ESTAMOS DE VUELT A—WE'RE BACK!

THE CELEBRATION OF PENTECOST AND OUR EXPERIENCES IN CUBA are linked to the power of the Holy Spirit—the Spirit that gave us the courage to travel to Havana and enjoy fellowship with our Orthodox brethren. Nia Vroustouris, Presv. Pauline, Dr. Jerry Rich, Elena Chambers, Perry Cherpes, Christos Marafatsos, Lucy Hagopian, Fr. Nectarios Trevino, and I accepted the Lord’s challenge to go out to all nations and offer the good news of salvation. Our trip is a reminder to me of Saint Peter’s words to the first converts when he said, “‘Repent, and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit. For the promise is to you and to your children and to all that are far off, every one whom the Lord our God calls to him.’ And he testified with many other words and exhorted them, saying, ‘Save yourselves from this crooked generation.’ So those who received his word were baptized, and there were added that day about three thousand souls. And they devoted themselves to the apostles’ teaching and fellowship, to the breaking of bread and the prayers.”

You see, the Holy Spirit empowers all to do the will of God. Once a person is united to our Lord, they become devoted to teaching, fellowship, and worship. This is what our mission team did. We taught, we had fellowship, and we all worshipped our risen Lord. For teaching, we broke up into two groups—one at Saint Nicholas in Havana and one at Saint Paraskevi in Holguin (a 12-hour drive from Havana). We all taught the children and adults how to make icons. The women at each parish spent time with Presvytera Pauline learning about the feasts of the Church, the activities in a parish, and exchanging thoughts of their personal lives in Cuba and the United States. The men spent several hours with Fr. Costa, discussing and setting up various ministries and outreach of the Church.

The highlight of the trip was the children—a group of about 15 that we met outside the Holguin city limits. This is a poverty-stricken place where an active Orthodox Christian man named Niko, who makes his living from baking cookies and bread in his handmade brick oven and selling them on the streets, takes care of these neglected children. We have some plans to help these children, which we will announce in the future.

Fellowship is always a key component of spiritual growth and life. If we do not develop a personal relationship with Christ, then we are not so sure where we stand with Him. The same goes with our brethren in Cuba. They trust us and believe that we are not there as tourists, but as fellow caring, loving, Orthodox Christians, willing to share our faith.

I want to thank all of you for your support—especially Philoptochos. I leave you with these words from the Second Book of Acts (verses 38-39) on Pentecost, “And Peter said to them, ‘Repent, and be baptized every one of you in the name of Jesus Christ for the forgiveness of your sins; and you shall receive the gift of the Holy Spirit. For the promise is to you and to your children and to all that are far off, every one whom the Lord our God calls to him.’”

Fr. Costa
# Greek Orthodox Archdiocese of America
## Greek Orthodox Metropolis of New Jersey
### Saint Katherine Greek Orthodox Church

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

## CLERGY
- Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos  
  Cell 571-213-1109, home 703-239-2627  
  frcostas@stkchurch.com
- Rev. Presbyter Panagiotis Hanley  
  Cell 571-421-6595  
  frphanley@stkchurch.com

## STAFF
- Bookkeeper: Lori Nelson  
  703-671-1515  
  lnelson@stkchurch.com
- Choir Director: John Doulis  
  703-899-4131  
  jdoulos65@yahoo.com
- Hellenic Education Center Director: Presv. Eleni Alexopoulou  
  703-671-7715  
  ealexopoulou@stkchurch.com
- Information Technology: Theodoros Theocharis  
  703-671-1515  
  ttheo@kinteracomm.com
- Protopsalti: James Loizou  
  703-356-8220  
  dimitri14@verizon.net
- Secretary/Teacher: Sophia Tsangali  
  703-671-1515  
  sttsangali@stkchurch.com

## PARISH COUNCIL
- President, Jim Stoucker  
  703-690-1050  
  jstoucker@verizon.net
- Vice President, Nicholas Larigakis  
  703-909-9078  
  nlarigakis@ahiworld.org
- Secretary, Bill Polizos  
  571-434-7790  
  polizos@att.com
- Treasurer, Maria Vargas  
  703-812-0286  
  maria@chrisandmaria.com

## SCHOOLS AND STUDIES
- Bible Study (Sundays): Bill Polizos  
  571-434-7790  
  polizos@att.com
- Catechetical (Sunday) School, Adult: Bill Polizos  
  571-434-7790  
  polizos@att.com
- Catechetical (Sunday) School, Youth: George Charuhas, Principal  
  703-999-2109  
  gscharuhas@gmail.com
- Women’s Book Club: Fay Mpras  
  703-865-5776  
  faympras@gmail.com

## MINISTRIES
- Acolytes: Daniel McKinney
- AHEPA #438 (P. Derzis): John Papathanasiou  
  703-232-6329  
  j_m_papas@hotmail.com
- Bookstore: Frances Kalavritinos, Manager  
  703-671-1515
- Book Reviews: Gregory McKinney, Contributor  
  571-338-6929  
  dintym@hotmail.com
- Daughters of Penelope Helle #283: Karen Polizos, President  
  571-434-7790  
  kpolizos@naifa.org
- DOXA: Presv. Pauline Pavlakos, Editor  
  703-239-2627  
  przapauline@stkchurch.com
- Facebook: Saint Katherine Greek Orthodox Church  
  Gregory McKinney  
  dintym@hotmail.com
- GOYA (ages 13-18): Demetri Karounos, President  
  703-321-3009  
  demetrioskarounos@gmail.com
- GRACE: Fr. Costa Pavlakos, Spiritual Advisor  
  703-671-1515  
  frcostas@stkchurch.com
- Greek Dance: Aris and Anna Yortzidis, Instructors  
  757-218-6991  
  greekdance@kinteracomm.com
- Greek School Auxiliary: Martha Lamos, President  
  703-536-4860  
  mnlamos@msn.com
- Hellenic Education Center: Greek School and Paideia Preschool  
  703-671-7715  
  http://www.stkhec.org
- HOPE (ages 7 and under): Vaitsa Bousbouras  
  703-533-0055  
  tmchristou@yahoo.com
- JOY (ages 8-12): Toula Christou, Director  
  703-321-3009  
  przapauline@stkchurch.com
- Listserv (email list): Presv. Pauline Pavlakos, Administrator  
  703-321-3009  
  przapauline@stkchurch.com
- Missions and Outreach: Dr. John Demakis, Chairman  
  703-319-1610  
  demakis9931@gmail.com
- OCF (College Ministry): Fr. Costa Pavlakos, Spiritual Advisor  
  703-671-1515  
  frcostas@stkchurch.com
- Philoptochos: Eleni Kanakos, President  
  703-938-8360  
  ekanaokos@aol.com
- Prison Ministry (Kairos): Dennis Garbis  
  202-437-7299  
  djgarbis@envdes.com
- Safeway eScrip: Presv. Pauline Pavlakos, Coordinator  
  703-321-3009  
  przapauline@stkchurch.com
- Single Parent Fellowship: Andrea Katsnes, Coordinator  
  703-321-3009  
  przapauline@stkchurch.com
- Website: Presv. Pauline Pavlakos, Webmaster  
  703-321-3009  
  przapauline@stkchurch.com
- YAL (Young Adult League): Faye (Fotini) Anson  
  703-321-3009  
  fans38@yahoo.com
Our community has many blessings for which to be grateful. Among the greatest of these blessings in my view, is the sense of community or family so abundant at Saint Katherine. Indeed, this parish is our family in every sense of the word. Families grow old together—many of us need only look around to see the young adults and families—mothers and fathers—who only a blink of an eye ago were the toddlers running around at our feet. Our own aging process is perhaps a bit sobering when considered in such a fashion, but this inexorable generational continuum within our community helps bring into focus who we are. We function for each other as well as for those around us and we constantly strive to improve ourselves and our family.

Among the most important things families do is provide for each other and, of course, one of the most consequential things we provide parishioners in our community is education. Between Liturgies on a recent Sunday, I was walking around our Community Center during Sunday School classes. I passed by Pierre Tavoularis’ class and turned the corner and looked in on Bill Polizos’ Adult Catechetical Class and I was struck by the fact that both groups...young and “old”...were totally immersed and focused on their instructor. Later that week, I passed by Father Panagiotis’ office as he was giving religious instruction to a recent convert and on a daily basis, I view the children of our Hellenic Education Center who attend Greek School and our Paideia Preschool equally engaged in their studies.

These are a few of the things that bring a smile to my face. This is why we exist—to be here for each other as well as those who follow and to ensure our language, culture, heritage and especially the good news of our Lord and Savior Jesus Christ are passed on to future generations.

Elsewhere in this newsletter, you will read the important comments of Dr. Aris Christou, Chairman of our Board of Education, who describes in detail our accomplishments to date based on our strategic vision regarding the reform of education within our community and the ongoing initiatives relating to its improvement. Although far from complete, progress to date is most impressive and the improvements we’ve undertaken have not gone unnoticed. Within the last year, we have been invited to speak to several Hellenic and Church groups about our innovative approach to education. Last July, our Director, Eleni Alexopoulou spoke about our educational initiatives to the American Hellenic Institute (AHI) forum on The Future of Hellenism in America in Houston, Texas. Recently, two of our HEC faculty members, Evangelia Dimitropoulou and Ismini Michail, attended the Greek Economic Forum held at Harvard University and made an important presentation on Hellenic Education Center (HEC) teaching methods to a panel examining Best Practices in Teaching the Greek Language as Second, Foreign and/or Heritage Language. And just last month, at the invitation of His Eminence Metropolitan Evangelos, our Director, Eleni Alexopoulou, again made an important speech on The Educational Paradigm at Saint Katherine to our own Metropolis of New Jersey Clergy Laity Congress. Metropolitan Evangelos, who has been enthusiastic in his support for our educational initiatives, rose to personally introduce the presentation and made extremely kind and generous remarks about our educational innovations at Saint Katherine. I am most pleased to report the presentation was enthusiastically received by the Conference. In fact, after the speech James Fountas, Chairman of the Metropolis Clergy Laity Conference remarked to the assembly: “That’s the most positive news I’ve heard in 30 years!” Moreover, the innovations introduced at Saint Katherine were so well received and the desire for additional information from parishes so great that His Eminence saw fit to create a new Metropolis of New Jersey Education Committee and named Presvytera Eleni its chairperson. I congratulate everyone associated with the Hellenic Education Center on these successes...our Director, faculty, the Board of Education and our supportive parents and parishioners. I also know that as grateful as we all are for all our recent successes, we remain mindful that much has yet to be done.

On behalf of the Parish Council, I wish you all a pleasant and safe summer.

FROM THE PARISH COUNCIL PRESIDENT

President, Parish Council

SUMMER SCHEDULE

Please note that Sunday Orthros/Divine Liturgy times from June 7-September 13 are 8:30/9:30.

Weekday Orthros/Divine Liturgy times are 9:30/10:30.
GOYA

GOYA WILL PARTICIPATE in Orthodox Youth Day at Kings Dominion on Tuesday, June 23. The last day to RSVP is Monday, June 8. Please see above for more information.

ATTENTION GRADUATES

CONGRATULATIONS, GRADUATES! You should be very proud of your accomplishments. We would like you to share your wonderful news with the entire community in the July/August 2015 issue of DOXA. Please send the following information to przpauline@stkchurch.com by noon on Sunday, June 14: your name, your parents’ names, name of your high school, name of the college you will attend or your future plans, and, if you wish, a short list of your accomplishments. College and other higher education graduates are encouraged to send information as well. Please limit your submission to 75 words or less.

JOIN FR. COSTAS AT ORTHODOX YOUTH DAY AT KINGS DOMINION
June 23 | $50/person (includes lunch)
All youth of our community are invited!
Parents must accompany children under the age of 13.
RSVP to przpauline@stkchurch.com by Monday, June 8

CAMP GOOD SHEPERD: VIRGINIA

Fr. Costa will drive the church van to/from camp, if there is interest. Contact him at 703-671-1515.

Ages: 11-18
Location: Camp Piankatank
1586 Stampers Bay Road
Hartfield, Virginia 23071

Cost: $495 by June 1, $545 after June 1
Dates: June 28 (2:00pm check in) through July 3 (2:30pm pick up)

Scholarships available: Contact 908-301-0500 or email dnphilotheos@nj.goarch.org.

Registration: http://h3981838.ath.cx:8111/CGSOnline/login.html;jsessionid=EADCE6B54FD4DEA9C6E6CC48A7170195
Additional information: http://nj.goarch.org/youthyal/goodshepherd.htm

SAINT KATHERINE VACATION BIBLE CAMP

Sponsored by AHEPA Chapter #438
June 22-26 | 10:30am-2:00pm
Visit http://saint-katherines.org/assets/files/Flyers/2015_VBC_Brochure.pdf for a brochure and registration form

Vicki Mowery (703-913-3178 or mowerycrew@gmail.com)
Eleni Porter (703-913-9629 or beporter1@verizon.net)
ΑΡΚΕΤΕΣ ΕΙΝΑΙ ΟΙ ΦΟΡΕΣ, που διαβάζουμε άρθρα για την Θεία Λειτουργία, τα οποία βοηθούν τον καθένα μας στο να κατανοήσουμε τα όσα λέγονται και επιτελούνται στην θεία λατρεία. Όπως όμως γνωρίζουμε, το Μυστήριο της Θείας Ευχαριστίας, το οποίο είναι ο σκοπός της Θείας Λειτουργίας, είναι απαραίτητο ο ιερέας να έχει το πρόσφορο, για να κάνει την προσκυνηματική.

Από το πρόσφορο λειτουργούνο θα βγάλει ο Στράτης Ομόψειος, στο μεσόζευγο δηλαδή τετράγωνο που χρειάζεται, για να τελεστεί το μυστήριο, καθώς και άλλες μερίδες. Μέχρι τη δύναμη του Αγίου Πνεύματος θα μεταβληθεί αυτός ο τελεστής, καθώς και άλλες μερίδες. Με τη δύναμη του Αγίου Πνεύματος θα μεταβληθεί αυτός ο Άρτος στο Τίμιο Σώμα του Κυρίου, που θα αξιώσει τον απαραίτητο ο ιερέας να έχει το πρόσφορο, για να κάνει την προσκυνηματική.

Σκεφτήκαμε ποτέ την τιμή, που μας κάνει ο Θεός, να παρασκευάζουμε το πρόσφορο;

Για να χρησιμοποιήσουμε όμως το πρόσφορο πρέπει πρώτα από την ψυχή μας να προσεύχεσαι, για να είσαι καθαρός στην ψυχή και στο σώμα. Αλλά και τα σκεύη που θα χρησιμοποιήσουμε πρώτα από όλα να έχεις το πρόσφορο, για να κάνεις την προσκυνηματική.

Τί θα χρειαστούμε για ένα πρόσφορο:

- Αλάτι: ένα κουταλάκι του γλυκού γεμάτο.
- Μαγιά: μέγεθος ενός αμύγδαλου.
- Νερό: χλιαρό νερό・(Το καλοκαίρι τελείως κρύο).
- Σφραγίδα: ξυλόγλυπτη (ποτέ πλαστική).
- Ταψάκι: Νο 20.
- Λεκάνη.

Εκτέλεση:

Κοσκινίζουμε το αλεύρι στη λεκάνη και κάνουμε μια θάλαμο σταγινότρια (κίτρινο) και το χυμό μας μαλακό ή αλατίνη. Σε περίπτωση που θα χρειαστεί η ζύμη ακόμη και το ρύγχωμα, προσέχοντας την ζύμη να διασώσει το αλεύρι. Το ρύγχωμα μετατρέπεται σε χίλιαρο ψητό και το διασώσει το αλεύρι. Σε περίπτωση που θα χρειαστεί η ζύμη ακόμη και το ρύγχωμα, προσέχοντας την ζύμη να διασώσει το αλεύρι. Το ρύγχωμα μετατρέπεται σε χίλιαρο ψητό και το διασώσει το αλεύρι.

Από το πρόσφορο λειτουργούν θα βγάλει ο Στράτης Ομόψειος, στο μεσόζευγο δηλαδή τετράγωνο που χρειάζεται, για να τελεστεί το μυστήριο, καθώς και άλλες μερίδες. Με τη δύναμη του Αγίου Πνεύματος θα μεταβληθεί αυτός ο τελεστής, καθώς και άλλες μερίδες. Με τη δύναμη του Αγίου Πνεύματος θα μεταβληθεί αυτός ο Άρτος στο Τίμιο Σώμα του Κυρίου, που θα αξιώσει τον απαραίτητο ο ιερέας να έχει το πρόσφορο, για να κάνει την προσκυνηματική.

Σκεφτήκαμε ποτέ την τιμή, που μας κάνει ο Θεός, να παρασκευάζουμε το πρόσφορο;

Για να ζυμώσουμε όμως το πρόσφορο πρέπει πρώτα από την ψυχή μας να προσεύχεσαι, για να είσαι καθαρός και, αν είναι δυνατόν, να το έχουμε προορισμένο μέσα για αυτή τη χρήση.

Η σκέψη μας πρέπει να είναι συγκεντρωμένη στο μαθήμα της φύσης, της θρησκείας και της θείας λατρείας. Από το πρόσφορο λοιπόν θα βγάλει τον «Αμνό», το άρτος στο Τίμιο Σώμα του Κυρίου, που θα αξιώσει τον απαραίτητο ο ιερέας να έχει το πρόσφορο, για να κάνει την προσκυνηματική.

Από πριν όμως έχουμε ζεστάνει το ταψάκι και στρογγυλά το τοποθετούμε στο κέντρο του ταψιού. Από το πρόσφορο λοιπόν θα βγάλει τον «Αμνό», το άρτος στο Τίμιο Σώμα του Κυρίου, που θα αξιώσει τον απαραίτητο ο ιερέας να έχει το πρόσφορο, για να κάνει την προσκυνηματική.

(Continued on page 9, column 2)
MISSIONS AND OUTREACH

Metropolitan Kallistos Ware, June 13-14. We are excited to announce that Metropolitan Kallistos Ware, from Oxford, England, will visit Saint Katherine June 13-14. He will be here for the whole week to participate in the Orientale Lumen Conference—a joint Orthodox Catholic dialogue. On Saturday, June 13, he will participate in the 5:00pm Vesper service at Saint Katherine and, following heavy refreshments, he will make a major presentation. On Sunday, June 14, His Eminence will officiate at the Divine Liturgy at Saint Katherine. His topic for the presentation will be announced shortly. From June 15-18 Metropolitan Kallistos will be at the Oriental Lumen Conference XIX at the Washington Retreat Center. The topic will be The Bishop of Rome: Past, Present and Future. Go to the website of the Orientale Lumen Conference XIX for details.

Cuba Team Returns. Our Cuba mission team led by Fr. Costa and Nia Voudouris returned Friday, May 8 from another successful mission trip to Cuba. Fr. Costa discusses the trip a bit in his article on page 1 of this issue. More information will follow.

OCMC Benefit Dinner. Fr. John Chakos, our full-time missionary in Guatemala, was our featured speaker at this year’s OCMC benefit dinner on April 26. Over 100 people came to hear of the amazing growth of the Orthodox Church in Guatemala and especially among the Mayan Indians. We were honored to have, in the audience, two teen boys who were adopted from the Hogar orphanage in Guatemala. Fr. Chakos told us of the new Orthodox clinic being built there and asked for our support. Our dinner raised almost $10,000 for the mission.

Monumental Mission Walk, September 19. Our third annual Monumental Mission Walk will take place on Saturday, September 19. Eleni Porter and her energetic committee are organizing this year’s event. This year, our mission walk will take us around the Tidal Basin to learn about the monuments in that area of the National Mall. These include the Thomas Jefferson Memorial, the Franklin D. Roosevelt Memorial, the Martin Luther King Memorial, and others. Our tent will be set up in that area. Proceeds from our mission walk are shared with the OCMC and our area ministries. Forms are available for walkers to register for the walk and to begin collecting donations from family, friends, coworkers, fellow parishioners, or anyone else who would like to sponsor them. Forms will be available every Sunday in the lobby or you may request one by sending an email to Eleni Porter at beporter1@verizon.net. The website will be available shortly. Come join us and walk for missions!!!

OCMC Spring Executive Board Meeting. This year, the OCMC Spring Board meeting took place in Johnstown, Pennsylvania May 13-14 at the historic Christ the Savior Cathedral, the cathedral of the Carpatho Russian Orthodox Diocese in America. Two members of our Missions and Outreach Committee, Betty Slanta and Dr. John Demakis, are on the national OCMC executive board and travelled to Johnstown, PA for the OCMC meetings. The meeting was most productive.

Food Pantry Collection. Our last food pantry collection of the academic year took place on May 17. A full report will be in the July/August DOXA. Our next food collection will take place in September. Date to follow.

Culmore Clinic. The Culmore Clinic, located down the block from Saint Katherine in the Columbia Baptist Church, is a clinic for those without insurance and supported by many faith based organizations in the Bailey’s Crossroads area including Saint Katherine. Fr. Costa and Dr. Demakis are both on their Executive Committee. The Culmore Clinic is open only one day a week—Thursdays. However, the clinic is now planning to open a second day of the week because of the great need in our area. They are in the process of writing grants to charitable institutions to help raise money for a second day. If you would like to contribute, please make checks out to Saint Katherine and write Culmore Clinic in the lower left line.

HOMELESS SHELTER

Serving Food. Our Sunday School teen class served dinner at the shelter on Monday, May 18. Our Vacation Bible Camp will serve on Friday, June 26. In July, our Missions and Outreach Committee will serve. If your organization would like to serve at the shelter, please contact Dr. John Demakis at demakis9931@gmail.com

Clothes and Toiletries. We continue to collect clothes and toiletries for the homeless shelter. Please bring new or clean used clothes and unopened toiletries to the atrium of the Meletis Charuhas Center.

Next Missions and Outreach Meeting, June 16. Our next Missions and Outreach meeting will be on Tuesday, June 16 at 7:00pm. Everyone is welcome. Come and bring a friend!

And Finally... Please welcome our newest little missionary, Catherine Carr, the first child of Alex and Jen Carr. Alex and Jen were very active members of our Missions Committee until they recently moved to Connecticut. May God Bless little Catherine.
FROM APRIL 16TH TO THE 19TH, a KAIROS 4-day event took place at the Greensville Correctional Center in Jar-ratt, Virginia. It was an awesome event and was even more powerful than the two preceding KAIROS events in which I participated. I was a table leader in which there were 6 offenders and 3 KAIROS teams members.

One item to be highlighted were the cookies from Saint Katherine. On the third day, after eating many chocolate chip cookies, I asked the table server if he could get us some different cookies. He smiled and returned with a bowl of larger cookies which I immediately recognized as some of the cookies we baked at Saint Katherine. They were larger and better tasting. It was the Greek *kouzina* that made the difference. Our Saint Katherine community is to be commended for an outstanding effort in baking the cookies.

There were some unbelievable stories from the weekend and I would love to share all of them with you, but I'll mention only a few to give a general idea of what takes place.

One of the offenders at the table was a Caucasian man who was extremely angry because he was sent back to prison due to a parole violation. He never participated in any of the discussions, prayer sessions, or chapel services. (He did eat the cookies, though.) During one of the breaks, I mentioned to him that I could tell he was very angry. He asked how I knew. I responded that it was written on his face. It wasn’t until the graduation ceremony on Sunday evening that I saw a smile on his face. I do not know what his offenses were that got him to Greensville.

Another offender sat to my immediate left. He was missing his right forearm. I could see him struggle executing even simple tasks. On the second day I began to anticipate some of his needs and helped him with things such as pouring coffee, opening a bag of sugar, removing the cover on a pen, or finding the pages in the prayer book. On the third day, he asked me why I hadn’t asked him about how he lost his arm. I responded that I figured he would tell me when he was ready. He proceeded to tell me that he loved fast cars, loved to drink, and loved to party. He loved being in the “fast” lane. One night, he was returning from a party with his brother and his girlfriend, traveling at a very high speed, when he lost control of the vehicle and crashed. He and his brother (in the front seat and not buckled in) were thrown over 30 feet. He broke over 20 bones in his body. He was unconscious for over three and half months. During that time, his severely mangled arm became infected and had to be amputated. His brother was in the hospital for about the same time. His girlfriend was killed instantly. He said his girlfriend was the only person who ever gave him things and expected nothing in return. He said she was beautiful like Cinderella. He said he was responsible for killing the most precious thing to him. He says the guilt he has is unbearable. He was sentenced to 16 years in prison for involuntary manslaughter.

The last offender was a young Caucasian man who was incarcerated for bank robbery. He said he did it to get even with his father who, told him when he was only 15 years old, that he and his new wife were moving out of state and he was not part of their plans for the future. Apparently, the father had a successful construction business. To get even with, and to embarrass his father, he robbed several banks with whom the family did business. When he went in to rob the bank he never wore any disguises to hide his face and everyone immediately identified him. He is halfway through an 18-year sentence.

The stories of how the men ended up in prison are interesting, but not nearly as interesting as how they react upon being exposed to God’s forgiveness. All the men above had great guilt, a heavy burden for their crimes, were lonely, and were angry because, in most cases, their families and friends abandoned them. Some of the men, up to the KAIROS event, had spoke openly about committing more crime when they are released. They believed they were smarter now and would not be caught again.

A prison is one of the most negative and darkest places one could imagine. When KAIROS comes in and brings the Light of Jesus Christ to the darkness, most men are eager to accept a different and better path. When they learn that God forgives us when we earnestly repent and that He wipes the slate clean and allows for a fresh start, many (not all) jump at the chance to break the chains of sin. To see the transformation and witness God’s grace in action is beyond description.

\[\text{I was in prison and you visited me.} \]
\[(\text{Matthew 28:19)}\]
PHILOPTOCHOS (by Eleni Kanakos, President)
Please join us for the Annual Philoptochos Dinner on Tuesday, June 9, 6:00pm at Anthony’s Restaurant, 3000 Annandale Road, Falls Church, VA 22041. The cost per guest is $30.00. For your reservation, please call Mary Drakoulis at 703-273-4159. Be prepared to give her your choice of chicken ou rou fourno or lamb shank.

Thanks to all who have already volunteered to help at our Spring Festival. Please contact Andrea Ballard (andreaballard1@verizon.net or 703-250-5419) if you have not yet volunteered, but would like to help. I thank Trish Kapsidelis for her hard work organizing the yard sale, the volunteers, and all of you who donated. Thank you to all the ladies who are baking koulourakia and paximadakia.

Thank you for your financial support! Your stewardship is greatly appreciated. Those of you who have not yet sent in your stewardship, please do so. I appreciate all of the donations for the Saint Nicholas Shrine. We are trying to reach our goal, so every amount counts!

Once again, it has been another successful year. I hope all of you have a wonderful summer and I look forward to seeing everyone in September.

SHUT-IN MINISTRY
If you are, or know of, a shut-in, who would like visits or phone calls, please contact Kathy Cavallo at 703-978-1539 or kcvallo@aol.com and she will make arrangements for someone to call or visit.

BOOKSTORE
End of Season Clearance Sale!! During the month of June, all books, icons, and Orthodox gifts are 20% off retail price (rounded to nearest dollar). The bookstore is open most Sundays after each Liturgy.

DAUGHTERS OF PENELlope (by Karen Polizos, President)
We are looking forward to our end of year gathering at The Winery at Bull Run on Saturday, June 13. Helle Chapter has had a busy year and it will be very nice to enjoy a fun afternoon of wine tasting, picnic lunch, and sisterhood. Helle Chapter will celebrate its 60th Anniversary in November. To mark this special milestone, we are planning an anniversary brunch on Saturday, November 21, at Westwood Country Club. More details will follow.

WOMEN’S BOOK CLUB
Saint Katherine Women’s Book Club members will continue their reading of Prodigal Daughter by Myrna Kostash. We will meet on Wednesdays, June 10, 10:30am at church and June 24, at the home of Fay Mpras, 11:30am (following the Divine Liturgy). We will have lunch after the meeting. This will be the last meeting for this ecclesiastical year. Our book club will start a new season in October. If you have any questions, please contact Fay Mpras (faympras@gmail.com).

SAINT KATHERINE WOMEN’S BOOK CLUB MEMBERS will continue their reading of Prodigal Daughter by Myrna Kostash. We will meet on Wednesdays, June 10, 10:30am at church and June 24, at the home of Fay Mpras, 11:30am (following the Divine Liturgy). We will have lunch after the meeting. This will be the last meeting for this ecclesiastical year. Our book club will start a new season in October. If you have any questions, please contact Fay Mpras (faympras@gmail.com).

BOOK REVIEW
Gregory McKinney


Somewhere early in my exposure to Orthodoxy, I was discouraged from spending time in the 6th-century classic The Ladder of Divine Ascent by St. John Climacus. I was told (true enough) that book was written for monastics who spend so much of their lives in prayer and who are under daily spiritual guidance by an elder. Lay people, especially “newbies,” I was told, should tread lightly in Climacus’ work, especially if not already in a close relationship with a spiritual father. So I held to that advice, until I picked up Fr. Vassilios’ exposition on the Ladder intended for those of us living in the world among the heterodox, the only bits of the original Ladder that I was familiar with was the mealtime readings in the monasteries I had visited.

Perhaps it’s time for me to pick up the original, with Fr. Vassilios serving as my guiding elder in absentia in this companion piece. Following St. John’s structure, Fr. Vassilios guides us in the ascending path. Each page interweaves St. John’s own words (always identified in bold), with Fr. Vassilios’ own clear prose. For instance, Step 6, The Remembrance of Death, receives sensible and sensitive treatment:

When we remember death, life is put into perspective. We will not waste our time on things that are not “good and profitable for our souls.” This is why St. John writes, No one who has acquired the remembrance of death will ever be able to sin. Our worldly desires are mortified when we remember that death is at the door. At the same time, we seek all the more urgently to do good. When people know they have only so long to live, they begin to get the affairs in order…The saints lived each day as though it were their last, and so they always sought forgiveness and reconciliation, they gave away their possessions to the poor, and they spurned the pleasures of life. The thought of death…brings with it chastity and activity. (p.55)

Both books seek to move us ever higher, up from the basic Christian virtues, through and beyond the prideful vices that can block the way, and into the higher virtues as our ongoing cooperation with Grace (the synergy of Divine and human love and engagement) place us on an upward path culminating in God and the infinite and all-encompassing Love of the Holy Trinity. But as Fr. Vassilios reminds us, “Very few people indeed will have climbed all thirty steps of the Ladder…If you think you have, you probably need to go back to the beginning.” Amen!

The Very Rev. Archimandrite Vassilios Papavassiliou is a priest of the Greek Orthodox Archdiocese of Thyateira and Great Britain. He was schooled in pastoral and social theology at Aristotle University, Thessalonica (Greece), and also studied Classics and Byzantine music.
GRACE

NOT, HOW DID HE DIE,
BUT HOW DID HE LIVE?

Not how did he die, but how did he live?
Not what did he gain, but what did he give?
These are the units to measure the worth
Of a man as man, regardless of birth.

Not what was his church, nor what was his creed?
But had he befriended those really in need?
Was he ever read, with word of good cheer,
To bring back a smile, to banish a tear?

Not what did the sketch in the newspaper say,
But how many were sorry when he passed away.

Saint Katherine 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 contrib-
uting articles nearly every month for the last 11 years.

ARRIVAL OF THE HOLY ICON
OF THE PANAGIA IPSENI
Saint Nicholas Greek Orthodox Church
520 South Ponca Street
Baltimore, MD 21224

This icon of the Panagia is very historic and was painted
by an unknown iconographer from the end of the 15th cen-
tury to the start of 16th century. The Holy Monastery of
Panagia Ipseni is located in Lardos on the Island of
Rhodes, Greece. Many believers pray to her and seek heal-
ing from serious illnesses and diseases.

**Thursday, June 4**

- Veneration by the faithful 6:00pm-7:00pm
- Vespers 7:00pm
- Paraklesis 8:30pm
- Veneration by the faithful Open

**Friday, June 5**

- Orthros/Divine Liturgy 8:45am/9:30am
- Light Lunch
- Veneration by the faithful Open
- Paraklesis 3:00pm
- Veneration by the faithful Open
- Vespers 8:00pm
- Break for Refreshments
- Paraklesis 9:00pm
- Great Compline/Salutations 10:00pm
- Orthros/Divine Liturgy 11:00pm/12:00am

OCEAN CITY GREEK FESTIVAL
JULY 10 - 13
STGEORGEBYTHESEA.ORG/GREEK-FESTIVAL
OPENS AT NOON!

Contact Andrea Ballard to volunteer at our
Spring Festival
June 5-7
703-250-5419
or andreaballard1@verizon.net

OCEAN CITY GREEK FESTIVAL
JULY 10 - 13
STGEORGEBYTHESEA.ORG/GREEK-FESTIVAL
OPENS AT NOON!

Contact Andrea Ballard to volunteer at our
Spring Festival
June 5-7
703-250-5419
or andreaballard1@verizon.net

na μην κολλήσει.
Στο κέντρο του προσφόρου βάζουμε την σφραγίδα και την πιέζουμε με δύναμη και ελαφρά τη στρίβουμε πολύ λίγο, για να αποτυπωθούν καλά τα γράμματα. Τη σηκώνουμε σιγά-σιγά και πλάγια.
Με μια οδοντογλυφίδα τρυπάμε στα άκρα του Σταυρού και στον «Αμνό» (στο μεσαίο της σφραγίδας) στις τέσσερις γωνίες και από το έξω μέρος.
Σε δύο ώρες περίπου πρέπει να έχει φουσκώσει. Έξω από την σφραγίδα πιέζουμε τη ζύμη με το δάχτυλο μας ελαφρά και όταν η ζύμη έξανταριστεί στη θέση της, θα πεί ότι έχει φουσκώσει και είναι έτοιμο για τον φούρνο.
Προθερμαίνουμε τον φούρνο (10-15 λεπτά) και σε 350 βαθμούς βάζουμε το πρόσφορο να ψηθεί επί περίπου μισή ώρα. Όταν πάρει χρώμα από πάνω, κατεβάζουμε την θερμοκρασία στους 325 βαθμούς και το σκεπάζουμε με αλουμίνιο.
Για να ψηθεί χρειάζεται περίπου μια ώρα.
Θα το πάμε στην Εκκλησία τυλιγμένο σε πεντακάθαρη άστρη πετσέτα και σε χαρτί καθαρό θα γράψουμε τα ονόματα αυτών που ζουν και σε άλλο χαρτί θα γράψουμε τα ονόματα όσων βρίσκονται στον ουρανό.
Θα νιώσουμε χαρά και ευφροσύνη για μία τέτοια ευκαιρία!
Είναι ευλογία από τον Πατέρα Θεό!
**SUNDAY CHURCH DUTY ROSTER**

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<th>June 7, 2015</th>
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<tr>
<td>Jim Stoucker, Captain</td>
<td>Pierre Tavoularis</td>
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<td>Nick Larigakis</td>
<td>Daphne Vaccarello</td>
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<td>George Moshos</td>
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<td>Bill Porter</td>
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<td>Mary Varlas, Captain</td>
<td>Nick Larigakis</td>
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<td>Kelly Alexis</td>
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<tr>
<th>June 21, 2015</th>
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<td>Pierre Tavoularis, Captain</td>
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<td>Artemis Dimopoulos</td>
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**APPALACHIAN MISSION TRIP**

**AUGUST 16-22**

Saint Katherine will send a Mission Team to Spruce Pine, NC in support of *Operation Inasmuch*, an interdenominational home repair ministry. The trip is from Sunday, August 16 through, Saturday, August 22.

Two years ago our Mission Team went to Spruce Pine and assisted in light construction projects for the elderly and handicapped and shared wonderful fellowship with the local community. Please contact Daphne Papamichael at Cyprusd@aol.com for more information.

---

**SAVE THE DATE!**

**THE FESTIVAL IS COMING AND WE WANT YOU TO BE THERE!**

**FRIDAY, JUNE 5**

**SATURDAY, JUNE 6**

**SUNDAY, JUNE 7**

11AM-10PM DAILY

**TRADITIONAL HOMEMADE FOODS AND DESSERTS**

**ARTS AND CRAFTS**

**LIVE MUSIC AND DANCING OPA!**
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<th>Sunday</th>
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<td></td>
<td></td>
<td>2 6:30pm Grk Folk Dance Adult Greek School</td>
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<td>6 9:30am Greek School</td>
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<td><em>Please note that Sunday Orthros/Divine Liturgy times are 8:30/9:30.</em></td>
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<td>11:00am-10:00pm</td>
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<td>7  All Saints</td>
<td>8 Apostles Fast Begins</td>
<td>9:30am Deuteri</td>
<td>10 10:30am Women’s Book Club</td>
<td>11 5:00pm Greek School</td>
<td>12 5:00pm Greek School</td>
<td>13 Greek School Graduation</td>
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<tr>
<td>8:30am Orthros*</td>
<td>7:30pm YAL Deuteri</td>
<td>6:00pm Philoptochos Dinner at Anthony’s</td>
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<td>Visit with Metropolitan</td>
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<td>9 30am Divine Liturgy*</td>
<td>Deuteri</td>
<td>6:30pm Grk Folk Dance Adult Greek School</td>
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<td>Kallistos Ware</td>
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<td>7:00pm Beginners</td>
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<td>5:00pm Vespers followed</td>
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<td>14  2nd Sunday of Matthew Flag Day</td>
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<td>16 7:00pm Missions</td>
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<td>8:30am Orthros*</td>
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<tr>
<td>9 30am Divine Liturgy*</td>
<td>12pm Deadline for July/August DOXA</td>
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<tr>
<td>21  3rd Sunday of Matthew (Father’s Day)</td>
<td>22</td>
<td>23 Vacation Bible Camp 10:30am-2:00pm</td>
<td>24 Nativity of Saint John the Baptist</td>
<td>25 Vacation Bible Camp 10:30am-2:00pm (Field trip to the zoo)</td>
<td>26 Vacation Bible Camp 10:30am-2:00pm</td>
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<tr>
<td>8:30am Orthros*</td>
<td>Vacation Bible Camp</td>
<td>Orthodox Youth Day at Kings Dominion</td>
<td>9:30am Orthros 10:30am Divine Liturgy</td>
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<td>9 30am Divine Liturgy*</td>
<td>10:30am-2:00pm</td>
<td>Vacation Bible Camp 10:30am-2:00pm</td>
<td>10:30am Divine Liturgy</td>
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<td>Vacation Bible Camp 10:30am-2:00pm</td>
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<td>11:30am Women’s Book Club (Mpras home)</td>
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<td>28  4th Sunday of Matthew</td>
<td>29 Holy Apostles Peter and Paul</td>
<td>30 7:30am-3:30pm HEC Summer Program</td>
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<tr>
<td>8:30am Orthros*</td>
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<tr>
<td>9 30am Divine Liturgy*</td>
<td>10:30am Divine Liturgy</td>
<td>7:30am-3:30pm HEC Summer Program</td>
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Spring Festival 11:00am-10:00pm
5:00pm Greek School Adult Greek School
5:00pm Beginners/Conversation Class
REGISTRY

Baptisms

Michael John (April 19)
son of John N. and Kaliopi Polizos
Godparent: Amy Paraskevopoulos

Mia Katherine (April 19)
daughter of Enea B. & Katelin S. Zaro
Godparent: Alex Karousos

Louisa Voula (May 1)
daughter of Peter and Fatima Retsinas
Godparents: Konstantinos and Stavroula Retsinas

Fotini Maria (May 9)
daughter of Aaron and Georgia McKain
Godparent: Margarita Maria Margaritis

Isadora Katherine Ruocco (May 16)
daughter of Gregory and Adamandia Ruocco
Godparent: Helen Talty

Spiros Demosthenes (May 16)
son of Demosthenes and Maria Zissios
Godparents: Spiros and Olga Fotelargias

Dionysios (May 17)
son of Christos and Evanthia Bouzis
Godparent: Ilias Isiopoulos

Weddings

Ekaterina T. Chelpon
and
George C. Tjoumas (May 9)
Koubaros: Christopher Tzoumas

Elizabeth M. Tursell
and
Mark A. Kalaris (May 17)
Koubaroi: John and Marilyn Nunnaly

Dimitra Christos Kosmakos
and
Brian Andrew Bell (May 24)
Koubaroi: Ioannis Kosmakos and Alexandra Kosmakos

Na mas zisoun.

Funeral

Vasiliki Karousos (April 21)
May her memory be eternal.

REGISTRY

2015 COMPREHENSIVE EXAMINATION IN MODERN GREEK

The Comprehensive Examination in Modern Greek is a foreign language achievement test that assesses student proficiency in listening, speaking, reading, and writing Modern Greek. It is developed and administered by the Direct Archdiocesan District Office of Education of the Greek Orthodox Archdiocese of America according to the specifications of the New York State Education Department, aligned to the Checkpoint B learning standards for Languages Other Than English (LOTE). The proficiency level of the Examination is equivalent to a third year level of foreign language high school courses. It is reviewed and evaluated by the World Languages Program/Department of Linguistics/University at Buffalo/The State University of New York as well as the Institute of Modern Greek Studies/Aristotle University, Thessaloniki, Greece. This year the Examination will be given again at our Saint Katherine’s School on Monday, June 22 at 5:00pm. Please contact Sophia at the church office (703-671-1515 or stsangali@stkchurch.com) for more information.
THIS SCHOOL YEAR the HEC students had the opportunity to build connections within the school, other Greek School programs, the community and the world. Our Greek school students were surprised to find out that people of different cultural backgrounds are interested in the Greek language and culture when they met the author of *Keekee’s Adventure to Greece*. Ms. Shanon Jones visited our school, presented her book and explained the process of book binding.

A highlight of the Greek school program, along the same line, was the addition of the “We Care” curriculum that was implemented this year to teach our students how to express and manage their emotions in Greek. Not only they enjoyed it and enriched their vocabulary but were able to connect with other schools in Diaspora and schools in Greece. The schools included in the same team as our school were the 1st Arsakeio-Tositio Elementary (private school in Athens), 1st Elementary School of Chios Island (public school) and the School Center of Kardamyla.

On April, Christians Anderson’s birthday is celebrated around the world and thus a variety of literature activities with Greek Children Literature Books took place with all levels participating; Books such as *Melitsa μια μικρή ελίτσα/Melitsa a small olive, Η βιβλιοθηκάριοι της Βασόρας/the Librarian of Vasora, Μύθοι του Αισώπου/Aesop’s Fables*, were read in Greek, acted out, read aloud from upper level students to lower levels.

With other Greek language schools in the Great Washington Area, we visited the NASA Goddard in Greenbelt MD. The presentation was given by Mr. Pashalidis Senior Project Scientist for Technology Advancement in NASA/Goddard’s Heliophysics Science Division (HSD) who explained the meaning of the word Galaxy/Milky Way deriving from the Greek word *Γαλαξίας*, the importance of the magnetic field of the Earth for the earth itself and the explosive activities around the sun. It was very educational and a lot of fun!

Finally, all the levels worked on a school project named *KOTINOS*. Focused on the olive tree and the olive oil, the students were engaged in fun activities and thus discovered the fundamental role it had, and still has, in medicine, athleticism, commerce, culinary, the arts, cosmetics, mythology and Greek Orthodox faith. Presentation of the KOTINOS PROJECT was held at the Greek School Graduation Ceremony.

This school year has been wonderful and productive for our students and all involved. All the above wouldn’t have been materialized hadn’t been for Fr. Kosta’s support and the Parish Council, the commitment of the Board of Education and the hard work of all our parents to bring the children to school, to help with homework assignments, to give us feedback, to fundraise and advocate for the programs, to trust HEC to be the best place for a child’s Greek Orthodox Education (pre-K through 8th grade) and everyone from the community for supporting HEC and its programs.

Needless to say, our teachers deserve a big thank you from all of us for their genuine love and commitment to teach our children of their heritage, language, and faith. We would like to express our gratitude to Ms. Elena Papadopoulou for her contribution. You will be missed!

HEC staff would like to also thank Mr. George Theodoridis for volunteering in teaching Byzantine and Greek folk music to our young students, Ms. Marilyn Rouvelas and Ms. Magda Kaimaki for volunteering to teach the religion class and Fr. Panayioti for his time spent with the children.

We will have more fun projects prepared for the children for 2015-16 in anticipation of another fruitful year.

I wish everyone a restful summer. Καλό και ξένοιαστο καλοκαίρι σε μικρούς και μεγάλους!

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**The Byzantio Greek Dance and Cultural Arts Program**

*Program’s Greek folk dance lessons for all youth ages 4 and up are on Tuesdays, 6:30pm-7:30pm. The Adult performing group practices on Sundays from 6:00pm-7:30. Please visit byzantio.org or contact Aris and Anna Yortzidis at greekdancedc@gmail.com for more information.*

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**SAVE THE DATE**

Sunday, June 28 — Friday, July 3, 2015

Camp Good Shepherd: Virginia

Ages 22-18

Daily Worship, Swimming, Crafts, Camp Activities, Orthodox Lessons
DEAR PARENTS AND FRIENDS of the Hellenic Education Center,

Every year, I take this opportunity to give to the community a status report of the Hellenic Education Center, based on where we are in implementing the Strategic Plan of the Center. The Hellenic Education Center was created by action of the Parish Council on February 28th, 2013 and hence it has been in existence for only approximately two years. The policies, activities, budget and faculty of the HEC are managed by the Board of Education, a Board of distinguished and totally dedicated citizens of our community. The Board consists of Dr. Fay Mpras, Mr. Tony Alexis, Mr. Christos Christou, our Parish Council President, Mr. Jim Stoucker and our Proistamenos, Rev. Fr Costas Pavlakos.

Our actions are consistent with our mission, which is to educate the children of our community and beyond consistent with the principles and tenants of our Holy Orthodox faith. We are dedicated to the offering of the highest quality education to our pre-school students, students from K-12, as well to the entire St Katherine’s community who seek a broad range of Hellenic and bi-lingual language skills combined with knowledge of history and culture. Our Strategic Plan lays out the road map for achieving our goals through an innovative and stimulating teaching approach, using traditional as well as technologically enhanced instructional methods. The student achievements at the pre school level are monitored and through a loving and nurturing atmosphere we hope to prepare the students for kindergarten and beyond. It is our goal that all students will successfully achieve competency in Greek as measured by the NY State Regency Exam in Modern Greek (The Archdiocex Exam in Modern Greek). Advanced students may take the opportunity to pass the annual ELlinomatheia Examination in Modern Greek.

Our Mission is consistent with the best practices in bicultural education, enhanced by spiritual and cultural learning. We have achieved much in the first two years of existence. We have implemented a new HEC management structure and have hired a new Director. The registration procedures have been revised and new registration procedures have been implemented, with an emphasis on pre-registration by the end of school year to facilitate planning and prudent hiring practices. In order to modernize our financial system, we have consolidated all business functions of the Greek School and Paideia Preschool and therefore have eliminated duplication of activities and have streamlined our billing system, and have integrated it within the St. Katherine’s financial management system.

One of the most important changes has been the revision of the Greek School curriculum: The BOE completed a very thorough review and restructuring of the Greek School curriculum, in accordance with learning standards and latest thinking among foreign language educators. The

(Continued on page 15, column 1)
Αρης Χρήστου

(Continued from page 14, column 1)

new curriculum is based on Levels of Achievements and Competency. A student completing the Advanced Level will be able to pass the above mentioned competency examinations and qualify for foreign language credit at their high school or even petition for advanced credit at their University. We have introduced Greek School Technology enhancements such as new laptops to enhance instruction and online learning tools such as Blackboard to enhance teacher-student-parent communication regarding homework, assignments, etc. We have offered opportunities for the summer camp and it is our plan to add a language camp for 6-8 year olds in the future. We have completed successfully our kindergarten zoning application and have received permission from the County to add Kindergarten to our program. It is our plan to start the operation of the kindergarten in September of 2016.

Community Education is a key strategic goal of HEC. In addition to our adult Greek language classes offered on Tuesday and Thursday, we now offer a Friday evening combined language-cultural class for the entire community. We have also initiated the offering of seminars and short courses for adults (e.g., Dance Workshop, Greek Cooking, Hellenic Culture as well Byzantine History). These activities will be greatly enhanced in the coming year.

Our goals can only be accomplished through the hard work of our director, Eleni Alexopoulou and her dedicated faculty. The teaching staff of degreed and trained educators, has worked long hours with minimal compensation. We have expanded both the Greek School and Paideia Pre-school training and professional development offerings to enable the teachers to modify their teaching methods, in accordance with the revised curriculum.

There is much more that can be done and will be done. We are thankful for the support our Parish Council and Father Costa has given to this effort. We are thankful to the entire community of St. Katherine, a community which has embraced this effort and has recognized that the education of our children is the key to ensuring the continued growth of our Greek Orthodox faith.

Respectfully,

Aris Christou, Chair
Shown below is a list of families and individuals who participated in the 2015 Saint Katherine Stewardship Program through April 30, 2015. Thank you for responding to the needs of our church.

If you have not yet submitted your 2015 pledge, please complete the stewardship form on the next page and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katharines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.
Get involved! Our Spring Greek Festival is made possible by the combined efforts of many volunteers just like you! The success of our festival depends on the support of all parishioners. Proceeds from our festival assist Saint Katherine in continuing its ministries and programs. Please take a moment and think about how you can best serve our festival guests. Do you have food service experience? Are you energetic or do you tire easily? Can you stand in one spot for 4 hours or would you rather move around? Would you rather work behind the scenes? Can you make change and work a cash register? No matter how you answer, we have a place for you!

Please watch for more festival information in the Sunday bulletin. If you would like to volunteer, please contact Andrea Ballard (703-250-5419 or andreaballard1@verizon.net). We need a little help from many, not a lot of help from just a few!

2015 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 2015, 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: ______________

SAINT KATHERINE SPRING 2015 GREEK FESTIVAL | JUNE 5, 6, 7

Get involved! Our Spring Greek Festival is made possible by the combined efforts of many volunteers just like you! The success of our festival depends on the support of all parishioners. Proceeds from our festival assist Saint Katherine in continuing its ministries and programs. Please take a moment and think about how you can best serve our festival guests. Do you have food service experience? Are you energetic or do you tire easily? Can you stand in one spot for 4 hours or would you rather move around? Would you rather work behind the scenes? Can you make change and work a cash register? No matter how you answer, we have a place for you!

Please watch for more festival information in the Sunday bulletin. If you would like to volunteer, please contact Andrea Ballard (703-250-5419 or andreaballard1@verizon.net). We need a little help from many, not a lot of help from just a few!
Deacon Stephanos Ritsi, son of Father Martin and Presvytera Renee, grew up in the mission fields of Kenya and Albania for ten years. Upon arriving back in the United States, the Ritsi family moved to Saint Augustine, Florida. Dn. Stephanos attended his last years of middle school and high school in Saint Augustine. He then got his Bachelors degree in Political Science from the University of Florida (Go Gators). In 2006, Dn. Stephanos joined on a short-term missions team to Kenya. On this trip he realized that he was called to become a long-term missionary. He applied to Holy Cross School of Theology to prepare himself for missionary service and recently graduated with a Masters of Divinity and a certificate from the Boston Theological Institute in Missions and Ecumenism.

Dnssa. Alexandria Ritsi, daughter of Louis and Valerie Poly-chronopoulos, grew up in a south suburb of Chicago and attended Saints Constantine and Helen Greek Orthodox Church in Palos Hills. She has lived in Chicago all of her life and was very active in her church community and youth groups. Growing up, Dnssa. Alexandria knew she wanted to serve the Church and be a teacher. Dnssa. Alexandria went to Hellenic College and while a student there, learned about the missionary ethos of the Orthodox Church. Through experience in Mission Classes offered at Hellenic College, Dnssa. Alexandria realized her vocation in becoming a missionary.

Dn. Stephanos and Dnssa. Alexandria arrived in Albania as long-term missionaries in April of 2013. Since arriving in Albania, Dn. Stephanos and Dnssa. Alexandria have been learning about the Albanian culture and have been studying the Albanian language. Dn. Stephanos works at the Young Adult Office in the Orthodox Church. He leads Bible Studies, Young Adult Meetings, and teaches at the Resurrection of Christ Theological Academy. Dnssa. Alexandria works at the Protagonist School. She teaches 6th grade English, Catechism, and Character Education. On January 22, 2014 Stephanos was ordained to the Diaconate by His Beatitude Archbishop Anastasios.


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**ANNUAL PHILOPTOCHOS DINNER**

**DATE:** TUESDAY, JUNE 9  
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