Dear Fellow Parishioners,

Happy 4th of July!

Reflecting on our nation’s celebration of its independence from the British Empire, I thought of how lucky we all are to live in a country as free as the United States. When the Pilgrims landed at Plymouth Rock they were looking for a place they could be free to practice their religion. The religious leaders of the Pilgrims were dissenters who challenged the monarchical authority of England and did not want the state to control the church. Political leaders throughout all time have wanted all of their people to be of the same faith. If this faith is also controlled by the state, it makes it even easier for the political leaders to exercise control over the people.

When a state controls churches, they can control what people see as moral or immoral. It is much easier to convince a country to go to war with another country for financial gain if the laity is taught by the clergy that the people in the other country are evil. While the Crusades used a mask of Christianity to wage wars, the real motivation was for power and money. This control is exactly what Ferdinand and Isabella were looking for when they began the tribunals that became the Spanish Inquisition. Whenever the state has control over churches bad things tend to happen, to put it lightly.

It is very important for us, as Christians and as Americans, to continue to support the separation of church and state. If the state is allowed to control the church it loses its prophetic voice. While we are not typically called to be a voice crying out in the wilderness, we are all called to be a candle in front of the icon of our Savior. In all of our actions we are called to show the love of Christ to our neighbors. When we engage in conversation about politics, we must think about what is best for our country and God’s will for us. When we take time to think about these things more, we begin to realize how much closer to each other they are than we realize.

The laws of God are not in place to restrict us from happiness, but to bring us true happiness. For instance, in the Ten Commandments, we are taught not to be jealous of our neighbor’s possessions. This is not because God doesn’t want us to have a comfortable life, but because when we start being jealous that passion begins to control us. Soon we can find ourselves with spiritual and other problems. Think of how quickly someone could get into credit card debt if they were jealous of their neighbor’s possessions and felt they had to have the same or better. When we begin to follow God’s path, we start to become more at peace, even if what surrounds us is anything but peaceful.

May everyone have a blessed summer!

Yours in Christ’s service,
Andrew John Pavlakos
Greek Orthodox Archdiocese of America
Greek Orthodox Metropolis of New Jersey
Saint Katherine Greek Orthodox Church
www.saint-katherines.org
3149 Glen Carlyn Road
Falls Church, VA 22041
703-671-1515 phone
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Adult Catechetical (Sunday) School Bill Polizos 571-434-7790 polizos@att.com
Youth Catechetical (Sunday) School Christian Demeter, Principal 703-534-5669 cdemeter@excite.com
Greek School Sophia Tsangali, Principal 703-671-5820 stsgali@stkchurch.com
PAIDEIA Bilingual Preschool Maria Papathanassiou, Director 703-671-7715 mpapathanassiou@gopaideia.org

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AHEPA #438 (P. Derzis) Angelo Toussi 703-281-0843 antoussi@verizon.net
Bookstore Christopher and Frances Kalavritinos 703-671-1515
Choir John Doulis 703-899-4131jdoulos@aol.com
Daughters of Penelope Helle #283 Jane Moore, President 540-847-2215 jmoore24@csc.com
DOXI Presv. Pauline Pavlakos 703-239-2627 prpzpauline@stkchurch.com
GOYA (ages 13-18) Tiffani Wills, President 703-948-7950 tiffany_wills@bullis.org
GRACE Fr. Costa Pavlakos 703-671-1515 frcostas@stkchurch.com
Greek School Auxiliary Elena Lagos, President 703-241-1176 pedakia@aol.com
HOPE (ages 7 and under) Kelly Alexis, Director 703-909-2256 kalexis76@gmail.com
Listserv (email list) Presv. Pauline Pavlakos 703-239-2627 prpzpauline@stkchurch.com
JOY (ages 8-12) Tina Papamichael, Director 703-536-4711 athena02@verizon.net
Missions and Outreach Dr. John Demakis 703-319-1610 demakis9931@gmail.com
Parish Committees, List of http://saint-katherines.org/about_us/parish-committees
Philoptochos Eleni Kanakos, President 703-938-8360 dimitri14@verizon.net
Psalters James Loizou, Protopsaltis 703-356-8220
Safeway eScrip Elvira Garnett 703-425-3675 villa45@hotmail.com
Website Presv. Pauline Pavlakos 703-239-2627 prpzpauline@stkchurch.com
Women’s Book Club Christina Vazquez 703-723-7424 czvmail@aol.com
YAL (Young Adult League) TBD
PARISH COUNCIL

IT’S HARD TO BELIEVE half the year has gone by so quickly, but calendars never lie. As we look forward to the remainder of the year, it would be useful to review what has transpired thus far, assess where we are as a community, and talk about what lays ahead.

Our community continues to be blessed in so many ways. Our ministries continue to thrive and grow in service to the community. Our schools do a wonderful job educating our children and their spiritual life has been well served and faithfully nurtured by our clergy and our Catechetical (Sunday School) staff.

Financial challenges seem to lurk around every corner, but we have met them all with conviction and resolve. We have an outstanding appeal pending with the Archdiocese regarding our 2012 allocation (funds we pay to the Archdiocese), but I am pleased to report we anticipate this will be resolved in our community’s favor.

As many of you know, our Stewardship program is being refocused and many positive changes lay ahead. Almost all of our ministries now participate further in the life of the church by serving as ushers during the second Liturgy. A catalogue of ministries will be published soon. The desire for new ministries continues and details on these exciting new opportunities for involvement will be available in the near future and will also be included in our new catalogue. I am also pleased to announce that several organizations/ministries have embraced one of the new elements of our stewardship program by becoming stewards of our community. We are deeply grateful to AHEPA Chapters #438 and #370, the Daughters of Penelope Helle Chapter #283, GOYA, and the PAIDEIA Bilingual Preschool, for setting an example for other organizations and ministries to follow.

Our community’s financial status is sound. Although many responsibilities and obligations lay ahead, we find ourselves in a good fiscal position going into the later portion of 2012. As is normally the case this time of year, our expenses are slightly below average while our revenues are slightly above average. Strong initial stewardship contributions and our recent successful Spring Festival are responsible for this positive situation. We remain committed to creating a strong financial environment (principally through a renewed and more robust stewardship program) that will enable us to generate all revenues necessary for the operation of the church from our stewardship ministry. Proceeds from events such as parish festivals may then be used for other purposes (eliminating debt, capital improvements, etc.) as deemed appropriate by the General Assembly.

As an aside, thinking of the Festival brings to mind how very pleased I am to commend our community on its level of volunteerism. It was extremely gratifying to see everyone working together toward the success of our community! Among the great successes of our recent Spring Festival was the newly inaugurated Cultural Presentation Program. Many thanks to Fr. Costas Pavlakos, James Jatras, Nick Larigakis, Faye Mpras, and Marilyn Rouvelas for their excellent presentations on topics ranging from Greek traditions and Greek history to Hellenic/Cypriot affairs and a history of Orthodoxy. All the presentations were equally well attended and well received by the public.

As to what lays ahead during the remainder of the year, our Parish will upgrade our telephone system by using the Voice Over Internet Protocol (VOIP), instead of conventional phone company wiring. Beyond multiple technological advantages, we anticipate significant cost savings. We also intend to secure critical offsite electronic storage and backup for our data systems which we currently do not possess. Parishioners should also expect to see multiple improvements and/or maintenance priorities addressed during the remainder of the year. These include such things as restriping the parking lot, pothole repair, landscaping, interior painting of Founders’ Hall and the Meletis Charuhas Center, installing new exit doors in the sanctuary, and relocating the church safe, among other initiatives. Our Strategic Planning Ministry will also begin work on developing a set of goals and objectives to ensure our Church is responsive to, and ultimately successful in, the dynamic environments of the future.

Finally, our community will be honored to host a regional Stewardship Seminar featuring renowned national stewardship trainer Bill Marianes on October 27. We are also pleased to announce Bill will be our featured guest speaker during Stewardship Sunday, October 28.

If you’re curious about an issue or if I haven’t touched on something which interests you, please feel free to contact me at any time. In the meantime, we ask for your continued prayers for the success of our Parish and her ministries.

Your Servant in Christ,

President, Parish Council
JOY (ages 8-12)

JOY hopes that everyone is enjoying a happy and healthy summer! As we prepare for the 2012-2013 year, JOY would like to invite parents to join us in organizing and planning for JOY activities. All organizations need fresh ideas and enthusiasm and JOY needs you! JOY is the ministry for 8-12 year olds. If you would like to be involved, please contact JOY Director Tina Papamichael at athena02@verizon.net.

GOYA (ages 13-18)

GOYA will get together periodically over the summer. Look to your e-mails for information. Activities, depending on interest, may include open gyms, pool parties, bowling, and an overnight trip.

PAIDEIA

CONGRATULATIONS TO OUR 2012 GRADUATES: Alexandra Constantinescu, Eleni Kapelos, Georgia Kohilas, Panagiotis Linardakis, Sebastian McKenna, Vanya McKenna, Alexander Pappas, George Sifakis, Ana Toundzatos, and Alexandros Voliotis. We wish you a successful and wonderful academic career. May Saint Katherine guide and protect you always. Καλή Πρόοδο! We’ve completed another school year, put away our books, and said goodbye to our teachers and friends. We will cherish the memories of fun times and great experiences, and look forward to seeing you in the fall.

As we prepare for the new school year, we are making the modifications to our programs and policies that our growing preschool requires. Our aim is to continuously improve and enhance our children’s experience at PAIDEIA so that it will sustain them throughout their academic career.

In the meantime, the Saint Katherine Summer Camp Program will begin shortly. Join us July 9 through August 17 for wild adventures, vivid stories, fun activities, and lively music. Weekly themes include: Crafty Creations; Baking Basics; Exploring Ellada—the Olympics; Music, Poetry, Rhythm, and Art with Ms. Gilda; Under the Sea; and Movement and Dance (including Greek folk dancing). For more information, please call 703-671-1515.

PAIDEIA Bilingual Preschool conducts a unique, faith-based program in which children ages 2-5 learn about the Greek Orthodox faith, Hellenic ideals and culture, and the Greek language. Our mission is to instill an early enthusiasm for learning, offer a loving and safe environment, and provide a curriculum that will ready the children for Kindergarten while enhancing their moral and cultural growth. Our day school is the only one of its type in the Washington area. Enrollment for the 2012-2013 session is open. For more information, please contact Maria Papathanasiou, Director, at director@gopaideia.org or 703-671-1515.

Καλό Καλοκαίρι! See you in September!

CATECHETICAL (SUNDAY) SCHOOL

SUMMER IS IN FULL SWING and we hope children and parents can have some wonderful and profitable time together reading and discussing Holy Scripture. There are many important days celebrated by our Church during the summer months. On July 20, we commemorate the Prophet Elias. “Elias spent his entire youth in divine contemplation and prayer, withdrawing frequently into the wilderness to contemplate and pray in tranquility.... On Mount Tabor He appeared together with Moses beside our Lord Jesus Christ. At the end of the world, Elias will appear again, to put an end to the power of Antichrist (Revelation 11)” [The Prologue of Ohrid, pp. 82-83].

The Great Martyr Panteleimon is commemorated on July 27. “Panteleimon was born in Nicomedia of a Christian mother and a pagan father.... As a young man, he studied the science of medicine. The priest Hermolaus befriended him, taught him the Christian Faith and baptized him. Panteleimon miraculously cured a blind man whom other doctors had treated in vain; he healed him by the name of Christ and baptized him” (The Prologue of Ohrid, p. 109).

The fast in contemplation and commemoration of the Dormition of the Most-Holy Theotokos begins on August 1 and concludes on August 15. “The Lord Who, on Mount Sinai, gave the Fifth Commandment, Honor thy father and thy mother, showed by His own example how one should respect one’s parents. Hanging on the Cross in agony, He remembered His Mother, and indicating the Apostle John He said to her: Woman, behold thy son. After that, He said to John: Behold thy mother. And so, providing for His Mother, He breathed His last. John had a home on Mount Zion, in Jerusalem, in which the Theotokos then lived. She dwelt there to the end of her days on earth”... “In her old age she often prayed to her Lord and God on the Mount of Olives, the site of His Ascension, that He take her from this world as soon as possible. On one of these occasions, the Archangel Gabriel appeared to her and revealed to her that she would find repose within three days” (The Prologue of Ohrid, p. 183).

Indeed, the special commemorations mentioned above enrich the days of summer and turn attention to contemplation and worship. They enrich our spiritual life. It would be fulfilling for our parents and children to share conversations about those very special Church days.

Just so our parents know ahead of time, Catechetical (Sunday) School will begin on September 16 with registration occurring on September 9. Registration will take place in the building where coffee is served after the Divine Liturgy. However, until then, we wish all of our parents and children a very restful and enjoyable summer. We look forward to seeing all of our children back in September. We look forward to worshiping with you in Church over the summer months.
ΠΑΝΑΓΙΑ!
Η ΜΗΤΕΡΑ ΟΛΟΥ ΤΟΥ ΚΟΣΜΟΥ!
Σοφία Δ. Τσαγκάλη

Οπωσδήποτε κανενας μας δεν είναι άξιος να γράψει γι’ αυτό το ιερό, το πανάγιο πρόσωπο της Υπεργαίας Θεοτόκου. Με μεγάλη ευλάβεια, σεβασμό και πίστη στην Αειπάρθενο Είναι ευλογημένος χρυσωρύχος ομως μεριμνά ευγένεια δορυφόροι ως εαυτό εντός της νόησης και της φωνής, για να συγκεντρωθούν πάνω στην εικόνα της. Είναι διάσημη επαίνους στον κρύβο της Μακάριας βασιλικής που θα μας δώσει γερή ωδήρη για τα άνθρωπα. Πιθανή θα είναι η κλίμακα που θα μας φέρει κατευθείαν στα αληθινά ιδανικά, εκεί, όπου υπάρχουν οι νεουρίυσιοι του αληθινού μεγαλείου. Την απάντηση μας την δίνει μία μεγαλείωδης μηρόφθη, μια πανάγια προσωπικήτη. Είναι η εκλεκτική του Κυρίου, η Κεχριμελική Κοιλία, η «πεπαλαιωμένη σπέρμα θεϊκή δόξα», είναι η Θεοτόκος!

Το θεμέλιο του μεγαλείου της είναι η ταπεινωσία, η οποία την ανέβασε στην κρυστάλλινη αγιότητα, καθιστώντας την «σκέψις εκλόγης», επειδή ήταν η ταπεινότερη όλον. Ήταν κόρη σοφιτή και αραφής, γιατί δεν καισούσε για την βασιλική καταγωγή της, ούτε για την ευγένεια του αίματος της. Την ψυχή της την θέλη η ευγένεια «τού κρύσταλλου της καρδιάς ανθρώπου». Δεν μεριμνά για πολυτέλεια του σώματος ενδιασέμενη, παρά φροντίζει για την ψυχή της την «θεοφράνσην». Δεν επιζητεί δόξες, τιμές και πλούσια στη ζωή της, γιατί είναι χρυσωρύχος στο χρυσωρύχειο της σφαίρας του Θεού. Δεν επιδιώκεται για τα σωματικά και πνευματικά της χαρισμάτα, που αναμφίβολα είναι, παρά εκλεκτά από την αγιότητα της χρυσός αναλαμβάνει.

Κρατάει τον αυτό στην αφάνεια, ακόμη και όταν ακούει α’ τον Άγγελο τον προτάκτο καλομενόρο «Χαίρε, Κεχριμελική, ευλογημένη Σού εν γυναιξί και ευλογημένος ο καρπός της κοιλίας σου...», και όταν ακόμη ως μητέρα βλέπει τον Υίο της να θαυματουργεί και ακούει να Του φύλαξένει, «Μακάρια η κοιλία η βασιλικάσα Σε». Σε όλους μας και ιδιαίτερα στις γυναίκες η Παναγία μας είναι υπόδειγμα ιδεώδες, ιδιαίτερα, είναι το ατόμο από το οποίο θέλουμε να πάρουμε ακτίνες και να γίνουμε δομοφόροι του.

Αν κάνουμε ένα σύντομο αυτοέλεγχο, βλέπουμε τον αυτό μας σε αντιπαραβολή προς την Παναγία, καταλήγουμε στο συμπέρασμα που δεν απομεινάει τίποτε άλλο, παρά να καλλιεργήσουμε την αρετή της ταπεινώσεως. Και για να πετύχουμε θα πρέπει να λάβουμε υπ’ όψιν δύο σημεία, την κενοδοξία και τον εγκυκλισμό.

Ακούμε π.χ. έναν έπαινο για ανυπάρκτα, πολλές φορές, χαρίσματα μας και το παράσημο επάνω μας. Διαρκώς γνωρίζουμε στη σκέψη μας τα επαναλαμβανόμενα λόγια και δεν σταματούμε πια, επειδή της θανατηφόρατης σχέσης μας με τον αέρα, «σκέψεις του θανάτου. Εάν δεν υπάρχει καμία εκκρετή», θα πρέπει να μην υπάρχει καμία οιδική θυμοσιμείωση και αλληγορία. Πόσες φορές δεν πιστεύει η καρδιά μας, γιατί δεν ακούσουμε επάνως, που νομίζουμε ότι αξίζεις, και μεσονομάζουμε και ηρεμούμε. Και

(GREEK SCHOOL REGISTRATION

The general norm of acceptance for enrollment to Saint Katherine Greek School is children of registered stewards and adult stewards of Saint Katherine Greek Orthodox Church. Students entering Pre-Kindergarten must be 4 years old and Kindergarten 5 years old by August 31, 2012. They must present a current copy of their immunization records at the time of registration.

Registration
Registration will take place during the month of July in the Church Office, Monday through Friday, during the office hours of 9:00am to 5:00pm, and on Sunday, September 9 after the Divine Liturgy. Forms and more information are available on our website, www.saint-katherines.org, under “Greek School.” Please feel free to contact Sophia Tsangali, the principal, as well, at sttsangali@stkchurh.com or 703-671-1515.

Classes for Children begin:
Saturday, September 15, 2012, 9:30am-1:30pm
Friday, September 21, 2012, 5:00pm-7:00pm
(Greek folk cancing is offered during the school hours.)

Classes for Adults begin:
Tuesday, September 18, 2012, 6:00pm-7:30pm
Introductory Greek II
Tuesday, September 18, 2012, 7:30pm-9:00pm
Introductory Greek I
Thursday, September 20, 2012, 6:00pm-7:30pm
Intermediate Greek
Thursday, September 20, 2012, 7:30pm-9:00pm
Advanced Greek

Conversational Classes and Greek Folk Dancing for Children and Adults begin:
Wednesday, September 19, 2012
Conversational Classes 6:00pm-7:00pm
Greek Folk Dancing 7:00pm-8:00pm

(contin’d from previous column)}
REGISTRY

**Baptisms**
Katherine Jill (Beverly) (Adult) (May 5)
dughter of Edger and Chloe Sutherland
Godparents: Niki Papasavva and Maria Tsapos

Aspasia Maria (June 10)
dughter of Harry and Asimina Nicholakos
Godparent: Panagiota Nicholakos

Evan Constantino (June 10)
son of Alexander and Amy Joannou
Godparent: Constantino Kavalieratos

Asimina Georgia (June 30)
dughter of Aris and Anna Yortzidis
Godparent: Anastasia Theodorogiannis

Congratulations!

**Weddings**
Cris Lynn Mitchell
and
John Edward Hittle (June 10)
Koubaros: Bill James Hittle

Angela Kapetanakis
and
David Pishioneri (June 16)
Koumbara: Constance Kapetanakis

Jennifer Lynn Saman
and
Nicholas Ploutis (June 17)
Koumbaro: Nicholas Ploutis and John Tsiaoushis

Hannelore Mann Suffridge
and
Michael Sofocleous (June 23)
Koubaros: Frank Sofocleous

Elizabeth C. Godfrey
and
Marios C. Pieri (June 30)
Koubaros: Marco Pieri

Congratulations!

**Funerals**
Elizabeth G. Karaiskos (June 5)
Perry Michael (June 12) at SS. C&H, DC
Stanley J. Manolis (June 15)

May their memories be eternal.

SAVE OUR PEWS!!
Our beautiful pews are in need of our attention. In order to protect the pews, we are looking to purchase or sew slip covers to be used on Holy Friday and during the Resurrection and Agape services. It was noted after the Paschal services this year, that our pews sustained some damage. Not only was there dripped candle wax everywhere, but one of our pews was burned. We are looking for donations of the following: upholstery fabric, sewing experience, sewing notions, or monetary funds. If you think you can help, if you know of someone who might be willing to donate fabric or sewing time to this project, or if you have another idea on how we can save our pews, please contact Christina Vazquez at czvmail@aol.com or 703-723-7424.

THANK YOU SAINT KATHERINE FESTIVAL VOLUNTEERS!!
Helping before and during the festival means you are helping the Church. It was great having so many volunteers (seasoned veterans, adults, young adults, GOYAns, and children) of our parish help. Thank you for all your hard work and efforts!
Appalachia Outreach, August 24-26. Led by Fr. Costas, our Mission and Outreach Committee is organizing a pan-Orthodox group to travel to the West Virginia Panhandle region August 24–26, 2012 in support of Habitat for Humanity’s “critical repair” projects. Critical repairs translate into many areas: painting, clearing debris, roofing, basic carpentry, plumbing, etc. The goal is to help the poor, predominantly elderly, residents in the region have safer, drier, and healthier living conditions. We encourage both our youth (ages 14 and older accompanied by a parent) and adults to volunteer for this worthwhile effort. If you have a construction-related skill, please consider volunteering. We especially need you, but workers at all skill levels are welcome. Habitat will provide a project coordinator at each repair site along with all the required job materials. This mission offers an excellent opportunity for volunteers to help a disadvantaged group by providing an immediate service and reinforces the commitment of our faith to help the less fortunate.

Tentative Schedule
(subject to change)

Friday, August 24
10:00am Depart from Saint Katherine Church
12:00pm Arrive Martinsburg and meet with Habitat staff
12:30pm Lunch
1:30pm Travel to sites and work on projects
6:00pm Restaurant dinner, group meeting

Saturday, August 25
8:00am Breakfast
9:00am Travel to sites and work on projects
4:00pm Wrap-up with Habitat staff
6:00pm Restaurant dinner

Sunday, August 26
9:00am Liturgy (Fr. Costas, celebrant)
10:30am Breakfast
12:00pm Departure
2:00pm Arrive at Saint Katherine Church

Transportation, Lodging, and Meals. Each volunteer will contribute to their costs. We are looking into renting a bus and having group members share rooms in a modest motel near the work sites in Martinsburg, WV. We anticipate the costs will be approximately $120.00 per person including motel, meals, and transportation.

Registration. Each volunteer must fill out a registration form, available at: http://www.saint-katherines.org/about_us/misc_forms. For more information, please contact Daphne Papamichael at cyprusd@aol.com or Stacey Kazacos at Stacey@sent.com by August 1, 2012.

Samaritan’s Feet. We will collect children’s shoes again this year during the entire month of August. This is so the children will have new shoes to wear to school starting in September. They are asking for children’s sizes 5, 6, and 7—male and female. The shoes should be gym/sneakers/tennis shoes. There will be a special bin in the foyer of the Meletis Charuhas Center. The shoes will be distributed to children in the Washington DC area. For many children this will be their first pair of new shoes.

Nathan Hoppe and Family to Visit August 21-22. We are pleased to announce that our long-term missionaries in Albania, Nathan and Gabriela Hoppe and their children, will be visiting our parish on August 21-22, 2012. Please join us in our Founders Hall at 7:00pm on Tuesday, August 21 for a reception in their honor. We will have an opportunity to meet them and hear about their work with Metropolitan Anastasios in Albania.

Guatemala Trip, January 2013. Saint Katherine will send a mission team to the Guatemala Orphanage January 16-24, 2013. Fr. Costa will be the spiritual leader and Nicole Leontsinis will be the team leader. For application information please contact Nicole at Nicola713@gmail.com.

Tanzania Update from Maria Roeber.
Things are progressing well with the health center. We’re hiring more staff little by little, and this month I am trying to set up a registration/medical records system. We’re also in the process of figuring out how to order/inventory/track medications in the pharmacy and general supplies. Finally, we are also learning how to get an outpatient lab up and running. I am grateful that the staff we have hired are wonderful, experienced, and dedicated professionals who are eager to help me to learn how to accomplish all of this, especially in a culture and country that is not my own! I pray that God blesses the endeavor and that by July we will be fully operational. In other news, last month my fellow missionary Felice Stewart had a guest here—Floyd Frantz, another OCMC missionary serving in Romania, came to help her conduct a seminar for the priests, teaching them about treatment and counseling for alcoholism and addictions. It was well received and Felice is encouraged that her efforts to start an AA program in this region are taking off! Glory to God! Please continue to keep us, the mission, and the people of Tanzania in your prayers.

Bailey’s Crossroads Shelter
Feeding the Homeless. On July 24, the Mission and Outreach Committee will prepare dinner and serve at the shelter. In September, our AHEPA chapter will serve. All organizations of our parish are encouraged to serve at least once each year at the shelter. For more information or if

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<th>Sunday</th>
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<tbody>
<tr>
<td>1 4th Sunday of Matthew 9:30am Orthros 10:30am Divine Liturgy</td>
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<td>4 Independence Day (Office Closed)</td>
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<td>8 5th Sunday of Matthew 9:30am Orthros 10:30am Divine Liturgy</td>
<td>9 Summer Camp (ages 3-5) Crafty Creations 9:00am-3:30pm</td>
<td>10 Summer Camp (ages 3-5) Crafty Creations 9:00am-3:30pm</td>
<td>11 Summer Camp (ages 3-5) Crafty Creations 9:00am-3:30pm</td>
<td>12 Summer Camp (ages 3-4) Crafty Creations 9:00am-3:30pm</td>
<td>13 Summer Camp (ages 3-5) Crafty Creations 9:00am-3:30pm</td>
<td>14</td>
</tr>
<tr>
<td>15 Sunday of the Holy Fathers 9:30am Orthros 10:30am Divine Liturgy</td>
<td>16 Summer Camp (ages 3-5) Baking Basics 9:00am-3:30pm</td>
<td>17 Summer Camp (ages 3-5) Baking Basics 9:00am-3:30pm</td>
<td>18 Summer Camp (ages 3-5) Baking Basics 9:00am-3:30pm</td>
<td>19 Summer Camp (ages 3-4) Baking Basics 9:00am-3:30pm</td>
<td>20 Summer Camp (ages 3-5) Baking Basics 9:00am-3:30pm</td>
<td>21</td>
</tr>
<tr>
<td>22 7th Sunday of Matthew 9:30am Orthros 10:30am Divine Liturgy</td>
<td>23 Summer Camp (ages 3-5) Exploring Ellada-Olympics 9:00am-3:30pm</td>
<td>24 Summer Camp (ages 3-5) Exploring Ellada-Olympics 9:00am-3:30pm</td>
<td>25 Summer Camp (ages 3-4) Exploring Ellada-Olympics 9:00am-3:30pm</td>
<td>26 Summer Camp (ages 3-5) Exploring Ellada-Olympics 9:00am-3:30pm</td>
<td>27 Panteleimon The Martyr 9:30am 10:30am Divine Liturgy</td>
<td>28 Summer Camp (ages 3-5) Exploring Ellada-Olympics 9:00am-3:30pm</td>
</tr>
<tr>
<td>29 8th Sunday of Matthew 9:30am Orthros 10:30am Divine Liturgy</td>
<td>30 Summer Camp (ages 3-5) Music, Poetry, Rhythm, and Art 9:00am-3:30pm</td>
<td>31 Summer Camp (ages 3-5) Music, Poetry, Rhythm, and Art 9:00am-3:30pm</td>
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</tbody>
</table>

Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.
Please check the online calendar, http://saint-katherines.org/calendar, for the most current information.
PHILOPTOCHOS

O UR WARMEST C ONGRATULATIONS to the newly elected 2012-2013 Philoptochos Officers: Eleni Kanakos, President; Kathy Cavallo, 1st Vice President; Trish Kapsidelis, 2nd Vice President; Tina Papamichael, Recording Secretary; Diane Fogarty, Corresponding Secretary; and Patricia Karounos, Treasurer.

June 12 was the date of the Philoptochos End-of-Year Dinner at Anthony’s Restaurant. The delicious dinner, warm hospitality, and fellowship were enjoyed by all who attended.

Philoptochos looks forward to welcoming all women of our parish at our September meeting, after a safe and relaxing summer!

AHEPA 438 RECEIVES MULTIPLE HONORS

THE PETER N. DERZIS AHEPA C HAPTER 438 achieved a rare “clean sweep” of major awards at the recent 2012 AHEPA Capitol District #3 Convention held June 8-10 in Hopewell, VA. The three awards recognize individual and organizational excellence in support of the community, the Church and her ministries, education, scholarship programs, and philanthropic endeavors.

The Chapter was honored as Capitol District #3 Chapter of the Year for the ninth time in its history and Angelo Toutsi was selected as President of the Year. The prestigious AHEPAN of the Year award went to Jim Stoucker.

SAINT KATHERINE BOOKSTORE

P LEASE VISIT our church bookstore in the Meletis Charuhas Center after Liturgy. We carry a wide assortment of Orthodox books, icons, and other items to enrich your spiritual life. The bookstore is open most Sundays; if you require further assistance, please contact the Church Office during the week. Thank you for your continued patronage.

SUPPORT OUR TROOPS

T HIS SUMMER, the Support Our Troops ministry will send care packages to nine soldiers serving overseas. Please keep the following soldiers and their families in your prayers: Jason, Raymond, Matthew, Pablo, Matthew, Abby, Hortensia, Raul, and Dino. Dino is from our own Saint Katherine community and the other eight soldiers are currently serving in Afghanistan.

To make a donation to the Support Our Troops mission, make a check payable to Saint Katherine and note “Troops” in the memo line. If you have any questions contact Ray Vazquez at rayvazquez1@aol.com.

PRAYER FOR A SOLDIER

Christ our True God, who loves mankind, look down with mercy and compassion upon every soldier who is facing a daily struggle with war, aggression, and terrorism. Each one desires to live before You, and be ever protected by Your Right Hand. Preserve them, we humbly pray, and watch over them every given hour. Guide their steps, give wisdom and discernment to all who are in leadership, that Your will may prevail, and that they may return safely to their homes and loved ones. Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

DAUGHTERS OF PENELLOPE

HELLE CH APTER WOULD LIKE to congratulate Alicia Underhill, daughter of Sister Valerie Underhill and granddaughter of Sister Helen Glekas, who was presented with our Chapter’s Scholarship Award of $1,500 at the Washington Metropolitan Area Annual AHEPA Awards ceremony in May. Also honored at the ceremony was Chrissostomos Batistatos, son of Sister Ergini Martinish.

Several Sisters have been assisting at Homestretch, a local organization which empowers homeless families with children under the age of 18 in Northern Virginia to attain permanent housing and self-sufficiency. We plan to continue our support throughout the summer, collecting needed items and school supplies for the children there.

The District #3 Convention on June 8-10 was a huge success! Much business was accomplished at the District level in order to get ready to go to the National Convention in Las Vegas at the end of July. We all had a wonderful time at our first The Kitchen is Closed!!! night at Milano’s Family Restaurant at the end of June. We all relaxed after a very busy Chapter year and enjoyed a delicious meal as a Sisterhood!

During the summer, our Board will be busy planning and coordinating more events and projects beginning in September! If you would like to be part of our very active organization, please contact any one of the Helle Sisters for more information. We have a great group!

CAMP GOOD SHEPHERD 2011

The Linwood-MacDonald YMCA Center Branchville, New Jersey July 8-14: JOY (ages 8-12) July 15-21 GOYA #1 (ages 13-18) July 22-28: GOYA #2 (ages 13-18) For more information, contact the Metropolis Youth Office at 908-301-0500 or youth@nj.goarch.org.

IONIAN VILLAGE

ionianvillage.org | 212-570-3536)

Ionian Village, the summer camping ministry of the Greek Orthodox Archdiocese of America in Greece, is still accepting registrations for its Summer 2012 programs: Summer Travel Camp (June 29-July 18) and Byzantine Venture (July 25-August 13) for youth who have completed grades 7 through 12 and Spiritual Odyssey; shorter pilgrimage-style trips for young adults ages 19-28, Cyprus and Constantinople (May 30-June 9), The Greek Mainland (June 10-June 20) and The Greek Islands (July 15-July 25). Register now!
CONGRATULATIONS!

**Christopher Michael Bota**, son of Martha and Peter Bota, graduated from Yorktown High School. Chris played basketball for the Great Falls County League and GOYA. Chris won MVP in 2008, played All Stars in 2010, and was awarded the Paul Vlachos Memorial Award for most dedicated service in 2011. He served as GOYA Treasurer for two terms—2010-2011 and 2011-2012. Chris was a member of the Yorktown High School Leadership Program.

**Nicholas Franklin Burton**, son of Mr. and Mrs. Bryan F. Burton, brother of Andrew, and grandson of Mr. and Mrs. Franklin D. Burton, graduated from W.T. Woodson High School with an Advanced Diploma. Nicholas participated in many sports, including soccer and frisbee. Nicholas was Captain of the Frisbee team. He also performed in *Desserts on Broadway* during his junior and senior years in school. Nicholas will attend West Virginia State College, pursuing a degree in education. He plans to become a teacher.

**Christine Demeter**, daughter of Christian and Laura Demeter of Falls Church, graduated from George Mason High School. Christine, a member of the National Honor Society and a Gunston Scholar, has been recognized by AHEPA, the Falls Church Lion’s Club, her high school, and the Arlington Career Center for academics and community service. Christine will attend Virginia Commonwealth University where she will major in Chemistry in the Pre-PT/Pre-Med academic track.

**Catherine Anne Doulis**, daughter of Mr. Steven and Dr. Sophia Phass Doulis, graduated from St. Stephen’s and St. Agnes School. She will attend Virginia Tech in the fall. Awards included numerous Dean’s and Head’s Lists for academics, Spanish Award senior year, Coaches Award for Varsity Field Hockey, All Independent School League Award for Varsity Field Hockey, Coaches Award for Varsity Basketball, All “ISL” for Varsity Basketball, and Model Athlete award 2011-2012.

**Agnes Dretakis**, daughter of Michael and Fani Dretakis and fiancée of Kenneth Myers, graduated with an Associates of Applied Science in Dental Hygiene from Northern Virginia Community College.

**Emily Margaret Merkel** graduated from Virginia Commonwealth University School of Allied Health Professions with a Master of Science in Gerontology. She plans to pursue her medical degree, specializing in geriatric medicine.

**Eleftheria “Leah” Papadopoulos**, daughter of Louizos and Alexandra Papadopoulos of Warrenton, Virginia, graduated on from Fresta Valley Christian School in Marshall, Virginia. Leah plans to attend college at George Mason University this fall and study Business Administration.

**Marie Thomas**, daughter of Craig and Lori Thomas, graduated from McLean High School as a Valedictorian (above a 4.0 GPA). She will attend the University of Virginia this fall. While at McLean, Marie played flute in the marching and symphonic honor bands, attended the Virginia Governor’s Latin Academy, played basketball, and was named the Most Valuable Coach in the McLean Youth League Middle School Girls Division.

**Athena Elizzabeth Zavolas**, daughter of Nick and Debbie Zavolas, graduated from the LeBow College of Business at Drexel University. She earned a Bachelor of Science in Business Administration, concentrating in Entrepreneurship and Marketing. Her minor was in Corporate Communications and Public Relations. Athena was an active member of the Delta Zeta Sorority, Drexel Marketing Association, and Drexel Women in Business. She plans to pursue her MBA in the coming year.

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose (Dr. Seuss).

(Continued from page 7)

you would like to participate individually, contact John Demakis at demakis9931@gmail.com.

**Clothing and Toiletries.** We continue to collect new and used clothing and unopened toiletries for the Shelter. Although winter is almost over, they are still collecting warm clothing, coats, scarves, gloves, etc. They will store them for next winter. There is always a need for adult shoes (new and used in good condition) of every kind for men and women. Please give what you can. Bring your items to the Meletis Charuhas Center and we will deliver to the shelter once a week. Thanks to all who have contributed in the past. Thanks also to members of our Mission and Outreach Committee who volunteer to take the items to the shelter weekly.

**Survival and Hygiene Kits.** We will again prepare and deliver Survival and Hygiene Kits to the shelter in November. More about this in the next issue of *DOXA.*
SAINT KATHERINE PROFESSIONAL AND BUSINESS DIRECTORY

PLEASE CONSIDER LISTING your profession or business on our church website. Please fill out the order form, available at http://www.saint-katherines.org/about_us/misc_forms, in its entirety. If you choose to list only your profession, please fill out that portion only. If you choose to list your business, please fill out that portion only. The cost per year is $25 for a professional listing and $100 for a business listing. We plan to be online by November 1, 2012. By placing your order now, your business or profession will be on our list for free until January 1, 2013. Your yearly billing cycle will begin on January 1, 2013. You may choose to renew your listing automatically for the next year by checking the box on the order form. If you are paying by credit card, your card will be charged for the renewal on or about January 1, 2014. If you are paying with cash or by check, you will be contacted prior to your renewal date. Credit card payments may be made on the church website via PayPal. All listings will be reviewed and acceptance will be determined at the discretion of the Business Directory Committee. A printed version of the directory will be distributed annually with listing additions available quarterly.

Below are samples of how your listing will appear on our website.

Professions:

Engineering
George Pappas
Electrical Engineer
www.georgepappas.net
555-555-5555

Businesses:

Places of Worship

Saint Katherine Greek Orthodox Church
3149 Glen Carlyn Road, Falls Church, VA 22041
703-671-1515
www.saint-katherines.org

Remember, you can go to www.saint-katherines.org/about_us/misc_forms for more information and an order form.

We look forward to receiving your listing!

TIPS FOR COPING WITH REAWAKENED GRIEF

EVEN YEARS AFTER A LOSS, you may continue to feel sadness and pain when you’re confronted with reminders of your loved one’s death. As you continue healing, take special steps to cope with reminders of your loss:

• BE PREPARED. Anniversary reactions are normal. Knowing that you’re likely to experience anniversary reactions can help you understand them and even turn them into opportunities for healing. For example, you might find yourself dreading an upcoming special day, fearful of being overwhelmed by painful memories and emotions, only to find that you work through some of your grief as you cope with the stress and anxiety of the approaching reminder.

• PLAN A DISTRACTION. Schedule a gathering or a visit with friends or loved ones during times when you’re likely to feel alone or be reminded of your loved one’s death.

• REMINisce ABOUT THE RELATIONSHIP you had with the person who died. Focus on the good things about your relationship and the time you had together rather than the loss.

• START A NEW TRADITION in your loved one’s memory. For example, make a donation to a charitable organization in your loved one’s name on birthdays or holidays or plant a tree in honor of your loved one.

• CONNECT WITH OTHERS. Draw friends and loved ones close to you, including people who were special to your loved one. Find someone who’ll encourage you to talk about your loss. Stay connected to your usual support systems, such as spiritual leaders and social groups. Consider joining a bereavement support group.

• ALLOW YOURSELF TO FEEL A RANGE OF EMOTIONS. It’s okay to be sad and feel a sense of loss, but also allow yourself to experience joy and happiness. As you celebrate special times, you might find yourself both laughing and crying.

There’s no time limit for grief, and anniversary reactions can leave you reeling. Still, the intensity of grief tends to lessen with time. If your grief gets worse over time instead of better or interferes with your ability to function in daily life, consult a grief counselor or other mental health provider. Unresolved or complicated grief can lead to depression and other mental health problems. With professional help, however, you can re-establish a sense of control and direction in your life—and return to the path toward healing.

(The Mayo Clinic offers the suggestions listed above for coping with grief that is reawakened years after the loss of a loved one.)
SHOWN BELOW is a list of families, individuals, and organizations who have participated in the 2012 Saint Katherine Stewardship Program through May 31. Thank you for responding to the needs of our church.

Our stewardship pledge form is on page 15. If you have not yet sent a pledge, please complete the form and send it to the office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Anna Vassilopoulos at avassilopoulos@stskhurch.com or 703-671-1515.

M/M Evangelos Abatzis
Donald and Irenelee Adams
Mr Frank Agnos
Mr/Mrs John Agnos
AHEPA Chapter #370
AHEPA Chapter #428
Dr/Mrs James Alatis
M/M Peter Aliferis
Hiyam Ali
Mr/Mrs James Anagnos
Mr/Mrs Larry Anagnos
M/M Anastasios Anastasiou
Ms Helen Anderson
Mr/Mrs John Andre
Mr Alexander Androue
M/M Paul Arson
Mr/Mrs Tasia Anton
M/M Eva Antonianou
Mr Nick Antonopoulos
Mr/Meditations Apostolou
Dr/Mrs Nicholas Argerson
Mr/Mrs John Argerson
Mrs Barbara Bosworth
Mr/Mrs Jeff Borst
Mr/Mrs George Boosalis
Mr Basil Boobas
Mr/Mrs Ethel Boosalis and Mrs Adamopoulos
Rev/Presv. Theodore Chelpon
Mr/Mrs Louis Chelpon
M/M Mark Chelpon
Mr/Mrs Peter Chelpon
Mr/Mrs Emmanuel Chiaparas
Mr/Mrs Herve Chignon
Mrs Emerald Chiotakis
M/M John Chippouras
Ms Afrodite Christ
M/M George Christou
Dr Nikos Christou
M/M Stavros Christou
Dr/Mrs Joseph Christodoulides
Mrs Eugenia Christofi and Mr Carlos Arias
Dr Andrew Christopher
M/M Aristotle Christou
M/M Chris Christou
M/M Paul Christou
M/M Athanasios Chronis
Miss Lilianna Cric
Mrs Mirjana Cric
M/M Nick Colic
Mr Constantine Constant
Mrs. Frosa Constant
Dr/Mrs Ileana Constantinecu
Dr George Contis
Ms Constance Contopulis
Col/Mrs Harry Contos
Ms Christine Cope
Dr Susan Coriell
M/M Gus Coutafkis
Adm/Mrs Robert Cowley
Mrs Betty Craten
Mr Michael Dakes
Mr/Mrs Stephen Dakes
Mrs Theodora Dampier
Ms Elena Dangelis
M/M Ivan Danzigi
Dr/Mrs Nicholas Darzenza
Daughters of Persephone Helle Chapter # 283
Mr Luccas Davey
M/M Michael Davey
Mr Apostolos Dedes and Mrs Evangelia Tzanava
M/M John Delta
Dr/Mrs John Demakis
Mrs Antoinetta Demetrion
Mr/Mrs Christian Demeter
M/M Demetrios Demetriou
Mrs Epidota Demetriou
M/M Lambros Demetriou
M/M Peter Demetriou
Ms Venetia Demson
Mrs Helen Derzis
M/M James DeSatrik
Mrs Mary Diakides
Miss Alexandra Diapoulis
Mr/Mrs Nicholas Diapoulis
Ms Georgia Dimitras
M/M Alexis Dimopoulos
Dr/Mrs Harry Dinos
Mr/Dr Stephen Dinos
Mr James Dishaw
Mr Nicholas Doulis
Mr/Mrs John Doulis
Mr & Dr Steven Doula
Mr Gregory Drake
M/M Stavros Drosos
M/M Demetrios Droumbanis
Ms Michaela Dutia
Mrs Nicolaia Economou
Mr Paul Economou
Mrs Catherine Edgington
Mr/Mrs Christos Elefantis
Mr/Mrs James Eskinzes
M/M Christopher Euprides
Mrs Panagiota Ferassidiz Zorba
Mr/Mrs Dennis Flores
Mr George Flores
Mr/Mrs Nicholas Flores
M/M Pete Flores
M/M Stephanos Flosos
Mrs Dianne Kavos Fogarty
Ms Despina Foster
M/M Spyros Fotelagias
Mr/Mrs Vasiliou Fotinos
Ms Vasiliki Fotopoulou
M/M John James
M/M Stephen Francis
Mr Demetrios Gadonas
Mr/Mrs Dimitros Gadonas
Mr William Galanos
Mr/Mrs Demetrios Galatis
Mr/Mrs Richard Gamble
Mr John Garrbis
Ms Konnina Garrbis
Mr/Mrs Martin Gardner
Mr/Mrs David Garnett
Mrs Effie Gasparis
M/M Nicholas Gasparis
M/M Chris Gavras
Mrs Aspasia Georgatos
M/M Evans Georgios
Mr/Mrs George Georgeadis
Mrs Angelina Georgelis
Ms Mary Georgiou
M/M Frank Gerow, Jr
Mrs Helen Giamelos
Mrs Helen Glezis
M/M Michael Goldsmith
M/Arthur Gomez
Mr/Mrs Chad Gorman
M/M John Gouvis
M/M Peter Gouvis
GOYA
M/M George Greanias
Ms Joanna Greig
M/M Spiro Grivas
Mr Mark M July
M/M Michael Haddad
Mrs Christina Kehayia Hadjigan
Ms Thecla Hadjiadamnianou
M/M Andreas Hadjiadamnianou
Mr Membere Halle
Mrs Maria Hatziikonstantinou
Mr/Mrs John Hall
Mr/Mrs Donald Halstead
Mr/Mrs Leonidas Hantzopoulos
Mrs Antigone Harcoscos
Ms Diane Gatisia Havinga
Mr/Mrs Karl Hickson
Mrs Georgia Higley
Mr Bill Hitta
M/M John Hillie
M/M Everett Hoeg
Mr/Bryan Holloway
Mrs Argoula Honella
M/M Keith Horenstein
Mr/Mrs James Howard
Mrs Harkila Iannou
Mr/Iakovlos Iannou
Mr Clinton Irby
Mr/Mrs James Jatras
M/M Scott Jemison
Mr James Jewel
Mr/Mrs John Jeweler
Ms Kim Johnson
Mr/Mrs Timothy Johnson
Dr Subir Josan and Mrs Eleni Boosalis
M/M Tom Jouvanis
Mr Benjamin Jurado and
Mrs Smaugrida Strifas
Mr Chret Kacanaynna and
Mrs Nancy Thompson
Mrs Irene Kavakatos
Mr Kalaminatos and Mrs Adamopoulous
Mr/Mrs James Kalaris
Mr Mark Kalara
Mr/Mrs Christopher Kailmantinos
Mrs Maria Kalis
Mr Michael Kalis
Mr Nicholas Kalis
Ms Christina Kanakis
M/M Tom Kanakos
Mr/Mrs John Kanellis
Mrs Koulia Kanellis
Ms Persephonie Karkosta
M/M Dimitros Kanarianis
Mr/Mrs John Kanarianis
Mrs Helena Karambela
Mr/Mrs Nick Kanarianis
Mrs Lula Karon
Mr/Mrs Peter Karoumos
Ms Maria Katradas and
Mr Costantino Paraydies
M/M Anthony Katikas
M/M Stavros Katikas
Mr/Mrs Euthymios Katsipas
Mr/Mrs Dean Kfоlafas
Mr/Mrs Georgia Kavartilis
M/M George Kavros
M/M Michael Kavros
M/M Anastasios Kehayias
M/M Nicholas Kikis
Mr/Mrs Michael Kikis
M/M John Kirikou
M/M Chris Kiro
M/M Mike Kiro
Mr/Mrs Thomas Kizkas
Mr/Mrs Andreas Kokkinis
Mr Demetrios Kokkinis and
Mrs Stamoula Pliotis
M/M Costas Klosas
M/M Steven Killas
Mr/Mrs Alexandros Koliouvos
Mr Nicholas Koliouvos
M/M George Konstantas
Mr Vitali Kopylov
M/M Nekitians Konosos
Mr/Mrs Christos Kosmakos
Miss Sofia Kostematos
Ms Kim Kostyal
M/M Konstantinos Kouklides
Mrs Marika Koumanelis
M/M George Koumarianos
Mrs Parakeev Konumarinos
Mr Teddy Koumarianos
M/M Stanley Koussis
M/M Maria Koustenis
M/M Angelo Koutsoupaus
Miss Panagiota Kozakos
Mr Evangelos Kudaugianis
Mr/Mrs Ken Kucen
M/M John Kushner
Ms Christina Kutscherneuer
Dr/Mrs Andy Kyes
Mrs Maria Lallos
M/M Thomas Lallas
M/M Sheldon Lampert
M/M Frank Landry, III
Mr Nicholas Lalaris
M/M Vasillios Lekkas
Ms Nicole Leontantos
Mrs Bessei Lega
Mr/Mrs Clayon Nightingale  

(Continued from page 13)  

The Congratulations, Angelica!  

Angelica Spanos, Bachelor of Arts 2009—The George Washington University and Master of Science 2010—Columbia University, was awarded the “Outstanding Video Journalist/One Man Band Television Reporter” award by the Chesapeake Associated Broadcasters Association on June 2. Angelica has spent the last year and a half as a television reporter at WBOC-TV, based out of Salisbury, Maryland. Our warmest congratulations, Angelica!
Become a 2012 Steward of Saint Katherine today!

In faith, prayer, and sacrifice, my family and I wish to share in the support and work of our Greek Orthodox Church of Saint Katherine. Out of our love and gratitude to God for all His blessings, we would like to pledge the amount of $____________ for the year 2012

Today’s Date: _______________

Name: __________________________________________________________________________________

Address: __________________________________________________________________________________

City, State, Zip: ____________________________________________________________________________

Telephone and email address: _________________________________________________________________

Με πίστη, προσευχή και θυσία, η οικογένειά μου και εγώ επιθυμούμε να συμμετάσχουμε στην υποστήριξη και υπηρεσία της Ελληνικής Ορθοδόξου Εκκλησίας Αγ. Αικατερίνης. Από αγάπη και ευγνωμοσύνη στον Θεό για τις ευλογίες Του, θα θέλαμε να υποσχεθούμε το ποσόν των $____________ για το έτος 2012

Ημερομηνία (σημερινή): _______________

Όνομα: ___________________________________________________________________________________

Διεύθυνση: ___________________________________________________________________

Πόλη, Νομός, Ταχ. Κώδικας: ____________________________________________________________________

Τηλέφωνο και Διεύθυνση e-mail: _______________________________________________________________

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### JULY CHURCH DUTY ROSTER

<table>
<thead>
<tr>
<th>July 1, 2012</th>
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<tbody>
<tr>
<td>Andrea Ballard, Captain</td>
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<td>Chris Christou</td>
<td>George Moshos</td>
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<td>Iacovos Ioannou</td>
<td>Daphne Papamichael</td>
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<td>Chris Euripides, Captain</td>
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<td>Christina Vazquez</td>
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<td>Iacovos Ioannou</td>
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<td>Pierre Tavoularis, Captain</td>
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<td>Jim Stoucker</td>
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<td>Art Dimopoulos</td>
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<td>George Moshos, Captain</td>
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<td>Chris Christou</td>
<td>Dr. George Silis</td>
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<td>D. Vaccarello, Captain</td>
<td>Bill Porter</td>
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<td>Art Dimopoulos</td>
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### AUGUST CHURCH DUTY ROSTER

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<td>Bill Porter, Captain</td>
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<tr>
<td>Nick Larigakis, Captain</td>
<td>Nick Larigakis</td>
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<tr>
<td>Chris Cristou</td>
<td>George Moshos</td>
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<tr>
<td>Korinna Garbis</td>
<td>Daphne Papamichael</td>
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<td>Maria Wills</td>
<td>Costa Mavromatakis</td>
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<th>August 19, 2012</th>
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<tr>
<td>Christina Vazquez, Captain</td>
<td>Bill Polizos</td>
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<tr>
<td>Dr. John Demakis</td>
<td>Dr. George Silis</td>
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<tr>
<td>Art Dimopoulos</td>
<td>Maria Wills</td>
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<td>Daphne Papamichael</td>
<td>Costa Mavromatakis</td>
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<td>Chris Christou, Captain</td>
<td>Chris Christou</td>
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<tr>
<td>Dr. John Demakis</td>
<td>George Moshos</td>
</tr>
<tr>
<td>Chris Euripides</td>
<td>Maria Wills</td>
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<tr>
<td>Iakovos Ioannou</td>
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</tbody>
</table>

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PAN-ORTHODOX SCOUTING RETREAT
The First Chesapeake Area Pan-Orthodox Scouting Retreat will be held on Saturday, September 29. Boys and girls enrolled in scouting programs are invited to attend. They will work on merit badges and projects centered on their Orthodox faith. Contact Mrs. Elizabeth Johnson at themom@hotmail.com.

GREEK DANCE TROUPE
Saint Katherine is planning to start a Greek Dance Troupe, for children ages 5-17, in September! If you are interested, please email Ari and Anna Yortzidis (annadermanis@aol.com) or Chris Christou (cachris2@hotmail.com). More information to come!

ΠΡΟΣΕΥΧΗ

Χριστέ μου,
Προστάτευσέ μας και βοήθησέ μας να περάσουμε ένα Ευλογημένο Καλοκαίρι. Ασφάλισε τα βήματά και την ζωή μας από τις επιβουλές του εχθρού.
Φύλαξέ μας από την οργή, την κακία, τον εγωισμό, τον φθόνο, τον θεραπόντα, την καμίνη, τον εχθρό. Να καλλιεργούμε την αρετή, την ευγένεια, την εκτάκτη, την αγάπη χρησιμοποιώντας την ευρέως της εκκλησίας. Προστάτευσέ μας και βοήθησέ μας να περάσουμε ένα Ευλογημένο Καλοκαίρι.

Χριστέ μου, οδήγησέ μας να ενεργούμε και να κινούμαστα σύμφωνα με το δικό Σου Θέλημα. Αμήν.