ALL RELIGIONS ARE THE SAME

RECENTLY, I WAS TOLD that all religions are the same—they all want people to believe in God. I agree with the second part of this statement, but what makes every religion different is the methods used to get people to believe in God.

There are religions that force and coerce people to believe. There are religions that use hatred to get people to believe. There are religions that even teach that whatever you believe God is, is what God is. There are religions that try to integrate all the above to get one to believe.

This is the reason we should really know what we, as Orthodox Christians, believe. A young man told me the other day that when people ask him what religion he is, he says, “Orthodox.” They always follow with, “Are you Jewish?” “No, Greek Orthodox.” “Is that Christian?” “Yes.” “Are you Protestant?” “No.”

Bishop Chrysostomo of Etna stated the following on the state of modern religious expression:

Let us not cease to lament that we contemporary Christians, were we called to set a table for this imaginary banquet of demons, would, in fact, not have to draw from the larders of the scoffers and doubters, from the malignant cupboard of disbelievers, and from the sewers of hedonism and “conspicuous consumption,” as I have suggested we might. Alas, no. Today we would have to do nothing more than turn to those who claim to believe and who feign faith—to those who play, like witless children holding forbidden matches, with the fire of idle speculation and faithless, effete philosophizing in the name of theology. In our forlorn age, the demons no longer need to feed on their own victims of despair, but can feast sumptuously on the fresh meats of believing disbelief, cynical faith, and trifling conjecture: on those who, in turn, prey on the flock whom they falsely claim to protect, to shepherds and sheep alike, who, leaving the ravenous wolves of atheism and agnosticism hungry on the sidelines of the pastures of faith, have slaughtered their own wards and their fellow lambs with a soiled sword of deceit hidden in the shiny scabbard of pretended theological inquiry.

All religions are not the same. Thomas Henry Huxley, who gave us the term “agnostic” gave the following account of that term:

When I reached intellectual maturity and began to ask myself whether I was an atheist, a theist, or a pantheist; a materialist or an idealist; Christian or a freethinker; I found that the more I learned and reflected, the less ready was the answer; until, at last, I came to the conclusion that I had neither art nor part with any of these denominations, except the last. The one thing in which most of these good people were agreed was the one thing in which I differed from them. They were quite sure they had attained a certain “gnosis,”—had, more or less successfully, solved the problem of existence; while I was quite sure I had not, and had a pretty strong conviction that the problem was insoluble. And, with Hume and Kant on my side, I could not think myself presumptuous in holding fast by that opinion....So I took thought, and invented what I conceived to be the appropriate title of “agnostic.” It came into my head as suggest-

(Continued on page 14, column 1)
### CLERGY

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos</td>
<td>571-213-1109 cell</td>
<td><a href="mailto:frcostas@stkchurch.com">frcostas@stkchurch.com</a></td>
</tr>
<tr>
<td></td>
<td>703-239-2627 home</td>
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### STAFF

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<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
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<td>Anna Vassilopoulos, Assistant Financial Officer</td>
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### PARISH COUNCIL

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<tr>
<th>Name</th>
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<tr>
<td>Jim Stoucker, President</td>
<td>703-690-1050</td>
<td><a href="mailto:jstoucker@verizon.net">jstoucker@verizon.net</a></td>
</tr>
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<td><a href="mailto:mwills28@verizon.net">mwills28@verizon.net</a></td>
</tr>
<tr>
<td>Bill Polizos, Secretary</td>
<td>703-434-7790</td>
<td><a href="mailto:polizos@att.com">polizos@att.com</a></td>
</tr>
<tr>
<td>George Moshos, Treasurer</td>
<td>202-409-2302</td>
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</tr>
<tr>
<td>Art Dimopoulos, Legal Counsel</td>
<td>703-642-6070</td>
<td><a href="mailto:giasou@verizon.net">giasou@verizon.net</a></td>
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### CHURCH SCHOOLS

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<tr>
<th>Name</th>
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<tr>
<td>Adult Bible Study (Saturdays) Gregory McKinney</td>
<td>571-338-6929</td>
<td><a href="mailto:dintym@hotmail.com">dintym@hotmail.com</a></td>
</tr>
<tr>
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</tr>
<tr>
<td>Adult Catechetical (Sunday) School Bill Polizos</td>
<td>571-434-7790</td>
<td><a href="mailto:polizos@att.com">polizos@att.com</a></td>
</tr>
<tr>
<td>Youth Catechetical (Sunday) School Christian Demeter, Principal</td>
<td>703-534-5669</td>
<td><a href="mailto:cdemeter@excite.com">cdemeter@excite.com</a></td>
</tr>
<tr>
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<td><a href="mailto:christou@umd.edu">christou@umd.edu</a></td>
</tr>
<tr>
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<td>703-671-7715</td>
<td><a href="mailto:director@gopaideia.org">director@gopaideia.org</a></td>
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### MINISTRIES

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<td>YAL (Young Adult League)</td>
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### CONTACTS

- 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
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- 703-671-1385 facsimile
In one of my first messages to the community last year, I provided you a different perspective on how to approach our budget by presenting a granular view of our church’s finances. Your positive reaction to that information has prompted me to update that article and, in the process, offer a few fresh perspectives for your consideration.

The 2013 Church operating budget is over $1.1M and is broken down into 4 principle components: Ministries, Staff, Recurring Expenses (mortgage, utilities, insurance, etc.) and Infrastructure (maintenance, capital improvements, etc.). Predictably, “people” and paying our monthly obligations are our biggest expenses, but since some parishioners have told me they have difficulty relating to larger budgetary numbers, let’s take a slightly different look at what it costs to run Saint Katherine . . . on a daily basis:

- Ministries - $321/day
- Staff - $1,211/day
  - staff costs, volunteers, and donations **not** included
- Recurring Expenses - $1,227
- Infrastructure - $366

**Total daily operating expenses - $3,125**

Noteworthy expenditures within the components above include:

- Office/Church Supplies - $197/day
- Utilities - $205/day
- Fundraising - $288/day
  - paper, postage, candles, etc.
- Church Mortgages - $564/day
- Archdiocese Commitment - $208/day
- Routine Maintenance - $110/day
  - mortgage will **decrease** to $413/day beginning next month when our debt restructuring is complete!

Turning to our schools, for the year ending June 2012, our Greek School and Paideia Bilingual Preschool had combined expenses in excess of $214,000 per year – or $587/day. (More perspective on the educational value in our community later.)

Now let’s take a look our projected revenues to see where we get the money each day to pay our bills (numbers in parenthesis represent percentage of our overall budget):

- Stewardship - $1,411/day (45%)
- Candles and Trays - $342/day (11%)
- Fundraising (festivals, etc. - $575/day [20%])
- Rentals - $616/day (18%)
- Other Donations - $208/day (6%)

While our largest source of revenue (45%) comes from our Stewardship program, I would be remiss if I didn’t point out that our ultimate objective is to attain 100% of our operating budget solely from our Stewardship program. In such a scenario—we could use over $630,000 in non-stewardship revenues this year alone for additional programs and good works throughout our community! Imagine the realm of the possible.

Hopefully, this slightly more granular look at our budget provides you a fresh perspective on our daily needs and why we must remain diligent stewards. It certainly serves to remind us all how very grateful we are for everyone’s continued support of our community and its diverse ministries. This message is also timely because our contributions traditionally fall off during the summer months due to vacation travel by our parishioners. So, please take a moment to ensure your stewardship donations are current before taking well-deserved time off with family and friends.

While we’re on the subject of perspectives, let’s also look at the distinct values our community receives from just one of our many educational programs. Even with recent tuition increases for the coming school year, parishioners and their children receive an educational bargain hard to find anywhere. Consider this:

- Piano Lessons - $40/half-hour
- Tennis Lessons - $65/hour
- Golf Lessons - $100/45 minutes
- Taekwondo/Karate Lessons - $45/hour
- Good Babysitters - $10-$15/hour or more (unless Yiayia or Pappou are available)
- Hellenic Education Center Greek School – **less than $4/hour** for language, history, culture, and religious study – **unmatched and priceless** at many times this cost!

We pray our commitment to excellence and reinvestment in this and other education programs going forward ensures this value proposition to our community will continue to increase for years to come.

On behalf of our Parish Council, I wish you all a safe and pleasant summer!

Your Servant in Christ,

President, Parish Council
**CATECHETICAL (SUNDAY) SCHOOL**

During Lent, the children of our Catechetical School made donations to the Orthodox Christian Mission Center. This was an opportunity to focus on the principals of stewardship. The children, with the support of their parents, were very generous contributing $464 to support this important Orthodox outreach effort. Thank you for your generosity.

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.

A reminder to our parents: Catechetical School registration for 2013-2014 will transpire on September 8, after the Divine Liturgy in the hall where coffee is served. The first day of classes will begin on September 15.

**THANK YOU!**

A great big thank you to all the volunteers who worked so hard to help Saint Katherine have a successful festival. Hope to see you in the fall!

~Andrea Ballard

**GOYA**

Goya (Present, Past, and Future, along with Fr. Costa, Presv. Pauline, Mrs. Maria Wills, and some parents) had a great time at Orthodox Youth Day at Kings Dominion on June 20. We had 32 people this year and hope to have a larger group next year.

Goya is encouraged to participate in FOCUS Appalachia: Mission in the mountains from August 22-25. See page 7 for more information and/or contact Fr. Costa.

All youth of our community, ages 13-18, are encouraged to join GOYA. Our first meeting in the fall will be held on Sunday, September 15, following Divine Liturgy, in the Board Room. We will elect officers on that day.

**VACATION BIBLE CAMP** (by Christina Z. Vazquez)

VACATION BIBLE CAMP (VBC) just celebrated its 10-year anniversary in June. Our VBC campers enjoyed a week at church learning about saints, icons, prayers, and religious holidays. Additionally, students prepared lunch and served it at Bailey’s Crossroads Homeless Shelter, learned how to bake Fanouropita and when to bring one to church, and worked on various crafts throughout the week. It was a great week of fellowship and learning. A special thank you goes out to Fr. Costa for all the time he devotes to our campers and teachers (Mary Smaragdis, Maria Papatheonasio, Tina Papamichael, Elena Ziu, Vicki Mower, Sherry Maggio, and Emily Vazquez). Thank you also to all of the teenagers and parents who gave of their time to make VBC successful.

On a final note, Daphne Papamichael and I would like to thank the community for your support of VBC throughout the years. It has been our privilege to teach and direct this program these last 10 years. On the one hand, we are saddened to leave our roles as VBC Directors, but on the other hand, our lives are leading us both in new directions and towards new journeys.

**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. The directory is online at http://www.saint-katherines.org/about_us/business-and-professional-directory. 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.
ALEXOPOULOU CHOSEN AS NEW HEC DIRECTOR

WE ARE PLEASED TO ANNOUNCE that Ms Eleni Alexopoulou has been selected to serve as the new Director of the Hellenic Education Center with responsibilities for our Greek School, Paideia Preschool, Kindergarten (upon establishment) and all adult Greek education programs and other related cultural activities for our community. Ms. Alexopoulou’s selection ends a comprehensive search and interview process during which many highly skilled and qualified educators were interviewed. In the end, the Search Committee recommendation for Ms. Alexopoulou was unanimously endorsed by the Board of Education and overwhelming approved by the Parish Council.

Ms. Alexopoulou comes to us with an impressive teaching record both in the United States and in Greece. She received the BA degree in Elementary Education from Hellenic College in Brookline, MA and the Master of Science degree in Special Education from Indiana University. As a licensed teacher in the United States and in Greece, Eleni has attained the unique capability of being able to teach in two different cultures. She is licensed by the state of Massachusetts as well as the state of Indiana and of course licensed by the Hellenic Republic. Eleni has been the Director and teacher of the Greek School of Saint Andrew Greek Orthodox Church in South Bend, Indiana and before that has taught in Boston area Greek Schools, including Brookline, Somerville, and Lexington. In the South Bend Indiana School system, her teaching experience as an ESL teacher spanned both kindergarten and elementary school grades. For the last four years, Eleni has been teaching in the Greek Public School System, with special emphasis on teaching Greek to newly arrived immigrant children.

Eleni’s vision is “that standards-based curriculum, being the foundation in an educational institution, is my first priority. This curriculum should adhere to the National Standards of Foreign Language Education (American Council on the Teaching of Foreign Language), local, and State mandated curricula. The appointment of qualified teachers, their continuous development and our teamwork approach can only assure the success of the initiative of the Hellenic Education Center.”

Concerning the curriculum, Ms. Alexopoulou believes: “High quality education means clear objectives, innovative methods of teaching (for example, role play to learn about different professions using dialogues, act out what the main characters do in a Greek literature book) and technologically advanced tutoring—using audiovisual tools. Collaborating with the teachers, we would identify the unique characteristics of each student group in order to implement the most appropriate teaching method (for example, paper and pencil, hands-on activities, technology assisted learning such as student browsing of resources for culture, or the usage of smartboards). At first however, we would start with student assessment to place them in the most appropriate level. We would make lesson plans to serve the curriculum objectives and identify individualized approaches for students who do not meet the criteria.”

Eleni will come to our community with her 12-year-old son, Panayiotis, and her husband, Stephanos Alexopoulos. Rev. Stephanos has accepted a tenure track assistant professorship position at Catholic University in Washington, DC. We look forward to having Eleni join us during July, and we all look forward to working with her to develop a Hellenic Education Center which will become the model of excellence and a great source of continuing pride to our community.

Aris Christou
Chairman, Board of Education
Hellenic Education Center

PAIDEIA SUMMER CAMPS

SAINT KATHERINE PAIDEIA PRESCHOOL offers fun and exciting summer camp programs for children ages 3 to 5 from July through August. Browse through our Summer Camp Brochures and contact our director, Pantelis Psoras (703-671-1615 or director@gopaideia.org) for enrollment and other information.

Language Camp. For children 6 to 8 years old, Monday through Friday, July 1-12, 9:00am to 3:00pm. For a brochure, go to http://www.gopaideia.org/Resources/Documents/Brochure%202013%206-8%20(2).pdf

Summer Camp. For children 3 to 5 years old, Monday through Friday, July 1-August 9, 9:00am to 6:00pm. For a brochure, go to http://www.gopaideia.org/Resources/Documents/Brochure%202013.pdf

HELLENIC EDUCATION CENTER REGISTRATION NEWS

THE HELLENIC EDUCATION CENTER ANNOUNCES that registration for Greek School 2013-2014 is now open. Please download the Greek School registration form (http://www.saint-katherines.org/assets/files/HellenicEducationCenter/HEC_Enrollment_Form_GS_2013-14.pdf) and submit your registration by August 1, following the directions on the form. The first day of school will be September 6.

Registration is also open for Paideia Bilingual Preschool, which will begin its Fall program on September 9. You may download the Paideia registration form (http://www.saint-katherines.org/assets/files/HellenicEducationCenter/HEC_Enrollment_Form_Paideia_%202013-14.pdf) as well.
CONGRATULATIONS, GRADUATES!

**Anastasia (Stacie) S. Boucouvalas-Gianourakos** was awarded her Master of Arts (M.A.) degree in Media Arts from Emerson College at graduation ceremonies on May 12 in Boston, MA. A 2004 graduate of Boston University, College of Arts and Sciences (major in Psychology), she is employed as the Government Access Coordinator at LexMedia in Lexing-ton, Massachusetts.

**Domenic Carr**, son of Todd and Tori Carr and grandson of Paraskevi Morlock, graduated from Georgia Tech on May 3, 2013 with his Masters of Science in Electrical Engineering. Domenic will remain at Georgia Tech to pursue his Ph.D. in Electrical Engineering, while working at GTRI.

**Taylor Christian Demeter**, son of Christian and Laura, graduated from the University of Virginia with a Bachelor of Science Degree in Chemical Engineering and minor in Engineering Business. Taylor received the Chemical Engineering Faculty award for academic ability, leadership, and contributions to the Department and the University. For three years he served Albemarle County as a volunteer firefighter and health professional. Taylor will be working as a process engineer at Ashland Chemical Co. in Franklin.

**Joel DeSatnick**, son of Jimmy and Lisa DeSatnick, grandson of Paraskevi Morlock, graduated from Hayfield Secondary School on June 13, 2013. Joel was recognized and received All American consideration, All Metropolitan Honorable Mention, attended state finals and junior nationals for swimming. Joel will be attending George Mason University and pursuing a Bachelors of Science in Health, Fitness, and Recreation Resources with a Kinesiology concentration. He hopes to become a Physical Therapist. He will be swimming for GMU.

**Najy Issa**, son of Tony Issa and Ghada, graduated from West Springfield High School and will attend The George Washington University in the fall, majoring as a biologist or chemist. He will pursue the field of medicine, specifically doing lung or heart surgery.

**Alexandra Nicoleopoulos**, daughter of George and Paulina, graduated from Fairfax High School and will attend Ithaca College. Out of 950 college auditions, Alexandra was selected as 1 of 20 students accepted into the Ithaca College Musical Theater program. Her accomplishments include: National Honor Society member, French Honor Society President, lead roles in five school productions, fluency in French and Greek, and recipient of a 2012 Capitol Region Cappies Award for “Best Comic Actress,” presented at the Kennedy Center. She was nominated again this year for “Best Female Vocalist.”

**Andrew John Pavlakos**, son of Fr. Costa and Presv. Pauline, graduated with distinction from Holy Cross Greek Orthodox School of Theology in Brookline, MA with a Master of Divinity. Andrew looks forward to serving the Church, getting married in April 2014, and, when he is called, being ordained into the priesthood.

**Amanda C. Stoucker**, daughter of Jim and Barbara, received a Master of Science Degree in Organizational Development and Knowledge Management from George Mason University, having achieved a 4.0 GPA. Amanda is currently employed by SRA International, Inc., a leading provider of IT solutions and professional services to their clients.

**Paula Michelle Trahos**, daughter of Dr. Michael and Helen, sister of Christopher, graduated with academic honors from Georgetown University. She received a B.A. Degree in Government with a Double Minor in Theology and Women’s & Gender Studies. Paula was a Congressional Relations Intern with the Peace Corp and an Intern for Senator Mark Warner. For three years, she hosted a weekly talk radio show for the Georgetown University radio station. Paula is pursuing thoughts of attending law school in the future.

**Alexandra Epistathia Veletsis**, daughter of Stavros and Berit, graduated from Bishop Denis J. O’Connell High School in Arlington, Virginia. Alexandra has been an active member in The National Honor Society, Spanish Honor Society, Keyettes Club, and an AP Scholar. She was also a member of the National Society of High School Scholars, attending a number of Student Leadership Conferences and The 2012 Presidential Inaugural Conference. She participated and volunteered in many of the activities of GOYA during high school. She has danced with the RTO Greek Dance Troupe for 12 years and attended Greek School for 9 years at Saint Katherine. Last summer, she volunteered with International Orthodox Christian Charities and Habitat for Humanity. Alexandra will attend The University of Miami, Coral Gables, receiving a President’s Scholarship.

**Tiffani Katherine Wills**, daughter of Don and Maria, graduated from The Bullis School in Potomac, Maryland with high honors. Tiffani has been at Saint Katherine her whole life and attended Greek School and Sunday School there. She was also an active member of GOYA and served as president the last two years. Tiffani will attend The University of Alabama in the fall where she will continue dancing on the dance team and hopes to pursue a career in public relations and business.

ΚΑΙ ΕΙΣ ΑΝΩΤΕΡΑ!
**REGISTRY**

**Baptisms**
Damianos Christopher (June 15)
son of Andreas and Sharon Ioanou
Godparents: Nicholas and Asha Ioanou

Zoe (June 16)
daughter of Aristotelis and Madalina G. Papageorgiou
Godparent: Cristina Emilia Savescu

John Sotirios (June 22)
son of John Stanton II and Christina McKenna
Godparents: Brian and Sophia Bohle

Eleni Anastasia (June 29)
daughter of Stergio John and Antonia Danae Zissios
Godparents: Demosthenes J. and Maria P. Zissios

Yianni Demosthenes (June 29)
son of Demosthenes J. and Maria P. Zissios
Godparents: George and Kalomira Boosalis

Beau Alexander (June 30)
son of Austin C. and Eleoanthia Aldrich
Godparent: Nikolaos Melisiotis

**Wedding**
Alexandra Phass
and
Luigi Mandarino (June 29)
Koumbaros: Dean Phass

Congratulations!

**Funerals**
George Christopher Bursenos (May 20)
Vasiliki (Bessie) Ligelis (May 30)
John D. Koukis (June 10)

May their memories be eternal.

---

**FOCUS Appalachia:**
**Mission in the Mountains**
The Washington DC Missions and Outreach Committee is calling for volunteers to support a Fellowship of Orthodox Christians United to Serve (FOCUS) Appalachia project in rural North Carolina from August 22–25. This mission will be led by Fr. Costa. Mitchell and Yancey Counties in western North Carolina are some of the most economically challenged areas of the country. The job base, textiles and furniture manufacturing, has moved off-shore over the last 30 years, leaving unemployment rates of 12.2% (that’s over 4% higher than the average U.S. city). As the tax base has eroded, so has the ability of the region to supply social services to those suffering.

FOCUS Appalachia aids the poor and elderly in the Appalachian Mountains of North Carolina, filling in the gaps where governmental assistance fails. Projects will depend upon the experience of those who volunteer; however, no skills are required to participate. Previously, groups have installed siding, remodeled a bathroom, built handicapped ramps, painted house exterior and interiors, replaced roofing, and done yard work. We ask that you bring a positive attitude. You are guaranteed to have a fulfilling week!

**Cost of participation.** $200 plus transportation, which covers food and modest lodging. FOCUS will provide a site coordinator, tools, and the required building materials.

**Transportation.** Fr. Costas will take 8-9 volunteers in the Saint Katherine church van. Others will carpool.

**Lodging.** Groups are housed at the Pinebridge Inn, near the worksites. The Pinebridge Inn offers dormitory-style housing, kitchen facilities, and group meeting areas. Volunteers must bring their own bedding, towels, and toiletries.

**Meals.** Breakfast, lunch, and dinner during the mission will be provided by FOCUS North America. Tentatively, breakfast is served at 7:15am, a sack lunch will be taken to the worksite, and dinner is served at 6:00pm.

**Volunteers.** Volunteers must be at least 14 years old (there is no upper age limit). FOCUS will assign projects based on the various skills the volunteer group brings. You do not need to possess specific construction skills to take part in the mission, although skilled volunteers are always needed.

**Registration.** Please contact Missions Committee members, Daphne Papanichola (cyprusd@aol.com) or Stacey Kazacos (Stacey@sent.com), to receive a registration form via email (and a release form, that must be signed by a parent, for volunteers under the age of 18).

**Registration deadline and payment.** The registration deadline is August 1. Volunteers should submit their $200 payment in full when they register.
## JULY 2013

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*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
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| 11 7th Sunday of Matthew  
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10:30am Divine Liturgy | 12 | 13 | 14 7:00pm Great Vespers | 15 Dormition of the Theotokos  
9:30am Orthros  
10:30am Divine Liturgy | 16 | 17 9:30am Challenge Liturgy at Saint George |
| 18 8th Sunday of Matthew  
9:30am Orthros  
10:30am Divine Liturgy | 19 | 20 | 21 7:30pm Parish Council Meeting | 22 FOCUS Appalachia | 23 FOCUS Appalachia | 24 FOCUS Appalachia |
| 25 9th Sunday of Matthew  
9:30am Orthros  
10:30am Divine Liturgy  
FOCUS Appalachia | 26 | 27 | 28 | 29 | 30 | 31 |

Please check the online calendar, http://saint-katherine.org/calendar, for the most current information.
PHILOPTOCHOS (by Eleni Kanakos, President)

I WOULD LIKE TO THANK our Saint Katherine community for working so hard to make our annual spring festival a huge success! We definitely couldn’t have done it without all of your support and dedication. The Philoptochos raffle was very successful. Thanks to all of you who put in the time to sell these tickets.

Elections were held in May. The results are as follow: Eleni Kanakos, President; Kathy Cavallo, First Vice President; Trish Kapsidelis, Second Vice President; Tina Papamichael, Recording Secretary; Chrysoula Pappas, Corresponding Secretary, and Patricia Karounos, Treasurer. The following women are board members: Evie Cavros, Mary Charuhas, Irene Kavros, Maria Laliotis, Demetra Nightingale, Fran Nonas, Roula Oktay, Lia Papailias, Karen Polizos, and Demetra Vroustrouri.

We had a wonderful time at our annual dinner at Metro 29 Diner. A big thanks to Peter Bota and John Kanellias for their hospitality.

We will be having our annual fall yard sale in October. If you have any items you wish to donate over the summer, please deliver them to Roberto at the church.

Our first meeting will be on Sunday, September 22, 2013 right after the second liturgy.

Enjoy your summer, and I look forward to seeing all of you in September.

WOMEN’S BOOK CLUB

We have finished our meetings for this year. We will begin with a new book which we will soon choose and share that information with you. Our first meeting to start our next season will be October 9. Please think about joining us! You can contact us by emailing faympras@gmail.com. Have a blessed summer!

DAUGHTERS OF PENELOPE
(by Karen Polizos, President)

Summer is here and Helle Chapter’s newly elected board for the 2013-2014 year will be busy preparing our calendar of meetings and activities for the upcoming year. We thank Jane Moore, our past president, for her leadership, enthusiasm, and dedication to our chapter over the past two years!

We enjoyed a lovely “Girls’ Day Out” afternoon at the Lake Anna home of Lynn Francis for our end of year celebration. The setting was beautiful, the weather was good, and the food was delicious.

Congratulations to Dimitris Kehaiov, who received Helle Chapter’s 2013 Hellenism Award in recognition of academic achievement and individual excellence. Dimitris also received a copy of Homer’s Illiad and Odyssey. The objectives of the Daughters of Penelope are to promote Hellenism, Education, Philanthropy, Civic Responsibility, Family, and Individual Excellence. Helle Chapter is proud to present this award every year to a graduating student of the Saint Katherine Greek School.

We wish everyone a fun and safe summer! Kalo kalokeri!

SAINT KATHERINE LIVE!

Did you know that we have a live feed from our church? Relatives and friends from far away can watch a sacrament. If you are sick and cannot make it to a service, you can log in. The link is http://churchlive.stkchurch.com:18080/cgi-bin/guestimage.html. Alternatively, you can sign in to the church website, saint-katherines.org, and click on the red “Saint Katherine Live!” button in the right-hand column.

WHAT GOD HATH PROMISED

(Author Unknown)

God hath not promised skies
Always blue,
Flowers-strewn pathways all
Our lives through;
God hath not promised sun
Without rain,
Joy without sorrow, peace
Without pain.
But God hath promised strength
For the day.
Rest for the labor, light for the way,
Grace for the trials, help
From above,
Unfailing sympathy
Undying love…

SAINT KATHERINE HAS EARNED $930.01 FROM THE SAFEWAY 10% GOES BACK TO SCHOOLS PROGRAM

Remember to shop between August 8 and September 11 to earn 10% for Saint Katherine this year. All you need to do is:

... Look for this logo on products in your Safeway
... Use your Safeway card
... Buy participating products to earn money for Saint Katherine

If you have not designated your card to support Saint Katherine, please contact Elvira Garnett (703-425-3675 or villa45@hotmail.com) so that she can help you with that. Thank you for your support!

Saint Katherine Greek Orthodox Church offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for these monthly contributions.
MISSIONS AND OUTREACH

**OCMC Board Met at Saint Katherine May 20-22.** Saint Katherine was privileged to host the OCMC Spring Board meeting on May 20-21. This included an open dinner on Tuesday, May 21. Over 100 people gathered to support the OCMC. The main speaker was our own Maria Roeber, RN who recently returned from Tanzania after two years of mission work at the Orthodox clinic. Maria inspired us all sharing her experiences being a missionary nurse. Maria plans to get an advanced degree in midwifery and possibly return to run the Orthodox Clinic in Bukoba, Tanzania.

**Appalachian Outreach.** Our “Mission in the Mountains” will take place August 22-26. Please refer to the page 7 for detailed information about our Appalachian outreach. The spots are rapidly filling up since we have opened the program to all the Orthodox churches in the DC area. Families are encouraged to apply (minimum age is 14). Please contact, Daphne Papamichael at cyprusd@aol.com or Stacey Kazacos at stacey@sent.com to receive a registration form via email. FOCUS Appalachia also requires a release form. Any volunteer under age 18 must have a Release Form signed by a parent. We will provide this release form via email. The registration deadline is August 1, 2013. Volunteers should submit their $200 payment in full when they register.

**FOCUS Shoe Program.** We can now make public that TOMS has agreed to donate 400,000 pairs of children’s shoes to homeless children in America every year. The Fellowship of Orthodox Christians United to Serve (FOCUS) has been asked to coordinate this very large project. FOCUS, one of the newest ministries of the Assembly (FOCUS) has been asked to coordinate this endeavor to be their representative in the metropolitan DC area for the distribution of shoes to homeless children.

Our Parish Council has graciously agreed to set aside 450 square feet to receive and sort out the 3,300 pairs of shoes for the DC metropolitan area. This is a great honor for our community and we will need volunteers. The first shipment of shoes will arrive sometime in late August. We will need volunteers to help sort the shoes into sizes and school districts. Eleni Porter has agreed to coordinate this endeavor but she will need many helping hands. If you would like to donate your time for this wonderful ministry, please contact Eleni at beporter1@verizon.net

**Food Pantry Mission.** Our first collection was on Sunday, June 16, Father’s Day. What a wonderful way to honor fathers. We were pleased with the amount of food donated for the Food Pantry. Thanks to all who donated. We plan to have a quarterly collection of food. Our next collection date is Sunday, September 15, 2013. We accept non-perishable food including canned fruit, cereal, chunky/hearty soup (e.g. Campbell’s Chunky or Healthy Request; Progreso), condensed soup, pasta, spaghetti/pasta sauce, canned pasta (e.g., Chef Boyardee or Spaghettios), macaroni and cheese, cereal bars, peanut butter, beef stew, bagged rice, chili, canned tomatoes, tuna, canned beans (e.g., kidney, pinto, garbanzo), breaded), and canned vegetables (e.g., green beans, corn, peas, mixed veggies).

If you cannot donate food, monetary contributions will be graciously accepted. Make your check out to Saint Katherine and write Food Pantry on the lower left line.

**Monumental Mission Walk.** On Saturday, October 19, 2013 our Mission and Outreach Committee will sponsor a walk on the National Mall to benefit Orthodox missions around the world. Please see page 12 for more information. In addition to signing up for the walk through eventbrite and our church’s website, we will soon have a table at Coffee Hour on Sundays.

**Homeless Shelter.** We continue to work with the Bailey’s Crossroads Homeless Shelter on a series of projects:

1. **Cooking for the Shelter.** We try to take dinner once a month to the shelter. On June 4th, we took food from the festival to the shelter. So, they had a chance to have moussaka and pastitio. They loved it! On June 27, the Vacation Bible Camp will serve lunch at the shelter. In July the Mission Committee will serve dinner.

2. **Clothes and Toiletries.** We continue to collect new and clean used clothes for the shelter. Please bring clothes and unopened toiletries to the foyer of our community center and place in the bins.

3. **Hygiene and Survival Kits.** We will soon begin plans for collection of necessary items for the winter hygiene and survival kits. As in previous years, each church organization will be asked to contribute specific items. Last year, we prepared almost 300 kits.

4. **Donate Furniture.** The shelter is always looking for furniture since they try to move the homeless into furnished apartments within three months. They are willing to pick up the furniture within 10 miles of our church. To request a pickup, please call Tom Nichols at 703-659-3460.

**Update.** We learned that Tom Nichols who has been the director of the Bailey’s Crossroads Shelter for several years will be leaving Bailey’s to run the family homeless shelter in Leesburg, Virginia. We are sorry to see Tom go, but he tells me his replacement Ms. Betsy Jones is even better than he is! So all our programs with the shelter will remain. Even better news is that Tom will still be the point person for furniture pickups. Also the radius for furniture pickups will expand because the shelter in Leesburg will also need furniture.

Feed the hungry . . . Clothe the poor
ACROSS THE INTERNET, a wealth of free music, talk radio, podcasts, video, and apps produced by Orthodox sources exists. You can play them on almost any computer, iPhone, or Android smart phone—a few require simple player downloads. Here are some of the best:

**www.goarch.org.** From our Greek Orthodox Archdiocese of America, listen to live and archived Byzantine music and church services; watch videos on a variety of Orthodox and Hellenic topics, and read articles explaining Orthodoxy in detail. Go to their “Department of Internet Ministries > Mobile Technology” page for information about smart phone downloads, eBooks, and iPad/iTunes items.

**www.myocn.net.** An official agency of the Assembly of Canonical Orthodox Bishops of North and Central America, the Orthodox Christian Network is best known as the home of nationwide Come Receive the Light radio show. At its website, you can listen to current and archived CRTL shows, as well as to two streaming music stations, The Ark (contemporary Christian music), The Rudder (traditional liturgical music), and an Orthodox talk radio station, The Anchor, all of which are available on the iPhone. There is also a wide selection of videos and downloadable podcasts of many OCN programs, everything from parenting tips to Byzantine music education to sermons of the church fathers.

**www.ancientfaith.com.** From Conciliar Media Ministries, an arm of the Antiochian Orthodox Archdiocese of North America, Ancient Faith Radio seeks to enrich the faith of Orthodox Christians around the world with streaming audio programming and on-demand podcasts. It features liturgical music from a variety of Orthodox traditions, as well as prayers, readings, lectures, and interviews. Two favorites: a podcast series Search the Scriptures with Presv. Dr. Jeannie Constantinou that provides interesting and accessible Bible study for busy people; and Ancient Faith Today with Kevin Allen, a live call-in show that explores the Orthodox view on everything from politics to pop culture, streaming biweekly on Sunday night at 8:00pm. Listen to archives of past programs anytime. The Ancient Faith Radio app on Google Play and podcasts on iTunes make Ancient Faith programming available anywhere.

**www.orthodoxareyousaved.org.** A companion website to the classic book Are You Saved: The Orthodox Christian Process of Salvation by Barbara Pappas (just released in its new sixth edition), here you’ll find a multi-media offering of historical notes and explanations of the ancient Way of Salvation as taught by the Eastern Orthodox Churches, along with links to virtual tours of Orthodox Churches around the world, bible studies, and parish locators. This website is especially “friendly” for those first exploring Orthodoxy.

**www.oltv.tv.** Here you’ll find programs of interest to all Eastern Christians, both the Orthodox and the Byzantine Catholics. You can find an amazing variety of liturgical celebrations, accessible public lectures from stellar theologians, audio and video versions of books across a wide variety of Christian topics, and special events from Eastern Churches worldwide. Presentations featuring Metropolitan Kallistos Ware are plentiful.

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**ON OCTOBER 19, 2013, Orthodox Christians from around the Washington, D.C. metropolitan area will converge on the National Mall for the inaugural Monumental Missions Walk. Sponsored by the Metropolitan DC Orthodox Christian Mission and Outreach Committee, the Monumental Missions Walk is a 3-mile long spiritual stroll past some of the Nation’s most important landmarks.**

At each designated monument along the route all participants will learn the spiritual significance of the landmark and gain additional insight into the role that religion has played in the history of this great country. The Monumental Missions Walk will afford participants the unique opportunity to pause and admire these important places of reflection through the unique lens of faith.

In addition to providing participants with this unique opportunity to explore America’s treasured landmarks, the goal of the Monumental Missions Walk is to raise money for Orthodox missions world-wide and to provide medicine to people in need.

The success of the inaugural Monumental Missions Walk will depend on the kindness and fellowship of Orthodox Christians in the Washington, DC area. Visit www.monumentalmissionswalk.eventbrite.com or fill out the registration form on the Saint Katherine website and send it, along with a check for the registration fee, to Saint Katherine Greek Orthodox Church, c/o 2013 Monumental Missions Walk Committee, 3149 Glen Carlyn Road, Falls Church, VA 22041.
ΧΡΙΣΤΕ ΜΟΥ,

Βοήθησέ μας να εκμεταλευόμαστε σωστά τον χρόνο μας, όπως Εσύ μας δίδαξες: "Βλέπετε συν πως ακριβώς περιπατείτε, μη ως άσοι άλλοι ως σοφοί, εξαγοραζόμενοι, τον καριό, οτι η ημέρα πονηρα εσται". (Εφ. Δ-15)

Να καλλιεργούμε σωστά τον χρόνο μας γιατί είναι το τάλαντο που μας δόθηκε από Εσένα, για την σωθηρία μας.

Βοήθησέ μας, να μελετούμε τον Λόγο Σου.

Να προσευχόμαστα. Να Σε ευχαριστούμε και να Σε δοξάζουμε.

Να εκκλησιαζόμαστε.

Να υπηρετούμε εάν άλλους και με κάθε τρόπο να γινόμαστε χρήσιμοι και εφέξιμοι στους συνανθρώπους μας. "Ο δε μείζων υμών έσται υμών δίδακος".

Να αφεύρουμε χρόνο για τον πεινασμένο, για τον άρρητο, για τον φυλακισμένο.

Να παρηγορούμε τον απελπισμένο.

Να εξυπηρετούμε τον κατάκτοι.

Να εργαζόμαστε με αγάπη για την οικογένειά μας.

Να υπερασπίζουμε την χήρα, το υφάννο.

Να μυλάμε για τον Θεό.

Να έχουμε τη δύναμη να ανεχόμαστε με αγάπη, την παρεξενία του πλήσιοι μας, να τους συνχωρεύουμε και να τον κατανάλωσε στους προβλημάτα του.

Να αίματε άξιοι εργατές του μισθού της εργασίας που μας δίνεις να εργαζόμαστε για την πνευματική εφέξιση τον συνανθρώπους μας.

Να δεχόμαστε χρήσιμο γογγυσμό τις δοκιμασίες μας επιπέδεις τον Θεό στην χρονιά μας.

Χριστέ μου, δώσε μας φωτισμό στο νού, ζέστασα στην καρδιά, αγαπισμό στην ψυχή. Να βασιλέψει η αγάπη, η ευτυχία, και η χαρά μέσα μας. Προστάτευσε τα παιδιά μας και αγγελός φυλάκας να τον κατά κοντά Σου. Ασφάλιστε τα βήματά τους. Με την δίκη Σου φωτίστε και ευλογία να έχουμε ένα αγαπημένο καλοκαιρί με μεγάλητη πνευματική πρόοδο! Κάθε μέρα να Σε αγαπάεις περισσότερο και να μας οδηγείς στο δρόμο της Αρετής!

Αμήν.

Apolitykion for The Dormition of the Most-Holy Theotokos and Ever-Virgin Mary

In birth, you preserved your virginity; in death, you did not abandon the world, O Theotokos. As mother of life, you departed to the source of life, delivering our souls from death by your intercessions.

(Continued on page 14, column 2)
So, we can see that he ends his personal statement saying that he is ignorant of the things of God, and, thus, God Himself.

I invite everyone who thinks that the Greek Orthodox Faith is just like any other religion to come and see that it is not. You must take the challenge in faith that in Christian Orthodoxy:

...faith causes change as it seeks a greater understanding of God. Faith is not fideism or simple obedience to a set of rules or statements. Before Christians have faith, they must understand in whom and in what they have faith. Without understanding, there cannot be true faith, and that understanding is built on the foundation of the community of believers, the scriptures and traditions and on the personal experiences of the believer. In English translations of the New Testament, the word faith generally corresponds to the Greek noun πίστης (pistis) or the Greek verb πιστεύω (pisteuo), meaning “to trust, to have confidence, faithfulness, to be reliable, to assure.” The Bible says that faith is “the substance of things hoped for, the evidence of things not seen.”

I will end this article of faith with the actions of Saint Paul in Acts 17:16-23:

Now while Paul was waiting for them at Athens, his spirit was provoked within him as he saw that the city was full of idols. So he argued in the synagogue with the Jews and the devout persons, and in the market place every day with those who chanced to be there. Some also of the Epicurean and Stoic philosophers met him. And some said, “What would this babbler say?” Others said, “He seems to be a preacher of foreign divinities”—because they heard that Jesus and the Resurrection. And they took hold of him and brought him to the Are-op’ agus, saying, “May we know what this new teaching is which you present? For you bring some strange things to our ears; we wish to know therefore what these things mean.” Now all the Athenians and the foreigners who lived there spent their time in nothing except telling or hearing something new. So Paul, standing in the middle of the Are-op’ agus, said: “Men of Athens, I perceive that in every way you are very religious. For as I passed along, and observed the objects of your worship, I found also an altar with this inscription, ‘To an unknown god.’ What therefore you worship as unknown, this I proclaim to you.”

I invite you to come and experience the proclamation of Jesus Christ, through His Church, that God is Love.

Yours in Christ,

Fr. Costas
STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2013 Saint Katherine Stewardship Program from May 1 through May 31, 2013. Thank you for responding to the needs of our church.

If you have not yet submitted your 2013 pledge, please complete the stewardship form on page 15 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship.

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

AHEPA Chapter No. 438
Mrs/Mr Stephanie Coleman
Mr William Galanis

Ms Karen Aldana
M/M Nick Colic
Ms Alissa latridis

M/M Peter Aliferis
M/M Michael Davey
M/M Brasidas Kanakos

M/M John Andre
M/M James DeSatnick
M/M Thomas Kisza

Mr Alexandros Andreou
Mr Andrew Dounias
Ms Elena Kitzantides

M/M Peter Boosalis
M/M George Dounias
Mr Zachary Kontzias

M/M John Broening
Mrs Nathina Droussiotis
M/M Peter Kulic

M/M John Capetanakis
Mr Charlie Euripides
Mrs Alike Lagos

Mrs Helen Christ
Miss Maria Elena Firippis
M/M Sheldon Lampert

Mr Aristotelis Chronis
M/M Andino Flevotomos
M/M Peter Mentis

Mr Themistocles Chronis
M/M Pete Floros
M/M Marco Mercader

MM Christopher Morin
Mrs Paraskevi Morlock

Dr/Dr William Steele
Ms Vasiliki Paliouras

Mr Ioannis Stratakis
M/M Alex Papadopoulos

Dr Mary Papadopoulos
Mrs Agatha Papathanasiou

M/M Theodoros Pelekakis
MM Kyriacos Photiou

MM John Pizzi
MM Gregory Romanias

Mr Saul & Mrs Pavides

2013 STEWARDSHIP FORM

STEWARDSHIP is based on the fact that all that we have and all that we are comes from God. We commit ourselves to stewardship as a way of thanking God for all His blessings—returning to Him a portion of the time, talent, and treasure He has given us. Good stewardship of time means we share some of the 168 hours in a week with God and caring for others. Good stewardship of talent means we identify our talents and use them to glorify God and help other people. Good stewardship of treasure means we give a portion of our income to the Church and other charities. During the year 2013, we ask that everyone consider fulfilling their stewardship on a weekly basis. This will allow our church to better plan activities and expenses.

I (my family) pledge(s) $_______ per week of financial stewardship to Saint Katherine Greek Orthodox Church.

Name:  _____________________________________________________________________________________

Address:  ___________________________________________________________________________________

City, State, Zip:  _____________________________________________________________________________

Telephone and email address:  __________________________________________________________________

STEWARDSHIP

JULY CHURCH DUTY ROSTER

| July 7, 2013 | 9:30am | Maria Wills, Captain  
|     |  | John Demakis  
|     |  | Bill Porter  
|     |  | George Silis  

| July 14, 2013 | 9:30am | George Moshos, Captain  
|     |  | Arthur Dimopoulos  
|     |  | Peter Karounos  
|     |  | Nick Larigakis  

| July 21, 2013 | 9:30am | Nick Larigakis, Captain  
|     |  | Kelly Alexis  
|     |  | Andrea Ballard  
|     |  | Chris Christou  

| July 28, 2013 | 9:30am | Jim Stoucker, Captain  
|     |  | Peter Karounos  
|     |  | Costas Mavromatakis  
|     |  | Mallamo Mavromatakis  

AUGUST CHURCH DUTY ROSTER

| August 4, 2013 | 9:30am | George Silis, Captain  
|     |  | Andrea Ballard  
|     |  | Chris Christou  
|     |  | John Demakis  

| August 11, 2013 | 9:30am | Peter Karounos, Captain  
|     |  | Art Dimopoulos  
|     |  | Nick Larigakis  
|     |  | Costas Mavromatakis  

| August 18, 2013 | 9:30am | Chris Christou, Captain  
|     |  | Kelly Alexis  
|     |  | Andrea Ballard  
|     |  | John Demakis  

| August 25, 2013 | 9:30am | Art Dimopoulos, Captain  
|     |  | Kelly Alexis  
|     |  | Peter Karounos  
|     |  | George Moshos  

THANK YOU!
PJ Skidoos is a Greek family-owned restaurant, which has been in Fairfax City for 35 years. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.

www.pjskidoos.com
9908 Fairfax Blvd Fairfax, VA 22030 703-591-4515