

Saint Katherine



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

DOXA

The monthly newsletter of
 Saint Katherine Greek Orthodox Church
 Volume 14, Number 3
 MARCH 2016

REMEMBRANCE

THERE ARE TWO MEMORABLE EVENTS that I would like to share with you. The first is the Sunday of Forgiveness, March 13, the end of the Triodion period, and the start of Great Lent. The second is the remembrance of Father Ted Chelpon with my personal reflections. These two events are yoked with many similarities. Both events help lead us closer to God.

The commemoration of the expulsion of Adam and Eve from Paradise and the beginning of the fast of Great Lent are reasons for Forgiveness (Cheesefare) Sunday. The Lenten fast is a remembrance of mankind’s separation from God through disobeying his commandment to fast from the fruit of the tree. Furthermore, many faithful attend Forgiveness Vespers on this Sunday evening, asking forgiveness from each other in accordance with the Lord’s words, “If you forgive men their trespasses, your heavenly Father will forgive you; but if you do not forgive men their trespasses, neither will your heavenly Father forgive you your trespasses” (Matthew 6:14). We reaffirm this every time we pray in the Lord’s Prayer, “forgive us our trespasses as we forgive those who trespass against us.” In His ministry, Jesus makes it clear that God forgives us only if we forgive others. This Gospel passage draws our attention to how we should approach the Lenten period and where our focus should be—on laying up treasures in heaven. On this Sunday, we also commemorate all the saints who excelled in ascetic living (living a spiritually disciplined life). We look to these holy ascetics as examples to inspire us toward fasting, praying, and doing acts of mercy. Cheesefare Sunday is the last day dairy products are permitted before the fast.

There is a story that I would like to share with you: There once lived a holy archbishop who was sought out by pilgrims because of his great spiritual insight. As his popularity and the demands on his time grew, he wished to retreat into a life of noetic prayer—ceaseless prayer of the mind and the heart. He was granted permission to move back to his native island where he lived more fully a monastic life. One day, a man desperately knocked at the monastery door; he had committed a murder and was trying to flee from the villagers seeking revenge. The man confessed his sins to the holy archbishop, now the abbot of the monastery. As he listened, the abbot realized that the person who the man had murdered was the abbot’s own brother. God helped the abbot see into the heart of this man and see how sorry he was. He forgave the man who murdered his brother and read the confessional prayer of absolution. The abbot then helped the man to escape the authorities so that he could live the rest of his life in prayer and repentance at a monastery. This holy abbot is Saint Dionysios of Zakynthos. He exemplifies true forgiveness.

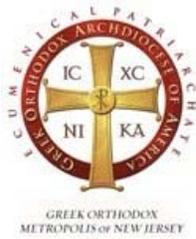
Saint Dionysios gave us a living example of forgiveness. Father Ted, in his ministry, also helped lead so many from darkness to light. We served together at Saint Katherine for nine wonderful years. I knew Father Ted from his time in Jamaica, New York. He was a truly progressive clergyman (not progressive in the political

(Continued on page 12)

INSIDE THIS ISSUE . . .

<i>AHEPA</i>	8
<i>Apokreatiko Glendi</i>	3
<i>Bookstore</i>	10
<i>Calendar</i>	9
<i>Catechetical (Sunday) School</i> ..	4
<i>Church Duty Roster</i>	12
<i>Daughters of Penelope</i>	10
<i>Digital Chant Stand</i>	7
<i>GMU OCF</i>	7
<i>GOYA</i>	4
<i>Greek Article</i>	6
<i>GRACE</i>	13
<i>Hellenic Education Center</i>	5
<i>Icon Painting Workshop</i>	6
<i>Kairos Prison Ministry</i>	8
<i>Missions and Outreach</i>	11
<i>Parish Council</i>	3
<i>Philoptochos</i>	10, 15
<i>Registry</i>	7
<i>Retreat, Community Lenten</i>	3
<i>Single Parent Fellowship</i>	10
<i>Saint Katherine Live</i>	7
<i>Stewardship</i>	14
<i>Summer Camp</i>	4
. . . AND MORE!	





**Greek Orthodox Archdiocese of America
Greek Orthodox Metropolis of New Jersey
Saint Katherine Greek Orthodox Church**

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



CLERGY

Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos cell 571-213-1109, home 703-239-2627 frcostas@stkchurch.com

STAFF

Bookkeeper	Lori Nelson	703-671-1515	lnelson@stkchurch.com
Choir Director	Nick Kyrus	703-981-2526	nbkyrus@comcast.net
Hellenic Education Center Director	Presv. Eleni Alexopoulou	703-671-7715	ealexopoulou@stkchurch.com
Information Technology	Theodoros Theocharis	703-671-1515	ttheoch@kinteracomm.com
Maintenance Supervisor	Roberto Medina	703-671-1515	rmedina@stkchurch.com
Protopsalti	James Loizou	703-356-8220	dimitri14@verizon.net
Secretary/Teacher	Sophia Tsangali	703-671-1515	stsangali@stkchurch.com

PARISH COUNCIL

President, Jim Stoucker	703-690-1050	jstoucker@verizon.net
Vice President, Peter Karounos	703-321-3009	pkarounos@aol.com
Secretary, Bill Polizos	571-434-7790	polizos@att.com
Treasurer, Maria Wills	703-409-3041	mwills28@verizon.net

Kelly Alexis	703-909-2256	kalexis76@gmail.com	Mallamo Mavromatakis	703-830-0224	minoanone@gmail.com
Chris Euripides	703-477-7102	ceuripides@gmail.com	Dr. Jerry Rich	703-250-2733	drjerryrich1@verizon.net
Rosemary Filou	703-405-6212	rosemary@verizon.net	Maria Vargas	703-812-0286	maria@chrisandmaria.com
Nick Larigakis	703-909-9078	nlarigakis@ahiworld.com	Mary Varlas	703-965-4161	mary.varlas@yahoo.com
Costas Mavromatakis	571-344-3634	cgm387@gmail.com			

SCHOOLS AND STUDIES

Bible Study (Sundays)	Bill Polizos	571-434-7790	polizos@att.com
Catechetical (Sunday) School, Youth	Bill Porter	703-901-2404	weporter1@fcps.edu
Journey to Orthodoxy	James Jatras		jim@globalstrategicpr.com
Women's Book Club	Despina Raizes	703-216-8176	2draizes@gmail.com

MINISTRIES

Acolytes	Nicholas Vazquez		
AHEPA #438 (P. Derzis)	John Papatthanassiou	703-732-6329	j_m_papas@hotmail.com
Bookstore	Frances Kalavritinos, Manager	703-671-1515	
Book Reviews	Gregory McKinney, Contributor	571-338-6929	dintym@hotmail.com
Daughters of Penelope Helle #283	Karen Polizos, President	571-434-7790	kpolizos@naifa.org
DOXA	Presv. Pauline Pavlakos, Editor	703-239-2627	przpauline@stkchurch.com
Facebook	Saint Katherine Greek Orthodox Church	Gregory McKinney	dintym@hotmail.com
GOYA (ages 13-18)	Theo Karounos, President	703-321-3009	GOYA_St_Katherine@msn.com
GRACE	Fr. Costa Pavlakos, Spiritual Advisor	703-671-1515	frcostas@stkchurch.com
Greek Dance	Aris and Anna Yortzidis, Instructors	757-218-6991	greekdancedc@gmail.com
Greek School Auxiliary	Toula Christou, Saturday Representative	703-533-0055	toulamm@gmail.com
	Patricia Rader, Friday Representative	703-573-1012	pagrader@yahoo.com
Hellenic Education Center	Greek School and Paideia Preschool	703-671-7715	http://www.stkhec.org
HOPE (ages 7 and under)	Vaitsa Bousbouras, Coordinator		HOPE_St_Katherine@yahoo.com
JOY (ages 8-12)	Toula Christou, Coordinator	703-533-0055	toulamm@gmail.com
Listserv (email list)	Presv. Pauline Pavlakos, Administrator	703-239-2627	przpauline@stkchurch.com
Missions and Outreach	Dr. John Demakis, Chairman	703-319-1610	demakis9931@gmail.com
OCF (College Ministry)	Fr. Costa Pavlakos, Spiritual Advisor	703-671-1515	frcostas@stkchurch.com
Philoptochos	Eleni Kanakos, President	703-938-8360	ekanakos@aol.com
Prison Ministry (Kairos)	Dennis Garbis	202-437-7299	djgarbis@envdes.com
Single Parent Fellowship	Angela Kallas-Miller		agapiang@gmail.com
Website	Presv. Pauline Pavlakos, Webmaster	703-239-2627	przpauline@stkchurch.com
YAL (Young Adult League)	Faye (Fotini) Anson		fanson38@yahoo.com

FROM THE PARISH COUNCIL PRESIDENT

A PERSONAL REMEMBRANCE OF FATHER TED

FROM THE EARLIEST ORIGINS of our Saint Katherine community, we have been extraordinarily blessed with individuals who have stepped forward to serve this parish. Arguably, among the most illustrious of these servants was our first Proistamenos, Reverend Father Theodore Chelpon, who founded and shepherded this community in its early years of existence and whose recent passing greatly saddened everyone in our parish.

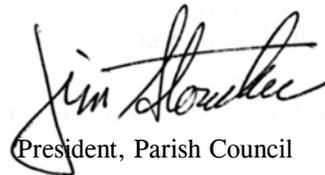
Of course, all of us who knew Father Ted were further blessed with many fond memories of his charm, wit, personality and enduring love for this community. I always enjoyed our conversations which covered a wide spectrum of topics ranging from theology to politics and sports. In particular, I will always fondly remember our numerous discussions about baseball and his beloved St. Louis Cardinals. In fact, he had a passion for baseball as well as its history and traditions. He relished telling me about the latest book he'd read on baseball and took particular delight in trying to stump me on baseball trivia (which was often the case). I did not live in this area when Father Ted served as Proistamenos so much of what I have learned about the history and origins of our parish came as a result of our many conversations on that subject. Invariably, he provided me with invaluable historical insight on multiple issues and I never left a conversation with him on any subject without feeling further enlightened. Our discussions were memorable and always helped me place matters in their proper perspective.

As I reflected upon his memory after learning of his passing, my thoughts soon turned to a profound spiritual lesson Father Ted once gave me. A few years back, I ruptured a disk in my neck and eventually faced surgery to correct the problem. Up to that time, I had been fortunate to have never undergone a surgical procedure and became somewhat anxious about the prospect of the first major surgery of my life. In a subsequent conversation, I expressed my anxiety regarding my upcoming surgery to Father Ted. What he said next astounded me. "That's the devil speaking Jim!" As I looked at him incredulously, he continued, "Only a lack of faith in God could cause you to express such anxiety."

Frankly, my faith had never been challenged by anyone. But the more I sat there digesting this admonition, the more I quickly realized he was right to do so. When he later visited me in the hospital after my surgery, I told him how much his words meant to me. He smiled and said, "You didn't lose your faith Jim, I just gave you a gentle reminder that God is always there for us."

Indeed you did, Father Ted, and the lesson I learned regarding the serenity and comfort our faith in God provides was a profound spiritual gift I will forever hold dear. May your memory be eternal.

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



President, Parish Council

APOKREATIKO GLENDI

Saturday, March 12

5:30pm—11:00pm

Tickets: \$45 Adults | \$15 Kids (ages 4-13)

Purchase tickets at apokreatikoglendi2016.eventbrite.com

For more information, contact:

Toula Christou 703-346-0265 toulamm@gmail.com

Patricia Rader 703-470-4720 pagrader@yahoo.com

Family-friendly event open to the entire community!

All proceeds benefit the Hellenic Education Center

Sponsored by Saint Katherine Greek School

**Buffet Dinner / DJ and Dancing / Raffles
Photo Booth / Face Painting**

Snow date: March 13 (no refunds)



SATURDAY, MARCH 19

2016 LENTEN RETREAT

with

**Bishop Neofitos of Nyeri and
Mount Kenya Region
of Kenya**

Experiencing Christ in Fasting and Prayer

10:00am Divine Liturgy, Lunch, Retreat

Confirm your attendance by contacting:
Dr. John Demakis (demakis9931@gmail.com)
Betty Slanta (slanta@verizon.net)

(A free-will offering will be collected for lunch and the retreat.)

CATECHETICAL (SUNDAY) SCHOOL

WE LOOK FORWARD TO OUR LENTEN JOURNEY with our Sunday School students this March. This Lenten season, please renew your commitment to your children's Sunday School attendance. We will explore how and why we prepare ourselves for the Great and Holy Pascha. We will distribute OCMC coin boxes in March and we encourage our students to put offerings in these boxes through Great Lent, Holy Week, and Pascha.

In February, we donated 200 food bags to Garfield Elementary for their "Friday Food Bags" program. Thank you to Marrietta and Celeste Morris and Daphne Papamichael for organizing this event to allow our children to put their faith into practice and provide an opportunity for fellowship among our Sunday School families.

We look forward to Oratorical Festival this month with grades 7-12 participating on March 6 and our 1st-6th graders participating on March 13. Also, please remind your children to bring their icons to Church on Sunday, March 20 for the Sunday of Orthodoxy. Our children will join in the procession with our clergy to celebrate this day.

Sunday School welcomes Aliza Zagorianos as our new Kindergarten teacher! We truly appreciate her enthusiasm and commitment to our students.

We continue our initial planning for Vacation Bible Camp! Camp is scheduled for June 27-July 1. We need great teachers and volunteers for our children to participate in this amazing week. Please let Vicki Mowery (mowerycrew@gmail.com) or Eleni Porter (beporter1@verizon.net) know if you are interested in helping.

Have a blessed Lenten season!

ORATORICAL FESTIVAL

March 6: Grades 7-12
March 13: Grades 1-6

GOYA

GOYA WOULD LIKE TO THANK George M. Logothetis, Libra Group, NYC for his monetary donation to our very successful *Feed and Clothe the Homeless in DC on Christmas Day*. His donation ties up our 2016 Christmas project.

Our boys teams will participate in the March 12-13, Saint Demetrios, Baltimore Tournament. Youth Church Duty is on March 27—Panos Lagos is the GOYA Captain and Epistle Reader. We need two additional GOYAns to help (three Sunday School students will be there as well). Our next GOYA meeting will be held that same day, in the Kentro (on the lower level of Founders' Hall), after Liturgy. Following a brief business meeting, Ariana Porter will give a short presentation on Project Mexico and Stephanie Vazquez will speak about Camp Good Shepherd Virginia.

Please mark the following dates on your calendars and plan to participate:

April 2, 8pm: Cosmic Bowling, Bowl America, Burke

April 8-10: Lock-In, Camp Piankatank, Hartfield, VA

May 7-8: Our Basketball Tournament

May 14-15: SS. C&H, Annapolis Tournament

July 10-16: Camp Good Shepherd Virginia

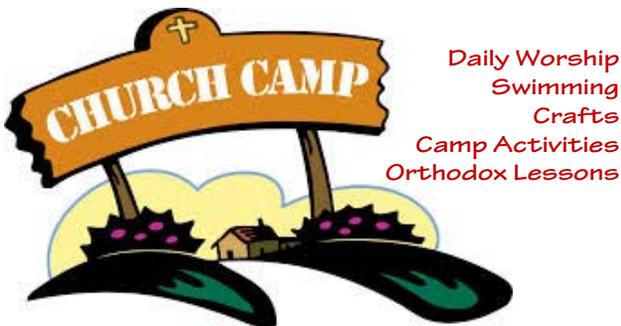
Fr. Costa strongly encourages GOYAns to participate in the April Lock-In and July Camp opportunities. Lock-ins and camps are always fun-filled, wonderful experiences. He also encourages everyone's participation in at least some of the Lenten opportunities offered at Saint Katherine: the community Lenten retreat, church services (Monday Complines, Wednesday Pre-Sanctified Liturgies, Friday Salutations, and the Saturdays of Souls), lectures on mission trips following the Friday Salutations, etc. Have a wonderful Lenten journey!

TEENAGE LOCK-IN

April 8-10
Camp Piankatank, Hartfield
Deadline: April 1
Cost: \$50

SAVE THE DATE

Sunday, July 10 - Saturday, July 16
Camp Good Shepherd: Virginia
Camp Piankatank, Hartfield, VA
Ages 11-18



BYZANTIO

Greek Dance & Cultural Arts Program

Established 2012 - Έτος ίδρύσεως 2012

THE BYZANTIO GREEK DANCE AND CULTURAL ARTS PROGRAM offers Greek folk dance lessons on Tuesdays, from 6:30pm to 7:30pm, for all youth ages 4 and up and adults on Sundays from 6:00pm to 7:30pm.

Please contact Aris and Anna Yortzidis at greekdancedc@gmail.com for more information or visit the website at www.byzantio.org to download registration forms.

HELLENIC EDUCATION CENTER

Eleni Alexopoulou

HEC IS TO OFFER A KINDERGARTEN CLASS for 2016-2017 in alignment with the Virginia Standards of Learning and enriched by the school's mission statement. The bilingual curriculum will prepare the children for 1st grade following a pedagogical framework reflective of innovative and best practices in dual language education.

There will be two informational meetings held at the HEC—one on Sunday, March 6 from 12:00pm-1:00pm and a second on Thursday, March 10 from 6:30pm-7:30pm. At these meetings, a presentation on the philosophy, the educational tools and methodology will be delivered and a packet with information regarding the curriculum and the bilingual nature of the program will be distributed, followed by Q & A.

Paideia Preschool presented a short program to the Valentine's Senior Luncheon which was generously offered by the ladies Philoptohos of our community. It was such a joy to see the little ones sing and perform in Greek and English and give out handmade art crafts to the seniors. This is an annual outreach program of HEC as part of our mission statement to teach our students about service reflecting the love of Christ.



We are also pleased to announce the commencement of a pilot program that will provide a year-round Paideia preschool program beginning summer of 2016. Due to space limitations, enrollment will be limited to fifteen students. Priority will be given on a first come-first served Enrollment is open, so please contact us ASAP.

The Unique Features of the Greek Language was a very informative lecture for parents and our students at HEC given by Dr. Polyvia Parara who teaches Modern Greek at the UMD College Park. She has published a book, articles, and reviews and she has presented papers in international conferences on Ancient Greek and Modern Greek literary production.

Our Greek School students celebrated the Holy Fathers of the Church with a variety of school projects and educational activities reflecting on the importance of education following their example and by collecting money from our

(Continued on page 12, column 1)

A WEALTH OF OFFERINGS

Gregory McKinney

THE VERY REV. FR. TRYPHON is abbot of All-Merciful Saviour Monastery on Vashon Island in the Puget Sound (Washington State). Over the last few years, he has become his very own cottage industry within Orthodoxy, becoming a prominent voice dispensing pastoral insights and advice.

What's his widespread appeal? The abbot has the aura of everyone's favorite grandfather—a Santa Claus face complete with a long, snowy beard and an even, baritone voice with a warm tone. Pappou didn't usually go for high theology and "churchiness" in his conversation and neither does Abbot Tryphon.

In this age of information we must demonstrate to our youth the difference between information and wisdom. Wisdom is that which is passed down from the past and which imparts substance and enlightenment. Wisdom is not about information, and does not compete with worldly knowledge. Wisdom need not be in conflict with science, nor be linked to narrow mindedness. Wisdom is that which not only connects us to the best of human knowledge and experience, but links us to that which is eternal. Wisdom gives us the ability to relate to our Creator, to our culture and to others. The urgency of imparting this message is great, for we have a whole generation that is in danger of losing faith in God. (Blog post: "The Next Generation," 6 Feb 16)

And he keeps things short; his daily podcasts range between four to seven minutes. Tryphon does occasionally touch on the issues of the day, but not in an overtly political way or with an ax to grind. One gets a sense of a balanced viewpoint, a man that see the world first with Christian eyes, not dealing from the realpolitik of the day:

The use of the word "sustainability" is, for us Orthodox Christians, a positive word in relation to our responsibilities as stewards of all that God has given us. It is also a word that people can relate to. Yet despite the laudable achievements within the sustainability movement, there is a dark underside to the usage of the word and the application of the concept. "Sustainable" often means trying to find a "better" way to continue living as we currently do, and often bears within itself an underlying notion of stasis, or remaining the same. For Orthodox Christians, this is unquestionably dangerous. (Blog post: "Sustainability," 4 Feb 16)

While it's nice to listen to his podcasts, his blog posts contain more content, including the daily scripture readings, a list of the day's saint, and photos taken around the monastery. As Lent is quickly approaching, *The Morning Offering* in all its forms is filled with solid messages, short and often sweet, offering to ground each day in Christ and the love of neighbor.

The Morning Offering, by Abbot Tryphon (all of the same name):

Book: Ancient Faith Publishing (2014), paperback, 384 pages, ISBN: 978-1-936270-98-9

(Continued on page 10)

ΧΑΡΙΝ ΤΗΣ ΠΑΤΡΙΔΑΣ

Σοφία Δ. Τσαγκάλη

ΛΟΓΩ ΤΗΣ ΓΙΟΡΤΗΣ ΤΗΣ ΕΛΛΗΝΙΚΗΣ ΑΝΕΞΑΡΤΗΣΙΑΣ τον μήνα Μάρτιο, θα ήθελα να πω δυό λόγια για την «Καπετάνισσα», που τόσο πολύ με είχε συγκινήσει, όταν την διάβαζα.

Άγνωστη στους πολλούς ηρωίδα, χωρίς ξεχωριστό όνομα με φανταχτερούς τίτλους. Κόρη οπλαρχηγού, σύζυγος Καπετατίου, μητέρα του Γέρου του Μωριά, ο οποίος ενσάρκωσε την ιδέα της Ελευθερίας της Ελλάδας. «Χαιρετώ την Ελλάδα», έλεγε υποκλινόμενος με σεβασμό και αποκαλύπτονταν όταν συναντούσε τον γιού της ο σοφός δάσκαλος του Σολωμού, Μερτελάος. Όνειρο του Καπετατίου Κωνσταντίνου Κολοκοτρώνη ήταν η Απελευθέρωση! Ο γιός της Θεόδωρος Κολοκοτρώνης το πραγματοποίησε. Και εκείνη, σύζυγος και μητέρα ηρώων, έγινε το γεφύρι απ' όπου πέρασε η μεγάλη ιδέα στην υλοποίησή της.

Αφωσίωθηκε στον μεγάλο σκοπό των Κολοκοτρωναίων! Πολεμούσαν εκείνοι στα βουνά; Κι αυτή πολεμούσε μαζί τους. Έπαιρναν της εξορίας τον δρόμο; Κι αυτή εξόριστη και γενναία πλάνη προπορευόταν. Στο δρόμο γεννήθηκε ο πρωτότοκος της, ο Γέρος του Μωριά. Και το σπαθί τράβηξε στην έξοδο, και γενναία χήρα συμμαζέψε τα ορφανά της και τα ανάθρεψε στου μάρτυρα πατέρα τους τον τόπο να διώξουν τους Τούρκους από τον Μωριά κι απ' την Ελλάδα όλη.

Και ύφανε, και ζητιάνεψε, κι έκοψε ξύλα στο λόγγο, αφήνοντας κατά μέρος τα νόμιμα όνειρά της για ένα ήσυχο, καλοβαλμένο σπιτικό, που να μπορεί τουλάχιστον ν' αναθρέψει με ειρήνη τα παιδιά της.

Αυτά όμως τα όνειρα, που δικαιούταν να τα πραγματοποιήσει – Καπετάνισσα ήταν – δεν ήταν σύμφωνα τότε με την πολεμική ανάγκη της εποχής. Η Ελλάδα χαροπάλευε και ζητούσε ολοκληρωτικές θυσίες. Αν η Καπετάνισσα κύπαζε το σπιτικό της, αν τα δικά της τα όνειρα, τους σκοπούς, δεν τα είχε εντάξει μέσα στον μεγάλο, τον μοναδικό σκοπό, τον αγώνα του Έθνους, αν δεχόταν συμβιβασμούς με μιά ατομική και οικογενειακή της άνεση και ασφάλεια, ο Ελληνικός αγώνας δεν θα είχε τον Κολοκοτρώνη, που εκείνη ανάθρεψε τέτοιον, μοναδικό! Και η Ελληνική Επανάσταση θα...έσβηνε. Και εμείς, βέβαια, κατά το ανθρώπινο, δεν θα ήμασταν ελεύθεροι.

Πόσο ευρεία ακτίνα δράσης έχει η αφοσίωση μιάς γυναίκας σ' ένα μεγάλο, ωραίο, υψηλό σκοπό! Υλοποίησε την αφωσίωσή της με καρτερία, γενναιοψυχία και θάρρος. Ολόκληρη η ζωή της υπήρξε ένας ανώμαλος, δύσβατος δρόμος, που πέρασε από κινδύνους, στερήσεις, θανάτους, κατατρεγμούς, συντριμμία. Μπορούσε κάλλιστα να κουραστεί, να λιποψυχίσει και τελικά να αποσυρθεί. Δεν επέτρεψε όμως τίποτε από αυτά στον εαυτό της να υποστεί. Από τα νεανικά της χρόνια ως τα βαθειά γηρατειά της στέκεται λαμπάδα αναμμένη, που προσφέρει την φλόγα της, σταθερή και ήρεμη στο περιβάλλον της, σύζυγος και μητέρα δύο πρωταγωνιστών! Με το παράδειγμά της, την μεγάλη αφοσίωση και την ευθυκρισία της ενίσχυσε και τους δύο. Ήταν η σύζυγος του Κωνσταντίνου και η έμπιστη σύμβουλος του γιού της Θεοδώρου, ο οποίος άνοιγε σ' αυτή την καρδιά του στις δυσκολότερες περιστάσεις του βίου του. Αναμμένη λυχνία, που φωτίζει τους γενναίους τριών γενεών, για να δίνουν εκείνοι το αίμα τους, την ψυχή τους, στην Πατρίδα!

Πόσα μεγάλα έργα τροφοδοτούνται και στηρίζονται στην καρτεροψυχία της γυναίκας!

Πουθενά δεν εμφανίζεται με αξιώσεις προβολής. Εμπνέει, ενισχύει, συμβουλεύει, θυσιάζεται, χωρίς να απαιτεί. Ουδέποτε γεννήθηκε ζήτημα με την παρέμβασή της, με τα παράπονά της, με τις αντιζηλιές της, γιατί απλούστατα, τίποτε απ' όλα αυτά τα μικρόβια, που είναι ικανά να σαρακώσουν και τα δυνατότερα έργα, δεν είχε στην καρδιά της.

Όλα τα χαμηλά και τιποτένια τα είχε κάψει στον βωμό του χρέους και της αγάπης για την Πατρίδα. Κόρη, σύζυγος, μητέρα, πεθερά, αγωνίστρια, ηρωίδα, Καπετάνισσα εκτελεί με ψυχή το καθήκον της, χωρίς να κουράζεται. Συμβάλλει στην οικογενειακή ευτυχία του Θεόδωρου Κολοκοτρώνη με την ιδεώδη σύζυγό του Αικατερίνη, και όταν εκείνη πεθαίνει και πάλι συμπαραστέκεται και ενισχύει τον θρυλικό ήρωα, ένα χρόνο πριν ξεδιπλώσει την σημαία της Επανάστασης.

Αθόρυβα, απλά, ταπεινά, θυσιάζεται σταθερά στο καθήκον! Και διδάσκει, πως, όταν ο άνθρωπος αφοσιωθεί σ' ένα μεγάλο σκοπό με σταθερότητα και γενναιοψυχία χωρίς απαιτήσεις προβολής, θεμελιώνει τα μεγάλα έργα, μέσα στα οποία βρίσκεται και η ατομική του ευτυχία.

Και για τον δικό μας σκοπό δεν αξίζει να του αφοσιωθούμε με την καρδιά μας, να τον ζήσουμε και να δουλέψουμε όσο μπορούμε γι' αυτόν;

Αγωνιζόμαστε για την ειρήνη και τη δόξα της Πατρίδας και ειδικά τώρα τελευταία της Ελλάδας που τόσο πολύ υποφέρει! Αγωνιζόμαστε και για την επικράτηση της Βασιλείας του Χριστού στη γη!

Among the most important things we do for our departed loved ones is honor their memory with our traditional Memorial Service. In an effort to more effectively meet your needs during these special occasions, we have engaged the support of our Saint Katherine Ladies Philoptochos Society to assist you with sponsoring your Memorial Service Coffee Hour. In order to ensure that your Memorial Service Coffee Hour request will be fulfilled, please contact Mary Varlas (703-965-4161) or Eleni Kanakos (703-969-8364) 72 hours prior to the occasion. Donations should be made directly to Saint Katherine.

ICON PAINTING WORKSHOP
JUNE 27 - JULY 2
ST. SOPHIA GREEK ORTHODOX CATHEDRAL
THEODOROS PAPADOPOULOS, MASTER
ICONOGRAPHER AND EXPERT INSTRUCTOR
WWW.THEODOREICONS.COM
FOR ENROLLMENT OR INFO, CONTACT
TASIA PAPPAS
202-494-0470
TASIASGMAIL@GMAIL.COM

REGISTRY

Baptisms

Ruja Ignacia (February 14)
daughter of Steven and Mila Roushakes
Godparent: Peter Roushakes

Eve Katerina (February 21)
daughter of Pavel and Stella Pekarsky
Godparent: Maria Kakissis

Sophia (February 22)
Godparent: Presv. Pauline Pavlakos

Melina Katerina (February 28)
daughter of Stelios and Lambrini Vatikiotis
Godparents: Efthemios and Jessica Drosos

Congratulations!

Wedding

Akrivi Mazarakis
and
Christopher L. Marvine (February 27)
Koumbaroi: Andrew Mazarakis and
Varvara Psaros

Congratulations!

Funerals

Aliki (Alice) Lagos (February 11)
Yvonne Stathis (February 16)
Reverend Theodore "Ted" Chelpon (February 20)

May their memory be eternal.



A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS ΨΥΧΟΣΑΒΒΑΤΟΝ March 5, 12, and 19



We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls (March 5, 12, and 19). Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. Please note that we will keep the names for all three Saturdays of Souls. May the Lord grant eternal rest to the souls of our loved ones.

SAINT KATHERINE LIVE!

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.



Fr. Costa will meet with GMU Orthodox Christian students and staff in room 239H of the Johnson Center at GMU on Friday, March 11, 1pm-3pm and Tuesday, March 22, 12pm-2pm. Please stop by.
Have a good Lent!

HAVE YOU EVER WISHED you could follow along with the Orthros and other church services? You can view and print pdf files of the texts (in English and English/Greek) for most church services by going to <http://agesinitiatives.com/dcs/public/dcs.DCS> works on computers and mobile devices. Try this out and make your church service experience more interactive!

KAIROS PRISON MINISTRY

Dennis Garbis

THE KAIROS SPRING 4-DAY EVENTS will take place Thursday through Sunday, April 7-April 10 at the Sussex I Prison and Thursday through Sunday, April 14-17 at the Greensville Correctional Center. We will be baking cookies for both events and volunteers are needed to assist in the Saint Katherine kitchen. The tentative dates for baking the cookies are Sundays, March 27 and April 3. Confirmation of the dates will be provided in the Saint Katherine Sunday bulletin.

The system for sending e-mails to offenders is now operational, although not very user friendly. The system name is "JPAY" and with an offender's name and DOC (Department of Corrections) number one can send a message, picture, or money. Our focus will be to send letters and/or e-mails but NOT to send money unless there are extraordinary circumstances.

We are seeking several male members of the parish to become "pen pals" with offenders whose names have been provided to me. These men have no family or friends on the outside and are seeking a mentor/friend in which a relationship can be established. Our purpose is to share the love and forgiveness of Christ and to always provide encouragement. If anyone is interested please send me an e-mail and I will contact you to discuss the process.

Please visit the KAIROS of Northern Virginia website at www.novakairos.org to obtain additional information. Also, feel free to contact me at djgarbis@envdes.com.

AHEPA 2016 GREEK CUISINE RAFFLE

PETER N. DERZIS AHEPA CHAPTER 438 is proud to announce that its highly successful Restaurant Raffle is back, by popular demand. This year's date for the annual raffle has been moved to AHEPA Sunday, May 15. The number of participating DC Metropolitan Area Restaurants serving the finest in both Greek and American Cuisine has been expanded and the total of redeemable gift certificates is now in excess of \$1,500. Therefore, this year we will have 3 raffle winners of \$500 each.

Tickets are being sold following liturgy every Sunday through AHEPA Sunday, May 15, at the incredible price of only \$20 per ticket (or 6 for \$100). With the purchase of a raffle ticket, you will also receive a coupon entitling you to a one-time discount of 20% on a food purchase at Nostos Restaurant located at Tysons Corner.

All proceeds from this raffle are used to support AHEPA charities, both locally and throughout the world. These include Saint Katherine Vacation Bible Camp, Church Missions, College Scholarships awarded to local high school seniors, and the rebuilding of Saint Nicholas Church near Ground Zero in New York City. All of this is in addition to our tradition of supporting Saint Katherine.

Please help us in our support of charitable endeavors on behalf of Hellenic communities worldwide by purchasing these raffle tickets. In addition to ticket availability following Sunday liturgies, they may be ordered by contacting Alan White (winsomealan@aol.com or 703-888-7666).

The Chapter is most grateful to all of our participating restaurants for their generosity in making this raffle possible. The list of participating restaurants will be displayed at the ticket-selling table every Sunday.

CALL TO CONTINUE SPONSORING CARLOS

OVER THE PAST SEVEN YEARS, Saint Katherine Greek Orthodox Church has sent four mission teams to the Hogar Rafael Ayau Orphanage in Guatemala. The orphanage is led by three Orthodox nuns: Madre Inez, Madre Maria, and Madre Ivonne. During one trip in April 2010, the Saint Katherine mission team asked to sponsor a child and Madre Ivonne suggested Carlos Manuel. Carlos has been at the Hogar since he was a baby. For years, Carlos watched as other children were adopted and waited patiently for his turn. Madre Ivonne felt that Carlos needed a sponsor so he could know the kindness and generosity from others outside of the Hogar. Since 2010, Saint Katherine has sponsored Carlos through mission trips to the orphanage, financial support, care packages, letters of encouragement, and prayers. Thank you to all who made donations to support Saint Katherine's sponsorship of Carlos Manuel.

Carlos is now 13 years old and in the seventh grade. He loves soccer and watching his favorite players, Lionel Messi and Neymar. He is very excited about the Olympic games in Brazil because Neymar will be playing for the Brazilian team. We keep in touch with Carlos via email and mail. Madre Ivonne sends pictures several times a year of Carlos in his various activities such as reading, woodworking, performing altar boy duties, and reading prayers during Vesper services. We also receive letters from Carlos himself. He is growing into a fine young man and we enjoy seeing his development year by year.

To continue our sponsorship of Carlos, we ask for your support. The sponsorship of a child at the Hogar is \$3,650.00, which covers food, clothing, and shelter for the year. If you wish to join us in sponsoring Carlos, please send your donations to the church office, make the check payable to "Saint Katherine Greek Orthodox Church" and write "Guatemala/Carlos Manuel" on the memo line. If you have any questions or would like further information, please contact Mary Stathopoulos (703-395-1811, stathopoulos94@gmail.com) or Dr. John Demakis (703-319-1610, demakis9931@gmail.com).



MARCH 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5pm Conversational Grk 6:00pm Grk Folk Dance 6:30pm Adult Beg. Greek	2 8:00pm HEC Basketball	3 6:30pm GOYA B-Ball 7:00pm Adult Int. Greek	4 5:00pm Greek School 5:00pm Adult Conversational Greek	5 <i>1st Saturday of Souls</i> 9:30am Orthros 10:30am Divine Liturgy 9:30am Greek School
6 <i>Meatfare (Judgment) Sunday</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy GOYA B-ball 6pm Adult Greek Dance	7	8 5pm Conversational Grk 6:00pm Grk Folk Dance 6:30pm Adult Beg. Greek 7:30pm Missions 8:00pm AHEPA	9 8:00pm HEC Basketball	10 6:30pm GOYA B-Ball 7:00pm Adult Int. Greek	11 1:00pm GMU OCF in room 239H Johnson Ctr. 5:00pm Greek School 5:00pm Adult Conversational Greek	12 <i>2nd Saturday of Souls</i> 9:30am Orthros 10:30am Divine Liturgy 9:30am Greek School St. Demetrios, Baltimore Basketball Tournament 5:30pm Apokreatiko Glendi
13 <i>Cheesefare (Forgiveness) Sunday</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy 12:00pm Single Parents 12:00pm DOP Meeting 6pm Adult Greek Dance	14 <i>Clean Monday Great Lent Begins</i> 6:00pm Holy Confession 7:00pm <i>Compline</i> 8:00pm Deuteri Deutera <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">12pm Deadline for April DOXA</div>	15 5pm Conversational Grk 6:00pm Grk Folk Dance 6:30pm Adult Beg. Greek	16 7:00pm <i>Pre-Sanctified Liturgy</i> 8:00pm HEC Basketball 8:30pm Parish Council	17 6:30pm GOYA B-ball 7:00pm Adult Int. Greek	18 5:00pm Greek School 5:00pm Adult Conversational Greek 7:00pm <i>1st Salutations to Missions Lecture</i> (Kenya by Bishop Neofitos and Mary Van Mullekom)	19 <i>3rd Saturday of Souls</i> 9:00am Orthros 10:00am Divine Liturgy (Note time change!) Lenten Retreat following Liturgy 9:30am Greek School
20 <i>Sunday of Orthodoxy</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy 12:00pm Philoptochos GOYA B-ball 6pm Adult Greek Dance 5:30pm Pan-Orthodox Vespers at Saint Sophia	21 6:00pm Holy Confession 7:00pm <i>Compline</i>	22 12:00pm GMU OCF in room 239H Johnson Ctr. 5pm Conversational Grk 6:00pm Grk Folk Dance 6:30pm Adult Beg. Greek	23 7:00pm <i>Pre-Sanctified Liturgy</i> 8:00pm HEC Basketball	24 6:30pm GOYA B-Ball 7:00pm Adult Int. Greek 7:00pm <i>Vespers</i> at Annunciation, Baltimore	25 <i>Annunciation</i> 9:30am Orthros 10:30am Divine Liturgy 5:00pm Greek School 5:00pm Adult Conversational Greek 7:00pm <i>2nd Salutations Missions Lecture</i> (Alaska by Betty Slanta)	26 9:30am Greek School
27 <i>Sunday of the Prodigal Son</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy Youth Church Duty GOYA B-Ball 6pm Adult Greek Dance	28 6:00pm Holy Confession 7:00pm <i>Compline</i>	29 5pm Conversational Grk 6:00pm Grk Folk Dance 6:30pm Adult Beg. Greek	30 7:00pm <i>Pre-Sanctified Liturgy</i> 8:00pm HEC Basketball	31 6:30pm GOYA B-ball 7:00pm Adult Int. Greek		

Please check the online calendar, <http://saint-katherines.org/calendar>, for the most current information.

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, Evdoxia Mitchell, and Diane Argerson for kindly donating the desserts. Many thanks to Ramona Velezis for the centerpieces, Andrea Ballard who donated the wine, and a big thank you to Ken Kunec and Mr. Chronis for the wonderful entertainment. The bilingual school children sang beautifully and we thank them for their entertainment as well as the handmade Valentine's Day cards they handed out to 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: April 17, 23, and 24 after church services from 12:00pm to 1:00pm. We will start taking orders for *tsourekia* and Easter sweets at the beginning of April (see order form on page 15). You may also contact Mary Varlas at LPbakesale@yahoo.com or 703-965-4161. Order forms will be emailed to you so that you can conveniently pre-order your baked goods. Forms can also be picked up at the church and are available on the church website. We hope that you can help us in preparing for the Easter bake sale, so please let us know if you are available to bake and/or work at the bake sale.

Our next meeting is Sunday, March 20 after the liturgy. I hope to see you there.

Please send in your 2016 stewardship if you haven't already done so. Thank you for all your support!

DAUGHTERS OF PENELOPE (by Karen Polizos, President)

ON BEHALF OF HELLE CHAPTER, I want to thank everyone who supported our *Tastes of the Mediterranean* fundraiser on February 5. It was a sold-out event again this year, the food was delicious, the music wonderful, and everyone enjoyed the evening. Thank you Saint Katherine community for supporting us!

Our March meeting will be held Sunday, March 13, right after church. We hope to initiate several new Sisters at this meeting! In addition, we will enjoy learning beauty tips from a Mary Kay representative who will also perform a makeover for one of our Sisters. Light refreshments will be served. On Saturday, March 12, Helle Chapter will participate in the District 3 AHEPA/DOP Mid-Year Conference in Fredericksburg. On Tuesday, April 12, we are scheduled to prepare and serve dinner at the Bailey's Crossroads Shelter.

If you would like to learn more about the Daughters of Penelope and Helle Chapter, please contact Rosalie Georgeadis (703-532-1723) or Karen Polizos (571-434-7790). We welcome new members!

(Continued from page 5)

Blog: <https://blogs.ancientfaith.com/morningoffering/>

Podcasts: Daily audio (<http://www.ancientfaith.com/podcasts/morningoffering>) and weekly video (<http://www.ancientfaith.com/podcasts/morningofferingvideo>)

Website: All Merciful Saviour Monastery (<http://vashonmonks.com/wp/>)

Facebook: Abbot Tryphon

BOOKSTORE

LENT BEGINS ON MARCH 14, 2016. This month we are featuring several books to aid you in your Lenten journey.

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

First Fruits of Prayer: A Forty-Day Journey Through the Canon of St. Andrew by Frederica Mathewes-Green. "Join the author on a guided retreat—ideal for the Lenten Season—through the classic Great Canon of St. Andrew, a wise, ancient Orthodox text—still chanted during Lent—that will enrich your experience of spirituality and prayer. A poetic hymn written in the 8th century, this magnificent work weaves together Old and New Testament Scriptures with prayers of hope and repentance that will transform your life."

Ladder of Divine Ascent by Saint John Climacus. Saint John Climacus, sixth century abbot of Sinai, compared the spiritual life to a ladder of thirty steps, and explained in detail the challenges presented by each of those steps. This spiritual classic has brought inspiration and edification to every generation since that time. Read every year during Great Lent in monastic refectories, this book has been treasured by both monastics and laymen.

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.

Please visit our church bookstore in the community center after the Liturgy. We carry a wide assortment of Orthodox books, icons, and other items to enrich your spiritual life. We thank you for your support of our ministry.

SINGLE PARENT FELLOWSHIP

SINGLE PARENTS WILL MEET ON MARCH 13, during coffee hour. Please join us as we gather in fellowship to share ideas, resources, and your thoughts as single Orthodox Christian parents. Please contact Angela Kallas-Miller (agapiang@gmail.com) for more information.



MISSIONS AND OUTREACH

Go therefore and make disciples of all nations (Matthew 28:19)

Bishop Neofitos of Nyeri and Mount Kenya Region of Kenya to Lead Lenten Retreat, March 19. We are pleased to announce that His Grace Neofitos, the newly consecrated bishop of Kenya, will lead our Lenten retreat on Saturday, March 19. We will begin with Divine Liturgy (Third Saturday of Souls) at 10:00am, followed by lunch and the retreat. His Grace will speak on *Experiencing Christ in Fasting and Prayer*. There is no charge for the retreat, but we ask that you confirm your attendance by emailing Betty Slanta (slanta@verizon.net) or Dr. John Demakis (demakis9931@gmail.com). A free-will offering will be collected for lunch and the retreat. His Grace will be with us for the First Salutations Service on March 18 and will celebrate the Divine Liturgy on March 20. Come and meet charismatic new bishop.

Mission Lectures Following Salutation Services. As we have done in previous years, we will offer a mission lecture after the Salutations services. Refreshments will be served. A tentative schedule is as follows: March 18—Kenya (Bishop Neofitos and Mary VanMullekom), March 25—Alaska (Betty Slanta), April 1—Cuba (Fr. Costas), and April 8—Mexico (the Porter family). Come to the services and stay for the exciting presentations.

OCMC Short-Term Teams Set for 2016. The OCMC has published their short-term teams for 2016. We have posted the full list on our bulletin board at the entrance of the HEC and you please feel free to contact Dr. John Demakis (demakis9931@gmail.com) for more information. Teams usually serve 2-3 weeks. Details can be found on their website at OCMC.org. Contact Dr. John Demakis (demakis9931@gmail.com) for information. Please give prayerful consideration to participating in one of the teams in 2016. Many of our Saint Katherine parishioners have participated in teams over the last few years. They can tell you that it can be a life-changing experience. We are pleased to announce that two of our members, Betty and John Slanta, have been chosen for the July 2016 Alaska short-term team. Congratulations, Betty and John!

Clothing and Toiletries. We continue to collect new or clean used clothes and unopened toiletries for the shelter year round. During the colder months, the shelter is in special need of warm clothing, coats, hats, gloves, etc. Please be generous. Bring your donations to our community center year round. We take them to the shelter every Sunday. The shelter notified us recently that they have many other needs such as cleaning supplies, kitchen supplies, bed sheets and blankets, etc. These are all used as they find apartments for the homeless. Please see the full list at www.nvfs.org/pages/page.asp?page_id=393678. If you wish to donate any of these items, please take them directly to the Bailey's Crossroads Homeless Shelter at 3525 Moncure Avenue, Falls Church 22041.

OCMC Fundraising Dinner, May 15. Our annual fund-raising dinner will take place at Saints Peter and Paul Antiochian Orthodox Church in Potomac, Maryland on May 15. Our main speaker will be Fr. John Chakos, missionary priest in Guatemala. Fr. Chakos spoke at the event last year at Saint Katherine and people were so impressed with his missionary zeal and humility that many asked that he return to area for another presentation. His topic this year will be *Guatemala Mission Faces East: The Next Step in Conversion*. The evening will begin with Pan-Orthodox Vespers at 4:30pm, hors d'oeuvres and silent auction at 5:15pm, and dinner and presentations at 6:00pm. Tickets are \$55 for adults, \$30 for ages 6-22, and free for children under 6. Get a table for 10 for \$500. The reservation deadline is May 12. Contact Betty Slanta (slanta@verizon.net) or Dr. John Demakis (demakis9931@gmail.com) for more information. Please make checks payable to OCMC and mail to Saints Peter and Paul Antiochian Orthodox Church, 10620 River Road, Potomac, MD 20854. Write "Mission Banquet" on the envelope.

Project Mexico, July 14-20. As announced in last month's *DOXA*, a team from Saint Katherine will be going to Project Mexico from July 14-20. We are pleased to report that Leadership 100 has awarded \$980 in scholarship to our team. This summer we have the opportunity to once again join other Orthodox Christians from around the country in Mexico to assist in building a home for a needy family. Our team is led by Bill and Elaine Porter and has eight members. There are still two slots remaining. If interested, contact Elaine Porter (beporter1@verizon.net) soon!

Monumental Mission Walk, October 15. Our fourth annual Monumental Mission Walk is set for Saturday, October 15, starting at 9:00am. Save the date! We have received the permit from the National Park Service to have our tent near the eastern end of the Mall by the American Indian Museum. Our walk will feature monuments at the eastern end of the National Mall. Proceeds will be split with OCMC and local charities. More details to follow.

Cooking for and Feeding the Homeless. Below is the tentative schedule for the next six months. Please contact Dr. John Demakis (demakis9931@gmail.com), if your parish organization would like to serve at the shelter.

March 1	Adult Bible Class
March 15	Philoptochos
April 12	Daughters of Penelope
May	Mission Committee
June	Vacation Bible Camp

NEXT MISSIONS MEETING
March 8, 7:30pm
All are welcome to attend!

MARCH CHURCH DUTY ROSTER

<u>March 6, 2016</u> Chris Euripides, Captain Kelly Alexis Rosemary Filou Bill Polizos	<u>9:00am</u> Jim Stoucker Maria Vargas Mary Varlas
<u>March 13, 2016</u> C. Mavromatakis, Captain Kelly Alexis Rosemary Filou Peter Karounos	<u>9:00am</u> Mallamo Mavromatakis Dr. Jerry Rich Maria Wills
<u>March 20, 2016</u> Jim Stoucker, Captain Chris Euripides Costas Mavromatakis Mallamo Mavromatakis	<u>9:00am</u> Dr. Jerry Rich Maria Vargas Mary Varlas
<u>March 27, 2016</u> Peter Karounos, Captain Bill Polizos Maria Wills	<u>9:00am</u> Youth Church Duty Day (Panos Lagos, Captain, plus GOYA and Sunday School volunteers)

(Continued from page 5, column 1)

student body and the parents for a family in need in our community remembering their philanthropic work to the less fortunate of us.

Some of the innovative methodologies in our language programs were presented at the Northeast Conference (established in 1954) in New York on February 13, 2016 on the teaching of foreign languages. The theme of the conference was “Developing intercultural competences through world languages”. Our presentation was titled: *Developing a project-based (PBL) curriculum to enhance Modern Greek HL (heritage language) learning*. We are very proud of our staff and the collaboration among parents, students, teachers, and the community. We thank you all for the support and involvement!

I would like to remind all parents interested in enrolling their children in any HEC Program that you must be a steward in good standing in order to receive preferred steward rates. Please renew your 2016 stewardship before 2016-2017 registration begins.

For more information or an open house date, please contact the HEC director at ealexopoulou@stkchurch.com or call at 703-671-7715. You may also visit our website at www.stkhec.org or follow us on face book to “like” our page and make a comment on our posts. If you already have subscribed on face book, please type “Hellenic Education Center” in the search engine.

Ellinomatheia Exam Dates. Tuesday, May 10, Wednesday, May 11 and Thursday, May 12. Deadline to submit an application is March 13, 2016. Every year our students have 100% success due to the rigorous academic program.

A VICTORIAN ERA MISSIONARY

Joanna Bose

AT A RECENT SCREENING of a film called *Many Beautiful Things*, directed by Laura Waters Hinson, the subject was an unlikely one—a young woman born into wealth and privilege in 1853.

Lilias Trotter had two passions—religion and painting. At that time, young women were accomplished in arts; playing the piano, singing, drawing, and languages. To this end, the upper classes often took “educational” trips to Europe to visit Florence, Paris, and Rome.

On one such visit, Lilias met the prominent art critic John Ruskin, who immediately recognized her talent and encouraged her. Unlike the women who were part of the Pre-Raphaelite group, however, Lilias stayed apart. She started being active in helping destitute prostitutes along the Thames riverbank, venturing out at night to show them to a better life.

Inside her there was a voice, calling her to go to North Africa for missionary work. When the opportunity arose, Lilias and two friends traveled to Algiers in 1888, at a time when women never traveled unaccompanied. They learned Arabic and worked at helping poor women and children. She even managed to be accepted into a group of men who practiced the more spiritual form of their faith—Sufism. It was implied that she never tried to convert these men but to engage in the search for God.

The auditorium was filled to capacity with 500 people. Lilias Trotter, born into privilege, renounced comfort and material benefits. Through self-discipline, courage, and her faith, she achieved her true potential not only as a missionary but as an artist. So, on both levels, she was an inspiration!

This film is being shown in area theatres.

(Continued from page 1)

sense, but in the reality of presenting the Gospel of Jesus with love and joy.

It was by His example that we learned the lessons of the Gospel. He was a fantastic preacher. The way in which, with his gentle Southern way, he molded everyday life and brought purpose and understanding of the teachings of our Lord Jesus Christ was incredible.

Father Ted was not in ministry by himself. The Lord granted him a life partner in the person of Presvytera Dora. This partnership enabled Father Ted to be a good father at home and a good father to his flock.

Father Ted will always be commemorated in the Church, until Christ’s return, as the founder of this parish. Let us pray and reflect on the resurrection of our Lord. May Father Ted’s memory be eternal.

In Christ,

Fr. Costa

HOW TO HELP A GRIEVING FRIEND

Megan Devine

MANY PEOPLE TRULY WANT TO HELP a friend or family member who is experiencing a severe loss. Words often fail us at times like these, leaving us stammering for the right thing to say. Some people are so afraid to say or do the wrong thing, they choose to do nothing at all. Doing nothing at all is certainly an option, but it's not often a good one. While there is no one perfect way to respond or to support someone you care about, here are some good ground rules.

#1 Grief belongs to the griever. You have a supporting role, not the central role, in your friend's grief. This may seem like a strange thing to say. So many of the suggestions, advice and "help" given to the griever tells them they should be doing this differently or feeling differently than they do. Grief is a very personal experience, and belongs entirely to the person experiencing it. You may believe you would do things differently if it had happened to you. We hope you do not get the chance to find out. This grief belongs to your friend—follow his or her lead.

#2 Stay present and state the truth. It's tempting to make statements about the past or the future when your friend's present life holds so much pain. You cannot know what the future will be, for yourself or your friend—it may or may not be better "later." That your friend's life was good in the past is not a fair trade for the pain of now. Stay present with your friend, even when the present is full of pain. It's also tempting to make generalized statements about the situation in an attempt to soothe your friend. You cannot know that your friend's loved one "finished their work here," or that they are in a "better place." These future-based, omniscient, generalized platitudes aren't helpful. Stick with the truth—this hurts. I love you. I'm here.

#3 Do not try to fix the unfixable. Your friend's loss cannot be fixed or repaired or solved. The pain itself cannot be made better. Please see #2. Do not say anything that tries to fix the unfixable and you will do just fine. It is an unfathomable relief to have a friend who does not try to take the pain away.

#4 Be willing to witness searing, unbearable pain. To do #4 while also practicing #3 is very, very hard.

#5 This is not about you. Being with someone in pain is not easy. You will have things come up—stresses, questions, anger, fear, guilt. Your feelings will likely be hurt. You may feel ignored and unappreciated. Your friend cannot show up for their part of the relationship very well. Please don't take it personally, and please don't take it out on them. Please find your own people to lean on at this time—it's important that you be supported while you support your friend. When in doubt, refer to #1.

#6 Anticipate, don't ask. Do not say, "Call me if you need anything," because your friend will not call. Not because they do not need, but because identifying a need, figuring out who might fill that need, and then making a phone call to ask is light years beyond their energy levels, capacity, or interest. Instead, make concrete offers, "I will be there at 4pm on Thursday to bring your recycling to the curb" or "I will stop by each morning on my way to work and give the dog a quick walk." Be reliable.

#7 Do the recurring things. The actual, heavy, real work of grieving is not something you can do (see #1), but you can lessen the burden of "normal" life requirements for your friend. Are there recurring tasks or chores that you might do? Things like walking the dog, refilling prescriptions, shoveling snow, and bringing in the mail are all good choices. Support your friend in small, ordinary ways—these things are tangible evidence of love. Please try not to do anything that is irreversible—like doing laundry or cleaning up the house—unless you check with your friend first. That empty soda bottle beside the couch may look like trash, but may have been left there by their husband just the other day. The dirty laundry may be the last thing that smells like her. Do you see where I'm going here? Tiny little normal things become precious. Ask first.

#8 Tackle projects together. Depending on the circumstance, there may be difficult tasks that need tending—things like casket shopping, mortuary visits, the packing and sorting of rooms or houses. Offer your assistance and follow through with your offers. Follow your friend's lead in these tasks. Your presence alongside them is powerful and important. Words are often unnecessary. Remember #4: bear witness and be there.

#9 Run interference. To the new griever, the influx of people who want to show their support can be seriously overwhelming. What is an intensely personal and private time can begin to feel like living in a fish bowl. There might be ways you can shield and shelter your friend by setting yourself up as the designated point person—the one who relays information to the outside world, or organizes well-wishers. Gatekeepers are really helpful.

#10 Educate and advocate. You may find that other friends, family members and casual acquaintances ask for information about your friend. You can, in this capacity, be a great educator, albeit subtly. You can normalize grief with responses like, "She has better moments and worse moments and will for quite some time. An intense loss changes every detail of your life." If someone asks you about your friend a little further down the road, you might say things like, "Grief never really stops. It is something you carry with you in different ways."

#11 Love. Above all, show your love. Show up. Say something. Do something. Be willing to stand beside the gaping hole that has opened in your friend's life, without flinching or turning away. Be willing to not have any answers. Listen. Be there. Be present. Be a friend. Be love. Love is the thing that lasts.

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

STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2016 Saint Katherine Stewardship Program through January 31, 2016. Thank you for responding to the needs of our church.

If you have not yet submitted your 2016 pledge, please complete the stewardship form on page 8 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.

Agnos, John and Nickie	Floros, Nicholaos and Irene	Laliotis, Mrs Maria	Rouvelas, Emanuel and Marilyn
Alexiou, Nikolaos and Efthymia	Fotinos, Vasilios and Liana	Lecos, Ms Anna	Rouvelas, Larry and Rebecca Leung
Alexis, Ms Joanna	Gadonas, Mr Athanasios	Liappis, Theodosios and Alexandra	Salavantis, Mrs Toula
Anton, Tasie and Evagelia	Gadonas, Dimitrios and Konstantina	Ligelis, Ms Tina, Ms	Scalise, Athena
Athanasiou, Nektarios and Joanne	Garbis, Ltc Dennis and Denise	Louvis, George and Eileen	Sedor, Mrs Ann
Bakatsias, Mrs Panagiota	Gardner, Martin and Ekaterini	Makredes, Ms Maria	Sessions, Mr Andrew
Ballard, Capt James and Andrea	Garnett, David and Elvira	Mallis, Miss Gaye	Seward, John and Patricia
Banks, Dr George and Dr Karen	Georgatos, Mrs Aspasia	Maniatis, Ms Glykeria	Siatis, Mrs Bessie
Bellas, Dr Dean	Georges, Nicholas and Maria	Manolis, Dr John and Maria	Simmons, Katherine
Bohle, Michael and Sophia	Gerow, Frank and Konstandina	Markessini, Dr Joan and Kenneth Rucas	Soiles, James and Karen
Boosalis, George and Faye	Gougoufkas, Christos and Dora	Marketos, Peter and Amy Marie	Sotirchos, Spyridon and Susanne
Bosworth, Mrs Barbara	Greig, Ms Joanna	McCloud, Lucas	Spanos, Aristotelis and Maria
Bouloukos, James and Niki	Gull, Mark and Kelly	McKinney, Gregory and Georgia	Spathopoulos, Ms Stella
Brazda, Ms Maria (Leopard Media Group)	Hadjichristodoulou, Andreas and Marianna	Mentis, Peter and Tina	Stack, Mrs Rhea
Buddendeck, David and Kathy Karageorge	Halstead, Donald and Eleni	Mickles, Ms Eleni	Stanga, Ms Stephanie
Burton, Elias and Irene	Hatzi, Peter and Cathy	Mitchell, Mrs Evdoxia	Stathopoulos, George and Mary
Camarinos, Mr William	Hickson, Karl and Dorie	Moore, Ms Jane	Stefanou, Peter and Irene
Caparell, Mrs Gisella	Hoeg, Everet and Debra	Moore, William and Helen	Stepanchuk, Mr John
Capsalis, Mrs Mary	Holmes, Mrs Agoritsa	Moorman, Ms Anna J	Stoucker, James and Barbara
Castellon, Mr Eduardo	Howard, James and Katherine	Moratis, George and Linda	Stoumbos, Dr Tom and Kim Bui
Chaconas, Mr Paul	Ioannou, Iacovos and Alexandra	Morrison, Robert and Barbara	Sturgis, Rev Fr Milan and Leah
Chakeris, Mrs Georgia	Ioanou, Eleftherios and Chidimida	Moschopoulos, John and Eleni	Talbott, Marcus and Ellena
Charuhas, George and Mary	Jatras, James and Kathy	Moshos, Ms Tina	Taousakis, Alexander and Jessica
Charuhas, Mr Telly	Jeweler, James	Mpras, Michael and Dr Fay	Tavoularis, Pierre and Arlene
Chelpon, Rev Dn Harry and Maria	Jeweler, John and Anna Marie	Mylonas, Christos Jessica	Theocharis, Mr Ted
Chelpon, Mr Mikhail	Jouvanis, Tom and Linda	Newton, Mr Veldon L	Thomas, Craig and Lori
Chelpon, Rev Fr Theodore and Presv Dora	Jurado, Benjamin and Smaragda	Nicolaidis, Ms Virginia	Thomas, Mrs Mary
Cherpes, Mark and Victoria	Kakaviatos, Mrs Irene	Nightingale, Clayton and Demetra	Thornton, Mrs Alexandra (Rose)
Chiaparas, Emmanuel and Susan	Kakissis, Maria	Nitis, Nicolas and Mayra	Topping, John and Anastasia
Christou, Aristotle and Carol	Kalamatianos, Mr Stavros and	Nonas, Dr Constantine and Fran	Triarhos, Mrs Mary
Collins, William	Dora Adamopoulos	Orphanides, Crysilios and Androula	Tricaliots, Mrs Fotini
Constantine, Mrs Paraskevi	Kalaris, Mrs Georgia	Padgiotis, Nick and Ileana	Tsangali, Ms Sophia
Constantinescu, Mrs Ileana	Kalaris, M/M Mark	Panagopoulos, Demetrios and Georgia	Tsimbidis, Mrs Anna
Coronis, Dr Susan	Kanakis, Christine	Panopoulos, Harry and Marina	Tzafolias, Constantine and Irene Darzenta
Coutavas, Spiros and Diana	Kanagos, Brasidas and Maria	Papageorgiou, Capt Michael and Elsa	Vaccarello, Thomas and Daphne
Dakes, Mr Michael	Kapetanakis, George and Helen	Papailias, Dr E C	Vamvakias, Col Nicholas and Carol
Dakes, Stephen and Betty	Kapsidelis, Bill and Trish	Papas, Dr Alexander and Bessie	Van Mullekom, Ms Mary
Danzig, Ivan and Diane	Karamanis, John and Litsa	Pashiardis, Charalambos and Eleni	Vangellow, Ms Catherine
Davey, Michael and Artemis	Karambelas, Mrs Helen	Pattaras, Ms Alexandra	Vassilopoulos, George and Anna
Demakis, Dr John and Katherine	Katsakis, Anthony and Martha	Pavlakos, Andrew and Christina	Vatikiotis, Stelios and Lambrini
Demeres, Mrs Antoinette	Katsapis, Efthimios and Dr. Christine	Pavlakos, Rev Fr Costas and Presv Pauline	Vazquez, Ramon and Christina
Demetriou, Demetrios and Androula	Katsikes, Dean and Stavroula	Pesavento, Mrs Kathy	Veletsis, Stavros and Berit
Demetriou, Mrs Elpida and Bruno Cardoso	Kikis, Nicholas and Colleen	Peysner, Col Daniel and Irene	Velezis, Col James and Ramona
Demetriou, Lambros and Maria	Kiklis, Michael and Zoe	Phass, Mrs Catherine	Vernoski, Mr John J
Demetriou, Peter and Brook	Kiszka, Thomas and Flora	Pikrallidas, Kostas and Rena	Visos, Larry and Rebecca
Demson, Ms Venetia	Kolias, Steven and Laura Maratou	Pilarinos, Mrs Frances	Volakis, George and Georgia
Dimitras, Ms Georgia	Kolovos, Mr Nicholas	Ploutis, Nicholas and Jennifer Saman	Wallace, Rev Fr Christos
Dinos, Stephen and Dr Evie Cavros	Koltos, Mrs Barbara	Ponirakis, Manolis and Mina	Wills, Donald and Maria
Dopuch, Mr Nicholas	Konstas, Ms Penelope	Pors, Mr John	Wooldridge, Keith and Aspasia
Drakoulis, Ms Mary	Kontzias, George and Helen	Porter, William and Eleni	Wuerker, Jack and Effie Triarhos
Edgington, Mrs Catherine	Kopylov, Mr Vitali	Poulos, Mr Pete	Zaloumis, Angelos and Mary Ann
Elefantis, Christos and Moshoula	Kosturos, Ted and Helen	Rantis, Theofanis and Marion	Zavolas, Nicholas and Deborah
Elefantis, Mr John	Koukides, Konstantinos and Styliani	Rich, Dr Jerry and Shirley	Zirps, Capt Christos
Evans, George P	Koumarianos, George and Eugenia	Rizkalla, Dr Adel and Connie	Ziu, Mrs Theodora
Firippis, Pantelis and Ioanna	Koustenis, Mrs Maria	Roberts, Stavros	Zourzoukis, Hristos and Lambrini
Floros, Dennis and Angela	Krithades, Ms Christine	Roiniotis, Mr Spiro and Julia Young	
Floros, Mr George	Kydes, Dr Andy and Pamela	Rousos, Basil and Irene	



Stewardship—it's not just about giving money.

It's about giving everything.

Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received. ~1 Peter 4:10

EASTER BAKE SALE

SAINT KATHERINE LADIES PHILOPTOCHOS

- Sunday, April 17th
- Saturday, April 23rd
- Sunday, April 24th

NAME _____

email _____

phone no. _____

To place your order please email
LPbakesale@yahoo.com; or,
call Mary Varlas 703-965-4161

Mail checks to:

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

Bake Sales will start ONLY at the completion of services.

There will be NO bake sales during HOLY WEEK

ITEM	Quantity	Total
Tsoureki		
\$13.00 without egg	_____	_____
\$13.00 with egg	_____	_____
Koulouria	_____	_____
\$9.00/dozen		
Kourambiethes	_____	_____
\$17.00/dozen		
Melomakarona	_____	_____
\$17.00/dozen		
Diples	_____	_____
\$20.00/4-jumbo		
Baklava	_____	_____
\$18.00/6 pieces		
Kataifi	_____	_____
\$18.00/6 pieces		
Spanakopita	_____	_____
\$27.00/dozen – 3 oz. frozen triangles		
Tiropita	_____	_____
\$27.00/dozen – 3 oz. frozen triangles		
Pastichio	_____	_____
\$80.00/Full-pan, frozen		
Mousaka	_____	_____
\$85.00/Full-pan, frozen		



**SAINT KATHERINE
GREEK ORTHODOX CHURCH**
www.saint-katherines.org
3149 Glen Carlyn Road | Falls Church, VA 22041

Return Service Requested

Non-Profit Org.
U. S. POSTAGE
Paid
Merrifield, VA
Permit No. 7019



**ATTENTION POSTMASTER:
Please expedite. Dated material.**



**Geriatricare[®]
MANAGEMENT, INC.**

*Individualized Services for the
Elderly and Disabled*

Solving the Care Management Puzzle

*Owned and Operated by a Licensed Clinical Social Worker/
Professional Geriatric Care Manager*

We are a full service Care Management and licensed Home Health agency that provides a broad range of non-medical supportive services. All our employees go through a criminal background and professional reference check.

Care Management & Home Health Services

<ul style="list-style-type: none"> • Counseling/Consultation Services • Coordination of Services & Care Providers • Bill Paying, Claims Service & Entitlements • Long Distance Care Giving • Housing, Relocation & Downsizing • "Plan Now, Pay Later" 	<ul style="list-style-type: none"> • Hourly or Live-In Care • CNA's or Home Health Aids • Meal Planning/Preparation • Friendly Visitor/ Shopping & Delivery Service • Assistance with all personal care needs • Weekends & Holidays
---	---

*Our team of dedicated Care Managers are Certified and hold
Masters Degrees in Social work.*

703.313.6114

Outside the Washington DC Area call toll free **888.313.6114**
Fax **(703)313-7815**
email gcm@geriatricare.net | www.geriatricare.com



Fully Licensed, Bonded & Insured
Licensed by the Virginia Department of Health

6422 Grovedale Drive, Suite 202
Alexandria, VA 22310

*Serving the Washington D.C.
metropolitan area since 1995.*



Demetry Pikrallidas
AV Rated Attorney

*Preminent Legal Ability and Ethical Standards,
The Highest Legal Rating Possible*

Complete Business Formation/Representation
Serious Injury
Traffic and Criminal
Domestic Relations
Wills, Trusts

Cases Handled in Arlington, Alexandria, Fairfax,
Prince William, Loudoun, and District of Columbia

www.piklaw.com 703-267-2600

Demetry Pikrallidas
AV Rated Attorney

*Preminent Legal Ability and Ethical Standards,
The Highest Legal Rating Possible*

Complete Business Formation/Representation
Serious Injury
Traffic and Criminal
Domestic Relations
Wills, Trusts

Cases Handled in Arlington, Alexandria, Fairfax,
Prince William, Loudoun, and District of Columbia

www.piklaw.com 703-267-2600



The Kalis Companies

Nicholas Kalis
Principal

1420 Spring Hill Road V 703 585-0100
Suite 600 F 703 734-6801
McLean, VA 22102 nkalis@kaliscompanies.com
www.kaliscompanies.com

Why don't *YOU* advertise in the *DOXA*?
Contact Presvytera Pauline Pavlakos at
przpauline@stkchurch.com or 703-239-2627.

SUNDAY BRUNCH

ALL YOU CAN EAT! 10am-2pm

Adults \$15.95, Kids 6-12 \$7.95

Under 6 Free!

**We take reservations
for large parties!**



PJ Skidoos opened in 1978 and is a Greek family owned "American restaurant" in Fairfax City. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.

www.pjskidoos.com
9908 Fairfax Blvd Fairfax, VA 22030 (703)591-4515

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