

Saint Katherine



www.saint-katherines.org
 3149 Glen Carlyn Road
 Falls Church, VA 22041

DOXA

The monthly newsletter of
 Saint Katherine Greek Orthodox Church
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A SEASON OF JOY AND GLADNESS

“WHY DO YOU SEEK THE LIVING AMONG THE DEAD?” (Luke 24:5). This is the question Jesus asked the women who were the first to be told of His Resurrection from the dead. Jesus instructed them to go and tell the other disciples.

We are in the midst of Great Lent. Will we be able to share in Jesus’ resurrection from the dead? When we say “Christos Anesti!,” will our response of “Alithos Anesti” (Truly He is Risen) be only an acknowledgment of an historical fact? Or will we be able to experience our own resurrection from sin, despair, loneliness, sorrow, dejection, pain, gloom, and/or misery?

I want to give you the encouragement and confidence to make this Pascha a celebration of epic personal triumph. I challenge you to participate in the liturgical life of the Church during this Lenten period. Come to the Compline Service on Monday nights, to the Pre-Sanctified Liturgy on Wednesday nights, and to the Salutation Services on Friday nights. Below, I offer an explanation of the Sundays of Lent and Holy Week. The more we know and the more we participate in the liturgical life of the Church, the better we get to know God.

First Sunday of Lent, Sunday of Orthodoxy (John 1:43-52). This Sunday commemorates the return of the Icons into the churches, according to the decision of the Seventh Ecumenical Synod (787). The Church determined that this celebration would take place each year on the first Sunday of Lent, as the Sunday of Orthodoxy, starting March 11, 843. Every year on this Sunday, the triumph of the faith of Orthodoxy is celebrated with ceremony. The icon of Christ, according to Saint John Damascus, is a distinct affirmation and a reminder of the fact of His Incarnation, which has a vital significance for the salvation of the faithful, an affirmation which prevails to this day in the Orthodox Church. The celebration of the day includes the procession with the Icon of Christ around the inside of the church with pomp and reverence. The Sunday of Orthodoxy calls upon the people to rededicate themselves to the deep meaning of their faith and to declare in unison, “One Lord, one faith, one baptism, one God and Father of all.”

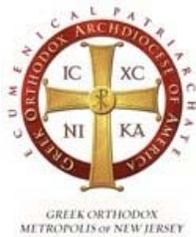
Second Sunday of Lent, Saint Gregory Palamas (Mark 2:1-12). This Sunday commemorates the life of Saint Gregory Palamas (14th century). The Church dedicates this Sunday to Saint Gregory for his Orthodox faith, theological knowledge, virtuous life, miracles and his efforts to clarify the Orthodox teaching on the subject of Hesychasm (from the Greek, meaning quiet.) Hesychasm was a system of mysticism propagated on Mount Athos by 14th century monks who believed that man was able, through an elaborate system of ascetic practices based upon perfect quiet of body and mind, to arrive at the vision of the divine light, with the real distinction between the essence and the operations of God. Gregory became noted for his efforts to explain

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FROM THE PARISH COUNCIL PRESIDENT

I HOPE I'M NOT THE ONLY ONE who is already amazed at how fast this year is progressing! We have already begun our Lenten journey and have accomplished much within the parish, but realize so much more needs to be done! Our new Parish Council is in place and already working diligently addressing the needs of our community. We welcome newly elected members Dr. Jerry Rich and Mary Varlas. I also wish to express my gratitude for the opportunity to serve as Parish Council President for the coming year along with the rest of our Executive Committee: Nick Larigakis, Vice President; Maria Vargas, Treasurer; and Bill Polizos, Secretary. Everyone on our Parish Council is committed to improving life in our community and we pledge ourselves to that end.

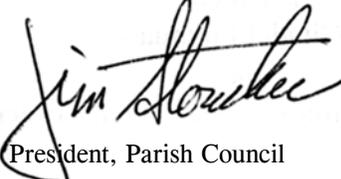
One of the enduring qualities of our community is the wealth and diversity of activities available for the benefit of parishioners and the community at large. Three recent examples are worthy of mention. Our Ladies Philoptochos hosted their annual *Seniors Valentine's Day Luncheon* featuring a menu that would be the envy of the top restaurants in our area! The event was thoroughly enjoyed by an overflow crowd and we remain indebted to all these ladies who devote themselves to bringing joy and comfort to others. Our Daughters of Penelope Helle Chapter also held an enormously successful *Tastes of the Mediterranean* event that was enjoyed by a large, enthusiastic crowd and whose proceeds were donated to benefit the Fisher House Foundation assisting seriously wounded or ill military members and their families. Finally, our Hellenic Education Center hosted the next installment of their popular and most interesting Lecture Series with a fascinating presentation by Dr. Gabriel Radle on the *History of the Marriage Ritual in Constantinople and its Influence in the Mediterranean World*. Congratulations to everyone who not only made these events so successful, but whose efforts make our parish an abundant, joyful and loving community.

Of course, the events above have passed, but I can't miss the opportunity to mention our upcoming Second Annual Easter Lamb Roast. Last year's inaugural event was an overwhelming success with over 300 in attendance and this year's fete promises to be even more popular. This is a wonderful way to end our Lenten fast and enjoy a bountiful and leisurely traditional Greek Easter feast with family and friends. Additional information can be found elsewhere herein. We hope to see you there!

I end this month's article on a somewhat sad note. As pleasurable as it is to welcome new people as I did earlier, it is an altogether bitter sweet affair when the time comes to bid farewell to one of our valued employees. Anna Vassilopoulos, a stalwart in our Finance Office, is retiring after 10 years of devoted service. A long-time steward of our community, Anna is certainly no stranger to community service having not only served on our Parish Council, but also as President of our Ladies Philoptochos Society. Her time as an employee at Saint Katherine was particularly meaningful to our community because it came during a period of great growth and change. Her efforts helped us make that transition from a small parish to a much larger one with minimum difficulty. Anna and her husband George plan to remain involved in our community and look forward to spending time with their family and beautiful new granddaughter. We are grateful for her dedicated service and devotion to Saint Katherine and wish her much happiness and joy in her retirement.

On behalf of our Parish Council, I wish you all a happy and blessed Lent. Καλή Σαρακοστή!

Your servant in Christ,



President, Parish Council

TWO WOLVES

A Native American Cherokee Story

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between two wolves inside us all. "One is Evil – It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

"The other is Good – It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

The grandson thought about it for a minute and then asked his grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed."

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, April 19, 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.

March 1, 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.

We will split our Parish Oratorical Festival over two Sundays, 9:30am-10:30am. On March 15, grades 1-4 will present. On March 22, grades 5-12 will present. The presentations will be 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 from the Catechetical (Sunday) School teachers and the Church Office. On the days of our Parish Festival, parents of participants and interested members of our church community are invited to hear the presentations. We trust that God will bless and guide us all as we welcome the religious experience of Great Lent.

HOPE (ages 8-12)

HOPE CHILDREN WILL MEET in Founders' Hall, after the second liturgy on Sunday, March 8, to make Greek Flag Angels and/or Greek Sailboats. Please join us!

GMU OCF

GMU OCF (ORTHODOX CHRISTIAN FELLOWSHIP) will meet on Tuesday, March 3 and Monday, March 23, 7:00pm, in room 239H of the Johnson Center at GMU. On March 23, we will have a Compline Service. Northern Virginia Community College students are welcome to join us. Also, please join our church community during Lent. There are lots of services and events. Please contact Fr. Costas at fcostas@stkchurch.com or 703-671-1515 if you need a ride to church or have any questions or issues.

GOYA

BOYS BASKETBALL PRACTICE will be held on all Sundays in March following the second liturgy's coffee hour. Boys and girls will have practice on all Thursdays from 6:30pm-8:00pm.

GOYA will go Cosmic Bowling on Saturday, March 7, 8:00pm at Bowl America Burke, 5615 Guinea Road, Fairfax, VA 22032. The cost is \$15 for two games and shoes. As always, parents are welcome to bowl as well. Please RSVP by Monday, March 2 so that we can release any lanes that are not needed.

GOYA has church duty on Sunday, March 15. Christina Kosmakos is the GOYA Captain and Epistle Reader.

Our GOYA's basketball tournament is Saturday and Sunday, April 18-19. We will participate in the Saint Demetrios, Baltimore tournament on April 25-26 and the Saints Constantine and Helen tournament on May 2-3.

AHEPA SCHOLARSHIPS FOR SENIORS

The Washington Metropolitan Area Chapters of the Order of AHEPA (American Hellenic Educational Progressive Association) and the Daughters of Penelope (DOP) have sponsored the Washington Metropolitan Area Scholarship Awards Program for over 45 years. Thanks to the generosity of its donors, this program has honored 1,508 Orthodox Christian students by awarding \$835,000 in scholarships. Current year donations are still applicable and the deadline is the third week of April and would be greatly appreciated.

In order to be considered for an award applicants must, along with your parent/guardian, 1) be affiliated with the Greek Orthodox Church or AHEPA family within the jurisdiction of the Greater Washington, DC Metropolitan Area; 2) be a graduating high school senior within the jurisdiction of the Greater Washington, DC Metropolitan Area; 3) have a cumulative grade point average of 3.0 (a "B" average or better); and 4) have participated in extracurricular activities and/or lettered or received awards in varsity interscholastic sports. Our Peter N. Derzis AHEPA Chapter No. 438 Metro Scholarship is one of many being offered.

Please consult the checklist and guidelines as specified within the application and ensure all of the requested documentation is provided to the Awards Committee. Student applications for all the scholarships are available in the Church Office. Contact details are available with the applications.

You will be notified of your eligibility by mail approximately three weeks after the April 3, 2015 deadline. Eligible students will be honored at this year's Awards Program on Sunday, May 17, 2015, 2:00pm at the Hilton Washington, DC/Rockville Hotel in Rockville, Maryland.

**Ο ΙΕΡΟΜΑΡΤΥΣ
ΠΑΤΡΙΑΡΧΗΣ ΠΑΡΘΕΝΙΟΣ Ο Γ΄
Σοφία Δ. Τσαγκάλη**

(Συνέχεια από το προηγούμενο)

ΠΑΡΑ ΛΟΙΠΟΝ ΤΙΣ ΔΙΑΜΑΡΤΥΡΙΕΣ και τις εξηγήσεις για το ευαγγελικό ρητό, «...έρχεται γαρ η βασιλεία των ουρανών», που είχε γράψει ο πατριάρχης Παρθένιος στην επιστολή του προς τους Οθωμανούς, καταδικάζεται σε θάνατο. Η δε μόνη σωτηρία, που υπήρχε, είναι να αρνηθεί τον Χριστό. Ο πατριάρχης, ο αρχηγός των πιστών να αρνηθεί τον Χριστό; Νομίζω πως ακούγεται παράλογο. Αυτός που υποσχέθηκε πίστη και προσήλωση μέχρι θανάτου και μαρτυρίου να βασανίζεται σκληρά και να εξευτελίζεται ως ο χειρότερος κακούργος;

Αφού οι Αγαρηνοί ικανοποίησαν την μοχθηρία τους, ετοίμασαν αγχόνη και το Σάββατο του Λαζάρου τον κρέμασαν, όπου εκεί παρέδωσε το πνεύμα του ως καλός ποιμένας, ο οποίος θυσίασε την ζωή του, όπως ο Αρχιποιμένας Κύριος Ιησούς, υπέρ του ποιμνίου Του. Το ιερό του λείψανο έμεινε κρεμασμένο στην αγχόνη για τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, έστω και από μακριά, να το δουν και να το προσκυνήσουν. Να δουν την Μεγάλη Εβδομάδα τον πατριάρχη και εθνάρχη τους, τον μιμητή του Ιησού Χριστού, υψωμένο στην αγχόνη για την πίστη και μαρτυρία του Ιησού Χριστού. Και το έβλεπαν να περιβάλλεται με λάμψη ιερή και φως θείο. Μετά τρεις ημέρες, οι άπιστοι Τούρκοι έρριξαν το ιερό του λείψανο στην θάλασσα για να γίνει τροφή των ψαριών. Αλλά ο καλός Θεός δεν το επέτρεψε αυτό. Οι υπόδουλοι Έλληνες έπρεπε να έχουν το ιερό λείψανο του μαρτυρικού πατριάρχη τους για να ενθυμούνται την μορφή του, τους αγώνες του, την σταθερότητα στην ιερή του αποστολή και την θυσία του χάρη του Χριστού και της πατρίδας, για να ενισχύονται και να τον θυμούνται. Γι' αυτό η χαρά τους ήταν απεριγράπτη, όταν λίγες μέρες αργότερα βρήκαν το ιερό σκήνος του μέσα στην θάλασσα, όπου με δέος το ανέσυραν και το ενταφίασαν με τιμές και ευλάβεια στη νήσο Πρίγκηπο.

Αν και έζησε σε περίοδο τουρκοκρατίας με τις καταπίεσεις και τους διωγμούς των Τούρκων, και νέος καθώς ήταν, εν τούτοις φύλαξε τα ιδανικά της πίστης και της πατρίδας, πιστός ορθόδοξος χριστιανός και ένθερμος Έλληνας πατριώτης στην οικογένεια, στην εκκλησία, στην κοινωνία. Αν και τα μέσα στην τουρκοκρατούμενη Ελλάδα δεν ήταν πλούσια, εν τούτοις πέτυχε να αναδειχθεί σε άνδρα σοφό με σπάνια μόρφωση για την εποχή του. Εργάστηκε για την πρόοδο της ψυχής, την αναγέννηση, τον αγιασμό. Γι' αυτό και αναδείχτηκε σε φωτεινή προσωπικότητα με άρτια μόρφωση και έκδηλη αρετή. Έτσι εξηγείται η θαυμασία μετέπειτα εξέλιξή του.

Έτσι κι εμείς που επιθυμούμε και σχεδιάζουμε το μέλλον, πρέπει να φροντίζουμε φυσικά για την γραμματική μας μόρφωση, αλλά πάν' απ' όλα να φροντίζουμε για της ψυχής μας την καλλιέργεια. Και να μην αμφιβάλλουμε, γιατί με την χάρη του Θεού, και προοδεύουμε και πετυχαίνουμε.

Το έργο του ως πατριάρχης υπήρξε θαυμαστό. Ήταν αρχηγός ολόκληρης της εκκλησίας, προστάτης και

PIERO DI COSIMO: POET AND PAINTER

Joanna Bose

THE NEW AND EXCITING EXHIBIT of 44 paintings by the early Italian Renaissance painter Piero di Cosimo is so wonderful, that I encourage anyone who's even vaguely interested in art to visit the National Gallery. And be prepared to want to return.

Piero, born in 1462, in Florence, may have been perceived as a colorful character. But he was a masterful painter. Florentine artists had become acquainted with the Flemish school of painting in the 1440s. Piero may have seen the Portinari Triptych by Hugo van der Goes, which is an example of what was called a Sacra Conversazione, or Holy Conversation, which was a term applied to an altarpiece which depicted saints and worshippers around the key figures of the Madonna and Child. Piero learned to use oil and create the jewel-like bold colors that were part of the Netherlandish style, but he also took from them the extreme attention to detail and the use of light, that he used to great effect in all his paintings. His landscapes are incredible in the fine detail he creates. And his religious paintings are equally astonishing. In "The Visitation," the "old" Elizabeth greets the young Mary; their hands clasped together. Elizabeth's age is masterly defined in her sagging chin and detail of her fingers.

What is most astonishing about this exhibit is the contrasting subject matter. One goes from a room filled with devotional panels and large altarpieces, to another room filled with fantastic, exotic paintings from the mythologies of Roman and Greek antiquity. The popularity of Ovid's *Metamorphoses* was very much a part of everyday Italian life in the 15th century. And being the mirror and poet of his age, it was only natural that Piero would want to try his hand at fantastic art too. He was intrigued by the mysterious and untrappable attributes of Nature. For him, nature was mystery! One could even say that he animates the natural environment, bringing it alive in his rendering of the inanimate. Trees come alive under his brushstrokes!

One of the curators pointed out that Piero can be called the father of Surrealism, and indeed his paintings are reminiscent of Salvador Dali.

One of my favorites is called *Volto Santo* of Lucca, or the Holy Face, painted in 1550 after a wooden carving of Jesus on the Cross which was attributed to Nicodemus who, according to legend, was with Joseph of Arimathea at the burial of Jesus. Nicodemus could not finish the likeness, the Holy Face; an angel finished it while he slept. Piero's version shows a living and not suffering Christ on the cross.

It took decades to organize this exhibition. Many works are here from the Uffizi in Florence, and that is rare! I cannot adequately describe the amazing effect of the art that's on display!

(Continued on page 7)

HELLENIC EDUCATION CENTER

Eleni Alexopoulou

THE GREEK ESTABLISHMENT

GREEK LIFE DID NOT END Greek life did not end when the Ottoman Turks took Constantinople in 1453. When the Ottomans imposed the millet system, the Greeks began with some obvious advantages relative to other Balkan Christians and added others as time went by.

Greek Orthodox clergy controlled the Orthodox millet. The Turks lumped together all their Balkan Christian subjects, Greek or Slav. Greek clergy therefore had substantial religious, educational, administrative and legal power in the Ottoman Balkans. The “Phanar” or lighthouse district of Istanbul became the center of Ottoman Greek culture after the patriarch took up residence there, and the well-connected Greeks of that city were known as Phanariots. Orthodox culture, faith and educational systems became identified with Greek culture. Educated Orthodox Slavs were likely to become Hellenized.

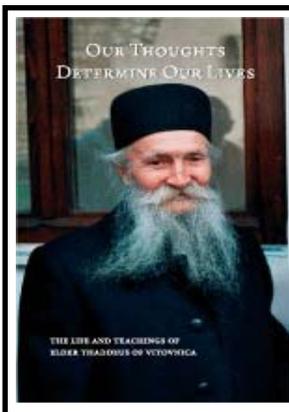
Greeks held administrative roles in the central Ottoman administration itself. Greeks ran the office of the Dragoman, the head of the sultan’s interpreters’ service, because Muslims were discouraged from learning foreign languages. Greeks therefore participated in diplomatic negotiations and some became de facto ambassadors. At a lower administrative level, Phanariots secured most of the contracts for tax-farmers (men who bid to collect a district’s taxes, and took their profits from excess revenues squeezed out of the peasants). Greeks also acted as contractors to the Ottoman court, supplying food and other services.

Such advantages slowed the Greek encounter with national identity in the modern form. Religion, not ethnic descent or language, was the first criterion for identification in the millet system. Religion, not language or residence, distinguished wealthy Orthodox Greeks from their Muslim Ottoman counterparts. Some Anatolian Greeks did not even speak the Greek language. Nor was “Greece” a definable place. Only half of the four million Greeks lived in modern mainland Greece as we know it today: the Morea, Thessaly, Epirus and Thrace. The other two million were scattered in towns along the coast of Anatolia, the Black Sea or the Mediterranean.

On the Greek mainland, Greek notables already exercised substantial local power. Because the Morea or Peloponnesus was rather poor, in 1800 only 40,000 Turks lived there among 360,000 Greeks. The Turks owned two-thirds of the land, but lived in a few cities. Large stretches of countryside had no Turkish presence at all. In those areas, Greek primates or “kodjabashis” virtually ruled themselves, meeting in regional assemblies to supervise taxation and other administrative matters. Greek militia or “armatoli” kept the peace while “klephts” or bandits flourished in the hills.

Greek shipowners in the islands enjoyed similar advantages. Greeks dominated Balkan commerce by the 1700s. Some islands paid no taxes in cash, instead contributing via the labor of sailors. As Christians, Greek traders were exempt from certain Muslim ethical and legal restraints on money-lending at interest. Greeks were permitted commercial contacts with non-believers, an awkward matter for Muslims. Turkish hostility toward Western Europeans also played into Greek hands. Tiresome regulations and occasional anti-European riots discouraged Western Europeans from coming to Turkey: instead Westerners who did business in the region used local Jews, Armenians or Greeks as agents for reasons of safety, language and convenience. Different branches of the same Greek family often operated in different cities, so that ties of kinship reduced the risks of trade.

This lecture (<http://staff.lib.msu.edu/sowards/balkan/lecture6.html>) is a portion of a larger Web site, *Twenty-Five Lectures on Modern Balkan History (The Balkans in the Age of Nationalism)*.



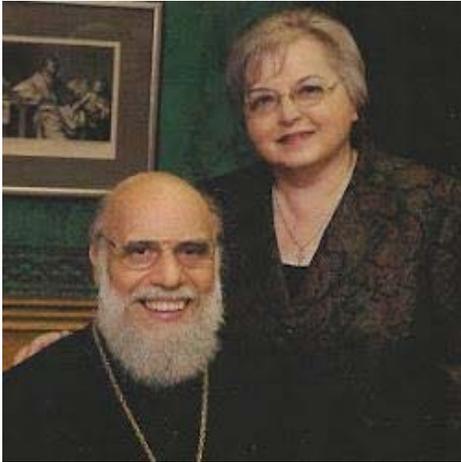
WOMEN’S BOOK CLUB

LAST MONTH, we used our church van and went to the National Gallery of Art to view the El Greco Exhibit and then we broke bread together in the Garden Café. We all thanked God for our excellent weather and our hours of loving fellowship.

We are continuing our book, *Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica*, translated by Ana Smiljanic. Our meeting dates this month are on Wednesday, March 11 and Tuesday, March 24 at 10:30am.

New members are always welcome to join us on our spiritual paths as we read and reflect. If you are interested you may email faympras@gmail.com with any questions.

MISSIONARIES OF THE MONTH: THE CHAKOS FAMILY SERVING IN GUATEMALA



REV. JOHN CHAKOS retired last year as the priest of Holy Cross Greek Orthodox Church in Mount Lebanon, PA after 31 years in order that he and his wife, Presvytera Alexandra, could spend their retirement helping to establish the first Orthodox seminary in Latin America and build up the fledgling Guatemalan Orthodox Church. He is working under Metropolitan Athenagoras of Mexico and together with Fr. Andres Girón, the charismatic leader of the new Guatemalan Orthodox Church.

He left a vibrant, mission-minded church family that has served its large community while also actively getting involved in missionary efforts in Pittsburgh and throughout the world. From assisting the homeless and working poor in the South Hills, Pittsburgh, to building schools in Africa, to teaching and preaching in Central America, Fr. John's life has been defined by serving God through helping others and by being living examples of love and mercy.

After starting off his adulthood as a high school English teacher for two years, Fr. John and his young wife, Sandy, were inspired by the idea of serving others abroad, so they joined the Peace Corps shortly after their marriage. They lived in the slums of Rio de Janeiro for almost three years in the 1960s. John taught classes in a local university while Sandy taught sewing and pattern making to impoverished families who could, in turn, use the skills to earn a living.

In 1971 John Chakos felt that God called him to the priesthood, and he graduated from Holy Cross Greek Orthodox School of Theology in 1974. By the grace of God, Fr. John took over as pastor of Holy Cross in 1980, and helped it grow into a highly vibrant, Orthodox community, the largest in the greater Pittsburgh region. Under his leadership, Holy Cross has been instrumental in founding the Three Hierarchs Orthodox Elementary and Middle School (T.H.E.O.S.), several monasteries around the United States, and the Orthodox Church in Indonesia.

Father John has served as a member of the Orthodox Christian Missions Center's (OCMC) board since 1986, serving as its President for a number of years. Fr. John has led several mission teams to Galilee and Guatemala, and served for six months in Tanzania, where their son Nicholas was a missionary.

THE BYZANTIO GREEK

DANCE and Cultural Arts Program's Greek folk dance lessons for all youth ages 4 and up are on Tuesdays, 6:30pm-

7:30pm. The Adult performing group practices on Sundays from 6:00pm-7:30. Please visit byzantio.org or contact Aris and Anna Yortzidis at greekdancedc@gmail.com for more information.



SAVE THE DATE

Sunday, June 28 — Friday, July 3, 2015
Camp Good Shepherd: Virginia
Ages 11-18



Daily Worship
Swimming
Crafts
Camp Activities
Orthodox Lessons

(Continued from page 5)

υπερασπιστής του υπόδουλου έθνους, όπου εργάστηκε με ζήλο και αυταπάρνηση, με θυσία σε όλες τις δομές της εκκλησιαστικής και εθνικής κοινωνίας.

Αυτό λοιπόν είναι μία χειροπιαστή και αποστομωτική απάντηση στην αναίσχυντη συκοφαντία που εκτοξεύουν πολλές φορές οι εχθροί της εκκλησίας. Από όσα διαβάζουμε και γνωρίζουμε, πάντα ο κλήρος πρωτοστάτησε και όχι μόνο ευλόγησε και προέστη στις διάφορες μάχες της επανάστασης, αλλά πολλοί από αυτούς, όπως έντεκα πατριάρχες, δεκάδες αρχιερείς και εκατοντάδες ιερείς, έχυσαν το αίμα τους ως μάρτυρες της εκκλησίας και του έθνους και τιμούνται ως ιερομάρτυρες και εθνομάρτυρες. Τέτοιους αγίους και υπερασπιστές έχει η πίστη μας και το έθνος μας, που οφείλουμε να τους τιμάμε και να τους μιμούμαστε. Μέσα σ' αυτούς εξέχουσα θέση κατέχει φυσικά και ο πατριάρχης Παρθένιος ο Γ', για τον οποίο γίνεται ο λόγος.

Εμείς λοιπόν, ως χριστιανοί ορθόδοξοι, ας μην παραξενευόμαστε ούτε να προύμαστε, όταν βλέπουμε, πως με τις καλές μας προθέσεις και ενέργειες, να αντιδρούν ορισμένοι. Χωρίς να προκαλούμε, ας συνεχίζουμε συνετά τις όμορφες και θεάρεστες προσπάθειές μας, την ενάρετη ζωή και το ιεραποστολικό μας έργο ως την στερνή μας πνοή. Είναι τιμή μας!

Θαυμαστές λοιπόν και μιμητές των ηρώων της πίστewας και της πατρίδας, όπου κι αν βρισκόμαστε! Ευλογημένη Σαρακοστή!

KAIROS PRISON MINISTRY

Dennis Garbis

*Kairos Prison Ministry: Changing hearts,
transforming lives, impacting the world.*

THE FOUR-DAY EVENT at the Sussex Prison will take place March 19-22 and the four-day event at the Greenville Correctional Center will take place April 16-19. Our goal is to provide 200 dozen cookies for each event. Individuals can bake cookies or volunteer to bake cookies in the church kitchen on March 1 or March 29. While baking these cookies, please remember to pray early and often. Homemade cookies are a tangible expression of Christian love and an indication of God's concern for a group of people who seldom encounter either in the course of daily living. Additional information will be published in the weekly bulletin or you can communicate with Dennis Garbis at djgarbis@envdes.com.



REGISTRY

Baptisms

*Sofia June (February 21)
daughter of Kenneth and Agnes Mayer
Godparent: Joanna Flossos*

*Alexander John Papasavvas (February 28)
son of Paul and Melissa Papasavvas
Godparent: Spiro Roiniotis*

Na mas zisoun.

Funerals

*Panagiotis (Pete) T. Silis (January 21)
Christina Maheras Kutschenreuter (February 5)
Aphroditis Hero (February 9)
Katherine "Kay" Scourby (February 11)
John Papageorge (February 14)*

May their memory be eternal.

SAINT KATHERINE'S SECOND ANNUAL TRADITIONAL GREEK EASTER LAMB ROAST



Please bring your family
and join all your friends on

*Easter Sunday, April 12
12:30pm*

for your Easter meal,
music, and fun!

\$40 for adults
\$25 for kids under 12
(appetizers, roast lamb on the spit,
sides, dessert, and drinks)

Make your reservations now
and don't miss out!

Contact
Mallamo Mavromatakis:
minoanone@gmail.com | 703-830-0224

Church Office: 703-671-1515

See you there!

March 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <i>Sunday of Orthodoxy</i> 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy 12:30pm Bake for Kairos GOYA Basketball Practice 5:00pm Vespers at SS. Peter and Paul, Potomac</p>	<p>2 6:00pm Holy Confession 7:00pm <i>Compline</i></p>	<p>3 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners 7:00pm GMU OCF in room 239H, Johnson Center</p>	<p>4 7:00pm <i>Pre-Sanctified Liturgy</i> 8:00pm Cuba Mission 8:00pm HEC Basketball</p>	<p>5 6:30pm GOYA Basketball Practice</p>	<p>6 5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class 7:00pm <i>2nd Salutations</i> Missions Lecture</p>	<p>7 9:30am Greek School 8:00pm GOYA Cosmic Bowling at Bowl America, Burke</p>
<p>8 <i>Saint Gregory Palamas</i> 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 9:30am Single Parents 10:30am Divine Liturgy 12:30pm DOP Meeting 12:30pm HOPE GOYA Basketball Practice 5pm Adult Greek Dance</p>	<p>9 6:00pm Holy Confession 7:00pm <i>Compline</i> 8:00pm Deuteri Deutera</p>	<p>10 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners 7:00pm Missions</p>	<p>11 10:30am Women's Book Club 7:00pm <i>Pre-Sanctified Liturgy</i> 8:00pm HEC Basketball</p>	<p>12 6:30pm GOYA Basketball Practice</p>	<p>13 5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class 7:00pm <i>3rd Salutations</i> Missions Lecture</p>	<p>14 9:30am Greek School 10:15am Philoptochos and DOP Field Trip to the National Museum of Women in the Arts</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p><i>12pm Deadline for April DOXA</i></p> </div>
<p>15 <i>Holy Cross</i> 8:00am Divine Liturgy 9:30am Orthros, Catechetical School, and Oratorical Festival 10:30am Divine Liturgy 12:30pm Philoptochos GOYA Basketball Practice 5pm Adult Greek Dance</p>	<p>16 6:00pm Holy Confession 7:00pm <i>Compline</i></p>	<p>17 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners</p>	<p>18 7:00pm <i>Pre-Sanctified Liturgy</i> 8:00pm Parish Council 8:00pm HEC Basketball</p>	<p>19 6:30pm GOYA Basketball Practice</p>	<p>20 5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class 7:00pm <i>4th Salutations</i> Missions Lecture</p>	<p>21 9:30am Greek School</p>
<p>22 <i>Saint John Climacus</i> 8:00am Divine Liturgy 9:30am Orthros, Catechetical School, and Oratorical Festival 10:30am Divine Liturgy GOYA Basketball Practice 5pm Adult Greek Dance</p>	<p>23 6:00pm Holy Confession 7:00pm <i>Compline</i> 7:00pm GMU OCF in room 239H, Johnson Center (<i>Compline</i>)</p>	<p>24 10:30am Women's Book Club 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners 7:00pm <i>Vespers</i> at Annunciation, Baltimore</p>	<p>25 <i>Annunciation</i> 9:30am Orthros 10:30am Divine Liturgy 8:00pm HEC Basketball</p>	<p>26 6:30pm GOYA Basketball Practice</p>	<p>27 5:00pm Greek School Adult Greek School 5:00pm Beginners/Conversation Class 7:00pm <i>Akathist Hymn</i></p>	<p>28 9:30am Greek School</p>
<p>29 <i>Saint Mary of Egypt</i> 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy Philoptochos Bake Sale 12:30pm Bake for Kairos GOYA Basketball Practice 5pm Adult Greek Dance</p>	<p>30 6:00pm Holy Confession 7:00pm <i>Compline</i></p>	<p>31 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners</p>				

PHILOPTOCHOS (by *Eleni Kanakos, President*)

A SPECIAL THANK YOU to Evdoxia Mitchell and all the ladies for your help at the Valentine's Luncheon and to Denise Garbis, Irene Kavros, Irene Barton, and Irene Antonia Manno for kindly donating the desserts. Many thanks to Ramona Velezis for the centerpieces and a big thank you to Ken Kunec and Athanasios Chronis for the wonderful entertainment. The bilingual school children performed a special dance, and we thank them for their entertainment as well as the favors they provided for all the guests. It was an amazing event, enjoyed by all. Many thanks to Mary Drakoulis for handling the reservations.

Our Easter bake sale will be held on 3 days: Sunday, March 29 after the second liturgy; Palm Sunday, April 5 after both liturgies; and on Wednesday, April 8 following the afternoon Holy Unction service. We will start taking orders for Tsourekia and Easter sweets at the beginning of March. For your orders, please call Mary Varlas at 703-965-4161 or email her at LPbakesale@yahoo.com. See info on page 12, use the order form that will be emailed to you, or pick up a form from the church office, so that you can conveniently pre-order your baked goods. We hope that you can help us in preparing for the Easter bake sale, so please let us know if you are available to help bake and/or work at the bake sale.

Our next meeting is Sunday, March 15 after the second liturgy. I hope to see you there.

Elections for the new Philoptochos Board are in May. If anyone is interested in being on the Board, please submit your name to our Election Committee.

Please send in your 2015 stewardship and a donation of any amount for the Saint Nicholas Shrine at Ground Zero. If you are not familiar with this fundraising initiative, each individual Philoptochos member is asked to support an appeal made by His Eminence Archbishop Demetrios of America for the resurrection of the Saint Nicholas Greek Orthodox Church and National Shrine at the World Trade Center in NYC. Please support this worthy cause so that we may see Saint Nicholas rebuilt. The initiative continues until January of 2016. Please make your checks payable to the Saint Katherine Philoptochos and note "Saint Nicholas Shrine" on the memo line. It can be mailed to our church, attention Philoptochos. We deeply appreciate your support, and I would like to thank the families that have already sent in their generous donations.

DAUGHTERS OF PENELOPE (by *Karen Polizos, President*)

OUR *TASTES OF THE MEDITERRANEAN* FUNDRAISER on February 6 to support Fisher House Foundation was a great success. Our deepest thanks to everyone who attended and made donations to this worthy cause. So many gave of their time and talents to help in this effort and we are very appreciative. Our next project is preparing and serving dinner at the Bailey's Crossroads Shelter Tuesday, April 14. Please contact Karen at 571-434-7790, if you would like to help in this outreach.

DAUGHTERS OF PENELOPE (cont'd.)

Our next monthly chapter meeting will be at the church on Sunday, March 8, following the second Liturgy. Light appetizers will be served. If you haven't paid your 2015 dues (\$40), please bring them to the meeting or mail them to Barbara Koltos, 6317 Wilmington Drive, Burke, VA 22015. Remember, the Daughters of Penelope recognizes chapters for paid dues using the date of March 31. So, please don't delay in sending your payment.

A joint social outing is planned for the Daughters of Penelope and Philoptochos members on Saturday, March 14. We will meet at the National Museum of Women in the Arts in Washington, DC, at 10:15am, to see the exhibit, *Picturing Mary: Woman, Mother, Idea*. The cost is \$10; seniors 65+ \$8. Following the exhibit, we plan to have lunch at a restaurant very close to the museum. Unfortunately, the café in the museum is closed on Saturdays. Carpooling can be arranged. Metro Center Station is the closest Metro stop (2 blocks away). Please contact Karen Polizos at 571-434-7790, no later than March 9 if you would like to join us.

BOOKSTORE

THIS MONTH WE ARE FEATURING special children's picture books on the subject of Lent and Pascha:

My Book of Great Lent and *My Book of Holy Week*. This set of two coloring books includes 21 beautifully illustrated coloring pages and patterns of icons for your children to following the events of Great and Holy Week. (\$20 for the set)

Humphrey's First Palm Sunday. Humphrey the camel wants nothing more than to be the lead camel in the caravan, so he can improve his view. When the caravan leads him to Jerusalem, he crosses paths with Jesus making his triumphal entry. Humphrey is delighted to see Jesus, now a grown man, and remembers the Child to whom he gave his coveted blanket all those years ago in Bethlehem. (\$15.00)

The Week That Led to Easter, The Story of the Empty Tomb, and *The Day Jesus Died*. These three picture books tell the story of Palm Sunday through Pascha in fun-to-read rhymes and bright illustrations. This well-loved series captures the attention of children, telling scripturally sound stories that are enjoyable and easy to remember. (\$5.00 each or \$12.00 for the set)

The Easter Story. This small board book with about 200 words introduces young children to Jesus the man, from his teaching to his healing. And it gently reveals the meaning of Easter and the story of Christ's death and Resurrection. Bright, colorful illustrations make this a perfect book for toddlers. (\$10.00)

SINGLE PARENT FELLOWSHIP

SINGLE PARENTS ARE ENCOURAGED to come together during the first liturgy's Coffee Hour on Sunday, March 8.

MISSIONS AND OUTREACH by Dr. John Demakis

OCMC Benefit Dinner, April 26. Our Mission and Outreach Committee is again sponsoring an OCMC Benefit dinner, to be held at Saint Katherine Greek Orthodox Church, Falls Church, on Sunday, April 26. The evening will start with Pan-Orthodox Vespers at 5:00pm. Hors d'oeuvres at 5:30pm and dinner and presentation at 6:00pm. All proceeds will go to the OCMC for international Orthodox missions. Please consider coming, to the banquet. The speaker is Rev. John Chakos, Missionary to Guatemala, who will speak on *Orthodoxy in the Guatemalan Highlands: A Light Shines Brightly*. The tickets are \$55 for adults, \$30 for those under 22, and free for children under 6. You can get a table for 10 for \$500. The reservation deadline is April 21. Points of contact are Dr. John Demakis (demakis9931@gmail.com), Skip Mersereau (jwmster@gmail.com), or Betty Slanta (slanta@verizon.net). Mail check to Saint Katherine Greek Orthodox Church, 3149 Glen Carlyn Road, Falls Church, VA 22041. Checks payable to Saint Katherine Greek Orthodox Church with "Mission Banquet" on the memo line.

Mission Lenten Lecture Series. As we have done the last several years, following the first four Salutation services, our Missions committee will sponsor a special lecture on missions. Our schedule for 2015 is as follows:

- Feb. 26: Kenya mission (Mary Van Hollenkam)
- March 6: Cuba mission trip (Fr. Costas and team)
- March 13: Project Mexico trip (Fr. Panagiotti and team)
- March 20: Alaska trip (Natalie Gabarino)

Come to the services, enjoy refreshments and listen to accounts of where our Saint Katherine people have gone and their experiences.

OCMC Mission Teams 2015. Interested in going on a short-term mission team with the OCMC? Check the Saint Katherine website for a full list of teams and dates. The list is also posted on our bulletin board on the lower level of our community center. For more information, contact Dr. John Demakis at demakis9931@gmail.com or the OCMC.

Second Cuba Mission Trip, April 30-May 8. Fr. Costa will be leading a team of 20 individuals including 4 priests for the second Cuba Mission Trip. Most of the team has now been chosen, but there is room for more. If interested, please contact Fr. Costa at 703-671-1515. They will participate in the First of May parade in Havana with the Saint Nicholas parish of Havana. They will also play baseball, USA vs. Cuba! The team will then split into three teams: one team will stay in Havana to assist with preparing the new and first Orthodox monastery in Cuba to receive monks and train priests, another will travel to Ranchuelo to the Saint George the New Martyr parish to assist with building/painting/cleaning the church building, and the third team will travel to Holguin in Guantanamo to visit the Orthodox parish of Saint Paraskevi. We will be doing Bible Study, making icons and livani, and participating in the Divine Liturgy with respective parishioners. Please keep the team in your prayers. If you would like to

donate to the Cuba mission please make out checks to Saint Katherine and write "Cuba Mission" in the lower left.

Project Mexico Mission Trip, August 13-19. Fr. Panagiotti has confirmed the dates for the Project Mexico trip will be August 13-19. The team will stay at the St. Innocent Orthodox Orphanage near Tijuana, Mexico. Work may include helping to build a small home for the needy or working at the Orphanage. There are 10 slots available and they are filling up quickly. Please contact Fr. Panagiotti or Ray Vazquez to sign up.

Metropolitan Kallistos Ware. We are pleased to announce that Metropolitan Kallistos Ware will visit Saint Katherine on June 13 and 14. He will be here for the whole week to participate in the Orientale Lumen Conference, a joint Orthodox Catholic dialogue. On Saturday, June 13, he will participate in the Vesper service at Saint Katherine and make a major presentation following the services. A light dinner will be served. On Sunday, June 14, His Eminence will officiate at the Divine Liturgy at Saint Katherine. More details to follow.

Monumental Missions Walk 2015. Eleni Porter is chairing our Mission Walk this year. Although we do not yet have a definite date from the National Park Service, we expect it will be a Saturday in September. This year our Mission Walk will be around the Tidal Basin and we will visit the monuments in that area. As in other years, the proceeds will be split with the OCMC and our local missions. We should have the date and more details in the next issue of *DOXA*.

Food Pantry. Our next collection for the local Food Pantry will be Sunday, May 17. We will again distribute cloth bags the two Sundays prior.

Diaper Collection for Local Food Pantry, April 5. We will collect diapers on Palm Sunday, April 5. Federal food stamps cannot be used to buy diapers, so this is a great help to mothers with infants. Collections will take place in the foyer of our community center. Please bring unopened packages of sizes newborn to 6. No pull ups please.

BAILEY'S CROSSROADS HOMELESS SHELTER

Feeding the Homeless. The following groups will be serving dinner at the shelter: Adult Bible Study on March 17, Daughters of Penelope on April 14, and GOYA on May 19. If your organization would like to participate, please contact Dr. John Demakis at demakis9931@gmail.com.

Clothes and Toiletries. During the winter months, warm clothes are always necessary. Please be generous and bring new or clean used clothes and unopened toiletries for the shelter. Bring your items to the atrium of the Meletis Charuhus Center.

Next Mission Meeting, March 10. Our next Missions and Outreach meeting will be on Tuesday, March 10, 7:00pm in the Board Room. All are welcome to attend.

GRACE

Just because you can't see me
Does not mean I am not there
Just because I'm in heaven
Does not mean I do not care

I often see you crying
You often say my name
I want to hold you in my arms
And take away the pain

It's easier for me
For I know heaven's real
If you knew heaven existed
How much better would you feel

One day we will meet again
But only when the time is right
When you step out of the darkness
I will be standing in the light.

Saint Katherine offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for contributing articles nearly every month for the last 11 years.

EASTER BAKE SALE

Saint Katherine Philoptochos

March 29 following second liturgy

April 5 following both liturgies

April 8 following the Sacrament of Holy Unction

To order, please contact Mary Varlas at
lpbakesale@yahoo.com or 703-965-4161.

Tsoureki	\$12
Koulouria	\$8/dozen
Kourambiethes	\$16/dozen
Melomakarona	\$16/dozen
Diples	\$20/4 jumbo
Baklava	\$18/6 pieces
Kataifi	\$18/6 pieces
Spanakopita	\$25/doz. 3-oz. frozen triangles
Tiropita	\$25/doz. 3-oz frozen triangles
Patitsio	\$40/half-pan, frozen
Moussaka	\$42/half-pan, frozen



Please mail checks to:
Saint Katherine Philoptochos
Attn: Mary Varlas
3149 Glen Carlyn Road
Falls Church, VA 22041

BOOK REVIEW

Gregory McKinney

Thoughts for Each Day of the Year. St. Theophan the Recluse. Translated by Lisa Marie Baranov. Edited by Nun Cornelia and the St. Herman of Alaska Brotherhood (Publisher). 2010. Paperback. 307 pages.

In *Thoughts for Each Day of the Year*, St. Theophan himself selected the passages from his writings that guide the reader through the Church's yearly Gospel and Epistle readings. These are brief, yet profound commentaries on God's word, ones that also weave together his thoughts on the problems of his times. The lack of faith and coldness of heart he decries at the beginning of our modern era are only magnified today.

This is not a "once and done" collection. The editors have arranged the daily readings so that they're not dependent on a single year's calendar. The present English translation was made from the original 1881 Russian publication; while not rendered in a conversational tone, it is neither stiff nor florid. The commentaries appear to have been written for a general audience, being largely excerpted from his published articles.

Why is it that we should expect to profit from the words of a man who spent almost three decades as a recluse? St. Theophan made the choice of Mary, rather than Martha; he sat at the feet of his Master every minute of every day. Yet he wrote to dozens of spiritual children and the indwelling of the Holy Spirit that grew within him brought salvation to thousands. He wrote with firmness, yet with love, as in these words from his commentary for Christmas day:

I will not try to convey this joy to you with my words; it is inexpressible by any words. The work that was accomplished by the Lord Who is born touches each one of us. Those who enter into communion with Him receive from Him freedom, healing, and peace; they possess all of this and taste of its sweetness. There is no reason to say "Rejoice!" to those who experience this within themselves, for they cannot help but rejoice (p. 291).

In taking the words of Scripture and St. Theophan's encouragements to heart, we can more fully cooperate with Grace and begin to realize the wish of St. Paul: "And do not fashion yourselves after this world, but be transformed by the renewing of your mind, that you may prove what is that good and well pleasing and perfect will of God" (Romans 12:2).

Saint Theophan the Recluse (1815-1894) was one of the most prolific and beloved spiritual writers of nineteenth-century Russia. His works, which comprise over twenty volumes, include such classics as The Path to Salvation and A Commentary on Psalm 118, as well as many volumes of letters. Although he lived the last twenty-eight years of his life as a hermit, his impact on his homeland was immense. His articles appeared in the popular spiritual journals of his time, his books were in great demand, and he personally replied to an average of thirty letters daily.

STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2015 Saint Katherine Stewardship Program through January 31, 2015. Thank you for responding to the needs of our church.

Samia Aburdeineh	Mr/Mrs Peter Demetriou	Mr Louis Junes	Mr/Dr Michael Mpras	Ms Stella Spathopoulos
Donald and Irenelee Adams	Miss Alexandra Diapoulis	Mr Christ Kacyannakis and	Mr/Mrs Nicholas Mpras	Mrs Rhea Stack
Mr Frank Agnos	Ms Georgia Dimitras	Mr Nancy Thompson	Ms Mary Mullekom	Ms Panorea Stalter
Mr/Mrs John Agnos	Mr Stephen Dinos and	Mrs Irene Kakaviatos	Mr/Mrs Nicolas Nitis	Mr/Mrs Apostolos Stamoulas
Ms Joanna Alexis	Dr Evie Cavros	Mr/Mrs James Kalaris	Dr/Mrs Constantine Nonas	Mrs Maria Stamoulas and
Rev/Presv Stefanos Alexopoulos	Mr Nicholas Dopuch	Mr Mark Kalaris	Mrs Roula Oktay	Mr Basil Koudelis
Mr/Mrs Larry Anagnos	Ms Mary Drakoulis	Mr/Mrs Christopher Kalavritinos	Mr/Mrs Crisyllos Orphanides	Ms Stephanie Stanga
Mrs Cleoniki Anastasiou	Mrs Catherine Edgington	Mr/Mrs John Kalpos	Capt/Mrs Michael Papageorgiou	Mr/Mrs Odysseus Stassinou
Mr/Mrs John Andre	Mr/Mrs Christos Elefantis	Mr/Mrs Brasidas Kanakos	Dr E.C. Papaillas	Mr/Mrs George Stathopoulos
Mr/Mrs Tasie Anton	Mr/Mrs James Eskinzes	Mr/Mrs George Kapetanakis	Mrs Daphne Papamichael and	Mr/Mrs Gerasimos Stellatos
Mrs Voula Antonaioi	Mr/Mrs Dennis Floros	Mr/Mrs Bill Kapsidelis	Mr Tim Nichols	Mr John Stepanchuk
Dr/Mrs Nicholas Argerson	Mr George Floros	Mrs Maria Karageorge	Mrs Mamie Papamichael	Rev/Mrs Milan Sturgis
Mr James Argodale	Mr/Mrs Nicholaos Floros	Mr/Mrs John Karamanis	Mr/Mrs Panayiotis Papasavvas	Mr/Mrs Alexander Taousakis
Mr/Mrs Nektarios Athanasioi	Ms Anna Flossos	Mr/Dr Efthimios Katsapis	Mr/Mrs Jim Paras	Mr/Mrs Pierre Tavoularis
Mr Richard Bambacuc	Ms Ioanna Flossos	Dr Alexandra Kazakis	Mr/Mrs Haralabos Paraskevopoulos	Mr Paul Thanos
Dr/Dr George Banks	Mr/Mrs Vasillios Fotinos	Mr/Mrs Nicholas Kikis	Mr/Mrs Charalambos Pashiardis	Mr/Mrs Craig Thomas
Mr/Mrs Tom Beck	Mr/Mrs James Francis	Mr/Mrs Michael Kiklis	Ms Alexandra Pattaras	Mrs Fotini Trikaliotis
Mr Bokis and Papadopoulou-Bokis	Mr Athan Gadonas	Mr/Mrs Mike Kirov	Rev/Presv Costas Pavlakos	Mr/Mrs Richard Tritel
Mrs Stella Brackman	Mr Demetrios Gadonas	Mr/Mrs Thomas Kiszka	Mrs Kathy Pesavento	Ms Sophia Tsangali
Ms Maria Brazda	Mr/Mrs Demetrios Galatis	Mr/Mrs Konstantinos Kohilas	Mrs Catherine Phass	Mr/Mrs George Tsempales
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“Christian Stewardship is learning how to be a responsible and concerned caretaker of Christ’s Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God . . . our active commitment to use all our time, talent, and treasure for the benefit of humankind in grateful acknowledgment of Christ’s redeeming love . . . caring for the needs of others . . . ” (Williams & McKibben in *Oriented Leadership*). If you have not yet made a stewardship commitment to your church for the year 2015, please take a moment and do so now.

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(Continued from page 1)

the difference between the correct teaching and this theory. Gregory was dedicated to an ascetic life of prayer and fasting, which are practices of Lent.

Third Sunday of Lent, Adoration of the Cross (Mark 8:34-38; 9:1). This Sunday commemorates the venerable Cross and the Crucifixion of Jesus Christ. The Cross as such takes on meaning and adoration because of the Crucifixion of Christ upon it. Therefore, whether it be in hymns or prayers, it is understood that the Cross without Christ has no meaning or place in Christianity. The adoration of the Cross in the middle of Great Lent is to remind the faithful in advance of the Crucifixion of Christ. Therefore, the passages from the Bible and the hymnology refer to the Passions, the sufferings, of Jesus Christ: The passages read this day repeat the calling of the Christian by Christ to dedicate his life, for “If any man would come after me, let him deny himself and take up his cross and follow me” (v. 34-35). This clearly indicates the kind of dedication which is needed by the Christian in three steps:

1. To renounce his arrogance and disobedience to God’s Plan,
2. To lift up his personal cross (the difficulties of life) with patience, faith, and the full acceptance of the Will of God without complaint that the burden is too heavy; having denied himself and lifted up his cross leads him to the,
3. Decision to follow Christ.

These three voluntary steps are three links which cannot be separated from each other, because the main power to accomplish them is the Grace of God, which man always invokes. The Adoration of the Cross is expressed by the faithful through prayer, fasting, almsgiving, and the forgiveness of the trespasses of others. On this Sunday, the Adoration of the Cross is commemorated with a special service following the Divine Liturgy in which the significance of the Cross is that it leads to the Resurrection of Christ.

Fourth Sunday of Lent, Saint John Climacus (Mark 9:17-31). This Sunday commemorates Saint John Climacus (6th century) who is the writer of the book called *The Ladder of Divine Ascent*. This book contains 30 chapters, with each chapter as a step leading up to a faithful and pious life as the climax of a Christian life. The spirit of repentance and devotion to Christ dominates the essence of this book, along with the monastic virtues and vices. He was an ascetic and writer on the spiritual life as a monk-abbot of Sinai Monastery. These steps of the ladder as set forth by Saint John are to be practiced by the Christian especially during this period of the Great Lent. Each step leading to the top step of the ladder, is the climactic essence of the

true meaning of a Christian life.

Fifth Sunday of Lent, Saint Mary of Egypt (Mark 10:32-45). This Sunday commemorates the life of Saint Mary of Egypt, who is a shining example of repentance from sin through prayer and fasting. She lived a sinful life for many years, but was converted to a Christian life. She went into the wilderness to live an ascetic life for many years, praying and fasting in repentance of her previous sinful life and dying there. Saint Mary’s life exemplifies her conviction about Christ, which motivated the changing of her life from sin to holiness through repentance. Her understanding of repentance involved not a mere change from small things in her life, but an extreme change of her entire attitude and thoughts. The Church commemorates Saint Mary for her recognition of her own sins as an example of how one can free oneself from the slavery and burden of wrongdoings. This recognition of sin is imperative during Lent for the faithful as a means of self-examination and preparation for a more virtuous life in anticipation of the Crucifixion and the Resurrection of Christ.

Palm Sunday (John 12:12-18). This Sunday commemorates the triumphant entrance of Jesus Christ into Jerusalem. The people of Jerusalem received Christ as a king, and, therefore, took branches of palms and went out to meet Him, laying down the palms in His path. The people cried out the prophecy of Zechariah: “Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel” (v. 13; of Zechariah 9:9). The celebration of the Jewish Passover brought crowds of Jews and converted Jews to Jerusalem. They had heard of the works and words of Christ, especially about the resurrection of Lazarus. All the events related to Christ had a Messianic meaning for the Jews at the time. This vexed the high priests and pharisees. As usual, Christ went to the Temple to pray and teach. That evening Christ departed for Bethany. The tradition of the Church of distributing palms on this Sunday comes from the act of the people in placing the branches of palms in front of Christ, and henceforth symbolizes for the Christian the victory of Christ over evil forces and death.

Holy Week. The period of Great Lent includes the days of Holy Week. This is the time when Christians who went through the whole period of Lent in prayer and fasting approach the Feast of Feasts to celebrate the Passions of Christ and His Resurrection. During the entire Lent the faithful try to practice and live the ideals and standards of this period in the light of Easter. This is why the Hymnology of the entire period of Lent, especially during Holy Week, refers to the Resurrection of Christ as the center of the Christian faith. Each day of Holy Week is dedicated to

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SUNDAY CHURCH DUTY ROSTER

<u>March 1, 2015</u> Dr. Jerry Rich, Captain George Moshos Bill Polizos Bill Porter	<u>8:00am</u> Pierre Tavoularis Daphne Vaccarello Maria Vargas	<u>March 1, 2015</u> Peter Karounos, Captain Kelly Alexis Chris Christou Dr. John Demakis	<u>9:30am</u> Artemis Dimopoulos Mallamo Mavromatakis Mary Varlas
<u>March 8, 2015</u> Daphne Vaccarello, Captain Kelly Alexis Dr. John Demakis George Moshos	<u>8:00am</u> Bill Porter Pierre Tavoularis Maria Vargas	<u>March 8, 2015</u> M. Mavromatakis, Captain Chris Christou Artemis Dimopoulos Peter Karounos	<u>9:30am</u> Bill Polizos Jim Stoucker Mary Varlas
<u>March 15, 2015</u> Pierre Tavoularis, Captain Kelly Alexis Bill Polizos Bill Porter	<u>8:00am</u> Dr. Jerry Rich Jim Stoucker Maria Vargas	<u>March 15, 2015</u> George Moshos, Captain Chris Christou Peter Karounos Mallamo Mavromatakis	<u>9:30am</u> Christina Kosmakos, GOYA Captain, plus 5 other GOYAns
<u>March 22, 2015</u> Jim Stoucker, Captain Dr. John Demakis George Moshos Bill Polizos	<u>8:00am</u> Bill Porter Pierre Tavoularis Daphne Vaccarello	<u>March 22, 2015</u> Mary Varlas, Captain Kelly Alexis Chris Christou Artemis Dimopoulos	<u>9:30am</u> Peter Karounos Mallamo Mavromatakis Dr. Jerry Rich
<u>March 29, 2015</u> Chris Christou, Captain Peter Karounos Bill Porter Jim Stoucker	<u>8:00am</u> Pierre Tavoularis Daphne Vaccarello Maria Vargas	<u>March 29, 2015</u> Artemis Dimopoulos, Captain Kelly Alexis Dr. John Demakis Costas Mavromatakis	<u>9:30am</u> Mallamo Mavromatakis George Moshos Bill Polizos

(Continued from page 14)

the events and teachings of Christ during His last week on earth. The faithful who participate in the services of this week are more conscious of their duties to themselves and to their neighbors through fasting, praying, giving alms, and forgiving the trespasses of others; in other words, participating, day by day, in the spirit of the Gospel of Christ.

The significance of Great Lent. Great Lent before Easter is when the Christian participates fully in preparing himself to praise and glorify his God as Lord and Savior. Great Lent is like a “workshop” where the character of the faithful is spiritually uplifted and strengthened, where his life is rededicated to the principles and ideals of the Gospel, where the faith culminates in deep conviction of life, where apathy and disinterest turn into vigorous activities of faith and good works. Lent is not for the sake of Lent itself, as fasting is not for the sake of fasting. But they are means by which and for which the individual believer prepares himself to reach for, accept, and attain the calling of his Savior. Therefore, the significance of Great Lent is highly appraised, not only by the monks who gradually increased the length of time of the Lent, but also by the lay people themselves, although they do not observe the full length of time. As such, Great Lent is the sacred Institute of the Church to serve the individual believer in participating as a member of the Mystical Body of Christ, and, from time to time, to improve the standards of faith and morals in his Christian life. The deep intent of the believer during Great Lent is “forgetting what lies behind and straining forward to what lies ahead, pressing on toward the goal of the prize of the upward call of God in Christ Jesus” (Philippians 3:13-14).

Wishing you a spiritually fulfilling journey through Lent and a glorious celebration of Pascha, I am,

Yours in Christ’s Service,

Fr. Costa

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