OUR LENTEN JOURNEY

JOHN HEYWOOD’S PROVERB COLLECTION of 1546 states, “You can lead a horse to water, but you can’t make it drink.” I have had the responsibility to care for farm animals and it is crucial to their wellbeing that they be fed and watered. We, too, as human beings have to eat and drink. The act of offering food and water is only viable if the water is clean and the food is wholesome.

The Lenten period of the Church leads us to the source where we can be spiritually fed and nurtured. This is why I ask you to partake of this lifegiving act freely during the period of Lent. Great Lent is a time for self-examination and self-denial, a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God. Lent is a time for greater works of mercy and charity for those less fortunate than us.

All this is done to prepare us for the Great Feast of Pascha—the Resurrection of Christ. Most of all, Lent is a time of joy and a new beginning. We cleanse ourselves—mind, body, and soul—through the physical and spiritual fast, keeping a Christian attitude in all that we do. Repentance and confession are the first steps on our journey. Repentance has its roots in the apostles. In the Book of Acts the Apostle Peter says, “Repent and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins, and you shall receive the gift of the Holy Spirit” (Acts 2:37-38). When we fall away from God, we remove ourselves from His communion—with Him and with other Christians. We have excommunicated ourselves. Re-entering communion with God is the on-going activity of all Christians. We fall away daily in some way or another. No one is exempt.

Often, when children play in competitive games, one will call out “that’s a do over!” Haven’t we all wished for that chance to undo the past and start over? Repentance offers us this new beginning. We are telling God that we have changed our mind about our past direction and want to be back in communion with Him. The Greek word for repentance, metanoia, implies a very deep change in the way we see ourselves, our world, and our relationship to God. To change our mind in repentance is the starting point in our Lenten journey. We leave behind regret as we move toward hope. Repentance is not a single action but an attitude, a frame of mind.

Think back over your life of things which you regret having said or done—hurtful, inconsiderate, selfish, deceitful things. Think also of those things which you have done which may not have directly affected others, but which you know to be wrong according to the teachings of the Church. Bring them to mind as if they were occurring right now. Think of how it would have been if you had acted differently. Take this regret and turn it into repentance. Acknowledge that you have offended another person or the Church and, in doing so, you have offended God.

If we are to be forgiven by God, He requires that we also forgive one another. For many of us, this is the most difficult aspect of repentance and Confession. Yet we say it each time we pray the Lord’s Prayer, “forgive us our trespasses as we forgive those who trespass against us.” Just as God’s love for us is personal, so must ours be for Him. As the Christian grows from child to adult, his or her personal response to God becomes crucial. This personal response is the act of confession.

(Continued on page 14)
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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Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos cell 571-213-1109, home 703-239-2627 frcostas@stkchurch.com

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Dr. Jerry Rich 703-250-2733 drjerryrich1@verizon.net

SCHOOLS AND STUDIES
Bible Study (Sundays) Bill Polizos 571-434-7790 polizos@att.com
Catechetical (Sunday) School, Youth Bill Porter 703-901-2404 beporter1@verizon.net
Journey to Orthodoxy James Jatras
Women’s Book Club Despina Raizes 703-216-8176 2draizes@gmail.com

MINISTRIES
Acolytes Joseph Pashiardis and Teddy Stathopoulos, Captains
AHEPA #438 (P. Derzis) Alan White 703-888-7666 winsomealan@aol.com
Bookstore Georgia McKinney, Manager 703-437-9218 dintym@gmail.com
Book Review Nina Ziou, Contributor steward1310@gmail.com
Daughters of Penelope Helle #283 Barbara Koltos 703-250-7486 bkltts@aol.com
DOXA Presv. Pauline Pavlakos, Editor 703-239-2627 przpauleon@stkchurch.com
Facebook Saint Katherine Greek Orthodox Church Gregory McKinney dintym@hotmail.com
GOYA (7th-12th grades) Maria Wuerker, President
GRACE Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Greek Dance Aris and Anna Yortzidis, Instructors 757-218-6991 greekdance@gmail.com
Greek School Auxiliary TBD
Paideia Mary Liakos mdliakos@aol.com
Hellenic Education Center Greek School and Paideia Preschool 703-671-7715 http://www.stkhec.org
HOPE (ages 7 and under) Doris Mentis, Coordinator dorisalumni.virginia.edu
JOY (ages 8-14) Vaitas Bousbouras, Coordinator vsbousbouras@yahoo.com
Listserv (email list) Presv. Pauline Pavlakos, Administrator 703-239-2627 przpauleon@stkchurch.com
Missions and Outreach Dr. John Demakis, Chairman 703-319-1610 demakis9931@gmail.com
Moms, Pops & Tots (up to age 4) Irene Sakkas 703-338-8823 irenesakkas@gmail.com
OCF (College Ministry) Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Philoptochos Mary Varlas mary.varlas@yahoo.com
Prison Ministry (Kairos) Dennis Garbis 202-437-7299 djgarbis@envdes.com
Website Presv. Pauline Pavlakos, Webmaster 703-239-2627 przpauleon@stkchurch.com
YAL (Young Adult League) Faye (Fotini) Anson fanson38@yahoo.com
Our community is constantly abuzz with joy and activity throughout the year. We are incredibly blessed with a beautiful sanctuary and dedicated clergy who provide our spiritual nourishment. Our parish ministries, employees and volunteers materially contribute to our successful parish life. Our physical plant—on almost 5 acres of land—consists of 3 major buildings in excess of 25,000 square feet. We have 14 HVAC systems in our complex as well as significant equipment resources and countless other mechanical, electrical and IT systems and alarms, all necessary for day to day operations. Of course, routine maintenance, ongoing upkeep and capital reinvestment for our community’s infrastructure is a never ending task—much as the upkeep and improvement of our own homes is for all of us.

The 2018 church operating budget, which makes everything above and more possible, is over $1.2M and is broken down into 4 principle components: Ministries, Staff, Recurring Expenses (mortgage, utilities, insurance, etc.) and Infrastructure (maintenance, capital improvements, etc.). Predictably, “people” and paying our monthly obligations remain our largest expenses. Overall, it takes over $100,000 per month to run our community. As in the past, it is very insightful to take look at what it costs to run Saint Katherine … on a daily basis:

- Ministries - $417/day
- Staff - $1,392/day
- Recurring expenses - $1,288/day
- Infrastructure - $381/day

Total daily operating expenses - $3,478

Noteworthy expenditures within the components above include:

- Office/Church Supplies - $148/day
- Utilities - $233/day
- Fundraising - $318/day
- Church Mortgage - $391/day
- Archdiocese Commitment - $252/day
- Routine Maintenance - $143/day
- Capital Improvements - $233/day

Now let’s take a look our projected revenues to see what we must generate each day to pay our bills (numbers in parentheses represent percentage of our overall budget):

- Stewardship - $1,493/day (43%)
- Candles & Trays - $384/day (11%)
- Rentals - $644/day (21%)
- Fundraising (festivals, etc.) - $712/day (21%)
- Other Donations - $247/day (6%)

Additionally, for the 2017-2018 school year ending June 2018, our Hellenic Education Center (HEC) budget is more than $585,000 per year—or $1,603/day.

Our parish’s largest source of revenue (43%) comes from our Stewardship program, but as you see, we must rely on fundraising activities (festivals and rentals, etc.) for almost 40% of our operational budget. Obviously, relying on fundraising for that large a portion of our budget is somewhat risky, particularly since weather can be a major factor in the success of such ventures. This is why our ultimate objective must be to attain 100% of our operating budget solely from our Stewardship program. Once that is achieved, proceeds from fundraising activities could be used for such things as mortgage reduction or other purposes throughout the community. Even if we attained “only” 75% of operational costs through Stewardship, we would still realize over $408,000 in additional stewardship revenues this year alone! If we sustained increased stewardship at such a rate for a mere 4 years, we could pay off our mortgage in less than 5 years! Imagine the realm of the possible for additional religious programs and good works throughout our community thereafter!

Hopefully, this slightly more granular look at our budget provides you a fresh perspective—not only on our daily needs, but why we must remain diligent stewards. It also reminds us how very grateful we are for everyone’s continued support of our community and its diverse ministries. This message is also timely because it is vitally important that everyone submit their stewardship pledge early and make subsequent donations towards fulfillment of that pledge in a timely manner so that we avoid cash flow issues that sometimes occur if revenues and donations are not consistent throughout the year (i.e., contributions traditionally fall off in summer months due to vacation travel by our parishioners).

So please take a moment to reflect on your blessings and decide on how much of your time, talent, and treasures you can provide to your Church and community. Please consider the words of Saint John Chrysostom as you deliberate, “A rich man is not one who has much, but one who gives much. For what he gives away remains his forever.”
WE ARE LIVING IN INTERESTING TIMES. Technology is accelerating exponentially and our daily lives are being influenced by these advancements. Our phones have begun to take up more and more of our time, focus, and energy. We can’t tolerate being in a car or waiting in a line without transporting ourselves to our digital escapes. We put our earbuds in and shut out the rest of the world to listen to our music or play our games. We isolate ourselves and indulge in our own private worlds with our new best friend—our phone.

Our social and conversational skills are diminishing because we are so used to texting. We can hide behind our texts, edit them, think about a response, or simply not respond at all. We communicate on our terms, when we want to, and hardly ever have to answer in-person. We shun uncomfortable or difficult conversations. We don’t respect other people and “ghosting” is something that is socially acceptable. We don’t care about how someone might feel and are only concerned with self-preservation and keeping ourselves outside the line of fire. In a sense, we have become selfish, self-serving, and self-isolated.

At the same time, we feel the need to share, update, post, and express ourselves through social media. There is so much subtle danger in social media because everyone puts their best foot forward. Most people’s posts say “Hey everyone! Look at me and how awesome my life is! Congratulate me!” This is the most self-gratifying thing we can possibly do. What about when things aren’t going so well for us and we only see how happy everyone else is? What about when we see other people getting things and doing things that we want? We normally don’t share our honest selves on social media and create a false-image that we hide behind.

Did you know that there is a reason why the saints are not smiling in the icons? It is not because they aren’t happy—they are perfectly happy. It is because if we saw all the saints smiling, how would that make us feel when we aren’t happy? When we are down, confused, or just having a tough day, seeing smiling icons everywhere could easily make us feel disconnected and isolated—like something is wrong with us.

Christ is here to connect us all in love. We are to be honest and genuine with each other and to treat others the way we want to be treated. Christ is in the present moment, in the here and now. He is within every single thing in the world—connecting it all in a spiritual way. We have to wake up and recognize that our phones and screens are dominating our lives and our attention. We are, in many ways, addicted. I am not saying phones are evil or that social media should be destroyed. All I am saying is that we really need to be conscious about what is happening. At the end of the day, we need to realize that our phones cannot offer us what we truly desire—to love and to be loved. That is to be found only in God.

GOYA Lenten Retreat, March 9-11. This is a VA-wide GOYA Lenten Retreat on the Eastern Shore! Experience faith, fellowship, and fun with other GOYAn in the weekend! Price is TBD. Contact Nick for information.

Oratorical Festival, March 18 after Liturgy. Please contact Nick Junes or Eleni Porter for more info!

Camp Good Shepherd - VA: July 8-14. Please watch our video! https://www.youtube.com/watch?v=z041Gc-3sJk

GOYA FEBRUARY CALENDAR

Wednesdays, 6:30pm-8:00pm Boys Basketball Practice*
Thursdays, 6:30pm-8:00pm Girls Basketball Practice
Feb. 4, Sunday: Godparent Sunday
Feb. 9, Friday, 7:00pm: Fellowship Night, Chelpon Hall
Feb. 11, Sunday: Youth Church Duty and GOYA Meeting
Feb. 17-18, Saturday-Sunday: Wilmington Tournament
*Subject to change.

YAL FEBRUARY CALENDAR

Mondays, 8:00pm: Basketball Practice*
Feb. 3, Saturday, 9:00am-3:00pm: Journey of Marriage Seminar at Saint Sophia Cathedral
Feb. 8, Saturday, 7:00pm: Tsiknopempti Pre-Lenten Fellowship, location TBD
Feb. 12, Monday, 7:30pm: Sandwich Making and B-ball *Subject to change.

OCF FEBRUARY CALENDAR

Feb. 7, Wednesday, 7:00pm: OCF Fellowship and Meeting – GMU location TBD.
Feb. 21, Wednesday: OCF Fellowship and Meeting. Time and location TBD.

JOY/HOPE. Here at Saint Katherine we have ministries for youth who aren’t of GOYA age! I strongly encourage these youngsters, and all of our youth, to register and attend Sunday School. This is the best way for our youth and parents to be involved, learn, and establish relationships! Moms, Pops, and Tots (40 days to age 4)–Irene Sakkas irenesakkas@gmail.com, HOPE (ages 4-7)–Doris Mentis doris@alumni.virginia.edu, and JOY (ages 8-12)–Vaitsa Bousbouras vsbousbouras@yahoo.com.

Lenten Parent and Family Retreat, Saturday, March 17 9:00am-3:00pm. It is with great joy that we have Dr. Philip Mamalakis, LMFT coming to Saint Katherine the weekend of March 17-19. Dr. Mamalakis, professor of Pastoral Care at Holy Cross Greek Orthodox School of Theology, author of Parenting Toward the Kingdom: Orthodox Christian Principles for Child-Rearing, and father of 6 children, will lead an interactive retreat on parenting, relationships, and living our faith in our homes. It will be a free-will offering with daycare provided for a small fee. Ages 13 and up are welcome! (See flyer on page 10)

ALTAR BOYS

Group 1 – 2/11, 2/25, 3/11, 3/25, 4/1
Group 2 –2/4, 2/18, 3/4, 3/18, 4/1
CATECHETICAL (SUNDAY) SCHOOL

Godparent’s Sunday, February 4. Children will have the opportunity to introduce their godparents to their teachers and worship together in Divine Liturgy. Refreshments will be provided following Liturgy.

Oratorical Festival Clinics, February 4 and 11. Clinic #1 will be held on February 4, and Clinic #2 will be held on February 11. Nick Junes will be available during the Sunday School hour (9:00am-10:00am) to answer any questions students may have about preparing their speeches.

NEW! 7th-12th Graders Prosphoro-Making Seminar, February 11. Mrs. Christina Vazquez will lead a prosphoro-making seminar in the kitchen of the Meletis-Charuhas Hall during the Sunday School hour (9:00am-10:00am).

Church Youth Duty, February 11. We need one student to sign up to read the Epistle. Please sign up at: http://www.signupgenius.com/go/5080c4dafa92da2f49-youth.

Bible Jeopardy, February 11 and 18. Bible Jeopardy is back during Sunday School hour! Grades 1-3 will play on February 11 and grades 4-6 will play on February 18.

OCMC Coin Boxes, February 18. OCMC Coin Boxes will be distributed on February 18. Collected monies will support Orthodox Missions during the Lenten season.

Sunday of Orthodoxy, February 25. The Sunday of Orthodoxy is February 25. Students should bring an icon to Church and celebrate this day by joining in the procession with our clergy.

Vacation Bible Camp, June 18-22. It is not too early to start planning for Vacation Bible Camp, scheduled for June 18-22. We need teachers and volunteers for our children to participate in this amazing week! Please contact Eleni Porter at beporter1@verizon.net if you are interested in helping either before or during VBC week.

BOOK REVIEW


Reflections of a Humble Heart is the teachings of an Orthodox elder who lived during the fifteenth century. This short, easy read offers a wonderful explanation of spiritual life and the process by which we attain salvation. This work was compiled by a monk named Basil in the last days of the anonymous elder’s life.

At the beginning of the book, it is made clear to the reader that this elder was a very holy person. He foresees the fall of Byzantium and the seizing of the Hagia Sophia by enemies of the church. “Often his eyes filled with sorrow, as he pitied the whole world,” writes Basil. It is uplifting as a teenager growing up in the modern age to read the teachings of someone so filled with the love of God. There is such a feeling of comfort and security in the elder’s words:

…I greet you and say to you, “Rejoice!” Rejoice, because you are a Christian and you bear the name of Christ. Rejoice, because, for the sake of our Lord Jesus Christ, God has numbered you with His sons, and you daily turn to Him with the words, “Our Father.” Rejoice, because the Son of God and your Saviour calls you His brother… (p. 24).

The elder begins his teachings by contrasting the Eastern and Western Churches, identifying what he feels to be the nature of the exterior practices and interior practices of the churches. While the West maintains what appears to be a pious and spiritual outreach, its worship is shallow and lacks a mystical essence. The East may often come across to nonbelievers as being superstitious, uneducated, and outdated. Yet within, we are a church of purity and beauty, depth and perception. As a teen, I hear much about the schools and youth groups run through other denominations of Christianity, but can find nothing particularly profound about their spirituality.

In speaking of spirituality, another portion of the manuscript I find particularly intriguing is the elder’s discussion of the true meaning of being filled with the Holy Spirit. Who is the Holy Spirit and what is His nature? What does it mean to be filled with the Holy Spirit? The elder discusses these questions in depth and goes into detail as to why many things known to God are not known to man.

Lastly, the elder talks of God’s reasons for creating man. Why did he create us as free, rational beings when he knew we would fall and depart from Him? God is the creator of life and out of love created man in His image. We cannot be angry with God for granting us free will, especially when he has offered us a place in the Kingdom of Heaven.

This book is a wonderful read for all who wish to understand the importance of faith and how to live as an Orthodox Christian.
**Greek School News.** Keeping up with the tradition of cutting the Vasilopita with Fr. Costa for the Greek School classes, we are reminded of the great blessing for the students to have the opportunity to learn about Saint Basil and his extraordinary life. Fr. Costa talked about Saint Basil’s faith and humility as a bishop and also his love and understanding for people—living out his faith—through his charitable work. We would like to thank all the staff for their hard work and commitment to the students and their families, and to the community of Saint Katherine for the educational offerings it wholeheartedly embraces. We wish Fr. Costa, the children who got the coin, all our student body and their parents, and our wonderful teachers many blessings for 2018!

**Ellinomatheia Exams 2018.** The Ellinomatheia Exams for 2018 will take place on May 15, 16 and 17. Congratulations to all our students who participated in the Ellinomatheia Exams 2017 and successfully earned their certificates! Our school keeps excelling with 100% success of the students who take the Exams. You may visit the website of Kentro Ellinikis Glossas (http://www.greek-language.gr/certification/node/15.html) for more information or contact us.

**Credit-by-Exam Pilot Program in Fairfax County for the Greek Language.** Because of the persistence of our parents and the support of the Board of Education of Saint Katherine, our long-awaited goal for Fairfax County Public Schools to offer the Greek Exams was accomplished! Now any student with proficiency in the Greek language may participate in the exams and earn up to two Language credits. These credits are accounted on the High School Diploma and may allow the student to substitute his/her language requirements with classes of their choice. Congratulations to all our students who participated in the 2017 exams! Please pass the word to families that have children in grades 7-11 and be mindful that the County will offer the exams as long as there is a demand!

**Saint Katherine Greek Exam Preparatory Classes.** Students interested in taking the 2018 Credit-by-Exam may contact us for information on preparatory classes. We would be very happy to offer our expertise to the students so that they can earn these credits needed for their High School Diploma. Classes will be structured with the exams in scope and students will be grouped by level of proficiency. A summer class for summer 2018 may be offered, if we are notified in advance.

**Apokreitiko Gledi, February 10.** Please see the ad on page 8 and plan on joining us.
REGISTRY

**Baptisms**
Zoe Sophia (January 7)
daughter of Subir Jossan and Eleni M. Boosalis
Godparents: Eleni N. Boosalis and Cary Scott, and
Georgia Boosalis

Anastasia Louisa Claire (January 27)
daughter of Robert Scott and Anna K. Nuzum
Godparent: Tinatin Khizanishvili O’Connell

**Chrismations**
Photius Aaron Doyle Moore (January 7)
son of Ray Franklin and Mariene Rose Moore
Sponsor: Bill Porter

Michaela Fotini Michele Grizelda Ritchie-Moore (January 7)
daughter of William and MaryAda Ritchie II
Sponsor: Eleni Porter

Tatiana Peyton Grizelda Moore (January 7)
daughter of Aaron Doyle and
Michele Grizelda Moore
Sponsor: Maria Euripides

Aengus Moore (January 7)
son of Aaron Doyle and Michele Grizelda Moore
Sponsor: Ariana Porter

**Weddings**
Anna Khizanishvili
and
Robert Scott Nuzum (January 27)
Koumbaroi: Chris and Connie Soves

Tinatin Khizanishvili
and
John Thomas O’Connell, III (January 27)
Koumbara: Nunu Japaridze

Congratulations!

**Funerals**
Peppino Nickolas Vlannes (December 28)
Christina Pavlakos (December 28)
at Holy Trinity, Clearwater, Florida

May their memory be eternal.

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**FEBRUARY CHURCH DUTY ROSTER**

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Name</th>
<th>Title</th>
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<tbody>
<tr>
<td>February 4, 2018</td>
<td>9:30am</td>
<td>Dr. J. Demakis, Captain Andrea Ballard Dr. Domenic Carr Costas Mavromatakis</td>
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<td>February 11, 2018</td>
<td>9:30am</td>
<td>Bill Polizos, Captain Tony Alexis Mark Cherpes</td>
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<td>February 18, 2018</td>
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<td>George Moshos, Captain Dr. Domenic Carr Dr. John Demakis Mallamo Mavromatakis</td>
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<td>February 25, 2018</td>
<td>9:30am</td>
<td>Pierre Tavoularis, Captain Mark Cherpes Nick Larigakis Bill Polizos</td>
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**Καλή Σαρακοστή!**
Good Lent!

**ANNUAL OCMC BENEFIT**

**SUNDAY**

**APRIL 22, 2018**

**SAINT KATHERINE GREEK ORTHODOX CHURCH**

**SPONSORED BY METROPOLITAN DC ORTHODOX CHRISTIAN MISSION & OUTREACH COMMITTEE**

**SAVE THE DATE**
Join the Daughters of Penelope Helle Chapter 283 for

TASTES OF THE MEDITERRANEAN

Friday February 16, 2018
7:00 - 10:00 PM
Meletis Charuhas Community Center
St. Katherine Greek Orthodox Church
3149 Glen Carlyn Road
Falls Church, Virginia

DELICIOUS APPETIZERS...
WINE TASTING OFFERED BY:
VIENNA VINTNER
LIVE GREEK MUSIC BY ACHILLEAS...
FUN...

Reservations Required
$30.00
Send Check to: Karen Polizos
903 Holly Creek Drive
Great Falls, VA 22066
Make Checks payable to:
DOP Helle Chapter 283

For more information contact:
Rosalie Georgeadis 703 532-1723
rgeorgeadis@hotmail.com

Proceeds will benefit Fisher House Foundation
and other DOP Charities.

St. Katherine’s Greek School invites you to
APOKREATIKO GLENDI
A night to remember - all invited

Sat. FEBRUARY 10TH 2018
5:30PM-11PM
Adults $45 | Kids $15 (4 - 13 years old)

Purchase Tix: DCGreeks.com

For more information:
Demetra Tsantes: 703-863-4193 dstsantes@gmail.com
or Chris Christou: 703-942-9180 cachris2@outlook.com

All proceeds benefit the Hellenic Education Center of St. Katherine.
# FEBRUARY 2018

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<tr>
<th>Sunday</th>
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<tr>
<td>Sunday of the Prodigal Son Godparent Sunday</td>
<td>7:30pm Sons’ B-ball</td>
<td>6pm Adult Beg. I Greek</td>
<td>6:30pm GOYA Girls’ Basketball Practice</td>
<td>6:30pm GOYA Girls’ Basketball Practice</td>
<td>9:30am Orthros</td>
<td>9:30am Greek School</td>
</tr>
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<td>9:00am Orthros and Catechetical School</td>
<td>8:00pm YAL B-Ball</td>
<td>6:30 Greek Dance K-8</td>
<td>7:00pm Adult Int. Greek</td>
<td>7:00pm Adult Int. Greek</td>
<td>10:30am Divine Liturgy</td>
<td>5:00pm Greek School</td>
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<td>10:00am Divine Liturgy</td>
<td>11:00am Greek School</td>
<td>10:00am Divine Liturgy</td>
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<td>6pm Adult Grk Flk Dance</td>
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| 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 5:00pm Greek School | | | | | | | | | | | | | | | | | | | | | |
| 6:30pm GOYA Girls’ Basketball Practice | | | | | | | | | | | | | | | | | | | | | |
| 7:00pm Adult Int. Greek | | | | | | | | | | | | | | | | | | | | | |

Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.
PHILOPTOCHOS
To all my Philoptochos Sisters in Christ and our Parishioners, I would love to wish you a Happy, Healthy, and Prosperous 2018.

I need to say thank you to everyone who helped us have an incredible year and congratulate all of our stewards for their time and assistance.

We have started working on our next major event that will take place on Thursday, February 8. It is our Annual Senior’s Valentine Luncheon. Mary Drakoulis will take reservations at 703-273-4159 along with Eleni Kanakos at 703-938-8360. Please make your reservation as soon as possible, as it will help us do a better job accommodating everyone.

Our Stewardship Tea will take place March 11, 12:00pm, in the Meletis Charuhas Center. All ladies 18+ are welcome to become stewards of the Ladies Philoptochos. Please join us for an afternoon of fellowship.

Our Easter bake sales will be held on Sunday, March 25; Saturday, March 31; and Sunday, April 1. All bake sales begin after Liturgy is over.

We will keep you posted about our involvement within our community and all National Philoptochos initiatives.

Thank you and God bless,
Mary K. Varlas

The Fast for Great Lent will soon be upon us and that means it is time again for the Cheesefare Book Fair. On February 18, we will offer, for one day only, gently used and almost new books ($5 for paperbacks and $10 for hardcovers). You will be able to choose from readings from church elders, Greek art books, and short stories on the lives of Orthodox saints, among other books. If you have items you would like to donate to the Book Fair, feel free to bring them to the bookstore. This Lent, also consider purchasing a new icon. We will discount our in-stock icons 20 percent on the Sunday of Orthodoxy (February 25). Our stock includes many beautiful icons of Christ, the Theotokos, major saints, and guardian angels. We will have a special selection of icons of Saint Phanourios, the patron saint of lost items, whose intercession many of us need to get through the day.

METROPOLIS TWITTER ACCOUNT
In order to create a presence for the Greek Orthodox Metropolis of New Jersey in the ever-growing Social Media, a Metropolis of New Jersey Twitter account has been created—#GOMetropolisNJ. This Twitter account will greatly assist in keeping our faithful informed of the activities, events, and ministries that take place in our Holy Metropolis.

THREE HIERARCHS AWARD OF EXCELLENCE PRESENTED TO TWO OF OUR GREEK SCHOOL STUDENTS
Congratulations to our Greek School Students, Aleeki Thorne and Yanna Willett, who excelled in the Comprehensive Examination in Modern Greek (Regents exams) last June. They received “The Three Hierarchs Award of Excellence” by His Eminence Archbishop Demetrios at the Holy Trinity Cathedral in Manhattan, New York on January 28, 2018. Και εις ανώτερα!

FEBRUARY WEEKDAY SERVICES
02 Fri Presentation of Our Lord (9:30am/10:30am)
10 Sat 1st Saturday of Souls (9:30am/10:30am)
17 Sat 2nd Saturday of Souls (9:30am/10:30am)
19 Mon Compline (7:00pm)
21 Wed Presanctified Liturgy (7:00pm)
23 Fri 1st Salutations (7:00pm)
24 Sat 3rd Saturday of Souls (9:30am/10:30am)
26 Mon Compline (7:00pm)
28 Wed Presanctified Liturgy (7:00pm)
Missions and Outreach

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

OCMC Benefit Dinner, April 22. Our annual benefit dinner for the Orthodox Christian Mission Center (OCMC) will be on Sunday, April 22. (See flyer on page 7). We are pleased to report that our main speaker this year will be Fr. George Liacopulos. Fr. George is the priest of Holy Trinity parish of Atlantic City, NJ. Fr. George served as President of the OCMC’s Executive Committee for four years during its unprecedented growth. The evening will begin with a Pan-Orthodox Vespers at 4:30pm, followed by appetizers, dinner, and the presentation by Fr. George. Fr. Martin Ritsi, the director of the OCMC, might also be present. More details will follow in the next DOXA. Please keep the date available. Our benefit dinner in 2017 was the largest ever. We hope to exceed that this year.

Project Mexico, July 17-26. Please prayerfully consider joining our 2018 Project Mexico team. We still have a few slots available. We will team up again with 120 of our Orthodox friends from around the country, serving our Lord by building at least 4-5 houses in one week for the homeless and needy families of Rosarito, Mexico. We will inform you in the near future about some of our plans for raising support for this wonderful mission trip. You can contact Bill Porter (beporter1@verizon.net) or Nick Junes (njunes@ stkchurch.com) for more information.

Kenya Mission Follow-Up. It is always a blessing and a pleasure to be reminded that a mission is not over when the mission trip is over! Here at Saint Katherine, we have so many examples to show us how the hand of God is at work through our people who constantly find ways to take initiative and go forward doing the right thing and helping in every way they can. The following example is an excerpt from Bishop Neofitos of Nyeri and Mt. Kenya who describes a wonderful recent event at the Makarios Children’s Home:

Today was another special day at our Makarios Children’s Home when we distributed shoes to our beloved children. We deeply thank Veronica for such a New Year’s gesture to our beloved children. Veronica was among the St. Katherine’s Orthodox Church mission team (Virginia) that came toward the end of the year. Of our 194 children plus...every child got a new [pair of] shoes. We thank God for her and all those who keep supporting our children in so many other ways that are best known to God. God bless you all! HAPPY NEW YEAR!

2018 OCMC Short-Term Teams Announced. The OCMC has announced nineteen (19) short teams for 2018 to nine countries: Albania, Alaska, Ghana, Guatemala, Indonesia, Jamaica (first time), Kenya, and Mexico. For a detailed list, go to OCMC.org, or check our Saint Katherine bulletin board on the first floor of our community center. Put your faith into action while traveling to assist Orthodox Churches and encourage missionaries. Make a difference by offering your time and talents in cross-cultural ministry. Mission teams allow you to answer the Lord’s calling to “go to all nations.” Be witnesses of the faith and fulfill the mandate of our Lord.

Missions Lectures Following Salutations. As has been our custom, immediately following the Friday Salutations services, we will have missions presentations. The dates and topics are: February 23 (members of our Kenya Team), March 2 (members of our Kenya Team), March 16 (members of our Project Mexico Team), and March 23 (Thomas and Elizabeth Emanuel from Norfolk—our newest long-term missionaries, who will be stationed in Guatemala.

Food Pantry Collection, Sunday, March 4. “I was hungry and you gave me food…” (Matthew 25:35). Our next food pantry collection will be Sunday, March 4. Our blue cloth bags will be distributed after liturgy on the prior two Sundays, February 18 and February 25. Please use these or other cloth bags to bring the food to the church. (Do not use paper bags since they frequently tear.) Leave them in the foyer of our community center. We will deliver them to the shelter that day. Please be generous, as there is a great need in our surrounding community.

Bailey’s Crossroads Shelter

Cooking and Serving Schedule. Missions committee members will serve dinner on February 20. Irene Burton will cook.

Hygiene and Survival Kits. We continue to receive thanks from the shelter for the 300 kits we assembled and delivered in December. Thanks again to all our Saint Katherine organizations that contributed items and thanks to our Sunday School students who assembled the kits.

Clothing Collections (now other items). As reported previously, the Shelter no longer accepts clothing. However, they are asking for the following:
1. Gift Cards to Target, Walmart, or grocery stores
2. Cleaning supplies for bathroom and kitchen
3. Laundry detergent and hampers
4. New towels, sheets, and pillows
5. Men’s and women’s deodorant
Please bring your donations to the foyer of our Community Center on Sundays.

Our next meeting is on Tuesday, February 13 at 7:30pm. All are welcome. Please join us.
SHOWN BELOW is a list of families and individuals who participated in the 2017 Saint Katherine Stewardship Program through December 31, 2017. Thank you for responding to the needs of our church.

If you have not yet submitted your 2018 pledge, please do so as soon as possible. You may pledge online today at www.saint-katherines.org/stewardship or at our Giving Kiosk located in the Narthex of the church. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.
ELLINOMATHEIA EXAMS. On Sunday, February 11, 2:00 pm, at the Embassy of Greece (2217 Massachusetts Avenue, NW, Washington, DC), the Ellinomathia Certificates will be given to students who passed last May’s exams. A light reception will follow. Registration for this year’s exams is from February 1 to March 18. You can find an application at the Greek Language Center’s website or from your Greek School. Exams will be given on the following dates: Tuesday, May 15 for levels A1 (8-12), A1 (teenagers/adults), A2 and B1; Wednesday, May 16 for levels B2 and G1; Thursday, May 17 for level F2. For more information, please contact Sophia Tsangali (703-671-1515, stangali@stkchurch.com) or Eleeni Alexopoulou (ealexiopoulou@stkchurch.com).
The Sacrament of Confession is offered before the Lenten weekday services and by appointment. The next part of our itinerary is fasting. Saint John Chrysostom has such a good way to put our fasting into perspective, when he writes:

Do you fast? Give me proof of it by your works. If you see a poor man, take pity on him. If you see a friend being honored, do not envy him. Do not let only your mouth fast, but also the eye and the ear and the feet and the hands and all the members of our bodies. Let the hands fast, by being free of avarice. Let the feet fast, by ceasing to run after sin. Let the eyes fast, by disciplining them not to glare at that which is sinful. Let the ear fast, by not listening to evil talk and gossip. Let the mouth fast from foul words and unjust criticism. For what good is it if we abstain from birds and fishes, but bite and devour our brothers?

May He who came to the world to save sinners strengthen us to complete the fast with humility, have mercy on us and save us. We now come to the part of our journey that is crucial for us to complete our Lenten journey—prayer. The aim of prayer is to enter into conversation with God. Prayer is sometimes referred to as dialogue with God. Often it is waiting on God in silence. In the Church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our mind and our heart are opened to Him. Prayer is not only repeating words, it is trust that God hears and directs us in His Way involving spiritual growth and development.

I invite you to start your journey on Monday, February 19, as this is the first day of Great Lent. Together we can be led to the salvific partaking of this Lenten period. Start one step at a time. Below, I offer to you The Prayer of Saint Ephraim the Syrian. Pray these words at the start and end of every day.

O Lord and Master of my life, take from me the spirit of sloth, despair, lust of power, and idle talk. But give rather the spirit of chastity, humility, patience, and love to Thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother, for blessed art Thou, unto ages of ages. Amen.

May God bless you and guide you, and may you reach your Paschal destination with the joy of renewed faith in Christ.

Kali Sarakosti!

Fr. Coste,
CEMETERY PLOTS FOR SALE

Two, never used, in-ground, side by side cemetery plots (Section 6, Block P, Lot 19, Site #1 & #2). Perpetual Care. Current cemetery selling price is $4,600.00 each. However, due to permanent relocation, the asking price is $3,780.00 each.

The location is Garden of Serenity, Fairfax Memorial Park, Braddock Road, Fairfax.

If interested, please call Peter at 703-507-2229 (cell).

If your loved one needs care, please contact Fr. Costas, as he has the names of some known and trusted caregivers.

A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
February 10, 17, and 24

We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls. Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. May the Lord grant eternal rest to their souls.

(Continued from page 6)
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