THE SEASON OF SUMMER gives many of us a chance to rest and reflect. I ran across the poem below by Mary Stevenson, Footprints in the Sand. I thought it was so appropriate for me to reflect upon. I was tired after festival and still had so many activities before mid-July when I could take some time away from every day service. How would I manage two more months of non-stop work? Well the answer is always give to us by our Lord.

One night I dreamed a dream.
As I was walking along the beach with my Lord.
Across the dark sky flashed scenes from my life.
For each scene, I noticed two sets of footprints in the sand,
One belonging to me and one to my Lord.
After the last scene of my life flashed before me,
I looked back at the footprints in the sand.
I noticed that at many times along the path of my life,
especially at the very lowest and saddest times, there was only one set of footprints.
This really troubled me, so I asked the Lord about it.
“Lord, you said once I decided to follow you,
You’d walk with me all the way.
But I noticed that during the saddest and most troublesome times of my life,
there was only one set of footprints.
I don’t understand why, when I needed You the most, You would leave me.”
He whispered, “My precious child, I love you and will never leave you
Never, ever, during your trials and testings.
When you saw only one set of footprints,
It was then that I carried you.”

All of us have experienced times of discouragement, times when we feel that all in the world has turned against us. Our intentions are misunderstood, our words are misinterpreted, our suggestions are ignored, and our offers of help are met with rejection. As a result, we begin to feel marginalized and unappreciated, and became very dejected.

Perhaps no man in all of scripture understood these feelings as did the blessed Job. Once the “richest man in the East” (1.3), he was so tested by the reverses of his life that he cried out to God “O God, put a curse on the day I was born; put a curse on the night when I was conceived!” (3:2-3). And yet, Job’s abiding faith in the ultimate goodness of God gave him courage and hope, even in the darkest moments of his affliction. From the depths of his sorrow, he was able to confidently declare, “I knew that there is someone in heaven who will come at last to my defense. Even after my skin is eaten by disease, while still in this body I will see God. I will see him with my own eyes, and he will not be a stranger to me” (19:25-27). And Job’s faith was rewarded for “the Lord blessed the last part of Job’s life even more than he had blessed the first…And he died at a very great age” (42:2;17).

Saint Paul, like all of the prophets and apostles before him, also knew rejection and hostility. And yet he, too, persevered by keeping before him the example of our Savior and all

(Continued on page 6, column 1)
**Greek Orthodox Archdiocese of America**
**Greek Orthodox Metropolis of New Jersey**
**Saint Katherine Greek Orthodox Church**

**www.saint-katherines.org**
3149 Glen Carlyn Road
Falls Church, VA 22041
703-671-1515 phone
703-671-1385 facsimile

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

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Bookkeeper  Lori Nelson  703-671-1515  lnelson@stkchurch.com
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Bible Study (Sundays)  Bill Polizos  571-434-7790  polizos@att.com
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Journey to Orthodoxy  James Jatras
Women’s Book Club  Despina Raizes  703-216-8176  2draizes@gmail.com

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Daughters of Penelope Helle #283  Karen Polizos, President  571-434-7790  kpolizos@naifa.org
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Greek Dance  Aris and Anna Yortzidis, Instructors  757-218-6991  toullamm@gmail.com
Greek School Auxiliary  Toula Christou, Saturday Representative  703-533-0055  pagrader@yahoo.com
Hellenic Education Center  Greek School and Paideia Preschool  703-671-7715  http://www.stkhec.org
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JOY (ages 8-12)  Toula Christou, Coordinator  703-533-0055  toullamm@gmail.com
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Mommy and Me  Irene Sakkas  703-883-8823  irenesakkas@gmail.com
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Philoptochos  Eleni Kanakos, President  703-938-8360  ekanakos@aol.com
Prison Ministry (Kairos)  Dennis Garbis  202-437-7299  digarbis@envdes.com
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Single Parent Fellowship  Angela Kallas-Miller  agapiang@gmail.com
Website  Presv. Pauline Pavlakos, Webmaster  703-239-2627  przpauline@stkchurch.com
YAL (Young Adult League)  Faye (Rotini) Anson  fanson38@yahoo.com
IT NEVER STOPS. Ongoing maintenance, repairs, improvements and enhancements to our physical plant are among the things our community deals with perennially. Occasionally, as was evident a couple of years ago, there are times when everything that can break does! On other occasions, the best laid plans for engaging in some improvement fall victim to the needs of the moment. In spite of this, our progress continues, particularly with the help of parishioners whose generosity is making a number of projects I mention below a reality.

As we head into the summer season, it will be anything but dull in terms of project activity at Saint Katherine. In fact, the summer is shaping up to be quite active:

* Among the first things on our busy agenda will be a renovation of the entrance to our church. In addition to demolition of the existing steps and landing area, new less shallow steps will be installed featuring a more durable material than the concrete originally used. Sidewalks leading to the front entrance (from the rear) will also be installed. Additionally, the retaining walls will be covered in stone that will truly beautify our church.
* Additionally, our landscaping project, begun earlier this spring, will be finalized. Also planned is replacement of the wooden fence separating church property from the adjacent vacant lot owned by the County that we occasionally use for overflow parking. Although you wouldn’t know it to look at it, the fence is in extremely poor shape and will be replaced and moved back a few feet.
* We are also excited by the prospect of a new 22 x 25 patio and sidewalk accessible from a new doorway from our Seniors Kentro. These additions will dramatically enhance the appeal of the Kentro and will be a definite asset to our community.
* Our community center kitchen was recently enhanced by the addition of a commercial coffee maker capable of producing 6 gallons of coffee in less than 10 minutes. The 3 gallon insulated urns (graciously donated by our Ladies Philoptochos Society) used to dispense the coffee eliminate the need for power cords and greatly improve our ability to serve gatherings for our parishioners.

As I mentioned earlier, we have been blessed by the benevolence of several parishioners whose generous donations are responsible for every one of the projects I mention above. Although we respect their desire to remain anonymous, we remain eternally grateful for their love, devotion and generosity.

Turning to other matters, summertime is active in many other respects in our community. Our recent Festival was an adventure in weather watching at times, but we are grateful to all of you who participated and helped to ensure its success. Our immensely popular Vacation Bible Camp takes place the last week of June and will again enjoy full enrollment. Our HEC Paideia Preschool begins a pilot program in July which will afford our students the opportunity for year-round enrollment. We remain excited and appreciative of all educational opportunities our community provides.

On behalf of our Parish Council, I wish each of you a pleasant and safe summer.

Your servant in Christ,

FROM THE PARISH COUNCIL PRESIDENT

SERVICE TIMES

Please note that Sunday Orthros/Divine Liturgy times are 9:00am/10:00am.
Orthros/Divine Liturgy times are 9:30am/10:30am any other day.

JULY CELEBRATIONS OF SAINT MAKRINA AT SAINT GEORGE, OCEAN CITY, MD

Saint George Greek Orthodox Church in Ocean City, MD is blessed to have a piece of the Holy Relic of Saint Makrina, older sister of Saint Basil the Great, Saint Gregory Bishop of Nyssa, Saint Peter Bishop of Sevastia, and Saint Nafratiros. Her feast day is on Tuesday, July 19 and we will celebrate, in Ocean City, with the Vespers Service at 6:00pm, Monday, July 18 and Divine Liturgy at 10:00am, Tuesday, July 19. During both services her Holy Relic will be presented to the congregation so that all may venerate it and receive her blessing.

* On Monday, July 18, following the Vespers Service, their Philoptochos will treat the congregation with cookies, coffee, and soft drinks.
* On Tuesday, July 19, following Divine Liturgy, the church will treat the congregation to a free gyro lunch.

Please try to participate in these services to honor Saint Makrina and to support our sister church in Ocean City.
CONGRATULATIONS!

GIORGIOS ELIAS BAKATSIAS, son of Mike and Elene Bakatsias, graduated from Patriot High School and will attend James Madison University to study Business. Giorgios graduated with honors and was an AP Scholar a member of the National Honor Society, Beta Club, and Key Club.

ALEXA ANTONIOU CARDAMONE, daughter of Thomas Cardamone and Soula Antoniou, graduated from Washington-Lee High School with an Advanced Studies Diploma and an International Baccalaureate Certificate, and will attend Virginia Commonwealth University. Alexa was a member of the National Honor Society and received the French National “Le Grand Concours” Honorable Mention Award. She was Founder and President of the Biology Club, played varsity sports including gymnastics, cheer and outdoor track, and was on the Athletic Honor Roll. Alexa danced at Perfect Pointe Dance Studio for six years and received High Gold and Platinum Awards in Ballet Dance Group. She volunteered as a camp counselor during summers and with multiple clubs during school including Supporting People In Need.

DOMENIC CARR, son of Todd and Tori Carr, successfully defended his Ph.D. dissertation, “A Shift-variant Restoration Technique Leveraging High-resolution Interface Modeling in Lidar-based Sea-floor Imaging,” on May 13, 2016 at the Georgia Institute of Technology and will receive his Doctor of Philosophy in Electrical and Computer Engineering. His thesis advisors were Dr. Gisele Bennett and Dr. Grady Tuell. Dr. George Vachtsevanos, Professor Emeritus in the School of Electrical and Computer Engineering and member of Holy Transfiguration Greek Orthodox Church in Marietta, Georgia also served on his committee. Domenic is employed as a research engineer at Georgia Tech Research Institute.

CHRISTINE ELAINE DEMETER, daughter of Christian and Laura, graduated from the Virginia Commonwealth University (VCU) Honors College with a Bachelor of Science Degree in Biology and minor in Chemistry. She received both Latin and University Honors, the highest accolade bestowed by VCU. A member of the VCU crew team, Christine was also an emergency room volunteer at VCU Medical Center. Christine plans to pursue a career in genetics or medicine.

CATHERINE DOULIS, daughter of Dr. Sophia Phass Doulis and Mr. Steven C. Doulis, graduated Cum Laude from Virginia Tech with a double major in Marketing and Management.

CHRISTOPHER DOULIS, son of Dr. Sophia Phass Doulis and Mr. Steven C. Doulis, graduated from St. Stephen’s and St. Agnes High School and will attend Susquehanna University.

SOPHIA GULL, daughter of Mark and Kelly Gull, graduated from Bishop Ireton High School and will attend The Ohio State University, majoring in Civil Engineering and minor in Russian.

EVELYN C. MASTERS son of Dr. Donald and Linda Reiter, graduated from New Century College of George Mason University with a Bachelor of Arts Degree in Economics and minor in Government. She was President of the UVA Hellenic Society, a member of the Order of Omega Honor Society, Secretary of Alpha Delta Pi sorority, and played piccolo in the Cavalier Marching Band. Marie is working for the performance marketing company Merkle RKG and plans to pursue an MBA.

NICOLAS ELENI STAVROS, daughter of Gust and Tina Stavros, graduated from New Century College of George Mason University with a Bachelor of Arts Degree in Economics and minor in Government. She was President of the UVA Hellenic Society, a member of the Order of Omega Honor Society, Secretary of Alpha Delta Pi sorority, and played piccolo in the Cavalier Marching Band. Marie is working for the performance marketing company Merkle RKG and plans to pursue an MBA.

ANNA MARIA VARGAS, daughter of Chris and Maria Vargas, graduated with a full IB diploma from Washington-Lee High School and will attend Wellesley College in Massachusetts. In addition to graduating with honors, Anna is a published playwright, has earned Girl Scouting’s Highest award—the Gold Award—and is a competitive figure skater. Anna was awarded a 2016 AHEPA scholarship.

NICHOLAS VAZQUEZ, son of Ray and Christina Vazquez, graduated from Stone Bridge High School and will attend Keystone College in LaPlume, PA where he will play lacrosse—goalie position—and was offered a scholarship to go to the school. Nicholas played lacrosse for 4 years in high school and was goalie for his team. This year he led his team and won the District and Regional Championship.

Καὶ εἰς αὐτότερα!
This has been the best year yet since HEC was established. When I see the commitment of the HEC board, staff and parents, I can only be thankful for all that we were able to accomplish; the increase of our student enrollment and the continuing development of our outstanding staff, the opportunity to provide a nurturing bilingual academic environment to more families than ever, and the addition of new programs as with the pilot year-round program. Together with a growing Greek School population, we experienced a growing adult language program.

We have presented our programs to the scholarly community (NECTFL Conference, NY February 2016). Our new initiatives have attracted the interest of the wider Greek Orthodox Community which resulted to invitations to present and demonstrate our new methodologies and approach to Greek Education in America (Metropolis of Boston, presentations and workshops, February 2016; Metropolis of New Jersey Clergy-Laity Congress presentation and workshop, May 2016). All the above wouldn’t have been possible, hadn’t been for the love of our Saint Katherine community.

On behalf of HEC staff we would like to extend our best wishes to Kyria Maira Dimopoulou. Kyria Maira is retiring after 16 years of commitment to our Greek School program characterized by her love for the teaching of the Greek language and for instilling the principles of the Orthodox faith to her students. We wish her all the best for a happy retirement!

Paideia Open House. For more information or an open house date, please contact the HEC director at 703-671-7715 or ealexopoulou@stkchurch.com.

Paideia Summer Program. The pilot year-round Paideia program dates are July 5-September. There no spaces left.

Dates to remember.

September 12 All Paideia classes begin
September 9, 10 Friday/Saturday Greek School classes begin
Sept. 13, 15, 16 T/Th/Fr Adult Classes begin
September 13 Tuesday Conversational Classes begin

Greek School Registration. Greek School registration is open for 2016-2017. Please find the form on our website (www.stkhec.org)

Adult Language Classes. Three classes are offered for the teaching of the Greek language to adults: Tuesdays 7pm-9pm, Thursdays 7pm-9pm, and Fridays 5pm-7pm. You may find the form online or ask for one in the office.

Program Information Online. Visit www.stkhec.org or follow us on Facebook.

Steward Rates. Please renew your stewardship to qualify for steward rates for the upcoming school year.

We look forward to seeing each and every one of our students back in September. Ask us about the new music class we plan to offer.
Kalo kalokairi to all!!!!
GOYA

CAMP GOOD SHEPHERD VIRGINIA will take place July 10-16 at Camp Piakatank, 1586 Stamper’s Bay Road, Hartfield, Virginia 23071. Contact Fr. Costa for information.

If anyone would like to host the GOYAns for an event over the summer, please contact Presv. Pauline Pavlakos (GOYA_St_Katherine@msn.com) or Maria Wills (mwills28@verizon.net). Have a great summer!

A DAY AT KINGS DOMINION

PLEASE LOOK TO YOUR EMAIL and the Sunday bulletins for information on a possible trip to Kings Dominion. The Regional Orthodox Youth Day, usually held on the Tuesday following the end of the FCPS school year, was not held this year. Fr. Costa will try to organize a day trip to Kings Dominion with local Greek Orthodox Churches. All youth of our community are welcome.

Parents must accompany children under the age of 13. If we have a large group, we will rent a bus. An email will be sent to the GOYA distribution list and the church’s listserv once details have been confirmed.

JULY CHURCH DUTY ROSTER

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AUGUST CHURCH DUTY ROSTER

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AHEPA PETER N. DERZIS CHAPTER 438

AHEPA Peter N. Derzis Chapter 438 honored its Hellenic Heritage by completing a banner year thanks to full support from the Saint Katherine Community. To this end, the Chapter has had not one but three very successful fundraisers. The foremost fundraiser honored our Departed Brother Gus Moshos Memorial with a Christmas Raffle. The Christmas Ornaments Sale was also a major success and was followed by the very successful Greek Cuisine Raffle with the winners being Steve Martnishn, Demetrios Pikrallides and George Varoutsos. The Chapter held joint functions with DOP Helle Chapter 283 (Heart Symposium), supported Prometheas Society (Independence Day), fed the Homeless, and co-hosted with AHEPA Chapter 31 with support from DOP 283 the Wreath Laying at Arlington National Cemetery. It also hosted the networking social luncheon which immediately followed. Chapter Brothers Steve Martnishn and Angelo Toutsi led efforts for a successful Washington Metro Scholarship Program to include a $1,500 Derzis Chapter Memorial Scholarship on AHEPA Sunday, a $1,500 to the Saint Katherine General Fund, and $1,000 for Vacation Bible Camp. The Chapter is presently in phase two of its expansion of its AHEPA Senior Kendro for greater community use.

Perhaps its biggest accomplishment is the start-up of a Sons of Pericles Adelphia Chapter 335, under the leadership of Brothers James Soiles and James Kontzamanys, with current planning for a Maids of Athena Chapter. And finally at the District #3 AHEPA Convention, the Derzis Chapter for all of the above was awarded “Chapter of the Year” and “President of the Year—John Papathanassiou!” Congratulations Brothers to a Banner Year!
REGISTRY

Baptisms
Angelina Christina (June 1st)
daughter of Triandafilos "Ted" and
Rebecca Maria Padiotis
Godparent: Alkinoe "Alki" Meyer

Nicoletta Anastasia (June 12)
daughter of Dimitri and Caroline Sotiropoulos
Godparents: Stelios and Lambrini Vatikiotis

Zoe (June 18)
daughter of Prashant Rohit and
Elena Vasiliki Patel
Godparents: Vasiliki Victoria Galanos and
Constantin Spatoulas

Daniel Kim (June 19)
son of Yang Jin (Richard) and Sophia Kim
Godparent: Jeff Borst

Theofanis (June 25)
son of Ayan and Nikoletta Mary Bagchi
Godparent: Athanasios Theodoropoulos

Alexander (June 25)
son of Mr. and Mrs. Paul Pratt
Godparent: Anastasia Pratt

Sofia Gianna (June 26)
daughter of Savvas and Rachaef Georgopoulos
Godparents: Damianos and Kayla Gliatis

(Continued from page 5, column 2)

Chrismations
Marwan Mina (June 12)
son of Mourad Milhem and Eva Meena Mina
Sponsors: John and Katina Doulis

Constantin Spatoulas (June 18)
son of Constantin and Janet Spatoulas
Sponsor: Maria Smith

Weddings
Ayse C. Avni
and
Nicholas Kalis (May 28)
Koumbara: Marina Panopoulos

Selome M. Kidane
and
David Solomon (June 11)
Koumbara: Miriam Kidane

Congratulations!

Funerals
George John Simeon (May 26)
Constantine S. Sarakinis (June 2)
Gregory Pappas (June 15)

May their memory be eternal.
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<td>17 <strong>Sunday of the Holy Fathers</strong>&lt;br&gt;9:00am Orthros&lt;br&gt;10:00am Divine Liturgy</td>
<td>18 6:00pm Vespers for Saint Makrina in Ocean City, Maryland</td>
<td>19 <strong>Saint Makrina</strong>&lt;br&gt;10:00am Liturgy in Ocean City, MD</td>
<td>20 <strong>Prophet Elias</strong>&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;7:00pm Parish Council</td>
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<td>24 5th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy 25 26 27 28 29 30 31 6th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy</td>
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*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
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<th>Sunday</th>
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<td>1 Dormition Fast Begins</td>
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<td>3 7:00pm Paraklesis</td>
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<td>5 7:00pm Paraklesis</td>
<td>6 Holy Transfiguration 9:30am Orthros 10:30am Divine Liturgy</td>
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<td>7 7th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy</td>
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<td>9 7:00pm Paraklesis</td>
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<td>12 7:00pm Paraklesis</td>
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<td>14 8th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy 7:00pm Great Vespers</td>
<td>15 Dormition of the Theotokos</td>
<td>9:30am Orthros 10:30am Divine Liturgy 16</td>
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<td>20 9am Challenge Liturgy at Saint George, Bethesda</td>
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<td>21 9th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy</td>
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<td>28 10th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy</td>
<td>29 Beheading of Saint John the Baptist 9:30am Orthros 10:00am Divine Liturgy</td>
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Please check the online calendar, http://saint-katherines.org/calendar, for the most current information.
PHILOPTOCHOS

We all had a wonderful time at our luncheon at Nostos Restaurant. A big thanks to Pete and Despina Pagonis for their hospitality. We honored Mary Thomas for her service to the Philoptochos and to our Church, and we made her an honorary member of the Philoptochos.

We had a great year. We helped different organizations, including children in need, schools, our elderly, the homeless, our troops, our community as a whole, and our Church. Ladies, we should be very proud of ourselves!

I look forward to working with you again this coming year and I will see you in September. Have a wonderful, safe summer!

BOOKSTORE

Huge Summer Clearance Sale!!! During the months of July and August at Saint Katherine Bookstore, all books (except Bibles) are 50% off. All icons and other gift items are 20% off. Final prices are rounded to the nearest dollar. As always, we thank you for your patronage and support of the bookstore.

DAUGHTERS OF PENELlope (Karen Polizos, President)

Thank you to everyone who supported our collection of crib sheets for infant cribs and toddler cots used in Head Start/Early Head Start programs in Fairfax County.

Congratulations to Aleeke Thorne and Yanna Willett on receiving Helle Chapter’s 2016 Hellenism Award at Saint Katherine Greek School graduation June 11. Each received a certificate in recognition of their academic achievement and individual excellence and a boxed set of Homer’s Iliad and Odyssey. We also congratulate high school senior Adramandia Frantzis on receiving Helle Chapter’s 2016 scholarship award of $1,200, which was presented at the Washington Metropolitan Area AHEPA Scholarship Awards banquet in May.

The AHEPA/Daughters of Penelope District 3 Convention was held early June in Norfolk, VA. I am proud to report that Helle Chapter was awarded Chapter of the Year for District 3, was recognized for most new initiates and most reinstated Sisters, and Sister Lynn Francis was elected District 3 Lt. Governor! We enjoyed celebrating at our end-of-year gathering at Bull Run Winery on June 18.

By the Grace of God and with the blessing of His Eminence Archbishop Demetrios, Geron of America through the Laying on of Hands by His Eminence Metropolitan Alexios of Atlanta

The servant of God Andrew John Pavlakos will be ordained to the Holy Diaconate on Saturday, July 9, 2016 Pancratios, Bishop of Sicily and to the Holy Priesthood on Sunday, July 10, 2016 45 Martyrs of Nikopolis

Cathedral of the Annunciation 2500 Clairmont Road Atlanta, Georgia

Saturday Orthros 7:00 a.m and Divine Liturgy 8:00 a.m. Sunday Orthros 8:00 a.m and Divine Liturgy 9:30 a.m.

Your presence and prayers are requested.
**MISSIONS AND OUTREACH**
*Go therefore and make disciples of all nations (Matthew 28:19)*

**OCMC Fundraising Dinner Update.** Our June 15 OCMC Fundraising Dinner at Saints Peter and Paul Antiochian Church in Potomac, MD was a great success. Fr. John Chakos, our mission priest in Guatemala, was our main speaker and kept the audience spellbound with stories of his experiences in Guatemala. Over 100,000 Mayan Indians have converted to Orthodoxy. That evening, over $9,000 were raised for the Guatemala mission. Thanks to all who came to the dinner and/or contributed.

**Alaska Mission, July 1-11.** Our own Betty and John Slanta have been chosen for the OCMC Alaska Mission trip. They are now fully funded. While in Alaska, they will participate in an annual youth camp in Ketchikan and lead a young adult retreat in Napaskiak. They will teach the youth and young adults of the lower Kuskokwim Deanery the Christian approach to withstanding social temptations and a deeper understanding of Orthodoxy. One of their teammates will be Elias Mavromatis from Saints Constantine and Helen in Silver Spring, MD. Please keep them in your prayers.

**Project Mexico, July 14-20.** Our team from Saint Katherine has completed their fundraising. The eight-member team includes Bill, Eleni, Ariana, Niko, and Leon Porter, Claudia Cherpes, Teddy Stathopoulos, and Tess Bliss. Although the cost of the trip has been covered, the team is still in need of funds to bring gifts to the orphans at Saint Innocent Orphanage where the team will be staying while in Mexico. They will assist in building a home for a needy family. If you would like to make a donation for gifts for the children of the orphanage, make checks payable to Saint Katherine and write “Porter Project” on the memo line. Please keep them in your prayers.

**OCMC Short-Term Teams Still Available.** If you are interested in learning which OCMC teams are still available for 2016, go to OCMC.org.

**FOCUS NA (Fellowship of Orthodox Christians United to Serve—North America).** FOCUS has started two new projects in the DC area. The first project is in the District. Breakfast and lunch will be served to over 300 elementary students in southern DC. The meals will be assembled in the Saint Sophia kitchen and taken to the children.

The second project will be in Fairfax county and based at our sister church, Saint Mary’s Orthodox Church in Falls Church. Twenty-five to 30 children will spend the day at St. Mary’s while their parents work.

**Guatemalan Orphan, Carlos Manuel.** We are still raising money to support our adopted orphan, Carlos Manuel, at the Hogar Orphanage in Guatemala. Our cost per year is $3,650. If you wish to help us sponsor Carlos, please send your donation to the church office. Make the checks payable to Saint Katherine and write “Guatemala/Carlos Manuel” on the memo line.

**Monumental Missions Walk, Saturday, October 15.** Save the date for our 4th Annual Monumental Missions Walk, which is set for Saturday, October 15, starting at 9:00am. This year, the tent will be set up on the DC Mall near 3rd/4th Streets, next to the American Indian Museum. The walk will go past the Capitol and other monuments/memorials in the area. Please consider picking up a registration form/sponsor sheet, available after church, and ask family and friends to sponsor you for the walk. Help us raise funds for OCMC and local Virginia charities, while walking and having fellowship with other Orthodox Christians. Paper registrations are currently available but online registrations will become available soon. Checks should be made out to Saint Katherine with “Monumental Missions Walk 2016” in the memo line.

**HOMELESS SHELTER**

**Clothing and Toiletries Collection.** We continue to collect new or clean used clothes and unopened toiletries for the shelter year round. Bring your donations to our community center. We take them to the shelter every Sunday.

The shelter notified us recently that they have many other needs such as cleaning supplies, kitchen supplies, bed sheets and blankets, etc. These are all used as they find apartments for the homeless. Please see the full list at: [http://www.nvfs.org/pages/page.asp?page_id=393678](http://www.nvfs.org/pages/page.asp?page_id=393678)

If you wish to donate any of these items, please take them directly to the Bailey’s Crossroads Homeless Shelter at 3525 Moncure Avenue, Falls Church, VA 22041. The list is also on the Saint Katherine web site.

**Hygiene and Survival Kits.** We will again assemble over 250 hygiene and survival Kits for the homeless shelter. Each organization of the church has been informed of the items they need to provide. The items are all due on Sunday, November 20. Our Sunday School children will assemble the kits after church on Sunday, December 18.

**Next Missions Meeting**

**Tuesday, August 16 7:30pm.**

All are welcome to attend.

**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 still participate. Sign in to the church website, saintkatherines.org, and click on the red “Saint Katherine Live!” button in the right-hand column.*
Saint John spent his last years in exile. The oligarchs in Constantinople twice had him banished from the city, angry over his constant challenges to their overweening pride and corruption. Saint John endured forced marches into ever-greater privations and his supporters left behind faced torture and even death. In his introduction, Abbot Damascene sees the book as a minor miracle:

On the Providence of God was written in the mountains of Armenia...to encourage his faithful flock in Constantinople and elsewhere, who were in distress due to his forced exile and the political intrigue and persecutions surrounding it. That he would have the strength and courage not only to instruct his spiritual children on the wondrous providence of God amidst the sufferings of his exile, but to write a whole treatise on this subject, is a testament to the indomitable faith of this great man of God (p. 9).

Arranged as 24 short chapters, Saint John writes on maintaining and even amplifying faith during tribulation, never showing a trace of self-pity. He reminds us of God’s grand inscrutability and our proper response of humility. Those who demand that God answer for suffering can easily become further scandalized due to the unjust actions of corrupt leaders. Saint John insists that their mounting bitterness and their slide into unbelief can only be ascribed to the state of their own hearts and minds, along with the fact they don’t know Scripture. The scandalized do not see the grace that came to the biblical heroes, the providential care that God showed them during their trials, the friendship with God they found in the aftermath, and their final rewards of eternity in God’s presence. Saint John says:

Likewise, it would be possible to tell of countless others who, having encountered grievous circumstances, were not thrown into confusion, but held fast to God’s declaration even if the events were contrary to the promises. Through this most noble endurance with patience, they plucked brilliant crowns for themselves. Therefore, beloved one, you too, wait for the final outcome. Everything will be fulfilled, whether in this world or in the age to come (96).

Why read these words today? Abbot Damascene suggests:

Especially when we are beset by unforeseen trials and tribulations, this atmosphere of unbelief [surrounding us in the modern world] can weaken our faith that God is really taking care of us with a love that is as infinite as it is unconditional. Like

(Continued from previous column)

When most people think of Greek composers, Mikis Theodorakis and Manos Hatzidakis come to mind. However, by all accounts, there was one man who was born in 1904 in the town of Chalkida in Evoia, who would’ve achieved the renown of Bela Bartok or Jean Sibelius had he left Greece. Skalkottas started learning the violin at an early age from his uncle. When his family moved to Athens, he attended the prestigious Odeon and upon graduation, amongst other honors, he received scholarships to study music in Berlin. From there, he wrote:

Για την ηδία μου τη ζωή, δεν με νοιάζει και πολύ. Όσο για τη δουλεία μου, πρέπει νανέβασετ η Ελλάδα στο διέθνης μουσικό επίπεδό.

He saw his purpose as that of raising the profile of Greece to an international musical level.

To that end, from 1927-1932 he attended the Masterclass in Composition with Arnold Schoenberg at the Prussian Academy of Arts in Berlin. He composed all kinds of music, including symphonic pieces, chamber music, and for solo instruments. Everything except opera. By 1933, however, he was forced to flee Germany with the rise of the Nazis. On returning to Athens, he encountered many difficulties; he wasn’t acknowledged as the excellent and forward-thinking composer he had proved himself to be, but rather relegated to the sidelines. This environment which lacked dynamism and creativity was the beginning of the end for Skalkottas. He died in 1949.

These days, his 36 Dances and symphonic overture The Return of Ullyses are his best known works. Dance rhythms have always been a mainstay of Greek folkloric heritage. Another distinguished Greek, the conductor Dimitris Mitropoulos, with the New York Philharmonic, in 1959, performed some dances of Skalkottas. It’s sad to report that almost all of his manuscripts and scores were lost. One can only imagine what he might have achieved had he migrated to the West, like Schoenberg and Bartok. The piece I heard played at the NGA was called The Trawler. It was magically evocative of the sounds of fishing nets being thrown out and hauled back in.
If you have not yet submitted your 2016 pledge, please complete the stewardship form on page 8 and return it to the Church 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 Lori Nelson at inelson@stkchurchof.com or 703-671-1515.
2016 STEWARDSHIP FORM

“Christian Stewardship is learning how to be a responsible and concerned caretaker of Christ’s Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God…our active commitment to use all our time, talent, and treasure for the benefit of humankind in grateful acknowledgment of Christ’s redeeming love…caring for the needs of others…” (Williams & McKibben in Oriented Leadership). If you have not yet made a stewardship commitment to your church for the year 2016, please take a moment and do so now.

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

Name: _____________________________________________

Address: ____________________________________________

City, State, Zip: _______________________________________

Telephone Number: __________________ Email address: ________________

(Continued from page 13)
his saints, and admonished us to do the same. “Let us keep our eyes fixed on Jesus…think of what he went through, how he put up with so much hatred for sinners! So do not let yourselves become discouraged and give up…lift up your tired hands, then, and strengthen your trembling knees!” (Hebrews 11:12).

I thank the Lord and praise his name for all the times that He will care us. I challenge you then, when you feel down and out, get aboard the salvation train. Have a blessed summer and I will see you in church.

God’s blessings,

Sr. Costa

(Continued from page 1)
EIGHT HEALTHY COPING TIPS TO MANAGE GRIEF
(from mySahana website)

Here are some ideas for common and healthy coping techniques when mourning a loss:

1. **Reach out to others.** When experiencing grief, support from family, friends, your church, or a support group can help ease the burden of grief. A social support network can take care of the daily tasks and chores as well as other arrangements so that you can focus on working through the emotions that accompany a loss. Additionally, being socially isolated can further add to the risk of depression after experiencing a loss. Having people around you can help buffer that risk.

2. **Create a ritual.** Research has shown that creating a ritual during the grieving process significantly improves the grief experience. Engaging in any kind of ritual, including celebrating the loved one’s birthday, visiting the grave or a favorite spot, or honoring an anniversary, can help protect against developing depression due to grief.

3. **Get fresh air.** Grief can be a very overwhelming experience and the thought of doing any kind of activity may feel too burdensome for some people. Stepping outside even if for two minutes to breathe in fresh air can help your mind and body re-energize while you are grieving a loss. Breathing fresh air on your patio or front step can help relax the body and mind during this stressful time.

4. **Eat, exercise and sleep.** The stress from a major loss negatively impacts your immune system, making you more at risk for illnesses. It is imperative to take care of your physical and emotional health during this time to prevent yourself from getting sick. Eating healthy foods, exercise as often as you can. Grief can make you feel fatigued and uninterested in activities. However, eating well and exercising can help combat the negative effects of grief-related stress.

5. **Be patient with yourself.** There is no timeframe, time limit, or a list of emotions that you should feel while you are grieving. Do not believe anyone who says there is a timeline on grief. Grief is a lifelong process that becomes easier to cope with over time. Grief is also nonlinear so symptoms may hit you at different times of the day and in different ways over the course of several months. This is all normal.

6. **Know your grief triggers.** Certain milestones, anniversaries and or situations may remind you of your loss and trigger a grief episode. Know what these are and be prepared by planning ahead to make sure you have appropriate coping strategies and outlets available. For example, if you have suffered a miscarriage, going to the grocery store during the day may trigger your grief when you see mothers with their young children. Plan on going to the grocery store at a different time of the day.

7. **Do something creative.** Research has identified that using the creative part of your brain can help soothe the emotion centers of the brain that are highly aroused during the mourning process. Writing, drawing or dancing are some examples of creative outlets for grief. They can also serve as a memorial of the loss that you experienced.

8. **Attend grief counseling or a support group.** While counseling is not necessary for everyone who is grieving, if you find yourself ruminating over the loss, you may benefit from speaking to a grief counselor to help you navigate the complex emotions that make up the grief experience. Similarly, a peer support group with people who have gone through similar situations as you have may be an excellent source of support while you recover from your loss.

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 contributing articles nearly every month for the last 11 years.