ORTHODOX TRADITION SPEAKS OF THE SACRAMENT OF HOLY CONFESSION as the “rite of reconciliation.” In the words of Saint Maximos the Confessor, this is in reference to reconciliation with the community of the faithful—the Ekklesia. When reconciled with the Ekklesia, we are reconciled with God as well. The priest, in the Sacrament of Confession, speaks for the community as well as for God when he reads the prayer of absolution for forgiveness and reconciliation.

O God and Savior, who by Thy prophet Nathan has granted pardon to David repenting of his own transgressions, Who has accepted Manasseh’s penitential prayer; do Thou, the same compassionate Lord, accept this Thy servant (name) who is repentant of sins that he (she) has committed. Overlook all that he (she) has done, forgiving all of his (her) unrighteousness, and overlooking his (her) iniquities. You have said, oh Lord, I desire not the death of a sinner, but rather that he (she) should return from His wickedness and live; and that sins ought to be forgiven even unto seventy times seven. For as Thy greatness is incomparable, so is Thy mercy immeasurable. Who, oh Lord, would stand aright before you if Your judgment was to the extreme in what is amiss in our lives? You are a God of those who repent and unto You we ascribe glory, to the Father, and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

There are several ways in which you can prepare yourself to encounter God through the sacramental experience of Confession:

a) Find a quiet place where you can be alone and concentrate on the love of God, His love for the world, and for yourself. Think of the Christmas story and how Our Lord became Man because He loves us, how He experienced death on the cross because He loves us, and how He resurrected because He loves us.

b) Think of what God wants you to be and where you are in life at this very moment. Ask yourself: Am I worthy to be called a creation of God? When Christ returns at the second coming, will I be able to tell him that in spite of my failures in life I sincerely tried to make amends in my shortcomings?

c) Face the most difficult question of all: How have I offended God? In examining myself, what sins have been committed? One easy way of doing this is to write all the sins committed recently or since your last confession on a piece of paper. Details and unnecessary descriptions should be avoided.

The following “self-examination” questions based on the Ten Commandments (Exodus 20:1-17) and the Archdiocesan pamphlet, *The Neglected Sacrament, A Practical Guide to Confession and Happiness* can help you prepare your list.

*I am the Lord your God, you shall have no other gods before Me.* Have I loved God as much as I should? Have I been more interested in myself than in God? Have I tried to serve God and keep His Commandments? Have I been vain about my personality, personal appearance, clothes, possessions, family, ability, success, or accomplishments? Have I given way to anxiety instead of turning to God for help? Have I failed to trust in God and His mercy? Have I failed to pray to God sincerely and faithfully? Have I put myself before God?

(Continued on page 15)
FROM THE PARISH COUNCIL PRESIDENT

WORKING TOGETHER — YES, WE CAN!

A FULL-SERVICE CHURCH — Yes, we do! In the February issue of DOXA, I shared a list of the many ministries we offer in our community. For this edition of the DOXA, I have asked Tony Alexis to share a story about the power of working together as a community to realize the Paideia Nursery and Preschool program. Through the hard work of the parents’ fundraising initiatives, I am happy to report that we just installed a new playground for the younger children. The addition to the playground will provide years of fun to our kids.

THE PAIDEIA NURSERY & PRESCHOOL PROGRAM was started by a group of volunteer parents, who came together to ask for Fr. Costa’s help to start a church daycare in 2005. We asked why should the families in our community have to place our children in the daycare programs available at other religious denominations? For working families with young children, finding a daycare is not an option, but a necessity! We succeeded in turning this idea into reality not only because of all of the time, effort, personal funds, and talent invested by our community volunteers, but also because of the support of Fr. Costas, our Parish Council, and community.

The obstacles to a band of volunteers for starting a church nursery and daycare in our parish were many:

- Nursery and Preschool programs were not available in Greek Orthodox churches and we didn’t know if there would be enough demand for such a program to be financially viable.
- We needed to change the zoning of our church to allow for a daycare, as our use is restricted because we are located in a residential district.
- We needed to find caring qualified teachers and someone to run the program.
- And . . . we only had 5 children enrolled at the start of the 2008!

God helped at every turn and we proved the common belief that “Greeks don’t work well together” to be a myth, as we received a great deal of support from every part of our Greek-American community. We searched within our Greek-American community and hired a dynamic manager, Mrs. Marilena Michalas. With the help of Mrs. Demetra Rassia, the Director of the Greek Embassy Office of Education, we were provided an experienced preschool teacher paid for by the Government of Greece. We received timely donations from the Hellenic Society of Prometheas and from Mr. Basil Mossaidis at AHEPA National, and we raised money from members of our community through our Family Fun Night fundraisers. By the end of the first year, we had 15 children enrolled and we had managed to break even financially. As they say, “The rest is history!”

Today the Paideia program, under the direction of Presvytera Eleni Alexopoulou, has a new group of enthusiastic parents and parishioners volunteering and helping to ensure its continued success. With support from every part of our parish, it has been in operation and financially viable for over 12 years and has become a paradigm for Greek Church education in America. Over 200 children have graduated to date from Paideia and it currently has an enrollment of 40 children. In 2013, together with the Greek School and the Adult Education program, it was combined into the Hellenic Education Center, and employs a full-time director and 18 trained and caring teachers with a yearly budget of approximately $550,000.

We believe the Paideia Nursery and Preschool program is among the best in our area and unique in providing a nurturing bilingual environment for children to learn the Greek language while immersed in Hellenic Culture, our Greek Orthodox faith, and Christian values. If you are looking for a year-round nursery or preschool for your child or know someone that is, please contact the Hellenic Education Center Director, Presvytera Eleni Alexopoulou, for information and to arrange a tour of the school. The program is currently accepting enrollment for the nursery (ages 2-3) and the preschool programs (ages 3-5). The website address is www.stkhec.org.

Working together, our community has created a wonderful educational resource for our children that also supports the future growth of our church. With so many of you volunteering your time and talents, imagine what else we can accomplish in the future!

Working together – Yes, We Can!

Your servant in Christ,

Tony Alexis
Chair, Hellenic Education Center, Board of Education
THE ROCK IN THE CHURCH’S CORNERSTONE
by Presvytera Theodora Chelpon

WHY IS THERE A ROCK in the cornerstone of the church? What does it signify? These questions have been asked frequently by many parishioners. With no real account of its origin, I was asked if I could give the explanation of how this rock came to be a piece of our parish’s rich history.

When Saint Katherine Church was being built in the late 1960s, one of our families, Dr. Panos Koutrouvelis, his wife Maria, along with their sons, was planning a trip to Corinth, Greece. When Fr. Ted Chelpon, the founding priest of Saint Katherine, learned about their trip, he called Dr. Koutrouvelis and asked him for a favor. Would he please go to the area of ancient Corinth, called the Bema, where Saint Paul preached, pick up a rock, and bring it back to Saint Katherine? Dr. Koutrouvelis and his family did exactly that, they made it a family project. They picked up a rock from the Bema, put it in their bag, and brought it back with them. Why did Fr. Ted want this? He wanted to have it put into the cornerstone of the church to represent the preaching of Saint Paul to the Corinthians of that time.

Now that we know the significance of the rock, we should enter the church ready to hear the word of God, just as the ancient Corinthians did when they listened to the teachings of Saint Paul.
BYZANTIO GREEK DANCE
SAINT KATHERINE OFFERS GREEK FOLK DANCE LESSONS through the Byzantio Greek Dance and Cultural Arts Program. Lessons for Grades K-12 are typically offered on Tuesday evenings from 6:30pm-7:30pm. Lessons for adults are held on Sundays 5:30pm-7:30pm. Please contact Aris and Anna at greekdancedc@gmail.com or 757-218-6991, or visit www.byzantio.org for more information including practice dates, times, and registration forms.

CATEchetical (SUNDAY) SCHOOL
SUNDAY SCHOOL WOULD LIKE TO THANK Eleni Porter and Claudette Juska for their beautiful cakes, flowers, and poetry for Godparent Sunday. We are also thankful to all of the Godparents who attended classes with their Godchild and made the event memorable. On March 15, at 9:30am we will host the Oratorical Festival across from the boardroom in the Meletis Charalubis building. Please plan on attending. We have several students competing this year at the Junior and Senior level. A special thank you to Vivian and Dean Chelpon for organizing writing and research workshops and offering extra assistance for those competing and to our Sunday School teachers for taking time in class to review prompts and assisting with questions.

GOYA
A BIG THANK YOU to the Moschou Family who chaired our Super Bowl Party and made it such a success! Also, thanks to Iliana (Greek) and Mia (English) Tzafolias who read the Epistle for the January Youth Sunday. Great job! The next Youth Sunday/Meeting is on March 1. Upcoming events: March 7, Saint George Sights & Sounds Arts Festival; March 15, Oratorical Festival; March 20 and 22, Lenten Outreach Event; March 21-22, Saint George Basketball Tournament; March 29, Youth Sunday/Meeting. Email SaintKatherineGOYA@stkchurch.com for additional information.

ORATOrICAL FESTIVAL
OUR LOCAL S.T. JOHN CHRYSOSTOM ORATOrICAL FESTIVAL will be held at Saint Katherine on March 15. The festival provides our youth the opportunity to write and talk about their faith. There are 3 divisions: the elementary division (local festival only) for grades 4–6, junior division for grades 7–9, and senior division for grades 10–12. Top speakers in the Junior and Senior Divisions will be awarded $150 and $250 scholarships, respectively. Please encourage your children to participate in the festival and be sure to attend this event to show support for our youth. Information on the festival can be found at www.goarch.org/oratorical. If you have any questions, please reach out to Dean and Vivian Chelpon at (vivanddean@aol.com) or Christina Vazquez (czvmail2@gmail.com).

BOOKSTORE
LOOKING TO DEEPEN your spiritual journey this Lent? Pick up a copy of the classic Great Lent by Alexander Schmemann. It examines the meaning of the Liturgy of the Presanctified Gifts, the Prayer of Saint Ephraim the Syrian, the Canon of Saint Andrew of Crete, and other neglected or misunderstood treasures of Lenten worship. Schmemann draws on the Church’s sacramental and liturgical tradition to suggest the meaning of Lent in our lives. The Lenten season is meant to kindle a “bright sadness” within our hearts. Its aim is precisely the remembrance of Christ, a longing for a relationship with God that has been lost. Or get yourself a copy of Tending the Garden of Our Hearts, a newly published book that offers family devotions based on the scriptures for each day of Great Lent, including questions to discuss and ponder and an appendix full of hands-on activities to bring the lessons of the season to life. Whether you use it every day or dip into it occasionally as time permits, this book will help the whole family get more out of this crucial season of the Orthodox year.

SCHOLARSHIP OPPORTUNITIES
Gregory Michael Romanias Scholarships. The family of Gregory Romanias is pleased to offer several college scholarships in the memory of their beloved father and husband who grew up as a youth at Saint Sophia and was married at Saint Katherine. He was an athlete and scholar and loved being a husband and a dad. These scholarships will be awarded in the spring of 2020.

All high school seniors are invited to apply by Sunday, March 1 to etromanias@gmail.com. Please write an essay including the following: 1) Your name, address and contact information, 2) Name of parish, 3) In which church activities do you participate (Sunday School, altar, GOYA, etc.)? 4) In which activities so you do you participate in or outside of school? (athletics, music, etc.) What do you like about these activities? 5) How has Jesus worked in your life or in the life of your family? 6) How will this scholarship help you or your family? 7) Tell about a time when you tried hard and still had to turn to Jesus for help, 8) How does prayer fit into your life? 9) What positive qualities and characteristics do you present to others? and 10) Plans after graduation. Good luck to all!

AHEPA/DOP Scholarship Program. The 2020 Washington Metropolitan Area AHEPA/DOP Scholarship Program Application is available in the church office and is posted on the church website. Completed applications are due Saturday, March 28, so don’t delay. Scholarship awards will be presented to recipients at the Annual Scholarship Banquet on Sunday, May 17, in Rockville, MD. Donor applications are also available in the Church Office if you would like to contribute to this worthy program. For more information, please contact Karen Polizos (571-434-7790 or polizos@aol.com).
PAIDEIA PRESCHOOL NEWS

PAIDEIA STUDENTS IN TURTLES CLASS are learning to work collaboratively by creating an “Almond Tree” poster. Almond trees bloom in Greece in February showing off the first signs of spring!

Leo: “Look, I made a robot with two heads.” Vasiliki: “Two heads?” Leo: “Yes, two heads. One looks one way and the other looks the other way. My robot can see all around!”

Pre-K Owls class is learning to identify the Greek alphabet through fun and educational activities such as scavenger hunting with syllables, story narrations, tracing letters with play-dough, etc. Language skills of the one language transfer to the other. Kindergarten, here we come!

Even though our preschool curriculum has a strong focus on languages (Greek and English), our students are also introduced to science and math. Do oil and water mix? Why do whales have blubber under their skin? What does fat do for them? These are some of the children’s questions. Our excellent staff is teaching them how to investigate and enquire using scientific methodologies such as trial and error and experiments and observations!

The Bumble Bees class made Valentine Cards using cork in order to exercise their fine motor skills. Hope you had a Happy Valentine’s Day!

Enrollment for the summer and 2020-2021 school year will open up soon. Stay tuned for more information. Children ages 2-5 are welcome. We offer 2-, 3-, and 5-day choices, a flexible schedule, and an environment where children flourish spiritually, academically, and socially. We help with potty training as well.

If you would like to visit Paideia Preschool, please contact the director at ealexopoulou@stkchurch.com or call the HEC office at 703-671-7715. Our website has useful information. Please visit www.stkhec.org.

GREEK SCHOOL NEWS

OUR STUDENTS CREATED heart-warming cards for “Eliana’s Project.” The cards, with messages in Greek and English, were sent to children in local hospitals and their caregivers. Bravo to our Greek School students!

We visited our church before Great Lent and Fr. Nick addressed our students and explained the meaning of fasting and preparation for Easter. Our students had some very good questions. Thank you, Fr. Nick!

The Greek Embassy hosted the ceremony of the award of Ellinomatheia Certificates on February 2 at 2:00pm which was organized by HEC. One hundred and thirty-five (135) students from all the Greek language programs in the area who successfully passed the exams in May of 2019 came to receive their certificates. Mr. Spiridon Aktipis, the Greek Culture Attache, was the keynote speaker and the one who awarded the certificates to the students. We would like to congratulate all our students for their accomplishments and also express our sincere gratitude to our excellent staff for their hard work, passion, and dedication.

Apokreatiko Glendi. Thank you to all the Glendi committee and the numerous volunteers that made this event a great success. A big thank you also to the Greek businesses and individuals that donated food, their time, and items for the raffle prizes.

Greek Independence Day Celebration, March 21. There will be a schoolwide celebration of this event in the Meletis Charuhas Hall. The Hellenic Book Club will set up a booth and offer Greek book titles for purchase.

(Continued from page 13, column 2)

(Continued on page 10, column 1)
OCMC Annual Benefit Dinner, May 3. As reported in previous issues of DOXA, our annual OCMC Benefit Dinner will be on May 3. We are pleased to have Rev. Demetrios Andrews, the Executive Director of Project Mexico and St. Innocent Orphanage as our main speaker. His topic is The Mission of Serving Christ in the Other: St. Silouon and St. Sophrony’s Theology of Service. We also expect our long-term missionary from Kenya, Bill Black, to be present and make a short presentation. Vespers at 4:30pm, Hors d’oeuvres and Dinner begin at 5:00pm. $45.00 per individual, $400 for a table of 10, $20 for students, children under 12 and clergy are FREE. Reserve your place with Antonia Chelpon (achelpon@aol.com), Sara Buchanan (buchanansara@hotmail.com), or Paula Massouh (pmassouh@aol.com). Please make checks payable to “Saint Katherine Greek Orthodox Church” and note “OCMC” on the memo line. Guatemala Update. Mike Bosworth, one of the members of our Mission and Outreach Committee, will go to Guatemala on a short-term team in March. Mike is an EMT and will be working in the Medical Clinic in Aquate that Saint Katherine has been supporting. This will be Mike’s third mission trip to the medical clinic in Guatemala. If you would like to help support Mike, please make a check out to “OCMC”, write “Mike Bosworth” on the memo line, and mail it to Saint Katherine. Kenya Update. Bill Black, one of OCMC’s long-term missionaries in Kenya, is back in the United States on a sabbatical. Bill will be at our OCMC dinner on May 3 and will make a brief presentation.

BAILEY’S CROSSROADS SHELTER
Feeding The Homeless. Our committee continues to feed the homeless on the third Tuesday of each month. Our next date will be March 17. If you would like to accompany us to the shelter, email Dr. John Demakis (demakis9931@gmail.com) for details.

BAILEY’S CROSSROADS SHELTER (cont’d.)
Special Needs of the Shelter. The shelter has identified the following special needs at this time: 1) backpacks—new and gently used, 2) boxers or boxer briefs—new only, 3) men’s jeans, and 4) towels. The shelter has identified other needs also which are listed on our church website. Please bring all items to our church office and they will be delivered to the shelter ASAP.

Correspondence from the Shelter. Fr. Costa received a beautiful letter from the Director of the Shelter. Here is a short version of a much longer letter: “Dear Fr. Costa, thank you so much for always being there for your homeless neighbors. We’re so grateful to be in a community with kind and caring people like you!”

CULMORE CLINIC
The Culmore Clinic is a non profit healthcare clinic serving low-income uninsured adults in the Bailey’s Crossroads community of Fairfax Virginia at little or no cost. It is supported by a diverse group of interfaith volunteers, healthcare providers, and donors. Saint Katherine has been involved with the clinic since it first opened. Daphne Pamichael is on their Executive Committee and Dr. John Demakis and Fr. Costa are on their Advisory Board. Culmore Clinic will launch a dental service pilot on February 19, an initiative made possible through a partnership between Culmore Clinic, The Fenwick Foundation, and Goodwin House Bailey’s Crossroads.

MISSIONS AND OUTREACH MEETING
The next meeting of our Missions and Outreach Committee will be on Tuesday, March 10, 7:30pm, in the board room of our community center. Everyone is welcome to attend!!

SAINT GENEVIEVE BOOK CLUB
The Saint Genevieve Book Club is a social ministry of our parish. We meet the last Sunday of each month following the second Divine Liturgy. The book club is open to everyone and is a great way to enjoy fellowship and deepen and explore our faith through reading.

Our current book selection is Acquiring the Mind of Christ: Embracing the Vision of the Orthodox Church written by Archimandrite Sergius (Bowyer). The book as well as handouts are available in the bookstore. Even if you have not read along, you are more than welcome to join us. If you would like more information or to be included on our email list, please contact victoriacherpes@gmail.com.

Please also mark your calendars for Saturday, April 4. Our parish is hosting a Lenten retreat that day, led by Archimandrite Sergius. He will be traveling with the Miraculous Icon of Saint Anna, the Mother of the Theotokos.

FELLOWSHIP OF SAINT EPHRAIM OF NEA MAKRI
The Fellowship of Saint Ephraim of Nea Makri, a support group for those struggling, directly or indirectly, with addiction will meet in Chelpon Hall, at 8:00pm, on:

Wednesday, March 4
Wednesday, March 11
Wednesday, March 18

On Wednesday, March 25, we will meet at 7:00pm and have a Paraklesis at 8:00pm in the church.
PLEASE JOIN US FOR A LENTEN RETREAT

ACQUIRING THE MIND OF CHRIST
Embracing the Vision of the Orthodox Church

A Lenten Retreat led by Archimandrite Sergius (Bowyer)
Abbot of Saint Tikhon’s Monastery

Saturday April 4, 2020
9:30am - 3:30pm
Paraklesis following the retreat

Fr. Sergius will be accompanied by the Wonderworking Icon of Saint Anna, the Mother of the Theotokos

Saint Katherine Greek Orthodox Church
3149 Glen Carlyn Road, Falls Church, VA

RSVP at stk.retreat@gmail.com
### MARCH 2020

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<th>Sunday</th>
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<td><strong>Cheesefare Sunday</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;Youth Sunday/GOYA Mtg 5:30pm Adult Greek Dance</td>
<td>2 Lent Begins&lt;br&gt;6:00pm Holy Confession 7:00pm Compline&lt;br&gt;5:30pm GOYA Girls Bball&lt;br&gt;8:00pm Sons Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td>3&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:30pm GOYA Bible Study</td>
<td>4&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Presanctified Liturgy&lt;br&gt;8:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm HEC Bball</td>
<td>5&lt;br&gt;6:30pm U13 Bball Clinic&lt;br&gt;7:00pm GOYA Boys Bball&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>6&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm 1st Salutations&lt;br&gt;8:00pm Missions Lecture</td>
<td>7&lt;br&gt;3rd Saturday of Souls&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;9:30am Greek School St. George Sights &amp; Sounds</td>
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<td><strong>DST Begins</strong>&lt;br&gt;Sunday of Orthodoxy&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12pm Philoptochos Board&lt;br&gt;5:30pm Adult Greek Dance&lt;br&gt;5:30pm Pan-Orthodox Vespers at St. Sophia, DC</td>
<td>9&lt;br&gt;6:00pm Holy Confession 7:00pm Compline&lt;br&gt;6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td>10&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:30pm Missions&lt;br&gt;8:00pm AHEPA</td>
<td>11&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Presanctified Liturgy&lt;br&gt;8:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm HEC Bball</td>
<td>12&lt;br&gt;6:30pm U13 Bball Clinic&lt;br&gt;7:00pm GOYA Boys Bball&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>13&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm 2nd Salutations&lt;br&gt;8:00pm Missions Lecture</td>
<td>14&lt;br&gt;9:30am Greek School&lt;br&gt;12pm Deadline for April DOXA</td>
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<td><strong>St. Gregory Palamas</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;9:30am Oratorifical Festival&lt;br&gt;10:30am Divine Liturgy Community Breakfast by Philoptochos</td>
<td>16&lt;br&gt;6:00pm Holy Confession 7:00pm Compline&lt;br&gt;6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td>17&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;Feed the Homeless&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:30pm GOYA Bible Study</td>
<td>18&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7pm Presanctified Liturgy&lt;br&gt;8:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;8:00pm HEC Bball</td>
<td>19&lt;br&gt;6:30pm U13 Bball Clinic&lt;br&gt;7:00pm GOYA Boys Bball&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>20&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm 3rd Salutations&lt;br&gt;8:00pm Pack Bags for Lenten Outreach (LO)</td>
<td>21&lt;br&gt;9:30am Greek School&lt;br&gt;Greek Independence Day Celebration</td>
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<td><strong>Sunday of Holy Cross</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:00pm Daughters&lt;br&gt;7:30am Distribute LO Bags&lt;br&gt;5:30pm Adult Greek Dance</td>
<td>23&lt;br&gt;6:00pm Holy Confession 7:00pm Compline&lt;br&gt;6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td>24&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:00pm Great Vespers</td>
<td>25&lt;br&gt;Annunciation&lt;br&gt;9:30am Orthros&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;7:00pm Fellowship of St. Ephraim of Nea Makri&lt;br&gt;9:30pm HEC Bball&lt;br&gt;8:00pm Paraklesis to St. Ephraim of Nea Makri</td>
<td>26&lt;br&gt;6:30pm U13 Bball Clinic&lt;br&gt;7:00pm GOYA Boys Bball&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>27&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm 4th Salutations&lt;br&gt;8:00pm Missions Lecture</td>
<td>28&lt;br&gt;9:30am Greek School</td>
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<td><strong>St. John Climacus</strong>&lt;br&gt;8:00am Divine Liturgy&lt;br&gt;9:30am Orthros and Catechetical Schools&lt;br&gt;10:30am Divine Liturgy&lt;br&gt;12:30pm Book Club Youth Sunday/GOYA Mtg 5:30pm Adult Greek Dance</td>
<td>30&lt;br&gt;6:00pm Holy Confession 7:00pm Compline&lt;br&gt;6:00pm GOYA Girls’ Basketball Practice&lt;br&gt;8:00pm Sons’ Basketball&lt;br&gt;9:00pm YAL Basketball</td>
<td>31&lt;br&gt;5pm Youth Conv. Greek&lt;br&gt;5pm Adult Beg. I Greek&lt;br&gt;6:30pm Yth Greek Dance&lt;br&gt;7pm Adult Beg. II Greek&lt;br&gt;7:00pm Bible Study&lt;br&gt;7:00pm Parish Council</td>
<td>32&lt;br&gt;6:30pm U13 Bball Clinic&lt;br&gt;7:00pm GOYA Boys Bball&lt;br&gt;7:00pm Adult Int. Greek&lt;br&gt;7:30pm Choir Practice</td>
<td>33&lt;br&gt;5:00pm Greek School&lt;br&gt;5pm Adult Conv. Greek&lt;br&gt;6:00pm Holy Confession&lt;br&gt;7:00pm 5th Salutations&lt;br&gt;8:00pm Missions Lecture</td>
<td>34&lt;br&gt;9:30am Greek School</td>
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*Please check the online calendar, [http://saint-kathires.org/calendar](http://saint-kathires.org/calendar), for the most current information.*
PHILOPTOCHOS

Our Winter might have put a damper on many things, but we have been in full swing with our initiatives and our mission work. On February 4, we hosted our Annual Seniors’ Valentine’s Luncheon. Great appreciation goes out to all who donated their time preparing the wonderful meal, donating the desserts, serving our luncheon participants, and overall volunteerism. It was the largest Valentine’s luncheon we have ever had.

Our next event will take place on March 15. It is a complimentary breakfast for our church family. Please reserve your seat any Sunday during coffee hour prior to the event and pick up your admission ticket. During this complimentary breakfast the Ladies Philoptochos will introduce our next community initiative, Operation Classroom. We are excited to share the details during breakfast.

I’m happy to acknowledge that our 2020 stewardship is currently at 102 members including 17 new members. Every woman over 18 years old is encouraged to join. We hope you will even consider giving membership as a gift to your daughters, granddaughters, nieces, and friends of the Greek Orthodox faith. So, just a friendly reminder, again, that this is the time to take care of your dues. All past member should have received the renewal notices in the mail by the end of January. Please mail them back to us with your payment or see us at the Philoptochos table during Sunday Coffee Hour.

In the last few Sunday bulletins, I have asked for information regarding the elderly in our community who would like to connect with us. We have realized there are many elderly who are not included in our shut-ins list. Please contact me at mary.varlas@yahoo.com and provide the name, address, and phone number of the person with whom we should connect.

The Easter Bake Sales will be on Sunday, April 5 and Saturday, April 11 (Saturday of Lazarus). There will be no sales on Palm Sunday nor during Holy Week.

DAYLIGHT SAVINGS TIME

Don’t forget to set your clocks ahead 1 hour before going to bed on Saturday, March 7. “Spring forward!”

(Continued from page 6)

Ellinomatheia Exams. Applications are due on Sunday, March 22. Please discuss with your child’s teacher about participating in the exams (upper levels). Please note: 1) all fields of the application and the questionnaire must be complete, 2) the exam fee includes the HEC fee ($50 for set up, clean up, and staff compensation), 3) applications are due to Ms. Tsangali no later than March 22, and 4) include a copy of student photo ID—the same one that you will be using during the exam.

Future Events. Greek Independence Parade in Baltimore, March 25th Celebration (Saturday, March 21), Teacher Appreciation Week, Yearbook, Ellinomatheia exams (Monday-Wednesday, May 18-20), and Graduation Program (Saturday, May 30).

DAUGHTERS OF PENEOPE by Maria T. Vargas

Our annual Tastes of the Mediterranean was a huge success! Thanks to everyone who supported the event. We raised over $12,000. We especially want to thank all of the volunteers whose hard work ensured that a good time was had by all who attended. We are proud to continue our support of veterans and their families, and this year we will donate proceeds of the Tastes of the Mediterranean to Boulder Crest Retreat. Kudos to Rosalie Georgeadis and Karen Polizos for spearheading this amazing event!

Our chapter board hosted the DOP Grand President, Celia Kachmarski, on her recent visit to Washington. Helle Chapter, along with Arion and Hermione chapters, celebrated the 90th Anniversary of the Daughters of Penelope with the Grand President, National DOP dignitaries, our District Governor, and former Grand President Mary Filou.

Upcoming Events. Our next meeting will be Sunday, March 22. As usual, we will meet right after church. On April 26 we are sponsoring a community lecture titled “Health and Wellness: Caring for Our Loved Ones.” We will meet in Chelpon Hall immediately after church; there will be light refreshments.

At our meeting on Sunday, May 3, we will initiate new members to our chapter. If you are interested in joining, we would love to have you! Please contact Rosalie Georgeadis (703-532-1723 or rgeorgeadis@hotmail.com).

AHEPA CORNER by George Vassilopoulos

The Chapter is planning a 5K Run/1M Walk event to raise money for a “Service Dog for Warriors Suffering from PTSD” as a partner. The event is scheduled to take place on April 25, 2020. We hope you will consider joining us. Sponsors can display a banner showcasing business name and logo on race day event. This way your signage will be seen by all of the runners and the race-day supporters. It’s a rare opportunity to promote your local business to hundreds of families and potential customers. Sponsorship due date is March 30, 2020.

As the Order of AHEPA approaches its hundred-year anniversary in 2022 we will celebrate the 45th Biennial Congressional Banquet on May 14, 2020 in the Trump International Hotel in Washington DC with possibly a once in a lifetime event of hosting dinner honoring His All Holiness Archbishop of Constantinople, New Rome and Ecumenical Patriarch Bartholomew. Additionally members of US Congress will be in attendance and the Patriarch will be honored with the Inaugural “Patriarch Bartholomew AHEPA Environmental Award.”

The price for this once in a lifetime event is $200.00 per person assuming you will make the reservation(s) through the AHEPA Chapter 438. Reservations will be on first come-first served basis, and every 10 persons the Chapter will reserve a table and submit to HQs payment of $2,000.00. Guests should be remitting payment to “AHEPA Chapter 438” in the amount of “Number of guests times $200.”

As of now the Chapter already reserved one table for ten guests. If you plan to attend this event and/or for additional information/clarifications, please contact one of the following: George Vassilopoulos (gvassna@gmail.com), Angelo Toutsi (antovi@verizon.net), or Chris Masouros (christosmasouros@gmail.com).
**2020 ELLINOMATHEIA EXAMS**

The 2020 ELLINOMATHEIA EXAMS will take place this year at our Saint Katherine Greek School. The schedule and costs are below:

- Tuesday, May 19: A1 level (8-12 years old), $135.00
- Tuesday, May 19: A1 level (teenagers/adults), $135.00
- Tuesday, May 19: A2 level, $155.00
- Tuesday, May 19: B1 level, $155.00
- Wednesday, May 20: B2 level, $165.00
- Wednesday, May 20: Γ1 level, $165.00
- Monday, May 18: Γ2 level, $165.00

Please make checks payable to H.E.C. (Hellenic Education Center) and mail to Saint Katherine Greek Orthodox Church, 3149 Glen Carlyn Road, Falls Church, VA 22041.

The deadline to apply is NO later than March 22. To acquire an Application and a Questionnaire (in Greek or in English), please go to our school’s website, [https://www.stkhec.org](https://www.stkhec.org), and look under Ellinomatheia or ask for them from our Office. Please also send us a copy of the picture page of your passport or any other ID with your picture on it. Please contact Sophia Tsangali (703-671-1515 or stsangali@stkchurch.com) or Eleni Alexopoulou (703-671-7715 or ealexopoulou@stkchurch.com) for more information.

Καλή Επιτυχία! Good Luck!

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**HOLD THE DATE (MARCH 20) FOR LENTEN OUTREACH 2020**

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 following the Salutations Service on Friday, March 20 and meet at 7:30am on Sunday, March 22 to load those bags into vehicles for distribution. We will meet in the Meletis Charuhas Hall both times.

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 and God bless you!

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**REGISTRY**

**Chrismations**
- Alexander (February 9)
  - son of Kevin Willson and Sheri Tingirides
  - Sponsor: Sophia Tsangali

- James Norris (February 9)
  - son of Bradley Class and Gracia Class
  - Sponsor: Bill Porter

- Patricia Marie (February 9)
  - daughter of Michael Nissen and Marilyn Murphy
  - Sponsor: Elaine Porter

- Isabel Grace (February 9)
  - Sponsor: Bill Porter

- Ivana Jane (February 9)
  - Sponsor: Sophia Tsangali

- Irina Marie (February 9)
  - Sponsor: Elaine Porter

**Baptisms**
- Kosmas Chase (January 25)
  - son of Ivan Slussar and Daniela Carcani
  - Godparent: Elena Sava

- Melanie (February 15)
  - daughter of Richard Shafer and Mary Gibson
  - Godparents: Anastasios (Tasos) and Irene Sakkas

- Theodore James (February 23)
  - son of Dimitrios Nikolaos Wiener and Alison Madeleine Stein
  - Godparent: Alexandra Ana Rita Enciu

**Funerals**
- Demosthenes T. Rantis (January 22)
- Marshall (Moshos) Toutsi (January 23)
- Georgette Apostolidis (January 24)
- Sophia Longovitou (February 15)
**BOOK REVIEW**

**Gregory McKinney**

*The Epic of Eden: A Christian Entry into the Old Testament.*


Dr. Richter must be an outstanding teacher if *The Epic of Eden* is any testament to her skill. It is a wonderfully approachable introductory text that shows how modern Biblical archeological scholarship can inform a believer’s understanding and faith. It’s a refreshing blend as she presents it.

Richter takes us on a tour of redemptive history from Genesis through Revelation, showing that God’s overarching goal is to live in communion alongside mankind. She uses a clever device of helping the reader in “organizing the closet” regarding biblical names and concepts, offering helpful frameworks to understand key events and concepts (God’s broadening covenant with His creation) and the main players in this covenant (Adam, Noah, Abraham, Moses, David, and Jesus.) In doing so, she places biblical events within their own time and place, helping us understand the motives behind the biblical authors and what they were saying to their audience:

> By means of the political concepts embedded in the *bērît* [this being the Hebrew word for “covenant”, but inclusive of concepts that were imbedded in the relations between kingdoms of the time as is now known through modern archeology - Ed.], Israel was introduced to theological concepts far beyond her ideological reach—monotheism being the chief of these. In his covenant, Yahweh declares to Israel who she is (his vassal), what she will do (his law) and when she will do it (his calendar of holy days). If she “loves” Yahweh, she will be blessed with peace and prosperity. If she “hates” him, she will be cursed with exile. Although Israel will be allowed the privilege of ruling themselves (maintaining their own government and many of their own traditions), as with any *bērît*, Israel will be expected to pay tribute (the laws of tithe and sacrifice), give unquestioned loyalty to her suzerain, fight his wars, obey his law, teach his stipulations to the next generation and maintain a king who is faithful to the suzerain. Yahweh has become Israel’s sovereign lord and Israel is his servant. (90)

Richter feels that we must allow the Bible to “set its own agenda” and not force it into answering questions that it was not designed to answer or read into it support for a narrow personal point-of-view. She is not a six-day creationist, but neither is she someone who doubts the truths contained in scripture. She doesn’t tease a speculative history out of the archeological record where that witness is thin. Rather, she arms us to organize a meaningful view of the covenantal relationship over time: “Folks, we are not merely waiting for our deliverance, we wait for the day when all of creation will be ‘born again.’” (115)

Sandra L. Richter earned her doctorate in Hebrew Bible at Harvard University. A veteran leader of student groups in archaeological excavation and historical geography classes in Israel, she currently holds the Robert H. Gundry Chair of Biblical Studies at Westmont College.

### SUNDAY CHURCH DUTY ROSTER

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Note: The above schedule includes names of individuals holding various positions on the church’s duty roster. The times are placeholders for specific duties, and the listing is not exhaustive. The table format is designed to present the schedule clearly, with rows for different days and columns for time slots and duties assigned. Each entry represents a duty or a rota for the day, with the time slots indicating when the duty is expected to occur.
A MEMORIAL PRAYER ON THE SATURDAY OF SOULS ΨΥΧΟΣΑΒΒΑΤΟΝ

March 7

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.
STEWARDSHIP: A Time for Every Purpose Under Heaven

We are so very thankful for all who have given generously of their time, talents, and treasure over the years in the spirit of stewardship. Thank you! Like the decisions you make for your own household, the Parish Council makes decisions about our parish budget. Your annual pledge and occasional gifts support our entire ministry-from day to day operations, to our wonderful worship services, programs and outreach activities, and the maintenance of our Church and grounds. We continue to make needed improvements to our physical buildings and we continue to find the best ways to respond to the needs of our community.

We need all of you to make this shared ministry possible. We ask that you prayerfully consider your pledge to Saint Katherine for 2020. With everyone giving—and giving generously—we can surpass our stewardship goal of almost $600,000. In a perfect scenario, with your generosity we would be able to fund 100% of our Parish Ministries through Stewardship contributions and eliminate dependence of other major fundraisers to meet daily operational needs. Giving is a way to thank God for His grace and generosity. The question is not “How much are the dues?” but “How can I thank God for my many blessings. Stewardship pledge cards are available in the Narthex and on the Saint Katherine website.

Wishing you a blessed Lent,
Andrea Ballard
andreaballard1@verizon.net

SHOWN BELOW is a list of families and individuals who participated in the 2020 Saint Katherine Stewardship Program through January 31, 2020. Thank you for responding to the needs of our church. Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.
You shall not make for yourself a graven image. Have I put another person before God’s law by not going to Church or committing some other sin to please that person? Have I neglected my duties to God through fear of ridicule? Have I been insincere about my religion? Have I received Holy Communion without the appropriate preparation?

You shall not take the name of the Lord your God in vain. Have I profaned the Holy Name of God? Have I misused the Holy Name of Jesus? Have I cursed anyone or sworn a false oath? Have I paid proper attention to holy persons and things? Have I broken any solemn vow or promise?

Remember the Sabbath day, to keep it holy. Have I missed Church on Sundays? Have I always kept Sunday as it ought to be kept? Have I done unnecessary work on Sundays? Have I been irreverent during Church services? Have I caused anyone to profane the Lord’s day? Have I been ashamed of my religion or my Church?

Honor your father and your mother. Have I respected my parents and been grateful enough for all they have done for me? Have I dis obeyed them or neglected them? Have I contributed as much as I should to the support and happiness of my parents? Have I tried to bring my children up properly? Have I given as much care as possible to the religious life of my family with regard to daily prayer, church attendance, etc.? Have I honored God, my Heavenly Father, by treating my employers as well as co-workers honestly and diligently?

You shall not kill. Have I killed, if not in outward deed, perhaps in my heart? Have I wished for someone’s death? Have I been unjustly angry? Have I harmed others by ridicule or contempt? Have I defamed anyone who needed help? Have I gossiped about people? Have I been cruel to anyone? Have I failed to forgive anyone? Have I shown proper respect toward life?

You shall not commit adultery. Have I been impure in thought, word, or deed? Have I committed unworthy actions alone or with others? Do I dwell on pornography and obscenity? Have I committed any sin with regard to my spouse or other member of my family? Have I caused others to commit sinful acts?

You shall not steal. Have I ever stolen anything or shared in stolen goods? Have I cheated in business, games, or school? Have I kept things that did not belong to me? Have I given as much as I am able to charitable causes and the Church?

You shall not bear false witness. Have I lied? Have I concealed the truth? Have I exaggerated? Have I let others receive blame for my faults? Have I judged others for sins which I also have committed? Have I been deceitful, unfair, hypocritical?

You shall not covet. Have I been jealous of others? Have I envied them because they have more money, are better looking, more successful, or because people pay more attention to them? Have I been grieved at the prosperity of the others? Have I ever wished the downfall of anyone? Have I failed to thank God for what He has already given me? Have I thought that God is partial?

I have sinned in deed, word, and thought, voluntarily and involuntarily, knowingly and unknowingly, in knowledge and in ignorance, willingly and unwillingly, thoughtfully and thoughtlessly, by day and by night, and it is impossible to enumerate all of my sins because of their multitude. But I truly repent of these and all others not mentioned by me because of my forgetfulness and I ask that they be forgiven through the abundance of the mercy of God.

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Fr. Nikolas and I are available for Holy Confession on Monday and Friday evening before the church services and by appointment.

Yours in Christ’s Service,

Fr. Costas

D.S. Tsantes, LLC
Providing Business and Individual Tax Services
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