I have always emphasized that our spiritual wellbeing should not be separated from our physical wellbeing. One of the best-known prayers of the Orthodox Church speaks of the spirit of God being “present in all places and filling all things.” This profound affirmation is basic to Orthodoxy’s understanding of God and His relationship to the world. We believe that God is truly near to us. Although He cannot be seen, God is not detached from His creation. Through the persons of The Risen Christ and the Holy Spirit, God is present and active in our lives and in the creation about us. All our life and the creation of which we are an important part points to, and reveals, God.

There are special experiences in our corporate life as Orthodox Christians when the perception of God’s presence and actions is heightened and celebrated. We call these events of the Church Sacraments. Traditionally, the Sacraments have been known as Mysteries in the Orthodox Church. This description emphasizes that in these special events of the Church, God discloses Himself through the prayers and actions of His people.

Not only do the Sacraments disclose and reveal God to us, but they also serve to make us receptive to God. All the Sacraments affect our personal relationship to God and to one another. The Holy Spirit works through the Sacraments. The Holy Spirit leads us to Christ who unites us with the Father. By participating in the Sacraments, we grow closer to God and receive the gifts of the Holy Spirit. This process of deification, or theosis, as it is known by Orthodoxy, takes place not in isolation from others, but within the context of a believing community. Although the Sacraments are addressed to each of us by name, they are experiences which involve the entire Church.

Christ came to the world to “bear our infirmities.” One of the signs of His divine Messianahship was healing the sick. The power of healing remains in the Church since Christ Himself remains in the Church through the Holy Spirit. The Sacrament of the Unction of the sick is the Church’s specific prayer for healing. If the faith of the believers is strong enough, and if it is the will of God, there is every reason to believe that the Lord can heal those who are diseased. The biblical basis for the Sacrament is found in James 5:14-16:

Is any among you sick, let him call for the presbyters of the Church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed.

When one is ill or in pain, one can feel alone and isolated. We are never alone. God is with us. We also have each other—the Christian family. We are joined to one another in Christ. I invite you to come this Holy Wednesday and receive the healing of body and soul, and become whole again. I remind you that we do not hand out the Sacrament to take home. We will be happy to come to your home and anoint you, if you cannot come to Church.

May the remainder of your journey through Great Lent be spiritually fulfilling.

Kali Anastasi,

Fr. Costa
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

CLERGY
Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos cell 571-213-1109, home 703-239-2627 frcostas@stkchurch.com

STAFF
Bookkeeper Lori Nelson 703-671-1515 lnelson@stkchurch.com
Choir Director Nick Kyrus 703-981-2526 nkyrus@comcast.net
Hellenic Education Center Director Presv. Eleni Alexopoulou 703-671-7715 ealexopoulou@stkchurch.com
Information Technology Theodorus Theoharis 703-671-1515 theo@kinteracomm.com
Maintenance Supervisor Roberto Medina 703-671-1515 rmedina@stkchurch.com
Protopsalti James Loizou 703-356-8220 dimitr14@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, Peter Karounos 703-321-3009 pkarounos@aol.com
Secretary, Bill Polizos 571-434-7790 polizos@att.com
Treasurer, Maria Wills 703-409-3041 mwills28@verizon.net

Kelly Alexis 703-909-2256 kalexis76@gmail.com Mallamo Mavromatakis 703-830-0224 mimaonan@gmail.com
Chris Euripides 703-477-7101 ceuripides@gmail.com Dr. Jerry Rich 703-250-2733 drjerryrich1@verizon.net
Rosemary Filou 703-405-6212 rosemary@verizon.net Maria Vargas 703-812-0286 maria@chrisandmaria.com
Nick Larigakis 703-909-9078 nlarigakis@ahiworld.com Mary Varlas 703-965-4161 mary.varlas@yahoo.com
Costas Mavromatakis 571-344-3634 cgm387@gmail.com

MINISTRIES
Acolytes Nicholas Vazquez
AHEPA #438 (P. Derzis) John Papathanassious 703-732-6329 j_m_papas@hotmail.com
Bookstore John Papathanassious 703-671-1515
Book Reviews Gregory McKinney, Contributor 571-338-6929 dintym@hotmail.com
Daughters of Penelope Helle #283 Karen Polizos, President 703-434-7790 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) Theo Karounos, President 703-321-3009 GOYA_St_Katherine@msn.com
GRACE Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Greek Dance Aris and Anna Vortzdis, Instructors 757-218-6991 greekdancedc@gmail.com
Greek School Auxiliary Toula Christou, Saturday Representative 703-533-0055 toulamm@gmail.com
Hellenic Education Center Greek School and Paideia Preschool 703-671-7715 pagrader@yahoo.com
HOPE (ages 7 and under) Vaitis Bousbouras, Coordinator http://www.stkhec.org
JOY (ages 8-12) Toula Christou, Coordinator 703-533-0055 HOPE_St_Katherine@yahoo.com
Listserv (email list) Presv. Pauline Pavlakos, Administrator 703-239-2627 toulamm@gmail.com
Missions and Outreach Dr. John Demakis, Chairman 703-319-1610 demakis9931@gmail.com
Mommy and Me Irene Sakkas 703-883-8823 irenesakkas@gmail.com
OCF (College Ministry) Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515
Philoptochos Eleni Kanakos, President 703-938-8360 ekanakos@aol.com
Prison Ministry (Kairos) Dennis Garbis 202-437-7299 dgabris@enves.com
Single Parent Fellowship Angela Kallas-Miller agapiang@gmail.com
Website Presv. Pauline Pavlakos, Webmaster 703-239-2627 przpauline@stkchurch.com
YAL (Young Adult League) Faye (Fortini) Anson fanson38@yahoo.com
While channel surfing not long ago, I came across a movie made in the 70s. The plot was thin and the painfully
dated dialogue wasn’t sufficient to maintain my attention. As I was about to see what the next channel had to offer, I
heard one of the characters say, “Man, this is a happening place…” (I wasn’t kidding when I said the dialogue was dat-
ed!) Nevertheless, sometime later, as I was reflecting on that tortured phrase, I thought how aptly it could be applied to
our own community.

You’ve heard me comment before on the multiple activities we enjoy throughout the year in our community. The
wealth of events so prevalent during the Lenten season marks the beginning of what seems to be a never-ending stream of
“happenings” that take us throughout the entire year. Foremost among these events are the numerous church services
during this time of the year that are always special and help to focus us as we prepare ourselves for the magnificent spir-
Itual abundance and joy Holy Pascha brings. That said, allow me now to reflect on four events (one recently completed
and three forthcoming).

One of our community’s hallmark events, the Apokreatiko Glenti, ushers in the Lenten season and is sponsored by the
parents our Greek school. It was an enormous success. The event is a principal fundraiser for our Hellenic Education
Center and is always fun for everyone in attendance. As always, a few stalwarts working feverishly in the background
ensured the event’s ultimate success. This year was no exception with particular kudos going to all the parents and teach-
ers involved, especially George and Niki Panteleos, Maria Kehaioi, Alicia Capobianco, Chris Snear, Martha and Miha-
li Lampros, Penny and George Papas, Stacy and Chris Gianakura, Kelly and Chris Silva, Angela and Arthur Zabaib,
Patricia Rader, Toula and Chris Christiou and George Moshos.

Notable among our community’s many outreach events is the Saturday of Lazarus Outreach whose purpose is to pro-
vide food and comfort items to the homeless. Parishioners will gather on this day to distribute kits containing toiletry
items, food, sweat pants, socks and rain ponchos, among other useful items. This is a wonderful opportunity to help
those in need and your participation and donations are always welcomed. For additional information, please refer to the
article appearing in this issue of DOXA.

Next, an upcoming event that has become a tradition over the course of the last two years is our Easter Lamb Roast
which takes place Easter morning after the Agape services. This year’s event again offers a traditional Easter meal featur-
ing roast leg of lamb and other assorted traditional favorites. Last year over 300 parishioners and their families enjoyed
this event and we look forward to continuing this tradition. Anyone interested in volunteering to help us with this event
should contact the church office. Your help and assistance will be greatly appreciated.

Finally, as a proud AHEPAn, I’m excited to call everyone’s attention to an event that our local Peter Derzis Chapter
438 has reinvigorated in a very meaningful manner. Each year, AHEPANs gather the weekend of Memorial Day to
honor those Greek-American service members buried at Arlington National Cemetery by placing a wreath at each
gravesite. In the past, this event has largely been conducted by AHEPANs only, but the Derzis chapter, which recently
assumed national responsibility for this significant event, now welcomes community members and their families as
participants. Specifically, their desire is to provide parishioners—and particularly the children—an opportunity to benefit
from an incredibly moving and powerful experience providing a life lesson in the sacrifice others have made in order to
preserve the precious freedoms we all cherish.

Prior to the event, a presentation to our community will focus on the life and story of one of those we honor each
year—George Dilboy, a private in the US Army during WWI, who holds the distinction of being the only Greek-
American to be awarded our nation’s highest military honor for bravery on the battlefield, The Congressional Medal of
Honor. His conspicuous courage, bravery and gallantry during the Battle of Belleau Wood will be chronicled. The story
doesn’t end there however; in fact, his death and Medal of Honor award mark the beginning of an epic story creating a
rich legacy for generations to come, for in death, his fame would spread even wider!

Dilboy and his family were natives of Alatsata, Asia Minor. Although Dilboy was initially buried with other fallen
comrades near Belleau France, his family requested his body be exhumed and taken to Alatsata (near Smyrna) in August
1922 after Greek forces had earlier liberated the area from the Turks. As fate would have it, that liberation was short-
lived, and the very day more than 17,000 mourners lined the streets to honor him, marauding Turks entered the city and
desecrated the church where Dilboy’s body lay in state, defiling his remains. This became an international incident and
President Warren Harding demanded an apology and restitution from the Turks, who immediately complied by
recovering his body and delivering it to members of the USS Somerville—a naval destroyer dispatched to return this
American hero to his adopted country for a burial with full military honors on the hallowed grounds of Arlington
National Cemetery.

The events I site above are so characteristic of what makes our community special. I hope this reflection gives all of
you the opportunity to consider your involvement in these or other activities throughout the year. In particular, I again
urge those of you with young children to consider participating in the Memorial Day weekend event to honor Greek-

(Continued on page 12, column 1)
CATECHETICAL (SUNDAY) SCHOOL
WE LOOK FORWARD TO OUR LENTEN JOURNEY with our Sunday School students. Please consider participating in some of the many Lenten opportunities (weekday church services, teenage Lenten retreat April 8-10, and Friday evening mission trip lectures following Salutations).

The Oratorical Festival was a great success and we thank Dianne Quebral (chair), Bill Porter (co-chair), Evie Ifantides, John Masterson, and Bill Polizos (judges), and Joanna Greig (timer) for their time and commitment. Thank you to the children who participated and congratulations to our Senior Division finalists, Stephanie Vazquez (1st) and Cameron Edgington (2nd) and our Junior Division finalists, Eleni Rouvelas (1st) and Zoe Gould (2nd)! They will compete at the district level on April 16 in Charlottesville.

In March, we distributed OCMC coin boxes and encouraged our students to put offerings in them through Great Lent, Holy Week, and Pascha. Boxes will be collected on May 8.

On April 3, our 5th/6th grade class is organizing a clothing drive for the Arlington Head Start Centers. They will be collecting new/gently-used clothes (infant to age 7), new socks (infant-age 5), new underwear (2T-5T), new/ gently-used t-shirts (2T-5T), and shoes (10T-4).

Students have church duty on April 17. Thanks to Peter Buddendeck for volunteering to be the Captain/Epistle Reader. We need two additional Sunday School students to serve that day. All other students can sing in the choir, serve in the altar, or worship in the pews.

On the Saturday of Lazarus, April 23, please join us for the yearly Lenten Potluck Lunch and Palm Cross-Making event following Liturgy. Please bring a Lenten dish to share and help us make palm crosses for Palm Sunday.

April 24 and May 1: No Classes
June 27–July 1: Vacation Bible Camp (registration in April—$30 per child)

Have a Blessed Lenten Season!

GOYA
GOYA WILL GO COSMIC BOWLING on Saturday, April 2, 8:00pm at Bowl America Burke, 5615 Guinea Road, Fairfax, VA 22031. The cost is $15 for two games and shoes. Parents are welcome to bowl as well.

A regional Teenage Lenten Retreat will be held Friday-Sunday, April 8-10, at Camp Piankatank, Hartfield, VA. The theme is The Ladder of Divine Ascent. The cost is $50 per GOYAn. Please contact Fr. Costa by April 1, if you are interested.

GOYAns will help fold palms into crosses following the Saturday of Lazarus liturgy on April 23. (Don’t forget to bring something for the Potluck Lunch.) They will also help prepare the church for Pascha on Good Friday, April 29.

Please mark your calendars with the following dates:
May 7-8: Our Basketball Tournament
May 14-15: SS. C&H, Annapolis Tournament
July 10-16: Camp Good Shepherd Virginia

HOPE
PLEASE JOIN US at the movies for an adventure with The Little Prince on Saturday, April 9, about 3:00pm at AMC Theater Tysons Corner Center. (The exact time will be announced in early April.) Please RSVP by Saturday, April 2 to Vaitsa.Bousbouras@yahoo.com.

MOMMY AND ME PLAYGROUP
MOMMY AND ME PLAYGROUP will kick off with a potluck brunch meet and greet on Saturday, April 2, 12pm-1:30pm. All mothers of children under 2 are welcome to come with their children and encouraged to bring something to share to eat. For more information, please contact Irene Sakkas (irenesakkas@gmail.com or 703-883-8823).

SAVE THE DATE!
Third Annual Easter Lamb Roast
Our Third Annual Easter Lamb Roast will be held after Agape Services on Easter morning. Enjoy a traditional, care-free meal featuring roast leg of lamb and many other traditional Greek dishes and desserts. Plan on spending your Easter with friends and family at Saint Katherine and enjoy all the benefits of a great meal, live music, and a great time without any of the worries associated with preparation and cleanup!

Additional details forthcoming...
February Events. February was a very busy month for HEC. The director and teachers presented at the NECTFL NY Conference on February 13 with the topic: Developing a Project-Based Curriculum to Enhance Modern Greek HL Learning. On February 21, three of our Greek School students were awarded the Prometheas Award of Excellence for passing the Ellinomatheia Exam with the highest score. In addition, on February 27, we organized and presented a full-day teachers seminar in Boston at the invitation of His Eminence Metropolitan Methodios. This is what he wrote in his letter thanking us for our presentation.

Dear Eleni, Evangelia and Ismini,
Thank you for organizing the Teachers Professional Development Day seminar in Boston for the teachers of the Metropolis of Boston. I was particularly happy with the participation of the teachers. I don’t remember having such great attendance in so many years. All participants departed enriched by the presentation and the workshops regarding the new teaching methodologies. I believe it is everybody’s wish to have a follow up seminar in the fall and I hope you can be available to organize it again. Please accept an honorarium as a token of our gratitude.

If you would like to read more about the seminar, please follow this link: http://www.stkhec.org/files_OMDMM_/d0ae9f1bb7cc752a3745a49013852ec4/Newsletter_Boston_Feb_27_2016_draft2.pdf.

March Events. Congratulations to the Greek School PTA—Ms. Toula Christou, Mr. Chris Christou, and Patricia Rader—all the parents and all our sponsors for a very successful Apokreatiko Glendi!

There were two meetings scheduled for any parents looking to enroll their child/children to our HEC kindergarten class fall of 2016. This is a new HEC offering wishing to accommodate the parents who are interested in small-class size settings, a math and science curriculum which will continue to provide a bilingual approach in language learning, and a faith based approach in teaching the children the value of our Orthodox faith.

(Continued on page 12, column 1)

BOOK REVIEW

Gregory McKinney


ANY GUESSES how often the New York Times has found a living Orthodox churchman worthy of being profiled twice in its pages? Even rarer: a churchman who was not a monastic or a bishop, but a married parish priest who was later canonized? I’d bet there was only one: Fr. Ivan Ilyich Sergiev, best known as St. John of Kronstadt.

From the Times of November 5, 1894:

Ivan, though not a monk, lives according to monastic rules, is austere in his life, pitiful, charitable, and has boundless faith in God's power, and in man's strength if he lead a holy life and arm himself with that power. Ivan has made vows of poverty and humility. He rigorously observes the fasts ... and often exceeds them when he wants to obtain a clearer perception of God’s presence. The hospitals and asylums he has founded are endless. His house at certain hours ... is as crowded with sick and heart-broken persons as the grotto of Lourdes. ... [I]t is admitted that in praying for those who come to him and in laying hands on them he has operated cures that seem miraculous, but which, no doubt, admit of a scientific explanation. The Father's wife is far from sharing his zeal. She is a notable housekeeper, and is haunted by the fear of both ending their days as paupers. Ivan discourages wealthy visitors, because he thinks his mission is to the poor, and that his curative virtue was given him to bring them to lend a willing ear to the Gospel that he preaches. It lies in a very small compass: “Lift up you heart to God, and He will bless you and strengthen you,” and “Observe the rites and ordinances of the Church as a means for keeping in touch with God and with all that comes from God.”

Fr. John preached God’s loving mercy with fervor. His judgment Kronstadt addressed with only a little less emphasis, calling out pride and spiritual complacency as the soul-destroyers that they are.

Pick up either book for Lenten reading. I’ve turned to Spiritual Counsels again and again over the years. It contains short gems perfect for daily devotions. Season of Repentance contains Fr. John’s motivating words regarding self-examination, repentance and falling on God’s mercy.

But did all of us really benefit from the week that went by? Did our hearts become closer to God, to the Most Pure Mother of Life, to the Church, to our Holy Guardian Angel, and to the saints of God? Have we sincerely loved truth and virtue and have we hated all falsehood and iniquity? Do we sincerely love God and neighbor, do we feel a greater spiritual affinity with each other ... as members of Christ? (p. 88)
Οπως μιλήσαμε στο τεύχος του Φεβρουαρίου, μεγαλώνοντας ο άνθρωπος αισθάνεται έντονα την επιθυμία της επιτυχίας και ευτυχίας στην ζωή του. Γι’ αυτό οφείλει να κατανοήσει ότι το μόνο ισχυρό και αληθινό στήριγμα της ζωής του πρέπει να είναι ο πανάγιος, δίκαιος θεός!

Σαν πρώτο στήριγμα, στο οποίο υπολογίζουμε, είπαμε, είναι η δίκη μας αντοχή, άλλο στήριγμα η στήριξη μας στους άλλους, τρίτο στήριγμα, το χρήμα, ο πλούτος, η περιουσία.

Σ’ αυτά, τα τελευταία δηλαδή, στηρίζεται ένα μεγάλο μέρος ανθρώπων. «Έχω χρήματα και δεν φοβάμαι τίποτε», λέει ή «Λεφτά να έχεις και όλα θα πάνε καλά». Αυτοί οι άνθρωποι είναι «οι επί των πλήθους αυτών καυχώμενοι» (Ψαλμ. μυ’ 7). Ο Μέγας Θεός όμως θα απαντήσει σ’ αυτούς, «Μή πληττέσαι επί πλούτου αδηλότητα» (Α’ Τιμάθ. στ’ 17). Δηλαδή ο πλούτος έχει ένα χαρακτηριστικό, την αδηλότητα, δηλαδή δεν είναι κάτι το σήμα του και ασφαλείς. Φεύγει από το ένα μέρος και πετάει αλλού και μάλιστα σε πολύ μικρό χρονικό διάστημα. Όταν παντοδύναμος είναι ο πλούτος, όπως πολλοί τον παρουσιάζουν, γιατί ούτε την ασθένεια καταργεί, ούτε τον θάνατο απομακρύνει, ούτε τις αποτυχίες γυμνάζει, ούτε την ειρήνη της ψυχής εξαισθανεί, αλλά βέβαια εξάχθαι στο χρήμα και από άλλη άποψη. Βέβαια είναι βοήθημα στην ζωή μας για να έχουμε τα αναγκαία, δεν είναι όμως το παν. Μόνο το θρήνα δεν μπορεί να αποτελέσει ασφαλείς και ισχυρό στήριγμα της επιτυχίας του ανθρώπου. Γι’ αυτό ο πεπειραμένος φασιμίδιος λέει: «πλούτος εάν ρέψη, μη προστίθεθε καρδίαν» (Ψαλμ. η’ 11).

Θα μπορούσαμε και άλλα στήριγμα να αναφέρουμε, φτάνει όμως μέχρι εδώ, γιατί όσα και αν αναφέρουμε θα μας απογοητεύουν, το δείχνει άλλως την καθημερινή πείρα της ζωής.

Το πραγματικό στήριγμα της ζωής για τον ανθρώπο είναι ένα, ο ιδίος ο Μέγας Θεός! Γιατί είναι πανάγιος, αναλούστως, αληθής, πάνσοφος, παντοδύναμος. Κρατάει τα πάντα στα πανάγια χέρια Του και κάθε αγαθό Αυτός μας το χορηγεί. Και με αυτές τις ιδιότητες μπορεί να αποτελέσει το μόνο στήριγμα του ανθρώπου, ο οποίος θα πεί: «Επί τών Κύριων πέποιθοι» (Ψαλμ. ί’ 1). Ας δούμε αυτό που σημειώνει ο Ψαλμοθρησκός Πάπας Ιωάννης Α’ (Τιμάθ. στ’ 17): «Προσκύνησε ενώ πεφυγε τον Κύριον και εισήχθησε την προσευχή τους και εισήχθησε την προσευχή τους και εισήχθησε την προσευχή τους και εισήχθησε την προσευχή τους...» (Ψαλμ. ρθ’ 5-8).

Η πραγματικότητα της καθημερινής ζωής έρχεται να βεβαιώσει την περιγραφή αυτή, να πει στον χριστιανό, πράγματι εάν είσαι το αληθινό στήριγμα. Γιατί ποιος πολεμείς και ταλαιπωρημένος κατέφυγε στον Θεό και του είπε τον πάνο του με την καρδία του και δεν έφυγε παραγομένος και ενισχυμένος, ακακός να προχωρήσει στην θάλασσα των δυσκολιών της παρούσας ζωής; Ποιος αντιμετωπίζει προβλήματα και βρίσκεται προ αδιέξοδων και όταν προσεύχεται δεν λαβαίνει λύσεις που ως τότε δεν είχε φανταστεί; Ή δεν έλαβε ως απάντηση γεγονότα αναπάντητα, που λοική ήταν αδιάλλες να συμβούν; Ποιος πολεμείς, πιέζομαις από την αμαρτία, από την ενοχή συνειδήσει του δεν κατέφυγε στον Θεό και δεν βρήκε ανακούφιση, ειρήνη και γαλήνη εσωτερική; Ποιος δεν εμπιστεύθηκε στον Κύριο και δεν βρήκε την χαρά και την ευτυχία της ζωής του;

Η αλήθεια είναι ότι ο θεός είναι το αιώνιο, το ασφαλές, το μοναδικό στήριγμα στην ζωή μας, οποιοδήποτε και αν είμαστε πλούσιοι ή φτερωτοί, προσοντούγια ή όχι. Ας διαπιστώσει λοιπόν αυτή η αλήθεια του εσωτερικού μας άνθρωπο, ώστε τοτέ να μη εξελιχθούμε και να χάνουμε τον καιρό μας σε άλλα θεωρούμενα στήριγμα. Ευλογημένη Τεσσαρακοστή!
REGISTRY

Baptisms
Kallista Kathleen (March 6)
dughter of Timothy and Athena Cassidy
Godparent: Marika Oliff

Matthew Thomas (March 8)
son of Harry and Sara Atkinson
Godparent: Chrysoula Athena Tavlas

Athena Patricia (March 12, 2016)
dughter of Jason and Rachel Solimani
Godparent: Michael Lerario

Zoe (March 26)
daughter of Vasilios and Theodora Tzeremes
Godparents: Haralabos and Diane Paraskevopoulos

Congratulations!

Funerals
Aliki (Alice) Lagos (February 11)
Yvonne Stathis (February 16)
Constat Kanellos (February 17)
Reverend Theodore “Ted” Chelpon (February 20)
Sophia Pieri (February 19)
John C. Delta (February 24)
Vera May Miller (February 24)
William Basil Rousos (February 26)
Louis Panayiotis Bouras (February 27)
Spiro James Grivas (March 5)
Robert C. Tucholski (March 10)
Rolland N. Papadakis (March 11)

May their memory be eternal.

AHEPA 2016 GREEK CUISINE RAFFLE
Peter N. Derzis AHEPA Chapter 438 is proud to announce that its highly successful Restaurant Raffle is back, by popular demand. This year’s date for the annual raffle has been moved to AHEPA Sunday, May 15. The number of participating DC Metropolitan Area Restaurants serving the finest in both Greek and American Cuisine has been expanded and the total of redeemable gift certificates is now in excess of $1,500. Therefore, this year we will have 3 raffle winners of $500 each.

Tickets are being sold following liturgy every Sunday through AHEPA Sunday, May 15, at the incredible price of only $20 per ticket (or 6 for $100). With the purchase of a raffle ticket, you will also receive a coupon entitling you to a one-time discount of 20% on a food purchase at Nostos Restaurant located at Tysons Corner.

All proceeds from this raffle are used to support AHEPA charities, both locally and throughout the world. These include Saint Katherine Vacation Bible Camp, Church Missions, College Scholarships awarded to local high school seniors, and the rebuilding of Saint Nicholas Church near Ground Zero in New York City. All of this is in addition to our tradition of supporting Saint Katherine.

Please help us in our support of charitable endeavors on behalf of Hellenic communities worldwide by purchasing these raffle tickets. In addition to ticket availability following Sunday liturgies, they may be ordered by contacting Alan White (winsomealan@aol.com or 703-888-7666).

The Chapter is most grateful to all of our participating restaurants for their generosity in making this raffle possible. The list of participating restaurants will be displayed at the ticket-selling table every Sunday.

Congratulations to Basil Mossaidis who, on March 5, was awarded the AHI (American Hellenic Institute) American Heritage National Public Service Award for his extraordinary effort to promote and advocate for Hellenism in the United States. Basil is the executive director of the AHEPA (American Hellenic Educational Progressive Association).

SAINT KATHERINE LIVE!
Did you know that we have a live feed from our church? Relatives and friends from far away can watch a sacrament. If you are sick and cannot make it to a service, you can still participate. Sign in to the church website, saint-katherines.org, and click on the red “Saint Katherine Live!” button in the right-hand column.

Have you ever wished you could follow along with the Orthros and other church services? You can view and print pdf files of the texts (in English and English/Greek) for most church services by going to http://agesinitiatives.com/dcs/public/dcs. DCS works on computers and mobile devices. Try this out and make your church service experience more interactive!
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Service Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>23 April</td>
<td>SATURDAY OF LAZARUS</td>
<td>Orthros: 9:30am</td>
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<td></td>
<td>Divine Liturgy: 10:30am</td>
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<tr>
<td>24 April</td>
<td>PALM SUNDAY</td>
<td>1st Divine Liturgy: 8:00am</td>
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<td></td>
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<td>Orthros: 9:30am</td>
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<td>2nd Divine Liturgy: 10:30am</td>
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<td>Bridegroom Service: 7:00pm</td>
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<tr>
<td>25 April</td>
<td>HOLY MONDAY</td>
<td>Bridegroom Service: 7:00pm</td>
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<td>26 April</td>
<td>HOLY TUESDAY</td>
<td>Bridegroom Service: 7:00pm</td>
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<td>27 April</td>
<td>HOLY WEDNESDAY</td>
<td>Pre-Sanctified Liturgy: 9:30am</td>
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<td>Holy Unction: 3:00pm</td>
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<td>Holy Unction: 7:00pm</td>
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<tr>
<td>28 April</td>
<td>HOLY THURSDAY</td>
<td>Vespers with the Liturgy of Saint Basil: 6:00am</td>
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<td>The Holy Passion of Christ: (Twelve Gospels): 7:00pm</td>
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<tr>
<td>29 April</td>
<td>GOOD FRIDAY</td>
<td>The Great Hours: 9:00am</td>
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<td>Great Vespers with the Descent of the Cross: 3:30pm</td>
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<td>The Lamentations: (Epitaphios): 7:00pm</td>
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<tr>
<td>30 April</td>
<td>HOLY SATURDAY</td>
<td>Vespers with the Liturgy of Saint Basil: 9:30am</td>
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<td></td>
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<td>Canon Preceding the Resurrection: 11:00am</td>
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<td>THE HOLY RESURRECTION: 12:00am</td>
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<tr>
<td>01 May</td>
<td>EASTER SUNDAY</td>
<td>Vespers of Love (Agape): 11:00am</td>
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</tbody>
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**EASTER EGG HUNT**

The Annual Easter Egg Hunt for our young children will be held on Easter Sunday, May 1, 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 our Easter feast.

**SATURDAY OF LAZARUS OUTREACH PROJECT**

Once again, our Saint Katherine community will reach out to those who are living on the streets. Bags of clothing, personal items, and food will be distributed on the Saturday of Lazarus, April 23. While the items are very basic, they can be of great assistance to those less fortunate. Please contact Daphne Pamichael at CyprusD@aol.com, if you would like to help with a monetary donation or donations of needed items. Thank you for your support!
<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tr>
<td><strong>3 Sunday of the Holy Cross</strong> &lt;br&gt;9:00am Orthros and Catechetical School &lt;br&gt;10:00am Divine Liturgy &lt;br&gt;Clothing Drive &lt;br&gt;12pm Ministries’ Meeting &lt;br&gt;GOYA Basketball &lt;br&gt;6pm Adult Greek Dance</td>
<td><strong>4</strong>&lt;br&gt;1:00pm GMU OCF &lt;br&gt;6:00pm Holy Confession &lt;br&gt;7:00pm Compline</td>
<td><strong>5</strong>&lt;br&gt;5pm Conversational Grk &lt;br&gt;6:00pm Grk Folk Dance &lt;br&gt;6:30pm Adult Beg. Greek</td>
<td><strong>6</strong>&lt;br&gt;9:30am Seniors Breakfast &lt;br&gt;7:00pm Pre-Sanctified Liturgy &lt;br&gt;8:00pm HEC Basketball</td>
<td><strong>7</strong>&lt;br&gt;6:30pm GOYA B-Ball &lt;br&gt;7:00pm Adult Int. Greek</td>
<td><strong>8</strong>&lt;br&gt;5:00pm Greek School &lt;br&gt;5:00pm Adult Conversational Greek</td>
<td><strong>9</strong>&lt;br&gt;9:30am Greek School &lt;br&gt;3pm HOPE Movie at Tysons Corner Center &lt;br&gt;<strong>TEENAGE LENTEN RETREAT</strong> &lt;br&gt;Friday-Sunday at Camp Piankatank, Hartfield, VA</td>
</tr>
<tr>
<td><strong>10 St. John Climacus</strong>&lt;br&gt;9:00am Orthros and C.S. &lt;br&gt;10:00am Divine Liturgy &lt;br&gt;Food Pantry Collection &lt;br&gt;12:00pm Single Parents KAIROS Cookie Baking &lt;br&gt;GOYA Basketball &lt;br&gt;Heart Health Presentation by DOP and AHEPA &lt;br&gt;6pm Adult Greek Dance</td>
<td><strong>11</strong>&lt;br&gt;1:00pm GMU OCF &lt;br&gt;6:00pm Holy Confession &lt;br&gt;7:00pm Compline &lt;br&gt;8:00pm Deuteri Deutera</td>
<td><strong>12</strong>&lt;br&gt;5pm Conversational Grk &lt;br&gt;6:00pm Grk Folk Dance &lt;br&gt;6:30pm Adult Beg. Greek &lt;br&gt;7:30pm Missions &lt;br&gt;8:00pm AHEPA</td>
<td><strong>13</strong>&lt;br&gt;7:00pm Pre-Sanctified Liturgy &lt;br&gt;8:00pm HEC Basketball</td>
<td><strong>14</strong>&lt;br&gt;6:30pm GOYA B-ball &lt;br&gt;7:00pm Adult Int. Greek</td>
<td><strong>15</strong>&lt;br&gt;5:00pm Greek School &lt;br&gt;5:00pm Adult Conversational Greek &lt;br&gt;7:00pm Akathist Hymn</td>
<td><strong>16</strong>&lt;br&gt;9:30am Greek School &lt;br&gt;District Oratorical Festival at Transfiguration Church, Charlottesville</td>
</tr>
<tr>
<td><strong>17 St. Mary of Egypt</strong>&lt;br&gt;9:00am Orthros and Catechetical School &lt;br&gt;10:00am Divine Liturgy &lt;br&gt;Youth Church Duty Sunday &lt;br&gt;GOYA Basketball &lt;br&gt;6pm Adult Greek Dance</td>
<td><strong>18</strong>&lt;br&gt;6:00pm Holy Confession &lt;br&gt;7:00pm Compline</td>
<td><strong>19</strong>&lt;br&gt;5pm Conversational Grk &lt;br&gt;6:00pm Grk Folk Dance &lt;br&gt;6:30pm Adult Beg. Greek</td>
<td><strong>20</strong>&lt;br&gt;7:00pm Pre-Sanctified Liturgy &lt;br&gt;8:00pm HEC Basketball &lt;br&gt;8:30pm Parish Council</td>
<td><strong>21</strong>&lt;br&gt;6:30pm GOYA B-Ball &lt;br&gt;7:00pm Adult Int. Greek</td>
<td><strong>22</strong>&lt;br&gt;5:00pm Greek School &lt;br&gt;5:00pm Adult Conversational Greek</td>
<td><strong>23</strong> SATURDAY OF LAZARUS &lt;br&gt;9:30am Orthros &lt;br&gt;10:30am Divine Liturgy &lt;br&gt;Philoptochos Bake Sale &lt;br&gt;Fold palms into crosses &lt;br&gt;9:30am Greek School</td>
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<tr>
<td><strong>24 PALM SUNDAY</strong>&lt;br&gt;8:00am Divine Liturgy &lt;br&gt;9:30am Orthros &lt;br&gt;10:30am Divine Liturgy &lt;br&gt;Diaper Drive &lt;br&gt;Palm Sunday Luncheon &lt;br&gt;Philoptochos Bake Sale &lt;br&gt;6:00pm Holy Confession &lt;br&gt;7pm Bridegroom Service</td>
<td><strong>25 HOLY MONDAY</strong>&lt;br&gt;6:00pm Holy Confession &lt;br&gt;7pm Bridegroom Service (Hymn of Kassiani)</td>
<td><strong>26 HOLY TUESDAY</strong>&lt;br&gt;6:00pm Holy Confession &lt;br&gt;7pm Bridegroom Service</td>
<td><strong>27 HOLY WEDNESDAY</strong>&lt;br&gt;9:30am Pre-Sanctified Liturgy &lt;br&gt;3:00pm Holy Unction &lt;br&gt;7:00pm Holy Unction</td>
<td><strong>28 HOLY THURSDAY</strong>&lt;br&gt;6:00am Vespers/Liturgy of Saint Basil &lt;br&gt;7:00pm Holy Passion of Our Lord</td>
<td><strong>29 GOOD FRIDAY</strong>&lt;br&gt;9am The Great Hours &lt;br&gt;10am Altar Boy Retreat, Preparation for Pascha: Wrap eggs, decorated the Kouvouklion, etc. &lt;br&gt;3:30pm Apokathelosis &lt;br&gt;7:00pm Lamentations</td>
<td><strong>30 HOLY SATURDAY</strong>&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</td>
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</tbody>
</table>

Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.
PHILOPTOCHOS
I LOOK FORWARD to seeing all of you in church as we journey through Great Lent. Our Easter bake sales will be held on three days: Sunday, April 17 after Liturgy, Palm Sunday April 24 after the second Liturgy, and Saturday of Lazarus, April 23 after Liturgy. We will not be selling during Holy Week. We will start taking orders for Tsoureki and Easter sweets at the beginning of April. Please contact Mary Varlas (LPbakesale@yahoo.com or 703-965-4161) to place orders. An order form is available on page 15 and our church website. Please send in your 2016 stewardship if you haven’t already done so.
I wish all of you Kalo Pascha!

CHOIR
MANY OF YOU HAVE NOTICED THE BACK OF NICK KYRUS’ head in the choir loft on Sunday mornings. We would like to welcome Nick back as Saint Katherine’s choir director. The choir continues to rehearse on Thursday evenings and is now preparing for Great Lent and Pascha. If you are musically inclined, over 13 years old, and are willing to dedicate some time each week, please consider joining the choir. We sing in Greek and English and are in particular need of more basses. If you would like to “test the waters,” you may tune in to Saint Katherine’s live video feed (www.saint-katherines.org, then click on “Saint Katherine Live”) and listen to a typical choir practice—Thursdays at 7:30pm. Many thanks to the previous choir director, John Doulis, for all his hard work. John will continue his role as the music director for Catechetical (Sunday) School. We aim to eventually have a packed choir loft, full of children and adults. For questions or more information, email Nick at nbkyrus@comcast.net.

KAIROS PRISON MINISTRY
DURING THE MONTH OF MARCH, team training and other logistical preparations have continued for the 4-day outreach that will take place at the Greensville Correctional Center (April 14–17) and the Sussex I Prison (April 7–10). Cookie baking days at Saint Katherine will take place in the church kitchen on March 27 and April 10 after the Divine Liturgy.

From my request of last month for some volunteers to write to graduates of the KAIROS program, I received 3 men of Saint Katherines. I would like to get another 3 to help with this endeavor. I can guarantee that you will be blessed far more than you can imagine. Please feel free to contact me anytime at djgarbis@envdes.com.

DAUGHTERS OF PENELlope (by Karen Polizos, President)
THE SAINT KATHERINE COMMUNITY is invited to join the Daughters of Penelope Helle Chapter 283 and AHEPA Peter Derzis Chapter 438 for a Healthy Heart—Healthy Life Styles seminar on Sunday, April 10, in Founders’ Hall. This is a wonderful opportunity to learn more about heart health from experts at Virginia Heart of Arlington. We are partnering with our brother AHEPAns to bring this valuable information to the Saint Katherine community. The seminar will focus on the latest preventive measures to maintain a healthy heart and healthy life style, and will provide a greater understanding of heart disease that affects women and men of all ages. There will be a Lenten breakfast at noon followed by the presentation from 12:30pm-1:30pm. Everyone is invited!

Our next monthly chapter meeting will be held Monday, April 11, 6:00pm in the board room. At 7:00pm, we’ll go together for the Compline Service. As in past years during Great Lent, we will enjoy an inspirational talk with Father Costa immediately after the service.

Our Lenten Project is collecting crib/cot sheets for infant cribs and toddler cots used in the Head Start/Early Head Start programs in Fairfax County. Please bring your donations to our April meeting or drop off at the church office to the attention of Daughters of Penelope. We are also preparing for and serving at Bailey’s Crossroads Shelter on Tuesday evening, April 12.

If you would like to learn more about the Daughters of Penelope and Helle Chapter, please contact Rosalie Georgeadis (703-532-1723) or Karen Polizos (571-434-7790). We welcome new members!

SINGLE PARENT MINISTRY
SINGLE PARENTS WILL MEET ON APRIL 10, during coffee hour. Please join us as we gather in fellowship to share ideas, resources, and your thoughts as single Orthodox Christian parents. Please contact Angela Kallas-Miller (agapiang@gmail.com) for more information.

RECEIVE HIGH SCHOOL LANGUAGE CREDIT THROUGH YOUR KNOWLEDGE OF GREEK
Every year, Fairfax County offers students the opportunity to place out of their high school language requirements through a “credit by exam” option. Currently, 26 languages are offered for this credit by exam, but Modern Greek is not one of them. In an effort to include Greek as one of the exam options, we need to collect the names of 200 current FCPS 7th-12th graders who are fluent in Greek. If you or your child are currently enrolled in grades 7-12 in a FCPS school, please provide the required information or ask questions by sending an email to pelekasisgreece@yahoo.com. The Hellenic Education Center of Saint Katherine is spearheading this effort.
Bishop Neofitos of Nyeri and Mount Kenya Region of Kenya Led our Lenten Retreat on March 19. We are awaiting the arrival of His Grace Bishop Neofitos of Kenya as this issue of DOXA goes to print. We will have a full account of the retreat in the next issue of DOXA.

Mission Lectures Following Salutations Services. As we have done in previous years, we again offer a mission lecture after the Salutations services. The remainder of the schedule is as follows: April 1—Cuba (Fr. Costas), and April 8—Mexico (the Porter family). Come to the services and stay for the exciting presentations.

Food Pantry Collection, April 10. The next collection of food for our local Food Pantry will be April 10. The blue cloth bags will be passed out after Liturgy on April 3. Please bring non-perishable food in those blue cloth bags. Big thanks to Rebecca Leung and Marilyn Rouvelas who donated the cloth bags. Please be generous. Get the children involved. What a wonderful way to teach our children to help the less fortunate. We collected over 1,200 pounds of food during our last collection. Let’s see if we can break our own record!

Diaper Drive. Palm Sunday is April 24 which also means that we will have our diaper drive. Collections will take place in the foyer of our Meletis Charuhas Center. Please bring unopened packages, sizes 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.

Clothing and Toiletries. We continue to collect new or clean used clothes and unopened toiletries for the shelter year round. Please be generous. We take donations to the shelter every Sunday. The shelter notified us recently that they have many other needs such as cleaning supplies, kitchen supplies, bed sheets and blankets, etc. These are all used as they find apartments for the homeless. Please see the full list at www.nvfs.org/pages/page.asp?page_id=393678. If you wish to donate any of these items, please take them directly to the Bailey’s Crossroads Homeless Shelter at 3525 Moncure Avenue, Falls Church.

Cooking for and Feeding the Homeless. Below is the tentative schedule through June. Please contact Dr. John Demakis (demakis9931@gmail.com), if your parish organization would like to serve at the shelter.

| March 1 | Adult Bible Class |
| March 15 | Philoptochos |
| April 12 | Daughters of Penelope |
| May | Mission Committee |
| June | Vacation Bible Camp |

NEXT MISSIONS MEETING
April 12, 7:30pm
All are welcome to attend!

OCMC Fundraising Dinner, May 15. Our annual fund-raising dinner will take place at Saints Peter and Paul Antiochian Orthodox Church in Potomac, Maryland on May 15. Our main speaker will be Fr. John Chakos, missionary priest in Guatemala. Fr. Chakos spoke at the event last year at Saint Katherine and people were so impressed with his missionary zeal and humility that many asked that he return to area for another presentation. His topic this year will be Guatemala Mission Faces East: The Next Step in Conversion. The evening will begin with Pan-Orthodox Vespers at 4:30pm, hors d’oeuvres and silent auction at 5:15pm, and dinner and presentations at 6:00pm. Tickets are $55 for adults, $30 for ages 6-22, and free for children under 6. Get a table for 10 for $500. The reservation deadline is May 12. Contact Betty Slanta (slanta@verizon.net) or Dr. John Demakis (demakis9931@gmail.com) for more information. Please make checks payable to OCMC and mail to Saints Peter and Paul Antiochian Orthodox Church, 10620 River Road, Potomac, MD 20854. Write “Mission Banquet” on the envelope.

Project Mexico, July 14-20. Our Project Mexico team is finalized!! Led by Bill and Eleni Porter, eight members from Saint Katherine will leave on July 13 and serve at Project Mexico from July 14-20. They will join other Orthodox Christians from around the United States to assist in building a home for a needy family. We are pleased to report that our Archdiocese’s Leadership 100 Scholarships have agreed to provide $980 to our Saint Katherine team. Thank you!! The team however, still is in need of funds. Please consider supporting this mission team. Please make out your checks to Saint Katherine and write Project Mexico on the memo line and mail them to Saint Katherine.

Monumental Mission Walk, October 15. Our fourth annual Monumental Mission Walk is set for Saturday, October 15, starting at 9:00am. We received the permit from the National Park Service to have our tent near the eastern end of the Mall by the American Indian Museum. Our walk will feature monuments at the eastern end of the Mall. Our walk will feature monuments at the eastern end of the National Mall. Proceeds will be split with OCMC and local charities. More details to follow. Save the date!

Guatemalan Orphan, Carlos Manuel. As described in last month’s DOXA, our Saint Katherine community continues to support Carlos Manuel, a 13-year-old boy at the Hogar Orphanage in Guatemala. Carlos is now in seventh grade and is an active young boy who enjoys sports and school. He serves as an altar boy and reads prayers during Vesper services. We need our community’s support to continue sponsoring Carlos. The cost is $3,650.00 per year. If you wish to help us, please send your donation to the church office. Make the checks payable to Saint Katherine and write “Guatemala/Carlos Manuel” on the memo line.
### APRIL CHURCH DUTY ROSTER

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td><strong>April 03, 2016</strong></td>
<td><strong>9:00am</strong></td>
<td>Maria Vargas, Captain Bill Polizos</td>
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<td></td>
<td></td>
<td>Kelly Alexis                               Jim Stoucker</td>
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<td>Chris Euripides                            Mary Varlas</td>
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<td>Rosemary Filou</td>
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<td><strong>April 10, 2016</strong></td>
<td><strong>9:00am</strong></td>
<td>M. Mavromatakis, Captain Costas Mavromatakis Dr. Jerry Rich</td>
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<td>Kelly Alexis                               Mary Varlas</td>
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<td>Rosemary Filou                             Jim Stoucker</td>
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<td>Peter Karounos</td>
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<td><strong>April 17, 2016</strong></td>
<td><strong>9:00am</strong></td>
<td>Maria Wills, Captain Youth Church Duty Day Peter Karounos</td>
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<td>Peter Karounos                             Bill Polizos</td>
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<td>Bill Polizos</td>
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<td><strong>April 24, 2016</strong></td>
<td><strong>8:00am</strong></td>
<td>Chris Euripides, Captain Nick Larigakis Peter Karounos</td>
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<td>Costas Mavromatakis                        Karen Polizos</td>
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<td>Mallamo Mavromatakis                       Maria Wills</td>
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### CROSSING THE BAR

*Alfred Lord Tennyson*

Sunset and evening star,  
And one clear call for me!  
And may there be no moaning of the bar,  
When I put out to sea,  
But such a tide as moving seems asleep,  
Too full for sound and foam,  
When that which drew from out the boundless deep  
Turns again home.  
Twilight and evening bell,  
And after that the dark!  
And may there be no sadness of farewell,  
When I embark;  
For tho’ from out our bourne of Time and Place  
The flood may bear me far,  
I hope to see my Pilot face to face  
When I have crost the bar.

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 11 years.

### BOOKSTORE

The following Lenten service books are available for purchase in the bookstore:

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

**Akathist Hymn.** Translated by Fr. George Papadeas. Description: Text in Greek and English on opposing pages. Preceded by brief compline. Rubrics in red. Comprehensive history of service with Glossary included.

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

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


American veteran like George Dilboy buried at Arlington Cemetery. No finer lesson on sacrifice and service to one’s country is available.

On behalf of the Parish Council, I which I wish each of you a blessed Pascha.

(Continued from page 3)

**April Events.** Our Greek Independence Day program will take place on Saturday, April 2, 10:00am in the Meletis-Charuhas Hall. The Greek Parade in Baltimore is scheduled for Sunday, April 3. Come join us for both events to support HEC and Saint Katherine community!

**Housekeeping Updates.** I would like to remind all parents interested in enrolling their children in any HEC program that you must be a steward in good standing in order to receive preferred steward rates. Please renew your stewardship for 2016 before 2016-2017 registration begins. For more information or to schedule an open house date, please contact the HEC director at 703-671-7715 or email ealexopoulou@stkchurch.com. You may also visit our website at www.stkhec.org or follow us on Facebook (Hellenic Education Center) to “like” our page and make a comment on our posts.

We would like to wish all Kali Sarakosti/Happy Lent!

(Continued from page 3, column 1)
Showed below is a list of families and individuals who participated in the 2016 Saint Katherine Stewardship Program through February 29, 2016. Thank you for responding to the needs of our church.

If you have not yet submitted your 2016 pledge, please complete the stewardship form on page 8 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at inelson@stkchurch.com or 703-671-1515.
SERVING THE GREEK ORTHODOX COMMUNITY OF THE DC METROPOLITAN AREA FOR OVER 38 YEARS

Now taking orders for baby spring lamb for Easter. Our famous pre-marinated pork and chicken souvlakia are also for sale. Pre-ordered lamb can be picked up at our location conveniently located inside the beltway at route 50 and 495. We accept all forms of payment. For further information, call us at 301-773-4009.
EASTER BAKE SALE
SAINT KATHERINE LADIES PHILOPTOCHOS

- Sunday, April 17th
- Saturday, April 23rd
- Sunday, April 24th (after 2nd liturgy only)

NAME_________________________________
email__________________________________
phone no._____________________________

Bake Sales will start ONLY at the completion of services.
There will be NO bake sales during HOLY WEEK

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<thead>
<tr>
<th>ITEM</th>
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<tr>
<td>$17.00/dozen</td>
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<tr>
<td>Melomakarona</td>
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<td>$17.00/dozen</td>
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<tr>
<td>Diples</td>
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<tr>
<td>$20.00/4-jumbo</td>
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<tr>
<td>Baklava</td>
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<td>$18.00/6 pieces</td>
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<td>Kataifi</td>
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<td>$18.00/6 pieces</td>
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<tr>
<td>Spanakopita</td>
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<tr>
<td>$27.00/dozen – 3 oz. frozen triangles</td>
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<tr>
<td>Tiropita</td>
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<tr>
<td>$27.00/dozen – 3 oz. frozen triangles</td>
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<tr>
<td>Pastichio</td>
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<td>$80.00/Full-pan, frozen</td>
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<tr>
<td>Mousaka</td>
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<tr>
<td>$85.00/Full-pan, frozen</td>
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</tbody>
</table>

To place your order please email LPbakesale@yahoo.com; or, call Mary Varlas 703-965-4161

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