WHY FAST?

When you fast, do not be like the hypocrites, with a sad countenance. (Matthew 6:16)

GROWING UP, we all knew when it was the Lenten season. The fakes (lentils) would be soaking in a bowl of water. The peanut butter and jelly were on the counter, ready for school lunch, unless you were like my Christopher who preferred tarantosalata (fish roe) sandwiches.

Do you know the reason for the fast? We were told we had to do it. Yes, we did what we were told. Then, we had the opportunity to learn about our faith via Catechetical (Sunday) School, Greek School, sermons, retreats, Bible classes, lectures, church websites, etc.

Fasting is a way of emptying ourselves from the cares and concerns of this world—a means of preparation and conditioning, which will enable us serve God and grow closer to Him. Preparation for God’s service was the very reason why some of the greatest witnesses of the faith fasted. Moses fasted for 40 days before he met God on Mount Sinai; the prophets fasted before they pronounced the word of God; and Christ himself fasted for 40 days in the desert before He began His ministry. Indeed, even today, an athlete will prepare for a match through intense diet and training. So too, as Christians, we engage in a similar preparation by fasting before receiving Holy Communion and now as Great Lent begins, we undertake the fast to prepare ourselves to receive the risen Christ on Easter!

Yet how is it that fasting prepares us? Is it something magical, which will take effect only if we follow it exactly? Certainly not! True fasting prepares us to receive God, because it is not merely confined to the abstention of food. On the contrary, true fasting involves abstention from everything that distances us from God. By emptying ourselves of sin, of gossip, of hate, and every other evil which fights against us, we allow ourselves to be cleansed and refilled with the contents of the gospel. By removing those obstacles, we make room for God to come into our heart and refill the glass of our lives with His message. He now becomes the source of our nourishment, for as Christ said, “Man cannot live by bread alone.” Fasting is thus a way for us to empty all the things which take up room and “fill” the glass of water, which is ourself.

Fasting aids in this transfiguration of ourselves because true fasting is active and alive. God Himself pronounced this through Isaiah when He said, “Is not this the fast that I choose: to loose the bonds of injustice, to undo the thongs of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry, and bring the homeless poor into your homes; when you see them naked, to cover them, and not to hide yourself from your own kin?”

If fasting is not accompanied by good works, then that fast is dead. That fast is merely a dead ritual, devoid of the presence of God. If fasting becomes merely an exercise of abstaining from food, then its true purpose has become lost. The true nature of fasting shows that the rituals of a life lived faithfully before God are not

(Continued on page 17)
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. Protopresbytery Konstantinos A. Pavlakos, Proistamenos 571-213-1109 cell frcostas@stkchurch.com
703-239-2627 home

STAFF
Anna Vassilopoulos, Assistant Financial Officer 703-671-1515 avassilopoulos@stkchurch.com
Sophia Tsangali, Secretary/Teacher 703-671-1515 stvangali@stkchurch.com
Roberto Medina-Valdez, Maintenance Supervisor 703-671-1515 rmedina@stkchurch.com
Theodoros Theocharis, Information Technology 703-671-1515 ttheoch@kinteracomm.com

PARISH COUNCIL
Jim Stoucker, President 703-690-1050 jstoucker@verizon.net
Maria Wills, Vice President 703-948-7950 mwills28@verizon.net
Bill Polizos, Secretary 571-434-7790 polizos@att.com
George Moshos, Treasurer 202-409-2302 gmoshos@aol.com
Art Dimopoulos, Legal Counsel 703-642-6070 giason@verizon.net

CHURCH SCHOOLS
Adult Bible Study (Saturdays) Gregory McKinney 571-338-6929 dintym@hotmail.com
Adult Bible Study (Sundays) Bill Polizos 571-434-7790 polizos@att.com
Adult Catechetical (Sunday) School Bill Polizos 571-434-7790 polizos@att.com
Youth Catechetical (Sunday) School Christian Demeter, Principal 703-534-5669 cdemeter@excite.com
Greek School Sophia Tsangali, Principal 703-671-5820 stvangali@stkchurch.com

MINISTRIES
Acolyte Captains Anastasios Galatis, Najy Issa, and Daniel McKinney
AHEPA #438 (P. Derzis) Angelo Toutsi, President 703-281-0843 antosti@verizon.net
Bookstore Frances Kalavritinos, Manager 703-671-1515
Book Reviews Gregory McKinney, Contributor 571-338-6929 dintym@hotmail.com
Choirs (Adult and Junior) John Doulis, Director 703-899-4131 jdoulis@aol.com
Daughters of Penelope Helle #283 Jane Moore, President 540-847-2215 jmoore24@csc.com
DOXA Presv. Pauline Pavlakos, Editor 703-239-2627 przpauline@stkchurch.com
Facebook Saint Katherine Greek Orthodox Church Gregory McKinney dintym@hotmail.com
GOYA (ages 13-18) Tiffani Wills, President 703-948-7950 tiffany_wills@bullis.org
GRACE Fr. Costa Pavlakos 703-671-1515 frcostas@stkchurch.com
Greek Dance Aris and Anna Yortzidis, Instructors
greekdance@gmail.com
Greek School Auxiliary Elena Lagos, President 703-241-1176 pedakia@aol.com
HOPE (ages 7 and under) Toulou Christou, Director 703-353-0055 tmchristou@yahoo.com
JOY (ages 8-12) Tina Papamichael, Director 703-536-4711 athena02@verizon.net
Listserv (email list) Presv. Pauline Pavlakos, Administrator 703-239-2627 przpauline@stkchurch.com
Missions and Outreach Dr. John Demakis, Chairman 703-319-1610 demakis9931@gmail.com
Parish Committees, List of Contributions http://saint-katherines.org/about_us/parish-committees
Philoptochos Eleni Kanakos, President 703-938-8360 ekanakos@aol.com
Psalters James Loizou, Protopsaltis 703-356-8220 dimitiri14@verizon.net
Safeway eScrip Elvira Garnett, Coordinator 703-425-3675 vill45@hotmail.com
Website Presv. Pauline Pavlakos, Webmaster 703-239-2627 przpauline@stkchurch.com
Women’s Book Club Fay Mpras, Leader 703-865-5776 faympras@gmail.com
YAL (Young Adult League) TBD


THE LOVE EACH OF US HAS for our Church is expressed in many ways. I am exceedingly proud to report to you that one such expression of love—a recent study chaired by Professor Aris Christou and a committee established to review and improve Hellenic education in our community—has resulted in your Parish Council’s overwhelming approval to establish the Saint Katherine Hellenic Education Center (HEC). Offering a high quality education, expanding language instruction and community education, modernizing business practices and administration and building strong, positive relationships between students, teachers, parents and the community served as the guiding objectives in the committee’s review of education in our community.

Fundamentally, the HEC provides a new management and organizational structure by initially consolidating our Greek School and Paideia Preschool under a Director of Education and a Board of Education charged with overseeing the effective operation of our schools. We believe this new organizational framework will be more responsive to the needs of the community, fostering innovation, efficiency and quality educational offerings to all ages. Improvements and possibilities abound, but first, let me share how we arrived at this important juncture in the life of our community.

Education in our community has been of paramount importance for generations. Our Greek School, founded in 1962, initially held classes in a local motel until our first community center was built. In 2008, the Paideia Bilingual Preschool and Nursery added an important element to the educational paradigm at Saint Katherine. Today, Greek School enrollment stands at approximately 150 students including multiple adult education classes. Paideia enrollment stands at over 35 children with the demand increasing yearly.

In spite of these very positive developments and at a time when a casual observer might be inclined to believe we have no issues in this area, the reality is that numerous challenges lie ahead. The children of our community have been taught the Greek language using essentially the same methods for generations. Student attrition is an ongoing problem. Challenges for modern families abound and competition for our children’s time in a competitive educational environment is extreme given the abundance of extracurricular activities available. At the same time, demands for educational offerings to the community have increased. These factors and numerous other practical issues facing this and other Orthodox communities prompted a review of our curriculum and teaching methods at Saint Katherine by the Greek School Committee in 2012.

In order to achieve the maximum benefit from a review of this nature and to address issues before they become more problematic, an ad hoc committee was chartered to review educational programs in our community with a view toward making recommendations to improve curriculum, teaching practices and to implement standard management procedures in our Greek Language School and Paideia Preschool and Nursery. The review was also to include recommendations for possible expansion, reorganization and technological enhancements as appropriate.

The product of that review—our new Hellenic Education Center—will allow us to develop a dynamic and multi-faceted educational system devoted to furthering our Orthodoxy and Hellenism through educational achievement. It will be comprised of three organizational components, our Greek Language School (Youth and Adult programs); Paideia Day School (Preschool and Kindergarten); and eventually, Community Education featuring ongoing education in language, cultural and religious offerings to the community (e.g., Ecclesiastical Greek, Byzantine Chanting, Greek Dancing, Greek Cooking, and Introduction to Greek Language and Customs).

Technology will play a major role going forward. Principle among the technological enhancements to be implemented will be the introduction of online education. By September 2013, this offering will begin initially with online tutoring for students whose parents do not speak Greek in the home. This use of video teleconferencing technology providing instruction on a real time, interactive basis will immediately resolve a longstanding issue for many students and parents, and ultimately improve retention rates as well as the quality of the educational experience by providing an effective and ongoing educational dialogue. Eventually, we anticipate broadening this online instruction to include adult education programs as well as other strategically selected topics through distance education media in order to appeal to a broad range of interests. Other technologies will also be introduced to promote and ensure greater and more effective communication between students, teachers and parents.

Another significant initiative provides for the establishment of Standards of Learning for each level of language instruction providing a path for progression that must be met by students. Potential curriculum changes, improvements in registration procedures with an emphasis on pre-registration, online payment capabilities and other business improvements will all be addressed within the context of the new HEC organization. For further information, I urge everyone to read our Strategic Plan (http://www.saint-katherines.org/assets/files/HellenicEducationCenter/HECStrategicPlan.pdf), which discusses these and other issues in greater detail.

I am profoundly grateful to our committee, Professor Christou (newly appointed Chairman of the Board of Education), and to the Parish Council for their foresight in embracing this vision. While much work remains, proactively engaging today will help avoid problems tomorrow ... the greater risk is to do nothing. It is because we love our Church that success in this vital area is imperative and dictates we move forward boldly now. With God’s help and your prayers and support, our community and educational programs will benefit for generations to come.

Your servant in Christ,

[Signature]

President, Parish Council
CATECHETICAL (SUNDAY) SCHOOL

DURING THIS MONTH OF MARCH, a primary focus for the Catechetical (Sunday) School will be Great Lent. Our young people will focus on what Great Lent means and what is crucial during this significant period in preparation for Holy Week and Pascha. Major emphasis will be given on this period of fasting and, more significantly, this period of repentance and prayer. Our teachers are giving each child a mission box from the Orthodox Christian Mission Center in Saint Augustine, Florida. We ask each child to put offerings in the box throughout Great Lent, Holy Week, and Pascha. Right after Pascha, on Thomas Sunday, May 12, each child will give their box of offerings to their teacher. The mission box is another Sunday School activity to emphasize the Biblical lesson that it is more blessed to give than to receive. We strongly encourage our parents to discuss these important topics with their children.

Bible Jeopardy is back on March 10 for our 7th through 12th grades and on March 17 for our 4th through 6th grades. Mr. John Moses continues his many years of service as our Master of Ceremonies.

March 24, the first Sunday of Lent, is the Sunday of the Triumph of Orthodoxy commemorating the restoration of icons for use in services and in private devotional life. Our children and young adults should bring the icons of their patron Saint or parish Saint to church and join with our clergy in the procession celebrating this decision of the Seventh Ecumenical Council.

On April 7, we will conduct our Parish Oratorical Festival from 9:30am to 10:30am in the Lecture Room located in the Catechetical (Sunday) School area. Young people who wish to enter the Oratorical Festival as a contestant should complete a registration form. Registration forms are available through the Chairman of our Parish Oratorical Festival, Mr. Ray Vazquez; the Catechetical (Sunday) School teachers; and the Church Office. On the day of our Parish Festival, parents of participants and interested members of our church community are invited to hear the presentations. In addition to the formal speeches of our contestants, some of our younger children will contribute short presentations that will enhance the festival. For any additional information, please feel free to contact Mr. Ray Vazquez at 703-723-7424.

We trust that God will bless and guide us all as we welcome the religious experience of Great Lent.

HOPE (ages 7 and under)

On Sunday, March 17, following both first and second liturgies, in the Meletis Charuhas Hall, HOPE will host a mask decorating craft for Apokries (Meatfare Sunday).

JOY (ages 8-12)

The JOY LENTEN RETREAT is open to all youth of our community ages 8-12. This youth retreat is scheduled for the same time as the adult retreat—Saturday, March 30, 10:00am to 3:00pm. We will spend the day together enjoying fellowship and fun. Lunch is included. A parent co-chair is needed in order for the retreat to be held. If interested, please contact JOY Director Tina Papamichael at athena02@verizon.net. To register your children for the retreat, please RSVP to Tina Papamichael.

GOYA (ages 13-18)

GOYA WILL PARTICIPATE in the SS. C&H, Annapolis (March 9-10) and St. Demetrios, Baltimore (March 16-17) basketball tournaments. GOYA will go Cosmic Bowling on Friday, March 22, 9:45pm-11:30pm at Bowl America Burke, 5616 Guinea Road.

GOYA has church duty during second liturgy on Sunday, March 24. Theano Goranitis is the GOYA Captain and Epistle Reader. GOYA will have a general meeting, in the board room, following the second Liturgy.

2013 JUNIOR CHOIR SEASON UNDERWAY

SAINT KATHERINE, under the direction of John Doulis, has started a Junior Choir. You may ask yourself, “Why do we need a Youth Choir, anyway?” Well, the answer is somewhat obvious—we need Youth Music Programs to encourage the youth of our parishes to understand, appreciate, and love the musical heritage of our beloved Orthodox Church. It is through them, the youth, that the long unbroken chain of musical tradition will continue, as they become the choir members, psalters, and congregational participants of the future. Children have a natural God-given ability for song. Parents who have listened to the joyful warbling of their toddlers and young children will attest to this fact. Youth Music Programs, such as this, are the venue to form the development of this natural ability.

Junior Choir will meet and practice every other Sunday, following second liturgy—March 10 in the choir loft and March 24 in the Choir Room on the lower level of the Meletis Charuhas Center. We hope to see you there!

LOOKING FOR A TUTOR?

Najy Issa, Altar Boy Captain and GOYAn, is offering free tutoring for students, elementary through high school, in the following subjects: Sciences, Math, History. Contact Najy at 703-655-9144 or Najy.Issa@gmail.com.
PAIDEIA

FIRST OF ALL, we would like to thank the Saint Katherine Community for supporting our 5th Annual Family Fun Night event with a special thank you to our own Saint Katherine Byzantio Dance troupe along with the Dynami dance troupe from Georgetown University. Also, this event would not have been possible without the generous food donations from Cava Mezze, Yamas Mediterranean Grill, Gold Crust Bakery, Chic-fil-A, Milano’s Family Restaurant, Delta Produce, Olympic Importers, Royal Restaurant, and our amazing chef Mike Lambros. Your support raised over $7,000 in needed funds to enhance our students education experience during the school year.

We have begun registration for the Summer Camp! Join us for summer fun with music, dancing, crafts, daily outdoor activities, and great times. The camp is from July 1-August 9, Monday-Friday, 9:00am-3:00pm (drop-off 8:30am). The first week we will focus on music, language arts, and puppetry. Week two is our creative arts week. The third week we will be discovering Greece and the Olympic games. The fourth week will be an exploration of the world, cultures, and various musical instruments from around the world. Week five we will be learning and having fun with the undersea world. Finally, the sixth week will focus on Greek dance and movement. Parents who are interested in enrolling their child for the summer camp please let us know at 703-671-7515 or 301-538-4710. We are providing early enrollment discounts as space is limited, and discounts for families who have 2 or more children.

Also, we have already enrolled 14 children for the 2013-2014 school year! Again those of you who are interested please contact us to reserve your space for the fall.

This past month, in light of Valentine’s Day, we had wonderful party for our children. We decorated the party room with the children’s creations and arts. We danced, played, and exchanged Valentines. The children had a great time. Thank you to all the parents for your donations and help.

VACATION BIBLE CAMP
It’s (almost) that time of year again . . . Vacation Bible Camp! We are blessed to be celebrating the 10th anniversary of our Camp. This year’s theme is 10 Things I Love about Being a Greek Orthodox Christian. The dates for this year’s camp are June 24-28. Sixty (60) spaces are available for children ages 4-14. Registration forms will be available in the church narthex. please contact Daphne Papamichael at cyprusd@aol.com or Christina Vazquez at czvmail@aol.com if you have any questions.

PAIDEIA SUMMER CAMP
July 1-August 9 | 9:00am -3:00pm
For ages 3-5
See PAIDEIA article above for more information.

SUMMER LANGUAGE CAMP
July 1-August 9 | 9:00am -3:00pm
For ages 6-8
More information coming soon.
Discounts for early enrollment and siblings
Call 703-671-7515 or 301-538-4710.

SUMMER 2013 PROGRAMS

SUMMER TRAVEL CAMP (Session 1*)
June 23 - July 12, 2013

BYZANTINE VENETRE (Session 2*)
July 20 - August 8, 2013

*Both sessions are open to campers who have completed grades 8 through 12

Visit http://www.ionianvillage.org/program for more information about summer camp.

IONIAN VILLAGE SPIRITUAL ODYSSEY PILGRIMAGES

Spiritual Odyssey: Cyprus and Crete
May 30 – June 9, 2013

*Spiritual Odyssey is open to young adults ages 19-28.

Visit http://www.ionianvillage.org/program/spiritual-odyssey for more information about Spiritual Odyssey.
Η ΧΡΙΣΤΙΑΝΙΚΗ ΣΥΝΕΙΔΗΣΗ ΦΩΝΗ ΤΟΥ ΘΕΟΥ!

Σοφία Δ. Τσαγκάλη

Ο ΤΡΑΓΙΚΟΣ ΠΟΙΗΤΗΣ Ευρυτάτης στην τραγωδία του «Ορέστη», παρουσιάζει τον ήρωα, αφού εφόσονε την μητέρα του Κλυταιμνήστρα, να καταδικάζεται από τις Ερινίδες, που δεν είναι τίποτε άλλο, παρά οι τύχες συνειδήσεως. Ήταν δηλαδή σαν ασθένεια που διαρκούσε τον άθραφο. Στην ερώτηση του Μενέλαου, του βασιλιά της Σπάρτης, «Τις σ’ απόλλυε νόσος;», ο Ορέστης απαντά, «Η ζωή μου, δηλαδή η συνείδηση. 

Η συνείδηση είναι μία έννοια και μία πραγματικότητα γνωστή σε όλους, που καθημερινά την ζούμε όλοι σε κάθε στιγμή. Είναι μία φωνή, που όλοι μας φέρουμε μέσα μας, η οποία μας συνδέει παντού. Και η τώρα είναι ένα μπράβο ή ένα ματσίγιο.

Στην συγκεκριμένη εποχή μας είναι πολλοί εκείνοι, οι οποίοι δεν ακολουθούν την φωνή της συνείδησής τους, ισός γαίτοι δεν μας συμπεριλέγεται να την ακούσουμε μας της λέει. Όλοι μας βρισκόμαστε αντιμέτωποι με τη συνείδησή μας. Θα κληροδοτούμε να ακούσουμε την φωνή της και πρέπει να την ακούσουμε, γιατί είναι η μόνη στάση που θα αναφερόμαστε να πάρουμε. Είναι ένας κόσμος δρόμος, αν ακούμε υποθέτησης ότι μας εμποδίζουν μεγάλα εμπόδια.

Είναι χρόνος μας να είμαστε δουλείς της, γιατί η συνείδηση είναι φωνή του Θεού μέσα μας, όπως καινούργια. Η επιστολή προς Ρομανούς, κεφάλαιο 2:15, μας το παρουσιάζει καθαρά. Η συνείδηση γενικώς μας προτρέπει προς το καλό και μας αποτρέπει από το κακό. Επομένως, είναι σοβατό να παραθέσουμε την φωνή την, την εντολή του Θεού, σχετικά με τα πράγματα σε κάθε περίπτωση. Το χρόνος μας λοιπόν είναι να ακούμε την φωνή αυτή και με κάθε τρόπο να κάνουμε ό,τι μας παραγγέλλει.

Η παράβαση της συνείδησης ποτέ δεν μας χαρίζει επιτυχία, γιατί και αν ακούμε κερδίσουμε χρήματα, θέσεις, δόξα, εύνοια ανθρώπων ή αποφύγουμε κάτι, που νομίζουμε δισαφές, με την παράβαση της φωνής της και τότε δεν έχουμε επιτυχία. Η διαμαρτυρία της συνείδησης, που διαφορώς φέρουμε μέσα μας είναι κάτι φοβερό που μας τρομεί, όπως λέμε στην καθολομηνία. Είναι ότι αρρόστεια που μας καταρρέει το εποικετικό μας και κάνει τον ανθρώπο να λύνει κυριολεκτικώς, που έτσι διαρρέει και χρόνια και δύναται να οδηγήσει ακόμη και σε παραφροσύνη. Η αλήθεια αυτή είναι μία καθημερινή πραγματικότητα, που πολλές φορές έχει εκφραστεί και από τον Σαλέτζι. Ο απόστολος Παύλος γράφει στις Πράξεις, κεφάλαιο 24:16, «Ασκού απρόσκοπτων συνειδήσεων έχεις προς τον Θεόν και τους ανθρώπους διά παντόσ». Ακόμη και δύσκολο αν είναι η συμμόρφωση μας προς την φωνή της συνείδησης και αν μας κοστίζει και αν κάνει την καρδιά μας να ματαίνει, εμείς οφείλουμε να πακούσουμε σ’ αυτή. Τότε έχει μεγαλείο η υπακοή μας και η ψυχή μας αειθανάεται ευτυχία, όταν πληροφορείται από τη συνείδηση, «καί ακάκες». Είναι όντως δύσκολος αγώνας! Ζητάει δυνάμεις πολλές και πολύ κουράγιο, όμως δημιουργεί ανθρώπους, καρδιές δυνατές, ψυχές μεγαλείο, μέσω αυτής.

Μερικοί ίσως πουν, «δεν βαρύεται, δεν είναι σπουδαίο» (Continued on page 17, column 1)
**REGISTRY**

**Baptisms**
- Imani Lynee (February 2)  
  daughter of William Good and Jennifer Dakes  
  Godparent: Amy Dakes

- Elizabeth Vicki (February 9)  
  daughter of Dimitrios Zourzoukis and Carmen Arevalo  
  Godparent: Christina Zourzoukis

- Leana Marina (February 9)  
  daughter of Edwar Nunez and Maria Anastasiou  
  Godparent: Konstantinos Kohilas

- Sophia Hayes (February 10)  
  daughter of Alexander and Victoria Hatjis  
  Godparent: Rinaldo D. Crassa

- Valentino Frankie (February 10)  
  son of Robert and Angeline Ranghelli  
  Godparents: Adam and Melissa Jones, and Stella Michel

- Alexia (February 16)  
  daughter of Chris Paul and Angela Christou  
  Godparents: Chris and Toula Christou

- Joseph Patrick (February 16)  
  son of Gabriel Brett and Angela Miller  
  Godparents: Tom and Daphne Vaccarello

**Chrismations**
- Elizabeth Karamanis (January 6)  
  daughter of Stephen and Doris Hooker  
  Sponsor: John Karamanis

- Anastasia Shannon Lee Tate (January 20)  
  daughter of Kevin and Karen Tate  
  Sponsors: Dimitrios and Cathy Goranitis

- Christina Jennifer Maureen Stathis (February 10)  
  daughter of Kirk and Niki Young  
  Sponsors: Chris Marafatsos and Dimitra Marafatsos

- Brett Damian Cook (February 10)  
  son of Breck Cook and Jacqueline Carter  
  Sponsor: George G. Moshos

- Brian Peter Johnson (February 10)  
  son of James and Sharon Johnson  
  Sponsor: Toulia Nichole Vasilaros

**Funerals**
- Thalia Eliades Kapnistos (January 25)
- Gregory Andrew Drake (February 14)

May their memory be eternal.

---

**HELP US GET READY (for the Festival)!**

We would like to begin preparing for our Saint Katherine Spring Festival. Your help is greatly needed for our festival to be a success even well before the festival begins! If you would like to help prepare festival foods and/or help at the festival, please contact Andrea Ballard (703-250-5419 or andreaballard1@verizon.net) or Elvira Garnett (703-425-3675 or villa45@hotmail.com) and let us know if you would prefer to help daytime or evening hours. Thank you!
A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
March 9, 16, and 23
We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls (March 9, 16, and 23). Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. Please note that we will keep the names for all three Saturdays of Souls. May the Lord grant eternal rest to the souls of our loved ones.

SAINT KATHERINE CHURCH 2012 STATISTICAL REPORT
Number of Baptisms 41
Number of Chrismations 9
Total Number of Weddings 16
  Orthodox 2
  Inter-Christian 14
Total Number of Divorces 3
  Orthodox 2
  Inter-Christian 1
Number of Funerals 27

SOUPER STUDY
The Letter to the Ephesians: What’s Your First Love?
What is it? Soup and Bible study! Come after Wednesday night Pre-Sanctified Liturgies for even more nourishment—a bowl of hot homemade soup, bread, and beverage, along with a prayerful discussion of what we can learn about ourselves from reading Paul’s letter and Christ’s injunction to the Ephesians (Rev. 2:1-7). All adults and older teens are welcome.

What’s required in order to participate? Simply show up, hungry for good soup, good friends, and good words. No one is required to speak up during the discussion; listeners are always a blessing to the group.

What materials will the study leader be using? The Orthodox Study Bible; audio podcasts from Ancient Faith Radio; Ancient Christian Commentary on Scripture; and other supplementary texts.

When and where? Wednesdays, March 20 through April 24. Study sessions to last around 1 hour. We will meet on the lower level of the Meletis Charuhas Center.

Questions? Call Gregory McKinney at 571-338-6929.

GMU OCF
GMU OCF will meet in the Johnson Center on
Wednesday, March 6 at 3:00pm
Thursday, March 21, at 11:30am

A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
March 9, 16, and 23

We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls (March 9, 16, and 23). Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. Please note that we will keep the names for all three Saturdays of Souls. May the Lord grant eternal rest to the souls of our loved ones.

SAINT KATHERINE CHURCH 2012 STATISTICAL REPORT
Number of Baptisms 41
Number of Chrismations 9
Total Number of Weddings 16
  Orthodox 2
  Inter-Christian 14
Total Number of Divorces 3
  Orthodox 2
  Inter-Christian 1
Number of Funerals 27

SOUPER STUDY
The Letter to the Ephesians: What’s Your First Love?
What is it? Soup and Bible study! Come after Wednesday night Pre-Sanctified Liturgies for even more nourishment—a bowl of hot homemade soup, bread, and beverage, along with a prayerful discussion of what we can learn about ourselves from reading Paul’s letter and Christ’s injunction to the Ephesians (Rev. 2:1-7). All adults and older teens are welcome.

What’s required in order to participate? Simply show up, hungry for good soup, good friends, and good words. No one is required to speak up during the discussion; listeners are always a blessing to the group.

What materials will the study leader be using? The Orthodox Study Bible; audio podcasts from Ancient Faith Radio; Ancient Christian Commentary on Scripture; and other supplementary texts.

When and where? Wednesdays, March 20 through April 24. Study sessions to last around 1 hour. We will meet on the lower level of the Meletis Charuhas Center.

Questions? Call Gregory McKinney at 571-338-6929.

GMU OCF
GMU OCF will meet in the Johnson Center on
Wednesday, March 6 at 3:00pm
Thursday, March 21, at 11:30am
MISSIONS AND OUTREACH

OCMC Benefit Dinner. Our fifth annual OCMC Benefit Dinner will take place on Saturday, March 2 at Saint Luke Orthodox Church in McLean. Please support this important event. All proceeds will go to the OCMC and our missionaries around the world. Without events such as these, we would be unable to keep our missionaries in the field. Pan-Orthodox Vespers will start at 5:00pm, hors d’oeuvres at 6:00pm, and dinner at 7:00pm. Our main speaker will be Fr. John Parker, the newly appointed Director of Missions and Evangelism for the Orthodox Church in America (OCA). Fr. Parker is a dynamic speaker and has been on several mission trips with the OCMC. The title of his presentation is Here I Am Lord, Send Me! How Every Christian Can Accept the Great Commission. It’s not too late to make reservations! The OCMC Benefit Dinner. Our fifth annual OCMC Benefit Dinner will take place on Saturday, March 2 at Saint Luke Orthodox Church in McLean. Please support this important event. All proceeds will go to the OCMC and our missionaries around the world. Without events such as these, we would be unable to keep our missionaries in the field. Pan-Orthodox Vespers will start at 5:00pm, hors d’oeuvres at 6:00pm, and dinner at 7:00pm. Our main speaker will be Fr. John Parker, the newly appointed Director of Missions and Evangelism for the Orthodox Church in America (OCA). Fr. Parker is a dynamic speaker and has been on several mission trips with the OCMC. The title of his presentation is Here I Am Lord, Send Me! How Every Christian Can Accept the Great Commission. It’s not too late to make reservations! The prices for tickets are adults $55, $30 children under 18, and Free for children under. Please contact Gregory McKinney (steward1310@gmail.com), Betty Slanta (slanta@verizon.net), or Skip Mersereau (jwmster@gmail.com) for more information.

Update from Maria Roeber, RN (Our Missionary in Tanzania):
Hello, everyone! My nursing license finally arrived in January and I happily began volunteering in a local hospital’s maternity ward, in addition to the time I spend at the Orthodox health center. I’ve been working with our health center’s head nurse to do wound care/dressing changes for many patients. In the maternity ward we cared for a pre-eclamptic mother who gave birth to undiagnosed twins! I offer labor support to the women while the midwives do clinical work I’m not yet qualified for, but they are teaching me basic birth skills and I am constantly asking questions. I do a lot of cleaning on the ward which I would never do in the United States because it is not considered a nurse’s “job” there—but here the midwives do it all! I am also learning how to listen to the fetal heart rate with a Pinard horn, which is sort of like holding a toilet paper roll tube to your ear and putting the other end on the mother’s belly. It’s very different from the electronic monitors we use back home, but it works just as effectively, and doesn’t need batteries or electricity! I’m having a great time.

One day I supported a young 16-year-old having her first baby. She was all alone (as all mothers are here when they labor and give birth), and I could tell she was scared so I stayed with her and talked to her and rubbed her back and tried to be reassuring. She gave birth to a healthy baby girl and the first thing she said when the baby cried was, “Thank you, God!” The second thing she did was turn to the midwife and me and to thank us. The conditions in which women give birth here are so different from what I am used to. There are very few supplies, limited medications, no linen for beds unless the women provide it, and very little privacy. There is no pain relief offered unless a mother has surgery. Despite often unkind treatment by medical staff, patients are grateful for relatively safe births, compared to the other option of birthing alone at home. I’m amazed by their strength and courage, and I hope that my efforts to treat them and their babies with love and respect shows—so far I think it does. Thank you for your prayers for me, the ministry, and the people of Tanzania!

Mission Teams. The OCMC will send 13 teams to 8 different countries in 2013. The teams are filling up rapidly. Please consider being a short-term missionary. Saint Katherine has sent several short-term missionaries to places such as Tanzania, South Korea, Alaska, Guatemala, and Brazil. Be a missionary!! Our community will help you. For a list of teams in 2013 go to the OCMC web site, OCMC.org, or contact Dr. John Demakis at demakis8831@gmail.com

Walk for Missions on the National Mall. Put on your walking shoes and join us on the National Mall on Saturday, October 19! Joseph and Carolyn Perez are chairing our first Walk for Missions. Save the date! More details in the next DOXA.

APPALACHIAN OUTREACH OPPORTUNITIES
A. Saint George Greek Orthodox Church of Bethesda will sponsor a Habitat for Humanity building project to Sussex, Delaware during the Montgomery County Public Schools spring break (March 24-25). All our churches are invited to participate. If interested, please contact Katherine Hallas at 301-325-0716.
B. Washington, DC Mission and Outreach Committee based at Saint Katherine will sponsor a Habitat for Humanity building project in West Virginia in July of 2013. This will be similar to our successful project in August of 2012 when 41 of our parishioners participated. Details are being finalized and will be printed in next month’s DOXA.
C. Fellowship of Orthodox Christians United to Serve (FOCUS). We are discussing with this relatively new Orthodox philanthropic organization an opportunity to participate in a building project in North Carolina this summer. FOCUS is an approved agency of the Assembly of Orthodox Bishops and we would be honored to serve with them. Details will be presented in a future DOXA, as they become available.

HOMELESS SHELTER
Feeding the Homeless. GOYA served dinner at the Homeless shelter in January and the Daughters of Penelope served in February. At the time of writing this article, we are not sure of who will serve in March. Our Paideia will serve dinner on April 12 and the Greek School will serve lunch the following day on April 13. We need a group to for May. On June 27, the Vacation Bible Camp will serve lunch. The Mission Committee will do July and August dinners. We also have church groups that will serve the remaining months of the year.

Clothing and toiletries collections. We continue to collect new and used (clean) clothing and toiletries for the shelter. There is a collection bin in the foyer of our com-

(Continued on page 18, column 2)
APOKREATIKO GLENDI

SATURDAY, MARCH 9, 2013
5 pm to 11 pm

Buffet dinner, dancing, entertainment, prizes!

PHOTO BOOTH with unlimited photos!

Raffle prizes
iPad Mini
American Girl Doll
Nintendo DS
..and much more!

Faca Painting

Dress in Costume!

dance-off

$40 (adults) $15 (kids 4-13)

Tickets sold during Greek School hours, after the Divine Liturgy, or online

http://2013apokreatikoglendi.eventbrite.com

Sponsored By St. Katherine's Greek School
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>3 Sunday of the Prodigal Son</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy</td>
<td><strong>4</strong>&lt;br&gt;5:00pm Greek School Tutoring Class</td>
<td><strong>5</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:30pm Introductory I</td>
<td><strong>6</strong>&lt;br&gt;10:00am Silent Prayer&lt;br&gt;10:30am Wmn’s Book Club&lt;br&gt;3:00pm GMU OCF&lt;br&gt;6pm Conversational Greek&lt;br&gt;7pm Greek Folk Dance&lt;br&gt;7:30pm Basketball (G.S. and Paidiea Parents)</td>
<td><strong>7</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Intermediate&lt;br&gt;7:30pm Advanced&lt;br&gt;7:30pm Choir</td>
<td><strong>1</strong>&lt;br&gt;5:00pm Greek School</td>
<td><strong>2</strong>&lt;br&gt;9:30am Greek School&lt;br&gt;1:30pm GS Tchr’s Mtg.</td>
</tr>
<tr>
<td><strong>10 Meatfare Sunday (Judgement)</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:30 Junior Choir&lt;br&gt;12:30pm Daughters</td>
<td><strong>11</strong>&lt;br&gt;5:00pm Greek School Tutoring Class&lt;br&gt;7:30pm Deuteri Deutera</td>
<td><strong>12</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:30pm Introductory I&lt;br&gt;7:00pm Missions Meeting</td>
<td><strong>13</strong>&lt;br&gt;6pm Conversational Greek&lt;br&gt;7pm Greek Folk Dance&lt;br&gt;7:30pm Basketball (G.S. and Paidiea Parents)</td>
<td><strong>14</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Intermediate&lt;br&gt;7:30pm Advanced&lt;br&gt;7:30pm Choir</td>
<td><strong>8</strong>&lt;br&gt;5:00pm Greek School</td>
<td><strong>9</strong>&lt;br&gt;1st Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;SS. C&amp;H, Annapolis Basketball Tournament&lt;br&gt;9:30am Greek School&lt;br&gt;5pm Apokreatiko Glendi</td>
</tr>
<tr>
<td><strong>17 Cheesefare Sunday (Forgiveness)</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am HOPE Activity&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:00pm HOPE Activity&lt;br&gt;12:30pm Philoptychos</td>
<td><strong>18 Great Lent Begins</strong>&lt;br&gt;(Clean Monday/Καθαρά Δευτέρα)&lt;br&gt;5:00pm Greek School Tutoring Class&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm Compline</td>
<td><strong>19</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:30pm Introductory I</td>
<td><strong>20</strong>&lt;br&gt;10:00am Silent Prayer&lt;br&gt;10:30am Wmn’s Book Club&lt;br&gt;6pm Conversational Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm Pre-Sanc. Liturgy&lt;br&gt;8:30pm Soup’er Study&lt;br&gt;8:30pm Grk Folk Dance&lt;br&gt;8:30pm Parish Council&lt;br&gt;8:30pm Basketball (G.S. and Paidiea Parents)</td>
<td><strong>21</strong>&lt;br&gt;11:30am GMU OCF&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Intermediate&lt;br&gt;7:30pm Advanced&lt;br&gt;7:30pm Choir</td>
<td><strong>15</strong>&lt;br&gt;5:00pm Greek School</td>
<td><strong>16</strong>&lt;br&gt;2nd Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;St. Demetrios, Baltimore Basketball Tournament&lt;br&gt;9:30am Greek School</td>
</tr>
<tr>
<td><strong>24 Sunday of Orthodoxy</strong>&lt;br&gt;Regular Sunday Schedule&lt;br&gt;GOYA Church Duty/Mtg.&lt;br&gt;12:30pm Junior Choir&lt;br&gt;5pm Pan-Orthodox Vespers -SS. P&amp;P, Potomac</td>
<td><strong>25 Annunciation to the Theotokos</strong>&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;5:00pm Greek School Tutoring Class</td>
<td><strong>26</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Introductory II&lt;br&gt;7:30pm Introductory I</td>
<td><strong>27</strong>&lt;br&gt;6pm Conversational Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm Pre-Sanc. Liturgy&lt;br&gt;8:30pm Soup’er Study&lt;br&gt;8:30pm Grk Folk Dance&lt;br&gt;8:30pm Basketball (G.S. and Paidiea Parents)</td>
<td><strong>28</strong>&lt;br&gt;Adult Greek School&lt;br&gt;6:00pm Intermediate&lt;br&gt;7:30pm Advanced&lt;br&gt;7:30pm Choir</td>
<td><strong>29</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;7:00pm 2nd Salutations</td>
<td><strong>30</strong>&lt;br&gt;9:30am Greek School</td>
</tr>
</tbody>
</table>

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

Thank you to the chairwomen and volunteers for the wonderful Valentine’s Luncheon. It was a perfect event!

Our next Philoptochos meeting will be on Sunday, March 17, immediately following the second liturgy. We will have a yard sale on April 19 and 20. Please gather any gently used clothing, linens, shoes, and household items and deliver them to the church during the week leading up to the yard sale. Kindly clean and fold all linens and clothing.

Soon we will start baking for Easter. We will send emails and make phone calls for volunteers.

Thanks to all of you for sending in your membership stewardship.

SAINT KATHERINE BOOKSTORE

This month we are featuring two books to aid you in your Lenten journey:

**Meditations for Great Lent.** Archimandrite Vassilios Papavassiliou. $15.00.

“The Lenten Triodion exhorts us, ‘Let us observe a fast acceptable and pleasing to the Lord.’ Using hymns from the Triodion and the Scripture readings appointed for the season, Meditations for Great Lent shows us how to make our fast acceptable: to fast not only from food but from sin; to fast with love and humility, as a means to an end and not an end in itself. Keep this gem of a book with you to inspire you for the Fast and to dip into for encouragement as you pursue your Lenten journey.”

**Great Lent.** Fr. Alexander Schmemann. $18.00.

“This revised edition of a Lenten classic examines the meaning of the Liturgy of the Presanctified Gifts, the Prayer of St. Ephraim the Syrian, the Canon of St. Andrew of Crete, and other neglected or misunderstood treasures of Lenten worship. Schmemann draws on the Church’s sacramental and liturgical tradition to suggest the meaning of Lent in our lives. The Lenten season is meant to kindle a ‘bright sadness’ within our hearts. Its aim is precisely the remembrance of Christ, a longing for a relationship with God that has been lost. Lent offers the time and place for recovery of this relationship. The darkness of Lent allows the flame of the Holy Spirit to burn within our hearts until we are led to the brilliance of the Resurrection.”

DAUGHTERS OF PENELPOE (by Jane Moore, Pres.)

Helle sisters had a busy February! Karen Polizos, Maria Laliotis, and Jane Kalomatis Moore attended the Daughters of Penelope Capital District #3 Mid-Year Conference in Richmond, hosted by the Antiklea Chapter. It was wonderful to see and reminisce with Sister Kay Kissal, who was Helle Chapter’s President from 1985-1987!

At our February meeting we initiated and welcomed Dr. Joan Markessini into the Sisterhood. We also heard a wonderful presentation by Susan Coronis on Seven Questions to Ask Charities Before Donating. Also, a great big thank you to everyone who helped cook, carry, and serve at the Bailey’s Crossroads Homeless Shelter.

Our next meeting will be held on Sunday, March 10, following the second Liturgy where we will be hosting Saint Katherine’s own Bill Porter. He will discuss his experiences and the assistance he has provided to victims of domestic violence.

Lastly, DOP scholarship information is now available! You can access it via our national website, www.daughtersofpenelope.org. We wish all of you a blessed Lenten Season from all the Sisters in Helle Chapter!

WOMEN’S BOOK CLUB

On February 20, we finished our book, *Heaven is For Real.* On March 6, we will start questions about our first reading of our next book, *Remember Thy First Love (Revelation 2:4-5); The Three Stages of the Spiritual Life in the Theology of Elder Sophrony,* by Archimandrite Zacharias. If you would like to join us, you can begin at any time. “Let us commit ourselves and one another and our whole lives to Christ our God.” We meet every other Wednesday at 10:30am two doors to the right of our main office. Before our book club meeting, we have a silent prayer group from 10:00am to 10:25am. Please contact Fay Mpras at faympras@gmail.com or 703-865-5776, if you have a question. We would love to have you with us.

GOYA would like to thank Mrs. Elvira Garnett and the Safeway e-Scrap program for funds donated to our GOYA trip to NYC.
ΠΡΟΣΕΥΧΗ ΓΙΑ ΤΗΝ ΑΓΑΠΗ ΤΩΝ ΣΥΖΥΓΩΝ

ΧΡΙΣΤΕ ΜΟΥ,

Εσύ ενώνεις τις ψυχές στον άγραντό γάμο της αφιέρωσης σε Σένα. Εσύ νομιμοθέτησας τον γάμο. Εσύ έπλασας τον άνθρωπο και τον έβαλας στην πλάτη Σου. Εσύ σκέφτηκες να μην ξει μόνον το ο άνθρωπος χωρίς τάρτη στην γή και έτσι έφτιαξες ένα τάρτι στα μέτρα του.

Χριστέ μου, ελήφθης και τον δικό μας γάμο.

Βοήθησέ μας, να αγωνιζόμαστε και να μορφώνουμε πνευματικός τον εαυτό μας, κατά το θέλημά Σου. Να συμμορφώναμες προς ό,τι ο Θεός έχει καθορίσει ως σκοπόν του γάμου. Να περινοόμαστε κάτω από την δίκη Σου σκέψη ενωμένοι μέχρι το τέλος της ζωής μας.

Στις παραγμένες στιγμές όταν διάφορα μικροζήμια ή σοβαρά θέματα δημιουργούν στενόχωρη διάθεση να ενεργούμε με θετικό πνεύμα.

Να είμαστε συγκρατημένοι, να αναβάλουμε τον θυμό, τις μελαγχολικές σκέψεις και να διατηρούμε την πρεμιέρα και την υφαλόλητη.

Να αναγνωρίζουμε τα δικά μας λάθη και το δικό μας μερίδιο ευθύνης. Να ζούμε αρμονικά. Οι εκρήξεις θυμού, τα διάφορα επεισόδια να μην διατράπονε την γαλήνη μας. Να μην ξεσπά η καταγώγις και δημιουργείται βαριά ατμόσφαιρα. Να μην εκφράζουμε με άσχημο τρόπο που προσβάλει και πικραίνει τον σύντροφό μας. Να επιδιώκουμε να βρέσουμε ευκαιρίες για να βοηθήσουμε, για να ξεκουράσουμε, για να φανούμε περισσότερο ευγενικοί. Να μακροθυμούμε, να είμαστε μεγάλωσφοι και ανεκτικοί. Να έχουμε πλατεία καρδία, ανεξάντλητη υπομονή, τρωφερότητα, στοργή.

Να συνειδητοποιήσουμε ότι ο γάμος είναι μιατήρο το οποίο θα βοηθήσει στην αλληλοσυμπλήρωση μας. Είναι αγώνας είς τον οποίον καλούμεθα να αγωνιστούμε. Η αγάπη διαλύει τα σύννεφα και επαναφέρει τον λαμπρόν ήλιο, όπως μας αναφέρει ο Απόστολος Παύλος.

Χριστέ μου, φίλαξέ μας από το πάθος της ζηλοτυπίας η οποία απομακρύνει την αγάπη όπως μας αναφέρει ο Απόστολος Παύλος "η αγάπη ου ξιφίλοι". Να μην επιτρέπουμε στον εαυτό μας να δοκιμάζουμε λύση για τα προσόντα του συναφρόστη μας αλλά να χωρίσουμε για τις χώρες που ο Θεός δίνει στον καθένα μας.

Να μην επιζητήσουμε τα δικά μας συμφέροντα αλλά να λαβάνουμε υπ’ όνομα μας τις επιθυμίες του συνέργου μας. Να ζούμε με πνεύμα θυσίας όπως αναφέρει ο Απόστολος Παύλος "ου ζητεί τα εαυτή".

Σε ευχαριστούμε που μας χάρισε το θείο Δόχο της Προσευχής. Σε ευχαριστούμε που σε Σένα εναποθέτουμε με Πίστη τους φόβους, τις αγονίες, τις θλίψεις των βάσανα.

Βοήθησέ μας πέρα από την ατομική προσευχή να συμπροσοχούμε και να καταθέτομε ενόπλων Σου τα αιτήματα της καρδίας μας.

Να μην παραλείψουμε τον οικογενειακό εκκλησιασμό. Από κοινού είς τον ναό να Σε Ευχαριστούμε και να Σε Παρακαλούμε μας χαρίζεις πλούσιο τον φωτισμό και την Χάρη Σου! Πάρε στα Χέρια Σου τα παιδιά μας και γίνε (Continued on page 17, column 2)

1. Talk about your loss with friends, family or a professional. Grief is a process, not an event.
2. Grief is work, requiring time and energy. The memories, meanings, and fulfilled needs provided by the lost loved one take time to work through.
3. Let yourself enter the emotions of grief. Grievers tend naturally to avoid the painful emotions. Losing someone close to you means you deserve to allow yourself to feel all your emotions—sadness, anger, intense longing, guilt, and others.
4. Consider writing your loved one a letter. Say what you would tell them as if it were your last chance. Even if you never share the letter with anyone, writing it may help you work through your grief.
5. Resume your life but leave time and space for grieving. Life marches on for the living. But try to resist the temptation to “throw yourself” into work or other diversions. This leaves too little time for the grief work you need to do for yourself.
6. Take care of yourself. You have been wounded. Something very valuable and dear has been taken away from you. Give yourself time and space to begin healing. Get enough rest. Eat nourishing food. Give yourself a break.
7. Consider seeking out other grievers. Someone who has also been through grief can empathize with you and vice versa. Organizations like Compassionate Friends or THEOS recognize the value of sharing in a group setting.
8. Don’t feel obligated to join groups if they are not for you. The grief process is highly individual. Some people prefer solitude or reflection rather than group work. Do what feels right for you.
9. Don’t neglect your own health. Grieving puts a heavy burden of stress on your body. It can disturb sleep patterns, lead to depression, weaken your immune system, and worsen medical problems that had been stable, such as high blood pressure. Take prescribed medications and get regular check-ups. If you suffer from disabling insomnia or anxiety, see your doctor. Sometimes short-term medication can be very helpful.
10. Allow time to grieve. One to two years is not a long time to allow yourself to work through grief. We need to remind ourselves that the healing process cannot be rushed; it will proceed at its own rate.

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


Therefore, faith and phronema are the charismatic power of the inner person that steadily and selflessly connect him or her with God, as well as with fellow human beings (as images or icons of God) and the whole creation (as the work of God).

~ Archbishop Stylianos of Australia

Phronema can be described as "the completely self-sacrificial trust and faith in religious and ethical truths from the voice of God"..."an unshakeable certainty about the truth of Faith...undiminished and vibrant throughout life, a continually verified daily experience," "a growing feeling for and understanding of God and the practice of Orthodox piety—Orthodox worship and behavior."

This month’s book could not be a better example of faith and phronema. Andreopoulos grew up in the Church, serving as an acolyte for his grandfather, a priest and his namesake. He opens the book with brief reflections on how he matured, embraced by both his grandfather and the altar of God. The book makes clear how those experiences of Orthodoxy and personal relationship ground him today in his approach to academic theology.

The Sign of the Cross is an easy-reading revelation of the myriad ways in which making the sign of the cross can open us up to salvation and health, if we embrace the phronema, the totality of our faith reflected in this simple gesture.

According to Andreopoulos, to cross oneself is to pray, to be united with the Church across time...:

The sign of the cross as a prayer is not a mere request for help and courage for the little personal crosses we may bear in our own life.... The sign of the cross signifies our participation in the body of the church. The sign throughout history has been an identifying mark of Christianity, its mystical significance connecting each of us with the larger body of the church and with the Crucified Christ (p. 102).

... and to call Christ into our hearts and be healed, to place ourselves under Christ at the center of the cosmos both in the here-and-now and for eternity:

The sign of the cross is a reflection of this medicine given to us by Christ. It is a sign of contemplation on our sin, and as such it combines humility and the wish to triumph over sin and temptation. ... The sign of the cross reflects our personal commitment to healing the disease of sin and the consequences of the Fall. It is one of the first steps in our return to God: Since we recognize our position and we place ourselves in his mercy and guidance, we, like the Israelites in the desert, may be healed of spiritual death (p. 136),

Andreas Andreopoulos is recognized worldwide as an eloquent young scholar of Orthodoxy He earned his doctorate in theology at the University of Durham and he is currently Senior Lecturer in Orthodox Christianity at the University of Winchester.

SAINT KATHERINE PROFESSIONAL AND BUSINESS DIRECTORY

PLEASE CONSIDER LISTING your profession or business on our church website. Please fill out the order form, available at http://www.saint-katherines.org/about_us/misc_forms, in its entirety. If you choose to list only your profession, please fill out that portion only. If you choose to list your business, please fill out that portion only. The cost per year is $25 for a professional listing and $100 for a business listing. The directory is online at http://www.saint-katherines.org/about_us/business-and-professional-directory. You may choose to renew your listing automatically for the next year by checking the box on the order form. If you are paying by credit card, your card will be charged for the renewal on or about January 1, 2014. If you are paying with cash or by check, you will be contacted prior to your renewal date. Credit card payments may be made on the church website via PayPal. All listings will be reviewed and acceptance will be determined at the discretion of the Business Directory Committee. A printed version of the directory will be distributed annually with listing additions available quarterly.

Below are samples of how your listing will appear on our website.

~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~ ~

Professions:
Engineering
George Pappas
Electrical Engineer
www.georgepappas.net
555-555-5555

Businesses:
Places of Worship
Saint Katherine Greek Orthodox Church
3149 Glen Carlyn Road, Falls Church, VA 22041
703-671-1515
www.saint-katherines.org

Remember, you can go to www.saint-katherines.org/about_us/misc_forms for an order form and to www.saint-katherines.org/about_us/business-and-professional-directory to view the directory.

We look forward to receiving your listing!
FASTING

THE PRACTICE OF FASTING is rich with meaning. Many of the Holy Fathers throughout the history of the Church have written about the significance of fasting. Saint Basil, for example, tells us that fasting is not simply abstaining from food; it is, more importantly, the avoidance of sin. In its most basic sense, fasting is abstinence from food. But it is far more than that. Through a very natural process created by God, we consume food for sustenance, energy, and life. However, we can be inclined to take more than we need or to be so controlled by our physical desire that we focus only on what we eat, neglecting our relationships and our spiritual needs, and even endangering our well-being. By subordinating the desires of the body, fasting helps us reestablish a proper order in our lives as Christians. It helps us to open our minds and souls to the guidance of the Spirit and to break away from our captivity to bodily appetites and selfish desires.

Through fasting we are engaged in the struggle against sin, and through discipline and abstinence, the sincerity of our repentance is affirmed. This is why fasting is a regular practice for Orthodox Christians. Fast days and periods have been established by the Church throughout the year to help us direct our hearts and minds toward the life of prayer and worship, our spiritual needs, and the condition of our souls and relationship with God. During most weeks, Wednesday and Friday are fast days. On these days, we are guided to abstain from meat, dairy products and oil and wine. On some days, fish, wine, and oil may be permitted if a specific feast falls on a Wednesday or Friday or a portion of a fast is not as strict as other times.

Because of the liberating effect of fasting, both material and spiritual, the Church has connected fasting with the celebration of the major feasts of our tradition. Pascha is, of course, the most important feast of the Church. It is the “Feast of Feasts.” It is the feast of our liberation from the bondage of sin, from corrupted nature, from death. For on that day, through His Resurrection from the dead, Christ has raised us “from death to life, and from earth to heaven” (Resurrection Canon). Christ, “our new Passover,” has taken us away from the land of slavery, sin and death, to the promised land of freedom, bliss and glory; from our sinful condition to resurrected life. It is most appropriate to prepare for this celebration through both material and spiritual fasting.

During Great Lent, which culminates in the period of Holy Week and our celebration of Pascha, fasting has a more profound meaning. During this forty day period of Great Lent, a period that reflects our ongoing journey from death to life, our Orthodox Church prescribes a more intense fast as an aid in repentance and transformation. Fasting, along with prayer, worship and giving during this sacred period of the year, leads us to reflect upon how we should live always in relationship with God and to commit to a life of faith and holiness. In this way, the entirety of the year, and each day of our lives, moves us closer to eternal salvation in the Kingdom of God.

(Continued from previous column)

In the practice of fasting it is important to remember that we are not fasting simply for the sake of fasting. Our observance of the fasting days and periods of the Church is for our spiritual growth and greater communion with God.

(http://www.goarch.org/ourfaith/faithandlife/fastings.pdf)

LENTEN RETREAT

Saturday, March 30
10:00am-3:00pm
Founders’ Hall

Retreat Master
Rev. Dr. Patrick Viscuso

Topic

Does the Church Have Any Rules?

Religion is sometimes viewed as a private affair. The notion of being forced to follow a set of rules in one’s faith is a concept foreign to many Americans. Some even think that God is best found outside of “organized religion.” In our retreat, we will explore the Church’s canons and their meaning for today.

RSVP by March 26 to:
Sophia Tsangali at 703-671-1515
Fr. Costas at frcostas@stkchurch.com

JOY (ages 8-12) will have their retreat at the same time. Lunch will be provided. There is no fee, but advance registration is required. RSVP to Tina Papamichael (athena02@verizon.net or 703-536-4711).

SOME FASTING GUIDELINES

JUST AS THERE ARE TIMES FOR FEASTING, there are also times set aside for fasting. During these periods, certain foods are prohibited. These are, in order of frequency of prohibition, meat (including poultry), dairy products, fish, olive oil, and wine. Fruits, vegetables, grains, and shellfish are permitted throughout the year. The Church recognizes that not everyone can fast to the same degree and assumes that individual Christians will observe the fast prescribed for them by their Spiritual Father. Guidelines for the Triodion and Great Lent are:

Fasting days
1. Wednesdays and Fridays
2. Cheesefare Week (March 11-17, 2013): Meat and fish are prohibited, but dairy products are permitted even on Wednesday and Friday.
3. Great Lent (from Clean Monday, March 18) through the Friday before Lazarus Saturday (April 27), olive oil and wine are permitted on weekends.

Fasting days on which fish, wine, and olive oil are permitted:
1. The feast of the Annunciation (March 25, unless it falls outside of Great Lent, in which case all foods are permitted).
2. Palm Sunday

All foods are permitted
Sunday of the Publican and the Pharisee, February 24, through the Sunday of the Prodigal Son, March 3 (including Wednesday and Friday)
# SUNDAY CHURCH DUTY ROSTER

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Group</th>
</tr>
</thead>
</table>
| **March 3, 2013** | 8:00am | Daphne Vaccarello, Captain  
Chris Christou  
Arthur Dimopoulos  
Peter Karounos  
Mallamo Mavromatakis  
George Moshos  
Bill Polizos  
Jim Stoucker, Captain  
Kelly Alexis  
Dr. John Demakis  
Nick Larigakis |
| **March 10, 2013** | 9:30am | M. Mavromatakis, Captain  
Costas Mavromatakis  
Dr. John Demakis  
George Moshos  
Maria Wills  
Nick Larigakis |
| **March 17, 2013** | 8:00am | George Moshos, Captain  
Peter Karounos  
Mallamo Mavromatakis  
Bill Porter  
Dr. George Silis  
Daphne Vaccarello  
Andrea Ballard  
Chris Christou  
Bill Porter |
| **March 24, 2013** | 8:00am | Andrea Ballard, Captain  
Kelly Alexis  
Mallamo Mavromatakis  
Bill Porter  
Jim Stoucker  
Costas Mavromatakis  
Maria Wills  
Arthur Dimopoulos |
| **March 31, 2013** | 9:30am | Maria Vargas, Captain  
Bill Polizos  
Bill Porter  
Peter Karounos, Captain  
Volunteer Group  
Dr. George Silis  
Kelly Alexis  
Andrea Ballard  
Chris Christou  
John Nicopoulos, GOYA  
Capt. and Epistle Reader,  
plus 5 other GOYA |

---

**SUPPORT OUR TROOPS THROUGH OPERATION PAPERBACK**

Our parish is participating in a book drive called Operation Paperback. Operation Paperback is a nonprofit organization that collects and sends paperback books to military bases overseas for the soldiers and their families.

Books will be collected in marked boxes, in the lobby of the Church Office and the atrium of the Meletis Charuhas Center, from Saturday, March 2 through Sunday, March 10.

Please bring any paperback books such as novels, children's books, biographies, classics, best sellers, etc. Contact Alexandra Veletsis, luludi15@cox.net, for more information. Thank you so much for supporting our troops!
empty gestures. They usually have profound meaning and can point us in the direction of realities far greater than ourselves. Fasting and prayer help us focus our hearts on God. Fasting encourages us to seek deliverance from evil. We build up discipline. We can know that just because we crave something, we do not have to have it. We also know that when we fast we become diligent about not eating those items from which we are to abstain. (See page 15, column 2, for more information.)

This fast is really a spiritual exercise where we overcome temptation and our focus on God is clear and strong. Fasting also gives us the opportunity to fulfill God’s commandment that during Lent we strengthen our prayers and almsgiving. In the old days, fasting gave the preparers of meals some extra time for prayer. It was cheaper to eat the fasting food and the money saved was used for the ministry of the Church. I hope this sparks a desire to make this Lenten fast a great experience for you.

Below are some suggestions of things to do with your family. Make prayer and the reading of Scripture part of your meal time. Place a jar or envelop on the table and, everyday, put some money away for the ministries of the Church.

When you fast, not only will you feel better physically, but spiritually as well. Fasting will give you an appetite to seek forgiveness by going to Confession. Fasting will not leave you hungry, but will allow you to be full with the spirit of God’s grace.

Have a blessed Lent. See you in church!

Yours in Christ,

Fr. Costa,

(Continued from page 1)

(Continued from page 6, column 1)

(Continued from page 6, column 2)

2012 Archdiocese exams and was honored at a special program in New York by His Eminence Archbishop Demetrios.

Please let us all participate in our Apokreatiko Glendi, Saturday, March 9, 5:00pm

Have a Blessed Great Lent!

Important March Dates:
02 Teachers’ Meeting, 1:30pm
09 Apokreatiko Glendi, 5:00pm-11:00pm
15 Practice for March 25th Program
16 Practice for March 25th Program
22 1st Salutations to the Theotokos
23 March 25th Program, 11:30am
(Students must be in class at regular time, 9:30am)
29 2nd Salutations to the Theotokos

(Continued from page 13, column 1)

Χριστέ μου, προσευχήσεσαι και εμείς ταπεινά μαζί με τον Κάρι. Βέβαια τον περίφημο μεγάλο μουσουργό που έγραψε για την σύζυγό του:

“Ευλόγησε, Κύριe, τον δεσμό μας, την ένωσή μας. Και δώσε, σε μένα την χάρη και την δύναμη και την ικανότητα, να κάνω την σύντροφό μου, να είναι ευνοϊκομενή κοντά μου κάτι που το ποθό αλλάζει. Και βοήθησέ με Κύριe και οδηγήσε με και να ενεργοφορέω και να υποχωροφορέω και να σπόλω άνταλλες κατά το Θελήμα Σου”. Αμήν.
ORTHODOXY 101

Orthodoxy 101 covers the basic teachings of the Orthodox Church and is suitable for interfaith couples, serious seekers, or those considering joining the Church. These classes provide a friendly and open forum to explore your interests and address your questions.

Orthodoxy 101 will take place 9:30am-10:30am on Sundays, March 10 through April 14, on the upper level of the Meletis Charuhas Center (on the stage area).

Questions? Contact Fr. Costas at 703-671-1515 or frcostas@stkchurch.com.

CROSSROAD
ORTHODOX YOUTH TAKE THE CHALLENGE

CrossRoad June: June 22-July 2
CrossRoad July: July 8-18

CrossRoad is an exciting summer vocation exploration program designed to help students discern their life callings and match their God-given gifts with the needs of society. Described as “life-changing” by our alumni, CrossRoad offers top-notch instruction and mentoring.

Program activities include daily classes with Orthodox faculty, Vespers each evening at neighboring parishes in the Boston area, and service projects.

CrossRoad participants leave campus after 10 days with:
- Life-long friendships
- A deeper understanding of their faith
- A strong desire to be an active participant in the Church—both now and in years to come.

Download an application and view a video clip at www.crossroad.hchc.edu

To receive an application and a DVD by mail, contact the CrossRoad Office at 617-850-1310 or crossroad@hchc.edu

(Continued from page 9)

Community center. During these winter months, they are in special need of warm winter clothing, such as coats, scarves, gloves, and hats. Please consider helping our homeless brothers and sisters. Thanks to all our Saint Katherine family who continue to contribute. Thanks to the members of our Mission and Outreach Committee who take the clothing and toiletries to the shelter every Sunday.

Culmore Medical Clinic. The Columbia Baptist Church, down the street from Saint Katherine, now houses the Culmore Medical Clinic for patients without health insurance. The Clinic cares for over 400 patients—many with serious medical problems. The clinic was established with the support of all the area churches. Both Fr. Costa and Dr. John Demakis are on the executive committee of the Clinic. Although the County of Fairfax contributes some funds they do not even begin to cover the costs of the clinic. Please make donations to help us care for those less fortunate. A list of specific items and their costs are listed below. Make checks out to Saint Katherine and write “Culmore Clinic” in the memo line. Donations are tax deductible. Thank you.

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>$2,250 2 clinic session for 8 hours/each</td>
<td></td>
</tr>
<tr>
<td>serving 32-40 patients</td>
<td></td>
</tr>
<tr>
<td>1,125 1 clinic session for 8 hours, serving</td>
<td></td>
</tr>
<tr>
<td>16-20 patients</td>
<td></td>
</tr>
<tr>
<td>560 1/2 clinic session for 4 hours, serving</td>
<td></td>
</tr>
<tr>
<td>9-10 patients</td>
<td></td>
</tr>
<tr>
<td>350 A monitor, plus 6 months of testing</td>
<td></td>
</tr>
<tr>
<td>strips for 5 patients (to treat their</td>
<td></td>
</tr>
<tr>
<td>diabetes)</td>
<td></td>
</tr>
<tr>
<td>125 10 prescription pads (1 pad lasts 3 clinic</td>
<td></td>
</tr>
<tr>
<td>sessions)</td>
<td></td>
</tr>
<tr>
<td>100 1 vial of insulin (lasts 1 month)</td>
<td></td>
</tr>
<tr>
<td>90 Steroid inhaler for asthma patient</td>
<td></td>
</tr>
<tr>
<td>(lasts 1 month)</td>
<td></td>
</tr>
<tr>
<td>60 Urine testing strips (1 bottle lasts 25</td>
<td></td>
</tr>
<tr>
<td>days)</td>
<td></td>
</tr>
<tr>
<td>50 Average lab costs for 1 patient per visit</td>
<td></td>
</tr>
<tr>
<td>to the clinic (normal market value is $900)</td>
<td></td>
</tr>
<tr>
<td>25 1 peak flow meter to check an asthma</td>
<td></td>
</tr>
<tr>
<td>patient’s lung capacity</td>
<td></td>
</tr>
<tr>
<td>20 1 box of 100 syringes for insulin</td>
<td></td>
</tr>
<tr>
<td>injections (lasts 1 month)</td>
<td></td>
</tr>
<tr>
<td>15 1 flu vaccine administered to 1 high-risk</td>
<td></td>
</tr>
<tr>
<td>patient</td>
<td></td>
</tr>
<tr>
<td>14 1 box of disposable thermometers (lasts 20</td>
<td></td>
</tr>
<tr>
<td>clinic sessions)</td>
<td></td>
</tr>
<tr>
<td>13 1 box of surgical gloves (last 24 clinic</td>
<td></td>
</tr>
<tr>
<td>sessions)</td>
<td></td>
</tr>
<tr>
<td>12 500 tongue depressors (lasts 40 clinic</td>
<td></td>
</tr>
<tr>
<td>sessions)</td>
<td></td>
</tr>
<tr>
<td>10 1 box of 50 testing strips for a diabetic</td>
<td></td>
</tr>
<tr>
<td>patient (last 1 month)</td>
<td></td>
</tr>
<tr>
<td>6 1 box lancets for a diabetic patient to use</td>
<td></td>
</tr>
<tr>
<td>to get blood samples to check their diabetes</td>
<td></td>
</tr>
</tbody>
</table>

Your financial support and prayers are needed in order for the Culmore Clinic to continue serving patients and address the wait list of over 100 patients still waiting for care. Thank you for whatever you can do to help.
STEWARDSHIP

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

If you have not yet sent you 2013 pledge, please complete the stewardship form on page 11 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your church and community depend on your stewardship commitment.

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

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

If you have not yet sent you 2013 pledge, please complete the stewardship form on page 11 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your church and community depend on your stewardship commitment.

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

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

If you have not yet sent you 2013 pledge, please complete the stewardship form on page 11 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your church and community depend on your stewardship commitment.

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

2013 STEWARDSHIP FORM

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

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

Name: ________________________________

Address: ______________________________

City, State, Zip: ________________________

Telephone and email address: ____________________________
ATTENTION POSTMASTER:
Please expedite. Dated material.

GODPARENT SUNDAY 2013

SUNDAY BRUNCH
ALL YOU CAN EAT! 10am-2pm
Adults $15.95, Kids 6-12 $7.95
Under 6 Free!
We take reservations for large parties!

PJ Skidoos is a Greek family-owned restaurant, which has been in Fairfax City for 35 years. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.
www pjskidoos.com
9908 Fairfax Blvd Fairfax, VA 22030 703-591-4515

Private banquet rooms available for all occasions! Seat up to 150 people.
Wonderful value & delicious food!
Beautiful wood bar & dancefloor.
Our Greek Head Chef will cater to all tastes!

Demetry Pikrallidas
AV Rated Attorney
Preeminent Legal Ability and Ethical Standards, The Highest Legal Rating Possible
Complete Business Formation/Representation
Serious Injury
Traffic and Criminal
Domestic Relations
Wills, Trusts
Cases Handled in Arlington, Alexandria, Fairfax, Prince William, Loudoun, and District of Columbia
www.piklaw.com 703-267-2600

PJ Skidoos is a Greek family-owned restaurant, which has been in Fairfax City for 35 years. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.
www.pjskidoos.com
9908 Fairfax Blvd Fairfax, VA 22030 703-591-4515

SUNDAY BRUNCH
ALL YOU CAN EAT! 10am-2pm
Adults $15.95, Kids 6-12 $7.95
Under 6 Free!
We take reservations for large parties!

PJ Skidoos is a Greek family-owned restaurant, which has been in Fairfax City for 35 years. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.
www.pjskidoos.com
9908 Fairfax Blvd Fairfax, VA 22030 703-591-4515

Private banquet rooms available for all occasions! Seat up to 150 people.
Wonderful value & delicious food!
Beautiful wood bar & dancefloor.
Our Greek Head Chef will cater to all tastes!

Demetry Pikrallidas
AV Rated Attorney
Preeminent Legal Ability and Ethical Standards, The Highest Legal Rating Possible
Complete Business Formation/Representation
Serious Injury
Traffic and Criminal
Domestic Relations
Wills, Trusts
Cases Handled in Arlington, Alexandria, Fairfax, Prince William, Loudoun, and District of Columbia
www.piklaw.com 703-267-2600