LET'S LOOK BACK IN TIME TO SEE THE FUTURE

A FRESH NEW YEAR is once again upon us. It's the time to be thankful for the blessings of the past year and to take stock of all our achievements. At the same time 2019 is a brand new year to start afresh and start strong, and yet another chance to do everything we want to do this year. The amazing thing with chances is how we get them every year. So, set positive goals and resolutions.

I so very much look forward to the start of the new year. We have had the blessings to continue to add to the outreach of our ministries. I can, some days, still see the faces of all the people in Kenya, where we rebuilt their church. The people were so happy for our visit that Sunday morning during the Divine Liturgy. Not only was the church full, but people were standing outside the windows looking in to have a chance to hear the singing and the doxology being offered to God.

We made history for second time in Kenya when our team of women went and offered the women’s conference. The theme was Rise and Walk and over 300 people participated and walked with Christ.

It was so rewarding to see people receive healing of body and soul during our Mission to Guatemala. We continue to support the long-term missionaries by your generous contributions.

The spirit of fulfilling God’s call to serve was so evident in our food collections, diaper drive, the support of the Culmore Clinic. The young and old severed hundreds of meals to the homeless. Our Philoptohos was the best chapter in the Metropolis of New Jersey. I can go on and on. Yes, this was the past. What's next?

We will continue with our missionary spirit in 2019. We must not neglect our own church—Saint Katherine. We will embark on a capital campaign to make sure that we can create funds and be good stewards of the Lord's blessings in our parish. Why are we embarking on this campaign? How much do we need?

- After completing a recent planning study, over 90% of our parishioners indicated the desire to address the issue of leakage of our church dome as a number one priority.
- The second priority was to pay down some of our existing debt so that more monies could be freed up to help our existing ministries.
- The campaign efforts will be to raise $1 million to address these two top priorities identified by our parishioners in the study.

What does the $1 million cost include? There are two components of the project:

- Dome repair estimated at $600,000.
- Additional debt retirement estimated at $400,000.

Other (possible) components identified in the study (parking lot repairs, hall utilization, etc.) will be left for a second phase of efforts.

(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

CLERGY
Rev. Protopresbyter Konstantinos A. Pavlakos, Proistomenos  cell 571-213-1109, home 703-239-2627  frcostas@stkchurch.com

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Choir Director  John Slanta  703-307-0142  slanta@verizon.net
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Maintenance Supervisor  Roberto Medina  703-671-1515  rmedina@stkchurch.com
Protopsalti  James Loizou  703-356-8220  dimitr14@verizon.net
Secretary/Teacher  Sophia Tsangali  703-671-1515  sttsangali@stkchurch.com

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George Moratis  703-978-9122  gmoratis@k2m.com  John Ziu  703-825-7245  jziu@ncua.gov

SCHOOLS AND STUDIES
Bible Study (English)  Bill Polizos  571-434-7790  bp3175@att.com
Bible Study (Greek)  Ioannis Gkigkitzis, Ph.D.  igkigkitzis@nvcc.edu
Catechetical (Sunday) School, Youth  Bill Porter  703-901-2404  beporter1@verizon.net
Journey to Orthodoxy  James Jatras

MINISTRIES
Acolytes  Niko Porter
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Book Review  Gregory McKinney
Daughters of Penelope Helle #283  Barbara Koltos  703-250-7486  bklt@aol.com
Doxa  Presv. Pauline Pavlakos, Editor  703-239-2627  przepauline@stkchurch.com
Facebook  Saint Katherine Greek Orthodox Church  Gregory McKinney  dintym@hotmail.com
Goya (7th-12th grades)  Maria Sarantis, President
Grace  Fr. Costa Pavlakos, Spiritual Advisor  703-671-1515  frcostas@stkchurch.com
Greek Dance  Aris and Anna Zortzidis, Instructors  757-218-6991  greekdancec@gmail.com
Greek School Auxiliary  TBD
Hellenic Education Center  Greek School and Paideia Preschool  703-671-7715
Hopa (ages 7 and under)  Doris Mentis, Coordinator
Joy (ages 8-12)  Vaitas Bousbouras, Coordinator
Listserv (email list)  Presv. Pauline Pavlakos, Administrator  703-239-2627  przepauline@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)  Christina Makhlouf, Student Leader  cmakhlou@masonlive.gmu.edu
Philoptochos  Mary Varlas  703-965-4161  mary.varlas@yahoo.com
Stewardship  Andrea Ballard  703-250-5419  areaballard1@verizon.net
Website  Presv. Pauline Pavlakos, Webmaster  703-239-2627  przepauline@stkchurch.com
YAL (Young Adult League)  Faye (Fotini) Anson  fanson38@yahoo.com
Youth Choir  Nina Ziu
FROM THE PARISH COUNCIL PRESIDENT

DEAR PARISHIONERS,

As we look ahead to the New Year, I would like to thank the many volunteers who gave of their time and talents to our Saint Katherine community. Whether serving on the Parish Council, feeding the homeless, coaching GOYA basketball, or singing in the choir, these volunteers are the Church. We depend on your generosity and giving spirit, and we hope that you will continue to serve the Lord in any way you can.

I would also like to extend my best wishes to all of you for a happy and healthy 2019. It has been my honor and privilege to serve as your president and I look forward to continuing to serve this great community in whatever way I can.

Yours in Christ’s service,

George Moshos

ADULT BIBLE STUDY

Who We are and What We Believe: A Journey through Examination of the Orthodox Faith Guided by the Words of the Nicene Creed

Using colorful PowerPoint® slide presentations, we discuss questions such as: What are we stating we believe when we recite the various articles of the Creed? What does it mean to be Orthodox? What were the thoughts, intentions, and historical context facing the Creed’s authors in the 4th century when it was written? How do our beliefs differ from those of other Christian denominations and other world religions?

The objective is to broaden the understanding of our own Orthodox faith and deepen our spiritual outlooks. Taking each line of the Creed we will explore its historical context, Biblical foundations, theological meaning, and relationship to our venerable Orthodox Traditions. We will explore the significance of the Creed for how we live our faith now as individuals and as “one, holy, Catholic, and apostolic Church.”

Classes are held most Sundays at 9:00am in the board room located in the education building. For questions, please contact Bill Polizos at 571-434-7790 or polizos@att.com. All are welcome!

IT IS BY OFFERING our blessings back to God that He will be able to continue His forgiving, healing, liberating, empowering, transfiguring, loving ministry through the Church. For God, Infinite though He is, has chosen to work through us, through our gifts, to continue His saving work in the world today. ~Fr. Anthony M. Coniaris

The complete list of 2018 stewards will be printed in the February 2019 DOXA.

Please submit your 2019 pledge card (see page 8), if you have not already done so.
CATECHETICAL SCHOOL
HAPPY NEW YEAR! Sunday School students shared a wonderful Christmas season, starting with a beautiful presentation of Jesus’ birth at the annual Christmas pageant! A great big THANK YOU to Sherry Maggio and all the wonderful teachers and parents for their help and support! We concluded December with our Giving Tree donations to the St. Innocent Orphanage, assembling survival kits for our local shelter, and assembling and delivering gift bags for DC’s homeless.

Classes resume on Sunday, January 13. January is the month for 7th-12th graders to register for the Oratorical Festival. Forms will be provided January 13. Please encourage your children to participate and learn even more about their Orthodox faith through this very special event. The dates for the Festival are:

- March 3 1st-6th grades
- March 17 7th-12th grades

Topics for 1st-6th grades will be provided by their teachers. Topics for 7th-12th grades can be found at https://www.goarch.org/-/2019-st-john-chrysostom-oratorical-festival-topics?inheritRedirect=true.

Please inform your children’s godparents to mark their calendars for Godparent’s Sunday on February 3. Children will have the opportunity to introduce them to their teachers and worship together in Divine Liturgy. Refreshments will be provided following Liturgy.

Finally, it is not too early to start planning for Vacation Bible Camp, scheduled for June 24-28. We need teachers and volunteers for our children to participate in this amazing week! If you are interested in helping either before or during Vacation Bible Camp week, please contact Eleni Porter at beporter1@verizon.net.

Hope you have a blessed 2019!

JOY (ages 8-12)
PLEASE JOIN US at the movies! We will meet at AMC Tysons Corner Center to watch The Lego Movie 2 on Saturday, February 9 (time is TBD). Please RSVP by January 24 at vsbousbouras@yahoo.com.

GOYA
HAPPY NEW YEAR and we hope you had a wonderful Christmas! Thank you to the Euripides family for hosting the beautiful Christmas party. The GOYAns and their families had a spectacular time filled with fun and fellowship! Upcoming events: On January 12 and 13, our GOYA will participate in the Richmond tournament. January 20 is the next Youth Church Duty Sunday and a GOYA meeting will follow the liturgy. Please email SaintKatherine- GOYA@aol.com for more information regarding GOYA events.

GEORGE MASON UNIVERSITY
ORTHODOX CHRISTIAN FELLOWSHIP
GEORGE MASON UNIVERSITY Orthodox Christian Fellowship is for any Orthodox college student. Please send your (or your college student’s) e-mail address to our Spiritual Leader Fr. Costas Pavlakos (frcostas@stkchurch.com) or our Student Leader Christina Makhlouf (cmakhlou@masonlive.gmu.edu) in order to be put on our distribution list.

ADULT BIBLE STUDY IN GREEK
OUR GREEK BIBLE STUDY, on the Catechetical Lectures of Saint Cyril of Jerusalem, led by Professor Ioannis Gigkizis, meets on Wednesdays at 7:00pm in the board room.

BOOKSTORE
Did you know that we have an Orthodox Convent just an hour from Saint Katherine? Saint Nina’s monastery is located just a bit beyond Frederick in Union Bridge, MD. The Sisterhood has its roots in Greece, but is under the jurisdiction of the Georgian Patriarch. The nuns pray the full cycle of daily services and celebrate the Feasts of the Liturgical Year. They combine their prayers with caring for the gardens, sheep, and bees. From the bounty of their earthly labors, they make natural skin balm and oils and
PAIDEIA PRESCHOOL

SAINT KATHERINE PAIDEIA PRESCHOOL, the only Greek-English bilingual nursery and preschool in the greater Washington area, celebrated its Christmas Program on December 13. Our program began with our Little Stars (Melisoules class) singing and shining in their costumes as Christ shines in our hearts. The Xelonakia and Paschalitse classes narrated the Nativity scene dressed in the character’s costumes and proclaiming that “Christ is born! Glorify Him!” Finally, the Pre-K Owls class acted out scenes from the Selfish Giant by Oscar Wilde because love is the expression of our faith as Greek Orthodox Christians. We wish all a blessed Christmas and a prosperous 2019! Καλά Χριστούγεννα και ευλογημένο το 2019!

You may join our program year-round. Learn more about it at our open-house days or contact us at 703-671-7715 or ealexopoulou@stkchurch.com. You may visit our website at www.stkhec.org.

GREEK SCHOOL NEWS...

Singing the Greek Kalanda (Carols) at Anthony’s Restaurant, Lambros Goldsmith, and PJ Skidoos Restaurant.

GREEK LANGUAGE CLASSES FOR YOUNG AND OLDER...!

JOIN OUR OUTSTANDING GREEK LANGUAGE PROGRAM for a great learning experience. We offer classes for PreK to adults. Our excellent teaching staff, using student-centered activities, makes each student’s experience unique! To schedule an appointment and to enroll for a class email ealexopoulou@stkchurch.com or call 703-671-7715.

Classes include:

Youth
Tuesday, Conversational, 5:00pm-6:30pm (grades K-8)
Friday, 5:00-7:00 (grades PreK-8)
Saturday, 9:30am-1:30pm (grades PreK-8)

Adults
Tuesday, Beginners I, 5:00pm-7:00pm
Beginners II, 7:00pm-9:00pm
Thursday, Intermediate, 7:00pm-9:00pm
Friday, Conversational Adult, 5:00pm-7:00pm

SAINT BASIL THE GREAT was born in the year 329 in Caesarea of Cappadocia, to a family renowned for their learning and holiness. His mother Emmelia (commemorated July 19 and May 30) and his grandmother Macrina (January 14) are Saints of the Church, together with all his brothers and sisters: Macrina, his elder sister (July 19), Gregory of Nyssa (January 10), Peter of Sebastia (January 9), and Naucratius.
Guatemala Report. This year the OCMC sent a short-term medical team to the Medical Clinic in Aguaclate, Guatemala. The team of 9 members included our own Betty Slanta and Bill Bosworth. They spent nine days, November 9-18 working with the local members of the clinic treating the sick and suffering of Aguaclate. Typical medical issues included headache, diabetes, pneumonia, stomach ache, infections, and tooth ache; several people did have serious illnesses and will require follow up. Betty and Mike’s full report is published on page 14 of this issue. There is much left to do. The purchase of a portable Basic Life Support (BLS) bag was approved. Look for funding opportunities in the months to come.

Project Mexico 2019. It is with some sadness that we will not be able to attend the Project Mexico Homebuilding trip this summer. This is due to some schedule changes, limited interest and response, as well as other travel concerns. Hopefully, we might return for the summer of 2020, as the need will always be there. Also, for those who might be interested, there are some other mission trip options right here in Virginia that will be taking place this summer through the OCMC. We are exploring this option with the OCMC and will soon report more fully.

Kenya Update. While at the Kenyan Women’s Conference in the Spring of 2018, the women of the Nyeri & Mt. Kenya Mothers’ Union brought to our attention a need to acquire tents that can be used for remote area church services, in addition to creating a source of income by renting them out for events. This acquisition has been approved and blessed by Bishop Neophytos and the women have asked for our help to purchase these tents. Each tent costs approximately $1,000 USD and they would like to, eventually, have 5 of these tents. We will have a bake sale in February (probably on February 17) to raise funds and assist our Orthodox sisters in Kenya in acquiring these tents. If you would like to make a donation for a tent, please make your checks out to Saint Katherine Church and, on the memo line write, “Kenya tent”.

OCMC News. The OCMC has released their Mission teams for 2019. Please go to https://www.ocmc.org/about/open_teams.aspx for a complete list of sites and dates, if you are interested in applying for a mission team with the OCMC. Sites include Albania, Guatemala, Indonesia, Jamaica, Kenya, Mexico, Sweden, and Alaska. Our community will help raise the money needed for the mission trip.

OCMC Fundraising Dinner, May 5. Our annual OCMC fundraising dinner is set for Sunday, May 5, 2019. We are excited to have Fr. Lou Christopulos as our main speaker. Fr. Lou is the priest at Saint Katherine Church, Greenwood Springs, CO. He served as Vice President of the OCMC for 6 years. He is an excellent speaker. Please save the date.

Diaper Drive Ministry. On Sunday, December 9, we had our semiannual diaper drive. We are pleased to report that over 7,000 diapers and 4,500 wipes were donated by our Saint Katherine family and taken to several shelters in the area. This is so valuable to young mothers because they cannot use federal food stamps to buy diapers for their children. Thanks to Sarah Buchanan who took over the diaper ministry this year. And thank you to Georgia McKinney who ran the diaper ministry for many years.

Homeless Shelter Ministry Update

Hygiene and Survival Kits. On Sunday December 2, our Sunday School children assembled over 300 hygiene and survival kits for the Bailey’s Crossroads Homeless Shelter. Each kit contained a woolen hat, woolen sox, woolen gloves, hand warmers, soap and wash cloth, razor and shaving cream, power bars, etc. Each of our Saint Katherine ministries donated important elements to the kits. These kits are very helpful to the shelter because there are not enough beds to accommodate everyone who would like to stay at the shelter during the winter months. The shelter will give one of the kits to each person and send them to local auditoriums for the evening. Thanks to all our church groups that donated items and thanks to our Sunday School children who assembled them. This year, for the first time, an officer of the shelter came to watch the children and took pictures.

Cooking for the Shelter. On December 18, our Mission and Outreach Committee served dinner at the homeless shelter. Over 200 meals were prepared by Peter Firippis. Members of our committee then took the food to the shelter and served the homeless. Thank you to Peter and all the servers! Our committee tries to serve dinner at the shelter at least once a month.

Clothing Collection. We are pleased to announce that we will once again be collecting clothes for area shelters on a regular basis. Starting in February, on the second Sunday of each month, please bring new or clean used clothes and unopened toiletries to the atrium of the Meletis Charuhas Center. They will be delivered to local shelters.

MISSIONS AND OUTREACH MEETING
Tuesday, January 15, 7:30pm,
in the Conference Room
of our Community Center.
Under the leadership of two humble men of Christ, Athenagoras and (now Saint) Paul VI, the excommunications of 1054 were annulled. The “legalism” of the act was not enough to restore communion, but what about the challenge to “remove from the memory and the midst of the Church, and is to be regarded as such by all”?

Historians can debate the reasons and outcomes around each era’s breaks in church unity, that’s their purview. What of the disposition of hearts and minds among the faithful? Can we “bury in oblivion” our divisiveness? Does “free-for-the-taking” mean without value or interest?
In faith, prayer and sacrifice, my family and I wish to share in the support and work of our Greek Orthodox Church of St. Katherine. Out of our love and gratitude to God for all His blessings, we would like to pledge the amount of $______________ for the year 20___. This amount will be paid as follows:

$________ annually/semi-annually   $________ monthly
$________ quarterly              $________ weekly

Payment Method:  □ Cash/Check; or  □ Visa or MasterCard
Card # _____________________________ Expiration Date: _________ Security Code _________ (3 digits)

Name ____________________________________________ (additional family information requested on reverse)
Address ____________________________________________ Email: ____________________________
City, State, Zip ______________________________________ Phone: ____________________________

PLEASE NOTE: Current operating expenses of our Church are approximately $1,590 per family.

_______________________________
Signature                          Date

Family Information:

Also participating in this pledge are the following family members:

Spouse: ____________________________________________  DOB: ___________________
Child: _____________________________________________  DOB: ___________________
Child: _____________________________________________  DOB: ___________________
Child: _____________________________________________  DOB: ___________________
Child: _____________________________________________  DOB: ___________________
Child: _____________________________________________  DOB: ___________________
Child: _____________________________________________  DOB: ___________________

Please check areas of expertise, interests, and hobbies of family members.

□ Bible Study □ Youth work □ Teaching □ Sunday School □ Greek School □ PreSchool □ Choir □ Scouting
□ Visiting Elderly/Sick □ Cooking Church Socials □ Finance/Accounting □ Parish Newsletter □ Adult Education
□ Construction □ Computers □ Gardening □ Mechanical □ Stewardship □ Office Work □ Legal
□ Web Site/Set-Up/Management □ Mechanical/Plumbing □ Other ____________________________________________
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|        |        | 1 *Saint Basil the Great New Year’s Day*  
9:30am Orthros  
10:30am Divine Liturgy | 2 | 3 | 4 | 5 *Eve of Theophany*  
7:00pm Divine Liturgy and Agiasmos |
|        |        | 6 *Theophany of Our Lord*  
9:00am Orthros  
10:00am Divine Liturgy and Agiasmos | 7 *Synaxis of Saint John the Baptist*  
7:30pm Sons’ Basketball  
8:00pm YAL Basketball | 8 | 9 |        |
|        |        | 11:00am Eve of Theophany  
7:00pm Divine Liturgy and Agiasmos | 10 | 11 | 12 |        |
|        |        | 13 *Sunday after Epiphany*  
9:00am Orthros and Catechetical Schools  
10:00am Divine Liturgy  
12:00pm DOP Culinary Medicine Lecture | 14 | 15 | 16 |        |
|        |        | 17 *Anthony the Great*  
9:30am Orthros  
10:30am Divine Liturgy  
6:30pm GOYA Girls’ Basketball Practice  
7:00pm Adult Int. Greek  
7:30pm Choir Practice | 18 | 19 |        |        |
|        |        | 20 *12th Sunday of Luke*  
9:00am Orthros and Catechetical Schools  
10:00am Divine Liturgy  
Youth Church Duty  
Vasilopita Cutting | 21 *Martin Luther King Jr.*  
(Office Closed)  
7:30pm Sons’ Basketball  
8:00pm YAL Basketball | 22 | 23 | 24 |        |
|        |        | 25 | 26 |        |        |        |
|        |        | 27 *13th Sunday of Luke*  
9:00am Orthros and Catechetical Schools  
10:00am Divine Liturgy | 28 | 29 | 30 *Three Hierarchs*  
9:30am Orthros  
10:30am Divine Liturgy  
6:30pm GOYA Boys’ Basketball Practice  
7:00pm Greek Bible Study  
8:00pm HEC Parents B-ball | 31 |        |        |

*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
PHILOPTOCHOS by Mary K. Varlas
I WISH ALL Saint Katherine parishioners a healthy, happy, and prosperous New Year.

Hopefully, everyone enjoyed a wonderful Christmas. I need to close 2018 with a sincere appreciation to a group of Philoptochos sisters: Patty Karounos, Anastasia Kavakos Katsakos, Mary Smaragdis, Niki Tsakonas Boulokos, and Sophia Varlas Bohle. All of them were instrumental in creating a great afternoon of fun, fellowship and cheer at our Annual Christmas Luncheon. The offering bags at each table this year were dedicated to “Final Salute.” This particular group of ex-military women have found themselves facing great hardship upon their return home. Through the kindness of our luncheon attendees, Philoptochos raised $1,701. I also need to mention and thank the contributors to the raffle prizes for their generosity, year after year, and most importantly our guests. I am happy to report that this year the Ladies Philoptochos has raised the ceiling with their generosity. Month after month, we report our activities and appreciate your kind hearts and open wallets for allowing us to help where help is most needed. Some of the recipients were Children’s Medical Fund, Heart to Heart, Fires in Attiki, Key Center School, Brain Injury Services, Sheppard’s Center of McLean-Arlington-Falls Church, Columbia Baptist Food Bank, Central Union Mission, BritePaths, Mariam’s Kitchen, DC Central Kitchen, New Hope Housing, Final Salute, Fisher House, USO, Stuart Educational Foundation, Bailey’s Crossroads Community Center and Supportive Housing, Project Hope, Saint Katherine Christmas Mission, Saint Katherine Lenten Outreach, Saint Katherine GOYA Christmas Morning Homeless Project, Saint Katherine Kenya Mission, Saint Katherine Mexico Mission, Alternative House, and Homestretch.

As the New Year begins, so does our drive to renew our annual Philoptochos stewardship and to encourage women of all ages to join the sisterhood of Philoptochos. All current stewards will receive shortly a 2019 Stewardship Renewal notice. If you are not a current steward, membership forms are available at the Philoptochos table every Sunday during Coffee Hour or, you may download the form located on our church website, www.saintkatherines.org, under Community Announcements and then Philoptochos. There you will also find a calendar of events and our bake sales. Also, we are present on social media through Facebook as Saint Katherine Ladies Philoptochos Society of Falls Church, VA and on Instagram as St. Katherine Ladies Philopt. (stk_ladies_philoptochos_va).

I look forward to seeing everyone in Church. Wishing you a blessed 2019.

DAUGHTERS OF PENELope by Barbara Koltos
DEAR SISTERS AND FRIENDS,

We find ourselves at the beginning of a new year. Winter has arrived and it is time to make way for what lies ahead! May this New Year bring you joy, warmth, good health, and prosperity for you and your family. This is a time to be thankful and to look forward to what the future has to bring.

For the Daughters of Penelope we have a few challenges to meet and I would like to take this opportunity to mention our upcoming events. First of all, we will have our Culinary Medicine and Mediterranean lifestyle presentation with Chef Amy Riolo and Dr. Sam Pappas, on Sunday January 13 after liturgy in the Chelpon Hall. Please join us for this heart healthy event.

In February, we will host our Tastes of the Mediterranean, it is Helle Chapter biggest fund raiser and this year it is dedicated to AHEPA’s K9 for Warriors Project, a suggestion that we embraced wholeheartedly when our District Governor, Lynn Francis brought it up at a breakfast meeting as a District 3 Project. The AHEPA K9 for Warriors Project was started in 2016 to provide service dogs for our veterans suffering from PTSD. The cost of these rescue dogs is $15,000 which includes the training of the dog and matching the dog to the veteran. Having one of these dogs can indeed change the life of a veteran and even save the life of an individual suffering from PTSD. Save the date for this fun event—Friday, Friday 8.

I would also like to mention two of our newest members, a mother/daughter team who spearheaded our Christmas project for BRAWS (Bringing Resources to Aid Women’s Shelters). We are so grateful to Adriana Scafetta and Linda Jouvanis who chaired this project by collecting and delivering personal items to BRAWS for distribution to our women in local shelters. We thank them both for all their effort and enthusiasm to make this project such a success. We collected seven bins filled with brass and personal hygiene products for women just in time for the holidays. We are also so grateful for the outpouring of support from our Saint Katherine community.

I wish everyone a Happy New Year and all the best for 2019!

Culinary Medicine and the Mediterranean Lifestyle
with Chef Amy Riolo and Dr. Sam Pappas
Sunday, January 13 following Liturgy in Chelpon Hall
Culinary medicine; the combination of the art of cooking and eating with science, nutrition, and medicine is growing increasingly popular in the United States. Award-winning author/chef Amy Riolo and Dr. Sam Pappas have teamed up to offer the latest culinary and medical inspirations to live and eat with both pleasure and health in mind. During this engaging presentation, they teach the tenants of the Mediterranean lifestyle along with the tips and techniques needed to incorporate culinary medicine into a busy lifestyle.
REGISTRY

**Baptisms**
Griffin Michael (November 24)
son of Justin Frewin and Katherine M. Diapoulis
Godparents: Stacy Diapoulis and William Treffer Diapoulis

Konstantinos Kevin Lawrence (December 2)
son of Don and Pamela Wiggins
Godparents: Nicholas and Samantha Pappas

Atticus Olen (December 9)
son of Damianos and Kayla Dawn Gliatis
Godparents: Savvas and Rachael Georgopoulos

Congratulations!

**Funerals**
Mary Armenakis (November 14)
George Coutlakis (December 5)
Thomas Gourzis (December 14)
Clayton Stanley Nightingale (December 18)

May their memory be eternal.

Ευλογημένο το 2019!
Happy New Year 2019!

**JANUARY CHURCH DUTY ROSTER**

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<tr>
<th>Date</th>
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<td>Effie Sarantis</td>
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BOOK REVIEW


By an act of grace, I picked up my copy of the out-of-print and impossible-to-find Patriarch Athenagoras I in the “free-for-the-taking” bin at the Trinity House Café in Leesburg (check it out—good coffee, books and games, walls full of icons). This slim volume is an eye-witness account of the emotional events around the Patriarch’s death and funeral, and notes on his humble and godly character.

But where did his [Pat. Athenagoras] attention most frequently lie? In his dream of the unity of all churches. His longing for the journey to Emmaus. ... And as the reaped the fruits of the Holy Spirit, the flame that guided him spread throughout the world into a burning love of all Christians. ~from the funeral oration by Metropolitan Evangelos of Perga (50, Athenagoras)

My chance acquisition of Patriarch Athenagoras I led me to my copy of Towards the Healing of Schism. This is a compendium of letters exchanged between Popes and Patriarchs over a 26-year period, along with official pronouncements, all looking at sentiments around healing the breaks between Rome and the East. (Used copies of Towards can be found online.)

If it should happen that, as of old, love should grow cold and unity in Christ be broken, we must in all urgency lay constraining hands in this evil and provide a remedy.... Whence we declare [that the anathema pronounced in 1054] is henceforth removed from the memory and the midst of the Church, and is to be regarded as such by all. ~ Ecumenical Patriarch Athenagoras in synod, 7 December 1965. (130, Towards)

Yes, by the grace of God our souls are inflamed with the desire of making every effort to bring about the restoration of unity among those who have been called to preserve it, since they have been incorporated in Christ...we wish to cancel out from the memory of the Church and remove from its midst the sentence of excommunication then pronounced, and to have it buried in oblivion. ~Pope Paul VI, read at Vatican II, 7 December 1965 (129, Towards)

(Continued on page 7)
ON MY MOTHER’S ISLAND OF KALYMNOS, it was the custom for new homes to have not only windows and doors ordered for the house, but also an iconostasis which would be installed along with them. It was as essential as the windows for light and the doors for movement in and out, and never overlooked.

The size depended on the house: smaller ones had a square cupboard-like frame; in larger, two-story manor-homes, it had a designated room unto itself. The positioning of the iconostasi was on the eastern wall, the same as in any church, placed high up, with a candle hanging down from the top frame in front of the icons. The candle would burn all night long, often serving as the only source of light.

Once the family moved into their house, the icons were immediately placed there to bless the home. These included treasured icons passed down from generation to generation, mothers to daughters.

There were always the Panagia and Christ the Lord icons; additional ones were the two patron saints and protectors of the island. In Kalymnos, Saint Nicholas and Saint Panteleimon. Then there were the saints whose names members of the family had.

In the iconostasis too, were small bottles of holy water and oil, Palm Sunday crosses, and even wedding “crowns” which the bride’s mother had placed there after the ceremony. These stefana were considered a blessing, as they joined the bride to her new husband forever.

What made this space holy wasn’t just the icons that were there, but the sense of a separate space of veneration, where the lady of the house would go each evening before retiring, to say her prayers and draw support and courage from her faith, which each evening strengthened and influenced her daily life.

The icons were brought down on occasions such as the New Year’s Day blessing of the home by the priest; on Orthodox Sundays when each child was given one to take to church. Again on Kalymnos, there was a tradition where children would take icons and march through the narrow streets singing:

"Κύριο βρέξε, Κύριο Σώσε, Κύριε ἐλέησον ἡμᾶς" (Lord rain down, Lord save, Lord have mercy on us)

One more instance was the eve of a wedding where the icon was held up as the clothes of the bridegroom were taken over to his house. What I found most endearing was what was related about the way the wife or mother of a sponge diver would place an icon into the young man’s trunk with his clothes and whisper:

"Τώρα σε θέλω, Παναγία, τώρα ποιξικούσι νά κάψεις στό τιμόνι τους ώσπου νά πα νά ρτέωσι" (I want you, Panagia, now that they set out to sit at their steering wheel as they go and come back)

The wonderful familiarity with which this prayer is whispered is truly a testament to the incredible closeness that existed between this simple woman and her Panagia. It sums up the essence of the iconostasis which provided a direct connection for the believer with her Panagia. I can almost hear the very lovely, song-like dialect of this little couplet; beautiful.

In closing, the writer of this short vignette observed that the inclusion of the iconostasis cemented and marked the very presence of God inside the house, which was longed for and which was completely in keeping with the philosophy of that time, a time when Faith lit up the hearts of men and which was their guide in actions as well as their feelings.

The author whose book I reference is Themelina Kapella. The book’s title is Προσωπα και Πραγματα στη ζωη της Καλυμνου. (1987). As far as I know there’s no translation. I’m very happy to say that my mother was a friend of the author’s and this is how I have it.
THE PSALMS TALK ABOUT HEALING and, in Matthew 4:33, Jesus went about healing every disease and affliction among the people. In Matthew 10:1, Jesus gave authority to His disciples to “...heal the sick, cleanse the lepers, heal every disease and heal every affliction.” Jesus, in Matthew 10:8, He counseled us that freely we received and freely we should give. Jesus Christ, before he ascended to heaven, commanded not only his apostles, but for us to go to preach, teach and heal; healing and caring for the mind, body and soul are essential parts of Orthodox missions.

I went on this mission to witness for others who could not join me. Exciting things are happening in northwestern Guatemala and southern Mexico. I wanted to be part of the exciting Orthodox transformation happening in Guatemala!

From November 9-18, 2018, our OCMC medical mission team of nine from Seattle, Pittsburgh, Denver, New Jersey, and northern Virginia, travelled to Aguacate, Guatemala and southern Mexico. Led by Dr. Henry Van Zanten, MD, our team included three medical doctors, two registered nurses, an Emergency Medical Technician (Mike Bosworth), a Dental Technician, an Occupational Therapist and OCMC board member (Betty Slanta).

When we arrived, we were met by Fr. Evangelos, who now leads Guatemalan Orthodox Church, under Metropolitan Athenagoras of Mexico and Central America. At the Fr. Andrés Giron Medical Clinic in Aguacate, Guatemala, the team was welcomed by OCMC missionaries Fr. John and Presvytera Alexandra (Sandy) Chakos, Fr. Juvenaly, Jesse Brandow, Jennifer Rice, Fr. Evangelos (parish priest for Aguacate and other villages), and six Aguacate-based seminarians.

The primarily Mayan highlands region has approximately 40,000 recent Orthodox converts and over 100 parishes, was initially led by Fr. Andreas Giron (+2014). The region is currently served by six indigenous clergy, two missionary clergy and three lay OCMC missionaries, who minister to the underserved primarily rural farmers and their families. Thomas and Elizabeth Manuel will begin their mission service in late January 2019 to augment the mission team, including plumbers, electricians and carpenters, is a Dental Technician, an Occupational Therapist and OCMC board member (Betty Slanta).

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Fr. Andrés Giron, for whom the Aguacate Medical Clinic is named, promised his people they would have medical care. Fr. Giron, a priest, political activist and politician, likened to his idols Mahatma Gandhi and Martin Luther King, fighting for agrarian and social rights after the Guatemalan Civil War (1960-1996). Originally Roman Catholic, he served in the Guatemalan Senate and was a candidate for President of Guatemala. Fr. Giron brought the mainly Mayan people into the Orthodox Christian in 2010, mainly due to disagreements with Catholic beliefs on ways of worship.

On Sunday morning, we attended church, which is adjacent to the clinic and missionary/mission team housing. A half hour before the liturgy began, the church was almost full. An organist and singers, the seminarians, sang before the Doxology and during communion. The front rows of seats were filled with excited girls and boys, who sang the Divine Liturgy from memory.

Having no formal medical training for this mission did not hinder me (though my first aid, CPR, and experience setting up the Culmore Clinic examination rooms gave me a sense of what an efficient clinic should look like). I was able to organize the clinic and, with help of Spanish and Chuj (Mayan language) translators, register patients—"What are your symptoms? ¿Qué síntomas tienes?" Typical complaints were headache, diabetes, cough, pneumonia, stomach ache, infections, feminine issues, toothache, and vision problems, though several people did have serious illnesses and required follow up care.

Mike handled the triage and patient vitals (medical screening, temperature, blood pressure, and a diabetes check). His conversational knowledge of the Spanish language worked well with the patients, most of whom had never seen a doctor.

Medical and dental interns assigned to the clinic from medical schools throughout Guatemala staff the clinic when there is no medical mission team at the clinic. Our medical team members also guided the medical care offered by the intern doctor and intern dentist for follow-up care of patients.

On the last day of the clinic, nine year old Marcos came to the clinic on his own, suffering from pneumonia and was having trouble breathing. We seated him at a dental chair; his breathing was fast. The nurses and doctor got him stabilized and administered antibiotics. We calmed him with my iPad video and sent him home with relatives; he was better by the day we departed.

The team aided 255 medical patients and 111 dental patients during the five and a half days of operation.

Our medical team enjoyed delicious food prepared by family of Fr. Evangelos and the seminarians, who are housed at the first floor of the clinic. During dinner on the final evening in Aguacate, we were surprised with a fish dinner, balloons, signs, decorations, and a serenade by the seminarians. Mission team members also serenaded with their own songs.

There is much left to do: a short-term "handyman" cadre team, including plumbers, electricians and carpenters, is being proposed to make necessary repairs to the clinic and missionary and mission team housing. The team will leave behind locked tools and tool chest in a parts room/closet for Aguacate village tradesman follow-up. The purchase of a portable Basic Life Support (BLS) bag and a medical cot for use in the clinic vehicle was approved. Look for mission service and funding opportunities in the months to come.

Thank you for your prayers and love upon my return from mission service in Guatemala.
How long will we have to fulfill our new pledge?

- We do need gifts to be given as early as is possible because this will help us address the dome leakage as soon as possible so that no further damage is done to the walls and existing iconography.
- However, many of us are able to give the amount we would like to give over 3 to 5 years.

How will this affect annual giving?

- This is an important thing for all of us to think about! Our gift that we pledge to the building project must be done “above and beyond” our normal stewardship or annual giving.
- We know that as we experience the joy that only comes from giving back to God of what is His, many of us may even be able to think of giving more annually to the Church than we had previously.

I pray that we all participate daily in prayer and come together to receive that gift that only God can give. I am mindful of the hymn we sing during the Epiphany Orthros:

Baptist, why do you doubt the Dispensation
that I fulfill for the salvation of all?
Set aside the old now and believe in the new!
Believe in God Who has come down to earth!
Draw near and obey me,
for as God, I have come to cleanse fallen Adam in My compassion.

Yes, this year 2019 will be a great year in the life of each of us. We look back in time to see the future. It’s the New Year and the best time to renew your dictionary of life. Remove words like jealousy, hate, revenge, and greed from your dictionary and put words like love, care, compassion, honesty, and satisfaction in their place. This will ensure that the many blessings of God’s love will be received by all and shared with many.

May God bless each and every one of us every day in 2019!

Kali Chronia,

Fr. Costas

“HAPPY NEW YEAR” AROUND THE WORLD

| Albanian   | Gëzuar Vitin e Ri | Italian | Felice anno nuovo |
| Basque     | Urte berri on    | Latvian | Laimīgu Jauno gadu |
| Bosnian    | Sretna Nova godina | Lithuanian | Laimingų Naujų metų |
| Bulgarian | Честита Нова Година | Macedonian | Српска Нова година |
| Catalan    | Bon any nou      | Maltese | Is-sena it-tajba |
| Croatian   | Šretna Nova godina | Norwegian | Godt nytt år |
| Czech      | Šťastný nový rok | Polish | Szczęśliwego Nowego Roku |
| Danish     | Gudt nytår        | Portuguese | Feliz Ano Novo |
| Dutch      | Gelukkig nieuwear | Romanian | An Nou Fericit |
| Estonian   | Head uut aastat  | Russian | S novym godom |
| Finnish    | Hyvää uutta vuotta | Serbian | Šrećna Nova godina |
| French     | Bonne année     | Slovak | Šťastný nový rok |
| Galician   | Feliz aninovo   | Slovenian | Srečno novo leto |
| German     | Frohes neues Jahr | Spanish | Feliz año nuevo |
| Greek      | Efthychisméno to néo étos | Swedish | Gott nytt år |
| Hungarian  | Boldog új évét   | Ukrainian | Shchaslyvoho Novoho roku |
| Icelandic | Gleðilegt nytt ár | Welsh | Blwyddyn Newydd Dda |
| Irish      | Athbhliain faoi mhaise daoibh | | |
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