“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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YAL (Young Adult League) Faye (Fotini) Anson fanson38@yahoo.com
I believe 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,

[Signature]

President, Parish Council

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**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 frcostas@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.
ΠΑΡΑ ΛΟΙΠΟΝ ΤΙΣ ΔΙΑΜΑΡΤΥΡΙΕΣ και τις εξήγησεις για το ευαγγελικό ρητό, «...Έρχεται για τη βασιλεία των ουρανών», που είχε γράψει ο πατριάρχης Παρθένιος στην επιστολή του προς τους Οθωμανούς, καταδίκασται 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 εξετελείται ως ο χειρότερος κακούργος.

Αφού οι Αγαρηνοί ικανοποίησαν την μοχθήρια τους, ετοιμόσαν αγιόνη και το Σάββατο του Λαζάρου τον κρέμασαν, όπου εκεί παρέδωσε το πνεύμα του ως καλός ποιμένας, ο οποίος θυσίασε την ζωή του, όπως ο Αρχιπρέσβης Κύριος Ιησοῦς, υπέρ του ποιμνίου Του. Το ερώτ που λείπαν έμεινε κρεμασμένο στην αγιόνη για τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, από μια μερικά, λιγότερο, λιγότερο και να το δουν και να το προσκυνήσουν. Να δουν την Μεγάλη Δεξιάσεις τον πατριάρχη και εθνάρχη τους, και τον μιμητή του ιερού σκήνος του μέσα στην ουρανών, όταν λύγης μέρες της πατρίδας, για να ενισχύονται και να τον θυμάμε. Γι' αυτό και αναδείχθηκε σε εποχή του. Εργάστηκε για την πρόοδο της ψυχής, την αναδειχθεί σε άνδρα σοφό με σπάνια μόρφωση για την κοινωνία. Αν και τα μέσα στην τουρκοκρατούμενη της πατρίδας, πιστός ορθόδοξος χριστιανός και ένθερμος καθώς ήταν, εν τούτοις φύλαξε τα ιδανικά της πίστης και καταπιέσεις και τους διωγμούς των Τούρκων, και νέος με τιμές και ευλάβεια στη νήσο Πρίγκηπο, θάλασσα, όπου με δέος το ανέσυραν και το ενταφίασαν αργότερα βρήκαν το ιερό σκήνος του μέσα στην αυτά τοις σχεδίασε τον πατριάρχη και εθνάρχη τους για να ενθυμούνται την Έλληνες έπρεπε να έχουν το ιερό λείψανο του Αυτού, όπως ο Κρέμασαν, όπου εκεί παρέδωσε το πνεύμα του ως καλός ετοίμασαν αγιόνη και το Σάββατο του Λαζάρου τον πατριάρχη και εθνάρχη τους, μακριά, να το δουν και να το προσκυνήσουν. Να δουν τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, εστώ και από την πίστη και μαρτυρία του Ιησού Χριστού. Και τον μιμητή του Ιησού Χριστού, υψωμένο στην αγιόνη για την Μεγάλη Εβδομάδα τον πατριάρχη και εθνάρχη τους, μακριά, να το δουν και να το προσκυνήσουν. Να δουν τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, εστώ και από την πίστη και μαρτυρία του Ιησού Χριστού. Και τον μιμητή του Ιησού Χριστού, υψωμένο στην αγιόνη για την Μεγάλη Εβδομάδα τον πατριάρχη και εθνάρχη τους, μακριά, να το δουν και να το προσκυνήσουν. Να δουν τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, εστώ και από την πίστη και μαρτυρία του Ιησού Χριστού. Και τον μιμητή του Ιησού Χριστού, υψωμένο στην αγιόνη για την Μεγάλη Εβδομάδα τον πατριάρχη και εθνάρχη τους, μακριά, να το δουν και να το προσκυνήσουν. Να δουν τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, εστώ και από την πίστη και μαρτυρία του Ιησού Χριστού. Και τον μιμητή του Ιησού Χριστού, υψωμένο στην αγιόνη για την Μεγάλη Εβδομάδα τον πατριάρχη και εθνάρχη τους, μακριά, να το δουν και να το προσκυνήσουν. Να δουν τρεις ημέρες. Οι χριστιανοί συνέρρεαν εκεί, εστώ και από την πίστη και μαρτυρία του Ιησού Χριστού. 

ΠΑΤΡΙΑΡΧΗΣ ΠΑΡΘΕΝΙΟΣ Ο Γ΄
Σοφία Δ. Τσαγκάλη
(Continued on page 7)
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 Helenized.

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 Peloponnessus 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.

(Continued from page 5)

(Continued from page 5)
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 Greensville 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.

SAINT KATHERINE
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!

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)
Aphroditi Hero (February 9)
Katherine "Kay" Scourby (February 11)
John Papageorge (February 14)

May their memory be eternal.
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<th>Sunday</th>
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<td><strong>Sunday of Orthodoxy</strong></td>
<td>8:00am Divine Liturgy 9:30am Orthros and Cathechetical School 10:30am Divine Liturgy 12:30pm Bake for Kairos GOYA Basketball Practice 5:00pm Vespers at SS. Peter and Paul, Potomac</td>
<td>6:00pm Holy Confession 7:00pm <em>Compline</em></td>
<td><strong>8:00am</strong> Divine Liturgy 9:30am Orthros and Cathechetical School 10:30am Divine Liturgy 12:30pm Bake for Kairos GOYA Basketball Practice 5:00pm Vespers at SS. Peter and Paul, Potomac</td>
<td><strong>7:00pm</strong> Pre-Sanctified Liturgy 8:00pm Cuba Mission 8:00pm HEC Basketball</td>
<td><strong>6:30pm</strong> GOYA Basketball Practice</td>
<td><strong>9:30am</strong> Greek School Adult Greek School 5:00pm Beginners/Conversation Class 7:00pm 2nd Salutations Missions Lecture</td>
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<td><strong>Holy Cross</strong></td>
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<td><strong>Saint John Climacus</strong></td>
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<td>10:30am Women’s Book Club 6:30pm Grk Folk Dance Adult Greek School 7:00pm Beginners 7:00pm Vespers at Annunciation, Baltimore</td>
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<td><strong>Saint Mary of Egypt</strong></td>
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<td>6:00pm Holy Confession 7:00pm <em>Compline</em></td>
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**12pm Deadline for April DOXA**
**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 Tsoureka 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 (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 Koltsos, 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 follow 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 triumphant 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 Guatema-

**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 Charulas 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.

BOOK REVIEW


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 
Ms Joanna Alexis 
Rev/Pres Stefanos Alexopoulos 
Mr/Mrs Larry Anagnost 
Mrs Cleoniki Anastasiou 
Mr John Argozda 
Mr/Mrs Tekaterina Anathasidou 
Mr Richard Sambucus 
Dr/Dr George Banks 
Mr Tom Beck 
Mr Boks and Papadoiopoulo-Boks 
Mrs Stella Brackman 
Ms Maria Braxia 
Mr/Mrs David Buddendeck 
Mr/Mrs Elias Burton 
Mr William Caminoton 
Ms Catherine Speleios Canard 
Mrs Gisella Caparelli 
Mr/Mrs Olympia Carranza 
Mr/Mrs Demitri Charalambous 
Mr/Mrs George Charodas 
Mr/Mrs Constantine Chepion 
Mr/Mrs Peter Cherpes 
Mr/Mrs Emmanuel Chiaparas 
Mrs Pearl Chiotakis 
Mr/Mrs George Christacos 
Dr Nicole Christos 
Mr/Mrs Stavros Christarios 
Mrs Christof and Mr Arias 
Dr Andrew Christopher 
Mrs Ileana Constantinescu 
Dr Susan Coran 
Mr Michael Dakes 
Mr/Mrs Stephen Dakos 
Mrs Theodosia Dampier 
Dr/Mrs Nicholas Darzentas 
Mr Lycurgus Davey 
Mr/Mrs Christina Demeter 
Mr/Mrs Demetrios Demetriou

Mr Louis Junes 
Mr Christ Kacavinas and 
Mrs Nancy Thompson 
Mr Irene Kakavias 
Dr Evie Carios 
Mr/Mrs Christopher Kaliavritinos 
Mr/Mrs John Kafatos 
Mr/Mrs Brasidas Kanakis 
Mr/Mrs George Kapetanakis 
Mr/Mrs Bill Kapsileis 
Mrs Maria Karageorge 
Mr/Mrs John Karamanis 
Mr/Mrs Effthimos Katsapis 
Mr/Mrs Dean Katsikes 
Dr Alexandra Kaza 
Mr/Mrs Nicholas Kikis 
Mr/Mrs Michael Kikis 
Mr/Mrs Mike Kios 
Mr/Mrs Thomas Kaza 
Mr/Mrs Konstantinos Kohlias 
Andreas and Lauren Kolotas 
Mr Nicholas Kolivos 
Mrs Barbara Kol 
Mr Viktor Kopylov 
Mrs Maria Koustenis 
Ms Christina Kanakis Koutas 
Mrs Maria Koutrouvelis 
Dr/Mrs Andy Kydes 
Mr/Mrs Maria Laliotis 
Mr Nicholas Larjakis 
Ms Anna Lecos 
Ms Tina Leligis 
Mr/ Ms Joseph Malaeira 
Ms Gaye Malis 
Ms Glykeria Manitsis 
Mr/Mrs Kevork Marachelian 
Ms Margarita Margaritis 
Mr/Mrs Peter Maranos 
Mr/ Ms Gregory McKinney 
Ms Elea Milkis 
Mr/Mrs Louis Mitchell 
Mr/Mrs Robert Morrison 
Mr/Mrs John Moschopoulos 
Mr/Mrs Gus Mosho 
Mr/Mrs Demetrios Mparas 
Mr/Mrs Nicholas Mparas 
Ms Mary Mulikom 
Mr/Mrs Nicolas Nitis 
Dr/Mrs Constantine Nonas 
Mrs Roula Oklay 
Mr/Mrs Cristos Orphanides 
Capt/Mrs Michael Papageorgiou 
Dr E.C. Papailias 
Mrs Daphne Papamichael and 
Mr Tim Nichols 
Mrs Mamie Papamichael 
Mr/Mrs Panayiotis Papavassou 
Mr/Mrs Jim Paras 
Mr/Mrs Haralabos Parikaliopoulos 
Mr/Mrs Chalamos Pasheuro 
Ms Alexandra Pataras 
Rev/Pres Costas Pavilivos 
Mrs Kathy Peasaventi 
Mrs Catherine Phass 
Mr/Mrs Androula Pikrallidas 
Mr/Mrs Demetrios Pikrallidas 
Mr/Mrs Kostas Pikrallidas 
Mr/Mrs Nicholas Piloutis 
Mr/Mrs Spyridon Polyzos 
Mr/Mrs Manolis Pournakis 
Mr/Mrs William Porter, Jr. 
Mr/Mrs Nick Piloutis 
Ms Despina Raizes 
Mr/Mrs Theofanis Rantis 
Dr/Hrs Jerry Rich 
Mr/Mrs Haris Riris 
Mr/Mrs Emanouel Rouvelas 
Mr Larry Rouvelas and 
Mrs Rebecca Leung 
Mr/Aaron Rouvel and 
Mileva Sturgis 
Mrs Aspasia Sapounzits 
Mr/Mrs Christophos Sarantis 
Mrs Ann Sedor 
Mr Cristo Sedor 
Mr Andrew Sessions 
Mr/Mrs John Seward 
Dr/Drs Manny Stilis 
Mrs Katherine Simmons 
Mr/Charles Sistrunk 
Mr Mr/Mrs Atheros Stavros 
Ms Stella Stathopoulos 
Mrs Rhea Stack 
Ms Panoue Stallter 
Mr/Mrs Apostolos Stamoula 
Mrs Maria Stamoula and 
Mr Basil Koulidis 
Ms Stephanie Stanga 
Mr/Mrs Odyssey Stassininos 
Mr/Mrs George Stathopoulos 
Mr/Mrs Gerassimos Stelatos 
Mr John Stenephan 
Rev/Mrs Milan Sturgo 
Mr/Mrs Alexander Taoukas 
Mr/Mrs Pierre Tavouli 
Rev/Mrs Michael Tavol 
Ms Sophia Tsang 
Mr/Mrs George Tsampelas 
Mrs Anna Tsimbidis 
Mr/Mrs Constantine Tzafoli 
Mr/Mrs Themis Tzamias 
Mr/Mrs Thomas Vassar 
Ms Nikki Valvani 
Col/Mrs Nicholas Varmakias 
Ms Catherine Vangel 
Mr/Mrs Christopher Vargas 
Mr/Mrs Constantine Vasilopoulos 
Mr/Mrs George Vasilopoulos 
Mr/Mrs Ramon Vazquez 
Mr/Mrs George Velisit 
Mr/Mrs Stavros Vetelis 
Col/Mrs James Veles 
Mr/Mrs Larry Visos 
Mr/Mrs Colin Wail 
Mr/Mrs Donald Will 
Mr/Mrs Keith Woodrige 
Mr Jason Yans 
Mr/Mrs Angelo Zaloumis 
Mr/Mrs Nina Zaro 
Mr/Mrs Manuel Zavolas 
Mr/Mrs Nicholas Zavolas 
Capt Cristos Zip 
Mr/Mrs John Zu 
Mrs Theodora Zu 
Mr/Mrs Athanasios Zup 

2015 STEWARDSHIP FORM

“Christian Stewardship is learning how to be a responsible and concerned caretaker of Christ’s Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God . . . our active commitment to use all our time, talent, and treasure for the benefit of mankind in grateful acknowledgment of Christ’s redeeming love . . . caring for the needs of others . . . ” (Williams & McKibben in Oriented Leadership). If you have not yet made a stewardship commitment to your church for the year 2015, please take a moment and do so now.

I (my family) pledge(s) $_______ of financial stewardship to Saint Katherine Greek Orthodox Church.

Name: ____________________________
Address: ____________________________
City, State, Zip: ____________________________
Telephone Number: ____________________________
Email address: ____________________________
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

(Continued on page 15)
**SUNDAY CHURCH DUTY ROSTER**

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<td>March 29, 2015</td>
<td>Artemis Dimopoulos</td>
<td>9:00am</td>
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<td>Pierre Tavoularis</td>
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<td>Peter Karounos</td>
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<td>Maria Vargas</td>
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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,

Fa. Costa

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**SAINT KATHERINE LIVE IS BACK!**

Did you know that we have a live feed from our church? Relatives and friends from far away can watch a sacrament. If you are sick and cannot make it to a service, you can still participate. Sign in to the church website, saint-katherines.org, and click on the red "Saint Katherine Live!" button in the right-hand column.
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