JESUS THE PHYSICIAN OF BODY AND SOUL

The following prayers are recited during the Sacrament of Holy Unction, “Lord Jesus Christ the physician of our soul and body give healing, protection, visitation, and forgiveness of sins to your servant (name). Amen.” and, “O Holy Father, physician of our souls and bodies, thou hast sent thine Only-begotten Son, our Lord Jesus Christ, to heal every infirmity and deliver us from death: Heal also thy servants from the ills of the body and soul which are surrounding them and give them life by the Grace of thy Christ.”

We all have experienced physical ailments. I was reminded by one of our seniors that the older we get the more prone we are to physical pain. Thank God for doctors and drugs. However, there is also suffering from our mental health.

God was aware of our suffering and out of this we have John 3:16, “For God so loved the world He gave His one and only son…” And from that act, until His death, we have the counsel of Jesus. In John 6:33, He tells us, “…In this world you will have many trials and sorrows (troubles).” Christ himself openly communicates to us the emotional pain, his own trials and sorrows that He experienced while in human form. He bears testimony to the mental and emotional pain inflicted upon Him by the Evil conditions of the world. His own soul or psyche was under attack daily, until His ultimate crucifixion. In the end of John 6:33, He also provides Hope when He says, “…but take heart because I have overcome the world.” He also teaches us to call upon the Father, asks that His will be done, not our own. This last part is significant because secular therapy can be guilty of over valuing the self, the individual. Christians are taught to put God above all else, to balance self-interest versus selfishness.

The best legacies that both our Orthodox faith and mental health share are that, at their root, they aim to provide the individual with some relief. Yet circumstance and solutions are most often viewed in opposite ways. Paul writes in James 1:2-3 that troubles ought to illicit true joy, they are a chance to grow. In psychology we can “reframe” a bad event, but do we tell the person to be joyous over it? The Bible does not make assurances a believer will be spared hardships in life. The history books are filled with Christian persecution and, world wide, new chapters are being written daily. Christians suffer depression, anxiety, and other conditions just like non-believers. We are promised, though, an eternal peace. Mental health professionals can provide therapy and medication, and make improvements to our lives—our relationships. Yet, secular psychotherapy has never entirely fulfilled its promise to heal the soul.

Within the mental health field there is a “diagnostic and statistical manual” (DSM) that a mental health professional uses to make a clinical diagnosis of a cluster of symptoms. This manual is 991 pages long and lists over 150 “diagnostic codes” or psychiatric illnesses, such as depression and anxiety. Classification of a condition or an illness is somewhat after the fact. What a patient or client seeks is treatment. The “remedy” for the most part is psychotherapy. Derived from its Greek origin, psychotherapy is psyche (breath, spirit, soul) and therapeia (healing, medical treatment.)
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Dear Parishioners,

First, I would like to thank all the volunteers who gave of their time for our annual Spring Festival. It rained on Sunday, but fortunately the crowds came the rest of the weekend. I hope you were able to stop by and enjoy our food and the music—the best in town.

Don’t forget our Fall Festival October 5, 6, and 7. Please consider becoming a volunteer if you haven’t already been a part of our festivals.

Now that summer is in full swing and vacation plans are underway, I hope you’ll remember that our doors are always open. May God grant you all safe travels this summer and we look forward to seeing everyone in the Fall.

Yours in Christ’s service,
George Moshos

FROM THE PARISH COUNCIL PRESIDENT

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Yours in Christ’s service,
George Moshos

A THANK YOU FROM ANDREA BALLARD, VOLUNTEER COORDINATOR

Thank you to all the great volunteers who worked at the spring festival! The festival is always a major undertaking and this year we had some additional challenges, especially the weather! Thank you to those who put in many hours before and during the festival to keep things running smoothly. The festival has many moving parts, a good deal of which goes on behind the scenes which folks don’t see. Thank you to Fr. Costa for your support and willingness to step in and help wherever needed. There were many folks who made the festival success possible, too many to name individually for fear that I will accidentally miss someone. Thank you to our parish council president/festival chair (who wore many hats this festival), to those individuals who came during the week to help set up and prep, to those who set up and kept the cash registers running (challenging at times!), to those who cashiered, and to the kitchen, pastry, gyro, loukoumades, food line, Greek coffee, and beverages and wine crews. Your hard work and dedication is very much appreciated.

Holding two festivals a year is demanding all by itself and the challenges are increasing each year, particularly in the number of volunteers needed to put on a successful festival. We are blessed to have a large parish and as the small number of people who volunteer today, many of whom are getting older, are no longer able to fill all the important festival volunteer roles, there is a need for additional parishioners to help fill those roles. The festivals are a major part of our operating budget and they enable us to offer support to many ministries here at Saint Katherine. If many of us who take advantage of these great ministries would also volunteer just one shift at the festival, we would be in great shape. I urge all of you to please become more involved. You may be surprised at the outcome.

WELCOME TO OUR NEW CHOIR DIRECTOR!

We are happy to welcome John Slanta as our new choir director! Many of you already know John and his wife, Betty, through their involvement with Missions, as well as John’s role as choir director for the area’s Pan-Orthodox Vespers. John comes to us from Saints Peter and Paul Orthodox Church in Potomac, MD where he has been conducting the choir for a number of years. John will assume his place on the podium in September. He and our long-time director, Nick Kyrus, will work together for a smooth transition. Nick will not be a stranger, as Saint Katherine is his home.
CONGRATULATIONS TO ALL of our graduating seniors!

Congratulations to all of our newly elected GOYA officers and board members!

Summer is always a time of transition for our youth. We transition from elementary school to middle school to high school and then, for many, some type of college or university. It seems that there is always something fresh on the horizon, something to look forward to, and the anticipation of new beginnings.

Much like our worldly new beginning, Christ also offers us a new beginning in our spiritual lives. He gives us the strength and perseverance to move forward without fear. He forgives us our mistakes and is a refuge when we need to take a break. He assures us that no matter where we are in life, each moment can be the beginning of a new life with Him. We are surely going to make some mistakes, but we can always begin anew with Christ.

We should always remember that Christ is to be found in the here and now—in all things and in all places. It is easy to dwell in the past and to be anxious about the future, but Christ tells us Himself to not be concerned with such things because the Kingdom of God is at hand and is right here waiting for us. Let us seek our Lord and enjoy the fruits of the Spirit.

So, just as summer is a period of transition, let each day be a little summer in and of itself. Let us move forward to a fulfilling and joyful life in Christ.

I will always remember the love and joy of this community and I wish the richest of God's blessings to you all!

Love in Christ,

Nick

GOYA OFFICERS 2018-2019
President: Maria Sarantis
Vice President: Iliana Tzafolias
2nd Vice President: Sammy Sarantis
Treasurer: Maria Papas
Corresponding Secretary: Alexandra Lagos
Recording Secretary: Anna Moratis
Social Chair: Maria Euripides
Sergeants at Arms: Alex Chelpon, Strati Bohle
Historian: Evi Euripides, Susanna Lampros, Leon Porter

GOYA JULY CALENDAR
7/8-7/14 – Camp Good Shepherd – VA
7/18-7/25 – Project Mexico
7/26 – Busch Gardens with VA GOYAns

JOY | HOPE | Moms, Pops & Tots
Here at Saint Katherine we have ministries for youth who aren’t of GOYA age! I strongly encourage these youngsters, and all of our youth, to register and attend Sunday School. This is the best way for our youth and parents to be involved, learn, and establish relationships!

Moms, Pops & Tots (40 days to age 4). Contact Irene Sakkas (irenesakkas@gmail.com).
HOPE (ages 4-7). Please contact Doris Mentis (doris@alumni.virginia.edu).
JOY (ages 8-12). Please contact Vaitsa Bousbouras (vsbousbouras@yahoo.com).

YAL
7/10 TUE–Sandwich Making (moved from MON to TUE)
7/13 FRI – 2nd Annual YAL Fellowship Hour w/St. Sophia

FROM THE YOUTH OFFICE

HELLENIC EDUCATION CENTER
The new curriculum requires extensive training for our staff. We are thankful for their dedication and commitment!

Summer Program. Paideia Preschool summer program begins July 2 and will end August 24. Our staff has planned fun activities and a wonderful program to enrich both the Greek and English curriculum.

Greek School and Adult Language Classes. Greek school registration for 2018-2019 school year is extended to July 23! A tuition discount is available for stewards and siblings of students. Students who register after the deadline pay a higher tuition fee and space in class isn’t guaranteed.

For any information regarding Paideia, Greek School and Adult Greek language classes, please feel free to contact us at 703-671-7715 or email the director Eleni Alexopoulou at ealexopoulou@stkchurch.com.
CONGRATULATIONS TO OUR GRADUATES!

CONGRATULATIONS TO ALL OUR GRADUATES, whether listed below or not. We are very proud of your achievements! High School graduates, please look for the local OCF (Orthodox Christian Fellowship) chapter on your college campus. College graduates, look for a Young Adult group wherever you go to church. Don’t be a stranger. Come back and visit!

Panagiota Bakatsias graduated on June 5 from Patriot High School. She graduated as an AP Scholar, a National Honor Society member as well as a member of the Spanish, History, English and Science Honor Societies. Peighton attained high academic honors, graduating summa cum laude while also having two jobs. She will be attending the University of Pittsburgh and majoring in Nursing. Words cannot express how proud we are of Peighton.

Alexandra Kiszka, daughter of Thomas and Flora Kiszka, graduated from Longwood University with a Bachelor of Arts in Communication Studies with a concentration in Public Relations. While attending LU, Alex was event coordinator for the Longwood student newspaper, The Rotunda, and public relations chair of Longwood’s chapter of Public Relations Student Society of America. Alex is pursuing a career in event planning and currently participating in an internship.

Gabrielle Kiszka, daughter of Thomas and Flora Kiszka, will attend Christopher Newport University this fall following her graduation from Hayfield Secondary School. Gabi was involved in student government throughout high school and enjoys her part-time job. She will be majoring in business at CNU.

Abigail Kontzias, daughter of Zach and Susie Kontzias, graduated from Langley High School, and will attend Virginia Tech, majoring in Business. Abigail graduated with an advanced degree from Langley High School. She was a member of the National Honor Society as well as Leadership, Spanish, Science, and Math Honor Societies.

Stavros Kontzias, son of Zach and Susie Kontzias, graduated cum laude from James Madison University. He double majored in Finance and Computer Information Systems. He was appointed to the Beta Gamma Sigma honor society and also served as a board member on the Career & Academic Planning Student Advisory Council. Upon graduation, he secured a position with a large consulting firm in Northern Virginia and has plans to start graduate school in the Fall.

Daniel McKinney, son of Gregory and Georgia McKinney, graduated cum laude from the College of William and Mary in Williamsburg, Virginia with a degree in Computational Applied Math and Statistics.

Constantine Moschopoulos, son of John and Eleni Moschopoulos, graduated from VCOM (Edward Via College of Osteopathic Medicine) on May 5 with a degree of Doctor of Osteopathic Medicine. Constantine will be a resident doctor of internal medicine at the Carolinas Hospital in Charlotte, NC. He is excited about his new location which has two Greek Orthodox churches!

Ariana Porter, daughter of Bill and Elaine Porter, graduated from West Springfield High School and will attend West Virginia University, majoring in Forensic Chemistry and minoring in Arabic. Ariana will enroll in the Air Force ROTC (Reserve Officers’ Training Corp) and will join the Air Force upon graduation.

Joanna Thomas, daughter of Craig and Lori Thomas, graduated with high distinction from the University of Virginia with a double major in Public Policy and Government. She was selected for the UVA Honor Council and elected to Class Council. She represented Kappa Delta Sorority on the Inter-Sorority Council Judiciary Board and served as Treasurer of the UVA Hellenic Society. Joanna will attend Washington and Lee University School of Law in the fall.

Theo Vargas, son of Christopher and Maria Vargas, graduated with an IB (international baccalaureate) diploma from Washington-Lee High School and will attend Dickinson College in the fall. At WL, he was an officer in the National Honor Society and played varsity ice hockey and Ultimate Frisbee. As a Boy Scout, Theo earned his Eagle Scout award and his project was at/for Saint Katherine doing landscaping and installing new benches. Theo received the Gus D. Moshos Memorial Award AHEPA scholarship.

Stephanie Eleni Vazquez, daughter of Ray And Christina Vazquez, graduated from Woodgrove High School In Loudoun County. Stephanie will begin her studies at NOVA focusing on pre-law and aiming towards becoming a public defendant for the juvenile domestic relations court. Outside of academics, Stephanie is an accomplished equestrian. She has competed at Washington International Horse Show and is an active competitor in the United States Equestrian Federation. Stephanie looks forward to competing throughout her college career.

Congratulations, graduates!
Orthodox Medical Clinic in Guatemala. We are pleased to report that all the items listed in last month’s DOXA have been purchased for the Orthodox Medical Clinic in Guatemala. Thanks to all those who contributed including Dennis Garbis, Betty Slanta, Kathy Jatras, John Stepanchuk, John Demakis, and Olympia Steele. The purchases will make it possible for the new clinic to function. They included an EKG machine, a defibrillator, wall monitors of blood pressure measurements and otoscope and ophthalmoscope, glucose monitors, etc.

Crosses for Guatemala. A very special thanks to Mr. Villagomez, Linda Jouvanis’ father, who donated many beautiful handmade wooden crosses of all shapes and sizes. We were able to sell them at our Mission table at our Saint Katherine Festival. Over $400.00 was made from the sale of the crosses and this will also go to further help the new Medical Clinic in Guatemala. Thank you Mr. Villagomez! God bless you!!

Project Mexico Team Set to Leave. We are only 5 weeks away from our mission trip to Rosarito, Mexico to build a house for a homeless family. Since we have almost doubled the size of the team this year (from 8 to 14), we will need a second van for transportation and additional hotel rooms. Please prayerfully consider contributing to this mission trip by writing a check to “Saint Katherine Church and putting “Project Mexico” on the memo line. We need around $4,000.00 to cover remaining expenses. Anything you can offer, including your prayers, is greatly appreciated. Thank you and God bless. This is the fourth year that Bill and Elaine Porter and their wonderful family have led the Project Mexico team. May God bless them!!

Kenya Mission Update. Our Kenyan Orthodox brothers and sisters never rest. They rise up and walk and do our Lord’s good work, led by His Grace Bishop Neofitos. Many of us follow the Bishop and the Diocese of Nyeri and Mount Kenya on Facebook. I am astounded daily by the love and devotion our Kenyan friends have for God’s work and Church. There is rarely a day that goes by when some major undertaking isn’t taking place. This month, I am inspired to share with you just a few things that took place in less than a one-week period. As you read, keep in mind that they don’t have our infrastructure and resources.

On June 2, the Bishop sponsored the very first leaders’ meeting in the Deanery of Nyeri. All the Parish Council leaders met to learn about their roles and responsibilities and ways to enhance the mission, vision, and goals of the Diocese. When our mission team visited the Deanery in October 2017, it was in the early stages of its construction. It is now taking shape and becoming the center for the Diocese’s vision and good work.

On June 3, the Bishop attended the very first Liturgy at Archangel Michael Orthodox Church in Nyahururu. Fr. Francis Ngigi will now be the parish priest of both this church and Saint Stephen in Nyeri which is over 2 hours away on mountainous roads that can become impassible in the rainy season.

On June 7, the Bishop led a group to Laikipia which has 5 acres of land, donated last year through the support of Filantropia Mission of the Church of Finland and OCMC in the United States. They decided to plant maize to provide a food supply to the church and their schools. The Bishop’s goal is to take steps toward self-sustainability.

And, on June 8, the Bishop visited two mission churches at Kiamarika near Sagana State Lodge which were closed ten years ago. Because of the heavy rain, they were unable to reach one of the small churches although they could see it in the distance. These churches are literally falling apart. White ants have eaten the wooden walls. But, as the Bishop writes, “I know the word of God WILL NEVER FALL APART.” He sees potential for a fruitful mission there.

I encourage you to follow the work of our Orthodox Church in Kenya. If you have Facebook, search for “Orthodox Diocese of Nyeri and Mt Kenya” and prepare to be amazed.

Culmore Clinic Update. The Annual Culmore Clinic Fundraiser will be held on Saturday, June 30, with a Wine and International Food Tasting. A full report will be in the September DOXA.

The Executive Board of the Culmore Free Clinic is in negotiations with the Neighborhood Health Program to possibly be affiliated with them and stay open five days a week. Presently, the clinic is only open two days a week. Updates will be reported as they become available.

BAILEY’S CROSSROADS SHELTER

Food to the Shelter. Our Parish Council President, George Moshos, recommended that we take leftover food from our festival to the Shelter on Monday, June 4, the day after our Festival. Nick Dopuch, Betty Slanta, Peter Zhu, and John and Katherine Demakis delivered four carloads of food. They were so pleased and thanked us profusely. They loved the lamb shanks, pastisio, gyros, green beans, etc. This will now be a regular feature the day after our festivals! Thanks to all who helped. Thanks, George, for recommending this.

Feeding the Homeless. July and August dates to feed the homeless have not yet been set, but we will feed them.

Special Needs of the Shelter. The shelter sent the following list of items to be used for when they find apartments for their residents: Gift cards to Target, Walmart, or grocery stores; bathroom and kitchen cleaning supplies; laundry detergents and hampers; new towels, sheets, and pillows; sponsors for children’s activities; men’s and women’s toiletries; thumb drives for resident resources; car donations; kitchen-in-a-box sets; and bathroom- and kitchen-size trash cans and trash bags. If you are interested in donating one or more of the above items, please bring them to the Church Office and inform our secretary they are for the Homeless Shelter. Thank you!!

Next Missions and Outreach Meeting. Our next meeting will be on Tuesday, September 11, at 7:30pm.
Η ΥΠΕΡΕΥΑΙΣΘΗΣΙΑ
Sophia D. Tsangali

(Συνέχεια από το προηγούμενο τέτος)

Όπως μιλήσαμε στο προηγούμενο τέτος του Μαίου, η υπερευαίσθησια αποτελεί χαρακτηριστικό γνώρισμα του ανθρώπου. Μιλήσαμε πάτω εκδηλώνεται και αναφερόμαστα στο εμπειρικό αίτια της. Συνεχίζουμε στο τέτος αυτό με τα κοινωνικά αίτια της.

Ο καθηγητής των μαθηματικών π.χ. δεν φέρεται καλά στους μαθητές της τάξης τέχνης, τους βάζει πολύ homework. Υπάρχει μία παγωμένη αδιαφορία για τους φτωχούς στην κοινωνία. Αυτός ο διευθυντής βασανίζει πολύ τον βοηθό του. Δεν μπορεί να μιλά της η ομάδα μου στο παιχνίδι. Είναι υπερικατευθυνόμενη arborphoros τους πιστως και τους χαρακτηρίζει οπτισθορισμούς. Γιατί περιμένουν τόσο τις φτωχές κοινωνικές τάξεις; Όσο πότε οι άνθρωποι να ευθυγραμμιστούν και οι δίκαιοι να καθαίρονται.

Πώς εκδηλώνονται οι υπερευαίσθησεις; Οπωσδήποτε με στενοχώριες, με ενωρίσμους, απογοητεύσεις, πληγώματα και ζηλοφθονίες, με εσωτερικές διαταραχές. Καταγόντα βλέπουμε τον όρο με εννοιολόγους και σκέψεις και συνανέργους ανθρώπους, φοβικούς, ζηλευτικόττατους, δικαιολογητικούς και άλλους. ένα ευνόημενο αναρίθμητων εσωτερικών πεισμάτων, κακών και ανυπόκτως με αποτέλεσμα να τυπίζουν οι κάλες αποφάσεις και οι κακοί σκοποί μέσα στην δίνη του ανταρισταμένου «ευγώ».

Και άλλο τότε πάλι κρύβουμε τον εσωτερικό μας αυτό σάλο, κλείνουμε στον εαυτό μας ερωτικά, αποφεύγουμε την συντροφία των γνώσεων μας και γίνομας εν «κρυπτώ» παιχνίδι του αγκαλιού ανέμου που αφηρετίζει μέσα μας. Και άλλοτε καθρεφτίζουμε τις διαστάσεις του εσωτερικού μας κόσμου στην όμη μας. Ξεσπάμε σε κλάματα και σε λυγία, το πρόσωπο μας ανάβει, το πηγούνι μας τρέμει και στα χείλη μας ανεβαίνει παράπονα και απειλές. Αφού δεν μας χωρίζεται η φίλη μου, δεν θα την χαιρετήσουμε και γίνεται «και εκρηκτικό» το παιχνίδι του αγκαλιού ανέμου που συμβαίνει μέσα μας. Και άλλοτε καθαρίζουμε τις πενήντες του εσωτερικού μας κόσμου και όταν μας ξεγλιώνει η δόξα της ώρας άφηνε χέρι στον ιστό της υπερευαίσθησης, ήταν καθαρά, και άλλω καθαρά.

Δεύτερον, όταν η εκτόνωση γίνεται γρήγορα, μέσα στη λίγα λεπτά της ώρας, δεν προκαλείται ζημιά στην υγεία μας και στα νεούς. Και, τρίτον, με την συχνή αίχηση της υπερευαίσθησης συχνά οι καλές αποφάσεις και οι κακοί σκοποί μας ανανέωνονται και ξεβιώνονται. Άτομο πολλαπλάσια επιτύχει με τη καρδιά γεμάτη όχι από ανύποκτες συγκινήσεις, αλλά πλημμυρισμένη από ειρήνη μέχρι για δόξα θεού και χριστιανικό πολιτισμό. Γενικώς, να γίνομας ανδρείο, νρώμιο, τέλειο! Κάποιοι αδυναμίες και στην άκρη οι ανυπόκτες και τις απελέγει.

Το προφανές μας είναι η ολοκλήρωση του εαυτού μας, τη τελειοποίηση μας, την αγιοψία! Όπως θα γίνει αυτό πραγματικότητα, όταν τον χρόνο και την ζωτικότητα μας απορροφά η υπερευαίσθησις; Για να έχουμε άριστο και ολοκληρωμένο χαρακτήρα, πρέπει να έχουμε συνήθεια σου τον ανήλικό. Και ένας ανδρείος χαρακτήρας ποτέ δεν σκέφτεται το κεφάλι στην δικτατορία των αδυναμιών, ποτέ δεν γίνεται σχολικό χρηματοκιβώτιο, αλλά πάντα κυβερνά σθεναρά, πάντα είναι κύριος των εσωτερικών κατοικίσεων του, που οργανώνει και οδηγεί την περιοχή του με επενδυτική κινητική δύναμη και με δύναμη που ανανέωνε και αυξάνεται διαρκώς από την ενώσιμο του στον Παντοδύναμο Κύριο.

Ας προχωρήσουμε λοιπόν στη ζωή ανδρείου! «Ανδρίζεσαι και καταρρίζεσαν» κάθε μέρα! Η υπερευαίσθησια είναι αρρώστια, ας γίνουμε εύρωστοι! Η υπερευαίσθησις είναι ανώδυνη, ας γίνουμε ανδρείο! Η υπερευαίσθησις είναι αμαρτία, ας γίνουμε άγιοι!

Ξεκομποράτε και χαρείτε λοιπόν το καλοκαίρι αφήνοντας μακριά τις υπερευαίσθησεις!

Καλό Καλοκαίρι!
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| 1 5th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy  
Clergy-Laity Congress in Boston, MA | 2 Clergy-Laity Congress in Boston, MA | 3 Clergy-Laity Congress in Boston, MA | 4 Independence Day (Office Closed)  
Clergy-Laity Congress in Boston, MA | 5 Clergy-Laity Congress in Boston, MA | 6 Clergy-Laity Congress in Boston, MA | 7 |
| 8 Sunday of the Holy Fathers 9:00am Orthros 10:00am Divine Liturgy  
Camp Good Shepherd in Hartfield, VA | 9 Camp Good Shepherd in Hartfield, VA | 10 Camp Good Shepherd in Hartfield, VA  
7:30pm Sandwich Making | 11 Camp Good Shepherd in Hartfield, VA | 12 Camp Good Shepherd in Hartfield, VA | 13 Camp Good Shepherd in Hartfield, VA  
2nd Annual YAL Fellowship with Saint Sophia | 14 Camp Good Shepherd in Hartfield, VA |
| 15 8th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy | 16 Camp Good Shepherd in Hartfield, VA | 17 | 18 Project Mexico | 19 Project Mexico | 20 Project Mexico | 21 Project Mexico |
| 22 8th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy  
Project Mexico | 23 Project Mexico | 24 Project Mexico | 25 Project Mexico | 26 Busch Gardens with Virginia GOYAns | 27 Panteleimon the Great Martyr 9:30am Orthros 10:30am Divine Liturgy | 28 |
| 29 9th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy | 30 | 31 7:30pm Parish Council | | | | |

*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
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<td>5 10th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy</td>
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<td>6 Holy Transfiguration 9:00am Orthros 10:00am Divine Liturgy</td>
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<td>26 13th Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy</td>
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<td>29 Beheading of St. John the Baptist 9:30am Orthros 10:30am Divine Liturgy</td>
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PHILOPTOCHOS by Mary Varlas

CONGRATULATIONS ON A JOB WELL DONE to everyone involved in Saint Katherine’s Spring Festival. Despite Sunday’s constant rain showers, we were blessed with two sunny days and many gracious people who made it to our festival. Of course, we could not have accomplished the massive task of successfully working this festival without all the Ladies Philoptochos stewards and volunteers. Thank you to everyone!

After all the hard work at the festival, we were able wrap up our ecclesiastical year with the Ladies Philoptochos Luncheon at Nostos Restaurant in McLean. We filled the dining room at Nostos with great cheer as we dined on a wonderful meal and discussed our summer plans. We appreciate Peter and Despina Pagonis for their gracious hospitality once again.

In addition, I thank our 30 new stewards to Saint Katherine Ladies Philoptochos. Stewardship is at 155 members and we are constantly seeking new stewards to assist us in fulfilling our goals as a chapter. Everyone is welcome!

The size of our parish indicates we have great room to grow as a philanthropic organization. Please consider becoming a steward or renewing your stewardship by sending your check to Saint Katherine Ladies Philoptochos at 3149 Glen Carlyn Road, Falls Church, VA 22041. Our suggested stewardship is $50 of which $23 goes to National and Metropolis Philoptochos. The remaining $27 and our fundraisers allow us to help local, domestic, and international charities throughout the year.

Again, sincere appreciation to everyone for all your hard work and dedication to Ladies Philoptochos. I wish you a safe and glorious summer.

DAUGHTERS OF PENELOPE by Barbara Koltos

DEAR SISTERS AND FRIENDS,

I have enjoyed the past few months being part of a sisterhood that expands beyond the borders of my own family. It has been an honor to serve as president this year and I would like to express my sincere gratitude to my officers who served with me and the board for their very supportive help. We do have a new slate of officers that we will elect at our last meeting and whose names I will post in the next DOXA. Our May meeting, although a little delayed because of the rain, was very productive and we have expanded our charities to include some very worthwhile causes: $100 to the BRAWS Organization which provides homeless girls ages 8-17 with feminine hygiene products, $200 to the Culmore Clinic, and $100 to the Evvageitis Orphanage in Lamia, Greece, $100 “Christmas in July” donation to Saint Basil Academy, which is a residential school for at-risk students run by the Greek Orthodox Archdiocese of America in Garrison, New York, and $200 to Miriam’s Kitchen (for veterans). Helle Chapter has worked hard to promote the spirit of the Daughters of Penelope, mainly Hellenism, Education, Philanthropy, Civic Responsibility, and Family and Individual Excellence.

This year we are sending two delegates to our District 3 Convention in June and to our National Convention in July. They are Lynn Francis and Elena Danigelis, so we will have front row seats as to what is happening on the national level.

With love in Theta Pi, we wish everyone a restful and happy summer.

Please join the Daughters of Penelope and enjoy fellowship and helping others (see page 14).

ALL AROUND THE TOWN: THE DORMITION by Joanna Bose

The Kiev Caves Icon of the Dormition of the Most Holy Theotokos, shown here on the left, is one of the most ancient icons in the Russian Orthodox Church. It dates from the year 1073. The second image (on page 11) is at the Cathedral Santa Maria Assunta in Torcello, Italy.

At the very end of the Small Paraklesis service that is chanted during the Dormition period, Mode 3 we hear directly from the Panagia: “Apostles, you have assembled today from earth’s furthest reaches here in this town of Gethsemane; now, therefore, bury my body. And You, my Son and my God, receive my departing spirit.” And so in the icon here, we see the customary rendering of this moment, showing the Virgin on her bier, surrounded by saintly mourners while the Savior in a mandorla holds her soul in the form of a tiny child.

The Small and Great Paraklesis are filled with supplications, imploring the Ever-Virgin Mother of God, whose qualities and virtues our feeble minds cannot understand, as her holiness surpasses Heaven and all the Angelic Hosts, to intercede in our behalf.

“I am drowning, O Lady, under the tide of distress, and I am distraught by the blizzard of life’s adversities. Come quickly, I entreat, and lend a hand of assistance. For you are my Patroness earnestly helping me.” (Great Paraklesis Tropario) Here we have an image of a drowning man, and just as Jesus pulled Peter out of the sea as he was going down, so our Lady is called upon to do the same.

The supplications are repeated in different ways and as we listen, our sense of veneration for the Theotokos; the extolling of her qualities, her willingness to help, her merciful kindness- all these layered praises adding to and magnifying

(Continued on page 11)
REGISTRY

Baptisms
Stefania Sabrina Akramova (June 8)
daughter of Manzura Akramova
Godparent: Cleoniki Hanson
Evelyn Rose (June 23)
daughter of Joshua and Stella Serian
Godparent: Malissa Michel Jones
Kassandra (June 23)
daughter of Aikaterini Beta
Godparent: Garifallia Kasamias

Weddings
Katerina Margarita Zissios
and
Silviu Catelin Diaconu (June 23)
Koumbara: Joanna Veltistis
Madeline A. Eddy
and
Emmanuel A. Gerohristodoulos (June 30)
Koumbaras: Peter Gerohristodoulos

Congratulations!

Funerals
Georgia Goranitis, (May 30, St. Nicholas, Baltimore)
Evangelia Davis (June 13)
Iro Nestoros (June 15, St. George, Bethesda)
Vicky Athanason (August 3)

May their memory be eternal.

CAMP GOOD SHEPHERD, JULY 8-14
Who: VA/MD teenagers who have completed 5th grade
What: Faith, Fellowship, and Fun: daily church services,
Orthodox Life sessions, relay races, rope swings, climbing wall, daily pool time, canoeing, campfires, athletics, games, trivia night, and more!
Where: Camp Piankatank (camppiankatank.com), 1586 Stampers Bay Road, Box 435, Hartfield, VA 23071
Register at: https://docs.google.com/forms/d/e/1FAIpQLSeXfoUK17HNmk1VSDq4acwkJNTFEdSw3ggFf4CT414J-9L9UDQ/viewform

Shown above are Theo and Anna Vargas, children of Chris and Maria Vargas, with the Stanley Cup. Go Caps!

(Continued from page 10)
her supreme position as our tether, our link and sure path to salvation. It is she who can redeem us sinners and lend the hand we need.

Ὁ γλυκασμός τῶν Ἁγγέλων, τῶν θλιβομένων ἥ χαρά,
Χριστιανῶν ἡ προστάτις, Παρθένε Μήτηρ Κυρίου,
άντιλαβοῦ μου καί ρῦσαι, τῶν αἰωνίων βασάνων.

(O sweetness of the Angels. O joy of those in affliction,
and the protectress of Christians, O Virgin Mother of the Lord. come to my aid and redeem me from the eternal torments).

The final Mode in the Small Paraklesis is beautiful in that it is visible in the image of the Theotokos in the Torcello cathedral.

“O Tower fashioned of pure gold, and City which has a twelvefold wall, O Throne aglitter with sunshine, magnificent Chair of the King, incomprehensible wonder, how did you nurse the Master?”

In a sea of gold, the color of the Light of God, our Theotokos stands as a shimmering emblem, a Tower of redemption. The gold tesserae form the wall that is twelvefold in their brilliance and glimmer. Looking up at this image one is captured and enveloped in a dynamic relationship that is so ethereal, so beguiling and so powerful as to raise us up and draw us out of our earthly selves into a state of transfixed suspension.
BOOK REVIEW
Gregory McKinney


And a servant of the Lord ought not to fight, but to be gentle to all, skillful at teaching, forbearing, in meekness instructing those that oppose, if God perhaps may give them repentance, to a full knowledge [ἐπιγνώσις, epignōsis] of the truth, and they regain their senses and escape out of the snare of the devil, having been captured alive by him to do his will. (2 Timothy 2:23-26 EMTV)

Christians as the Romans Saw Them offers a very readable overview of the top Roman critics of early Christianity: Pliny, Galen, Celsus, and most notably, Porphyry and the Byzantine emperor Julian. All of these were learned and accomplished men with the finest educations in rhetoric, critical reasoning, and literary analysis. Porphyry wrote extensively in response to the work of Origen, the first systematic Christian theologian. Julian became known to history as the Apostate, who, having been baptized and educated in a Christian (albeit Arian) court, became an enthusiastic “convert” to the worship of Roman gods. He (as well as Porphyry) intended to show that Christian claims to be the successor of the Hebrews, along with the doctrine of Christ’ divinity, were merely imaginative thinking based on unreasonable and unsupportable assumptions.

Wilken points out the great existential challenges to the Faith that these men posed, noting that some early Fathers admitted that they could not always overcome their challengers’ arguments by reason alone. In some cases, emperors and churchmen resorted to banning and burning these works. But their intellectual and rhetorical challenges forced the development of Christian apologetics supported by the same intellectual prowess. This helped the Faith define and explain itself as it was disputed by factions both within and without.

But the more things change, the more they stay the same. The same scornful tone and similar intellectual arguments are deployed by militant secularists and “evangelical” atheists against Christianity today. Just as always, the rules of logic and argument can be set up and manipulated to either affirm or cast doubt; the content of the argument always depends on the subjective starting points and depth of knowledge of the principal debaters. For the consumer of these debates who is attending only to the workings of the intellect, the outcome depends on which of the competing narratives that they accept. Some fall away today reading Ehrman and Hutchins just as they fell away reading Julian and Porphyry. But their fall is a deadly one caused by the smallest of tripwires – “reason alone” is not a fully human response to any existential question.

Robert Wilken is Professor Emeritus of the History of Christianity at the University of Virginia.

JULY CHURCH DUTY ROSTER

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AUGUST CHURCH DUTY ROSTER

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Church duty is an honor and a privilege!
A FATHER ONCE TOOK HIS LITTLE DAUGHTER to see the Statue of Liberty. She was awed by the sight and size of it. She gazed in wonder at the great arm holding up the torch. That night she was restless and couldn't sleep. Her mother asked, “What’s wrong, sweetheart?” I keep thinking of the lady with the torch,” she said. “Don’t you think someone should help her hold it up?”

Today, the Lord Jesus holds the only light that can dispel the world’s darkness. The call of Stewardship is for us to help Him keep holding up that light.

Saint Katherine ministries continue while you are on vacation. Please continue your support over the summer.

Shown below is a list of families and individuals who participated in the 2018 Saint Katherine Stewardship Program through May 31, 2018. Thank you for responding to the needs of our church. If you have not yet submitted your 2018 pledge, please do so as soon as possible. You may pledge online today at http://www.saint-katherines.org/assets/files/Stewardship%20Pledge%20Form-fillable.pdf or at our Giving Kiosk located in the Narthex of the church. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.

M/M Donald Adams
Mr Frank Agnos
Mr John Agnos
Mr John Alchowicz
Ms Karen Aldana and Matt Olson
Ms Joanna Alexi
M/M Tony Alexy
Rev/Priest Stefanos Alexopoulos
M/M Dimitri Alexson
Mr Peter V Alfie
M/M Elias Alphas
M/M Larry Anagnos
Ms Janis Anerson
M/M John Andre
Mr Aristotelis J Andrikos
M/M Paul Anson
M/M Tasie Antion
M/M Antonio Antonios
Dimitra Antonopoulos
Mr Stefanos Aravakis
Dr/Mrs Nicholas Argekson
M/M Carlos Arias
M/M Nektarios Athanasiou
Mrs Paragoula Bakalisias
Mr Robert Bakissoun
Capt/Mrs James Ballard
M/M James Ballis
Mr Jery Ballis
Dr/Or George Banks
Ms Pamela Barfield
Mrs Sophie Barfield
M/M Tom Block
Dr Dean Belsa
Mrs Irene Bells
M/M Jill Beverly
M/M Dimitrios Bienkas
M/M Michael Bohle
M/M George Boosalis
M/M Peter Boosalis
Mrs Stafia Brackman
Ms Ann Brickates
M/M Lewis Brickates
M/M John Broening
M/M Theodoros Brosd
M/M David Buddendeck
M/M Andrew Burton
M/Bryan Burton
M/M Franklin Burton
Mr Richard Burton
Mrs Evangeline Calamos
Mr William Camarinos
Mr/James Cameron
M/M Michael Campbell
Mrs Catherine Spieles Canard
M/M Gary Cannon
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M/M Manuel Capalis
Mr Domenic Carr
M/M Todd Carr
Mr Paul Chaconas
Mrs Georgia Chakialis
M/M Pete Chambers
M/M Demetris Charalambous
Mrs Besse Charalambous
M/M George Charalambous
Mr Telly Charalambous
Miss Antonia Chelepou
M/M Constantine Chelepou
Rev/Harry Chelepou
M/M Mark Cherpes
Mr/Mrs Peter Cherpes
M/M Emmanuel Chiapanas
M/M George Christakis
M/M Stavros Christakos
M/M Christos Christodoulou
M/M Aristotle Christou
M/M Nicholas (Stephanie) Coleman
Mrs Ileana Constantinescu
Ms Constante Conompassias
Col/Mrs Henry Contos
Ms Christine Cope
Dr Susan Cornett
Elizabeth Bouzis Coryn
M/M Gus Costas
M/M Adamantios Coulogiu
Mrs Adam Marian Coulogiu
M/M Zachary Cuca
Ms Claudia Cucu
M/M Eudora Culley
Mr Stephen Dakes
Ms Elena Dangels
Mr Ivan Danzio
M/M Kostas Daskalakis
Mr Lycurgus Daviey
M/M Michael Daviey
M/M Michael Davey
M/M Michael Davie
M/M Mrs John Demakis
Mrs Antoinette Demeter
M/M Christian Demeter
Mrs Andromita Demetriou
Mrs Elpidia Demetriou and
Bruno Cardoso
M/M Lambros DeStock
Mr Peter Demetriou
Ms Venetia Demson
Mr John Spanos Deoudies
M/M James DeStock
Ms Georgia Dimitras
Dr/Mrs Harry Dinella
Mr Stephen Dinos and
Dr Ernie Cavnos
M/M Brad Donaldson
Mr James Dooley
Mr Nicholas Dopuch
M/M Alexander Drozd
M/M Stavros Drosos
M/M Demetris Droumbianis
Mr Paul Economou
M/M Christos Elefantis
Mytro Eliaades
Mrs Hirtoula Eskenzis
M/M Christopher Euripides
Mr Kyriacou Charlie Euripides
M/M George P Evans
M/M Sam Fischer
M/M Dennis Floros
Mr George Floros
M/M Pete Floros
Mrs Dianne Kavros Fogarty
M/M Vasillos Fotinos
M/M James Francis
M/M Stephen Francis
M/M Dimitrios Gadonas
M/M Demetrios Galalis
M/M Richard Gamble
LT/C/Mrs Dennis Garbis
M/M John Garbis
Mrs Shatterin Gardner
Mr Susan Cornett
M/M Gina Garbis
Mrs Effie Gasparis
M/M Aspasia Georgatos
Mr Evan P Georgis
M/M George Georgiades
Mr Perry N Georgis
Ms Mary Georghiou
M/M Frank Gerov
Mrs Helen Gianelos
Elli Giannopoulos
M/M Vasillos Giannopoulos
Mrs. Loukia Giannoukos
Anastasia Goulezis
Mrs Eldris Goldsmith
M/M Arthur Gomez
Mr James Goodwin
M/M Chad Gorman
M/M Christos Gougeoukas
M/M John Goouis
M/M Peter Gouvis
M/M Nicholas Gramenopoulos
Ms Joanna Greig
M/M Mark Gull
M/M Andreas Hadjichristodoulou
M/M John Hall
M/M Donald Halstead
Mr Sean Michael Halstead
Ms Penny Hamiltons
Mr Nicholas Hanna
M/M Leonidas Hantzopoulos
Ms Antigone Harcopolos
Glenda D Hassan
M/M Peter Hatzi
Ms Diane Gatisou Hasing
M/M Carl Hickson
M/M Everett Hoeg
Mrs Agopita Holmes
M/M James Howard
M/M Iacovos Ioannou
Mrs Kim Johnson Isaac
Mr William Jackson and
Mrs Maria Liakos
M/M James Jatras
Ms Jacky Jecha
Mr James Jeverler
M/M John Jeverler
M/M Louis Jonas
M/M Benjamin Jurado
Mr Christ Kacoyannakis and
Nancy Thompson
M/M Stavros Kalamanatos and
Dora Adamopoulos
M/M George Kalaris
M/M Mark Kalaris
M/M Christopher Kalavinitos
Mr Michael Kalis
Mr Nicholas Kalis
Mr Peter Kalos
M/M Tim Kalyvas
Ms Christine Kanakis
M/M Tom Kandalis
M/M John Kapelos
M/M George Kapetanakis
Mrs Anastasia Kapranos
M/M Bill Kapdelis
M/M Harry Karageorge
Mrs Maria Karageorge
Adamantios Karakants-Rouco
M/M John Karanaris
M/M Peter Karounos
Mr George Kastanis
MrDr Efthimios Katsapis
M/M Gregory Katta
M/M Dean Katskis
M/M George Karavoligs
M/M George Kavros
Bethlehem Kebede
M/M Anastasios Kehayias
M/Ikri Khazanishvili
M/M Nicholas Kikis
M/M Michael Kiklis
M/M Mike Kirois
M/M Thomas Kiszka
M/M Konstantinos Kohiklis
M/M Savvas Kowalkis
M/M Angelo Koutroumpis
M/M Michael Kozak
Dr/Ms Andy Kyes
Mr Nicholas Kyros
Sussanne Lacey
Maria Laicos
Mrs Maria Lakitis
M/M Basil Lambropoulos
M/M Lambros Lambrou
M/M Sheldon Lampert
Mr Nicholas Lagarakis
Mr Christopher LaVenuta
M/M David Lazoras
M/Diane Rocks Leary
Ms Anna Lecos
Mr Justin Leonardi
M/M Kostas Laposas
Ms Elaine Lagenis
Ms Tina Lagenis
M/M Angelo Lainakias
Mrs Georgia Lindroth
M/M James Loizou
M/M Michael Lounakis
Ms Eileen Louvis
M/M Nikolaos Makrigorgos
Ms Gaye Mailis
Mary Mandell
Ms Glykeria Maniatis
M/M George Mandelos
Mr Nang Mansour
Dr Joa and Col Kenneth Lucas
Markessari
M/M Peter Markelos
Rosemaria Markelos
M/M John Markogiannakis
M/M Christopher Martin
M/M Oscar Martinez
Mrs Stasia Mastorakisa
Mr Constantinios Mavromatis
M/M Georgios Mavromatis
Barbara Mayer
(Continued on page 14)
BOOKSTORE

IT’S SUMMER TIME and you notice your canvas beach tote bag is looking a little ragged. You can up your style quotient with our two new bags. One has an inspiring quote from Philippians, “I can do all things through Him who strengthens me.” The other is emblazoned with ICXC NIKA (Jesus Christ Conquers). Both bags are made of sturdy cotton canvas and have black lettering on a white background. They are perfect for carrying books, papers, and even groceries.

We will also soon be offering custom greeting cards by our very own in-house artist Vivian Chelpon. The cards will have Orthodox Christian designs and will be blank inside so you can use them for many special occasions, such as weddings, namedays, birthdays, or “I am thinking of you” times.

BECOME A MEMBER OF THE DOP!
The Daughters of Penelope is a leader in philanthropic, educational, and cultural activities with local chapters in the United States, Canada, Greece and Cyprus. Help us accomplish our goals and enjoy fellowship by becoming a member today! Email Barbara Koltos, President.
The connection between our mind and soul, is not viewed through the same lenses by the secular world and people of faith. The extra dimension of the Holy Spirit found in the process of prayer, scripture and the Sacraments, does not get “measured” by the statistician. Scientists look for a lobe in the brain that “needs religion—“invents” God. The Church has become a “nice story” with good “lessons” but not a “living word”. Even though mankind will keep coming up with a new version of the DSM, the inspired words and authenticity of the Holy Church—our faith—remains intact. It remains a source of grace, clarity, hope, inspiration, faith, and compassion for tens of millions of people. The Church, through its sacraments of Healing and Forgiveness, and scripture doesn’t offer 160 therapies to fix our psyche. It offers grace, salvation, compassion, and faithfulness for those willing to seek a Christ-like way of life. My prayer for your mental health and psyche is to schedule a daily “intake appointment” with the ultimate Counselor and one true Healer, Jesus Christ. Your suffering is a specialty God can treat.

May the blessings of our Lord Jesus Christ, the Love of God the Father, and Grace of the Holy Spirit be with you.

Yours in Christ’s service,
Fr. Costa
ATTENTION POSTMASTER:
Please expedite. Dated material.