KEEPING THE SPIRITUAL MOMENTUM!

CHRISTOS ANESTI!

In the first book, O The-oph’ilus, I have dealt with all that Jesus began to do and teach, until the day when he was taken up, after he had given commandment through the Holy Spirit to the apostles whom he had chosen. To them he presented himself alive after his passion by many proofs, appearing to them during forty days, and speaking of the kingdom of God. And while staying with them he charged them not to depart from Jerusalem, but to wait for the promise of the Father, which, he said, “you heard from me, 5 for John baptized with water, but before many days you shall be baptized with the Holy Spirit” (Acts 1-5).

The Church, through her services and sacraments during the Lenten period, prepared us for Easter. We fasted, came to confession and even prayed a little longer. The celebration of Pascha is for us a spiritual apex of our Christian joy. We acknowledge to ourselves and the world that our risen Lord is, for all of us, a victory for eternal life. We no longer have to fear death. Saint John Chrysostom proclaims in his Paschal message “Death where is thy sting. He took on death and it is vexed.”

During the week following Pascha, fasting is not permitted. We refer to this time as renewal, or bright, week. This week in essence is truly the week of the new creation. Do you fell renewed? Energized? Through the Resurrection of Jesus Christ, everything is made new. Our old nature of the fallen man is now united to the new Adam which is the Risen Lord Jesus Christ. “Yesterday I was crucified with Christ; Today I am glorified with Him. Yesterday I died with Him; Today I am made alive with Him. Yesterday I was buried with him; Today I am raised with Him” (Saint Gregory of Nazianzos Paschal Homily).

Now that we have celebrated the glorious resurrection of Christ, let us not abandon the spiritual gifts of Lent—watchfulness, discipline, fervent prayer, and the liturgical services. The greatest danger so many of our brethren make is that now that Easter is over they do not take the good spiritual uplifting joys that have been experienced during the Lent season, and continue them. People do not keep a vigilant soul, but go back to old habits.

I want to challenge you this year “keep the light burning”!!!! There is a wonderful book by the Rev Aristotle Damaskos of the same title, Keep the Light Burning. It encourages people to keep participating in the life post resurrection. We have all the wonderful celebrations of Sunday of Thomas, Myrrh-Bearing Women, Healing of Paralytic, The Samaritan Woman, Healing of Blind Man, and Ascension to Pentecost. We will celebrate so many great events during the month of May. Mother’s Day—send in the name of your moms who have reposed and be mindful of your moms still with us on this earth. We will celebrate many graduations, weddings, and baptisms. I pray to see you every Sunday so that we can together celebrate our Risen Lord Jesus Christ.

Christos Anesti,

Fr. Costas
FROM THE PARISH COUNCIL PRESIDENT

ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! CHRISTOS ANESTI! Every year at this time, I’m obliged to reflect on the events of the Paschal season and thank all those responsible for the successes we continually achieve during this blessed period. This is an easy task since this time of year represents the best of who we are as a parish with an abundance of love and devotion to be seen in everything we undertake. Everyone’s willingness to pitch in and help was especially appreciated and made this Pascha very memorable for all of us.

Among the many things that stand out about our community is the great quantity and diversity of activity. Leading up to Holy Week and our Easter celebrations, the children of the Hellenic Education Center staged a marvelous production in honor of Greek Independence Day entitled Ελευθερία η Θανατος (Freedom or Death) featuring our students’ wonderful performances including poetry, song, dance and dramatic readings. Congratulations to all those who participated and to our devoted faculty for their tireless efforts. Just a few days later, two radiantly beautiful mosaics of Saint Katherine and the Theotokos and Child were installed on our sanctuary in time for our Paschal season. Parishioners were effusive to our devoted faculty for their tireless efforts. Just a few days later, two radiantly beautiful mosaics of Saint Katherine and the Theotokos and Child were installed on our sanctuary in time for our Paschal season. Parishioners were effusive to our devoted faculty for their tireless efforts.

Familiar events and festivities immediately preceding Holy Week included the annual Philoptochos Bake Sale, the traditional folding of palms and food preparation for the Palm Sunday Dinner. During Holy Week, activities reached a fever pitch with such things as decorating the Epitaphio and dying Easter eggs. The Epitaphio was ably carried and the Easter eggs were carefully packaged for distribution and our altar boys, choir, and chanters performed their duties most admirably, as did the girls who served as myrrh bearers. Our sincere thanks to everyone who contributed to these and many other Paschal achievements in our community! Last, but not least, our Liturgical life is at the center of our Paschal activities and we are blessed to have our Proistamenos Fr. Costas and Fr. Panagioti guide their flock through Holy Week.

Our second annual Easter Lamb Roast after the Agape Services on Easter morning was a fitting way to conclude our Easter celebration. Almost 400 people gathered to enjoy a live band and an incredible menu featuring roast lamb, pig, pastitsio and many other sumptuous delights. This wonderful celebration would not have been possible without the efforts of Mallamo Mavromatakis and Artemis Dimopoulos who worked tirelessly to ensure the event’s enormous success and the Skenteris and Dimopoulos families for preparing the lamb and generously catering this wonderful event.

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Our gratitude extends well beyond those few mentioned above. The sheer number of parishioners involved in making our observance of Holy Pascha such a success makes it impossible to acknowledge everyone, but is nevertheless a testament to our community’s enduring love and vitality. We are very grateful to everyone who worked so hard to make our Holy Week so memorable. Thank you! Καί τού χρόνου.

Yours in Christ’s service,

Jim Stoudemire
President, Parish Council

SAINT KATHERINE SPRING 2015 GREEK FESTIVAL | JUNE 5, 6, 7

Get involved! Our Spring Greek Festival is made possible by the combined efforts of many volunteers just like you! The success of our festival depends on the support of all parishioners. Proceeds from our festival assist Saint Katherine in continuing its ministries and programs. Please take a moment and think about how you can best serve our festival guests. Do you have food service experience? Are you energetic or do you tire easily? Can you stand in one spot for 4 hours or would you rather move around? Would you rather work behind the scenes? Can you make change and work a cash register? No matter how you answer, we have a place for you!

Please watch for more festival information in the Sunday bulletin. If you would like to volunteer, please contact Andrea Ballard (703-250-5419 or andreaballard1@verizon.net). We need a little help from many, not a lot of help from just a few!
GOYA

GOYA WOULD LIKE TO THANK everyone who helped to make our 2015 basketball tournament such a success. We also thank you for your support of all of our 2014-2015 projects.

Boys A and Boys B teams will participate in the Saints Constantine and Helen, Annapolis tournament the weekend of May 2 and 3.

GOYA has church duty on Sunday, May 17. Van Strifas is the GOYA Captain and Epistle Reader. Five other GOYAns will join him that day.

Keep your eyes open for information on Orthodox Youth Day at Kings Dominion in June. It is usually during the week after Fairfax County schools end for the year.

ELLINOMATHIA EXAMS

PLEASE REMEMBER that the Ellinomathia exams will take place in our church on May 19-21, 2015.

Ooo! Ooo! Me! I’ll do it! Pick me!

Contact Andrea Ballard to volunteer at our Spring Festival June 5-7

703-250-5419 or andreaballard1@

Many thanks to everyone who graciously contributed to our church for Lent, Holy Week, and Easter! To Jim Loizou and the chanters; to John Doulis and the choir; to Nick Kyrius who played the organ so beautifully on Holy Tuesday evening; to Androula Demetriou who donated the Easter eggs; to Ramona Velezis and her daughters, Martha and Dorie for dyeing the Easter eggs; to the youth and adults who folded the palms into crosses; to Anastasia Topping who offered the Lenten luncheon on Good Friday; to GOYA who offered snacks on Good Friday; to Sophia Tsangali, the ladies, and the girls who decorated the Kouvouklion so beautifully; to Andrea Ballard, Vaia McKenna, and Presv. Pauline for wrapping the Easter eggs; to Christina Vazquez and the myrrh-bearers; to Panterlis Firippis for the evening reception on the Saturday of Lazarus; to Mike Lampros for the family fish luncheon on Palm Sunday and George Moshos for being the chairman; to John Gouvis for the mageiritsa soup following the Anastasi; to Mallamo Mavromatakis, Jordan and Soula Skenteris, and Artemis Dimopoulos for the delicious roasted lamb meal on Easter Sunday; to Artemis Dimopoulos and Christopher Skenteris for donating everything for the Easter egg hunt; and to George Charuhas for shepherding the children for the hunt. Many thanks to our priests, Jim Stoucker, the parish council members, and all who helped throughout Lent, Holy Week, and Easter!

SAINT KATHERINE VACATION BIBLE CAMP

Sponsored by AHEPA Chapter #438

June 22-26 | 10:30am-2:00pm

Visit http://saint-katherines.org/assets/files/Flyers/2015_VBC_Brochure.pdf for a brochure and registration form

Vicki Mowery (703-913-3178 or mowerycres@gmail.com)
Eleni Porter (703-913-9629 or beporter1@verizon.net)
Η ΕΙΡΗΝΗ ΣΤΟ ΕΣΩΤΕΡΙΚΟ του ανθρώπου έχει τις δικές της νίκες, όχι λιγότερο δοξασμένες από αυτές του πολέμου.

Ειλικρινά, μπορεί να είναι μυστικές, αθόρυβες, χωρίς τύμπανα και κωδωνοκρουσίες, όμως δεν παύουν να είναι λαμπρές και άξεστε να γραφτούν στο βιβλίο του Θεού. Πόσες τέτοιες ερημικές νίκες έχει να δηγηθεί η ιστορία κάθε σπιτιού, αλλά και πόσες δυστυχίες μάχες και έριδες σε καιρό ειρήνης!

Πολλές φορές παρουσιάζονται στο σπίτι μας εικόνες, που δεν πρέπει. Όπως, π.χ. χτυπάμε την πόρτα και φεύγουμε χωρίς να δώσουμε εξήγηση στους δικούς μας που πάμε. Φτάχνουμε τα μαλλιά μας με κατακόκκινα, κλαμμένα μάτια και μάλλιστα στην κουζίνα, έξω στη συνεδρία και φυσικό επόμενο είναι αποθαυματισμένο να ξεσπάσει θύελλα στο σπίτι. Και πάνω στον αναβρασμό μας αποθαυματισμένο αντάλλασσομες λόγια βαρία και πικρά. Αυτό δεν έχει θέση να κάνουμε τον δικαστή για το ποιος φτάει, γιατί όλοι μας είμαστε ένοχοι.

Τα ελαττώματά μας. Σε κάθε εποχή, όμως, θέλει απλώς να μας αναγινωστούν για τα ελαττώματά μας. Ο πλατειακός καρδιά δεν σημαίνει πως είμαι καλός με τους καλούς ούτε θα πει πως ανέχομαι τους βολικούς τύπους. Πλατεια καρδιά σημαίνει να δέχεσαι και να (Continued on page 7)
ONE OF THE BENEFITS of learning another language is that it promotes a better understanding and acceptance of psychology and diversity, according to a study published in January in Developmental Science.

Researchers tested 48 children (5-6 years old) who were either monolingual, simultaneous bilingual (learning two languages at once), or sequential bilingual (learning one language, then another). They told the kids stories of English babies adopted by Italians and ducks raised by dogs. Afterwards, researchers asked kids if the babies would grow up to speak English or Italian and if the ducks would quack or bark.

“We predicted that sequential bilingual’s own experience of learning language would help them understand that human language is actually learned, but that all children would expect other traits such as animal vocalizations and physical characteristics to be innate,” says Krista Byers-Heinlein, lead study author and a member of the center for Research in Human Development.

In fact, sequential bilinguals did show reduced essentialist beliefs about language—they knew that a baby raised by Italians would speak Italian. But they were also significantly more likely to believe that an animal’s physical traits and vocalizations are learned through experience (e.g. that a duck raised by dogs would bark and run rather than quack and fly).

Despite this, bilinguals were found to have an advantage. "Both monolinguals and second language learners showed some errors in their thinking, but each group made different kinds of mistakes,” Byers-Heinlein says. "Monolinguals were more likely to think that everything is innate, while bilinguals were more likely to think that everything is learned.”

She adds: “Children’s systematic errors are really interesting to psychologists, because they help us understand the process of development. Our results provide a striking demonstration that everyday experience in one domain—language learning—can alter children’s beliefs about a wide range of domains, reducing children’s essentialist biases.”

Essentialism is the view that a specific kind of entity (e.g. people, animals) has a universal identity and characteristic, which is not dependent on context. These findings indicate that a bilingual education reduces children’s essentialist biases and this, the researchers explain, has social implications for adults with strong essentialist beliefs. Apparently, the stronger these beliefs, the more likely you are to endorse stereotypes and prejudiced attitudes.

"Our finding that bilingualism reduces essential beliefs raises the possibility that early second language education could be used to promote the acceptance of human social and physical diversity,” Byers-Heinlein says.

Visit www.academia.edu/8005189/Bilingualism_Changes_Childrens_Beliefs_about_ what_is_Innate to learn more about this study.

On the same issue:

**GATES REGrets Not Speaking a Second Language**

Bill Gates—arguably one of the smartest, richest, and most successful men in the world—recently went public with his major regret. In January, during a Reddit “Ask Me Anything” session, the Microsoft founder said that he wished he had taken the time to become fluent in another language. “I feel pretty stupid that I don’t know any foreign languages,” he said in response to the question: Is there anything in life that you regret doing or not going? “I took Latin and Greek in high school and got As and I guess it helps my vocabulary but I wish I knew French or Arabic or Chinese. I keep hoping to get time to study one of these—probably French because it is the easiest.”

Source: ACTFL, The Language Educator, Mar/Apr 2015, Volume 10, Issue 2, pg. 8-9 www.actfl.org
**BOOK REVIEW**  
Gregory McKinney


It started with me misspelling “Pentecost” in the Amazon search function, the same misspelling that appears in the book’s title above (and only there.) “Wow,” I thought, “so few books on Pentecost and one of them is by Matthew the Poor for $2.99 on Kindle. Lucky me!” I was familiar with Matthew the Poor from his excellent book *Orthodox Prayer Life: The Interior Way* (St Vladimir’s Seminary Press, 2003). While himself a Coptic Christian, his works have been widely received in canonical Orthodox circles.

Acts 2:2-3 states, “And suddenly a sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them.” This is the moment when the Holy Spirit descended into the world to stay, which Fr. Matta sees as the fulfillment of the Incarnation:

> Hence, the end of the divine incarnation reached its zenith on Pentecost day when all became in Christ “the fullness of Him who fills all in all” (Eph 1: 23); for in the divine body—in which “the whole fullness of deity dwells bodily” (Col 2: 9)—we have attained fullness ever since Pentecost day. Christ united with the Church and so the Church acquired all that belongs to Christ. In the upper room there came about and was consummated all that began in Bethlehem so that the Church might be born in the upper room.  
> (Kindle Locations 227-231)

Fr. Matta teaches on Pentecost in the Old Testament, provides wonderful passages on baptism and chrismation especially timely for those newly illumined around Pascha, and gives a spiritual examination of wind and fire in Scripture as manifestations of God’s presence:

The fire of Pentecost was the fire of God; it illuminated the thought of the Church with truth, and set the heart of the new man aflame with divine love, zeal and sacrifice. On Pentecost, the human nature of the Church partook of the fiery nature of God, and out of this nature the new man was born. On Pentecost the Church received the fire of God whereby she was impregnated and sanctified, and she now imparts its effect to all those born of her. We are no longer in need of flaming tongues like those of Pentecost; for we are not a mother but sons; we are not a bearing nature, but a born one; it is the Church which is the bearing mother.  
> (Kindle Locations 106-111)

Fr. Matta El-Meskeen was a Coptic Orthodox monk who renewed the Monastery of St. Macarius the Great in Egypt, becoming spiritual father of the 130 monks who eventually settled there. He is considered by many to be a renowned theologian, and was an author of hundreds of books and journal articles covering biblical exegesis, ecclesiastical rites, and other spiritual and theological matters.

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**REGISTRY**

**Baptisms**

Madilyn Sofia (April 18)  
daughter of Justin Allen and Jena Brooks  
Godparent: Kristen Clarkson

Zoe Elizabeth (April 25)  
daughter of Constantine J. and Elizabeth Kowalski  
Godparent: Ted Theodorou

Liberty Eve Petrakis (April 26)  
daughter of Chris and Ewanna Petrakis  
Godparent: Nicholas Grammas

Na mas zisoun.

**Funerals**

Anthony Balabous (March 18)  
Andromachi Timotheou (March 20)  
Milton Meletios Sarris (March 21)  
Cathy Katherine Louise Varlas (March 22)  
Aspasia Makrigiorgos (March 26)  
Joseph Macekura (March 27)

*May their memory be eternal.*
PHILOPTOCHOS (by Eleni Kanakos, President)

Christos Anesti! Christ is Risen! I hope everyone had a wonderful Easter holiday.

Thanks to all the ladies for a successful bake sale. Your hard work certainly paid off, and I am grateful for your hard work and dedication. Many thanks to Mary Varlas for her tireless efforts to sell our pastries via email-orders. A special thank you to Strati Varlas for his tireless help during the bake sale. We could not have done it without him! I am excited to continue working with all of you again as we prepare for our Spring Festival. Everyone is welcome—this is a great opportunity for all of us to get to know each other better, so please join us!

Our yard sale will be held Saturday, May 16, 8:00am-2:00pm. If you would like to make any donations, please contact Trish Kapsidelis at 571-259-3757 or look to the Sunday bulletins for more information.

Our next elections meeting will be Sunday, May 17 following the second liturgy.

After our spring Festival in June, we will have our Annual Philoptochos Dinner. Details to follow.

Thank you for your stewardship and for your donations to the Saint Nicholas Shrine. Your generosity continues to make a big difference, and I hope that we can keep supporting this initiative.

BOOKSTORE

End of season clearance sale! During the month of May, all books, icons and Orthodox gifts are 20% off retail price (rounded to nearest dollar). The bookstore is open most Sundays after each Liturgy.

WOMEN’S BOOK CLUB

We have just started our new book, Prodigal Daughter: Journey to Byzantium, by Myrna Kostas. This is the story of a woman who looked for a spiritual life in other churches and finally, after a long journey, found her home again in Orthodoxy. Members can find the book at our meetings or at our church bookstore. Our meeting dates in May are on the 17th and 27th at 10:30am. If you would like to join us, even if we have already started a book, please email faympras@gmail.com. Our arms are open to all.

SINGLE PARENT FELLOWSHIP

Single parents are encouraged to come together during the first liturgy’s Coffee Hour on Sunday, May 17. A table will be reserved for you. Please contact Andrea Katsenes (andrea.katsenes@verizon.net) for more information.

DAUGHTERS OF PENELlope (by Karen Polizos, President)

Christos Anesti! I hope everyone had a wonderful Pascha!

We thank Father Costas for a very inspirational experience when he spoke with us during Great Lent and explained many of the Icons and scenes depicted around the inside of the church. As in past years, our time with him during this prayerful season is something we always look forward to. Helle Chapter served at Bailey’s Crossroads Shelter in April and we thank everyone who helped prepare and serve. We also thank everyone who attended our April 19th speaker presentation with Jan King. Her upbeat personality and positive approach in facing personal trials was uplifting.

If you would be interested in taking “gentle yoga” classes under the expert instruction of Tina Ligelis, please contact Karen Polizos, kpolizos@naifa.org, 571-434-7790. The cost will be $60.00 for 6 classes held one night during the week (Tina is donating all of the fee to Saint Katherine). Class would probably start mid-May. Tina would like a firm commitment of at least 10 participants. Payment would be required in advance. DOP, Philoptochos and the greater Saint Katherine community are invited to attend the classes.

Our next monthly chapter meeting is scheduled for Monday, May 18, 7:00pm at the church. A report on the District 3 Convention will be presented and we will hold elections for Chapter Board Officers for the 2015-2016 year.

TRADITION OF DEACONESSES

St. Phoebe Center Regional Chapter for the History of the Deaconess will present a Pan-Orthodox program, Restoring the Holy Orthodox Tradition of Deaconesses at Saint Katherine on Thursday, May 28, at 7:30pm. The program will include a recap of two recent conferences on deaconesses held in New York City and Thessaloniki, Greece. The restoration of the tradition of ordained women deacons has been under discussion in the Church for the past 50 years. We welcome your interest, questions, and participation. RSVP to and get further information from Marilyn Rouvelas at mailto:mrouvelas@verizon.net. Also, check out www.orthodoxdeaconess.org.
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<td>9:00pm HEC Basketball</td>
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<td>7:30pm Missions</td>
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<td>21</td>
<td><strong>Ascension of Our Lord</strong></td>
<td><strong>SS. Constantine and Helen</strong></td>
<td>9:30am Orthros</td>
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<td>22</td>
<td>10:00am Divine Liturgy</td>
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<td>23</td>
<td>5:00pm Greek School</td>
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<td></td>
<td></td>
<td>5:00pm Beginners</td>
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<td>Conversation Class</td>
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<td>28</td>
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<td>Restoring the Holy Orthodox Tradition of Deaconesses</td>
<td>9:30am Orthros</td>
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<td>10:00am Divine Liturgy</td>
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<td>24</td>
<td><strong>Fathers of the First Ecumenical Council</strong></td>
<td>25</td>
<td>5:00pm Greek School</td>
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<td>(Office Closed)</td>
<td>6:00pm Grk Folk Dance</td>
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<td>7:00pm Adult Greek School</td>
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<td>27</td>
<td>7:00pm Adult Greek School</td>
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<td>31</td>
<td><strong>Pentecost</strong></td>
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<td>30</td>
<td><strong>Saturday of Souls</strong></td>
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Second Cuba Mission Trip, April 30-May 8. As this issue of DOXA is sent out for delivery, Fr. Costa will be leaving with a team for our second Orthodox Cuba Mission Trip. They will participate in the 1st of May parade in Havana with the Saint Nicholas parish of Havana. They will also play baseball, USA vs. Cuba! They will then split into three teams: one team will stay in Havana to assist with preparing the new and first Orthodox monastery in Cuba to receive monks and to train priests, another will travel to Ranchuelo to the Saint George the New Martyr parish to assist with building/painting/cleaning the church building, and the third team will travel to Holguin in Guantanamo to visit the Orthodox parish of Saint Paraskevi. They will be doing Bible study, making icons and livani, and participating in the Divine Liturgy with respective parishioners. Presvytera Paulilne will meet with the parishes, and participating in the Divine Liturgy with respective parishioners. Presvytera Paulilne will meet with the presvyters of Cuba. Please keep the team in your prayers. If you would like to donate to the Cuba mission please make out checks to Saint Katherine and write “Cuba Mission” on the memo line.

Metropolitan Kallistos Ware, June 13-14. We are excited to announce that Metropolitan Kallistos Ware, from Oxford, England will visit Saint Katherine June 13-14. He will be here for the whole week to participate in the Orientale Lumen Conference—a joint Orthodox Catholic dialogue. On Saturday, June 13, he will participate in the Vesper service at Saint Katherine at 5:00pm and, following heavy refreshments, will make a major presentation. On Sunday, June 14, His Eminence will officiate at the Divine Liturgy at Saint Katherine. His topic will be announced shortly. From June 15-18 Metropolitan Kallistos participate in the Oriental Lumen Conference XIX at the Washington Retreat Center. The topic is The Bishop of Rome: Past, Present and Future. Go to the website of the Oriental Lumen Conference XIX for details.

OMCspring Executive Meeting, May 12-14, Johnstown, PA. Two members of our Missions and Outreach Committee, Betty Slanta and Dr. John Demakis, are on the national OCMC executive board and will be travelling to Johnstown, PA for the OCMC spring meetings. The meetings will be held at the Christ the Savior Cathedral, the cathedral of the Carpatho Russian Orthodox Diocese in America. Please pray for a successful meeting.

Food Pantry Collection, May 17. Our next collection for the local Food Pantry will be Sunday, May 17. We will again distribute cloth bags the two Sundays before prior. Please be generous. The food we collect makes a major impact on the lives of people who are not as fortunate.

Diaper Collection. On Palm Sunday, we had our first diaper collection of 2015. Thank you all for your generosity. The diapers have already been distributed to three local food pantries. Our next Diaper Collection will be Sunday, December 6, the feast day of Saint Nicholas. Let’s all make gifts to the poor children of the area.

Culmore Free Clinic. The Culmore Clinic is located in the Columbia Baptist Church down the street from St. Katherine. It is a clinic for those who cannot afford health insurance. This clinic is supported by several faith-based communities in the Bailey’s Crossroads area, including Saint Katherine. The Culmore Clinic is only open on Thursdays, but cares for about 400 patients. The need is so great that we hope to be able to keep the clinic open another day a week so that we can care for more patients. Please prayerfully consider making a donation to the Culmore Clinic to allow them to minister to the sick and elderly. A full list of the clinic’s needs is on our website. Please make checks to Saint Katherine and in the lower left write “Culmore Clinic.”

Jesse Brandow. We are pleased to report that Jesse Brandow is now fully funded and will be leaving for Guatemala in early May. Jesse visited Saint Katherine last September and captivated us all with his humility and joy of giving his life for Christ. He was featured in the September DOXA. We will send Jesse a monthly contribution from the funds we collected during his visit. Please keep him in your prayers. If you would like to make a donation to help Jesse in his missionary work, make your check payable to OCMC and, on the memo line, write “Jesse Brandow.” Mail checks to OCMC, 220 Mason Manatee Way, St. Augustine, FL 32086. Jesse promises to send regular updates on his activities in Guatemala.

2015 OCMC Mission Trips. Would you like to have a life changing experience? Join an OCMC short-term team in 2015. Live the experience of witnessing for Christ in a foreign land. Several of our Saint Katherine parishioners who have been on short-term teams would be happy to talk to you about their experiences. A full listing of the 2015 teams is on the Saint Katherine website. If interested, contact Dr. John Demakis at demakis9931@gmail.com

OMC Benefit Dinner, April 25. The Benefit dinner took place after the DOXA was mailed. Full details will appear in next month’s issue.

Monumental Mission Walk, September 19. Our annual Monumental Mission Walk will take place on Saturday, September 19, 2015. Eleni Porter and her energetic committee are organizing this year’s event. Our mission walk this year will take us around the Tidal Basin to learn about the monuments in that area of the National Mall. These will include the Thomas Jefferson Memorial, the Franklin D. Roosevelt Memorial, the Martin Luther King Memorial, and others. Our tent will be set up in that area. Proceeds from our mission walk are shared with the OCMC and our area ministries. Details for sign up and sponsorship will appear as they become available. There will be a website to sign up and a space to sponsor others to walk. Come and join us!!
GRACE

(Below the continuation of helpful hints (from last month) for helping those coping with grief. The information was provided by the U.S. Department of Health and Human Services.)

Offer practical help; don’t wait to be asked. Grieving takes a lot of energy, making the tasks and demands of daily living feel overwhelming at times. Help by bringing over dinner, offering to do the shopping or cleaning, babysitting, gardening, etc. Make specific offers several times, and encourage your loved one to take you up on your offers. Avoid phrases such as, “Let me know if I can help.” Usually, he or she won’t let you know for fear of imposing on you. Be direct with your offers and say, for example, “Let me cook you dinner tomorrow,” or “I’d like to watch the kids tonight; why don’t you take a break?”

Remember that grieving is a long process. The person you care about may be grieving for a long time. Several months or more after the death, he or she may actually be feeling the loss more acutely, and much of his or her support system will have backed off. This is when your loved one may need your support the most. Birthdays, holidays and other events may also evoke strong feelings for your grieving loved one.

Offer your companionship. Your presence can be comforting to a grieving loved one; you don’t have to do anything special. Often, grieving people just do not want to be alone. Don’t minimize the loss. Be careful not to say, “I know exactly how you feel.” This can minimize your loved one’s unique feelings. If you have been through the loss of someone dear to you, you know how you felt, but you don’t know just how the grieving person feels now. Instead, use statements such as, “I know this is difficult,” “I know how hard it was for me when my mother died,” or some other statement that is heartfelt and accurate, but leaves room for the uniqueness of your loved one’s experience. Encourage your loved one to share his or her feelings. Avoid saying things like, “Be strong for…” or “Don’t cry.” This sends the message that you are uncomfortable with your loved one’s intense feelings and, therefore, you will leave him or her emotionally alone. Since most people feel somewhat overwhelmed by the intensity and unfamiliarity of grief, they may be worried that they will be unable to cope, so these phrases may in fact reinforce their fears rather than help. Instead, encourage your loved one by saying, “It’s okay to cry,” or “You don’t have to be so strong.”

Saint Katherine offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for contributing articles nearly every month for the last 11 years.
SHOWN BELOW is a list of families and individuals who participated in the 2015 Saint Katherine Steership Program through March 31, 2015. Thank you for responding to needs of the church.
Christian Stewardship is learning how to be a responsible and concerned caretaker of Christ’s Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God . . . our active commitment to use all our time, talent, and treasure for the benefit of humankind in grateful acknowledgment of Christ’s redeeming love . . . caring for the needs of others . . . ” (Williams & McKibben in Oriented Leadership). If you have not yet made a stewardship commitment to your church for the year 2015, please take a moment and do so now.

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

Name: ________________________________________________________ ____________________________
Address:  ____________________________________________________ ________________________________
City, State, Zip:  ___________________________________________ _________________________________
Telephone Number: ___________________ Email address:  ________________________________________

2015 STEWARDSHIP FORM

FRIDAY, JUNE 5
SATURDAY, JUNE 6
SUNDAY, JUNE 7
11AM-10PM DAILY

SAVE THE DATE!

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

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Name(s)</th>
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<tbody>
<tr>
<td><strong>May 3, 2015</strong></td>
<td><strong>8:00am</strong></td>
<td>Pierre Tavoularis, Daphne Vaccarello, Maria Vargas</td>
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<td>Dr. John Demakis</td>
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<tr>
<td><strong>May 10, 2015</strong></td>
<td><strong>9:30am</strong></td>
<td>Bill Polizos, Dr. Jerry Rich, Mary Varlas</td>
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<tr>
<td><strong>May 17, 2015</strong></td>
<td><strong>8:00am</strong></td>
<td>Dr. Jerry Rich, Jim Stoucker, Pierre Tavoularis</td>
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<td>George Moshos, Captain, Chris Christou, Peter Karounos, Mary Varlas</td>
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<tr>
<td><strong>May 24, 2015</strong></td>
<td><strong>9:30am</strong></td>
<td>George Moshos, Captain, Dr. Jerry Rich, Daphne Vaccarello</td>
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<td><strong>May 31, 2015</strong></td>
<td><strong>9:30am</strong></td>
<td>Jim Stoucker, Pierre Tavoularis, Maria Vargas</td>
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*One Liturgy Only*

**MISSIONARIES OF THE MONTH**

The Macdonald Family, serving in Albania

Dr. Jeffrey and Caryn Macdonald live in the village of Shen Vlash in Albania as long-term missionaries. They are both teaching at the Resurrection Orthodox Theological Academy in Shen Vlash, near Durres. The theological academy was established in 1992 to train Albanian clergy and church workers to help restore Church life after the period of communist persecution.

Dr. Macdonald previously taught for many years at St. Herman’s Seminary in Kodiak helping to prepare Native Alaskans to serve in the Church in Alaska. Dr. Macdonald studied at St. Vladimir’s Orthodox Seminary, following an undergraduate degree in Biblical Studies and Archaeology at Wheaton College, in Illinois. He later completed a doctoral degree in Early Christian Studies at the Catholic University of America, in Washington, DC.

The Macdonalds have five children: Alexander 22, Anna 19, Elizabeth 14, Andrew 10, and Katherine 8. They are seeking monthly supporters to help sustain their work in Albania. If you would like to help support the Macdonalds, make your check payable to the OCMC and write “Macdonald Family” in the lower left and mail to OCMC, 220 Mason Manatee Way, St. Augustine, FL 32086.

(Continued from page 10)

**HOMELESS SHELTER**

If your group would like to participate, please contact Dr. John at demakis9931@gmail.com

**Clothes and Toiletries.** We continue to collect clothes and toiletries for the homeless shelter. Please bring new or clean used clothes and unopened toiletries to the atrium of the Meletis Charuhas Center.

**MISSIONS AND OUTREACH MEETING**

The next Missions and Outreach meeting is scheduled for Tuesday, May 19, 7:30 pm in the board room. All are welcome. Come and bring a friend!
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