CHRISTOLOGY

And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father’s only son, full of grace and truth. (John 1:14)

Christmas is a time to celebrate the birth of our Lord Jesus Christ. We commemorate this as a historical event on December 25 in several ways. It was the fulfillment of time that God deemed it right for the Son of Man to take on human flesh. The Baby Jesus is, for us, a time of renewal, man will be restored back to the time of creation. We are the new Adam and united to God by choice (theosis).

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life” (John 3:16). Isaiah the Prophet said, in Chapter 7 Verse 14, “Therefore the Lord himself will give you a sign. Look, the young woman is with child and shall bear a son, and shall name him Immanuel.” The meaning of the word “Immanuel” is “the Lord is with us.”

Christmas is a time of peace, joy, and praise for the Lord. “In that region there were shepherds living in the fields, keeping watch over their flock by night. Then an angel of the Lord stood before them, and the glory of the Lord shone around them, and they were terrified. But the angel said to them, ‘Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Savior, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger.’ And suddenly there was with the angel a multitude of the heavenly host, praising God and saying, ‘Glory to God in the highest heaven, and on earth peace among those whom he favors!’” (Luke 2:8-14).

The center of Christianity is the Lord Jesus Christ Himself. In Fact, He is the centerpiece of all history. But the world struggles with His identity. Who is He? Is He God? Is He man? Both? The Scriptures clearly answer these crucial questions.

In his Gospel, John gives a specific and definitive explanation of who Christ is. “In the beginning was the Word, and the Word was with God, and the Word was God” (1:1). John the Baptist, the forerunner of Christ, revealed God the Word as “the Light” (1:6, 7). “The Word became flesh and dwelt among us” (1:14). Who then is Jesus Christ?

1. He is God, for He was with God from before all time. Clearly, the One born Jesus of Nazareth did not have His Beginning in His earthly birth. Rather, He is the eternal Son of God, without beginning. There never was a time when the Son of God did not exist.

2. He is also man, for He “became flesh.” He has become one of us, being like us in all things but without sin.

3. He acts both as God and as man, doing what is appropriate for each nature in the unity provided by His one divine Person. Never does divine nature and activity become changed into human nature and activity. The two are in union without confusion. Christ does, however, “energize” human nature with divine energy so that human nature is

(Continued on page 13)
## CLERGY

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AS YEAR’S END RAPIDLY APPROACHES, it’s appropriate to give thanks for our many blessings, take inventory of our accomplishments, and ponder the future. My father taught me many years ago that time was a precious commodity that should never be taken for granted or wasted. I’m pleased to report that although this year seemingly passed in the proverbial “blink of an eye,” 2013 has nevertheless been a productive year in many respects and we have continued to be blessed as a community in countless ways.

First and foremost, I give thanks that our community enjoys a robust spiritual program. We are blessed and enriched by our celebrations of the Liturgy and the sacramental life of our Church continues to thrive further enabling our community to grow closer to God and to receive the gifts of the Holy Spirit.

Arguably, a major accomplishment this year has been the restructuring of our Church’s debt. The substantial savings in interest payments will indeed be a blessing. We were also blessed with two enormously successful festivals. Our Hellenic Education Center opened its doors for its first full year of operation demonstrating great progress and vision in meeting our community’s educational needs. Our ministries continue to thrive thanks to the hard work and dedication of so many of our parishioners. We were also gratified to reinstitute our traditional Annual Dinner Gala which was thoroughly enjoyed by all present and included a moving tribute to our Veterans. Finally, we made a number of significant enhancements or capital improvements during 2013:

- The original mahogany entrance doors have been rebuilt and are being installed at various entrances to the Sanctuary
- The original cross which hung over the entrance to our Sanctuary has been reinstalled
- Church exterior painted with a new multidimensional scheme
- Candle stands in the Sanctuary have been resurfaced with marble
- Sound system enhancements in our sanctuary were completed
- New storage areas were constructed to provide much needed additional storage
- Two classrooms were reclaimed and renovated in Founders’ Hall
- New HVAC unit acquired for Founders’ Hall
- A new state-of-the-art Hobart food mixer was acquired significantly enhancing our productivity
- Tinted windows now further enhance our Hellenic Education Center’s security
- We converted all LP gas appliances used for our Festivals to natural gas and installed direct hookups realizing considerable savings and improving safety during Festivals

While we may take a measure of justifiable pride in these and other accomplishments, we also remain cognizant that our responsibility to maintain and continue to improve our physical plant is ongoing. Future projects include landscaping, resurfacing our church parking lot, improving lighting and flooring systems within our Meletis Charuhas Center, acquiring mobile refrigeration units for festival operations, constructing sidewalks and repairing retaining walls around the church, renovating bathrooms in Founders’ Hall and addressing the continuing need for additional storage. Beyond attention to our physical surroundings, we will continue to focus on improving our stewardship and ministries so as to provide all parishioners the maximum opportunity to further participate in the life of our Church.

Our job tending to the needs of our community is an ongoing ministry. It is an immensely rewarding ministry I am personally blessed to participate in, and I might add, one that requires everyone’s support…whether that support is realized in the form of your actual participation in ministries or church governance, or in the form of your stewardship contributions…time, talent and treasure…preferably all of the above.

On behalf of our Parish Council, I thank you for your support and for giving us all the opportunity to serve our community. We wish you and yours a Merry Christmas and a Happy, Prosperous and Healthy New Year! Καλά Χριστούγεννα και Ευτυχές το Νέο Έτος!

Your servant in Christ,

President, Parish Council

PARISH COUNCIL ELECTIONS

Sunday, December 15
CATECHETICAL (SUNDAY) SCHOOL

Now after Jesus was born in Bethlehem of Judea, in the days of Herod the King, behold, wise men from the East came to Jerusalem, saying, “Where is He who has been born King of the Jews? For we have seen His star in the East and have come to worship Him.” And when they had come into the house, they saw the young Child with Mary His mother, and fell down and worshiped Him. And when they had opened their treasure, they presented gifts to Him: gold, frankincense, and myrrh. (Matthew 2:1-2; 2:11)

FOR OUR YOUTH AND OUR FAMILIES, the most significant aspect of the month of December is Christmas, and like the three wise men, our focus is on the birth of our Lord and Savior Jesus Christ. On December 15, immediately following the students of the Catechetical (Sunday) School, the Greek School, and the Padeia Preschool will present our annual Christmas Pageant. The Pageant will give our young people the opportunity and privilege to present to our community the scriptural narrative of the birth of Our Lord and Savior Jesus Christ. The actors will pantomime as narrators recite Biblical passages in both Greek and English. Some of our other students from both schools will be angels and some will be singers. The singers, together with members of our Adult Choir, will sing the accompanying music. A number of our senior high school students will serve as guides and ushers. A cast request list and rehearsal schedule has been distributed to all students to take home. Parents are urged to review the schedule and make sure that the children meet their rehearsal assignments. On December 14, beginning at 10:00am, we will have a dress rehearsal and, following that, enjoy a party and a visit from Saint Nicholas. Our students are very excited about this presentation, and we are certain that our parents will be eager to see and hear them as they relay to us the TRUE MEANING OF CHRISTMAS.

In the last issue of DOXA, we related to you that during both November and December our young people and staff focus on the scriptural lesson that “It is more blessed to give than to receive” (Acts 20:35). Through the kindness and devotion of Mrs. Sherry Maggio, a Giving Tree has been decorated and placed in the downstairs foyer of the community center. From the tree, each student has been given the opportunity to take one of the tags. The tag suggests the purchase of a gift for an adult male or female. It is requested that the gift consist of new warm clothing such as a sweater, gloves, scarf, hat, socks, etc. It is requested that the giver wrap this gift and place the tag from the giving tree amidst the ribbon used to make the bow. Our young people will bring in their presents for the homeless and place them under the Giving Tree on either Sunday, December 8 or 15. The gifts will be taken to the homeless shelter in Falls Church on December 15.

We know that when our students return to school on January 5 they will be excited talking about Christmas and New Years. We look forward to that reunion.

HOPE (ages 7 and under)

HOLY ORTHODOX PRIMARY EDUCATION (HOPE) will meet on Sunday, December 8 at 10:30am (after Sunday School) in the Lecture. We will have a Christmas craft, a reading of the Nativity story, cupcakes, juice, and fruit. Please RSVP by Friday, December 6 to Penny Pappas at penny@hickoryridgegrill.com.

GOYA (ages 13-18)

GOYA will adopt a family for Christmas. We will collect items for the family at our Christmas Party on December 13 or 14. Details will be emailed as soon as they are available.

GOYA has Church Duty on Sunday, December 15. Demetri Karounos will be the GOYA Captain and Epistle Reader. GOYA will help pack the hygiene kits for Bailey’s Crossroads Homeless Shelter that day as well. (GOYA donates over 500 shampoo/conditioner containers to this project every year.)

GOYA will feed the homeless in DC again this year. We will make the sandwiches and pack over 200 bags on Monday, December 23, at 6:30pm. Donations to this project are as follow: Anonymous; Mr. and Mrs. Peter Bota, Metro 29 Diner (lunchmeats and rolls); Mr. Brian Kelleher, General Manager, McLean Hilton McLean Tysons Corner (individually wrapped cookies); Mr. Nick Lariakis ($250); Mr. George M. Logothetis, Libra Group, NYC ($2,500 for the purchase of gloves, hats, and socks); Mr. George Moshos, WTOP (large bags used for packing); Rev. and Mrs. Costa Pavlakos (drinks), Saint Katherine parishioners through the second tray on December 15 (money for the project), Mr. and Mrs. Don Wills (chips and Christmas cards), and GOYA for picking up any miscellaneous expenses. A couple more donations are pending. GOYA will meet in the Meletis Charuhas Hall at 8:30am on Christmas Day to pack the church van and carpool to DC to distribute the bags.

GOYA will have a meeting while we work on Monday, December 23 and attend Saint Demetrios, Baltimore’s Snow Ball and Lock In on Friday, December 27.

GOYA will cook for and feed the homeless at Bailey’s Crossroads Homeless Shelter on Tuesday, January 11.

Please visit the GOYA website, saint-katherines.org/ministries/groups/goya for updated and more information (and a link to the GOYA online calendar).

Merry Christmas! Christ is born! Glorify Him!

ORTHODOX CHRISTIAN FELLOWSHIP (OCF)

FR. COSTA WILL MEET with Orthodox Christian Fellowship students at the Johnson Center, Room 239H (Campus Ministries Office) at GMU on December 4, 2:00pm-4:00pm. Please tell your Orthodox friends about this meeting. Parents, please tell your college student. If you need a ride to church, please tell Fr. Costa (frcostas@stkchurch.com) and he will arrange transportation.
I WOULD LIKE TO THANK YOU for welcoming my family and me to the Saint Katherine community. It has been a great pleasure getting to know the students, parents, staff of Paideia and Greek school, as well as the parishioners at both casual and formal encounters. As with every community—Saint Katherine is no exception—the road has been paved over the years by the countless hours of work by the members of the parish who are dedicated and committed in the multiple ministries of Saint Katherine. I feel privileged to be a member of this family as I am here to offer my expertise, dedication and passion in the success and growth of our schools which are the primary focus of Hellenic Education Center but not limited to this cause.

The need to improve the quality of education we provide to our students, the communication between home and school, as well as student attrition in the upper grades, have been the moving force behind a thoroughly designed strategic plan which we aspire to implement in both schools. These past six months have been a period of intense work for everyone involved in order to successfully bring the aims of the strategic plan to fruition. The goal for the Board of Education (BoE) and me has been to reach out to all our students and enliven their effort to learn the language of their ancestors. Therefore, we are proud to present the new website we are launching in order to facilitate the mission of the Greek School and provide communication between school and home.

However, Hellenic Education Center has yet more to offer than the Greek School classes. Starting with the only Greek Bilingual Preschool Immersion Program in the greater area of Virginia and DC, a leading Greek School for Pre-K through 8th grade students, and adult classes for those who want to further cultivate their knowledge of Greek language and culture, members of this community will have the opportunity to enrich their knowledge by signing up for programs ready to start as soon as January: Byzantine music classes, Greek Traditional Chorus class, Book Club, vocal courses for our youth and adults, and cooking classes are only some of the activities that will be supported by HEC.

It is my hope that you will embrace and participate in as many as possible HEC activities as a student or one to lead an activity. I am open to new ideas. Please come by my office to talk about further expanding HEC programs for our community.

As Christmas is approaching, I wish you and your families a Merry Christmas and a Blessed New Year.

May 2014 become the spring board of a new era for HEC and its mission, and a very productive and exiting new year.

Καλά Χριστούγεννα και Ευτυχισμένο το νέο έτος!

Χρόνια Πολλά,
Eleni Alexopoulou
HEC Director
OrthodoxWiki defines acedia (Gk: ἀκήδια, Latin: accidie) as “literally fatigue or exhaustion, but in technical usage refers to the spiritual and physical lethargy which can plague those pursuing the eremitic [hermit’s] life. The reference in Psalm 90 to the "demon of noonday" is traditionally identified as acedia. It can take the form of listlessness, dispersion of thoughts, or being inattentively immersed in useless activity.”

Based on this definition, acedia could be discussed as a specific variety of depression that pushes the monastic to abandon his pursuit of God. Isn’t it, then, simply an artifact of reclusive contemplatives, lives that seem so far removed from our own as to border on the irrelevant? When homilists so often feel the need to use the Sunday sermon to answer the congregation’s “So what?!”, what could the writings of Evagrius the Solitary, a fourth-century Egyptian monk, possibly have to say to us today regarding the discontent of the modern individual?

Fr. Gabriel answers “Everything!” A fine interpreter of Evagrius, Bunge weaves a very convincing argument that the despondency so real to Evagrius and his brothers in their spiritual struggles there in the desert is at the root of the spiritual dissolution of the 21st century:

There is hardly a text in this chapter that the modern reader does not feel existentially addressed one way or the other. Acedia is an omnipresent phenomenon linked to being human. Time, place, and life circumstances change its concrete manifestations, but of its nature, the phenomenon is timeless. (85)

Acedia, as detailed in the book, leads one away from God, towards spiritual death, and perhaps even suicide. Evagrius knew it to be the last and most fierce attack against the Christian soul, but ever so subtle and deceitful. The faithful person can be led to abandon his faith due to what is at once a debilitating lethargy toward the spiritual life and a fierce restlessness wherein any new point-of-view or worldly indulgence seems infinitely more attractive than time spent seeking God. But Fr. Gabriel brings out the ancient, orthodox view that all human beings are spiritual beings, good by nature, and created in the image and likeness of God. So acedia is then part of the trial of all human beings who turn away from God, finding no peace in this life and no hope for the next.

In such a brief review, it’s impossible to do justice to the profound analysis and personal reflection, and ultimately, the prescription for hope and victory in Fr. Gabriel’s writing. He and Evagrius exemplify the ongoing truth of the Church as spiritual hospital and Christ as the Great Physician.
REGISTRY

**Baptisms**

Petros Emeka (November 9)
son of Eleftherios and Chidima Ioannou
Godparent: Nicole Petris

Kalliroe Sophia (November 9)
daughter of Benjamin and Sharon Jurado
Godparent: Georgia Laliotis Smith

Christina Dorothy (November 12)
daughter of Michael and Areti Brennan
Godparent: Yelena Giamber

Neeri Anastasia (November 16)
daughter of Subir Spyros and Eleni Jossan
Godparent: Penny Travlou

Josephine Elise (November 17)
daughter of John and Euanthia Granville
Godparents: Mary Charuhas and Sophia Euripides

Konstantinos (November 23)
son of Vasilios and Theodora Tzeremes
Sponsor: Savvas Georgopoulos

**Weddings**

Shawna Louise Nichols (November 7)
and
Demetrios Christopher Bursenos
Koumbaroi: Theodorus and Christine Brotsis

Athena H. Oliff
and
Timothy J. Cassidy (November 9)
Koumbara: Marika Oliff

Stephanie Eileen Castorina
and
Seth Anthony Voyles (November 9)
Koumbara: Anastasia Fotini Castorina

**Chrismations**

John Philip Granville (November 17)
son of John Michael Granville
Sponsors: Jim and Voula Constantine

Elena Brother (November 17)
daughter of Stavros and Linda Brother
Sponsor: Catherine Anninos

Congratulations!

**Funerals**

Panagiotis Katounas (November 1)
Dr. Panos Koutrouvelis (November 12)

*May their memories be eternal.*

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**2013 Community Christmas Card**

You are invited to participate in the annual Christmas card of our parish. It will be mailed by the Church Office to everyone on our mailing list for only $25. Please send your name, as you wish it to appear in the card—in English or Greek—and a check payable to Saint Katherine Greek Orthodox Church, to the Church Office no later than Monday, December 2. Thank you.
SHOWN BELOW is a list of families and individuals who participated in the 2013 Saint Katherine Stewardship Program from October 1-31, 2013. Thank you for responding to the needs of our church. If you have not yet submitted your 2013 pledge, please complete a stewardship form and return it to the Church Office as soon as possible. You may also pledge online today at www.saintkatherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Anna Vassilopoulos at avassilopoulos@stkchurch.com or 703-671-1515. Thank you in advance.

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.

SINGLE PARENT FELLOWSHIP
Single Parent Fellowship will meet on Sunday, December 8, 9:30am. All single parents are welcome. Contact Andrea Katsenes at andrea.katsenes@verizon.net, if you have any questions.

M/M Nikolaos Alexiou  Mr Stavros Kolas
M/M Elias Alpos      M/M George Kontzias
Ms Sophia Apostolou  M/M Justin Konz
Mr Basil Boobas      Mr Steven Koumanelis
M/M Theodoros Brotsis Dr/Mrs Spiros Manolias
Mrs Galatia Cowan    M/M Christos Markogiannakis
M/M Nicholas Georges M/M Roy McGrath
M/M Savvas Georgopoulos Mr Scott Mooney and
Ms Mary Gikas         Mrs Eleanor Galifianakis
M/M John Granville   Ms Anna Noussis
M/M George Kehaiou    Dr/Mrs Sam Pappas

M/M P. Psihas
Ms Maria Schaefer
M/M Tommie Summers
Mr Thomas Toutsis
Mr Tassos Trypanis and
Mrs Amanda Boston
Mr Evangelos Tsimaris
Mr Savas Tsimaris
M/M George Vroustouris

Καλά Χριστούγεννα!
### December 2013

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<td>1 14th Sunday of Luke 9:30am Orthros 10:30am Divine Liturgy</td>
<td>2 5:00pm Greek School Tutoring Class</td>
<td>3 10:30am Women’s Book Club Adult Greek School 6:00pm Introductory II 7:00pm Introductory I</td>
<td>4 Barbara the Great Martyr 9:30am Orthros 10:30am Divine Liturgy 2:00pm GMU OCF 6pm Conversational Greek 7pm Greek Folk Dance 7:45pm Basketball (HEC Parents)</td>
<td>5 9:00am Hellenic Oral History Recordings Adult Greek School 6:00pm Intermediate 7:30pm Advanced</td>
<td>6 Nicholas the Wonderworker 9:30am Orthros 10:30am Divine Liturgy 11:30am Hellenic Oral History Recordings 5:00pm Greek School</td>
<td>7 9:30am Greek School</td>
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<td>8 10th Sunday of Luke 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 9:30am Orthodoxy 101 10:30am HOPE Event 9:30am Single Parent Fellowship 10:30am Divine Liturgy Diaper Drive</td>
<td>9 5:00pm Greek School Tutoring Class 7:30pm Deuteri Deutera</td>
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<td>11 6pm Conversational Greek 7pm Greek Folk Dance 7:45pm Basketball (HEC Parents)</td>
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<td>14 9:30am Greek School 9:30am Christmas Pageant Dress Rehearsal</td>
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<td>15 11th Sunday of Luke 9:30am Orthros and Catechetical School 9:30am Orthodoxy 101 10:30am Divine Liturgy GOYA Church Duty Philoptochos Bake Sale Parish Council Elections Christmas Pageant</td>
<td>16 5:00pm Greek School Tutoring Class</td>
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<td>20 5:00pm Greek School</td>
<td>21 9:30am Greek School 9:30am Challenge Liturgy at Saint George</td>
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<td>22 Sunday before the Nativity of Christ 8:00am Divine Liturgy 9:30am Orthros 10:30am Divine Liturgy Philoptochos Bake Sale</td>
<td>23 6:30pm GOYA Making Sandwiches and Packing Bags for DC Homeless</td>
<td>24 Eve of the Nativity Christmas Eve 9:30am Orthros and Great Hours 7:00pm Vesperal Liturgy</td>
<td>25 Holy Nativity Christmas Day 9:30am Orthros 10:30am Divine Liturgy 8:30am GOYA feeding the homeless in DC</td>
<td>26</td>
<td>27 7:30pm GOYA Snow Ball and Lock In at Saint Demetrios, Baltimore</td>
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<td>29 Sunday after the Nativity of Christ 9:30am Orthros 10:30am Divine Liturgy</td>
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<td>31 New Year’s Eve</td>
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Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.
PHILOPTOCHOS (by Eleni Kanakos, President)

I HOPE THAT ALL OF YOU had a wonderful Thanksgiving holiday! It’s the season of giving thanks, so it’s only appropriate that I thank Irene Barton and all of the volunteers who made our Seniors’ Thanksgiving Luncheon a wonderful event. I would also like to thank Denise Garbis for the beautiful cake and Ken Kunec for the entertainment he provided to all the seniors.

A warm welcome goes out to Mary Varlas, our newest board member. We are very excited to have Mary on board!

Many thanks to Trish Kapsidelis and all of the volunteers who pulled off a successful yard sale. Thank you to Diane Argerson for a beautiful reception in honor of our patron saint—Katherine the Great Martyr.

Our Christmas bake sale is coming up—Sundays, December 15 and 22. Many thanks to all the ladies who baked and volunteered their time for this sale. Contact Mary Varlas at 703-965-4161 or maryvarlas@yahoo.com by December 7 to place your pre-orders for the Vasilopites and assorted sweets. You will receive a bake sale order form flyer this month. Please place your orders as soon as possible to ensure you receive your baked goods.

Just a friendly reminder to send in your stewardship if you haven’t already done so.

I hope that you and your families have a wonderful Christmas holiday, and a blessed, healthy, and Happy New Year! Looking forward to a successful 2014 for the Ladies of Philoptochos!

DAUGHTERS OF PENELOPE (by Karen Polizos, President)

OUR CHAPTER IS GROWING! At November’s meeting, we initiated and welcomed two more new members into our Sisterhood—Cathy Sarris and Daphne Vaccarello. Our next meeting is scheduled for Sunday, January 12, following the second Divine Liturgy.

We want to thank everyone who generously donated winter jackets, hoodies, and money to help us provide warm clothing to needy young children and teenagers in our local area. We will collect and deliver these items throughout the month of December. Please place your donation in the marked box in the Meletis Charuhas Hall.

On behalf of all Sisters in Helle Chapter, we wish you and your families a Blessed Christmas. Christ is Born! Glorify Him!

AHEPA

AHEPA Chapter #438 will meet on Tuesday, December 10, 8:00pm in the Meletis Charuhas Hall.

WOMEN’S BOOK CLUB

We are continuing our reading of such colorful characters in Everyday Saints and Other Stories by Archimandrite Tikhon. This book has evoked wonderful discussions about monasteries and the faithful people in them. In December, we will meet on the 3rd and 18th in the Lecture Room of the Hellenic Education Center (two doors to the right of the main office). For those who would like to join us, we have silent prayer from 10:00am-10:25am and then book club begins at 10:30am. If you are interested in exploring wonderful books and your own spiritual life, then, this group may be for you. We welcome you to join us. If you have any questions or you would like to consider joining, you can do so at any time of the year. Please email Faymparas@gmail.com. We wish you all blessed holidays and a New Year full of the inner peace of Christ.

Acquire a peaceful spirit and then thousands of others around you will be saved.

(St. Seraphim of Sarov, 19th Century Russian Saint)

BOOKSTORE

New this month—the 2014 Icon Calendar from Conciliar Press. This 11-inch x12-inch full-color wall calendar features icons depicting the parables and miracles of Christ. It also lists major saint and feast days traditionally celebrated in Orthodox countries around the world (dates are according to the new calendar).

Remember to visit Saint Katherine Bookstore after Sunday liturgies for all your Christmas shopping needs. We have Orthodox Christmas cards and ornaments, as well as gift books, special items for children, CDs, and beautiful icons.

Saint Katherine Bookstore is an outreach ministry of Saint Katherine Church. We try to be open most Sundays after each Liturgy. If you need to visit the bookstore during the week, please contact the church secretary, Ms. Sophia Tsangali, at 703-671-1515. We thank you for your support of our ministry and wish you a blessed Christmas.

Christ is born! Glorify Him!

ATTENTION SAINT KATHERINE SAFEWAY PROGRAM SUPPORTERS

Please note a couple of important changes to your contributions to our Safeway program:

1. We are no longer limited by the amount we can earn for Saint Katherine. Previously, we had a ceiling of $8,000.00. The sky is now the limit now—we are not limited to any dollar amount. So keep shopping!

2. As of November 1, 2013, Safeway will NOT accept credit card payment for contributions to the Saint Katherine Safeway program. You can pay by cash, a debit card, check, SmartCheck, gift card, WIC, and SNAP to make contributions to our Safeway program.

Any questions? Contact Elvira Garnett at 703-425-3675 or villa45@hotmail.com. Happy shopping!
**Missions and Outreach**

**Monumental Missions Walks.** On Saturday, October 19, 2013, 184 Christians from 24 Orthodox churches around the Washington, D.C. metropolitan area and beyond converged on the National Mall for the inaugural Monumental Missions Walk, sponsored by our own Metropolitan D.C. Orthodox Christian Mission and Outreach Committee. The success of the inaugural Monumental Missions Walk not only depended on the kindness and fellowship of Orthodox Christians in the Washington, DC area but also on the hard work and many hours donated by over 25 volunteers. Visit monumentalmissionswalk-event.eventbrite.com or the Facebook event page, www.facebook.com/events/446425282139878, for pictures and information.

**OCAMPR Annual Meeting.** The Orthodox Christian Association of Medicine, Psychology and Religion (OCAMPR) held its national meeting at Saint Katherine on November 1-2, 2013. Health professionals from all over the country came together to discuss the “Clinical and Pastoral Care of the Aging Patient.” At dinner, our very own Dr. John Demakis presented *Health and Healing in Byzantium: A Legacy to Build On*. The proceeds of the conference will be posted on the Orthodox Christian Network. When available, we will announce it in DOXA.

**Diaper Drive, December 8, 2013.** On Sunday, December 8, we will have our semi-annual collection of diapers for two food pantries in the immediate area. Please bring all sizes of disposable diapers in their original packaging (but no pull-up pants types) to the foyer of the Meletis Charities. The food pantries have identified this as a tremendous benefit for the mothers and working families who receive emergency assistance there. Unfortunately, federal funds cannot be used for diapers so they depend on the food pantries.

**Food Collection for Food Pantry, February 9.** On September 22, 2013 our parish collected 1,098 lbs. of food for the Culmore Food Pantry!! Thank you everyone who contributed. The pantry staff was overwhelmed. Our next collection for the Food Pantry will be on Sunday, February 9, 2014. Please be generous.

**OCMC Benefit Dinner, February 9.** The annual OCMC Benefit Dinner will be held at Saint Katherine on Sunday, February 9, 2014. We are honored to have Fr. Luke Veronis as our main speaker. Fr. Luke has served as a long term missionary in Kenya and in Albania with Archbishop Anastasios. He will share his experiences in these countries and tell us what we can do to help Orthodox missions. Cocktails will be at 6:00pm and dinner at 7:00pm.

**Hygiene and Survival Kits, December 15.** For the third year in a row, we will prepare hygiene and survival kits for the homeless. Since the shelter cannot accommodate all those who need a bed for the evening during the winter, they send them out with a Survival Kit and a Hygiene Kit. Each of our church organizations has agreed to purchase specific items for one or the other kit. All the items will be packaged on December 15 immediately after the Christmas Pageant.

**Clothing and Toiletries for the Homeless Shelter.** We continue to collect clothes and toiletries for Bailey’s Crossroads Homeless Shelter. Clothes should be new or, if used, clean. Toiletries should be unopened. Leave them in the foyer of the Meletis Charitas Hall.

**Feeding the Homeless at Bailey’s Crossroads.** Our Mission and Outreach Committee will serve dinner at the Bailey’s Crossroads Homeless Shelter in December. GOYA parents will prepare dinner and GOYAns will serve two shifts of homeless on Tuesday, January 14. It is our hope that every organization of our church will participate in this heartwarming program.

**OCMC Teams for 2014.** The OCMC has released the short-term mission teams for 2014. Please think prayerfully about joining one of these mission teams. It can be a life-changing experience. Participation costs and full team descriptions are available on the OCMC web site: http://www.ocmc.org. Contact Andrew Lekos at 1-877-GO FORTH (463-6784) or teams@ocmc.org, for more information. This is your opportunity for early registration!

Volunteers are needed for teaching, evangelism, construction youth camp, and health care. **Teaching:** Offer a living witness of Orthodoxy through evangelism, religious education, seminars, Bible studies, and retreats. Share the Orthodox Faith with youth, adults, catechumens, clergy, ministry leaders, and the faithful. **Clergy, students, teachers, seminarians, youth leaders, Sunday School teachers, and Bible study leaders are urged to apply. Evangelism:** Preach the Gospel of Christ through evangelism in cross-cultural environments, offering the opportunity to hear and embrace the Good News. Live as Orthodox witnesses so others may come to know the saving love of Christ. **Construction:** Provide labor and service on a building project while working with members of a local Orthodox community to help construct churches in growing Orthodox communities. Construction experience is welcomed, but not necessary. **Youth Camp:** Serve as an example of God’s love by engaging youth around the world through offering religious education, Bible studies, sports, arts and crafts, teaching activities, camps, and fellowship. Those willing to work with youth and young adults are encouraged to apply – camp counselors, teachers, youth ministry directors, and students. **Health Care:** Provide a holistic witness to the Gospel by ministering to physical needs and offering health education in regions where medical services are scarce. Health personnel—doctors, dentists, nurses, pharmacists, counselors, HIV/AIDS specialists, therapists—are especially needed.

Teams will go to Alaska, Albania, Guatemala, Kenya, Moldova, Tanzania, and Uganda. Pick a place and go make disciples (Matthew 28:19).

**Mission Trip to Cuba.** Fr. Costa will lead a mission trip to Saint Nicholas Greek Orthodox Church in Havana, Cuba from March 6-13, 2014. Details will be forthcoming. Mark your calendars from now.
Η ΤΕΧΝΗ ΤΗΣ ΜΕΛΕΤΗΣ

Σοφία Δ. Τσαγκάλη

(Συνέχεια του προηγούμενου)

Στο πρώτο μερος του προηγούμενου τέχνος είδαμε πώς να μελετάμε ένα βιβλίο σχολικό ή ένα βιβλίο χριστιανικό, ένα βιβλίο πεζός γλώσσας ή οποιοδήποτε άλλο βιβλίο που μαθαίνουμε κάτι καλό απ’ αυτό για την ζωή μας.

Στο τέχνος αυτό θα δούμε την τεχνική της μελέτης, πώς δηλαδή θα κάνουμε μία καλή μελέτη.

Πρώτον, οπωσδήποτε με προσοχή. Να συγκεντρώνουμε την σκέψη μας σ’ αυτό που διαβαζόμε. Αν πρόκειται για σχολικό βιβλίο, όπως π.χ. όταν διαβάζουμε άλγεβρα, για μας δεν υπάρχει κάτι άλλο κατά την όρα μελέτης αυτού του συγκεκριμένου μαθήματος, δεν υπάρχουν γύρω μας οι φίλοι μας ή δικοί μας να μας ενοχλούν. Όταν μελετάμε την Αγία Γραφή ή άλλο χριστιανικό βιβλίο, συγκεντρώνουμε την προσοχή μας στα νοήματα αυτά και μόνο και όχι σε κάτι άλλο, όπως π.χ. στη γυναικεία, σε βόλτα ή σε άλλα γεγονότα του παρελθόντος κ.λπ., ας είναι όμορφα και ευχάριστα ή και διαφάνεια ακόμη. Συνήθως ο νους μας περιπατά σε διάφορα άλλα πράγματα και γεγονότα και δυσκολεύεται να συγκεντρωθεί σε ήτοι μελετούμε. Ο Νέος όμολογει, ότι έκανε εφευρέσεις, επειδή πάντοτε πρόσεχε.

Δεύτερον, με υπομονή και εμπιστοσύνη. Αυτό που μελετάμε να το κατανοήσουμε καλά. Αν δεν το κατανοήσουμε να επιμείνουμε μέχρι να το μάθουμε και να το θυμόμαστε. Η μελέτη θέλει εμπιστοσύνη και υπομονή! Θα το επαναλάβουμε, θα κουραστούμε, αλλά χωρίς διακοπές και ακατάστατες μεταπρόσεξεις σε άλλα πράγματα.

Τρίτον, με καλό πρόγραμμα. Το καλό πρόγραμμα είναι απαραίτητο για τη μελέτη. Ίσως χρειαστεί την ίδια μέρα να μελετήσουμε και άλλα διαφορετικά βιβλία, όπως π.χ. τα μαθήματα μας ή κάτι άλλο. Τότε, καλό είναι, να αρχίσουμε την μελέτη από τα πίο δύσκολα, γιατί στην αρχή είμαστε πιο ξεκουραστοί. Διακόπτουμε μετα για λίγο, με σκοπό να ξεκουραστούμε, και μετά επανερχόμαστε.

Τέταρτον, με σύστημα για τη συγκράτηση και μάθηση. Να μάθουμε να κάνουμε κτίμα μας αυτό που μελετάμε.

Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθηση; Πώς θα προετοιμάσουμε την συγκράτηση και τη μάθησή.
ANNABEL LEE
Edgar Allan Poe

It was many and many a year ago,
In a kingdom by the sea,
That a maiden there lived whom you may know
By the name of ANNABEL LEE;
And this maiden she lived with no other thought
Than to love and be loved by me.

I was a child and she was a child,
In this kingdom by the sea;
But we loved with a love that was more than love-
I and my Annabel Lee;
With a love that the winged seraphs of heaven
Coveted her and me.

And this was the reason that, long ago,
In this kingdom by the sea,
A wind blew out of a cloud, chilling
My beautiful Annabel Lee;
So that her highborn kinsman came
And bore her away from me,
To shut her up in a sepulchre
In this kingdom by the sea.

The angels, not half so happy in heaven,
Went envying her and me—
Yes!—that was the reason (as all men know,
In this kingdom by the sea)
That the wind came out of the cloud by night,
Chilling and killing my Annabel Lee.

But our love it was stronger by far than the love
Of those who were older than we—
Of many far wiser than we—
And neither the angels in heaven above,
Nor the demons down under the sea,
Can ever dissever my soul from the soul
Of the beautiful Annabel Lee.

For the moon never beams without bringing me dreams
Of the beautiful Annabel Lee;
And the stars never rise but I feel the bright eyes
Of the beautiful Annabel Lee;
And so, all the night-tide, I lie down by the side
Of my darling—my darling—my life and my bride,
In the sepulchre there by the sea,
In her tomb by the sounding sea.

(Continued from page 1)

redeemed from sin and death and brought into union with God. He thus “deifies” humanity.

The miracle of these incomparable truths is known as the knowledge of Christ, or “Christology.” Many documents have expounded on Christology, but the definitive text is the Nicene Creed, the outcome of the first and second Ecumenical Councils in the fourth century. The Creed of Chalcedon (issued by the fourth Ecumenical Council, A.D. 451) embodies other truths concerning the Incarnation of the Word. These creeds set the doctrinal fences outside of which we do not wander in our knowledge of Christ.

The Apostle John bears witness to Christ: “That which was from the beginning, which we have heard, which we have seen with our eyes, which we have looked upon, and our hands have handled, concerning the Word of life—the life was manifested, and we have seen, and bear witness, and declare to you that eternal life which was with the Father and was manifested to us—that which we have seen and heard we declare to you, that you also may have fellowship; and truly our fellowship is with the Father and with His Son Jesus Christ” (1 John 1:1-3).

We, too, bear witness to Jesus Christ. For since God became man, and we are united with Him in baptism, we experience His Incarnation in our lives. The miracle of Christology for us is that, as the Son of God became man, we in turn may partake of God.

(The Orthodox Study Bible, p. 210)

The Magi came to Him from the East to pay homage to baby Jesus. I invite all of you to do the same. Enter the House of the Lord, Saint Katherine Church, and worship Him with the ultimate gift—your self.

Merry Christmas to each and every one of you.

Christ is born! Glorify Him!

Fr. Costa

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 nine years.
ΓΙΑ ΣΕΝΑ ΠΑΙΔΙ ΜΟΥ...

ΕΙΝΑΙ ΜΕΣΟΝΥΚΤΙΟΝ ΚΑΙ ΕΝΩ ΟΛΛ ΗΣΥΧΑΖΟΥΝ και αναπαύονται οι μομεντικοί και εύχονται. Η προσευχή είναι βέλσαμο για κάθε ψυχή και παρηγορία για όλο τον κόσμο. Ο Άγιος Θεόδωρος περιμένει την προσευχή των παιδιών του, για να εδράει ευκαρία να ακατοπνιήσει τις ανάγκες τους και να μακροθυμήσει για τα αιμαρτήματά τους.

Για σένα παιδί μου, αγνοήσε και εγώ απόψε αλλά κάθε βράδυ, και ευχόμενος με το κοιμητσονιν παρακαλώ τον Άγιο Θεόδωρο για την Παναγία να είναι άσχημα ανάγκης τους και να μακροθυμήσει για τα αιμαρτήματά τους.

Αλλά και εγώ πείρας πως τα περήνει Φτάνει έως εδώ ο πόνος της ψυχής σου. Εσύ νομίζεις πως διανεμούνται και ευφορίζεται. Ως και η ψυχή σου επικονίζει και παναγίας μέσα στους περιθύμους, στο πόνο, στην περιπέτεια, στην αγωνία.

Μεγάλος είναι ο στεναγμός των γονέων σου που αγνούνται και αυτοί με το να σε κατέχειν με λαχτάρα να γυρίσες στο σπίτι σου. Αντί να πρέπει να ανέπτυξε τον Παναγιώτη και επικονιάθηκε το υποφέρεις και αγωνίσουν. Ηθονίσες τόσο δυνατός παιδί μου και είχες τόσο αδόνιμος. Ηταν τόσο φωτεινά το έργο σου και τώρα οι γύναικα κρυφα. Αγαπάς το σκότος της νύχτας...

Ακουσε χάρικ μου παιδί, την φωνή του Θεού που σε προσκαλεί: "νεανίσκοι, ισχυροί ;εστε και γενικήκατε τον παντόρο". (Α Ιοάν,β'14).

Το τέλητα χτυπά και τόρα πηγαίνουμε όλοι στην Εκκλησία να λατρεύσωμε τον Άγιο Θεόδωρο και να συνεχίσουμε την προσευχή μας για όλο τον κόσμο. Ελα, στον ναό του Κυρίου να γυμνάνει Εκείνος την ψυχή σου και να νιώθεις το Δώρο της Ζωής! Ελα, στην Εκκλησία του Χριστού, να προσευχήσετε κάτω από το θαμβό φως των ηλικιών και να ανεβεί η προσευχή σου ως εικόνες θυμίσεις στον ουρανό! Ελα στην Εκκλησία να αστράψει η ψυχή σου από Φώς, Χαρά και Ευτυχία! Πλησίασουν τα Χριστούγεννα!!

Ηλα να ξέσωμε όλοι μαζί την Χαρά της γέννησης του Χριστού μας!! Αυτή την Χαρά που τίποτα δεν μπορεί να την αντικαταστήσει! Ευλογημένα Χριστούγεννα!!

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