CHRISTOS ANESTI!

CHRISTOS ANESTI is the universal greeting proclaimed throughout the world. In worship we encounter the living God. Through worship, God makes Himself present and active in our time, drawing the particles and moments of our life into the realm of redemption. He bestows upon us the Holy Spirit who makes real the promise of Jesus to be in the midst of those gathered in His name (Matthew 18:20). In our ecclesial assemblies, we do more than remember past events and look to future promises. We experience the risen Christ who is “clothed with his past and future acts” as someone noted. Thus, all that is past and all that is future are made present in the course of our liturgical celebrations.

We are moved to celebrate, with great joy, the promise of eternal life which comes from His crucifixion. In the teachings of the apostolic Church, the resurrection was seen as heralding a new era. Forming a theology of the resurrection fell to the Apostle Paul. It was not enough for Paul to simply repeat elementary teachings, but as Hebrews 6:1 states, “go beyond the initial teachings about Christ and advance to maturity.” Fundamental to Pauline theology is the connection between Christ’s Resurrection and redemption. Paul explained the importance of the resurrection of Jesus as the cause and basis of the hope Christians share a similar experience.

The teachings of the apostle Paul formed a key element of the Christian tradition and theology. If the cross stands at the center of Paul’s theology, so does the Resurrection: unless the one died the death of all, the all would have little to celebrate in the resurrection of the one. Paul taught that, just as Christians share in Jesus’ death in baptism, so they will share in His resurrection for Jesus was designated the Son of God by His resurrections. In 1 Corinthians, Paul states, “But Christ really has been raised from the dead He is the first of all those who will rise. Death came because of what a man did. Rising from the dead also comes because of what a man did. Because of Adam, all people die. So because of Christ, all will be made alive.”

The Apostolic Fathers discussed the resurrection of Jesus. Following the conversion of Constantine and the liberating Edict of Milan in 313, the ecumenical councils of the 4th-6th centuries that focused on Christology helped shape the Christian understanding of the redemptive nature of resurrection and influenced both the development of its iconography and its use within Liturgy.

Belief in a bodily resurrection was a constant note of the Christian church in antiquity. Nowhere was it argued for more strongly than in North Africa. Saint Augustine accepted it at the time of his conversion in 386. Augustine argued that the death and resurrection of Jesus was for the salvation of man, stating, “to achieve each resurrection of ours, the Savior paid with His single life, and He pre-enacted and presented His one and only one by way of sacrament and by way of model.

Therefore, let each of us be sharers of Christ’s Resurrection. I invite you all to walk with Christ to His Resurrection by participating in all the services of Holy Week.

Christos Anesti!

Th. Costa
CLERGY
Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos cell 571-213-1109, home 703-239-2627 frcostas@stkchurch.com
Rev. Presbyter Panagiotis Hanley cell 571-421-6595 frphanley@stkchurch.com

STAFF
Bookkeeper Lori Nelson 703-671-1515 lnelson@stkchurch.com
Choir Director John Douilis 703-899-4131 jdouilis65@yahoo.com
Hellenic Education Center Director Presv. Eleni Alexopoulou 703-671-7715 ealexopoulou@stkchurch.com
Information Technology Theodoros Theocharis 703-671-1515 ttheo@kinteracomm.com
Protopsalti James Loizou 703-356-8220 dimitri14@verizon.net
Secretary/Teacher Sophia Tsangali 703-671-1515 st sangali@stkchurch.com

PARISH COUNCIL
President, Jim Stoucker 703-690-1050 jstoucker@verizon.net
Vice President, Nicholas Larigakis 703-909-9078 nlarigakis@ahiworld.org
Secretary, Bill Polizos 571-434-7790 polizos@att.com
Treasurer, Maria Vargas 703-812-0286 maria@chrisandmaria.com
Kelly Alexis 703-909-2256 kalexis76@gmail.com George Moshos 202-409-2302 gmoshos@aol.com
Chris Christou 703-533-0055 cachris2@hotmail.com Bill Porter 703-901-2404 beporter1@verizon.net
Dr. John Demakis 703-319-1610 demakis9931@gmail.com Dr. Jerry Rich 703-250-2733 drjerryrich1@verizon.net
Artemis Dimopoulos 703-723-3619 artemida@verizon.net Pierre Tavoularis 703-573-6235 ptavoularis@cox.net
Peter Karounos 703-321-3009 pkarounos@aol.com Daphne Vaccarello 703-830-0892 dvac.memories@verizon.net
Mallamo Mavromatakis 703-830-0224 minoanone@gmail.com Mary Varlas 703-965-4161 mary.varlas@yahoo.com

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

MINISTRIES
Acolytes Daniel McKinney
AHHEA #438 (P. Derzis) John Papathanasiou 703-232-6329 j_m_papas@hotmail.com
Bookstore Frances Kalavritinos, Manager 703-671-1515
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 dintym@hotmail.com
GOYA (ages 13-18) Demetris Karounos, President 703-321-3009 demetrioskarounos@gmail.com
GRACE Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Greek Dance Aris and Anna Yortzidis, Instructors 757-218-6991 greendance@verizon.com
Greek School Auxiliary Martha Lampros, President 703-536-4860 mmlampros@msn.com
Hellenic Education Center Greek School and Paideia Preschool 703-671-7715 http://www.stkhec.org
HOPE (ages 7 and under) Vaitsa Bousbouras vsbousbouras@yahoo.com
JOY (ages 8-12) Toula Christou, Director 703-533-0055 tmchristou@yahoo.com
Listserv (email list) Presv. Pauline Pavlakos, Administrator 703-239-2627 przpauline@stkchurch.com
Missions and Outreach Dr. John Demakis, Chairman 703-319-1610 demakis9931@gmail.com
OCF (College Ministry) Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Philoptochos Eleni Kanakos, President 703-938-8360 ekakanos@aol.com
Prison Ministry (Kairos) Dennis Garbis 202-437-7299 dgarbis@envdes.com
Safeeway eScrip Presv. Pauline Pavlakos, Chairman 703-239-2627 przpauline@stkchurch.com
Single Parent Fellowship Andrea Katsenes, Coordinator andreakatsenes@verizon.net
Website Presv. Pauline Pavlakos, Webmaster 703-239-2627 przpauline@stkchurch.com
YAL (Young Adult League) Faye (Fotini) Anson fanson38@yahoo.com
THIS TIME OF THE YEAR is filled with great anticipation as our thoughts turn to the coming of Spring (at long last), the end of Lent, the celebration of Holy Pascha, and thoughts of other pleasant events such as looming graduations and summer vacations only a few short months away. There are several additional items to add that list . . .

As we near Holy Week, I would like to address an ongoing issue that has plagued our community by renewing my annual plea to parishioners to help us avoid costly repairs and other maintenance issues by being mindful of candle drippings during the Holy Week services. Last year, by utilizing a new smaller, "dripless" candle/lambatha and also by covering our upholstery with a clear adhesive plastic covering, we were largely able to avoid damage to pews, but damage to the carpet remains an issue. Please remember the new candles generate little wax if held in the upright position, but they do burn quicker and their “dripless” quality also suffers if tilted, so please be mindful of this as you use them. We thank you in advance for your cooperation and understanding.

We are also extremely pleased to announce the addition of two magnificent new mosaics which are scheduled to be installed on the exterior of our church in time for Holy Week. The first mosaic is a beautiful icon of Saint Katherine which will appear over the main entrance to the church. The second mosaic is an equally beautiful icon of the Theotokos and Child which will be placed over the side entrance to the narthex. These mosaics were approved and procured by your parish council using funds made available from our beautification account (generated from the second tray of each Sunday’s Liturgy and other icon dedications/donations). These two new mosaics are also available as memorials and we have already begun accepting donations. For more information, please contact me or Father Costas.

For the first time in many years, the parish council recently increased the price of red votive candles from $7 to $10 each and the price of large white candles from $3 to $5 each. The price of the small wax candles the majority of parishioners light each week remains the same—$1. These new prices will go into effect April 1.

Two long-standing projects are also about to begin or be realized in our community. First, much needed landscaping will begin soon in front of the church and along the front and side of the Meletis Charuhas Center. The planned landscaping additions will significantly enhance the beauty of our buildings and community. Secondly, our Peter N. Derzis AHEPA chapter has worked for quite some time planning the AHEPA Community Κέντρο (Kentro) located on the ground floor of Founders’ Hall. The Community Kentro is carpeted and fully furnished, featuring a 60-inch flat screen television with satellite access to Greek network programming and has a coffee bar. The Kentro will be available to seniors in our community and is also available for organizational meetings by appointment. The official dedication will occur in May. Additional information regarding use and scheduling as well as the dedication date will be available on our website later in April.

I also wish to invite everyone in our community to our second annual Easter lamb roast to be held immediately after the Agape services on Easter Sunday. As those of us who attended last year’s inaugural event will readily attest, this is a great event and a wonderful 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. Please see the flyer on page 15 for additional information and make your reservations to attend this popular new community tradition as soon as possible. I hope to see you all there!

On a personal note, my family and I wish to thank all of you who reached out and offered condolences to us during the recent passing of my beloved mother. We are eternally grateful to Father Costa for his pastoral kindness, generosity and comfort provided to us during this difficult period.

I pray everyone’s Lenten journey has been blessed and spiritually fulfilling. On behalf of our Parish Council, I wish you all great joy in the knowledge of the truly risen Christ! Καλό Πάσχα! Happy Easter!

Your Servant in Christ,

Yours sincerely,

President, Parish Council
GMU OCF

GMU OCF (ORTHODOX CHRISTIAN FELLOWSHIP) will meet on Tuesday, April 28, 3:00pm, in room 239H of the Johnson Center at GMU. Northern Virginia Community College students are welcome to participate.

GOYA

GOYA WILL HELP FOLD PALMS into crosses following liturgy on the Saturday of Lazarus, April 4, and help decorate the church for Easter following the 9:00am Great Hours on Good Friday, April 10.

Our GOYA basketball tournament will be held Saturday and Sunday, April 18-19. Please support our tournament by cheering for us and/or purchasing an ad in our tournament book. Please see below for more information.

GOYA has church duty on Sunday, April 19. Theo Karounos is the GOYA Captain and Epistle Reader. We need 5 additional volunteers.

We will participate in the Saint Demetrios, Baltimore basketball tournament the weekend of April 25-26.

GOYA wishes everyone a blessed journey through Lent and a glorious Pascha!

ELLINOMATHIA EXAMS

THE ELLINOMATHIA EXAMS WILL BE GIVEN on the following dates: Tuesday, May 19 – Levels A1 (children 8-12), A1 (teenagers and adults), A2 and B1. Wednesday, May 20 – Levels B2 and Γ1. Thursday, May 21 – Level Γ2. For more information, please call the church office (703-671-1515) and speak with Sophia.

AHEPA SCHOLARSHIPS FOR SENIORS

The Washington Metropolitan Area Chapters of the Order of AHEPA (American Hellenic Educational Progressive Association) and the Daughters of Penelope (DOP) have sponsored the Washington Metropolitan Area Scholarship Awards Program for over 45 years. Thanks to the generosity of its donors, this program has honored 1,508 Orthodox Christian students by awarding $835,000 in scholarships. Current year donations are still applicable and the deadline is the third week of April and would be greatly appreciated.

In order to be considered for an award applicants must, along with your parent/guardian, 1) be affiliated with the Greek Orthodox Church or AHEPA family within the jurisdiction of the Greater Washington, DC Metropolitan Area; 2) be a graduating high school senior within the jurisdiction of the Greater Washington, DC Metropolitan Area; 3) have a cumulative grade point average of 3.0 (a “B” average or better); and 4) have participated in extracurricular activities and/or lettered or received awards in varsity interscholastic sports. Our Peter N. Derzis AHEPA Chapter No. 438 Metro Scholarship is one of many being offered.

Please consult the checklist and guidelines as specified within the application and ensure all of the requested documentation is provided to the Awards Committee. Student applications for all the scholarships are available in the Church Office. Contact details are available with the applications.

You will be notified of your eligibility by mail approximately three weeks after the April 3, 2015 deadline. Eligible students will be honored at this year’s Awards Program on Sunday, May 17, 2015, 2:00pm at the Hilton Washington, DC/Rockville Hotel in Rockville, Maryland.

SAINT KATHERINE VACATION BIBLE CAMP

Sponsored by AHEPA Chapter #438
June 22-26 | 10:30am-2:00pm

Visit http://saint-katherines.org/assets/files/Flyers/2015_VBC_Brochure.pdf for a brochure and registration form

Vicki Mowery (703-913-3178 or mowerycres@gmail.com)
Eleni Porter (703-913-9629 or beporter1@verizon.net)
ΕΚΕΙΝΟ ΤΟ ΠΡΩΙΝΟ ήταν πολύ ήρεμο. Η απαλή ατμόσφαιρα έπαιρνε την ανοιξιάτικη θερμότητα της από τον λαμπρό ήλιο, που μόλις ανέτειλε στον ορίζοντα. Φως και γαλήνη πλημμύριζαν όλα γύρω, αναμεμιγμένα με τις μυρωδιές του φρέσκου περιβόλου. Και εκεί μέσα στην ευωδιαστή ατμόσφαιρα αντήχησε μελωδικά και χαρμόσυνα η μοναδική στην μεγαλοπρέπεια της φωνή του αγγέλου να αναγγέλει το μέγα γεγονός.

«Ηγέρθη, ουκ εστίν ώδε...» (Μάρκου 16:6). Και από τότε, κάθε χρόνο, η αγγελική φωνή αντιλαλεί το χαρούμενο μήνυμα, τονίζοντας στους αιώνες το εξαίρετο θαύμα: Χριστός ανέστη! Μήνυμα χαράς! Μήνυμα πολύ έρχεται δίπλα σε όλους εκείνους που αγωνιζόμαστε. Το «Χριστός ανέστη», που αυτές τις ημέρες βγαίνει από κάθε χριστιανική καρδιά είναι μία τρανή βεβαίωση ότι κι εμείς θα νικήσουμε στον αγώνα του πνεύματος έναντι του υλισμού, του κακού, της αμαρτίας. Πράγματι, είναι μια τελείωση και στην ανασάρα τους, όπου κυριαρχεί η αδυναμία. Στιγμές πικρές που λυγίζουν τα γόνατα, οι πειρασμοί γίνονται δυνατοί και το σκοτάδι κυριαρχεί στην καρδιά μας, που φωτίζεται μόνο από τις αστραπές του μισους, του φθόνου, της μνησικακίας, που δημιουργεί η σάρκα για να κάνει πιο άγρια την καταιγίδα.

Ένα σκοτάδι όμοιο με εκείνο που κυριάρχησε στον Γολγοθά «από της έκτης ώρας... έως ώρας ενάτης». Τότε, που ο Ιησούς φάνηκε ότι οδηγείτο στην ήττα, στην εξαφάνιση, στην αιώνια ντροπή! Πόσο γέλασαν οι ηχθροί! Πόσο έκλαιγαν οι γυναίκες! Από το σκοτάδι όμως εκείνο, πήγασε το φως! Η ανάσταση! Η νίκη! Η δόξα!

Έρχεται έτσι η Ανάσταση και το «Χριστός ανέστη» να πουν και στη δική μας ψυχή την μεγάλη αλήθεια: Μη φοβάστε! Η νίκη είναι δική σας, όσοι κι αν είναι οι πειρασμοί, κι όσο σκληρό και αν είναι ο αγώνας, πίσω σάς περιμένει η νίκη, και ας μη δειλιάσουμε. Μετά το σκοτάδι της Μεγάλης Παρασκευής θά έρθει το ανοιξιάτικο, φωτεινό πρωϊνό της Κυριακής του Πάσχα, η ΝΙΚΗ!

Η ΝΙΚΗ ΕΙΝΑΙ ΔΙΚΗ ΜΑΣ
Σοφία Δ. Τσαγκάλη

ALL AROUND THE TOWN
Joanna Bose

NATIONAL CATHEDRAL

FOR A VISITOR TO THE NATIONAL CATHEDRAL, the sheer size of the space is daunting and humbling. It welcomes people of all faiths and encourages participation but never requires one to partake of any part of the service nor to accept any communion wafer. One can just observe. And be present.

For the past two years, I have attended the 3-hour service called the Good Friday Liturgy at the Cathedral, and each time I came away feeling as if I had witnessed and been immersed in something very beautiful. In my mind, it complemented my own religious trajectory building up to Easter. Two years ago, this liturgy even included a foot-washing for those wanting to participate.

Both liturgies were essentially the same; with the same Psalms and Readings, but different hymns and Epistles. The Passion Gospel of John 18:1-19:42 last year was broken up into a dramatic narration which included not only the Narrator but a very active role for the Crowd, the people. There are also interludes of music, and the choir of men and boys sang most beautifully. And this choir has some outstanding singers whose voices soar and fill the holy space around them.

The wonderful thing about this liturgy is that it is so long. It keeps you in its thrall and moves you through the stages to a wonderful resolution and conclusion. Being fully present means opening up your eyes and ears and heart. Renewal comes through opening up one’s heart and mind. Naturally, I can only speak from a subjective point of view. This is what I took away from my position as an observer. It had a positive and transformative effect; the music and sense of the glorification of our Lord stayed with me for hours afterwards.

HOLD THE DATE!

Ocean City Greek Festival
July 10-13, 2015
Friday and Saturday, Noon to 11pm
Sunday and Monday, Noon to 9pm

Admission is free 12pm-4pm. After 4, $2 per person ages 14 and older.
www.stgeorgebythesea.org/greek-festival

(Continued on page 12, column 1)
GREEK ORTHODOX EASTER: FOOD AND TRADITIONS

“EASTER IS THE MOST SACRED OBSERVANCE in the Greek Orthodox faith. Preparations and customs remain some of the most traditional in modern Greek life. Preparations for Easter come to a climax toward the end of Holy Week, between Palm Sunday and Easter. While there are many local customs associated with Easter, there are several observed by all.

Easter preparations begin on Holy Thursday when the traditional Easter bread, tsoureki, is baked, and eggs are dyed red (red is the color of life as well as a representation of the blood of Christ). From ancient times, the egg has been a symbol of the renewal of life, and the message of the red eggs is victory over death.

In times gone by, superstitions grew into customs that included placing the first-dyed red egg at the home’s iconostasis (place where icons are displayed) to ward off evil, and marking the heads and backs of small lambs with the red dye to protect them.

Holy Thursday evening, church services include a symbolic representation of the crucifixion, and the period of mourning begins. In many villages - and in cities as well - women will sit in church throughout the night, in traditional mourning.

The holiest day of Holy Week is Holy Friday. It is a day of mourning, not of work (including cooking). It is also the only day during the year when the Divine Liturgy is not read. Flags are hung at half-mast and church bells ring all day in a slow mournful tone.

Many devout do not cook on Holy Friday, but if they do, traditional foods are simple, perhaps boiled in water (no oil) and seasoned with vinegar - like beans - or thin soups like tahinosoupa, a soup made with tahini.

Traditionally, women and children take flowers to the church to decorate the Epitaphio (the symbolic bier of Christ). The Service of Lamentation mourns the death of Christ and the bier, decorated lavishly with flowers and bearing the image of Christ, is carried on the shoulders of the faithful in a procession through the community to the cemetery, and back. Members of the congregation follow, carrying candles.

On Holy Saturday, the Eternal Flame is brought to Greece by military jet, and is distributed to waiting Priests who carry it to their local churches. The event is always televised and if there’s a threat of bad weather or a delay, the entire country agonizes until the flame arrives safely.

On the morning of Holy Saturday, preparations begin for the next day’s Easter feast. Dishes that can be prepared in advance are made, and the traditional mayiritsa soup is prepared, which will be eaten after the midnight service, to break the fast.

We, Greek Orthodox Christians, have a colorful and very rich folk tradition. These customs help us better understand the deep theological concepts of our faith. This one site I found to be very informative on the Greek Eastern customs and I would like like to share it with you. If you like to read more, please follow the link http://greekfood.about.com/od/festivalsholidays/a/easter.htm.

May you have a blessed Easter! Kalo kai Evlogemenos Pasha! Καλό και Ευλογημένο Πάσχα.
**Book Review**
*Gregory McKinney*


Ecumenical Patriarch Bartholomew I has become a leading figure in the international environmental movement and his engagement on creation care has elevated the issue among the Orthodox. *Creation and the Heart of Man* is a noteworthy addition toward deepening this conversation among ourselves and all Christians, as well how we address secularists.

Butler and Morriss open the book claiming that most pertinent Orthodox thinking, including that coming from the Patriarchate, is too closely aligned with secular environmentalism’s left-of-center theories. The authors believe that these mainstream ideas that fail to include “sound economic analysis” on the balance between environmentalism and the economic growth needed to lift up the impoverished. In the authors’ opinion, free-market considerations are largely marginalized and in their place, ill-considered solutions are offered for issues such as coal-fired electric plants.

However, the authors’ critiques and assumptions can’t be fairly evaluated given their limited treatment with the book and in fact, pale when compared to the main thrust of this slim volume: the absolute centrality of man within God’s created order as discussed within Eastern Christian theology and how that should inform the Christian’s relation to the natural world and the modernist movements to protect it.

Man’s role, then, as a *microcosm* is in service to his role as *mediator* of the salvation of the whole creation. That is, the idea of man as microcosm is linked to a task of mediation, of unifying through himself, the disparate elements of creation. Man is not simply to be a microcosm, as an image or icon of the world; rather, he is to *function* as one, as well: to gather up into himself all the varied elements of the created order, mortal and immortal, rational and irrational beings, and so forth, as well as to offer them up to God. (p.35)

This is where the book shines, as a succinct and (hopefully) compelling argument affirmed by the teachings of Church Fathers and theologians across the ages, most notably St. Maximos the Confessor and St. Gregory Palamas. Footnotes cite the works referenced so the reader can access the source material.

An analogy might best describe the truest vision emerging from the book: one can view photographs of the earth taken from space, think “wow” and be left unchanged. Seeing the same thing from the porthole of a space ship, however, is typically described as transformational. If

*(Continued on page 12, column 2)*
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<td>The Lamentations</td>
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<td>Canon Preceding the Resurrection</td>
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<td>THE HOLY RESURRECTION</td>
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<td></td>
<td>Orths and Divine Liturgy</td>
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<tr>
<td>12 April</td>
<td>EASTER SUNDAY</td>
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<tr>
<td></td>
<td>Vespers of Love (Agape)</td>
<td>11:00am</td>
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**EASTER EGG HUNT**

The Annual Easter Egg Hunt for our young children will be held on Easter Sunday, April 12, 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 lamb roast (see page 15 for details).

**PHILOPTOCHOS EASTER BAKE SALE**

Sunday, April 5, 9:30am and 12:30pm
Wednesday, April 8, 4:30pm

To order, contact lpbakesale@yahoo.com or contact Mary Varlas at 703-965-4161.

Tsoureki-$12, koulouria $8/dz, kourambiethes $16/dz, melomakorona, $16/dz, dipies $20/4 jumbo, baklava $18/6pcs, kataifi $18/6pcs, spanakopita or tiropita $25/dz frzn triangles, pastitsio $40/half-pan frozen, moussaka $42/half-pan frozen
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<th>Sunday</th>
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<tbody>
<tr>
<td>5 PALM SUNDAY</td>
<td>6 HOLY MONDAY</td>
<td>7 HOLY TUESDAY</td>
<td>8 HOLY WEDNESDAY</td>
<td>9 HOLY THURSDAY</td>
<td>9 GOOD FRIDAY</td>
<td>11 HOLY SATURDAY</td>
</tr>
<tr>
<td>8:00am Divine Liturgy</td>
<td>9:30am Pre-Sanctified Liturgy</td>
<td>9:30am Pre-Sanctified Liturgy</td>
<td>9:30am Pre-Sanctified Liturgy</td>
<td>9:00am Vespers/Liturgy of Saint Basil</td>
<td>9am The Great Hours Liturgy of Saint Basil</td>
<td>9:30am Vespers/Liturgy of Saint Basil</td>
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<tr>
<td>9:30am Orthros</td>
<td>6:00pm Holy Confession</td>
<td>6:00pm Holy Confession</td>
<td>6:00pm Holy Confession</td>
<td>6:00am Vespers/Liturgy of Saint Basil</td>
<td>9:00am Vespers/Liturgy of Saint Basil</td>
<td>11:00am Divine Liturgy</td>
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<tr>
<td>Palm Sunday Luncheon</td>
<td>7pm Bridegroom Service</td>
<td>7pm Bridegroom Service</td>
<td>7pm Bridegroom Service</td>
<td>Holy Passion of Our Lord</td>
<td>Preparation for Pascha—Wrap eggs, Decorate the Kouvouklion, etc.</td>
<td>1:30am Magiritsa Soup to break the fast</td>
</tr>
<tr>
<td>Philoptochos Bake Sale</td>
<td>Diaper Drive</td>
<td>6:00pm Holy Confession</td>
<td>7pm Bridegroom Service</td>
<td>7:00pm Holy Passion of Our Lord</td>
<td>3:30pm Apokathelosis</td>
<td>12:00am Canon preceding the Resurrection</td>
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<tr>
<td>12:00pm HEC Basketball</td>
<td>12:00pm HEC Basketball</td>
<td>12:00pm HEC Basketball</td>
<td>12:00pm HEC Basketball</td>
<td>12:00pm HEC Basketball</td>
<td>5:00pm Greek School Adult Greek School</td>
<td>12:00am Orthros and Divine Liturgy</td>
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<tr>
<td>12:00pm Philoptochos Bake Sale</td>
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<td>12:00pm Philoptochos Bake Sale</td>
<td>10:00am Divine Liturgy</td>
<td>1:30am Magiritsa Soup to break the fast</td>
</tr>
<tr>
<td>13 Bright Monday (Office Closed)</td>
<td>14 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners</td>
<td>15 10:30am Women’s Book Club 7:30pm Parish Council 8:00pm HEC Basketball</td>
<td>16 6:30pm GOYA Girls’ Basketball Practice</td>
<td>17 Theotokos of the Life-Giving Fountain 9:00am Orthros 10:00am Divine Liturgy 5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class</td>
<td>18 9:30am Greek School GOYA Basketball Tournament</td>
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<tr>
<td>Annual Easter Egg Hunt</td>
<td>7:30pm YAL Deuteri Deuteri</td>
<td>7:30pm Parish Council 8:00pm HEC Basketball</td>
<td>6:30pm GOYA Girls’ Basketball Practice</td>
<td>9:00am Orthros</td>
<td>1:00pm Divine Liturgy</td>
<td>1:00pm Divine Liturgy</td>
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<tr>
<td>12:30pm Second Annual Easter Lamb Roast</td>
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<td>6:30pm GOYA Girls’ Basketball Practice</td>
<td>10:00am Liturgy at Saint George, Bethesda</td>
<td>5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class</td>
<td>9:30am Greek School St. Demetrios, Baltimore Basketball Tournament</td>
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<tr>
<td>19 Sunday of Thomas</td>
<td>20 7:00pm Daughters of Penelope</td>
<td>21 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners</td>
<td>22 8:00pm HEC Basketball</td>
<td>23 Saint George 10:00am Liturgy at Saint George, Bethesda</td>
<td>24 5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class</td>
<td>25 9:30am Greek School St. Demetrios, Baltimore Basketball Tournament</td>
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<td>8:00am Divine Liturgy</td>
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<td>9:30am Orthros and C.S.</td>
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<td>12:00pm GOYA Basketball Tournament</td>
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<td>26 Sunday of the Myrrh Bearers</td>
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<td>28 3:00pm GMU OCF 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners</td>
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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.

We have had a great amount of support for the Saint Nicholas Shrine. Your donations are helping build our Saint Nicholas again, and it makes me very proud.

Many thanks to Mary Varlas and all the ladies for a successful bake sale.

It’s that time of year! Spring Cleaning! Please donate any household items for our upcoming yard sale. Items can be dropped off at the church office. All items must be in working order; clothes need to be clean and folded. We appreciate all your donations!

Soon we will need your help with baking for our annual Spring Festival. Please check for our emails regarding baking days and times.

Our next meeting is Sunday, April 26, after the second Liturgy. Please mark your calendars.

Elections for the new Philoptocho Board are in May. If anyone is interested in being on the board, please submit your name to me via email at ekanakos@aol.com.

Happy Easter! Christ is Risen!

DAUGHTERS OF PENELOPE (by Karen Polizos, President)

FOLLOWING A SUCCESSFUL Tastes of the Mediterranean fundraiser in February, Helle Chapter was proud to present a donation to Fisher House Foundation in the amount of $7,450! See the photo below.

Helle Chapter invites the Saint Katherine Community to attend a speaker presentation on Sunday, April 19, immediately following second Liturgy. We are delighted to welcome Jan King, a motivational speaker, humorist, author and breast cancer survivor. Her inspirational presentation is based on the name of one of her books, Bouncing Back: With Wit, Grace and Style. The presentation will be held in the lecture room across from the board room and a light lunch will be provided. We hope you will join us.

Our next monthly chapter meeting is scheduled for Monday, April 20, 7:00pm at the church. On behalf of all Sisters in Helle Chapter, we wish you and your families a Blessed Lent and wonderful Pascha.

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.


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

The Office of the Divine Liturgy of the Presanctified Gifts. Translated by Father Evagoras Constantinides. Spiralbound.


SINGLE PARENT FELLOWSHIP

SINGLE PARENTS ARE ENCOURAGED to come together during the first liturgy’s Coffee Hour on Sunday, April 26. A table will be reserved for you.

WOMEN’S BOOK CLUB

WE CONTINUE TO READ Our Thoughts Determine Our Lives, The Life and Teachings of Elder Thaddeus of Vitaovnica. This book has encouraged all of us to examine our thoughts and actions during this holy time of Lent.

Our meeting dates in April are on the 15th and the 29th. We meet every second Wednesday at 10:30am in the Hellenic Education Center. If you have any questions about our group, please email: faympras@gmail.com.

Happy Easter!
MISSIONS AND OUTREACH by Dr. John Demakis

OCMC Benefit Dinner, April 26. Our Mission and Outreach Committee is again sponsoring an Orthodox Christian Missions Center (OCMC) Benefit dinner, to be held at Saint Katherine on Sunday, April 26. The evening will start with Pan-Orthodox Vespers at 5:00pm, hors d’oeuvres at 5:30, dinner at 6:00, and a presentation immediately following. All proceeds will go to the OCMC. The speaker is the Very Rev. John Chakos, Missionary to Guatemala, who will speak on Orthodoxy in the Guatemalan Highlands: A Light Shines Brightly. Fr. Chakos was a priest in Pittsburgh for many years until he retired and is now full time in the mission field. He is an exciting speaker! The tickets are $55 for adults; $30 for those under 22, free for children under 6 are free. Get a table for 10 for $500. The reservation deadline is April 21. Points of contact are Dr. John Demakis (demakis9931@gmail.com), Skip Mersereau (jwmster@gmail.com) or Betty Slanta (slanta@verizon.net). Please mail check to Saint Katherine Greek Orthodox Church, 3149 Glen Carlyn Road, Falls Church, VA 22041. Checks payable to Saint Katherine Greek Orthodox Church, note “Mission Banquet.”

Diaper Collection for Local Food Pantries, April 5. We will again have our semi-annual diaper drive on Palm Sunday, April 13. Collections will take place in the foyer of our community center. Please bring unopened packages for 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.

Second Cuba Mission Trip, April 30-May 8. Fr. Costa will lead a team of 20 individuals, including four priests on the second Cuba Mission Trip. The team has been chosen. They will participate in the 1st of May Parade in Havana with the Saint Nicholas parish of Havana. They will also play baseball—USA vs. Cuba! The team will then split into three teams. One team will stay in Havana to assist with preparing the new and first Orthodox monastery in Cuba to receive monks and train priests, another will travel to the Saint George the New Martyr parish in Rancuchelo to assist with building/painting/cleaning the church building, and the third team will travel to Holguin in Guantanamo to visit the Orthodox parish of Saint Paraskevi. They will do Bible studies, make icons and livani, and participate in the Divine Liturgy with respective parishioners. Please keep the team in your prayers. If you would like to donate to the Cuba mission please make out checks to Saint Katherine Church and write “Cuba Mission” on the memo line.

Food Pantry Collection, May 17. We are pleased to report that we collected over 850 pounds of food for our local food pantry. This was in spite of icy conditions two Sundays in a row. A big thanks to the Rouvelas family for buying the blue cloth bags and for organizing our Sunday School children who helped load and unload all the bags. Our next food pantry collection will be May 17.

Metropolitan Kallistos Ware, June 13-14. We are excited to announce that Metropolitan Kallistos Ware from Oxford, England will visit Saint Katherine June 13-14. He will be here for the whole week to participate in the Oriental Lumen Conference, a joint Orthodox-Catholic dialogue. On Saturday, June 13, he will participate in the Vesper service at Saint Katherine and, following a light dinner, will make a major presentation. On Sunday, June 14, His Eminence will officiate at the Divine Liturgy at Saint Katherine. From June 15-18, Metropolitan Kallistos will be at the Oriental Lumen Conference XIX at the Washington Retreat Center. The topic will be The Bishop of Rome: Past, Present and Future. Go to the website of the Oriental Lumen Conference XIX for details.

Project Mexico Mission Trip 2015. The Project Mexico trip scheduled for August has been cancelled. Fr. Panagioti has informed us that because of the high demand by churches to visit Project Mexico they have had to close off any further applicants. We will now apply for a 2016 date.

Monumental Mission Walk, September 19. Our third annual Monumental Mission Walk will take place on Saturday, September 19. This year, our mission walk will take us around the Tidal Basin to learn about the monuments in that area of the National Mall. Our tent will be set up in that area. Proceeds from our mission walk are shared with the OCMC and our area ministries. Details for sign up and sponsorship will appear in the next DOXA.

Project Mexico and St. Innocent Orphanage. Our community participated in the Santa’s Helpers program at Saint Innocent Orphanage in Mexico. We received a letter from the coordinator of the program, thanking us for our “thoughtfulness, generosity and kindness” for the boys. She handwrote, “Thank you for making Andres’ Christmas so special! He loved all of his gifts.” Please visit http://www.saint-katherines.org/index.php?id=27 to view the entire letter and full picture. We also received a picture of Andres, a young boy whose Christmas was made brighter partly due to our efforts.

Orphan in Guatemala. Since April 2010, Saint Katherine has sponsored Carlos in the Hogar Orthodox Orphanage in Guatemala. Carlos has been at the Hogar since he was a baby. For years, Carlos watched as other children were adopted and waited patiently for his turn. Madre Ivonne (Continued on page 14)
Mention the person who has died, and acknowledge your awareness of the loss. Continue to do this as time goes on, not just right after the death. Many people avoid mentioning the person who has died, fearing it will remind the grieving person of his or her pain. Often, people avoid the topic because they feel uncomfortable or helpless, but behaving as if you don’t remember or are unaware of your loved one’s pain often leaves him or her feeling very alone.

Listen to your loved one. A grieving person may need to tell his or her story again and again as part of the grieving process. The most important thing you can offer someone who is grieving is your ability to listen without judgment. A good rule to follow is to listen 80 percent of the time and talk 20 percent. Remember, the way you can most help someone is by communicating a willingness to stay with him or her despite the pain.

Insist that your loved one see a doctor if he or she exhibits signs of depression. Intense grief can lead to depression. If your loved one seems unusually depressed or withdrawn, suggest that he or she seek professional help. Some employers offer an Employee Assistance Program (EAP), a counseling service to help workers resolve problems; encourage your loved one to find out if his or her organization offers this benefit. See the next section, “Symptoms Associated With Grief,” for more information on when to suggest that your loved one seek help.

Encourage your loved one to make wise choices. Urge the person who is grieving to pay attention to his or her own needs, and make choices accordingly. You can do this during his or her decision-making process by talking through various scenarios, or advising him or her to take the time needed to make important decisions.

(Continued in May 2015 DOXA)
SHOWN BELOW is a list of families and individuals who participated in the 2015 Saint Katherine Stewardship Program through February 2015. Thank you for responding to the needs of our church.

SAINT KATHERINE LIVE IS BACK!

Did you know that we have a live feed from our church? Relatives and friends from far away participate. Sign in to the church website, saint-katherines.org, and click on the red "Saint Katherine Live!" button in the right-hand column.
2015 STEWARDSHIP FORM

“Christian Stewardship is learning how to be a responsible and concerned caretaker of Christ’s Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God . . . our active commitment to use all our time, talent, and treasure for the benefit of humankind in grateful acknowledgment of Christ’s redeeming love . . . caring for the needs of others . . . ” (Williams & McKibben in Oriented Leadership). If you have not yet made a stewardship commitment to your church for the year 2015, please take a moment and do so now.

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

Name: _______________________________________________________ _____________________________
Address: ____________________________________________________ ______________________________
City, State, Zip: ___________________________________________ _________________________________
Telephone Number: _________________________________________________________________________
Email address: ______________________________________________ _______________________________

(Continued from page 11)

felt that Carlos needed a sponsor so he could know the kindness and generosity from others outside of the Hogar. Carlos is now 12 years old and in the sixth grade. We keep in touch with Carlos via email and mail. Madre Ivonne sends pictures several times a year of Carlos in his various activities such as learning to sew, using woodworking tools, performing altar boy duties and reading prayers during Vesper services. We have also received hand written letters from Carlos himself. He is growing into a fine young man and we enjoy seeing his development year by year. Please go to our website to see a thank you letter from . To continue our sponsorship of Carlos, we ask for your support. The sponsorship of a child at the Hogar is $3,650, which covers food, clothing and shelter for the year. If you wish to join us in sponsoring Carlos, then please send your donations to Saint Katherine Greek Orthodox Church, 3149 Glen Carlyn Road, Falls Church, VA 22041. Make the check out to Saint Katherine Church and put “Guatemala/Carlos Manuel” on the memo. Please contact Mary Stathopoulos (stathopoulos94@gmail.com or 703-395-1811) or John Demakis (demakis9931@gmail.com or 703-319-1610), if you have any questions or would like further information.

Culmore Free Clinic. The Culmore Medical Clinic is a clinic for those without health insurance in the Bailey’s Crossroads area. Many faith-based organizations in the immediate area support this clinic which is located in the Columbia Baptist Church just down the road from Saint Katherine. The clinic serves almost 400 patients without health insurance. Saint Katherine is one of the founders of the clinic. Both Fr. Costa and Dr. John Demakis are on their Executive Board. Because of the high demand, the clinic would like to accept more patients and add another day. The cost for keeping the clinic open one day is $2,764.00 and half a day is $1,382.00. Please consider making a donation to the Culmore Clinic to help us care for those patients without health insurance. To make a donation, make your check out to Saint Katherine and put Culmore Clinic in the memo line. A full list of services is on our website with their costs.

OCMC Mission Teams 2015. Interested in going on a short-term mission team with the OCMC? Ready for a life changing experience? Want to make a difference in your lifetime? Please consider going on short-term mission trip with the OCMC. Many of our Saint Katherine parishioners have gone on foreign trips. Talk to one of them. Check the Saint Katherine website for a full list of teams and dates. The list is also posted on our bulletin board in the lower level of our community center. For more information, contact Dr. John Demakis at demakis9931@gmail.com or the OCMC.

BAILEY’S CROSSROADS HOMELESS SHELTER

Feeding the Homeless. The DOP will serve April 14 and the Missions Committee will serve May 19. If your organization would like to participate, please contact Dr. John Demakis at demakis9931@gmail.com.

Clothes and Toiletries. Please bring new or clean used clothes and unopened toiletries to the atrium of the Meletis Charuhas Center.

KALO PASCHA!

MISSIONS AND OUTREACH MEETING

The next Missions and Outreach meeting is scheduled for Tuesday, April 14, 7:00pm in the board room.
## SUNDAY CHURCH DUTY ROSTER

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<tr>
<th>Date</th>
<th>Time</th>
<th>Captain</th>
<th>Assistant 1</th>
<th>Assistant 2</th>
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<tbody>
<tr>
<td>April 5, 2015</td>
<td>8:00am</td>
<td>Peter Karounos</td>
<td>Bill Polizos</td>
<td>Bill Porter</td>
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<td>Daphne Vaccarello</td>
<td>Maria Vargas</td>
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<tr>
<td>April 5, 2015</td>
<td>9:30am</td>
<td>Dr. John Demakis</td>
<td>Artemis Dimopoulos</td>
<td>Nick Larigakis</td>
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<td>Mallamo Mavromatakis</td>
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**Agape Service**

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<tbody>
<tr>
<td>April 12, 2015</td>
<td>11:00am</td>
<td>Bill Polizos</td>
<td>Bill Porter</td>
<td>Dr. Jerry Rich</td>
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<td></td>
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<td>Daphne Vaccarello</td>
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**Agape Service**

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<td>April 19, 2015</td>
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<td>Kelly Alexis</td>
<td>Dr. John Demakis</td>
<td>Bill Porter</td>
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<td>Artemis Dimopoulos</td>
<td>Maria Vargas</td>
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<tr>
<td>April 19, 2015</td>
<td>9:30am</td>
<td>Theo Karounos, GOYA</td>
<td>Captain, plus 5 other</td>
<td>GOYAns</td>
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<tr>
<td>April 26, 2015</td>
<td>8:00am</td>
<td>Jim Stoucker</td>
<td>Peter Karounos</td>
<td>Nick Larigakis</td>
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<td>George Moshos</td>
<td>Maria Vargas</td>
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<tr>
<td>April 26, 2015</td>
<td>9:30am</td>
<td>Mallamo Mavromatakis</td>
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</table>

## PASCHAL GREETINGS FROM AROUND THE WORLD

- **Albanian**: Krisht U Ngjall! Vertet U Ngjall!
- **Arabic**: El Messieh Kahm! Hakken Kahm!
- **Bulgarian**: Hristos Voskrese!
  - Vo istina Voskrese!
- **Chinese**: Helisituosi Fuhuole!
  - Queshi Fuhuole!
- **Coptic**: Pchrisitos Aftooun! Alithos Aftooun!
- **English**: Christ is Risen! Truly He is Risen!
- **Eritrean**: Chirstos Tensiou! Bahake Tensiou!
- **Ethiopian**: Chirst t’ensh em’ muhtan!
  - Exai’ ab-her eokala!
- **German**: Christus ist Erstanden!
  - Wahrlich ist er Erstanden!
- **Greek**: Chirstos Anesti! Alithos Anesti!
- **Hawaiian**: Ua ala hou ’o Kristo!
  - Ua ala ’i o no ’oia!
- **Hebrew**: Ha Masheeha houh Quam!
  - Be emet Quam!
- **Italian**: Cristo e’ risorto!
  - Veramente e’ risorto
- **Japanese**: Harisutos Fukkatsu!
  - Jitsu ni Fukkatsu!
- **Romanian**: Hristos a inviat! Adevarat a inviat!
- **Russian**: Khristos Voskrese!
  - Voistinu Voskrese!
- **Serbian**: Cristos Vaskres! Vaistinu Vaskres!
- **Spanish**: Cristo ha Resucitado!
  - En verdad ha Resucitado!
- **Swahili**: Kristo Amefufukka!
  - Kweli amefufukka!
- **Ugandan**: Kristo Ajukkide! Kweli Ajukkide!
- **Ukrainian**: Khristos Voskres!
  - Voistinu Voskres!
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