jealous of others? Have I envied them because they have more money, are better looking, more successful, or because people pay more attention to them? Have I been grieved at the prosperity of the others? Have I ever wished the downfall of anyone? Have I failed to thank God for what He has already given me? Have I thought that God is partial?

I have sinned in deed, word, and thought, voluntarily and involuntarily, knowingly and unknowingly, in knowledge and in ignorance, willingly and unwillingly, thoughtfully and thoughtlessly, by day and by night, and it is impossible to enumerate all of my sins because of their multitude. But I truly repent of these and all others not mentioned by me because of my forgetfulness and I ask that they be forgiven through the abundance of the mercy of God.

I am available for Confession before some services (please check the calendar on page 9) and by appointment.

Yours in Christ’s service,

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