SATURDAY OF SOULS

Give rest, O Christ, among the Saints to the souls of Your servants, where there is no pain, no sorrow, no grieving, but life everlasting.

The words above are offered in prayer for our loved ones who have passed from this life to one in the Kingdom of Heaven. Our loved ones are terribly missed and we long for the time we shared our life together. We, therefore, as a community come together during the Saturdays of Souls to pray for departed souls of our loved ones.

We believe in the possibility of a situation change for the souls of the dead through the prayers of the living, and reject the term “purgatory.” Prayer for the dead is encouraged in the belief that it is helpful for them, although how the prayers of the faithful help the departed is not elucidated. We simply believe that tradition teaches that prayers should be said for the dead.

Saint Basil the Great (379 CE), writes in his Third Kneeling Prayer at Pentecost: “O Christ our God...(who) on this all-perfect and saving Feast, art graciously pleased to accept propitiatory prayers for those who are imprisoned in Hades, promising unto us who are held in bondage great hope of release from the vileness that doth hinder us and did hinder them...send down Thy consolation...and establish their souls in the mansions of the Just; and graciously vouchsafe unto them peace and pardon; for not the dead shall praise thee, O Lord, neither shall they who are in Hell make bold to offer unto thee confession. But we who are living will bless thee, and will pray, and offer unto thee propitiatory prayers and sacrifices for their souls.”

Saint Gregory Dialogus (†604) in his famous Dialogues (written in 593) teaches that, “The Holy Sacrifice (Eucharist) of Christ, our saving Victim, brings great benefits to souls even after death, provided their sins (are such as) can be pardoned in the life to come.” Saint Gregory goes on to say the Church’s practice of prayer for the dead must not be an excuse for not living a godly life on earth. “The safer course, naturally, is to do for ourselves during life what we hope others will do for us after death.” Father Seraphim Rose (†1982) says, “The Church’s prayer cannot save anyone who does not wish salvation, or who never offered any struggle for it himself during his lifetime.”

The most important form of prayer for the dead occurs in the Divine Liturgy. Particles are cut from the prosphoron during the Proskomedie at the beginning of the Liturgy. These particles are placed beneath the Lamb (Host) on the diskos, where they remain throughout the Liturgy. After the Communion of the faithful, the deacon brushes these particles into the chalice, saying, “Wash away, O Lord, the sins of all those here commemorated, by Thy Precious Blood, through the prayers of all Thy saints.” Of this action, Saint Mark of Ephesus says, “We can do nothing better or greater for the dead than to pray for them, offering commemoration for them at the Liturgy. Of this they are always in need...The body feels nothing then: it does not see its close ones who have assembled, does not smell the fragrance of the flowers, does not hear the funeral orations. But the soul senses the prayers offered for it and is grateful to those who make them and is spiritually close to them.

(Continued on page 3)
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GOYA (7th-12th grades) Iliana Tzafolias, President 614-378-8242 SaintKatherineGOYA@aol.com
Greek Dance (Byzantio) Aris and Anna Yortzidis, Instructors 757-218-6991 greekdancedc@gmail.com
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JOY (ages 8-12) Vaisa Bousbouras, Coordinator vsbousbouras@yahoo.com
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FROM THE PARISH COUNCIL PRESIDENT

A FULL-SERVICE CHURCH — YES, WE DO!

I recently received a phone call from a parish priest in Florida who was doing research for a parishioner who was relocating to the area. He had a lot of questions that made me realize just how much our community does. Below is a summary of the questions and answers that highlight the vibrancy of our community:

1. Do you have more than one liturgy? Yes, we do!
2. Is there an English Liturgy? Yes, our 8:00 liturgy is mostly English and our 10:30 liturgy is both Greek and English!
3. Do you have an active Missions Committee? Yes, we do!
4. Do you have adult catechism classes? Yes, we do!
5. Do you have a Sunday School? Yes, we do!
6. Do you have an active GOYA? Yes, we do!
7. Do you have an active Philoptochos? Yes, we do!
8. Do you have an active Daughters of Penelope chapter? Yes, we do!
9. Do you have an active AHEPA chapter? Yes, we do!
10. Do you have a dance program? Yes, we do!
11. Do you have a Greek School? Yes, we do!
12. Do you have a Greek Day Care? Yes, we do!
13. Do you have active JOY and HOPE programs? Yes, we do!
14. Do you have a festival? Yes, we do! Two of them.
15. Do you have Vacation Bible School? Yes, we do!
16. Do you have an Oratorical Festival? Yes, we do!
17. Do you have a choir? Yes, we do!
18. Do you have Psalters? Yes, we do!
19. Do you have Bible studies? Yes, we do!
20. Do you have a community center? Yes, we do!

By no means is this an exhaustive list of what we offer in our community. Just recently, we launched a new ministry to help those struggling with addiction in our community. We are only limited by the willingness to give our time and talent to make these programs work.

I want to sincerely thank all of you who give tirelessly of your time and talent that makes a phone call like this one sound almost too good to be true. We have a wonderful community because of all of you and especially our Proistamenos, Fr. Costa. His leadership and blessings, supporting so many initiatives, make our community something of which to be quite proud.

Please keep doing what you’re doing. If you’re on the sidelines, please consider volunteering. We are all busy, but we can all make time. Yes, we can!

Your servant in Christ,
Ray Vazquez
President, Parish Council

I ask you to offer the names of your loved ones to us so we may pray for them (please use the form on page 8). We use koliva because the koliva are symbolic of the resurrection of the dead on the day of the Second Coming of the Lord. Saint Paul said, “What you sow does not come to life unless it dies” (I Corinthians 15:36), and Saint John, “unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit” (John 12:24). Thus, as the wheat is buried in the soil and disintegrates without really dying, but is later regenerated into a new plant that bears much more fruit than itself, so the Christian’s body will be raised again from the very corruptible matter from which it is now made; however, it will be raised not in its previous fleshy substance but in an incorruptible essence which “will clad the mortal body with an immortal garment” (the words of Saint Paul in I Corinthians 15:53). The koliva then, symbolize the Apostolically rooted hope in the resurrection of the dead as the only eventuality that gives meaning and attains the longed perfection on the part of the individual who takes his life to be a divinely ordained meaningful living forever. The 16th century Archbishop Gabriel of Philadelphia wrote that the koliva are symbols of the general resurrection, and the several ingredients added to the wheat signify so many different virtues.

May their memory be eternal! Zoe me sas.

Fr. Costa
AS MANY OF YOU KNOW, we have begun a new ministry called The Fellowship of Saint Ephraim of Nea Makri, a support group for those struggling directly or indirectly with addiction. If you or a loved one are working to “find the way home,” let this ministry help. Under directed efforts of clergy and trained behavioral counselors, this fellowship combines the power of clinical education and witness with Christ’s love to support those recovering from this affliction. We meet Wednesdays at 7:00pm in Chelpon Hall, with a Paraklesis following at 8:00pm. Please contact FrNikolas@stkchurch.com for more information.

Who is Saint Ephraim of Nea Makri?
by: Hieromonk Makarios Simonopetrites

We knew nothing about this New Martyr Saint until January 3, 1950, when he revealed the location of his burial, at the ancient Monastery of the Annunciation, in Pendelis, in Nea Makri, Attica. Since 1965, the Saint has appeared often to nuns in the monastery or to pilgrims, either in their sleep or directly before them, surrounded by a brilliant light and exuding a most sweet fragrance. He tells them details, which are remarkably consistent in all the different accounts, about his life and the conditions of his martyrdom.

Saint Ephraim became a monk at the age of 14, in a monastery which was flourishing at that time. After 30 years of living the ascetic life, he was arrested by the Turks, who slaughtered all the other monks and razed the monastery to the ground. From 14 September 1425 until 25 April 1426, he was subjected to great many tortures. In the end, the barbarians hanged him upside down from a mulberry tree. They nailed his feet and his head to the tree and then set fire to his body.

After this manifestation, the Saint continuously revealed that he was with the living God, appearing often to people and curing many who were sick. He appears in the form of a gaunt-looking ascetic or in his priestly vestments and states his identity, saying, “I’m called Ephraim.” For some he heals incurable illnesses, such as terrible addictions, for (Continued on page 6)
BYZANTIO GREEK DANCE
Saint Katherine offers Greek Folk Dance Lessons through the Byzantio Greek Dance and Cultural Arts Program. Lessons for Grades K-12 are typically offered on Tuesday evenings from 6:30pm-7:30pm. Lessons for adults are held on Sundays 5:30pm-7:30pm. Please contact Aris and Anna at greekdancedc@gmail.com or 757-218-6991, or visit www.byzantio.org for more information including practice dates, times, and registration forms.

CATECHETICAL (SUNDAY) SCHOOL
This year, students will honor their Godparents on Sunday, February 2. Students have invited their Godparents to study the faith with them during Sunday School and then join them in the hall for refreshments. For those Godparents who live far away, our students have worked to send cards and poems to their Godparents. Additionally, our students are working on preparing speeches for the Oratorical Festival (March 15). You can find all of the questions and topics either online (www.goarch.org/oratorical) or outside of the Sunday School office (on the bulletin board). If you have any questions, please reach out to Dean and Vivian Chelpon at (vivandean@aol.com) or Christina Vazquez (czvmail2@gmail.com).

GOYA
Thanks to all who participated in the Philoptochos Rise Against Hunger event. It was a wonderful success! This month, Bible Study will be on Tuesdays, February 4 and 18. Don’t forget to work on the Oratorical Festival and submissions to Saint George’s Sight & Sounds Arts Festival on March 7-8. The next Youth Sunday/GOYA meeting will be on February 23. Upcoming events: Superbowl Party (Sunday, February 2), Bible Study (Tuesdays, February 4 and 18), Holy Trinity, Delaware basketball tournament (Saturday and Sunday, February 15-16), and HEC’s Apokreatiko Glendi (Saturday, February 29). Email SaintKatherineGOYA@stkchurch.com for additional information.

ORATORICAL FESTIVAL
Our local St. John Chrysostom Oratorical Festival will be held at Saint Katherine on March 15. The festival provides our youth the opportunity to write and talk about their faith. There are 3 divisions: the elementary division (local festival only) for grades 4-6, junior division for grades 7-9, and senior division for grades 10-12. Top speakers in the Junior and Senior Divisions will be awarded $150 and $250 scholarships, respectively. Please encourage your children to participate in the festival and be sure to attend this event to show support for our youth. Information on the festival can be found at www.goarch.org/oratorical. If you have any questions, please reach out to Dean and Vivian Chelpon at (vivandean@aol.com) or Christina Vazquez (czvmail2@gmail.com).

BOOK CLUB
The Saint Genevieve Book Club is a social ministry of our parish. We meet the last Sunday of each month following the second Divine Liturgy. The book club is open to everyone and is a great way to enjoy fellowship and deepen and explore our faith through reading. Our current book selection is Acquiring the Mind of Christ: Embracing the Vision of the Orthodox Church by Archimandrite Sergius (Bowyer). The book, as well as handouts, are available in the bookstore. Even if you have not read along, you are more than welcome to join us. Please contact victoriacherpes@gmail.com if you would like more information or to be included on our email list. Please also mark your calendars—our church is hosting a Lenten retreat on April 4, led by Archimandrite Sergius (see flyer on page 15). He will be traveling with the Miraculous Icon of Saint Anna, the Mother of the Theotokos.

BOOKSTORE
Are you a devotee of Marie Kondo? Are you looking to declutter your bookshelves? Consider bringing your gently used books and icons to the bookstore so they can be sold at our Cheesefare Book Fair in March and at the church festival in June. We prefer faith-based books, but we will accept other “appropriate” volumes. (This is a another way of saying, no romance novels.) In the past, we have used the proceeds to buy children’s books for the boys and girls in our sister parish in Kenya, textbooks for the Journey to Orthodoxy class, and icons of Saint Katherine. All you need to do is drop your books and icons outside our door. We’ll take care of the rest.
PAIDEIA PRESCHOOL
HAPPY 2020! Paideia kids are learning about snow and hibernation while celebrating the feast day of Epiphany! Best wishes from all of us at HEC for a prosperous year.

Enrollment for the summer and the 2020-2021 school year will open soon. Stay tuned for more information. Children ages 2-5 are welcome. We offer 2, 3 and 5 day choices, flexible schedules, and an environment where children flourish spiritually, academically, and socially. We help with potty training as well. Please contact the director at ealexopoulou@stkchurch.com or call the HEC office at 703-671-7715, if you would like to visit Paideia Preschool. Our website, www.stkhec.org, also has useful information.

GREEK SCHOOL
CUTTING THE VASILOPITA with our Greek School students and learning about our wonderful traditions as well as our faith are exciting. Many blessings to all our students and staff and, of course, the lucky ones who got the coin!

Enrollment for the 2020-2021 school year to open soon. As our numbers increase, space and staff availability isn’t a given. We count on you to sign up early for Greek School in order to help us plan accordingly for staffing and classroom space.

GREEK SCHOOL (cont’d.)
The Greek Embassy will host the ceremony of the awarding of Ellinomatheia Certificates on February 2 at 2:00pm. Students from all the Greek language programs in the area who successfully passed the exams in May of 2019 and their families are welcome. The ceremony is about one hour long and the certificates are awarded by the Greek Consul.

The Apokreatiko Glendi is coming up—February 29, 5:30pm-11:00pm. Reserve your tickets early. Please see the flyer on page 4. For ticket purchase, go to DCGreeks.com.

GREEK SCHOOL PTA
Apokreatiko Glendi (Glendi). Our biggest fundraiser of the school year, the Glendi, is scheduled for Saturday, February 29 (snow date is March 1), starting at 5:30pm. The event includes a DJ, food, face painting, raffles, and our special guest performer—Master Tempo! Please visit DCGreeks.com for tickets ($55 for adults and $25 for kids 5-17 years old). Cash bar. Proceeds benefit the Hellenic Education Center. Please consider volunteering for the event. We need everyone to lend a helping hand to make the Glendi a success. Email Andri Orphanides (absoluteandri@gmail.com), Chris Christou (cachris2@outlook.com), Demetra Tsantes (stkhecparents@gmail.com), or Mary Charuhas (marcharva@gmail.com) for more information. The entire community is invited to this wonderful family event.

Future Events. Greek Independence Day Parade/March 25th Celebration in Baltimore on Saturday, March 21 and Teacher Appreciation Week, Yearbook, and Graduation Program on Saturday, May 30.

(Continued from page 4)

others he bolsters their wavering faith. Some he saves from danger, such as fire, or he comforts those who are troubled by bitterness and sorrow by showing them the tortures he himself endured for the love of Christ.

In 1982, Saint Ephraim appeared to a believer together with Saint Raphael the New Martyr from Mytilini, who also revealed himself in modern times under similar circumstances [9 April]. It would appear that, in this way, the Lord wishes to show prophetically that today, as He did yesterday, He rejoices in His saints and, through them, pours out His grace, in order to bolster the Church and comfort the faithful.

O Holy Martyr Ephraim, look with compassion upon our distresses and through your prayers, may the Lord deliver us from the demon of addiction! Amen.
GUATEMALA UPDATES

**Jesse's Wedding.** We are pleased to announce that our long-term missionary in Guatemala, Jesse Brandow, was married in December to Juanita. Juanita is attending medical school in Guatemala and plans to practice at the medical clinic at Aguacate where Jesse is presently working. Jesse has visited Saint Katherine many times, the last time being at our October festival. We have supported Jesse throughout his ministry in Guatemala. We are pleased for them both and wish them a long and happy life in service to our Church.

**Jennifer Rice’s Visit to Saint Katherine.** Another long-term missionary in Guatemala is Jennifer Rice. Jennifer has visited Saint Katherine and we have helped support her ministry in Guatemala. Jennifer will be visiting the DC area in February and will be at Saint Katherine on Saturday evening, February 15, for a presentation. More details will appear in the church bulletin when available.

**Mike Bosworth’s Mission Team, March 6-15.** We are pleased to announce that Mike Bosworth, an active member of our Missions and Outreach Committee, has been chosen to return to the Guatemala Clinic from March 6-15. Mike is an EMT technician and will work in the clinic. If you would like to help support Mike’s mission, please make out checks to Saint Katherine and write “Mike Bosworth” on the memo line.

OTHER MISSIONS and OUTREACH NEWS

**Kenya Update.** The Daughters of Penelope Helle 283 raised $2,500 for St. John Orphanage in Kenya for Christmas. The Orphanage used the funds to purchase clothes, shoes, toys, and a wonderful Christmas feast for the children. The Philoptochos donated $2,000 to the Orphanage. The funds will cover costs of new jackets and/or blankets for the children. Thanks to all for their contributions!

**OCMC Banquet, May 3.** As previously mentioned, our annual OCMC Banquet will take place Sunday, May 3. Our main speaker will be the Executive director of Project Mexico and St. Innocent Orphanage, Fr. Demetrios Andrews. Please save the date for a wonderful experience. We have sent several teams to Project Mexico. More details in next month’s *DOXA*.

**OCMC Update.** The OCMC has announced its Mission Teams for 2020. Teams will travel to Alaska, Albania, Columbia, Ghana, Guatemala, Indonesia and Kenya. Mission Team Applications, details and additional opportunities are available at [www.ocmc.org](http://www.ocmc.org). You can also email them at [teams@ocmc.org](mailto:teams@ocmc.org) or call 877-463-6784 (ext. 142), for information.

MISSIONS AND OUTREACH MEETING

**Our next meeting** will be held on Tuesday, February 11, 7:30pm, in the board room.

HOMELESS SHELTER

**Hygiene and Survival Kits.** As we reported in last month’s *DOXA*, on Sunday, December 8, we were able to assemble 300 hygiene and survival kits for the Bailey’s Cross-roads Shelter. They were very pleased to receive them. At a recent meeting at the shelter, I found out that they have already distributed all 300 of the kits! There has been a great need this season. We are in discussion with the shelter about possibly providing more kits next winter. Stay tuned!

**Special Needs of the Shelter**

**Back Packs and Blue Jeans.** The shelter has asked for back packs and men’s blue jeans—“gently used.” Please bring to the church office for collection and distribution.

**Volunteers.** The new Bailey’s Shelter & Supportive Housing (BSSH) is looking for volunteers to help in the kitchen, at the front desk, leading activities, and teaching classes. BSSH will be having a volunteer open house on February 15 from 11:00am to 1:00pm. Anyone with questions about volunteering at BSSH should contact Leo Patri-<br>\[cian at 703-578–8852 or [patrician@newhopehousing.org](mailto:patrician@newhopehousing.org).]

FOOD PANTRY RESULTS

On Sunday, December 1, our community provided almost 700 pounds of food for our local food pantry located at the Columbia Baptist Church, down the street from Saint Katherine. The staff of the pantry was very appreciative. We will set up a second date for the spring.

MISSIONS PRESENTATIONS

**Fridays in March**

As is our custom, we will sponsor missions presentations after the Salutations Services on Fridays, March 6, 13, and 27. The presentations will take place in Chelpon Hall. We will publish the speakers in next month’s *DOXA*. We expect presentations on mission trips to Alaska, Guatemala, and Kenya.

CULMORE CLINIC

**The Culmore Medical Clinic Warmly Welcomes** Daphne Papamichael to its Board of Directors. Daphne replaces Dr. John Demakis on the Board of Directors. Dr. Demakis will move to the Advisory Committee of the Culmore Clinic. The Clinic has hired a new Executive Coordinator. They are still looking for several volunteer positions, including: Volunteer Medical Professionals (EMTS, LPNS, and MAS), Volunteer Patient Care Assistant, Volunteer Receptionist, Volunteer Nurse, and Volunteer Counselor. If you are interested, go to: [https://www.culmoreclinic.org/hiring](https://www.culmoreclinic.org/hiring).
A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
February 22 & 29, March 7

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.

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ΠΡΟΓΡΑΜΜΑ ΗΜΕΡΗΣΙΑΣ ΠΟΡΕΙΑΣ
Sophia D. Tsangali

ΕΙΝΑΙ ΔΥΣΚΟΛΟ ΝΑ ΒΑΔΙΖΟΥΜΕ στην ζωή μας χωρίς να έχουμε βλέπει και χωρίς να θέτουμε σκοπούς, τους οποίους να φτάνουμε και να εφαρμόζουμε. Στο σχολείο έχουμε τον ημερήσιο πρόγραμμα των μαθημάτων, το οποίο πρέπει να ακολουθούμε. Στο στρατό υπάρχει άλλο πρόγραμμα εκπαίδευσης. Αυτά τα προγράμματα εξυπηρετούν, γιατί κάνουν την εκπαίδευση συστηματική και βοηθούν τους εκπαιδευμένους στην καλύτερη εκμάθηση.

Ένα τέτοιο πρόγραμμα, μπορούμε να πούμε, ότι έχει θέση και στην καθημερινή, χριστιανική ζωή μας. Κι αυτό, γιατί κι εμείς οι χριστιανοί κάνουμε μία εκπαίδευση και πάνω απ’ όλα ζητάμε να μορφωθούμε "ἐν Χριστῷ". Να μάθουμε τον τρόπο και τα μέσα. Να συνθέσουμε στην προσπάθειά μας αυτή ανάμεσα, ώστε να την κάνουμε τελείως δική μας. Με άλλα λόγια, δεν είναι δυνατόν για ένα χριστιανό να βαδίζει στην τύχη για την σπουδαιότερη υπόθεση της ζωής του, την κατάκτηση του Ουρανού. Εμείς χτίζουμε το εφόσον οικοδόμημα και γ’ αυτό δεν πρέπει να πραγματοποιήσουμε χωρίς σχέδιο και πρόγραμμα.

Πρώτα-πρώτα είναι η προσευχή! Η αρχή και το τέλος της εκπαίδευσης μας! Αυτή είναι που χρωματίζει την ζωή μας. Είναι καθιστικός όλων μας να προσευχήσουμε. Όπως το σώμα μας έχει ανάγκη από την υλική τροφή για να επιζήσει στην επιτυχή ζωή, έτσι και η ψυχή μας έχει ανάγκη από την πνευματική τροφή για να κερδίσει και να ζησει παντοτένα στον Ουρανό. Πώς όμως θα επιτύχουμε αυτό; Με τον λόγο και το θέλημα του Θεού! Όταν δηλαδή, κατά την διάρκεια της μέρας και καλύτερα πριν αρχίσουμε την μέρα μας, το πρωί, μέσα την πρωινή προσευχή μας, ωφέλιμο είναι να μελετούμε κάτι, έτσι και ως την αρχή και την ολοκλήρωση του καθημερινού συστήματος μας.

Κάτι άλλο, το οποίο επίσης θα βοηθήσει στο ημερήσιο πρόγραμμα μας, είναι η διάκριση της προσοχής. Προσοχή για να μη μας συλλάβει η αμαρτία και μάς κάνει υποχειρίσις της. Προσοχή στον εαυτό μας και στο περιβάλλον μας. Προσοχή στους τόσους πολλούς πείραματα, τους οποίους συναντάμε κάθε μέρα στην ζωή μας, στις δυσκολίες, στα απρόσκοπτα. Μία τέτοια προσευχή είναι απαράδεκτη για την καθή μέρα.

Το βράδυ, πριν την προσευχή μας, ας δώσουμε στον εαυτό μας σειρά στην αυτοεξέταση. Τι καλό ή κακό έκανα κέρδα; Τι θα μπορούσα να κάνω καλύτερα για την πρόοδο μου, αλλά και για την πρόοδο των συναδέλφων μου; Η αυτοεξέταση είναι απαραίτητο στοιχείο στην ζωή μας, αν επιθυμούμε να προδιαγραφούμε χριστιανικά.

Το παραπάνω είναι ένα απλό, αλλά πλήρες καθημερινό πρόγραμμα χριστιανικού βίου. Δυσκολίες στην εφαρμογή του σιωπηδοτήτου υπάρχουν, είναι φυσικό, αλλά από την θέληση μας εξαρτάται η υπερτήδησή τους, όταν βάλουμε στα ξετά σε εφαρμογή το πρόγραμμα αυτό.

Το χριστιανικό καθημερινό πρόγραμμα λοιπόν ομορφαίνει την ζωή μας, γιατί μάς οδηγεί στο επιδιωκόμενο, που δεν είναι τίποτε άλλο παρά ο Ουρανός. Ας μη σταματήσουμε λοιπόν ποτέ όσο ζούμε να εφαρμόζουμε την καθημερινή, χριστιανική εκπαίδευση, βιώνοντας το καθημερινό, χριστιανικό πρόγραμμα. Προσευχή! Μελέτη! Προσοχή! Αυτοεξέταση! Καλή επιτυχία!
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<th>Sunday</th>
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<tr>
<td>2. <strong>Presentation of Our Lord Godparent Sunday</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;4pm GOYA Super Bowl Party</td>
<td>3. 6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td>4. 12:00pm Seniors’ Valentine’s Day Luncheon&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:30pm GOYA Bible Study</td>
<td>5. 6:30pm GOYA Boys’ Basketball Practice&lt;br&gt;8pm HEC Parents B-ball&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm Paraklesis to St. Ephraim of New Makri</td>
<td>6. 6:45pm U13 Bball Clinic&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>7. 5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;7:00pm Tastes of the Mediterranean</td>
<td>1. 9:30am Greek School</td>
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<td>9. <strong>Sunday of the Publican and the Pharisee</strong>&lt;br&gt;Triodion Begins&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:30pm Finance Seminar&lt;br&gt;5:30pm Adlt Greek Dance</td>
<td>10. 6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;7:30pm Deuteri Deutera&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td>11. 5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:30pm Missions&lt;br&gt;8:00pm AHEPA</td>
<td>12. 6:30pm GOYA Boys’ Basketball Practice&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm Paraklesis to St. Ephraim of New Makri&lt;br&gt;8pm HEC Parents B-ball</td>
<td>13. 6:45pm U13 Bball Clinic&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>14. 5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek</td>
<td>8. 9:30am Greek School</td>
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<td>16. <strong>Sunday of the Prodigal Son</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:00pm Philoptochos&lt;br&gt;5:30pm Adlt Greek Dance</td>
<td>17. President’s Day (Office Closed)&lt;br&gt;6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td>18. 5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:30pm GOYA Bible Study</td>
<td>19. 6:30pm GOYA Boys’ Basketball Practice&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm Paraklesis to St. Ephraim of New Makri&lt;br&gt;8pm HEC Parents B-ball</td>
<td>20. 6:45pm U13 Bball Clinic&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>21. 5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek</td>
<td>15. 9:30am Greek School&lt;br&gt;Holy Trinity Basketball Tournament through Sunday&lt;br&gt;7:00pm Guatemala Missions Presentation</td>
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<td>22. <strong>St. John Climacus Meatfare Sunday</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:30pm Book Club&lt;br&gt;12:30pm GOYA&lt;br&gt;5:30pm Adlt Greek Dance</td>
<td>23. 6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td>24. 5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:00pm Parish Council</td>
<td>25. 6:30pm GOYA Boys’ Basketball Practice&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm Paraklesis to St. Ephraim of New Makri&lt;br&gt;8pm HEC Parents B-ball</td>
<td>26. 6:45pm U13 Bball Clinic&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>27. 5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek</td>
<td>22. 1st Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;9:30am Greek School</td>
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<td>29. 2nd Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;9:30am Greek School&lt;br&gt;5:30pm Apokreatiko Glendi</td>
<td>28. 5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek</td>
<td>29. 2nd Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;9:30am Greek School&lt;br&gt;5:30pm Apokreatiko Glendi</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

I PRAY THAT THIS NEW YEAR has started off for each of you with love. For Chapter 1092, we could not have hoped for a better start to 2020. On Sunday, January 12, our Saint Katherine community, along with many others, came together to assist in one of our biggest undertakings of chapter history. Nearly 200 people accomplished a task that at first appeared to be daunting. That initial thought was swept away quickly as within two hours there were 25,488 meals packed away and ready for delivery. I witnessed people streaming in with smiles, listening intently when Hannah, the representative from Rise Against Hunger, took us through a journey of “a day in the life of Pedro” and even shared her own reasons for working with the organization. Everyone was laughing and singing, working like an expertly well-oiled machine. Time passed without anyone realizing that the project was finished. This was teamwork! Everyone worked together with a common goal and enjoyed it. God was shining down upon us. Our faith is continuous work in baking and the bake sales, should feel extremely proud. Feeding the hungry is imperative. We are Philoptochos and our reach is everywhere. Thank you.

In order to make all this happen, we rely on your memberships. Those of you who were members last year received your renewal notices in January. Please mail the renewal applicationa and your check to us as soon as possible. Our goal is to have all renewals completed by the end of February. If you are not a Philoptochos member yet, “Please Join Us!” Applications are available online through the church website and at the Philoptochos table during Coffee Hour after Liturgy every Sunday. Remember, Membership/Stewardship is Philanthropy.

As a reminder, the Annual Valentine’s Day Luncheon will take place on Tuesday, February 4, at 12:00pm. For reservations, please call Mary Varlas at 703-965-4161 or Eleni Kanakos at 703-938-8360 by January 28. It is very important to us that you call to reserve so that we can prepare for the luncheon appropriately.

DAUGHTERS OF PENEOPE by Maria T. Vargas

I AM PLEASED TO REPORT our holiday fundraiser, a Bakeless Bake Sale, raised more than $2,500 for the St. John Orphanage in Kenya. Thanks to everyone’s generous donations, the children celebrated Christmas with, among other things, new shoes, clothes, and toys. Thanks again to everyone who donated and to Barbara Koltos and Effie Wingate for organizing.

The Helle Chapter is off to a busy start in 2020! At our January meeting, we welcomed new members Paula Brickates, Christianna Brotsis, Andrea Snedegar, and Gina White. On Friday, February 7, we are hosting our annual Tastes of the Mediterranean fundraiser (see flyer on page 5)—the proceeds of which will go to Boulder Crest Retreat, a facility that supports veterans and their families. Please contact Rosalie Georgeadinis at 703-532-1723 or Karen Polizos at polizos@aol.com for more information. Mark your calendar—on April 26 we will sponsor a community lecture on Health and Wellness: Caring for Our Loved Ones. Please plan to join us!

THE Helle Chapter is off to a busy start in 2020! At our January meeting, we welcomed new members Paula Brickates, Christianna Brotsis, Andrea Snedegar, and Gina White. On Friday, February 7, we are hosting our annual Tastes of the Mediterranean fundraiser (see flyer on page 5)—the proceeds of which will go to Boulder Crest Retreat, a facility that supports veterans and their families. Please contact Rosalie Georgeadinis at 703-532-1723 or Karen Polizos at polizos@aol.com for more information. Mark your calendar—on April 26 we will sponsor a community lecture on Health and Wellness: Caring for Our Loved Ones. Please plan to join us!

AHEPA CORNER by George Vassilopoulos

THANKS TO BROTHER ANGELO’S TIRELESS EFFORTS, we secured the Merrill Lynch/Bank of America commitment for a Community Finance Seminar to be held on Sunday, February 9, in the Chelpon Hall, immediately following the second liturgy. It will be hosted by AHEPA 438 and DOP 283. Parishioners, friends, family & guests are all invited. Their presentation with questions to follow will address the following and much more:

- How to build-up a portfolio (save/invest money and transfer wealth to loved ones
- Provide for further education via 529 plans
- Estate planning, execution and minimizing/deferring taxes

The first Derzis Chapter 438 Metropolitan “5K Race/1 Mile Walk” event is scheduled for the morning of April 25 and all proceeds will be used for the training of a service dog for the wounded soldiers suffering from PTSD. Participation in this event is open to adults of any age and to children age 12 and up. More details will be provided in the near future as soon as we secure the event permit. The course will circumvent Saint Katherine.

In closing, I want to convey the Chapter’s Executive Committee wishes, to all the brothers and parishioners, for a very sweet Valentine’s Day.

HEARTY Valentine’s Day
ALL AROUND THE TOWN
by Joanna Bose

ANCIENT OF DAYS

A recent lecture at the National Gallery was titled “Lines of Transmission: Cinema and Art History.” A very interesting and compelling argument was made that images have powerful resonances in our minds and on our emotions.

The cinematographer Andrei Tarkovsky said, “A poet is the one who uses a single image to express a universal message.” And so it has been with iconography, too. It is stated by some historians that it was believed the first icon of the Theotokos was not painted by an iconographer in Constantinople but by Saint Luke himself.

The way that faith was nourished and engendered long ago was through the active gazing at and venerating of images that were believed to be the exact replica of a saint or holy person. And the lines of transmission were passed from one generation to the next.

In the Matins section of the Presentation of the Lord into the Temple, this image is evoked, a fresco The Ancient of Days, 14th century, from Ubisi, Georgia. Considered as God the Father and God the Son. The “Kathisma” referring to this is:

Now the Ancient of Days becomes an infant for me. And the most pure God now shares purification with me, to show that Truly He assumed my flesh from the Virgin. And Symeon was led to know the mystery and recognized as God the one he saw in the flesh. And he embraced and kissed Him as life itself, and he rejoiced as an elder and cried aloud, Let me depart now, for I have seen You, O Lord, the life of all things.

It was Symeon who had the preparedness to see and recognize the infant Lord! I have heard a talk by a Greek Byzantine iconographer who said that icons are painted with the intention of the image coming out toward the viewer. Coming into his space and bringing him into the image.

REGISTRY

Baptisms
Nikandros Justin (January 10)
son of Zacharias Gust and Kira Caroline Dentes
Godparent: Andreas Karfakis and Liana Rojas

Alexander (January 10)
son of Daniel and Fotini Kim
Godparent: Peggy Borst

Ariana Faith (January 11)
daughter of Justin and Georgia Konz
Godparent: Gerasimos Makris

Elen Renee (January 19)
daughter of Constantine and Oleta Vassilopoulos
Godparents: Constantine and Nichole Floropoulos

Congratulations!

Funerals
Mary G. Thomas (December 29)

Despina K. Gull (January 4)

Apostolos N. Stamoulas (January 6)

Nikolas “Nick” Gull (January 17)

May their memory be eternal.

HOLD THE DATE (MARCH 20) FOR LENTEN OUTREACH 2020

It’s almost time for our Lenten Outreach project! For the past few years during Lent, our parish has distributed hundreds of bags filled with new clothes, personal care items, and food to our less fortunate brothers and sisters living on the streets.

We will prepare 200 bags following the Salutations Service on Friday, March 20 and meet at 7:30am on Sunday, March 22 to load those bags into vehicles for distribution. We will meet in the Meletis Charuhas Hall both times.

Our Saint Katherine Stewards have been so generous with their donations and support in the past. In order to find out how you can participate, please contact Daphne Papatheophis at cyprusd@aol.com. Thank you and God bless you!
**BOOK REVIEW**

*Gregory McKinney*


In this engaging spiritual travelogue from the 6th century AD, Saint John regales us with first-hand accounts and collected stories from his travels through monasteries between Egypt and Palestine. Moschos was born in Damascus and tonsured a monk at St. Theodosios outside Bethlehem. He later lived at Paran in Judean desert, where he became spiritual father to the younger Sophronius, who later became patriarch of Jerusalem. Sophronius became Moschos’ traveling companion, following him to Egypt, then back to Palestine in search of the spiritual counsels of great elders and abbots. _The Spiritual Meadow_ has been widely read for over a thousand years in both Greek and Latin texts. This translation is extensively footnoted, adding to the understanding and enjoyment of the stories.

Moschos identified the teller of almost every story and the place where he heard it. Some are very short snippets of spiritual advice. Others are longer stories of miraculous interventions and conversions. Moschos was frequently an eyewitness or first-hand interviewer:

One day I went to the house of Master Cosmos the lawyer and, as I was quite familiar with him, I said to him, “Of your charity, how long have you been leading the solitary life?” … He remained silent a little longer, and then he told me, “For thirty-three years.” When I heard this, I glorified God. Another time I came to him and asked him, “will you tell me what you have accomplished in so long a period of solitude and continence?” He heaved a great sigh from the depths of his heart and said to me, “What shall a man living in the world accomplish, especially a man who stays in his own house?” Yet I begged him to tell me for the Lord’s sake and for the good of my soul. Finally, coerced by my persistence, he said, “Forgive me; there are three things I know of which I have accomplished: not to laugh, not to swear, and not to lie” (pp. 141-2).

It is challenging for a modern reader to accept these accounts of great spiritual feats, severe asceticism, and miracles small and large. For someone not steeped in Orthodoxy, I imagine it would be almost impossible to see them as anything other than fables. But it should not be so among us. Moschos and Sophronius are canonized saints, the Church attesting to their virtue. And with the rebirth of Orthodox monastic life over the last sixty years, we can again see fresh fruits borne of the spiritual life that shore up and validate these ancient stories.

*St. John Moschos lived roughly between 550 and 619 A.D. He died in Rome having fled a Persian onslaught on Jerusalem. St. Sophronius returned his body to St. Theodosius for burial. They share a March 11 feast day. John Wortley is emeritus professor at the University of Manitoba and an Anglican priest.*

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**SUNDAY CHURCH DUTY ROSTER**

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In the Presentation of our Lord to the Temple, two young pigeons are offered to God's House by Joseph and the Theotokos. They thank God in offering their material goods. The promise to Symeon is fulfilled as he sees with his own eyes the Savior; the prayers of the prophesets are answered as she beholds the Redeemer because the Lord blesses those who follow Him. Faithful STEWARDSHIP is our acknowledgement that Jesus is the Christ, our Lord and Savior. Pray with your family and beseech God to direct you in your participation in the holy ministry of our Church. Then give to your Church as God has prospered you.

~ Andrea Ballard
andreaballard1@verizon.net

SHOWN BELOW is a list of families and individuals who participated in the 2019 Saint Katherine Stewardship Program through December 31, 2019. Thank you for responding to the needs of our church. Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.
PLEASE JOIN US FOR A
LENTEN RETREAT

ACQUIRING THE
MIND OF CHRIST
Embracing the Vision of the
Orthodox Church

A Lenten Retreat led by
Archimandrite Sergius (Bowyer)
Abbot of Saint Tikhon’s Monastery

Saturday April 4, 2020
9:30am - 3:30pm
Vespers will follow the retreat

Father Sergius will be accompanied by
the Wonderworking Icon of Saint Anna,
the Mother of the Theotokos

Saint Katherine Greek Orthodox Church
3149 Glen Carlyln Road, Falls Church, VA

RSVP at stk.retreat@gmail.com
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