Dear Fellow Parishioners,

I would like to take this opportunity to share a few thoughts about Lent with you. Just as Christ prepared Himself for His ministry with a 40-day fast, we will soon begin to prepare for Holy Week and Pascha with a 40-day fast. The first day of Lent is called “Clean Monday,” this year it is on February 27. We call it Clean Monday because a long time ago on this day people would clean all of their pots and pans to get all of the residue meat off before they began the fast. Now we clean our pots and pans everyday but we can take this day for a spiritual spring cleaning; to prepare ourselves as we begin to fast, pray, and give alms during Lent.

In the Gospel of Matthew (6:1-18) Christ teaches us how to faithfully fast, pray, and give alms. Christ begins by teaching us how to give alms (give to the needy). He teaches us to be so discreet in our giving that when we give we should “not let our left hand know what our right hand is doing” so that we are not rewarded by other people, but rather by God.

Christ then says, “when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly I say to you, they have their reward.” Their reward is the praise of men, it puffs them up and gives them pride; their prayer, by its nature actually removes them from a relationship with God. They miss the spirit of prayer which is an intimate, personal communion with God that leads to the vision of His glory. When we pray with a contrite heart, God will receive our prayer and we will be filled with divine love. Christ tells us to pray “in our rooms, and when we have shut the door to pray to our Father who is in the secret place; and our Father who sees in secret will reward us openly.” It is here that Christ also teaches us to pray the “Lord’s Prayer.”

Christ continues to teach us how to fast saying, “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” This is why we do not have an Ash Wednesday in the Orthodox Church, we are not to show off our fasting, fasting is a personal sacrifice that we offer to God to bring us closer to Him. When we think of fasting though, we must follow the wisdom of our yiayias, to not only be concerned about what goes into our mouths but also what comes out. Like many things we learn from Yiayia, this saying comes from one of the Church Fathers. Saint John Chrysostom wrote, in the fourth century, “What good is it if we abstain from eating birds and fish but bite and devour our brothers?”

We have a great opportunity this Lent to grow closer to God by giving alms, fasting, and praying, let’s all try to move one step closer to God as we continue our journey.

Kali Sarakosti,
Andrew J. Pavlakos
Greek Orthodox Archdiocese of America
Greek Orthodox Metropolis of New Jersey
Saint Katherine Greek Orthodox Church
www.saint-katherines.org
3149 Glen Carlyn Road
Falls Church, VA 22041
703-671-1515 phone
703-671-1385 facsimile

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mwills28@verizon.net
Arthur Dimopoulos, Secretary
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giasou@verizon.net
George Moshos, Treasurer
202-409-2302
gmoshos@aol.com

CHURCH SCHOOLS
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dintym@hotmail.com
Adult Bible Study (Sundays)
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polizos@att.com
Adult Catechetical (Sunday) School
Bill Polizos
571-434-7790
polizos@att.com
Youth Catechetical (Sunday) School
Christian Demeter, Principal
703-534-5669
cdmeter@excite.com
Greek School
Sophia Tsangali, Principal
703-671-5820
stsangali@stkchurch.com
PAIDEIA Bilingual Preschool
Maria Papathanassiou, Director
703-671-7715
mpapathanassiou@gopaideia.org

MINISTRIES
Acolyte Captains
Anastasios Galatis (First Liturgy)
TBD (Second Liturgy)

AHEPA #370 (Mt. Vernon)
George K. Eliades, President
703-383-0073
geeliades@verizon.net

AHEPA #438 (P. Derzis)
Angelo Toutsi
703-281-0843
antoniv@verizon.net

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Christopher and Frances Kalavritinos
703-671-1515

Choir
John Doulis
703-899-4131
jdoulis@aol.com

Daughters of Penelope Helle #283
Jane Moore, President
540-847-2215
jmoore24@cse.com

DOXA
Presv. Pauline Pavlakos
703-239-2627
przpauline@stkchurch.com

GOYA (ages 13-18)
Tiffani Wills, President
703-948-7950
tiffany_wills@bullis.org

GRACE
Fr. Costa Pavlakos
703-671-1515
frcostas@stkchurch.com

Greek School Auxiliary
Elena Lagos, President
703-241-1176
pedakia@aol.com

HOPE (ages 7 and under)
Kelly Alexis, Director
703-909-2256
kalexis76@gmail.com

Listserv (email list)
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703-239-2627
przpauline@stkchurch.com

JOY (ages 8-12)
Tina Papamichael, Director
703-536-4711
athena02@verizon.net

Missions and Outreach
Dr. John Demakis
703-319-1610
demakis9931@gmail.com

Parish Committees, List of
http://saint-katherines.org/about_us/parish-committees

Philoptochos
Andrea Ballard, President
703-250-5419
andrea1ballard@hotmail.com

Psalters
James Loizou, Protopsaltis
703-356-8220
dimitri14@verizon.net

Safeway eScrip
Elvira Garnett
703-425-3675
villa45@hotmail.com

Website
Presv. Pauline Pavlakos
703-239-2627
przpauline@stkchurch.com

Women's Book Club
Christina Vazquez
703-723-7424
czvmail@aol.com

YAL (Young Adult League)
TBD

Website
Presv. Pauline Pavlakos
703-239-2627
przpauline@stkchurch.com

Women's Book Club
Christina Vazquez
703-723-7424
czvmail@aol.com

YAL (Young Adult League)
Dear Saint Katherine Family,

It's hard to believe we are already in the second month of 2012...where does the time go? Although we may feel like we're moving through our daily lives at a fast pace, Saint Katherine always gives us an opportunity to pause and reflect. We come together with our family and friends in prayer and fellowship. Often we can sit in the same pew next to the same people. And even if we miss a Sunday, our place is always there!

The new year brings opportunities to become more active in the life of our Church. On the inside cover of this DOXA is a list of our many Ministries. There are committees such as Stewardship, IT, and Missions you can join. Will you bring your children to GOYA or Sunday School? What about joining the choir? Your participation is needed and welcomed in so many aspects of our Parish life. By joining, you will surely receive more than you give and you ensure the future of your Church.

Our Greek School is holding its Annual Apokreatiko Glendi on Saturday, February 18. It promises to be a great evening for family and friends with a buffet dinner, music, games, and a silent auction. Please be there to support our School.

I feel quite blessed to have served as President of the Parish Council for the past two years. There have been challenges, but the many examples of love and faith shown over and over are what I will remember most. Ours is a wonderful Parish filled with dedicated Stewards and I am very happy to call it “home.”

Your servant in Christ,

Daphne Papamichael

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**INCLEMENT WEATHER ANNOUNCEMENTS**

Should inclement weather precipitate the need to cancel or postpone a church activity, an announcement will be posted on our church's website and an email will be sent to our listserv.

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**SUNDAY CHURCH DUTY ROSTER**

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<td>Jim Stoucker</td>
<td>Chris Christou, Captain</td>
<td>Bill Porter</td>
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<td>Andrea Ballard</td>
<td>Pierre Tavoularis</td>
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<td>Arthur Dimopoulos, Captain</td>
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<td>Dr. George Silis</td>
<td>Korinna Garbis</td>
<td>Jim Stoucker</td>
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<td>Chris Euripides</td>
<td>Maria Wills</td>
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<td>Dr. George Silis</td>
<td>Chris Euripides, Captain</td>
<td>Alex Veletsis, GOYA</td>
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<td>Andrea Ballard</td>
<td>Pierre Tavoularis</td>
<td>Arthur Dimopoulos</td>
<td>Captain and Reader</td>
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<tr>
<td>Korinna Garbis</td>
<td>Daphne Vaccarello</td>
<td>Costas Mavromatakis</td>
<td>Plus 5 Other GOYAns</td>
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<td>Bill Porter</td>
<td>Maria Wills</td>
<td>Iacovos Ioannou</td>
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<td>D. Vaccarello, Captain</td>
<td>Bill Porter</td>
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<td>Bill Polizos</td>
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<td>Dr. John Demakis</td>
<td>Christina Vazquez</td>
<td>Andrea Ballard</td>
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<td>Daphne Papamichael</td>
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CATECHETICAL (SUNDAY) SCHOOL

Throughout the month of February, our upper grades (the seventh through the twelfth grades) will spend half of each class period learning about Orthodox Church music. We are most fortunate to have Mr. John Doulis help our youth focus on the music that is such a vital part of our Orthodox Church services.

On February 5, all of our classes will focus on Godparent’s Sunday. On that day, we are hopeful that those Godparents who can come to our Sunday School with their Godchild will do so. We would like for the Godparent(s) to meet their Godchild’s Sunday School teacher and attend Divine Liturgy with their Godchild. During the Sunday School hour (9:30am-10:30am) Godparents can first meet their Godchild’s teacher and then attend the adult Bible Study class. We will have a person available to take a photo of any Godparent who wishes to have a picture snapped with his/her Godchild.

During this month of February, we shall endeavor to encourage as many of our young people as possible to participate in the 2012 Saint John Chrysostom Oratorical Festival. During our local parish program, the Catechetical (Sunday) School students, Grades One through Twelve, will not only hear the presentations of our contestants but will also add to the event with short class contributions. Mr. Ray Vazquez, Chairperson, is overseeing our local church program. Stay tuned to announcements in DOXA and the Sunday bulletin. Any student or parent who wishes to receive detailed information or ask questions about the Oratorical Festival may contact Mr. Vazquez or may contact Mr. Christian Demeter, the Catechetical (Sunday) School Director, or Ms. Sophia Tsangali, Principal of the Greek School.

We are all looking forward to this month of February. There is much to learn about God and our Lord and Savior Jesus Christ, and there are many exciting activities that will take place.

PAIDEIA

After our Christmas break, our students were eager to come back to school and see their friends. We talked about winter, snow, hibernation, and migration of animals, as well as life in the North Pole. We enjoyed a “White Day”—everyone wore something white, we had white food (cheese) for snacks, and made white crafts. Martin Luther King Day was an opportunity to talk about respecting others, working together, and sharing. We also learned about nutrition, health, and cleanliness. Our movement and music classes are continuing, and we will soon start preparing for our spring show.

This month will be filled with fun, exciting adventures in learning. We will celebrate APOKRIES, which marks the start of Great Lent for Easter. We will have a Masquerade Party and dress up in costumes. We will make face masks and decorate our classrooms with streamers and confetti! We will make and exchange cards on Valentine’s Day and also learn about communicating with others and all about our presidents. School is closed February 20 for Presidents’ Day.

If you would like to learn more about our school and meet our teachers, please come to our Open House on March 6 from 10:00am to noon.

Καλό μήνα!

GOYA (ages 13-18)

GOYA will participate in the Saint Nicholas, Baltimore Basketball Tournament on February 11 and 12. GOYA has church duty on Sunday, February 19. Alexandra Veletsis will be the GOYA captain and read the Epistle.

GOYA will have a Lenten retreat on March 18. Andrew Pavlakos will be the retreat master. Plan on joining us!

For more information regarding these GOYA activities and/or for other GOYA information, please contact Tiffani Wills, President, at 703-948-7950.

GOYA FEEDS THE HOMELESS (Thanks, Safeway!)

GOYA would like to thank Mrs. Elvira Garnett, our church’s Safeway e-Scrip coordinator, for the generous donation. This money was used to feed two seatings of the homeless at Bailey’s Crossroads Homeless Shelter. (eScrip is a wonderful fundraiser where Safeway contributes a percentage of registered shoppers’ grocery loyalty card purchases to our church.) Thank you, Safeway, for helping us help others.
**ΕΛΛΗΝΙΚΟ ΣΧΟΛΕΙΟ**

ΠΕΡΑΣΑΜΕ ΟΜΟΡΦΑ και φέτος τον Ιανουάριο στο Ελληνικό Σχολείο της Άγιας Αικατερίνης! Και πώς να μην περνούσαμε, αφού αρχίσαμε όλοι τον Καίνουργιο Χρόνο με περισσότερη προθυμία και χαρά για μάθηση! Αρχίζοντας με την κοπή της πατροπαράδοσης Βασιλόπιτας και τελειώνοντας με την Αρτοκλασία για δασκάλους και μαθητές, επ’ ευκαιρία της γιορτής των Πολιούχων Άγιου των Ελληνικών Γραμμάτων, που πρόσφατα γιορτάσαμε, πήραμε ευλογίες για να συνεχίσουμε τον τερό αγώνα μας.

Θερμά Συγχαρητήρια και ως ανώτερα στους μαθητές μας, που τους αποτελεί η πιο αξιόπιστη εκπαιδευτική Ελληνομαθείας στην Ελληνική Πρεσβεία, στις 22 Ιανουαρίου 2012, καθώς και τα βραβεία του Προμηθέα που δόθηκαν στον Αλέξανδρο Άλο (A2 και B1 επίπεδο), στην Βασιλική Δημητριακόλου (G2 επίπεδο), και στην Αριάνα Μανικά (A2 επίπεδο). Συγχαίρουμε επίσης την μαθήτριά μας, Αριάνα Μανικά, για την άριστη επιτυχία της (100+) στα Comprehensive Exams in Modern Greek of the New York State. Ελάβε το βραβείο της από τον Αρχιεπισκόπο μας κ.κ. Δημήτριο στην Νέα Υόρκη, στις 28 Ιανουαρίου 2012.

Τον Φεβρουάριο επικεντρώθηκε η προσοχή μας στο Αποκριάτικο Γλέντι, το οποίο θα λάβει χώρα στις 18 Φεβρουαρίου 2012, 5:00 μ.μ. μέχρι 11:00 μ.μ., στο Melitis Charithas Center. Αυτό το Γλέντι είναι αφιερωμένο κυρίως στα παιδιά μας, αλλά και στους μεγάλους. Περιμένουμε την συμμετοχή σας για να χαρούμε όλοι μαζί, πριν αρχίσει η Μεγάλη Σαρκοστή. Έχοντας ως όψη, ως μάθητα, θα βοηθάμε το σχολείο, βοηθάμε τα παιδιά μας, και κατά συνέπεια την ίδια την κοινότητά μας, γενόμενοι συμμαχικοί του Ελληνορθόδοξου αυτού έργου!

**GREEK SCHOOL**

WE HAD A GRAND TIME at Saint Katherine Greek School in January! We started the New Year with more willingness and joy for learning! Starting with the cutting of our traditional Vasilopita and ending with an Artoklasia for our students upon receiving their Ellinomathia certificates we received many blessings which encourage us to continue our sacred work.

Our heartfelt congratulations and best wishes to all of our students upon receiving their Ellinomathia certificates at the Greek Embassy on January 22, 2012; also to Alex Alpos (A2 and B1, Ellinomathia level), to Viki Dimopoulos (A2 and B1, Ellinomathia level), to Ariadne Manikas for her excellent success (100+) on the Comprehensive Examinations in Modern Greek of New York State. Ariadne received her award from His Eminence Archbishop Demetrios in New York, January 28, 2012.

In February, our focus is on our Apokreatiko Glendi, scheduled for Saturday, February 18, 5:00pm-11:00pm.
please contact Fr. Costa. What a blessing it is to come to church. Let’s make this happen!

George Mason student needs a ride to church.

If you are able to offer assistance, please contact Fr. Costa. What a blessing it is that a young person, away from home, wants to come to church. Let’s make this happen!

REGISTRY

Baptisms
Panagiota Petra Hariton (January 28)
dughter of Jim and Debrou Vricos
Godparent: Stanley Pardos
Vasilios William Edward (January 28)
son of Jim and Debrou Vricos
Godparent: Constantine Ioannou
Isabella Joanna (January 29)
dughter of Clinton and Maria Irby
Godparent: Nick and Maria Liappis

Wedding
Michaela M. Paar
and
Peter Duta (December 31, 2011)
Koumbaroi: Robert and Christina Hoffman

Congratulations!

Funeral
Bessie Edwards (January 12)

May their memories be eternal.

ΠΡΟΣΕΥΧΗ ΓΙΑ ΜΙΑ ΕΥΛΟΓΗΜΕΝΗ ΧΡΟΝΙΑ
Χριστέ μου,

Βοήθησέ μας να ξεκινήσουμε με αισιοδοξία την καινούρια χρονιά. Να προοδεύσουμε στην αρετή και να μεταμορφωθούμε με την δίκη Σου βοήθεια στο νοῦ και στην καρδιά. Να είμαστε περισσότερο υπομονετικοί στον πόνο και περισσότερο γενναιόδωροι στην χαρά του συνανθρώπου μας. Βοήθησέ μας να αντιμετωπίζουμε με ψυχική δύναμη τις επιθέσεις, τις σωκοφαντείς, τις αδικίες.

Εσένα ζητούμε να έχουμε οδηγό στον καλόν αγώνα της Αρετῆς. Να έχουμε την δύναμη να αγονιζόμαστε με Ύπομονή, με Αισιοδοξία, με Πίστη, στις ατομικές, στις οικογενειακές, στις φιλικές, στις ποικιδιαστικές, στις επαγγελματικές σχέσεις. Να είμαστε περισσότερο προσεκτικοί στις πράξεις μας και να δίνουμε περισσότερο χρόνο για αυτοέλεγχο φρουτίζοντας περισσότερο τον έσω ανθρώπο. Να συμφιλιωθούμε με Σου να στείλουμε τον κλοιό της φιλανθρωπίας μας. Να μάθουμε να γνωρίζουμε τον Θεό καλλιεργώντας μία σχέση και όταν κατανοούμε ένα νόημα. Να ανακατασκευάζουμε “ο κρυπτός της καρδίας ανθρώπους” και να δημιουργήσουμε "ο καινούριος άνθρωπος του ποιόν ευρήμην". Να κατανικήσει μέσα στην καρδιά μας, η ευρήμη, τη ταπείνωση, η γαλήνη, η πίστη, η αφοσίωση, η κατανοήση, η καλωσόριση, ο αλληλοευεξιακός, η ικανότητα, η ανθρωπιά, η αγάπη.

Καταδυναμώνουμε Κύριε, βοήθησέ μας να κατανοούμε το μήνυμά Σου: „ο έξω ήμων άνθρωπος διαφημίζεται αλλά ο έσωθέν θα ανακατανοεί ήμερα την ημέρα".

To νέο έτος ας είναι πραγματικά νέο, αλληλέγγυο και ευτυχισμένο κάτω από την Θεία Σκέπη Σου! Αμήν.

ANNUAL AHEPA SCHOLARSHIP AWARDS

The 43rd Annual Washington Metropolitan Area Scholarship Awards program is accepting applications from high school seniors affiliated with the AHEPA family or the Greek Orthodox Church in the greater DC area. Students must have a minimum cumulative GPA of 3.0, have participated in extracurricular activities and/or sports, and be graduating from a DC-area high school. Applications are due on Friday, April 6 and the scholarship awards program will be held on Sunday, May 20 in Rockville, MD. For more information, please contact Karen Polizos at 571-434-7790 or polik@cof.org. If you would like to make a donation to defray the costs of the program or to award an individual scholarship, please contact Karen Polizos. You may also obtain a student scholarship application from the church office or through the Saint Katherine website.
GLOBAL MISSION ACTIVITIES

Guatemala. Our January team left for the Guatemala Orphanage on January 19. The team included Fr. Maximus Urbanowicz, the spiritual leader, and Antonia Chelpon, team leader. Other members included Alicia Banks, Katerina Chelpon, Maria Chelpon, Frank Landry, Tasso McCarthy, Vivian Spathopoulos, and Daphne Vaccarello. The team was commissioned by Fr. Costa, in a beautiful ceremony at Saint Katherine on Sunday, January 15 after the second Liturgy. At the request of the Orphanage, the team took a large number of jeans, shirts, long skirts for church, blouses, in addition to incense, charcoals, and communion wine. For this trip, in addition to a painting/maintenance project which the team funded, they took some of the children on an outing. They will share their experiences after one of the Salutation services.

Maria Roeber, RN. Maria, our missionary in Tanzania experiences after one of the Salutations services. They will share their maintenance project which the team funded, they took communion wine. For this trip, in addition to a painting/maintenance project which the team funded, they took some of the children on an outing. They will share their experiences after one of the Salutation services.

Tanzania. Thank you for the prayers for James Hargrave, another long term missionary in Tanzania. James is fully recovered from his pneumonia and malaria and is continuing his mission work.

Alaska. We continue our planning for a Saint Katherine mission team to Old Harbor Alaska in the summer of 2012. More details will follow.

Project Mexico. We have been contacted by the staff at Project Mexico and the St. Innocence Orphanage to send a team this year. We were last there in 2007. More details to follow.

2012 OCMC Mission Teams. The Orthodox Christian Mission Center (OCMC) will have 15 short-term teams (2 to 3 weeks) going to nine countries, including: Kenya, Tanzania, Uganda, Moldova, Romania, Mongolia, South Korea, Guatemala, and Alaska. These teams are wonderful opportunities to witness for your faith. Please prayerfully consider dedicating 2 to 3 weeks to witness for Christ. Our community will be very supportive. For dates and other details, go to the OCMC website, OCMC.org

OCMC Dinner. Please mark your calendars for Saturday, April 28, 6:00pm, when Saint Katherine will host Fr. Martin Ritsi, the Executive Director of the OCMC. Fr. Martin will be the main speaker at the OCMC Dinner in our Meletis Charuhas Hall. This will be an excellent opportunity to hear about world-wide Orthodox missions. Fr. Martin will discuss the OCMC’s ministry to remote areas where Christ has never been preached. Don’t miss this exciting event.

The 2012 Orthodox Conference on Missions and Evangelism in Dallas/Ft. Worth. This year’s Antiochian Orthodox Christian Archdiocese’s 2012 Orthodox Conference on Missions and Evangelism will be held January 20-22 in the Dallas/Ft. Worth area. Featured presenters include Fr. Peter Gillquist, Fr. Joseph Huneycutt, and Fr. Evan Armatas. They will speak about how to communicate the “Good News” of Jesus Christ to those around us. Please visit http://www.antiochian.org/missions/conference for more information.

Fr. Peter Gillquist to Retire as Head of Department of Missions and Evangelism of the Antiochian Orthodox Church. Fr. Peter Gillquist will retire as the Head of the Antiochian Archdiocese Department of Missions and Evangelism. We congratulate Fr. Peter for the exemplary service which he has given to missions for more than 23 years. One of Fr. Peter’s great contributions to the Church is spearheading the printing of the Orthodox Study Bible. Fr. Peter has led two retreats at Saint Katherine in the recent past. We pray that our Lord will grant Fr. Peter, Khourieh Marilyn, and their entire family every blessing.

LOCAL OUTREACH

Bailey’s Crossroads Homeless Shelter

Feeding the homeless. We continue to serve food at the shelter once a month. On January 10, GOYA parents prepared food for 150 people and the GOYAns served two seatings of the homeless. On February 22, our Daughters of Penelope will serve. The Greek School will serve in March. The people at the shelter tell us they love our Greek food! Many of our church groups are now involved. If your group would like to take a turn, contact John DeAkis at demakis9931@gmail.com.

Clothes and toiletries collection. We continue to collect clothing and toiletries for men and women at the Bailey’s Crossroads Community Shelter. Clothes may be new or used but should be clean. Toiletries should be unopened. There is a collection receptacle in the foyer of the Meletis Charuhas Center. With winter now upon us, warm clothing in new or used condition is needed—especially, coats, scarves, long underwear, etc. Please continue to help those less fortunate.

Furniture donations. The Shelter collects furniture to be used by people leaving the shelter for arranged housing. The shelter will pick up the furniture within a ten-mile radius. To arrange pick up or if you have any questions, call the Shelter Director, Thomas Nichols at 703-659-3460. Please do not bring the furniture to church.

MISSIONS AND OUTREACH COMMITTEE MEETING

The next meeting of our Missions and Outreach Committee is Tuesday, February 7, 7:00pm at Saint Katherine. At this meeting, we will host the Executive Director of the Bailey’s Crossroads Homeless Shelter, Mr. Thomas Nichols. Join us and learn of the exciting things our community is doing in the fields of missions and outreach. Everyone is welcome to attend.
ADULT BIBLE STUDY
Adul...f...bible study continues in 2012 and all are welcome. Classes are held every Sunday at 9:30am and are held on the lower level of the Meletis Charuhas Center. Using colorful PowerPoint® slide presentations, we will discuss how Scripture forms our Orthodox faith traditions. Any questions? Please contact Bill Polizos at 571-434-7790 or polizos@att.com.

WOMEN’S BOOK CLUB
The Women’s Book Club will not meet during the month of February. The Inner Kingdom by Bishop Kallistos Ware is currently being reprinted. Once the book is out, the group will resume. If you are interested in attending the discussions and/or would like to learn more about the Women’s Book Club, please contact Christina Vazquez at czvmail@aol.com or 703-723-7424.

SATURDAY MORNING BIBLE STUDY
Suffering among the Saints—The Book of Job
“Have you considered my servant Job? There is no one like him on the earth, a blameless and upright man who fears God and turns away from evil,” so God says to Satan in the opening chapter of this Old Testament book. Yet Job is tried and suffers mightily through the loss of his family, his health, and the goodwill of others. Sound familiar? Why do bad things happen to good people? Our study group will dig into the book’s powerful poetry as we discuss Job’s questions in light of the Church’s teachings and healing powers.

What is it? Not a lecture series, but a prayerful discussion among interested people. Adults and older teens are all welcome. Invite a friend to come along!

What is required in order to participate? Simply show up with a copy of the Orthodox Study Bible, available at the church bookstore. No one is required to speak up during the discussion; listeners are always a blessing to the group. In order to get the most out of the weekly meetings, participants are encouraged to spend 10 minutes or so daily, reading and reflecting on that week’s texts.

When: Eight Saturday morning sessions begin 4 February, 9:30am to 10:30am. Drop-ins are always welcome!

Where: The boardroom on lower level of the Meletis Charuhas Center.

For more information, contact Gregory McKinney at 571-338-6929.

WEEKDAY SERVICES
9:30am Orthros | 10:30 Divine Liturgy
02 Presentation of Our Lord in the Temple
18 First Saturday of Souls
25 Second Saturday of Souls
27 7:00pm Compline
29 7:00pm Pre-Sanctified Liturgy

RESERVE YOUR TABLE NOW!
### FEBRUARY 2012

<table>
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<th>Sunday</th>
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<td>2 <strong>Presentation of our Lord in the Temple</strong> 9:30am Orthros 10:30am Divine Liturgy Adult Greek School 6:00pm Intermediate 7:30pm Advanced 7:30pm Choir Practice</td>
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<td><strong>5 Sunday of the Publican and the Pharisee</strong></td>
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<td>Triodion Begins Godparents’ Sunday No Fasting This Week 8:00am Divine Liturgy 9:30am Orthros and Catechetical Shool 10:30am Divine Liturgy</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I 7:00pm Missions Meeting</td>
<td>Adult Greek School 6:00pm Conversational Greek 7:00pm Basketball (G.S. and Paideia Parents)</td>
<td>6pm Conversational Greek 7:00pm Basketball (G.S. and Paideia Parents)</td>
<td>Adult Greek School 6:00pm Intermediate 7:30pm Advanced</td>
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<td>Saint Nicholas Basketball Tourney thru Sunday 9:30am Adult Bible Study 9:30am Greek School 1:30pm Greek School Teachers’ Meeting</td>
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<td><strong>12 Sunday of the Prodigal Son</strong></td>
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<td>8:00am Divine Liturgy 9:30am Orthros and Catechetical Shool 10:30am Divine Liturgy</td>
<td>7:30pm YAL Deuteri Deutera (sandwich-making for the homeless)</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I</td>
<td>6pm Conversational Greek 7:00pm Basketball (G.S. and Paideia Parents)</td>
<td>Adult Greek School 6:00pm Intermediate 7:30pm Advanced 7:30pm Choir Practice</td>
<td>5:00pm Greek School</td>
<td>1st Saturday of Souls 9:30am Orthros 10:30am Divine Liturgy 9:30am Adult Bible Study 9:30am Greek School 5:00pm Apokreatiko Glendi</td>
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<td><strong>19 Meatfare (Judgment Sunday)</strong></td>
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<td>8:00am Divine Liturgy 9:30am Orthros and Catechetical Shool 10:30am Divine Liturgy (GOYA Church Duty)</td>
<td>Presidents’ Day Office Closed</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I</td>
<td>DOP Cooking for and Serving at the Shelter 6pm Conversational Greek 7:00pm Basketball (G.S. and Paideia Parents)</td>
<td>Adult Greek School 6:00pm Intermediate 7:30pm Advanced 7:30pm Choir Practice</td>
<td>5:00pm Greek School</td>
<td>2nd Saturday of Souls 9:30am Orthros 10:30am Divine Liturgy 9:30am Adult Bible Study 9:30am Greek School 10:00am Seminar: Personal Finance in Turbulent Times, sponsored by AHEPA and DOP</td>
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<td><strong>26 Cheesefare (Forgiveness Sunday)</strong></td>
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<td><strong>March 1</strong></td>
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<td>8:00am Divine Liturgy 9:30am Orthros and Catechetical Shool 10:30am Divine Liturgy</td>
<td>Great Lent Begins (Clean Monday/Kαθαρά Δευτέρα) 6pm Holy Confession 7:00pm Compline</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I</td>
<td>6pm Conversational Greek 7:00pm Pre-Sanctified Liturgy 8:30pm Lenten Pot Luck Dinner</td>
<td>Adult Greek School 6:00pm Intermediate 7:30pm Advanced 7:30pm Choir Practice</td>
<td>5:00pm Greek School</td>
<td>3rd Saturday of Souls 9:30am Orthros 10:30am Divine Liturgy 9:30am Adult Bible Study 9:30am Greek School</td>
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<td><strong>Deadline for March DOXA Submissions</strong></td>
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<td>5:00pm Greek School</td>
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PHILOPTOCHOS
THE ANNUAL VALENTINE’S DAY LUNCHEON for our seniors will be held Thursday, February 9, at 12 noon. February is Heart Health Month. Please watch the Sunday bulletin for Red Dress Sunday to show support for Healthy Hearts! We invite you to join Saint Katherine Philoptochos. Membership is based on a Stewardship Commitment which shall cover the 2012 cost of the National Philoptochos per capita of $15.00 and the Metropolis per capita of $7.00, plus the Chapter Stewardship which is left up to the individual. Please mail your Philoptochos stewardship for 2012 along with your name, address, phone number, cell phone number, and email address to Saint Katherine Philoptochos 3149 Glen Carlyn Road, Falls Church, VA 22041.

WHAT IS THE VALUE OF ONE MEMBER?

Ten little members standing in line, one disliked the President: then there were nine.
Nine ambitious members agree to meet late, one forgot her promise: then there were eight.
Eight creative members had ideas good as heaven, one lost enthusiasm: then there were seven.
Seven loyal members got into a fix, they quarreled over programs: then there were six.
Six members remained with spirit and drive, one moved away: then there were five.
Five steadfast members wished there were more, one would rather shop: then there were four.
Four cheerful members never disagreed, ’til one complained of meetings: then there were three.
Three eager members! What do they do? One got discouraged: then there were two.
Two lovely members, our rhyme is nearly done, one joined another club: then there was one.
And then . . .

One faithful member was feeling rather blue, she met with a neighbor: then there were two.

Two earnest members each enrolled one more, doubling their number: then there were four.
Four determined members, just couldn’t wait, ’til each won another: then there were eight.
Eight excited members signed up sixteen more, in another six verses there will be a thousand twenty-four!

So, what is the value of one member? A question we should all ask!

One member is pure gold . . . and we do not have a single member to waste!

(From the Ladies Philoptochos Society Metropolis of New Jersey 2012 Membership booklet)

DAUGHTERS OF PENELOPE
FIFTEEN HELLE SISTERS closed out the 2011 year by attending a tea at the Oatlands Plantation. The inn was festooned in Christmas decorations and we were serenaded by a woman’s a cappella group. We also were fortunate enough to tour the mansion and gardens. Thanks to Kathy Cavallo for planning such a lovely time!

Helle Chapter ushered in January with much enthusiasm! We began the year with a short Chapter meeting and a presentation on Tips & Tricks for Filing your 2011 Taxes. Then, on January 27, the “Helle’s Angels” bowled against the AHEPAns from Chapter #438 and had a great time with lots and lots of laughs—and pizza! Thanks so much to both Rosalie and George Georgeadis for coordinating such an enjoyable event.

We need volunteers to help cook and serve dinner for the homeless shelter on Wednesday, February 22. If you can offer your time during the day for cooking and/or serving, please contact Kathy Cavallo at 703-978-1539 or kcvalllol@aol.com. There are two servings for dinner (5:00pm and 6:00pm) and we are preparing for approximately 140 people.

On Saturday, February 25 Helle Chapter and AHEPA Peter N. Derzis Chapter #438 will co-sponsor a FREE, live seminar entitled, Personal Finance in Turbulent Times. The speaker will be Keith Spengel, a financial educator for the Ric Edelman Financial Services group. You must reserve your spot because everyone who attends will receive a FREE copy of Ric Edelman’s best-selling book Rescue Your Money. The seminar will be held at Saint Katherine in Founders’ Hall from 10:00am to 12:00pm. We will prove a light breakfast beginning at 9:00am. Be sure to save the date! Bring your friends and relatives. This seminar is open to the public, free of charge! If you wish to attend, please call or email Jane Moore at 540-847-2215 or jmoore24@csc.com or Socrates Kousoutis at 301-384-3811 or socratesk@verizon.net before February 17.

Watch for your upcoming February newsletter which will include the date of our February chapter meeting and other important details.

Please mark your calendars for Sunday, April 29 when Helle Chapter presents its 4th Annual fundraising event, Fashions Around the Tea Tables. It’s an affair you don’t want to miss!

(Continued from page 5, column 2)

The Glendi is dedicated to our students, and to our whole community. We are waiting for your participation and together we will all be entertained before the Great Lent begins. Having in mind that by helping the school, we help our children, and, as a consequence, we help to keep our traditions and community alive. Looking forward to seeing all of you at this beautiful Greek Orthodox event of ours!

Important dates to remember in February…

(Continued on page 15, column 2)
HELPING OTHERS THROUGH GRIEF, LOSS, AND BEREAVEMENT

It can be tough to know what to say or do when someone you care about is grieving. It is common to feel helpless, awkward, or unsure. You may be afraid of intruding, saying the wrong thing, or making the person feel even worse. Or maybe you feel there is little you can do to make things better. While you cannot take away the pain of the loss, you can provide much-needed comfort and support. There are many ways to help a grieving friend or family member, starting with letting the person know you care. We will share 4 tips for helping a grieving person (one per month).

Listen with Compassion

Almost everyone worries about what to say to people who are grieving. But knowing how to listen is much more important. Oftentimes, well-meaning people avoid talking about the death or mentioning the deceased person. However, the bereaved need to feel that their loss is acknowledged, it is not too terrible to talk about, and their loved one won’t be forgotten.

While you should never try to force someone to open up, it is important to let the bereaved know they have permission to talk about the loss. Talk candidly about the person who died and do not steer away from the subject if the deceased’s name comes up. When it seems appropriate, ask sensitive questions, without being nosy, that invite the grieving person to openly express his or her feelings. Try simply asking, “Do you feel like talking?”

Accept and acknowledge all feelings. Let the grieving person know that it is okay to cry, get angry, or break down in front of you. Do not try to reason with them over how they should or should not feel. The bereaved should feel free to express their feelings, without fear of judgment, argument, or criticism.

Be willing to sit in silence. Do not press if the grieving person does not feel like talking. You can offer comfort and support with your silent presence. If you cannot think of something to say, just offer eye contact, a squeeze of the hand, or a reassuring hug.

Let the bereaved talk about how their loved one died. People who are grieving may need to tell the story over and over again, sometimes in minute detail. Be patient. Repeating the story is a way of processing and accepting the death. With each retelling, the pain lessens.

Offer comfort and reassurance without minimizing the loss. Tell the bereaved that what they are feeling is okay. If you have gone through a similar loss, share your own experience if you think it would help. However, do not give unsolicited advice, claim to “know” what the person is feeling, or compare your grief to theirs.

Next month: Offer Practical Assistance

A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
February 18, February 25, and March 3

We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls (February 18, February 25, and March 3). Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. Please note that we will keep the names for all three Saturdays of Souls. May the Lord grant eternal rest to the souls of our loved ones.

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THE 2012 STEWARDSHIP THEME IS ABIDE IN ME

Christ said, “I am the Vine, You are the branches...
By this My Father is glorified, that you bear much fruit...”
(John 15)

We are the branches through which the True Vine must bear fruit.
We bear fruit when we serve and support God and His Church.

STEWARDSHIP

Shown below is a list of families and individuals who participated in the 2011 Saint Katherine Stewardship Program as of December 31. Thank you for responding to the needs of our church.

Our stewardship pledge form is on page 15. If you have not yet sent a pledge, please complete the form and send it to the 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.

If you have any questions, please contact Anna Vassilopoulos at 703-671-1515 or avassilopoulos@stkchurch.com.

Donald and Irenelee Adams
Mr Frank Agnos
M/M John Agnos
M/M Nicholas Agnos
Mr Anthony Alatis
Dr/Mrs James Alatis
Ms Marianne Alberti
Ms Karen Aldana
Ms Petrandra Alevrofas
M/M Tony Alexis
M/M Dimitri Alexson
M/M Peter Aliferis
M/M Elias Alpos
M/M James Anagnos
M/M Larry Anagnos
Mrs Cleoniki Anastasiou
Ms Helen Anderson
M/M John Andre
Mr Alexandros Andreou
M/M Paul Anson
M/M Tasie Anton
Mrs Voula Antoniou
Mrs Helen Apergis
Mr George Apostolakos
Mr Pericles Apostolou
M/M Dennis Argerson
Dr/Mrs Nicholas Argerson
Mr James Argodale
M/M Nektarios Athanasiou

Ms Kiriaki Avramidis
M/M Michael Bakatsias
Mrs Panagiota Bakatsias
Capt/Mrs James Ballard
M/M James Ballis
M/M Konstantinos Balos
M/M Andreas Ballatzis
Mr Richard Barnacaus
Dr/Dr George Banks
M/M Dennis Barbarak
M/M George Barbarak
M/M Michael Barbarak
Mrs Sophie Barfield
Mrs Hope Bazaco
M/M Tom Beck
Dr Dean Bellas
Mrs Irene Bells
M/M Matthew Benard
M/M George Bildeas
M/M Adam Birmbaum
M/M Michael Bohle
Mr Constantinos Bokis
Mr Basil Boobas
Mrs Eleni Boosalis and
Mr Cary Scot
M/M George Boosalis
M/M Peter Boosalis
M/M Jeff Borst
M/M John Broening
Mrs Joanna Bose Hanford
Ms Beth Botis
M/M Theodore Bousbouras
M/M James Brackman
Mr Brackney and Mrs Galifianakis
Mr Theodoros Brotsis
M/David Buddendeck
Mrs Theresa Burrage
M/M Christopher Bursenos
M/M Bryan Burton
M/M Elias Burton
M/M John Calamos
Col/Mrs Paul Calbos
M/M Edward Cameron
M/M Michael Campbell, Jr
Mrs Catherine Speleos Canard
Mrs Gisella Caparell
M/M John Capetanakis
M/M Aggie Capsalis
M/M Manuel Capsalis
Ms Kiki Caracostis
Mrs Bunny Caras
Mr George Cardakis and
Mrs Casandra Becker
M/M Alexander Carr
M/M Todd Carr
Dr/Mrs Dumitru Carstea
M/M Adam Caskey
Mrs Katherine Cavallo
Mrs Anna Chaconas
M/M Christopher Chaconas
Mr Paul Chaconas
Ms Georgia Chakeris
M/M Pete Chambers
M/M Peyton Chandler
M/M Demetris Charalambous
M/M George Charahas
Mr Telly Charahas
Miss Antonia Chelpon
M/M Constantine Chelpon
Miss Ekaterina Chelpon
M/M Harry Chelpon
Rev/Presv Theodore Chelpon
M/M Louis Cherpes
M/M Mark Cherpes
M/Ms Peter Cherpes
M/M Christopher Chiames
M/M Emmanuel Chiaparas
Mrs Emilad Chiotakis
M/M John Chipouras
M/M Louis Cholakis
Ms Afrodite Christ
M/M George Christacos
Dr Nicole Christacos
M/M Stavros Christacos
Dr Mss Andrew Christopher
M/M Aristotle Christou

(Continued on page 13)
Become a 2012 Steward of Saint Katherine today!

In faith, prayer, and sacrifice, my family and I wish to share in the support and work of our Greek Orthodox Church of Saint Katherine. Out of our love and gratitude to God for all His blessings, we would like to pledge the amount of

$____________ for the year 2012

Today’s Date: _______________

Name: ____________________________________________________________________________________

Address: __________________________________________________________________________________

City, State, Zip: ____________________________________________________________________________

Telephone and email address: _________________________________________________________________

Με πίστη, προσευχή και θυσία, η οικογένειά μου και εγώ επιθυμούμε να συμμετάσχουμε στην υποστήριξη και υπηρεσία της Ελληνικής Ορθόδοξης Εκκλησίας Αγ. Αικατερίνης. Από αγάπη και ευγνωμοσύνη στον Θεό για τις ευλογίες Του, θα θέλαμε να υποσχεθούμε το ποσόν των

$____________ γιά το έτος 2012

Ημερομηνία (σημερινή): _______________

Όνομα: ____________________________

Διεύθυνση: __________________________

Πόλη, Νομός, Ταχ. Κώδικας: __________________________

Τηλέφωνο και Διεύθυνση email: __________________________

(Continued from page 14)

Mrs Olga Varoutsos
Stefan and Cristina Leventis Vasilis
Mr Constantine Vassilopoulos
MM George Vassilopoulos
MM Ramon Vazquez
Mr George Veletsis
MM Stavros Veletsis
Mrs Olga Varoutsos
Stefan and Cristina Leventis Vasilis
Mr Constantine Vassilopoulos
MM George Vassilopoulos
MM Ramon Vazquez
Mr George Veletsis
MM Stavros Veletsis
Col/Mrs James Velezis
Miss Joanna Veltistas
MM Pete Veltistes
Mr Thomas Veltistes
MM Jim Villa
MM Larry Vlos
Mr John A Vlachos
Mr Peppino Viannes

PIANO INSTRUCTION

♪ Ages 6 through Adult
♪ Advanced Coaching
♪ Competitions

♫ Recitals
♫ Performing Workshops

Study with Vasilios Boobas
703-256-0666
Noted Concert Pianist and Performer
Symphony Soloist

Distinguished Teaching for More than 30 Years

Private lessons on a concert grand piano.

(Continued from page 10, column 2)

IMPORTANT DATES FOR GREEK SCHOOL

February 4 Celebration of the Greek Letters with Metropolitan Evangelos of New Jersey at Saint George, Bethesda
February 5 Godparents’ Sunday
February 11 Teachers’ Meeting, 1:30pm
February 18 Apokreatiko Glendi, 5:00pm-11:00pm

The Greek School would like to express heartfelt thanks to the Safeway e-Scrip Program and our church’s coordinator, Elvira Garnett, for their generous donation.
The Saint Katherine Nursery is located on the lower level of the church. This space is available to parents with young children who need a place to take a break with their babies and toddlers and for moms who want to nurse. Children must be supervised at all times.