A TIME TO PRAY, A TIME TO PLAY, A TIME TO WORK

THE GREEK ORTHODOX CHURCH in the United States is famous for its festivals. The festivals showcase our culture, the pride we have as a community, and our hospitality to our neighbors. We are very proud that our food is delicious, the pastries are exceptional, and the loukoumades are world famous—“over million served.” The festival also visibly shows that we know how to work together and enjoy fellowship. I can testify to this because of the comments I hear from people.

I was privy to a report compiled by the national stewardship committee that showed the Greek festivals in the United States take in 190 million dollars per year. This is gross, not net. There are festivals in Utah and Texas that take in over one million dollars. Yes we can, and should, be proud of the many sacrificial hours of work and sweat that go into putting on a successful festival. The festivals should not be our main resources for financial support to our Church. Our stewardship must be the way we support our Church. We need to replace our dependency on festivals for meeting our obligations as Orthodox Christian people with our stewardship. I pray that one day the festival will be a resource that we can use to further the outreach and ministry of our faith.

I would like to point out that our festival should not be only a time to showcase our food, culture, and fellowship, but also be an opportunity to proclaim our faith. The story of Jesus visiting Martha and Mary comes to mind when I think about our festival:

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord’s feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, “Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.” But the Lord answered her, “Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her” (Luke 10:38-42).

There are a few who work unceasingly. Others work a lot and some not at all. I ask you not to be disheartened by what others do, but to take pride in what you do. When you welcome someone with a smile and are thankful that they are in our midst, you are, at that moment, showing the hospitality of Christ.

We open our church and people are in awe of the icons and the message of our faith. They are told that they can visit and pray with us, and if they do not have a church home, they are welcome to join us. This is the joy that we all have as the example of Mary.

I invite you, even if you have never worked at the festival, to come and work. You, too, can experience the joy that is our festival—a time to pray, a time to play, a time to work. And, when it’s over, a time to rest.

Saint Fotini, the Samaritan woman, hears the invitation of Jesus Christ, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I
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Dear Parishioners,

As we approach the summer months and the end of the school year, our thoughts naturally turn to graduation ceremonies, vacation plans, outdoor activities, and times spent with family and friends. I hope that among those plans you’ve included our annual Spring Festival, June 1-2-3.

And don’t forget our annual Vacation Bible Camp (VBC), sponsored by AHEPA chapter 438. AHEPA has sponsored VBC every year this wonderful camp has been in existence. We hope to see your children in attendance.

Finally, I’d also like to take this opportunity to introduce you to the next member of our parish council, and Treasurer Bill Polizos. Another long-time member of our Saint Katherine community, Bill is one of the teachers of our Adult Bible Study program.

Yours in Christ’s Service,

George Moshos

My Dearest Fellow Parishioners,

George Moshos, our Parish Council President, asked me to provide a letter of introduction for my new role as Parish Council Treasurer. I have attended Saint Katherine long enough to remember when the services were held in what is now called Chelpon Hall. I remember, with a smile, one of my earliest childhood memories of how the Catechetical School children used to giggle in the pews as we competed with each other in trying to anticipate the exact second when Father Chelpon would hit the bell on the altar that he used to let parishioners know when to stand and when to sit down. More importantly, I remember his kindness, sense of humor and many of his sermons that inspired me then, as they still do today in my memories. As a part of my graduate studies, I am very grateful and honored to have had some truly excellent theologians as professors. Without them I would not have been able to systematize and articulate many of the religious questions and concerns I had that have helped me in my other role as teacher in the Saint Katherine Adult Bible Study. But these would have availed me very little without the Orthodox nurturing I received through the Saint Katherine community, the inspiration of Father Chelpon, as well as through being raised in the Orthodox tradition by my beloved parents who, though they never set foot in a theological classroom, taught me more about Christ than anyone else. I am further delighted by the fact that Father Costas continues this tradition as our community leader and priest, in his devotion, faith and outreach, which I find truly inspiring. I know I speak for my wife Karen as well, who also serves the church in many capacities and constantly instills in me the importance of our faith and love in Christ, that my hope and my prayer is that I can express my gratitude back to my church for all these wonderful gifts it has bestowed upon me through my service and worship life.

May God bless the Saint Katherine community eternally.

In Christ,

Bill

FROM THE PARISH COUNCIL PRESIDENT

Calling All Parishioners!!!
We Need Volunteers!!!

Our 2018 Saint Katherine Spring Festival will be held Friday, June 1 through Sunday, June 3. We need everyone’s help!

In the spirit of Stewardship, please take the time to participate to the best of your ability with your time, talents, and treasures. To volunteer your time, please go to http://signup.com/go/apOLoYr or contact Andrea at andreaballard1@verizon.net or 703-250-5419.

Help is also needed on the Thursday before the festival. Please contact Andrea for more details.

Thanks to all who are already hard at work preparing for this event!
For all youth and young adult inquiries and information, please contact Nick Junes at njunes@stkchurch.com.

From Nick’s Desk. It has been my pleasure and privilege to serve this community since February of last year. I am grateful for the people I have met, the relationships I have formed, and the good works I have participated in as a result of being a part of the church of Saint Katherine. Since I began my role here as Director of Youth Ministries and Pastoral Assistant, I have received nothing but love, warmth, and hospitality from this community. In every way, you all have been supportive and wonderful to work with. I hope that by God’s grace I have contributed something positive and healthy to this community. For me, the church has always been a place of love, warmth, and connection; and if I helped in any way to foster that type of environment, glory to God. I also ask forgiveness for times when I fell short or was not a good minister of the church.

I say all of this because I will be moving on from my service at Saint Katherine this July, following the completion of Camp Good Shepherd and Project Mexico. I will be pursuing a Master’s degree in Clinical Social Work from VCU in Richmond beginning this fall in order to be a professional counselor and therapist. It has been a fantastic experience spending the better portion of the last year and half with you all, and I am grateful for all of the wonderful memories. As most of my ministry here has been with the youth, I especially want to thank you all for the God-given experiences we have had together and the moments we have shared in Christ’s Joy. Glory to God for all things!

GOYA
All Saint Katherine youth in 7th grade or higher are encouraged to join GOYA! All that is required is a good attitude, a completed Health and Registration Form (found on the Saint Katherine website), and an annual GOYA registration fee of $30 (made out to Saint Katherine GOYA).

GOYA JUNE CALENDAR
6/9 SAT–End of the Year Pool Party at the Moratis house
6/10 SUN–Youth Church Duty/Last GOYA Meeting
6/19 TUE–Tomb of Christ National Geographic Exhibit

MOMS, POPS & TOTS, JOY and HOPE
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!

JOY/HOPE
6/16 SAT–End of the Year Pool Party at the Vienna Aquatic Club

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).

SAINT KATHERINE VACATION BIBLE CAMP 2018
Monday-Friday, June 25-29, 2018
Sponsored by AHEPA Chapter #438
Camp Hours 10:00am - 2:00pm
Ages 5-14 (space is limited)
$50 fee per child
VBC registration form and other information available on the church website, under “Announcements” | “Vacation Bible Camp 2018”

CAMP GOOD SHEPHERD - VA, 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
When: July 8-14
Cost: $100 by Metropolis of New Jersey (roughly $550). Cost includes food, lodging, and activities.
Pre-Register at: https://docs.google.com/forms/d/e/1FAIpQLSeXfoUK17HNmk1V5Dq4acwkNTFEdSw3qFfaCT414J-9L9UDQ/viewform
WE WOULD LIKE TO THANK all the teachers and bid farewell to our departing teachers: Karen Polizos (16 years), Ray and Christina Vazquez (16 years), and George Moratis (24 years) for their years of service teaching the Orthodox faith to our youth. Your service is greatly appreciated!

Congratulations to our graduates: Cameron Edgington, Gabrielle Kiszka, Ariana Porter, Theodore Stathopoulos, Theodore Vargas, and Stephanie Vazquez! God bless you all in your future endeavors!

We need stewards who are willing to teach Sunday School (full time or part time) for the 2018-2019 school year. The 4th and 7th/8th grade positions are vacant. Contact Bill or Eleni Porter at beporter1@verizon.net.

Seeking a Choir Director. Saint Katherine is seeking a Choir Director who can conduct the choir for Sunday services, rehearsals, Christmas Eve, and Holy Week. This is a part-time position from September through May, and salary is commensurate with experience and dedication. An Eastern Orthodox Christian familiar with the liturgy and Greek language who can accompany and conduct is preferred but not required. The Saint Katherine choir is a well-balanced group of approximately 25 singers which regularly sings the SATB and Byzantine style arrangements of Anna Gallos, Theodore Bogdanos, Frank Desby and Nancy Takis, among others.

The acoustics in the domed church are wonderful and the choir can easily perform a cappella or with the church’s Rogers organ. The official start date is September 2018 but a transition period between now and then is also available with pay. If you are an interested musician or know of someone who would be interested in the position, please contact Nick Kyrus (nbkyrus@comcast.net or 703-981-2526).

CATEGETICAL (SUNDAY) SCHOOL

HELLENIC EDUCATION CENTER

WHAT OTHER PEOPLE SAY about our language program...

Dear Presvytera Alexopoulou,

I wanted to thank you so much for taking the time to give us such a wonderful tour of your school which provided us with some great introductions and allowed us to sit in on your classes at the Saint Katherines Hellenic Education Center. We also like to thank very much Fr. Gregory for making the recommendation and introduction as well.

It was such a pleasure to speak with you and hear your fresh perspective of the how you evolved Greek education as a second language in your community. That really gave all of us a great hope that what we begun to do someone else has achieved. I myself joined the parish council recently and I immediately showed my interests in the Greek School ministry which I noticed at a pivotal point. We have an amazing new principal Dr. Paschalis Doulias who is very educated with great fresh ideas and I want to support his cause as much as possible for our children’s best interests. Mrs. Olga as the new Vice President of the Greek School Board is the heart of our community that goes beyond and above more patiently than anyone else I met. I thank God for bringing us together and becoming good friends in a quick time frame. You and your staff game me personally more confidence now in our objective and our challenges coming up ahead, and our team is ready to face them with a smile and kindness.

It was very refreshing to see all your classes and how your teachers opened up and allowed us to participate in their classes of how they present the materials to your students. Ismini’s class was wonderful how they played bingo to learn vocabulary and Alexandra’s class how the played Kahoot and you incorporated technology in your teaching. One class stood out to me just a bit more, and that was Ioanna’s class which showed us that students played the ballon game and learned in a teamwork fashion and it seemed as an exciting interaction between the student teams and what got them engaged. All of the classes we saw were amazing and all I can tell people who asks us about our trip to Virginia, is that your school is the flagship of Greek education as a second language. I congratulate you in an amazing accomplishment.

We all thoroughly enjoyed learning more about student involvement and activities, and our only regret is that we could have spent more time on your school. I look forward to continue the collaboration with our schools and we are hoping you and your staff can come and visit us in the new school year.

Thank you once again from all of us at Saint Demetrios GOC Greek School in Upper Darby, PA.

(Continued on page 1)

will give them will never be thirsty” (John 4:14).

I know we have great food, drink, and dessert. Let us never lose the opportunity to also proclaim our faith and joy in each other and, ultimately, in Christ. Thousands of people are searching to encounter the Lord. Our festival is the place where they can see Him and embrace Him.

Thank you to all who share your precious time and labor of love.

Yours in Christ,

Fr. Costa

(Continued on page 15)
OCMC Benefit Dinner. On Sunday, April 22, 2018 we celebrated our 10th annual OCMC Benefit dinner. Our main speaker was Fr. George Liacopoulos from Egg Harbor, New Jersey. Fr. George is the past president of the OCMC, having served for 6 years as its president. Fr. George gave an excellent overview of the work of the OCMC over the last six years. Our own Antonia Chelpon also gave remarks sharing the history of Fr. Chelpon’s missions to Russia for the OCMC and her several trips to the orphanage in Guatemala with a mission team from Saint Katherine.

This was our largest and most successful OCMC benefit dinner. Over 150 people were present. The cost of the entire evening was donated so that every dollar collected was sent to the OCMC for further Orthodox missions. Over $25,000 has been collected and we still continue to receive contributions. Thanks to our wonderful dinner committee, chaired by Eugenia Vroustouris who coordinated the entire event.

Also with us were the future missionaries to Guatemala, Thomas and Elizabeth Manuel. Thomas and Elizabeth will start their two years in Guatemala in October 2018.

Women’s Kenya Team Returns. Please see page 11 for a full report of our women’s Kenya team experiences.

Project Mexico Team Prepares to Leave. We are now less than two months away from our trip to Project Mexico on July 14. Our team of 14 is set and ready to go to build a home for the poor in Rosarito, Mexico. The only thing left is to raise about $4,000 in funds to cover hotel, van and some supply expenses as we head across the border. Please consider contributing your financial support, but most importantly, your prayers for the grace and will of God to guide all that we do. If you would like to support our mission to Project Mexico, please send checks to Saint Katherine and write “Project Mexico” on the memo line.

Culmore Clinic. The Culmore Clinic is a clinic for those without medical insurance in the Bailey’s Crossroads area. It is a faith-based organization with many churches contributing to the health care of those less fortunate. It is located in the Baptist Church down the street from Saint Katherine. Fr. Costas and Dr. John Demakis serve on their advisory and executive committees, respectively. Their main fundraising event was held on Saturday, May 19.

GUATEMALA UPDATES

Long-Term Missionaries. Thomas and Elizabeth Manuel are the newest long-term Orthodox missionaries to be sent to Guatemala. Thomas and Elizabeth are now in the process of collecting funds to go to Guatemala. There they will join Jesse Brandow, Jennifer Rice, and Fr. John Chakos. They gave a presentation at Saint Katherine after one of our Salutation Services and attended our OCMC Benefit Dinner. Our community will support Thomas and Elizabeth during their stay in Guatemala. If you would like to contribute to their mission, please write a check to “Saint Katherine Church”, put “OCMC - Thomas and Elizabeth Manuel” on the memo line, and mail it to the church office.

Guatemala Medical Clinic Donation Opportunities. The Orthodox Mission in Guatemala is supporting a medical clinic in Aguacate. It is the only medical clinic within many miles. The medical clinic has been donated, but much equipment is now needed. Below is a list of the most needed equipment If you are interested in donating, email Dr. John Demakis at demakis9931@gmail.com.

1. Kits for testing for cholesterol, triglycerides, glucose and Lactose levels ($202.48)
2. Cholesterol test strips ($90.64 for a box of 25)
3. Automated Defibrillator ($133.00)
4. Three Integrated Diagnostic Wall System ($897 each)

BAILEY’S CROSSROADS SHELTER

New Shelter Proceeding. Groundbreaking for the new Bailey’s Crossroads Shelter took place on April 5. The new shelter will be located on Seminary Road, near the old shelter. The opening is scheduled for October 2019. The new shelter will be significantly larger. It will have three floors, one being apartments for long-term residents. There will also be five medical beds staffed by a nurse practitioner.

Feed the Homeless Program. Members of our Missions Committee will serve dinner on Tuesday, June 19. If you are interested in serving at the shelter, please email Dr. John Demakis at demakis9931@gmail.com.

Hygiene and Survival Kits. We will soon be preparing for our annual Hygiene and Survival Kits Program for the homeless shelter. Every year, many of our Saint Katherine organizations donate items for the kits. During the winter months, when the shelter cannot accommodate all the people who would like to stay at the shelter, they give them a hygiene and survival kit and send them to, hopefully some auditorium of a school or church where they can stay for the evening. These kits will include woolen hats, gloves, socks, shaving cream and razors, shampoo, deodorant, etc. This year, Saint Katherine has committed to contributing 300 kits. They are invaluable to the homeless shelter.

Our next meeting is Tuesday, June 12, at 7:30pm. All are welcome. Please join us.
Το θέμα, με το οποίο θα ασχοληθούμε στο τεύχος αυτό, είναι η υπερευαισθησία, αφού προηγουμένως αφαιρέσαμε από τη λέξη την πρόθεση «υπέρ» και ας δούμε τι είναι «ευαισθησία».

Ευαισθήτοι, χαρακτηρίζουμε τον άνθρωπο με τη λεπτή ψυχή (ταχείως αισθάνεσαι), τον πονώνο, τον άνθρωπο με τα ευγενή αισθήματα, τον συναισθηματικό. Εκείνον, που απείνασε στην λύπη και στην χαρά του άλλου, δεν μενεί αδιάφορος, αλλά συμπάθεια και συμπαθεί. Λυπάται από την κοινωφελή και αιμοτολόγη του περιβάλλοντος, των συναδέλφων του, από την φύση, την αίδη... Ακόμα, χαρακτηρίζουμε ευαισθήτο τον άνθρωπο εκείνον, το οποίο συγκεντρώνει από το ωραίο και ευγενικά χαρακτηριστικά, την πνευματική ζωή, την πατρίδα, την ελευθερία, την κρατικότητα τις πράξεις θυσίας. Αυτό το είδος της ευαισθησίας είναι προσόν καλλιεργημένης ψυχής και κατάσταση ψυχής και φυσιολογική. Είναι επανειλήμματα της ευαισθησίας και, ίσως θα λέγαμε, ιδιαίτερα ανεπτυγμένη στα κορίτσια.

Υπάρχει όμως κίνδυνος το ωραίο αυτό προσόν να μας ζητήσει όταν στην λέξη «ευαισθησία» προσθέσουμε την πρόθεση «υπέρ» και έχουμε την λέξη υπερευαισθησία. Τότε δεν είναι πια ικανότητα και δύναμη, αλλά αδυναμία και μειονεκτημένη. Με τη υπερευαισθησία ο δέκτης μας αποκαλεί παράσταση και γίνεται ενοχοκλητικός και κουραστικός. Ίσως τότε σταύρωσε με το από τα σειρά στις αιτίες να κατακτήσουμε τους ουρανούς και πέσουμε μέσα στο πέλαγος. Ας θυμήσουμε επίσης αυτό που υπέστη ο Ίκαρος, ο γιος του Δαίδαλου, κατά την επιστροφή του από την Κωνσταντίνη την Αθήνα. Μπορεί να ελευθερωθηκές κι εμείς από την σκλαβία του εγκώμιου Λαβύρινθου, μπορεί όμως και τα διάκυβερνή να αντανακλάμε τα ήθος μας του ουρανού, να εξολοθρεύσουμε από το κάψη της υπερευαισθησίας και να πέσουμε κάτω συντρίμμια. Ας δούμε όμως το θέμα αυτό για τον κίνδυνο αναλυτικά.

Η υπερευαισθησία εκδηλώνεται από την πλευρά μας όταν τα αίτια που την προκαλούν είναι ευγενερενικά. Όταν τι, δεν με βάλει καλό βαθμό ο καθηγητής, όταν όμως μας κάνουν τα χαρά, όταν νομίζει ότι δεν με προσέχουν, δεν με αγαπούν, αναγνωρίζουν την αίσθηση μας. Αυτές είναι σκέψεις, που ανοίγουν τον δρόμο στην υπερευαισθησία. Δεν με χειρίστηκαν ούτε τότε, δεν έγινε εκείνη την τότε ή την διάρκεια, μας ανέθεσαν την καταταθή δουλεία, την βαρύτητα στο σπίτι, όλα με μαλβών, με παραμορφών, το μεταβάλλουν. Η υπερευαισθησία μας την ανηγγίζει, ίσως, και δεκάδες ακόμη, που νομίζουμε ότι έγινε για μας, ίσως μια δυσπιστία που νομίζουμε ότι εκδηλώνει ο διευθυντής μας ή ο εργοδότης μας ως προς την ευεξία και επιμελείται μας. Θέλεις κι άλλες υπερευαισθησίες; Πάλι κάνε με άλλους συντρίμμια ή, φαίνεται ότι δεν με αγαπά. Ο καθηγητής είπε ότι απέτυχε στην έκτακτη, έξω από το θέμα. Με πληγώσαμε ούτε τότε με την ευεξία τους, με το περιφρονητικό σήκωμα των ωμών, με το λόγιο κύταμα, με την κοροϊδία. Και μερικές παιδικές αιτίες ευαισθησίας, όπως: δεν μου αρέσει εκείνη την άρση, δεν είναι αυτό το ένθεμα ή τα παπούτσια του γιουστού μου, πώς και μόνος μου πίστες μετά από καθηγορία, μετά στην άρση της αντικειμενικής μετάφρασης. Και άλλα αστεία αίτια, αίτια: λύσατε την διαφάνεια της αριθμητικής μη ή, τη σημασία της επαφής με τον συντριμμένο μου, δεν κάνετε πολλά αγάπας, όπως: αργώστηκα το σκουπί του αγαπητού, γιατί δεν πήρα την άρση του το φαγητό του, δεν τότε από το λόγιο του συντρίμμια, μετά στην διαφάνεια της αριθμητικής μη, ας συμπληρώσεις το γαζέλ της φαγητού μου, τη συντρίμμια να κάνετε πολλά αγάπας, όπως: αργώστηκα το σκουπί του αγαπητού, γιατί δεν πήρα την άρση του το φαγητό του, δεν τότε από τον αγαπητό μου πήρα την άρση του το φαγητό του.
A STORY OF A SON’S ADDICTION, HIS DEATH, AND HIS MOTHER’S FAITH

Lee Ann Christ

I talk about my son Brian not to keep his memory alive, because his memory is in my heart forever and right behind almost every thought I have. So it is not to keep Brian’s memory alive that I write this, but to help keep other children alive and to help support those who have lost children to addiction by sharing his story and my faith journey. We had ten months dealing with our son’s addiction. He died at home sitting at his computer from an accidental heroin overdose on December 15, 2004. I will tell you about our son from my perspective as his mother.

To read the entire article, please go to: http://saint-katherines.org/about_us/parishioner-resources.

Join us for breakfast!

Sunday, June 24
following liturgy

All proceeds will be used for our mission trip to Project Mexico!

Please join us in celebrating Father’s Day
Sunday, June 17
with a Continental Breakfast

This event is to benefit “Aid to Greece & Cyprus Campaign, HEART TO HEART.” All donations are appreciated and will be forwarded directly to this campaign. If you are not able to join us, please consider mailing a donation. Checks should be made payable to Saint Katherine Ladies Philoptochos, with Heart to Heart written on the memo line, and mailed to:

Saint Katherine Church
Attn: Ladies Philoptochos
3149 Glen Carlyn Road
Falls Church, VA 22041

You are invited to join the Gardeners of St. Phocas

Together we can continue to enhance the gardens of our church

All interested parishioners are asked to contact Linda Jouvanis at ljouvanis@gmail.com

You do not need a green thumb. A joyful spirit will do!

Saint Katherine Spring Festival

Friday-Sunday, June 1-3
11 AM - 10 PM Daily

Traditional foods, drinks and desserts
Arts and crafts
Live music
Dancing
<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
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<tbody>
<tr>
<td>3 All Saints 9:00am Orthros 10:00am Divine Liturgy</td>
<td>4 Apostles Fast Begins</td>
<td>5</td>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9 HEC Graduation 10:30am AHEPA Baseball Day 12:00pm Philoptochos Luncheon (Nostos) GOYA Pool Party</td>
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<tr>
<td>10 2nd Sunday of Matthew 9:00am Orthros 10:00am Divine Liturgy Youth Church Duty GOYA Meeting</td>
<td>11 7:30pm Derteri Deftera</td>
<td>12 7:30pm Missions 8:00pm AHEPA</td>
<td>13</td>
<td>14 Flag Day Paideia End of Year Program and Graduation</td>
<td>15</td>
<td>16 11:30am DOP Lunch (Our Mom Eugenia’s) JOY Pool Party (Vienna Aquatic Club)</td>
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<tr>
<td>17 3rd Sunday of Matthew Father’s Day 9:00am Orthros 10:00am Divine Liturgy Father’s Day Continental Breakfast</td>
<td>18</td>
<td>19 GOYA to National Geographic’s Tomb of Christ</td>
<td>20</td>
<td>21 Last day of Paideia</td>
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<tr>
<td>24 Nativity of Saint John the Baptist 9:00am Orthros 10:00am Divine Liturgy Project Mexico Fundraiser Breakfast</td>
<td>25 Vacation Bible Camp 10am-2pm</td>
<td>26 Vacation Bible Camp 10am-2pm</td>
<td>27 Vacation Bible Camp 10am-2pm</td>
<td>28 Vacation Bible Camp 10am-2pm</td>
<td>29 SS. Peter and Paul 9:30am Orthros 10:30am Divine Liturgy Vacation Bible Camp 10am-2pm</td>
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Please check the online calendar, http://saint-katherines.org/calendar, for the most current information.
DAUGHTERS OF PENEOPE by Barbara Koltos
Dear Sisters and Friends, I would like to take this opportunity to warmly welcome our new members and returning sisters. It is a pleasure to know that chapter is growing and involved in many projects. In March we welcomed Ekaterini Argerson, Marion Betta, Louisa Litzendorf, and Paulette Syrianos In April we initiated five new members: Mary Kate Moran, Efifie Hoffman, Adriana Scafetta, Pamela Barfield, and Linda Jouvanis. We also met Nina Shackford, a returning member.

As our business year winds down, we are looking forward to finalizing our philanthropic commitments to organizations that help those in need. We presented our annual $1,500 scholarship award at the Washington Metropolitan Area AHEPA/DOP Scholarship Awards banquet. We also look forward to presenting our chapter’s Hellenism Award to graduating students in Saint Katherine’s Greek School.

I look forward to our end of year chapter celebration, a luncheon on Saturday, June 16, 11:30am-1:30pm at Our Mom Eugenia’s in Great Falls. They are providing us with a delicious menu and the setting of the restaurant creates a great opportunity for our group to be together and enjoy each other’s company.

If anyone from the chapter is interested in attending the 87th District 3 Convention Hosted by AHEPA Frederick Chapter #516 held June 8-10, please let me know. The deadline for registering is May 24.

In Theta Pi,
Barbara Koltos

BOOKSTORE
IT IS JUNE and for many of us, our calendars are filled with invitations to weddings or anniversary parties. Our featured book this month, Two Become One: An Orthodox Christian Guide to Engagement and Marriage, offers wonderful advice to newlyweds on how to lay a firm foundation for the lifelong adventure of marriage. Married couples will also find much of benefit for strengthening their relationship. Weaving ancient wisdom and modern psychology into a single approach, the authors address difficult contemporary issues related to sexuality and marriage and help couples reach a sound and profound understanding of what marriage is all about.

Not sure what to get the couple for a wedding present? Consider an icon of the wedding at Cana. It is guaranteed to last longer than the blender you were thinking about and, God willing, bring them more happiness.

AHEPA BASEBALL DAY. AHEPA Baseball Day will be on Saturday, June 9, with the Washington Nationals hosting the San Francisco Giants at 12:00pm. The roundtrip bus transportation will leave Saint Katherine at 10:30am. The total cost is only $60 per person. Family members, friends, and guests are invited. For tickets, contact Alan White (703-888-7666) or Christos Masouros (571-269-7553).
As we (Vivian Chelpon, Mary VanMullekom, Victoria Cherpes, and Eleni Porter) prepared for this mission trip to attend the first Diocesan Mothers’ Convention in Kenya, we were unsure how the women of Kenya would accept us and view women coming from the Western world. However, from the time we arrived in Kenya until the time we departed from this beautiful country and its people, we were greeted with the most contagious smiles and our days were filled with spiritual music, and sometimes, dance. The most exciting song we learned and sang often is “Christ is Risen” in Swahili. It goes like this:

_Cristo Amelefiuka Toka Wafu, Kwa Mauti Mauti Akikanya Na, Walikuwa Kaburini Uzima Amewakarimu._

For the first three days, we had the honor of spending time with Bishop Neofitos, Wilson (our “go-to” guide), and John (our driver). Driving along the beautiful landscapes of unique trees with troops of baboons running in the fields and Mt. Kenya (elevation: 5,900 meters) in the background, we visited several Orthodox locations. Our first stop was at a plot of land, donated to the church, with 4 dilapidated structures (a church, an orphanage, a schoolhouse, and an out-house). The Bishop’s hope is to rebuild these structures and reopen it into an operating orphanage.

We were told that the head teacher, Jen, would need approximately $500 per month to pay 3 teachers, feed the students, and obtain school supplies. After crossing over the Equator, we had lunch at a breath-taking waterfall resort, before visiting the Makarios Center. This is where we delivered the donated hats and gloves, knitted by women across America, onto very grateful heads of children at the orphanage. We were greeted by the beautiful children and we joined them as the Bishop blessed the cornerstone of where the first of eight new classrooms will be built. As the bishop dug (yes, you read that correctly) and blessed the corners, the children chanted psalms and songs, making it a very memorable event. The construction of each classroom will take some time and will be completed as the funds ($13,000 per classroom) become available.

The highlights of the next day were visiting the Bishop’s office at The Diocese Cathedral and watching his secretary, Sophia, hard at work with the final planning of the Women’s Conference. Here, we had the opportunity to discuss with the Bishop more details about the women who would be attending the convention and some of the issues/questions that they might have. After taking tea in the afternoon, we drove to a tin roof church where the Bishop blessed the new uniforms that the women’s group from the Diocese of Nyeri and Mt. Kenya had made for the Women’s Union. Even though the pounding rain drowned out the sound of the joyful singing within the simple plywood-structured church walls, the excitement of the event was contagious.

This contagious feeling continued for the next two days of conferencing with over 350 women from all over Kenya! They all left their homes, husbands, and children to travel, some for two days, to be there. This was a big step for most of them, who never leave their homes, mainly because they are the only members of the household who can cook. Even though the theme of the Women’s Conference started off being called “Arise and Walk”, by the end of the week, it had been transformed into “Arise, Shake it Off, Walk, and Take Your Position”.

The energy in the room for 3 days cannot be described with words. It must be experienced! It was uplifting from 6:00 in the morning until 9:00 at night. The topics of the many inspirational speakers varied from nutrition to spirituality, parenting to financing, and leadership roles of the women in their communities, churches, and home. They talked about being a positive woman and what it means to “arise, walk, and take their position”. We were welcomed repeatedly through the expression of song and dance. By the end of our trip, we were “inducted” into the Women’s Group. We were given several gifts to represent our acceptance into their group. We received a green Diocese of Nyeri and Mt. Kenya bandana headwrap, a women’s apron used when cooking in the kitchen, and a traditional Kenyan food gathering basket, which is supported from the forehead, all symbolic of a complete Kenyan woman. We felt Kenyan, to say the least! Our farewell is one that we will always remember as we were showered with song and dance.

Since we were accepted into the Women’s Group, we were made aware of a need and income opportunity for the women to purchase outdoor tents that have a dual-purpose. They can be used for church services to minister to those who live far from available churches and they can serve as rentals for events, ensuring an income for the women’s group. This venture has been blessed by the Bishop. The cost for each tent is approximately $1,000 and the hope is that the group may acquire 5 of these tents.

Just as we thought that we experienced the highlight of our trip, we were again blessed with meeting and having Liturgy with Archbishop Makarios of Kenya, who was assigned to this position in 2001 and who celebrated his 73rd birthday while we were there. The women baked him a birthday cake and celebrated with the tradition of the Archbishop feeding a bite of cake to all attendees (well, at least to most of the 400 people who were present!). We were pleasantly surprised to see the comfort and yet utter respect that the people feel towards their bishops.

In the end, as we departed Kenya, we realized how renewed and energized we felt to have been a part of the first Diocesan Mothers’ Convention. We have left a part of our hearts to our sisters in Kenya and look forward to the next time that we can reunite with them in celebrating life and each other.

_Pontius Pilot_ is a great historical novel and a great way to learn about our faith and human history. It is very well written, and the author does an amazing job bringing the characters to life. The author of this book introduces several influential and important characters of the time. These include: Procula Pilate’s wife, Tiberius, the emperor of Rome, Sejanus, a confidant of the emperor and a hater of the Jewish people, and Agrippa, a direct descendant of Herod and the man to order the beheading the John the Baptist. The author strives to use only true historical facts.

Pontius Pilot was the tribune of Judea. Though he was Roman, we learn that he was nonreligious and not a typical leader. While most Romans viewed the Jewish people as ignorant and stubborn, Pilate tried to be more understanding than previous tribunes by learning about their laws and traditions. He honored these by removing Roman idols and building forums and aqueducts.

Pontius Pilot, unlike the Jewish leaders in Israel, did not condemn John the Baptist or believe he was a threat, because the “Baptizer”, as he was called, did not claim to be a king or Messiah. The coming of the Messiah was a worry to the Romans because they believed that this person would want to rule Israel. For this reason, the Romans considered Jesus even more of a threat; but once again, Pilate dismissed him as being harmless once he learned Jesus was concerned with religion, not politics.

Pilate’s wife, Procula, was more religious then her husband and doubted the Roman gods. She became interested in Jesus’ teaching and would listen to his sermons. She and several of her handmaidens became Christian. Procula did this without Pilate’s knowledge. Although he respected the religion of others, he himself was still very nonreligious.

When Jesus was brought to trial, the author gives a vivid picture of the scene. Pilate, according to Roman law, asks Jesus three times whether he was guilty of his crime. Jesus does answer. Pilate pleads with the Jews to let Jesus go, but to no avail. The Jews became violent, and to avoid bloodshed Pilate turns Jesus over to them.

I find the story moving. As a reader, I felt the conflict and pain Pilate goes through trying to help and knowing that an innocent man was put to death. It really shines a different light on the most important event in Christianity. Pilate’s wife is remembered for her defense of Christ and canonized for her acceptance of the Faith. Known as Saint Procla on the Greek Orthodox calendar, her feast day is October 27. Among some local churches in Cappadocia and Ethiopia, tradition holds that Pontius Pilate also repented and lived according to Christ’s teachings after the Crucifixion. In these churches, he and his wife are celebrated together on June 25.
RUSSIAN HISTORY HAS A LEGEND of a hero who sacrifices his life for his Tsar. The peasant, Ivan Susanin, lived during the time following the death of Ivan the Terrible in 1584 when the country was plunged into a period of unrest and invasion. Those years were aptly named the “Time of Troubles”. The son of Ivan the Terrible, Feodor, had died childless and succession was fought over by many, including King Sigismund III from neighboring Poland. Sigismund dreamed of conquering Russia, and in 1610, he captured Moscow. By 1612, however, the Russians had expelled the Poles and crowned Mikhail Romanov as their Tsar. This was the start of the House of Romanov.

Polish troops still roamed the countryside, wanting to kill the Tsar who was rumored to be hiding in a remote village or monastery. It was a group of these Poles that came upon the peasant Susanin in a small village. He told them he would guide them to the Tsar, but instead led them deep into the marshy woods, where he suffered death at their hands and where they also perished.

Mikhail Glinka, the composer of this opera, had intended to write a truly “Russian-sounding” opera. Not Italian-sounding at all. What is wonderfully compelling about the productions staged in Russia is the visual splendor of the costumes; the sense of absolute unity - one voice- of the singing, and the recounting of a story where love of country and the Orthodox faith, is told in a truly “Russian” way.

When Susanin is confronted by his Polish captors, who threaten him with death if he does not lead them to the Tsar, he kneels down with his daughter, adopted orphan son and future son-in-law, to pray. In a lengthy scene, Susanin invokes God pleading with solemn reverence, to stand with him, crossing himself very deliberately and slowly. In this painting by Konstantin Makovsky, with fingers poised to cross himself, the old man Susanin gazes upwards to the heavens before meeting his death.

This close, inseparable and indelible link of Faith and Patriotism, was also recorded in the opera Boris Godunov. What was very interesting to note was that for the Russians, these operas were stagings of their history; along with the music, traditions and religious practices were portrayed. And the music is at times like Russian Orthodox chanting and at others, folk melodies.

The ties between the Church and the State persisted right through Russian history right up to the 20th century, where footage in the documentary film titled The Fall of the Romanov Dynasty, released in 1927, has priests walking alongside troops headed into battle and sprinkling them with Holy Water.

I need to add that as a Greek, having only ever seen productions of Ancient Greek Tragedies in theaters like the Herodeon, it was incredibly powerful to witness a historical drama where the hero was first and foremost, an Orthodox man.

The lecture series titled “Great Russian Operas” is currently at the Smithsonian.
As Christian Stewards we are called to give back to God from the “first fruits” of our labor. We support our parish and her ministries in an intentional way and not with only what it left after everything else has been taken care of.

We ask that you turn in a signed stewardship commitment card, committing a portion of time, talent, and treasure to the church. Why must you commit to give a specific amount? We compile the amounts anticipated to better plan our budget. Please keep in mind that your stewardship of money is kept in the strictest of confidence.

A rich man is not one who has much, but one who gives much.

For what he gives away remains his forever.

~ Saint John Chrysostom

(Continued on page 15)
M/M Peter Karounos
M/M John Karamanis
Adamantia Karakantas Ruocco
M/E Bill Kapsidelis
Mrs Anastasia Kapranos
M/M John Kapelos
M/M Tom Kanakos
Ms Christine Kanakis
Mr Nicholas Kalis
Dora Adamopoulos
Mr Stavros Kalamatianos and Nancy Thompson
M/M Benjamin Jurado
M/M Louis Mitchell
M/M Constantine Monis
Aaron D Moore
M/M William Moore
M/M George Moralis
M/M Christopher Morin
M/M John Moschopoulos
Lotta Moschopoulos
Mrs Irene Moshos
Mrs Tina Moshos-Gonzalez
Mr Stylianos Moschou and Eftihia Rapti
Mr/Mrs Michael Mpras
M/M Nicholas Mpras
M/M Nicholas Myseros
Mr Dave Nag
M/M John Newton
M/Veldon L Newton
M/Demetrios Nikolatos
M/M George Nicolaides
Mr/Mrs Clayton Nightingale
M/MM Nikos Nitis
Dr/Mrs Constantine Nonas
M/MM Steven Noonen
Ms Anna Nousis
M/MM Scott Nuzum
Tatinn O’Connell
Saba Oldagheghi
M/MM Cyrilios Orphanides
M/MM Anthony Pagonis
M/MM Harry Panopoulos
M/MM George Panteleous
M/MM Alex Papadopoulos
Dr Mry Papadopoulos
M/MM Anastasia Papalos
Mrs Parthenios Papamichail
M/MM Tina Papamichail
M/MM Daphne Papamichail-Nichols and Mr Tim Nichols
Dr/Mrs Alexander Papas
M/MM Parasypasvas
Dr/Mrs Georgia Papastergiou
M/MM Dennis Papathanasiou
M/MM George Parthenas
M/MM Charalampos Paschidis
Ms Alexandra Pattaras
Rev/Prev Konstantinos Pavlakos
M/MM Nick Pekatos
M/MM Theodoros Peleakis
M/MMs Mr Joseph Perez
Dr Kathy Pavesanto
M/MM Michael Petakos
Mr John Pors
Col/Mrs Daniel Peyser
M/MM Paschalis Doulias Greek School Director
Dr/Mrs John Topping
Chairperson Toundasatzis
Mr Angelo Tsouli
Mrs Mary Triarhos
Mrs Fotini Triakiotis
Dr/Mrs Basil Triapas
Ms Sophia Tsangali
Mrs Demetra Tsanties
M/MM Gregory Tsaempales
M/MM Thomas Tsianiakis
Mrs Anna Tsimbidis
Ms Nikiti Tsimblis
M/MM Constantine Tzafalias
M/MM Thomas Vaccarello
Ms Ann Varrays
Coll/Mrs Nicholas Varnakis
Ms Mary Van Mullekom
Ms Catherine Vangelov
M/MM Christopher Vargis
M/MM Stratis Vartis
M/MM Constantine Vassilopoulos
M/MM George Vassilopoulos
M/MM Ramon Vazquez
M/MM George Veletis
M/MM Stavros Veletis
Col/Mrs James Veletis
Mrs Joanna Velitsias
M/MM Pete Veletis
Mr Thomas Veletisias
Mrs Elena Virgadamo
M/MM Larry Vlassis
M/MM George Volakis
M/MM Demetris Vouritas
M/MM Sakellaris Vouvalis
Rev Christos Wallace
M/MM Donald Wills
Mrs Effie Wingate
Mr/Ms Keith Wooldridge
Mrs Alexandra Wright
Mr Jack Wuerker and Effie Triarhos
M/MM Anthony Yiannarakis
M/MM Theodore Yiannarakis
M/MM Albert Zakia
M/MM Jonathan Zannis
M/MM Nicholas Zavilas
Capt Christos Zepis
M/MM John Zissos
Dr Patricia Zissios
M/MM John Zu
Mrs Theodora Zu
M/MM Histis Zouroulis

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Ms Mary Georgiakou
M/MM Frank Gerou
Mrs Helen Gianakos
Elie Giannopoulos
Mrs. Loukia Giannoukos
Anastasia Giouzelis
Mrs Elen Goldsmith
Mr James Goodwin
Mrs Eleni Goldsmith
Anastasia Giouzelis
Mrs. Loukia Giannoukos

(Continued from page 5)

Kind Regards,
Ted Kardos
Greek School Board President and Member of the Parish Council

CC: Olga Tsauoudis Vice President of the Greek School Board
Dr. Paschalis Doulias Greek School Director

Please contact Eleni Alexopoulou at 703-671-7715 or ealexopoulou@stkchurch.com for information on any HEC program—Paideia Preschool, Greek School, Adult Language Classes, or Ellinomathia Exams. We hope to see you enroll in our classes before the year is out!
ATTENTION POSTMASTER: Please expedite. Dated material.