THE CALL TO BE FOLLOWERS of Jesus Christ started when He invited the disciples to be His followers. They were to follow Him on earth and into heaven. Then, He said to all of them, “If any want to become my followers, let them deny themselves and take up their cross daily and follow me” (Luke 9:23).

I want to focus on the cross because it is, for believers, a symbol of hope and victory over all evil. In the midst of this pandemic, so many are fearful and have anxiety about what is happening to everyone.

The example of Christ’s prayer in the Garden of Gethsemane is very instructive to us and a way forward towards us taking up our Cross and following Him:

**The Cup.** Jesus said, “Father if it be possible let this cup pass from me” (Matthew 26:39). This seems like He was saying, “If it be permissible let me not be subjected to crucifixion and death.” Yet, when Peter said the same thing, “Far be it from You, Lord; this shall not happen to You!” (Matthew 16:22), Christ poured an invective on him, “Get behind Me, Satan! You are an offense to Me, for you are not mindful of the things of God, but the things of men” (Matthew 16:23). The Lord also said to Peter, “Put up your sword into its sheath; shall I not drink the cup which My Father has given Me?” (John 18:11)

**The Good Shepherd.** He called Himself the “Good Shepherd” who lays down His life for the sheep, whereas the hirelings are unwilling to do this (John 10:11-18).

**Humbling Himself.** Paul marveled that Christ, although equal with God, humbled Himself to become obedient to the death on the Cross (Philippians 2:8).

**Resurrection.** The Father loves the Son because He lays down His life that He may take it again (John 10:17).

**Glory of the Cross.** Before the Cross, Christ said, “Father, the hour has come; glorify your Son” (John 17:1), speaking of the cross as glory. Why does He seem to try to avoid it? Christ was “sorrowful unto death” (Matthew 26:38). Yet when Judas went out to betray Him, He said, “Now is the Son of Man glorified?” (John 13:31). If suffering was to glorify Him, how could the fear of it have made Him sorrowful?

**Benefits of the Cross.** The Cross had huge benefits, which Christ knew would result. Chrysostom stated, “It destroyed the enmity of God towards man, made the earth Heaven, associated men with angels, unstrung the force of the devil, extinguished the power of sin, brought back the truth, expelled the demons.”

**Desire for the Cross.** Christ called the Cross a “cup.” As a cup is sweet to those who are thirsty so also was the Crucifixion to Him; therefore He said, “With reference desire have I desired to eat this Passover with you” (Luke 22:15), because after that evening the Cross was awaiting Him.

**Surrendered Himself.** When the soldiers came upon Him in the Garden, He said, “Whom do you seek?” They replied “Jesus.” Then He said to them “I am He”; and they fell backward to the ground (John 18:4-6). “Having first crippled them and

(Continued on page 7)
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FROM THE PARISH COUNCIL PRESIDENT

WE ARE ALL IN IT TOGETHER

As I sit working from home, a lot of thoughts come to me about our current situation with the Covid-19 virus. It is normal to be worried about what is going to happen. However, there’s another way to consider the virus. In this period of Lent, we are asked to take on more. We fast from certain foods and other activities. The virus, in an odd way, may help us during our Lenten journey. Here are some things to consider:

1. Avoiding movie theaters and large gatherings = more time to reflect and fill in the time with readings and prayer
2. Working remotely = saving time on commute = more time to get the house ready for Pascha – paint a room, fix your garden, finish that project you started a long time ago
3. Limiting travel = staycation, virtual museum tours, time with the family, an opportunity to discover a new hobby

These short-term changes can be viewed in two ways. I choose to view them in a positive light. Don’t let the fear of the unknown take hold. Rather, reflect on the resurrection of our Lord. The conquering of death through His Resurrection gives us strength to carry on.

During this time, your Stewardship is paramount. With lower attendance at services and potential impact to our largest fundraisers later this year, your stewardship will keep our church operating. Please mail your stewardship if you are unable to attend services or use the online giving system on the website to contribute. The Parish Council is actively working on a financial preservation strategy to sustain the church and her obligations. Your Stewardship is paramount to the success of the strategy. Thank you for supporting our church during this time.

During this time, don’t forget the many small businesses in our Saint Katherine community. Consider how you can support them during this time of need.

During this time, don’t forget those in need who are not in the best position to weather the long-term impact of social distancing.

We are all in this together and we will come out of this stronger. I pray for all of you and your families’ ongoing health.

Kali Sarakosti, Kali Anastasi.
Ray Vazquez

Please note that the information in this issue of the DOXA is current as of Monday, March 16. Due to the COVID-19 pandemic things are likely to change rapidly. Please visit our COVID-19 web page for updates:

http://www.saint-katherines.org/announcements/coronavirus

Emails will be sent to our listserv as well.
ALL AROUND THE TOWN

Joanna Bose

MATTHIAS GRÜNEWALD

In the National Gallery of Art, there is a painting called Christ on the Cross with the Virgin, Saint John and Mary Magdalen, c.1519. It is the only painting by the German master Grünewald (1475-1528) in the whole of North America. Also known as The Small Crucifixion, (24 in. x 18 in. approx.), it is one of a group of Crucifixions, the others larger, including side panels.

Unlike the icon depiction of the scene at the cross, what we see in this painting is a very raw version. Everything is visible: the lacerations and scourgings; blood seeping out of wounds; thorns embedded in the flesh, the palpable flesh of the very human body of our Saviour. The nails are enormous, the outstretched fingers desperately extended in pain. The very pallor of the skin indicates the blood being drained out of a mortal body. In the background there’s an eclipse of the sun, which had occurred in 1502, and very much consistent with the dark skies described at the hour of Jesus’ death.

The three bystanders look on in sorrow: St. John clasping his hands in despair, the Virgin’s head bowed in grief, Mary Magdalen kneeling in supplication. This “painterly”, craftsman’s version was, even at that time, also under the guidelines of the bishops and monks. When a commission was placed for a craftsman image-carver or painter to create a piece of work, these bishops would draw up a plan of the proposed work, including the number of figures included. So the artists had limited scope for interpretation and creativity.

But on looking at this painting by Grünewald, what we see is how he used the colors of the earth—the dark midnight blue, the brown wood of the tree, the pale whites of light and the reds of blood, to create a vision of the Godhead on the cross.

What I noticed immediately was the bent transverse piece of wood, bending under the weight of the sins of mankind, that the very tortured, beaten body of Jesus Christ took upon His shoulders. It is a sad image to look upon.

During my research, I came across an article titled On the Differences of Western Religious Art and Orthodox Iconography, by Paul Azkoul.

He argues that Orthodox iconography is meant to draw out the spiritual nature of man. And makes short shrift of the whole of Western religious art.

In my view, the two methods can coexist, side by side, complementing and enhancing the believer’s love for and understanding of his faith.

Many Orthodox icons of the crucifixion are referred to as the “Ακρα Ταπείνωσις” or “Extreme Humility.” Therein lies an interesting difference. With this title, this is what we look for and pay attention to.

Grünewald’s painting is in the West building main floor, Gallery 35A. The lovely icon is from St. Catherine’s Monastery at Sinai.
CATECHETICAL (SUNDAY) SCHOOL
There will be no Sunday School classes until further notice. Please make sure that you are on the church’s listserv to receive emails from Fr. Costas with updates and notices. If you have any questions, feel free to reach out to me (czvmail2@gmail.com).

GOYA
Happy Easter! Thanks to Maria Karageorge and Evi Eu-ripides who read the Epistle for Youth Sunday, March 1. Congratulations to the Saint George Sights & Sounds Arts Festivals participants. The art and ceramics works were beautiful! Additionally, Ana Lucia Spathopoulos entertained us with the clarinet as part of the talent show! Finally, thanks to the Coaches for the delicious Spaghetti Lunch! Upcoming events: Annapolis basketball tournament 4/25-26, Bible Study dates to be determined. email SaintKatherineGOYA@stkchurch.com for additional information.

BOOKSTORE
The Church of Hagia Sophia in Istanbul (Constantinople) is considered by many as one of the Seven Wonders of the Medieval World. It is most famous for its revolutionary architecture and awe-inspiring dome, and Orthodox worshipers, who attended liturgy there during the Byzantine era, marveled at the beauty of its acoustics. Now, thanks to the advances of sound technology, we can experience for ourselves the sacred Christian music that was chanted at this special church. Just released is Lost Voices of Hagia Sophia, a 75-minute CD and Blu-Ray DVD of Byzantine chant for the Feast of the Holy Cross, one of the greatest celebrations in the yearly cycle of worship in Byzantium. The CD/DVD, priced at $32, was recorded in live “virtual” acoustics at Stanford University by the well-known group Capella Romana. It is accompanied by a 40-page booklet, which includes the original Greek texts and English translations. Please stop by the bookstore to place your order or email Georgia McKinney at dintym123@gmail.com.
TEACHER POSITION

Paideia Preschool of Saint Katherine Greek Orthodox Church is actively seeking to fill Greek and English (bilingual) teacher positions for the summer and upcoming school year. Paideia Preschool is a Greek-English bilingual preschool that provides a loving and safe environment and an enriching curriculum to children ages 2-5 years old with year-round, part-time, full-time, and extended-day program options. Paideia is open to all families who wish to enhance their children’s education by introducing them to the Greek language, Hellenic culture, and the Greek Orthodox faith.

In this role, you will work collaboratively with a team of teachers to provide quality care and instruction to young children that assists in their early childhood development. The ideal candidate should be able to cultivate and maintain a constructive, ongoing rapport with children and parents as well as develop engaging lessons for preschool children and manage day-to-day classroom activities, free play, bathroom breaks, lunch, snack and rest time for students.

**Teacher Requirements**
- Bachelor’s Degree in Education or related field
- Early childhood education certificate preferred
- Prior experience in a school or licensed childcare facility
- Must be reliable, flexible and have good communication skills
- Bilingual Greek and English preferred, Greek language proficiency needed for Greek language teachers

If you love working with kids and have previous experience in an early learning environment, please apply today! Inquiries, cover letters, and resumes can be sent to Sophia Tsangali at stsangali@stkchurch.com.

Learn more about us at www.stkhec.org.

TEACHER AIDE POSITION

Paideia Preschool of Saint Katherine Greek Orthodox Church is actively seeking to fill Greek and English (bilingual) teacher aide positions for the summer and upcoming school year. Paideia Preschool is a Greek-English bilingual preschool that provides a loving and safe environment and an enriching curriculum to children ages 2-5 years old with year-round, part-time, full-time, and extended-day program options. Paideia is open to all families who wish to enhance their children’s education by introducing them to the Greek language, Hellenic culture, and the Greek Orthodox faith.

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**Teacher Aide Requirements:**
- Prior experience in a school or licensed childcare facility
- Must be reliable, flexible and have good communication skills
- Bilingual Greek and English preferred

If you love working with kids and have previous experience in an early learning environment, please apply today! Inquiries, cover letters, and resumes can be sent to Sophia Tsangali at stsangali@stkchurch.com.

Learn more about us at www.stkhec.org.

GREEK SCHOOL PTA

Apokreatiko Glendi. Thank you to the Glendi committee and the numerous volunteers that made this event a great success. It was a sellout!! A big thank you to all the parents that donated money or items to fill the beautifully made raffle baskets. Thanks also to all the individuals who donated their time or monetary donations and the businesses that donated food and drinks—Anthony’s Restaurant, Cafe Tatti, Chef Pantelis, Chick-Fil-A, Citrine Salon & Spa, Cosmos Heating & Cooling, Demetra Tsantes, Dionysos Wine Imports, Gold Crust Bakery, GRK Fresh Greek, Lambros Goldsmith, Lucky Knot, McLean Family Restaurant, Metro 29 Diner, Milano’s Family Restaurant, Molon Lave Vineyards and Winery, Nostos Restaurant, Plaka Grill, Souvlaki Bar, Spartans Family Restaurant, Taverna Cretekou, The Exchange, Two Chefs, and Vaso’s Kitchen/Mediterranean Bistro. Thank you also to DC Greeks, Elvira Garnett, Fairfax Dental Group, Louizos ELP Goldsmiths, Maria Georges, and Nick Larigakis for the Silent Auction donations.

Future Events. Teacher Appreciation Week, Ellinomatheia exams (May 18-20) and Graduation (May 30).
**MISSIONS AND OUTREACH**

**Go therefore and make disciples of all nations.** (Matthew 28:19)

**OCMC Annual Benefit Dinner, May 3.** As reported in previous issues of the DOXA, our annual OCMC Benefit Dinner will be on May 30. We are pleased to have Rev. Demetrios Andrews, the Executive Director of Project Mexico and St. Innocent Orphanage as our main speaker. His topic is *The Mission of Serving Christ in the Other: St. Silouon and St. Sophrony’s Theology of Service.* We also expect our long-term missionary from Kenya, Bill Black, to be present and make a short presentation. In addition, our long-term missionary in Guatemala, Thomas Manuel will also be present. Thomas will be ordained a Deacon on May 3 in Saint Sophia Cathedral by Archbishop Elpidophoros. We are pleased to report that Thomas has agreed to serve as Deacon for Vespers at Saint Katherine immediately before our OCMC dinner. We have also asked (now) Deacon Thomas to make a few short comments at the dinner. In addition, Thomas informed us that he and Elizabeth have a new baby boy (Vasileos) who was born in Norfolk. Congratulations!!

Details about the Banquet: Vespers at 4:30pm, Hors d’oeuvres and Dinner begin at 5:00pm. Requested donations: $45.00 per person, $400 per table of 10, $20 per student, free for children under 12 and clergy. Reserve your place with Antonia Cheplon achelpon@aol.com, Sara Buchanan (buchanansara@hotmail.com) or Paula Massouh (pmassouh@aol.com). Checks payable to “Saint Katherine Greek Orthodox Church”, with “OCMC” noted on the memo line. As usual, we will raffle off gift baskets and special prizes. All proceeds will go to the OCMC to further our church’s missionary activities.

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**Guatemala.** We are pleased to report that Mike Bosworth, a member of our Mission and Outreach Committee, recently returned from an OCMC mission team to Guatemala. This was Mike’s third mission trip to Guatemala and the medical clinic in Aguacate. The team included three physicians: an internist, a pediatrician, an oral surgeon, and two premed students. Mike stated, “Today, (Sunday of Orthodoxy), we attended a three-hour service to a packed house, which included introductions of we missionaries and a procession through the village in a misty rain. We have added an optometry component, with Sam working an auto refractor eyeglass prescription machine and matching patients to donated eyeglasses, often their first pair.”

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**BAILEY’S CROSSROADS SHELTER**

**Special Needs of the Shelter.** The shelter has identified the following special needs at this time:

i. backpacks—new and gently used
ii. boxers or boxer briefs—new only
iii. men’s jeans
iv. towels

Other needs are listed on our church website. Please bring all items to our church office and they will be delivered to the shelter ASAP.

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**NEXT COMMITTEE MEETING**

April 21, 2020
7:00pm

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(Continued from page 1)

proved that He was able to escape their hands, He then surrendered Himself, that you might learn that it was not by compulsion or force; but willingly and with purpose, He prepared for this event a long time before.”

The prayer that Christ prayed was for our benefit. He was teaching us how to act. I hope that you can take courage and strength, from what our Lord teaches us. I want you to be assured that this COVID-19 pandemic will pass. We will take every step to assure your physical safety, but only you can help yourself in tending to your spiritual wellbeing.

Your priests are on call 24/7, always have been, and will continue to be. We will use every means available to provide spiritually uplifting messages and prayers to get through this time. I have no doubt that the Lord hears our prayers and will not abandon us. When I wake up each morning, I cross myself as a reminder that I belong to Him and He is in me.

Your Parish Council met on Sunday, March 15 and decided to pay our hourly employees through the end of April. We have made a huge commitment to ensure that when this COVID-19 crisis ends, our Greek School, Paideia, and all other programs and ministries will be ready to go.

I ask for your support of Saint Katherine’s mission to continue to serve and be a beacon of hope. I want all of you to know that our faith matters, our Church matters. Please send in your stewardship via USPS or electronically. Contribute what you can.

May the prayers of Almighty God be with you.

In Christ,

[Signature]

[Continued from page 1]
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<thead>
<tr>
<th>Date</th>
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<td>11 April</td>
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<td>16 April</td>
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<td>(Epitaphios)</td>
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<td>18 April</td>
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<td>THE HOLY RESURRECTION</td>
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<td>Orthros and Divine Liturgy</td>
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<td>19 April</td>
<td>PASCHA (EASTER SUNDAY)</td>
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<td>Vespers of Love (Agape)</td>
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**Kandilia (Luminaries)**

**An Easter Tradition at Saint Katherine**

Let us light the processional pathway for the Epitaphion on Holy and Great Friday evening. Purchase Kandilia in memory of, in honor of, and/or for the health of your loved ones—$10 each. One individual or one family name per bag. See page 15 for details.
## APRIL 2020

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td><strong>5 St. Mary of Egypt</strong>&lt;br&gt;9:00am Orthros&lt;br&gt;10:00am Divine Liturgy</td>
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<td>7:00pm Compline</td>
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<td><strong>8</strong></td>
<td>9</td>
<td>3&lt;br&gt;7:00pm Akathist Hymn</td>
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<td><strong>12 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;7pm Bridgroom Service</td>
<td><strong>13 HOLY MONDAY</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm Compline</td>
<td><strong>14 HOLY TUESDAY</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Bridgroom Service&lt;br&gt;(Hymn of Kassiani)</td>
<td><strong>15 HOLY WEDNESDAY</strong>&lt;br&gt;3:00pm Holy Unction&lt;br&gt;7:00pm Holy Unction</td>
<td><strong>16 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>17 HOLY FRIDAY</strong>&lt;br&gt;9am The Great Hours&lt;br&gt;10am Prep for Pascha: wrap eggs, decorate the Kououvoktion, etc.&lt;br&gt;12:30pm Youth Retreat&lt;br&gt;3:00pm Apokathelosis&lt;br&gt;7:00pm Lamentations</td>
<td><strong>18 HOLY SATURDAY</strong>&lt;br&gt;9:30am Greek School</td>
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<td><strong>19 HOLY PASCHA</strong>&lt;br&gt;11:00am Agape Service&lt;br&gt;Easter Egg Hunt</td>
<td><strong>20 Bright Monday</strong>&lt;br&gt;(Office Closed)&lt;br&gt;6pm GOYA Girls’ Bball&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td><strong>21</strong>&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Missions&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study</td>
<td><strong>22</strong>&lt;br&gt;6:30pm GOYA Boys’ Bball&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm Paraklesis to St. Ephraim of Nea Makri&lt;br&gt;8:00pm HEC Bball</td>
<td><strong>23</strong>&lt;br&gt;6:30pm U13 Bball Clinic&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td><strong>24</strong>&lt;br&gt;Lifegiving Fountain&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek</td>
<td><strong>25</strong>&lt;br&gt;9:30am Greek School</td>
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<td><strong>26 St. John Climacus</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;DOP Seminar: As We Age&lt;br&gt;12:30pm Book Club&lt;br&gt;5:30pm Adlt Greek Dance</td>
<td><strong>27</strong>&lt;br&gt;6pm GOYA Girls’ Bball&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td><strong>28</strong>&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:00pm Parish Council</td>
<td><strong>29</strong>&lt;br&gt;6:30pm GOYA Boys’ Bball&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm Paraklesis to St. Ephraim of Nea Makri&lt;br&gt;8pm HEC Parents B-ball</td>
<td><strong>30</strong>&lt;br&gt;6:45pm U13&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
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Please check the online calendar, [http://saint-katharines.org/calendar](http://saint-katharines.org/calendar), for the most current information.
PHILOPTOCHOS

As we are looking at this global situation we find ourselves in, we can only pray that it does not reach levels of catastrophic dimension. We all need to protect ourselves and the people close to us. Let’s follow the directions and guidance of our local jurisdictions.

Our Chapter 1092 of Ladies Philoptochos will miss some previously scheduled events, but, we will be able with the Grace of God to reschedule the cancelled events in the not too distant future. The Community Breakfast for Operation Classroom originally planned for March 15th is being rescheduled to take place after Easter. Our promise to you is that no matter what, the Ladies Philoptochos will provide 200 backpacks for some of our local schools that are in profound need. Hopefully, we will be able to squeeze in a Bake Sale. Please be on the look out for further updates towards the beginning of April through email, social media accounts, and our churches website.

We have been working very hard to enroll new members. At this point, we stand strong with 150 members. Please submit payment for your new membership and/or renewal to our Ladies Philoptochos as soon as possible.

Kali Sarakosti

AHEPA CORNER by George Vassilopoulos

No planning or other activity is taking place as a result of COVID-19. As it turns out, we in America are not immune to pandemics. The Chapter Officers faced with the rapid expansion of the pandemic and the almost zero availability of testing kits have decided to cancel all activities until further announcements from the CDC.

The Chapter’s 5K Run/1M Walk scheduled to take place on April 25, 2020 has been postponed for a later day. As of now, we are unable to establish a date. However, as soon as circumstances allow we will reschedule and appropriate announcement will be made.

As for the AHEPA 45th Biennial Congressional Banquet scheduled for May 14, 2020 at the Trump International Hotel in Washington DC for now we have no information that it will be cancelled. Until we get such information, the event is a go. Should we receive word that it will be cancelled we will convey the news to you with details such as ticket refund. We should remember His All Holiness the Ecumenical Patriarch Bartholomew is not only of advanced age, but he is coming from a country that legally is a European Nation and right now with the European Travel Ban that can be extended everything is up in the air.

For the first time we ask you to put distance between you and the rest of the humanity in the hope of limiting the spread of the virus and to pray from your heart that the Lord will protect us in these difficult and trying days we are faced with.

In closing, we pray that your families sail through these very dangerous times and reach the end of this crisis with good health and the knowledge that nothing should be taken for granted.

DAUGHTERS OF PENEOPE by Maria T. Vargas

We hope everyone stays healthy during this unprecedented health crisis. Given the unfolding events, we have decided to cancel our meeting on March 22. We are sad not to be together, but will keep everyone up to date with our newsletter; please look for it in your email or via US mail (if we don’t have an email for you). Thanks to Kelly Gull, our Corresponding Secretary for creating such a great newsletter.

We are remaining optimistic about several events in the future. On April 26, we will be hosting a community seminar: As We Age – Legal and Practical Perspectives. Lawyer Carole Capsalis and Realtor Helen Flynn will share their insights and some practical ideas. Please see the callout box below for more information.

Helle chapter will award a $1,500 scholarship through the Washington Metropolitan Area AHEPA/DOP scholarship program. The scholarship will be presented to a graduating senior in our area at the banquet on May 17.

On Sunday May 3, we will initiate new members to our chapter. If you are interested in joining, we would love to have you! Please contact Rosalie Georgeadis at 703-532-1723 or rgeorgeadis@hotmail.com.

Thinking of all of you and your families. Be well.

Sunday, April 26, 2020
Noon-1:00pm, Chelpon Hall

Helle Chapter 283 of the Daughters of Penelope is pleased to host a community seminar:

As We Age – Legal and Practical Perspectives

Lawyer Carole Capsalis and Realtor Helen Flynn share some thoughts on how our aging population and their families can take action now to avoid crisis planning in the future, whether that future is 20 years away or 2 years away.

Northern Virginia attorney Carole Capsalis will share her thoughts as an experienced elder law attorney on the estate planning documents every person should have, for themselves and for their family. Carole will also review the growing number of options for senior living, and the importance of reading the fine print for every option. Ms. Capsalis will also share a number of legal and informational resources available to the senior population and their families about housing, medical care, legal issues and more.

Local realtor Helen Flynn specializes in helping those 65 and over with the sale of their homes and with their next move, whether it be to a smaller house, a 55 and over gated community, or a continuing care community. Selling your home of many years can be an overwhelming task for you and your family. Helen’s experience and unique perspective will touch on how to decide when it is time to make a move, where to go, what to do with the “stuff” and how to prepare your home for sale.
REGISTRY

 Chrismations
 Joleen (March 1)
 daughter of Joseph and Karen Michalowicz
 Sponsor: Dr. John Demakis

 Demetris (March 15)
 son of Demetris and Gloria Voudouris
 Sponsor: Charalampos Pashiardis

 Baptisms
 Emilia Sofia (March 1)
 daughter of Milosz Brucki and Eleni Kakissis
 Godparents: Ellena and Marcus Talbott

 Cosette (March 14)
 daughter of Jaime and Annette Spicciati
 Godparent: Eleni Aliozi

 Thomas Archer (March 14)
 son of Tom and Valerie Archer
 Godparent: Bill and Eleni Porter

 Funerals
 Katina Paraskevopoulos, (February 11, Athens, Greece)
 Nicholas D. Kastrenopoulos (February 19)
 Mary Georgiou (March 9, Brooklyn, NY)
 Violetta Pojani (March 14)

 2020 ELLINOMATHEIA EXAMS

 The 2020 ELLINOMATHEIA EXAMS will take place this year at our Saint Katherine Greek School. The schedule is as follows:

 ~ Monday, May 18: Γ2 level
 ~ Tuesday, May 19: A1 level (8-12 years old)
 ~ Tuesday, May 19: A1 level (teenagers/adults)
 ~ Tuesday, May 19: A2 level
 ~ Tuesday, May 19: B1 level
 ~ Wednesday, May 20: B2 level
 ~ Wednesday, May 20: Γ1 level

 Please make checks payable to H.E.C. (Hellenic Education Center) and mail to Saint Katherine Greek Orthodox Church, 3149 Glen Carlyn Road, Falls Church, VA 22041.

 Please contact Sophia Tsangali, sttsangali@stkchurch.com or 703-671-1515, for more information and questions.

 Good Luck! Καλή Επιτυχία!

 BOOK CLUB
 The Saint Genevieve Book Club is a social ministry of our parish. We meet the last Sunday of each month following the second Divine Liturgy. The book club is open to everyone and is a great way to enjoy fellowship and deepen and explore our faith through reading. Our current book selection is Acquiring the Mind of Christ: Embracing the Vision of the Orthodox Church by Archimandrite Sergius (Bowyer). The book, as well as handouts, are available in the bookstore. Even if you have not read along, you are more than welcome to join us.

 Please contact victoriacherpes@gmail.com if you would like more information or to be included on our email list.

 Χριστός Ανέστη!
 Christ is Risen!
 TRULY HE IS RISEN!
So we’re in for a prolonged period of “social distancing”—ensconced in our homes with fewer outside amusements. The tempting diversion will be binge-watching Netflix and YouTube (mea culpa). But what an opportunity we have to re-ignite our relationship with books! And not just reading best-sellers on a Kindle, but experiencing a meaningful book that’s only enhanced by its sensory engagement—color for the eye, cover and page for the hands, the small sounds of rustling paper, and even that book smell.

The advent of lower-cost digitally based printing, along with a growing market for Orthodox works in English, have created something of a golden age in Orthodox publishing. Ancient texts are receiving new translations, the works of otherwise inaccessible monks and nuns are being published, and monasteries are being opened for photo essays. Below are three small publishers of note. I invite you to browse their online catalogues and reach out to Georgia McKinney (dintym123@gmail.com) at the church bookstore to place an order.

**Alexander Press** (www.alexanderpress.com) is a Canadian publisher with a diverse offering focused on the Greek tradition:

Alexander Press’s objective is to contribute to a greater understanding of Greek contributions to the common cultural heritage of Americans and Canadians, by publishing works in English, French, and Greek ... Special emphasis is given to Orthodox theology, iconography, spirituality, Greek history, modern Greek literature, and Greek popular tradition and other materials that reflect the “Inner Greece,” the soul of Greece—the Romiosini — of today and yesterday.

They offer series, such as “Mount Athos” featuring works by Archimandrite Vasileios, “Orthodoxy in Dialogue with the Modern World” and some remarkable books on Mount Athos and its diverse iconography. They also offer a unique selection of CDs of Byzantine music. Download their PDF catalog for the best shopping experience.

**St. Sebastian Orthodox Press** ([www.sebastianpress.org](http://www.sebastianpress.org)) is in Los Angeles and is the publishing arm of the Serbian Orthodox Diocese of Western America:

Our hard working staff seeks to fruitfully enrich and deepen the faith of Christians from all over the world with a variety of titles, embracing a diversity of Orthodox Traditions, and publishing significant works by St. Bishop Nikolaj of Zicha, St. Justin of Celije, John Zizioulas, Aimilianos of Simonopetra, Stamatis Skiliris, Vasilios Gondikakis, Atanasije Jevtic, Christos Yannaras, Nicholas Constas, etc. There are many indications that in North America there is a real theological flourishing that surpasses other geographic areas.

They offer an eclectic selection of books for young and old, gifts items, and iconography. Their love of color and quality is evident in the design and printing of their books, with paperbacks as well-done as you will ever see. Even their website is beautiful and engaging.

**Newrome Press** ([www.newromepress.com](http://www.newromepress.com)) is based in Missouri. They have 42 titles, including colorful children’s books and excellent books on prayer and theology, including a series of a short topical books by Hieromonk Gregorios. They offer a compact, leather-bound, zipped travel edition of the Eastern Orthodox bible (EOB) that would make a great gift. Other gift items include note cards, stickers, and clothing with Orthodox themes.

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**SUNDAY CHURCH DUTY ROSTER**

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<tr>
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<th>8:00am</th>
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<td>Craig Thomas, Captain</td>
<td>Bobby Demson</td>
<td>Harry Karageorge, Captain</td>
<td>Costas Mavromatakis</td>
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<td>Andrea Ballard</td>
<td>Andreas Xenos</td>
<td>Dr. Domenic Carr</td>
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<td>Bill Polizos</td>
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**Agape Service**

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<td>Bill Polizos, Captain</td>
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<td>Mark Cherpes, Captain</td>
<td>Ray Vazquez</td>
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<td>Andrea Ballard</td>
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ΜΕΓΑΛΗ ΕΒΔΟΜΑΔΑ! Ημέρες που γεμίζουν την καρδιά μας συγκίνηση! Ημέρες που μιλούν κατευθείαν στην ψυχή μας! Ημέρες που μεταφέρουν ολόκληρη την ύπαρξή μας στην Ιερουσαλήμ, στη γη των Ιουδαίων, στον τόπο του Κρανίου! Εκεί, στο ύψωμα εκείνο, όπου το καταμετήρημα της Μεγάλης Παρασκευής υφίστανταν τρεις σταυροί. Ημέρες πόνου και θλίψεως για τον Άγιο, τον Αθων, τον μόνο Αναμάρτητο, που βρέθηκε κατάδικος προς χάρη των ανθρώπων.

Ο Εσταυρωμένος στο κέντρο της Μεγάλης Εβδομάδας! Όταν η ανθρώπινη ψυχή στέκεται ενώπιον Του με πίστη και ευλάβεια παίρνει πολλά μηνύματα από τον Εσταυρωμένο, η ευγηλιπτική του Εσταυρωμένου είναι πολύ πιο μεγάλη από οποιονδήποτε άθρωπη και η φωνή Του έχει την ικανότητα να μιλάει στην ψυχή και στα βάθη του καθένας μας, να αναμολύνει εκεί τα πάντα, να δημιουργεί ειρηνικές καταστάσεις και να κατευθύνει αποφάσεις σε δρόμους σωτηρίας.

Ο Εσταυρωμένος! Ας μείνουμε συντροφιά Του τις μέρες αυτές πιο πολύ από κάθε άλλη φορά! Ας Τον ατενίσουμε στην εκκλησία μας και στην ήσυχη ατμόσφαιρα του δωματίου μας. Ας ακούσουμε την φωνή Του στα βάθη μας. Αν ο Εσταυρωμένος είναι αγάπη, αν είναι ταπείνωση, ειρήνη, συγνώμη, θυσία, είναι μαζί και αγώνας. Αν τα μάτια μας υγραίνονται στο αντίκρυσμα Του, ας μη λησμονούμε ποτέ ότι δεν αρκεί μόνο να κλαίμε για Εκείνον, αλλά και για τον εαυτό μας. Ο Ιησούς Χριστός έκλαιξε για μας, "...και ως ήγγικεν, ιδιών την πόλιν έκλαψεν επ’ αυτή..." (Λουκά 19:41), αλλά αγωνίστηκε σκληρό και αιματηρό αγώνα προς χάρη μας. Γι’ αυτό κι εμείς πρέπει να αγωνιζόμαστε και να πολεμούμε αυτό που μας χωρίζει από τον Χριστό.

Ο Χριστός μας ήταν πάντα φτωχός. Γεννήθηκε χωρίς τίποτα και τώρα πάλι χωρίς τίποτε κρέμεται στο ξύλο του Σταυρού. Τα ενδύματά Του και ο χιτώνας Του βρίσκονται σε χέρια Ρωμαίων στρατιώτων ως λάφυρα πολυτιμώτατα. Εμείς θα πρέπει να πολεμούμε μέσα μας την αγάπη στην προσκόλληση του χρήσματος και του πλούτου. Ας θυμηθούμε τον νεανία που πήγε να γίνει δίκος Του, αλλά έφυγε περίλυπος, γιατί "νη πλούσιος σφόδρα", και δεν ήθελε να απαγγιστρώσει από τον πλούτο του. Να πολεμήσουμε μέσα μας την επιθυμία για την δόξα του κόσμου τουτού. Γιατί, πολλές φορές μας απομακρύνει από τον Χριστό και μας οδηγεί στην χώρα της απίστιας, "Πώς δύνανται ημείς πιστεύεις, δόξαν παρ’ αλλήλων λαμβάνοντες και την δόξαν την παρά του μόνου θεού υπ’ ζητείς;" (Ιωάννου 5:44). Ας πολεμήσουμε μέσα μας κάθε κακό που ζητά να κυριαρχήσει κάθε επιθυμία αμαρτίας και κάθε τάση που μας κάνει να γινόμαστε παραβάτες στο θείο θέλημα. Ας αγωνιζόμαστε με αγώνα αμελλίκο και σκληρό χωρίς ποτέ να σταματούμε για να μπορέσουμε να πετύχουμε και να ατενίσουμε τον Εσταυρωμένο με καθαρή καρδιά.

"Εσταυρώθης δι’ εμεί, ίνα εμοί πηγάσησθε την άφεσιν, εκενήθης την πλευράν εκ ατρόμου ζωής απαρνήσεις μοι..." Ο Ιησούς Χριστός σταυρώθηκε για μας! Αυτή η αλήθεια ας ρίξουμε βαθεία στην ψυχή μας την Μεγάλη Εβδομάδα, αλλά και παντοτινά στη ζωή μας και ιδιαίτερα τώρα με την πανδημία του κορωνοϊού. Και από την ρίζα αυτή θα ξεπεταχτεί η γενναία απόφαση να πολεμήσουμε μέσα μας ό,τι μας χωρίζει από τον Κύριο Ιησού.

Ο Εσταυρωμένος παρακαλεί από το ύψος του Σταυρού για την λύτρωση της ψυχής μας!

Ας μην το λησμονούμε ποτέ αυτό!

Έτσι, χαρούμενοι και με καθαρή καρδιά θα γιορτάσουμε όλοι μας ένα ευφρόσυνο, πανευφρόσυνο Πάσχα!
Kali Anastasi,
Andrea Ballard
andreaballard1@verizon.net

STEWARDSHIP: A Time for Every Purpose Under Heaven

The Lord’s sacrifice on the Cross is an unending sacrifice. Through the Crucifixion of Christ our Lord, all barriers are broken down, humankind is elevated or rather restored to that “ancient beauty” by His Glorious Resurrection. As Stewards of the Cross we must constantly be aware of God’s Divine Plan of Salvation. We see in the sources of our Faith, Holy Scripture and Holy Tradition, the praise: “For God so loved the world that He gave His only begotten Son that whoever believes in Him should not perish but have everlasting life” (John 3:16).
Kandilia
(Luminaries)
An Easter Tradition
at Saint Katherine

Purchase Kandilia for your loved ones—$10 each. One individual or family name per bag, please.
Please circle “in memory of”, “in honor of”, or “for the health of” and print the desired name.

In memory of
In honor of
For the health of

In memory of
In honor of
For the health of

In memory of
In honor of
For the health of

In memory of
In honor of
For the health of

A card with the name of your loved one will be attached to each luminary and placed along the Epitaphion’s Processional Pathway on Holy and Great Friday evening.

Send your order and payment to the Church Office, stsangali@stkchurch.com, or phone 703-671-1515 by Holy Wednesday, April 15.

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Please expedite. Dated material.