WE ARE READY TO EMBARK on the journey of Great Lent. I hope and pray that you are ready to make a conceivable dissension to embrace the invitation of our Orthodox Tradition and become sojourners of the opportunity to be renewed and to partake of the Grace of Jesus Christ through the sacrament of confession.

Repentance is indeed an act of reconciliation, of reintegration into the Body of Christ, which has been torn asunder by sin. For “if one member suffers, all suffer together” (1 Corinthians 12.26). “Therefore, confess your sins to one another...that you may be healed” (James 5.16). The whole Church expresses a search for repentance in the repeated words of the Psalmist, commonly known as the “miserere” (Psalms 50). It is through the faith of the community that the individual is readmitted and forgiven. “When Jesus saw their faith he said, ‘man, your sins are forgiven’” (Luke 5.20, Matthew 9.2, and Mark 2.5). “Justification” in the New Testament does not mean a trans- action—a kind of deal; and repentance defies mechanical definition. It is a continual enactment of freedom, a movement forward, deriving from renewed choice and leading to restoration. The aim of the Christian is not even justification but a re-entry by sinner and saint alike into communion in which God and man meet once again and personal experience of divine life becomes possible. Both prodigal and saint are “repenting sinners.”

Confession is in decline and repentance is misapprehended. The decline and the mis- apprehension cannot be easily qualified, but they are unmistakable at least inasmuch as they are considered to be no more than incidental practices in the life of the Church today. The “traditional” way of thinking of sin and forgiveness has collapsed among a growing number of Christians. Nothing less than a theological and pastoral renewal is necessary in order to rediscover the living meaning of repentance and confession.

Before each service on Mondays, Wednesdays, and Fridays during Lent we will offer the Sacrament of Confession at 6:00pm. If cannot make it on any of those days, call me at 703-671-1515 and we can set up a time that will work for you.

The gift of God’s forgiveness is received through private prayer, corporate worship, the disciplines of prayer and fasting, penitential services and, above all, through the sacrament of Holy Confession. The value of Holy Confession is twofold. First, through this sacramental act of the ordained priest and the Christian believer we have the assurance of divine forgiveness, according to the words of Christ (John 20:23). Secondly, Holy Confession provides the opportunity to talk about one’s deep concerns, to receive counsel and to be encouraged toward spiritual growth, all of which are universally rec- ognized as extremely beneficial to personal life.

Holy Confession is appropriate whenever an Orthodox Christian feels the need for it. It is also a part of our total spiritual preparation during the fast periods leading up to the great feasts of Easter, Christmas, the Falling Asleep of the Theotokos and the Feast of

(Continued on page 12, column 2)
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GRACE Presv. Pauline Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
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YAL (Young Adult League) Faye (Fotini) Anson fanson38@yahoo.com
Youth Choir Nina Ziu n.ziu@icloud.com
Over 18 years ago, my family and I moved from South Florida to Northern Virginia with no immediate family in this area. We combined our first house-hunting trip with visiting the church, and we fell in love with the Saint Katherine community. Our first few Sundays with two little kids and a new born were rather stressful. Having no support system in a new place was a very difficult time. One Sunday, while Christina and I were struggling with the kids, a very kind lady turned around and said, “Let me hold your daughter.” This was a great blessing and it became a regular practice from that Sunday forward. The kind lady was Mrs Nicky Agnos. Her radiant smile and assurance every Sunday became a cornerstone for us. The kids loved Mrs. Agnos and looked forward to seeing her and talking to her. That relationship continues to this day.

When Father Costa agreed to have Nicholas serve at the altar at the age of 7, we were so happy. He was the littlest altar boy on Sundays. Nicholas looks forward to serving with Father to this day when he returns from college!

Soon thereafter, another wonderful couple reached out to us to help us with a date night here and there, taking the kids to get some ice cream, the movies and shower them with some Yiayia and Pappou love. Rosalie and George Georgades became proxy grandparents for us many times, giving Christina and me a much needed break.

In 18 years, we have never spent a Thanksgiving alone. Ivan and Artemis Danzig invited us to their home for Thanksgiving. That became a family tradition along with the Velaces family. Pascha has been our opportunity to invite others to our home to share in the celebration with so many familiar faces from our church.

When my family has needed help, an accident or illness here and there, Father Costa has been there for us. Praying with us and comforting us. I could continue to highlight the many blessings and wonderful people that we have met in this community. Saint Katherine is our Family!

I am deeply humbled to have been elected Parish Council President. Being of Cuban and Puerto Rican descent, and a convert to the Orthodox Faith, your support represents the love and openness of this community. As President, I follow in the footsteps of many others who have held this role in the community. In my first week alone, I had over 40 hours of calls and meetings. This is a very tough job.

Like any family, we will have our differences of opinions and different ideas of getting things done. As President, I would like to hear from you about your ideas, talents and ways you can help the Church. If you are new to this community, please look for me in the narthex, call me, or send me a note. I would like to hear from you. I am blessed to have a fantastic team on the Parish Council to help with many of the things to be done. However, we will need more help. Our community is large and complex, with many needs. When my kids were growing up, they loved a movie named Robots. “See a Need, Fill a Need” was the catchy phrase in that movie. If you see a need, come talk to me or any of the members of the Parish Council. Working together, we can all fill the needs of the Church.

Your servant in Christ,

Ray Vazquez
President, Parish Council

LENTE OUTREACH 2019
It’s Time for our Lenten Outreach project!
For the past few years during Lent, our Parish has distributed hundreds of bags filled with new clothes, personal care items, and food to our less fortunate brothers and sisters living on the streets.
We will prepare 200 bags on Friday, April 5 and distribute them on Sunday, April 7 before Liturgy begins.
Our Saint Katherine Stewards have been so generous with their donations and support in the past. In order to find out how you can participate, please contact Daphne Papamichael at cyprusd@aol.com. Thank you!!!"
CATECHETICAL (SUNDAY) SCHOOL
We look forward to our Lenten journey with our Sunday School students! This Lenten season, please renew your commitment to your children’s Catechetical (Sunday) School attendance. We will explore how and why we prepare ourselves for the Great and Holy Pascha.

MARCH CALENDAR OF EVENTS
3/3: * Oratorical Festival – Grades 1 through 6 in the Multipurpose Room during the Sunday school hour.
* Bring in food bags for the Food Pantry
3/10: * We will distribute OCMC coin boxes and encourage our students to put offerings in these boxes through Great Lent, Holy Week, and Pascha.
3/15-17: Lenten Retreat for 7th–12th graders at Camp Piankatank in Hartfield, VA. $60 per student for the weekend. Link to register: https://docs.google.com/forms/d/e/1FAIpQLScQeiy9LU7W6Z27cEe2pIzhVXcGr7u_8IB8-K70EPQ/viewform.
3/17: Oratorical Festival for Grades 7–12 (location and time TBD)
3/17: Sunday of Orthodoxy (Students should bring icons to church for the procession)
3/31: Bible Jeopardy Grades 1-3

GOYA
Thank you to everyone for a great Super Bowl party! The food was fantastic and so was the fellowship! A special thanks to the Bohle family for technical support. The next Youth Sunday/GOYA meeting is on March 17 and will include parents. Upcoming events: St. George Sights and Sounds Art Festival on March 2/3, fundraiser at Souvlaki Bar on March 17—mention Saint Catherine for 15% proceeds to GOYA (check www.souvlakibar.com for locations), and the Saint George Lenten Retreat (Beetreat) on March 30 (see flyer below). Additional activities and updates are posted in the Sunday bulletins. Please email SaintKatherineGOYA@aol.com for more information regarding GOYA events.

GEORGE MASON UNIVERSITY ORTHODOX CHRISTIAN FELLOWSHIP
George Mason University Orthodox Christian Fellowship is for any Orthodox college student. Please send your (or your college student’s) e-mail address to our Spiritual Leader Fr. Costas Pavlakos (frcostas@stchurch.com) or our Student Leader Christina Makhlof (emakhlof@masonlive.gmu.edu) in order to be put on our distribution list.

BOOKSTORE
Start off your Lenten journey on the right foot this year by unplugging from your electronics and turning off your television and radio (at least for a bit) and spend some time reading Wisdom from the Church Fathers and Mothers. To help you in your endeavor, we have available the writings of Elder Paisios, daily thoughts from Abbot Tryphon, and stories from nuns across Greece just to name a few of our offerings. To make this journey even easier, we will again host a Cheesefare Book Fair on March 10 when we will sell used books—$5 for paper backs and $10 for hard covers. If you have gently used books that you would like to donate to the Cheesefare sale, simply bring them to the bookstore.

To celebrate the Sunday of Orthodoxy on March 17, our in-stock icons will be discounted 20 percent. If your children or godchildren, don’t yet have an icon of their patron saint or lack an icon of Christ or the Theotokos, here is your chance to remedy that.

LECTURES FOLLOWING FRIDAY SALUTATIONS SERVICE
As has been our custom, brief lectures and light refreshments will follow the Friday Salutations services. Please join us.
March 15 Local Missions by Dr. John Demakis
March 22 Medical Clinic in Guatemala by Betty Slanta and Bill Bosworth
March 29 TBD
April 5 TBD
PAIDEIA PRESCHOOL

Sharing is caring! We learn to play together, to pray together and to have fun together!

You may join our program year round. Learn more about it at our open-house days or contact us to schedule an appointment at ealexopoulou@stkchurch.com or call at 703-671-7715. You may visit our new and updated website at www.stkhec.org.

GREEK SCHOOL

The ceremony for the Ellinomathieia Certificates was held at the Greek Embassy on February 10 at 2:00pm. We would like to congratulate all the students who passed the exams successfully! We had students from A1 level all the way to the highest levels of C2! **Fact:** The B1 level gives students the opportunity to acquire up to 4 language credits in the High School level and also graduate with the Seal of Biliteracy Diploma!

INFORMATION ON THE EXAMS FOR 2019: Any student can participate as long as he/she submits the application on time and per instructions uploaded to our website https://www.stkhec.org/domain/74.

**ΕΞΕΤΑΣΤΙΚΟ ΚΕΝΤΡΟ ΑΓΙΑΣ ΑΙΚΑΤΕΡΙΝΗΣ (10027)**

Dates and Levels
Level A1, Tuesday, May 21; Level A2: Tuesday, May 21; Level B1: Tuesday, May 21; Level B2: Wednesday, May 22; Level C1: Wednesday, May 22; Level C2: Thursday, May 23

**Registration period:** February 1 – March 24, 2019. Candidates need the following in order to participate in the exams:
- Application completed online (all fields required)
- Photo ID (passport or student card with photo)
- Check payable to Saint Katherine - Ellinomathieia Exams

**Important to know:**
- For the A1 level the ages are 8-12 (must be 12 years old before the day of the exams)
- Καθημερινός Κέντρο (Exam Center Code) 10027 (Εξεταστικό Κέντρο Αγίας Αικατερίνης)
- Application will not be accepted without the check! Application will not be accepted unless filled out completely and submitted by the deadline!
- Photo ID is required on the day of the exams!

GREEK LANGUAGE CLASSES FOR YOUNG AND OLDER...!

Join our outstanding Greek language program for a great learning experience. We offer classes from pre-k to adults. Our excellent teaching staff using student-centered activities will make each students’ experience unique! This year we offer Ellinomathieia classes up to Γ1 level!

Our students benefit not just academically by receiving language credits which they may add to their High School transcript, they also expand their horizons by learning about the Greek literature, history, geography, and culture. In order to schedule an appointment and/or to enroll for a class, please email ealexopoulou@stkchurch.com or call 703-671-7715.

**2018-2019 class offerings include:**

**Youth**
Tuesday, Conversational, 5:00pm-6:30pm (grades K-8)
Friday, 5:00-7:00 (grades PreK-8)
Saturday, 9:30am-1:30pm (grades PreK-8)

**Adults**
Tuesday, Beginners I, 5:00pm-7:00pm
Beginners II, 7:00pm-9:00pm
Thursday, Intermediate, 7:00pm-9:00pm
Friday, Conversational Adult, 5:00pm-7:00pm

**Greek Independence Day Celebration at the White House**

Did you know that 2019 marks the 33rd consecutive year that the Greeks have secured and coordinated an annual meeting with the President of the United States at the White House? What an honor! There have only been two ethnic groups able to secure an annual event with the President—the Irish-Americans and us, Zito Hellas!
OCMC Annual Dinner. Our annual benefit dinner for the Orthodox Christian Mission Center (OCMC) will be Sunday May 5, 2018. The evening will begin with Pan-Orthodox Vespers at 4:30pm. The evening will include a wine reception, appetizers, music, raffles for baskets valued at $200 each, dinner and dessert. Our main speaker will be Rev. Fr. Lou Christopulos. Fr. Lou is the priest of Saint Catherine parish in Greenwood Village, Colorado. Fr. Lou served as the Vice President of the OCMC’s Executive Committee for four years. Tickets are $60 per person and $500 to reserve a table of ten, and $30 per student. Fr. Lou’s topic will be Mission Mindedness and You. This year our community will honor two recently deceased members of our Mission Committee who dedicated their lives to missions and to others, Col. Dennis Garbis and Theodora and Michail Ziu. Please keep the date available. Everything has been donated so all proceeds will go to the wonderful work of the OCMC. Our benefit dinner in 2018 was the largest ever. We hope to exceed that this year. Please help us. Tickets will be available in the lobby of our community center.

Video of Bishop Athanasios’ Funeral in Kenya. In last month’s DOXA, we reported on the untimely death of Bishop Athanasios of Kenya. He was a young man (48) who frequently visited the United States. His funeral in Kenya in now available at https://youtu.be/5A4EJZHyGm0. It is very moving. We encourage you to view it.

OCMC Short-Term Teams Announced. Do something exciting and fulfilling this year. Join a short-term OCMC team. It will change your life. Many of our Saint Katherine members have gone (some on several teams). To see the many sites available this year, go to OCMC.org. Besides the usual sites, this year there will teams to Jamaica, Columbia, and Sweden (yes, Sweden!!).

Guatemala Medical Clinic Needs. In our last issue, we listed many items that the Father Andres Orthodox Medical Clinic needs. Please consider donating one or more of these much needed items.

Food Pantry Collection on Sunday, March 3. In keeping with our Lenten tradition of helping others in need, after Liturgy on Sundays, February 17 and 24, empty blue cloth bags will be available in the foyer of our community center for donations to the Food Pantry located at Columbia Baptist Church. We ask that you return them on Collection Sunday, March 3 filled with food. Items can include: canned fruit, soup, canned pasta, cereal/cereal bars, peanut butter, rice, spaghetti/pasta sauce, chili, canned tomatoes, tuna, canned beans, canned vegetables and macaroni & cheese. This list is also on the Saint Katherine website. If you are unable to fill a bag, write a check to “Columbia Baptist Church” with “Food Pantry in the corner and give to one of the food pantry volunteers.

Diaper Drive, April 21 (Palm Sunday). We will make a special collection of diapers for two food pantries in the area, on this date only. Please bring all sizes of disposable diapers in their original packaging (but no pull-ups) to the foyer of the Meletis Charuhas Center for collection and delivery. The food pantries have identified this as a tremendous benefit for the mothers and working families who receive emergency assistance there.

Homeless Shelter Feeding. On Tuesday, February 19, our Missions and Outreach Committee went to the Bailey’s Crossroads Homeless shelter. Mr. Pantelis Firipis, once again, cooked the food. Thank you Pantelis! We took over 100 meals to the shelter.

Missions Presentations following the First Two Salutations Services, March 15 and 22. Betty Slanta and Bill Bosworth will do a presentation on the Medical Clinic in Guatemala on Friday, March 15 and the Porters will present do a presentation Project Mexico on Friday, March 22.

Next Missions and Outreach Committee Meeting. The next meeting of the Missions and Outreach Committee will be on Tuesday, March 12 at 7:30pm. All are welcome to attend.

DR. JOHN DEMAKIS TO BE FEATURED ON ANCIENT FAITH RADIO, SUNDAY, MARCH 31, 7PM

Dr. John Demakis will be featured on Ancient Faith Radio on Sunday, March 31. The show airs live at 7:00pm. Please listen live and consider calling in. To listen, go to ancientfaith.com and click the "Listen Live" button. Do you want to call in with a question? Call 855-AFRADIO. Let’s support our very own Dr. John!
Με το θέμα αυτό προσπαθούμε να διευκόλυνουμε και να ξεκαιρίσουμε την έννοια του χριστιανικού πρωισμού και να εμπνεύσουμε στον συναδέλφο μας την επιθυμία να γεμίσει η ζωή του με αυτόν, δηλαδή με τον πρωισμό του χριστιανικού πρωισμού!

Νομίζω, πως ίσως είναι γνωστό στους περισσότερους η φράση, που είπε κάποιος ο μεγάλος Γάλλος ποιητής P. Claudel, πως οι νέοι είναι πλασμένοι για τον πρωισμό. Αυτό αποτελεί μια αλήθεια σημαντική, που, όπου κι αν ρίζωμε το βλέμμα μας στην ιστορία, την πλατώσει, ή την πρόσφατη, θα βρούμε πρωισμούς, οι οποίοι καταρθώθηκαν από τους νέους. Άλλα, και μέσα στην ζωή αυτήν κατάφασμα, πάλι θα βρούμε νέους με πρωισμικές εκδηλώσεις, επειδή ο πρωισμός είναι κάτι που συγκινεί, γεμίζει και αικατερίζει την ψυχή του ανθρώπου.

Αρα γι' αυτό ο χριστιανισμός διευκολύνει τον πρωισμό; Μήπως βοηθά τον ανθρώπο στα χριστιανικά ζητήματα και γιατί τον βοηθάει; Χωρίς κανένα διατριβή μπορούμε να πούμε ότι ο χριστιανισμός όχι απλώς διευκολύνει τον πρωισμό, αλλά δημιουργεί κυριολεκτικά ήρωες. Κι αυτό, επειδή εμπνέει ιδανικά. Αναψάλει την ψυχή από την ύλη, τον υλισμό και τον εγωισμό σε πνευματικά επίπεδα. Είναι πανθεολογομοιακό που κανένας υλόφωνος, εγωιστής ή σαρκολάτρης δεν είναι ικανός για πρωισμούς. Ο πρωισμός ζητά αυτοπαράγνηση και θυσία, που προοδεύουν πνευματικά αντιμετώπιση της ψυχής. Αλλά, πολύ είναι όμως η βασική χριστιανική αρχή; «Οποιος θέλει ιερού μου ελθείν, απαρνηστήσεις εαυτόν και ακολουθήσει μια». Η αυτοπαράγνηση, η βάση δηλαδή του πρωισμού τίθεται σαν κάτι το απαραίτητο από τον χριστιανό. Πώς όμως διευκολύνεται αυτός;

Ισώς, ως πρότυπο, προς το οποίο καλείται να προσβλέπει ο χριστιανός και προς το οποίο πρέπει να συμμετάσχει αλλά, όμως και ζωές τους, οι άλλοι. Στην παλιά να δείξει ότι η αναταραχή της πρωισμούς χριστιανούς χωρίς να γίνεται σχετικά με ένα θέμα σε πολλούς περίπτωσης, με καθημερινά και καθημερινά και... Στα συνέχεια, οι πρωισμοί τους ανυψώνονται και ως πρωισμοί που δεν είναι κάστα κάστομον, δεν είναι χριστιανικούς ήρωες, ως πρωισμούς της Εκκλησίας...

Αυτό δεν μεταφέρεται στην ιδέα, ότι ο πρωισμός είναι μόνο μια μέτρια ιδιοτήτα, αλλά είναι μία μεγάλη και πλήρης ιδιοτήτα του Χριστιανισμού. Στο συνέχεια, οι πρωισμοί τους ανυψώνεται και ως πρωισμοί που δεν είναι κάστα κάστομον, δεν είναι χριστιανικούς ήρωες, ως πρωισμούς της Εκκλησίας...

Χριστιανικός Ηρωισμός
Sophia D. Tsangali

ADULT BIBLE STUDY IN GREEK
Our Greek Bible Study, on the Catechetical Lectures of Saint Cyril of Jerusalem, led by Professor Ioannis Gkigkitzis, meets on Tuesdays at 7:00pm in the board room.

BOOKSTORE
Start off your Lenten journey on the right foot this year by unplugging from your electronics and turning off your television and radio (at least for a bit) and spend some time reading Wisdom from the Church Fathers and Mothers. To help you in your endeavor, we have available the writings of Elder Paisios, daily thoughts from Abbot Tryphon, and stories from nuns across Greece just to name a few of our offerings. To make this journey even easier, we will again host a Cheesefare Book Fair on March 10 when we will sell used books--$5 for paper backs and $10 for hard covers. If you have gently used books that you would like to donate to the Cheesefare sale, simply bring them to the bookstore.

To celebrate the Sunday of Orthodoxy on March 17, our in-stock icons will be discounted 20 percent. If your children or godchildren do not have an icon of their patron saint or lack an icon of Christ or the Theotokos, here is your chance to remedy that.
A MEMORIAL PRAYER ON THE SATURDAYS OF SOULS ΨΥΧΟΣΑΒΒΑΤΟΝ
March 2, 9, and 16

We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls. Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. May the Lord grant eternal rest to their souls.

Potential Choir Members: The Saint Katherine Choir welcomes new singers. We are always looking for singers for all voice parts. Please email slanta@verizon.net if you are interested in singing with us (and you will be added to the choir email list). Rehearsals are held Thursday nights. We are always looking for singers for all voice parts.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tr>
<td><strong>3 Meatfare Sunday</strong>&lt;br&gt;9:00am Orthros and Catechetical Schools&lt;br&gt;10:00am Divine Liturgy&lt;br&gt;Oratorical Festival Gr 1-6&lt;br&gt;Food Pantry Drive&lt;br&gt;12:00pm DOP</td>
<td><strong>4</strong>&lt;br&gt;6:30pm GOYA Girls’ Basketball Practice&lt;br&gt;7:30pm Sons’ Basketball&lt;br&gt;8:00pm YAL Basketball</td>
<td><strong>5</strong>&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Greek Bible Study</td>
<td><strong>6</strong>&lt;br&gt;6:30pm GOYA Boys’ Basketball Practice&lt;br&gt;8:00pm HEC Parents B-ball</td>
<td><strong>7</strong>&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7pm Wmn’s YAL B-ball&lt;br&gt;7:30pm Choir Practice</td>
<td><strong>8</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek</td>
<td><strong>1</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;7:00pm 1st Salutations&lt;br&gt;Missions Lecture: Local Missions</td>
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<tr>
<td><strong>10 Cheesefare Sunday</strong>&lt;br&gt;9:00am Orthros and Catechetical Schools&lt;br&gt;10:00am Divine Liturgy&lt;br&gt;Philoptochos Stewardship Tea</td>
<td><strong>11 Lent Begins</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm Compline</strong>&lt;br&gt;5:30pm Girls’ Bball&lt;br&gt;8:00pm Deuter Deutera&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td><strong>12</strong>&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Greek Bible Study&lt;br&gt;7:30pm Missions&lt;br&gt;8:00pm AHEPA</td>
<td><strong>13</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7pm Presanctified Liturgy</strong>&lt;br&gt;8:00pm GOYA Boys’ Basketball Practice&lt;br&gt;9:30pm HEC Parents B-ball</td>
<td><strong>14</strong>&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7pm Wmn’s YAL B-ball&lt;br&gt;7:30pm Choir Practice</td>
<td><strong>15</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm 1st Salutations</strong>&lt;br&gt;Missions Lecture: Local Missions</td>
<td><strong>2</strong> 1st Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;Sights and Sounds, St. George, Bethesda&lt;br&gt;9:30am Greek School</td>
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<tr>
<td><strong>17 Sunday of Orthodoxy</strong>&lt;br&gt;9:00am Orthros and Catechetical Schools&lt;br&gt;10:00am Divine Liturgy&lt;br&gt;Oratorical Festival Philoptochos Meeting&lt;br&gt;5:30pm Pan-Orthodox Vespers at SS. Peter and Paul, Potomac, MD</td>
<td><strong>18</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm Compline</strong>&lt;br&gt;5:30pm Girls’ Bball&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td><strong>19</strong>&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Greek Bible Study</td>
<td><strong>20</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7pm Presanctified Liturgy</strong>&lt;br&gt;8:00pm GOYA Boys’ Basketball Practice&lt;br&gt;9:30pm HEC Parents B-ball</td>
<td><strong>21</strong>&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7pm Wmn’s YAL B-ball&lt;br&gt;7:30pm Choir Practice</td>
<td><strong>22</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm 2nd Salutations</strong>&lt;br&gt;Missions Lecture: Medical Clinic in Guatemala</td>
<td><strong>9 2nd Saturday of Souls</strong>&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;9:30am Greek School</td>
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<tr>
<td><strong>24 St. Gregory Palamas</strong>&lt;br&gt;9:00am Orthros and Catechetical Schools&lt;br&gt;10:00am Divine Liturgy&lt;br&gt;5:00pm Great Vespers at Annunciation, Baltimore</td>
<td><strong>25 Anunciation</strong>&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm Compline</strong>&lt;br&gt;5:30pm Girls’ Bball&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td><strong>26</strong>&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Greek Bible Study&lt;br&gt;7:00pm Parish Council</td>
<td><strong>27</strong>&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7pm Presanctified Liturgy</strong>&lt;br&gt;8:00pm GOYA Boys’ Basketball Practice&lt;br&gt;9:30pm HEC Parents B-ball</td>
<td><strong>28</strong>&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7pm Wmn’s YAL B-ball&lt;br&gt;7:30pm Choir Practice</td>
<td><strong>29</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm 3rd Salutations</strong>&lt;br&gt;Missions Lecture</td>
<td><strong>9 3rd Saturday of Souls</strong>&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;9:30am Greek School</td>
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<td><strong>31 Veneration of the Holy Cross</strong>&lt;br&gt;9:00am Orthros and Catechetical Schools&lt;br&gt;10:00am Divine Liturgy</td>
<td><strong>30</strong>&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;<strong>7:00pm 3rd Salutations</strong>&lt;br&gt;Missions Lecture</td>
<td><strong>31</strong>&lt;br&gt;9:30am Greek School&lt;br&gt;9:30am BeeTreat, Saint George (see p. 4)&lt;br&gt;9:00am Lenten Retreat at Saints C&amp; H, Annapolis (see p. 8)</td>
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PHILOPTOCHOS by Mary K. Varlas

OUR WINTER MAY HAVE put a damper on many things, but, we have been in full swing with our initiatives and our mission work. On February 7, we hosted our Annual Seniors Valentine’s Luncheon. Great thanks go to all those who donated their time in taking reservations, preparing the wonderful meal, donating the desserts and floral arrangements, serving our luncheon participants, and overall volunteerism. I wish that I could have been there to enjoy this occasion, but was so happy to hear that everyone had a wonderful time.

In our January meeting, we issued $6,000 in donations to local food banks and homeless shelters. The need was even greater this year during the government shutdown. An additional $3,000 in donations was also distributed to other needy charities in our area. Coming in March, we will host the Stewardship Tea on Sunday, March 10, 12:00pm–3:00pm. Reservations are necessary. Please contact me, Mary Varlas, at 703-965-4161 or mary.varlas@yahoo.com. Let’s spend an afternoon learning about our mission and discussing the many efforts and events we have planned for the remainder of the year. This is our time to grow! Bring your friends, bring your sisters, your nieces, your daughters, and granddaughters. All ladies over the age of 18 are welcome to be Stewards of our Ladies Philoptochos. If you have not sent in your membership renewal, please see one of us at the Philoptochos table during every Sunday Coffee Hour. New stewards may also sign up at this table. Currently, we have 64 stewards for the year. Just a reminder, the stewardship is January 1 through December 31 annually.

The Easter Bake Sale will be on Sunday, April 14 and Saturday, April 20 (Saturday of Lazarus). There will be no sales on Palm Sunday or during Holy Week.

Best wishes for a wonderful March. I hope to see you at the Stewardship Tea!

DAUGHTERS OF PENELOPE by Barbara Koltos

WISHING YOU A PEACEFUL AND PRAYERFUL LENT. Helle Chapter has been very active the past few weeks. We would like to extend our gratitude to Dr. Sam Pappas and Chef Amy Riolo for their informative and interesting presentation held January 27th on the value of the Mediterranean diet and our health, and for their flexibility in moving the date to a week later because of the snowstorm.

Our 2019 Tastes of the Mediterranean was a great success, and we appreciate the tremendous support we received from the Saint Katherine community in helping us reach our goal to sponsor a service dog for a veteran suffering from PTSD/brain injury. Thank you for taking time out of your personal lives to help to make this one of our best events ever! Success was truly a team effort led by Rosalie Georgeadis and a committee of hard-working Sister volunteers who helped with every detail to plan and prepare for the event, and who worked tirelessly during and after the event. We want to give heartfelt appreciation for the generosity of Ioanna and Pantelis Firippis, Achilleas and his band, Vienna Vintner, and all the individual donors who supported this fundraising event.

Our next meeting is Sunday, March 3rd, after Liturgy. Please plan to attend. If you are interested in joining our Chapter, please contact me at bklts@aol.com or put a note in the Daughters of Penelope mailbox on the lower level of the Church Hall. We welcome new Sisters!
REGISTRY

**Baptisms**
Andreas Angelo (February 6)
son of Engjell Dhana and Lia Voliotis
Godparent: Ioannis Voliotis

Elliott Michael (February 9)
son of Andrew Carl and Diane Michele Holland
Godparent: Ted Michael Boudalis

Theodora Jacqueline Truc Dao Ly Phass (February 22)
daughter of Sai and Truc Ly
Godparent: Sophia Phass

Nikolas Lazaros (February 23)
son of Theodore and Kyriaki Theodorou
Godparents: William and Cristin Grigos

**Christmations**
Lisa Marie DeSatnick (January 20)
daughter of Lawrence and Dorothy Redder
Sponsors: Christos and Ourania Passakos

Congratulations!

**Funerals**
Pericles G. Apostolou (January 28)

May their memory be eternal.

**BOOK REVIEW**

**Maria Ziu and Eleni Ziu**


“He did have something resembling a plan,” Aikaterina remarked after a moment. “Rise in the ranks and get enough influence over the Emperor to plead for his friend’s life. Though, these days I’m not sure who has the influence over whom.”

The Tenth Region of the Night, the sequel to Sword and Serpent (reviewed in last month’s DOXA) and second book of a trilogy, follows Jurian (St. George) into the city of Rome and the imperial court. His grand adventures test his faith, challenging him to outwit the powers around him while staying true to himself.

Jurian has set out on a quest to save Menas (St. Christopher), who was taken prisoner by the Romans. Jurian leaves Cyrene, meeting along the way St. Synkletika of Alexandria, and Aikaterina (St. Katherine), the daughter of the governor. With their help, Jurian travels to Rome where he is noticed by the Emperor Diocletian and the tribune Constantinus (St. Constantine).

Jurian’s reputation has preceded him and he becomes a celebrity of sorts for killing the “dragon” in Cyrene.

“Maybe you’ve convinced the rest of the world that you killed a...dragon. But that doesn’t change that you’ve never held a sword against another man in your life. What will you do when the eyes you look into before you give the killing blow aren’t a monster’s, but a man’s?” Jurian let out his breath, very slowly, as he tried to temper a surge of rage and grief.

“Respectfully, sir, you don’t know what I’ve done,” he said.

Through his skill and strength of character, Jurian quickly becomes a tribune and an advisor to Dioctetian. His ethics and wit are continually tested. Jurian’s arch-enemy has schemed his way into a tribune’s position himself, advising Dioctetian on how best to stamp out the new Christian faith, all the while plotting Jurian’s downfall. In Jurian’s own complex plotting to free Menas, his other friends are put in danger and all seems lost.

Did they know? Had someone discovered their plan? Had Casca? The nightmare that ran constantly through his mind was showing up at the ludus only to find Casca there with Caesar Galerius and all the guards at the ready, waiting to arrest them. He shook his head and forced the thought from his mind. If he let himself dwell on it too long, he would never find the focus he needed.

But then…!

This book is filled with excitement and surprises at every page! I would highly recommend it to all ages because, although it is historical fiction, it sets forth the personalities that the saints could have had, making them seem more identifiably human and approachable. The book’s ending is dramatic and shows the self-sacrifice sometimes needed to defend your friends. To give away anything else would not be fair to the reader!

GREAT LENT

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to “anoint our faces” and “cleanse our bodies as we cleanse our souls.” The very first hymns of the very first service of Great Lent set the proper tone of the season:

Let us begin the lenten time with delight . . . let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the holy passion of Christ our God and his holy Pascha, spiritually rejoicing.

Thy grace has risen upon us, O Lord, the illumination of our souls has shown forth; behold, now is the acceptable time; behold, now is the time of repentance.
AHEPAcademy

Attention:
High School Juniors!

Don’t Miss Your Chance to be a part of the AHEPAcademy Class of 2019. Session: June 23–June 29, 2019

Early action application deadline March 15.
Extended application deadline April 15.

Apply for the opportunity to be one of a small, select group of Greek-American high school students selected from all over the country to participate in AHEPAcademy, an interactive leadership and professional development program to be held at George Mason University outside Washington, DC from June 23 – June 29, 2019.

AHEPAcademy is a leadership and professional development program that identifies, educates, inspires, mentors, advances, and networks exceptional Greek-American high school students as they progress through their high school, college, graduate and professional careers.

Graduates of AHEPAcademy are eligible for further mentoring, access to a nationwide network of internships, and participation in continuing internet-based networking and learning opportunities throughout their academic careers and beyond. AHEPAcademy provides instruction and inspiration by prominent Greek-American and Philhellene instructors from the academic, professional, and public service fields across the United States.

AHEPAcademy is looking for exceptional Greek-American high school juniors during the 2018-2019 school year with top grades (minimum 3.5/4.0 GPA or equivalent or Top 10% of Class), who exemplify scholarship, leadership, character, participation in extracurricular activities, community service, and involvement in the Greek-American community to apply for selection to this summer’s AHEPAcademy on Campus program.

Applications for AHEPAcademy are now available on www.AHEPAcademy.com. The early action deadline for submission of completed applications to AHEPAcademy is March 15, 2019. Please contact AHEPAcademy and your local AHEPA Chapter as soon as possible, but in no event later than March 15, 2019, to indicate your interest in applying for the program and regarding your eligibility to receive a scholarship from your local AHEPA Chapter for your participation in the AHEPAcademy on Campus program.

Please visit or email AHEPAcademy at www.AHEPAcademy.com or info@AHEPAcademy.com for more information.

(Continued from page 1)

Twelve Apostles. However, Holy Confession is especially necessary:

1. when a serious sin has been committed
2. when a habitual sin has overwhelmed a Christian
3. when a Christian has stopped growing spiritually and needs a reexamination of priorities.

We confess our sins to God and the power of forgiveness is God’s. However, the gift of God’s forgiveness, although assured, is not magical. It does not automatically spare us from spiritual struggle—the continual vigilance against evil and the unceasing warfare against sin. Holy Confession will bear fruits in the Spirit only when the believer hates evil, utterly rejects sin, and patiently cultivates positive habits of the life in Christ. “So you also must consider yourselves dead to sin and alive to Christ Jesus. Do not yield your members to sin as instruments of wickedness, but yield yourselves to God as those who have been brought from death to life” (Romans 6:11, 13).

How can one prepare for Holy Confession? Preparation for Holy Confession is a prayerful examination of feelings, thoughts, words, acts, attitudes, habits, values, priorities, goals, direction and way of life. This prayerful self-examination includes not only the personal religious life, but also family relationships, social activities, job conduct, business dealings, political commitments, and even recreational pursuits, because our entire existence should be lived in under the light of the Holy Spirit is not to condemn ourselves, but to affirm our true selves in Christ who has given us access to God’s mercy and forgiveness and who has taught us to live for God’s glory.

Pray and think about your confession over several days. Ask God to help you perceive your sins and to make a thorough confession of them. Sometime before the sacrament of Holy Confession, offer selected prayers from Psalm 51 or the following prayer of repentance:

O Lord my God, I confess that I have sinned against You in thought, word and deed. I have also omitted to do what Your holy law requires of me. But now with repentance and contrition I turn again to Your love and mercy. I entreat You to forgive me all my transgression and to cleanse me from all my sins. Lord, fill my heart with the light of Your truth. Strengthen my will by Your grace. Teach me both to desire and to do only what pleases You. Amen.

Now, without justification or self-pity, make a prayerful examination of your conscience regarding all things. As a help, reflect on your life in the light of the Ten Commandments and the Beatitudes.

May we start, and end, our Lenten journey with these words, “O almighty and merciful God, I truly thank you for the forgiveness of my sins; bless me, O Lord, and help me always, that I may ever do that which is pleasing to thee, and sin no more. Amen.”

Kali Sarakosti/Blessed Lent,
Fr. Costas
ALL AROUND THE TOWN

SOPHROSUNE

IN THE HOMERIC HYMN(7) TO DIONYSUS, a young Dionysus appears on the shore of a barren sea. Instantly, a group of pirates, Etruscans, grab him and tie him up in their ship. He breaks the bonds. When the steersman sees this, he cautions the men to set this god free. But Dionysus stays on the ship, turns himself into a mighty lion and causes a huge bear to appear on the ship. The surrounding water is turned into wine. In the image we see hanging grapes.

“The men, terrified, were fleeing toward the stern of the ship, crowding around the steersman (kubernetes), the one who had a heart (thumos) that is moderate (sophron).” In their fear, they jumped overboard and were turned into dolphins. But Dionysus took pity on the steersman and prevented him from jumping too, proclaiming that he had found favor in his eyes: “You have achieved beauty and pleasure (kharizesthai) for my heart” (thumos).

Literally, the word ‘sophron’ is a compound adjective consisting of the elements ‘so’ and ‘phron’, meaning, “the one whose thinking (phren) is safe”; and the element ‘so’ actually derives from the verb ‘sozein’—to save. So, the adjective sophron in the sense of ‘moderate’ or ‘balanced’ applies to worshippers of the god Dionysus who find themselves in a mental state of equilibrium or balance when they participate in the rituals of Dionysus.

A hymn would have been sung as part of a religious festival honoring Dionysus.

In this case, the steersman is saved since he behaves in a moderate way. He is filled with sophrosune, unlike the captain and the sailors in the ship.

The Center for Hellenic Studies’ Kosmos Society (kosmosociety.chs.harvard.edu) has a Core Vocab listing many key words and concepts that illuminate our classical writings and explain the relevance and continuity in modern Greek use.

My source of information and all quotes are from the Kosmos Society website. At the moment, there’s an online series of sessions on The Ancient Greek Hero, which allows for an informal access to expert instruction of the ancient texts by the most pre-eminent scholars on the subject! I urge you to explore and have your children do the same!

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**March Church Duty Roster**

| March 3, 2019 | 9:00am | George Moratis, Captain
| Andrea Ballard
| Hon. Manuel Capsalis | Harry Karageorge
| Bill Polizos
| Effie Sarantis |
| March 10, 2019 | 9:00am | Tony Alexis, Captain
| Dr. Domenic Carr
| Mark Cherpes | Dr. John Demakis
| Jimmy Kontzamanys
| Ray Vazquez |
| March 17, 2019 | 9:00am | Andrea Ballard, Captain
| Dr. Domenic Carr
| Harry Karageorge | Bill Polizos
| GOYA Volunteers |
| March 24, 2019 | 9:00am | Ray Vazquez, Captain
| Hon. Manuel Capsalis
| Costas Mavromatakis | Craig Thomas
| Maria Wills
| John Ziu |
| March 31, 2019 | 9:00am | Steve Veletsis, Captain
| Tony Alexis
| George Moshos | Stelios Moshou
| Chris Snear
| Maria Wills |

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**Apolytikion of Annunciation of the Theotokos**

Fourth Tone

Today marks the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims the grace. Wherefore, we also cry out with him, "Hail, O full of grace, the Lord is with you."

**Kontakion of Annunciation of the Theotokos**

Plagal of the Fourth Tone

To you, Theotokos, invincible Defender, having been delivered from peril, I, your city, dedicate the victory festival as a thank offering. In your irresistible might, keep me safe from all trials, that I may call out to you: "Hail, unwedded bride!"
The base from which we serve as the Voice of Christ in a Changing World is the parish. A strong parish provides opportunities for sharing the Good News of Christ, for welcoming those that are searching for a spiritual home, and a base from which we are sent out into the world. The parish also provides a place for worship, community and education in the faith. To be stewards of the Gospel, we need to be stewards of our parish. This requires the vision and inspiration to see the parish, not as it is, but as it could be. We are called to offer ourselves and our treasure to make our local church all that is can be.

Have you submitted your 2019 Stewardship pledge card? Cards are available in the Narthex and at the Stewardship table in the Hall after the Divine Liturgy. Alternatively, you may pledge online at http://www.saint-katherines.org/assets/files/Stewardship%20Pledge%20Form-filling.pdf or at our Giving Kiosk located in the Narthex of the church. Read more about stewardship at http://www.saint-katherines.org/stewardship/

~ Andrea Ballard
andreaballard1@verizon.net

SHOWN BELOW is a list of families and individuals who participated in the 2019 Saint Katherine Stewardship Program through January 31, 2019. Thank you for responding to the needs of our church.

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