PHILANTHROPY AND MISSIONS

The two great virtues of philanthropy and mission are the building blocks of a living Christ-centered church. When we think of philanthropy, we think about Philoptochos. “The Greek Orthodox Ladies Philoptochos Society, Inc. is the duly accredited women’s philanthropic society of the Greek Orthodox Archdiocese of America. The mission of the Society is to aid the poor, the destitute, the hungry, the aged, the sick, the unemployed, the orphaned, the imprisoned, the widowed, the handicapped, the victims of disasters, to undertake the burial of impoverished persons, and to offer assistance to anyone who may need the help of the Church through fund raising efforts; to promote the charitable, benevolent, and philanthropic purposes of the Greek Orthodox Archdiocese of America, through instructional programs, presentations, lectures, seminars, and other educational resources; to preserve and perpetuate Orthodox Christian concepts and the Orthodox Christian Family, and through them, to promote the Greek Orthodox Faith and traditions, in accordance with its doctrines, canons, discipline, divine worship, usages and customs; to promote participation in the activities of the Greek Orthodox community, with the cooperation of the Parish Priest and the Parish Council. The charitable work of the Society shall be performed with discretion, courtesy, and kindness.”

Saint John Chrysostom preached, “There are two kinds of bishops. One bishop is a pastor who says, “My parish is my universe.” While the other bishop says, “The universe is my parish.” One of the most common, yet subtle dangers that has plagued the people of God from the time of ancient Israel until today, is the illness of parochialism in its individual and communal forms. “My parish is my universe” is what so many faithful still believe today.

Fr. Thomas Hopko writes, “If a parish has no awareness and consciousness of being “sent” by God to speak His words, to do His work, and to accomplish His will in this world, then it is not an Orthodox Christian Parish!” We are not living up to our Orthodox Christian identity if we don’t fulfill this calling to “go forth” and become Christ’s witnesses in the world around us. When Jesus gave His disciples the new commandment “to love one another as I have loved you,” His followers never limited this love to a closed circle. “The other is my salvation,” saints in future generations would say, and they understood “the other” as all people everywhere.

It must be stated at the beginning that the only true “saint” or holy one (Hagios) is God Himself. The Bible states “For I am the Lord your God; you shall name yourselves holy and keep yourselves holy, because I am holy...” (Levit. 11:44; 19:2, and 20:7). Man becomes holy and “sainted” by participation in the holiness of God.

Holiness or sainthood is a gift (charisma) given by God to man, through the Holy Spirit. Man’s effort to become a participant in the life of divine holiness is indispensable, but sanctification itself is the work of the Holy Trinity, especially through the sanctifying power of Jesus Christ, who was incarnate, suffered crucifixion, and rose from the dead, in order to lead us to the life of holiness, through the communion with the Holy Spirit. In the Second Letter to the Thessalonians St. Paul suggests: “But we are bound to thank God always for you, brothers beloved by the Lord, be-

(Continued on page 7, column 2)
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Safeway eScrip TBD
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Website Presv. Pauline Pavlakos, Webmaster 703-239-2627 przpauline@stkchurch.com
YAL (Young Adult League) TBD SaintKatherineYAL@stkchurch.com
I’M OFTEN ASKED by friends in other communities “What makes Saint Katherine special?” It’s an interesting question to be sure, but an easy one to answer—at least from my perspective.

And the answer is...our people...YOU, the parishioners who from the time of our community’s founding, selflessly give of yourselves on so many different levels to make Saint Katherine the “special” place many from other communities so readily observe and even envy. As with most families—and we most assuredly are a family – we have our challenges and occasionally a disagreement every now and then. Thankfully, the negatives are the infrequent exception rather than the rule and we are greatly blessed with a harmonious community that fulfills our lives spiritually, educationally, socially, and emotionally. Parishioners may choose from a broad range of ministries affording everyone the opportunity to actively participate in the life and activities of our church. Such a wealth of ministries and activities is particularly important for newcomers who immediately see the pervasive sense of community and purpose we enjoy and become “vested” in the community as active and involved parishioners through their participation in our diverse and bountiful ministries.

It is no understatement to conclude, therefore, that our ministries are the backbone of our community. As has become our practice, it is appropriate to recognize the contributions of individuals and organizations (which, of course, are made up of individuals) whose efforts serve as beacons for others to emulate and follow. I’m pleased to announce this year’s community Dinner Gala, to be held on Sunday November 9 at the Hilton McLean will honor an organization and a parishioner who have significantly influenced the lives of countless others in a meaningful and lasting manner. Our Ladies Philoptochos Society has a long and cherished legacy of philanthropy ministering to those in need. Many of these ladies have served as stalwarts of our community from its earliest origins and have been instrumental in our community’s history. Their genuine expressions of love and charity as expressed through their ministry are inspirational and worthy of our highest praise. The second honoree, Dr. John Demakis, has been a man for all seasons, serving in multiple ministries locally and nationally, clearly distinguishing himself through exceptional work in our Missions and Outreach ministry which fulfills the Great Commission of Christ to go and “make disciples of all nations.” In fact, his inspired leadership has prompted other Orthodox churches in the Washington metropolitan area to become part of our community’s vibrant ministry whose breadth and depth of activities is without equal.

The Gala Committee, co-chaired by Maria Wills and Nick Lavigakis, is working diligently to put together an outstanding event that I am sure everyone will enjoy. Our special guests include His Eminence Metropolitan Evangelos and other dignitaries not yet confirmed as of this writing. The excellent menu, entertainment, venue, and silent auction being planned promise to make this a memorable evening of camaraderie and fellowship within our community. It will be our great honor to pay tribute to those mentioned above for the service, love, and devotion they have rendered to our community. I hope all of you will gather with the rest of our community for this gala event as we celebrate another year of God’s grace.

FROM THE PARISH COUNCIL PRESIDENT

THREE 24/7 ONLINE RADIO OPTIONS

The Anchor (Orthodox Online Talk Radio)
http://www.myocn.net/the-anchor

The Rudder (Liturgical Chant)
http://www.myocn.net/the-rudder/

Φαρος (Orthodox commentary and news in Greek)
http://www.myocn.net/greek-orthodox-radio

GMU OCF (George Mason University Orthodox Christian Fellowship)

OCF (ORTHODOX CHRISTIAN FELLOWSHIP) is the official collegiate campus ministry program under the Assembly of Canonical Orthodox Bishops of North and Central America. Fr. Costa is the spiritual advisor for OCF at GMU. Three meetings are scheduled this month and all college students are welcome to join us. All meetings will start in room 239H of the Johnson Center: Wednesday, October 1, 2:00pm-4:00pm is our first meeting; on Tuesday, October 21, 7:00pm-8:30pm, we will have a Bible Study; and on Wednesday, October 29, we will meet in room 239H at 11:00am for an hour and then have lunch together at noon in the Johnson Center by the bookstore. We look forward to getting together!

AGES DCS (Digital Chant Stand)

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

No Constantinople, no Nicene Creed or the seven Ecumenical Councils, no thousand year Byzantine empire and everything it gave the world. Impossible to imagine, yet this is how history can turn on a single event on a single day. October 28th is that kind of day, a truly unique day for us not just because the Greek nation said no in 1940 to an evil ultimatum, but because a Roman general said yes to God and thereby changed the world, and impacted the Church such that he became called “equal to the Apostles.”

Actually, though “Yes Day” and its association with October 28th appear nowhere, references to it abound in our churches, iconography, and literature everywhere we see Εν Τούτῳ Νίκα. For on this day in the year 312, the Roman general Constantine I defeated another Roman General, Maxentius at the Battle of the Milvian Bridge in Italy. Constantine said yes to God when he heard the Divine voice, saw the Divine sign, and put the sign of the Cross on his soldiers’ shields. Though outnumbered, he and his army went on to victory that fateful day.

So we see that in a very real sense, everyday for us is an October 28th where we have the Divine Gift of free will to say no to evil and yes to our Lord and Savior Jesus. This is exactly what parents do when they bring their children to Sunday School, and what their children learn as they progress through the grades to graduation. Indeed, we had a great registration in September, and how truly wonderful it is to see so many beautiful and enthusiastic children filling up our classrooms. Please know that it is not too late to register your child. If you have not and wish to, please see George Charuhas. We also continue to be blessed with Adult Bible Study taught by Bill Polizos from 9:30am to 10:30am where parents can attend while their children attend their classes.

On the registration forms we gladly saw where so many parents said “Yes” to volunteering when assistance is needed. The staff is most pleased with this enthusiastic response. During the year there will be events where the help of our parents will be needed. One such event will be the Oratorical Festival during the second term.

Please remember though there will be no class on October 5 due to our fall festival.

JOY

JOY WELCOMES ALL CHILDREN AGES 8-12 to join our group. We have many exciting activities planned this year: outings to theater, ice skating, roller skating, and movie nights. If you would like to be on our email list, please email Toula Christou at tmchristou@yahoo.com.

HOPE

The Holy Orthodox Primary Education Ministry is an opportunity for children ages 7 and under to meet, socialize, and interact with one another. HOPE children will have fun through crafts, games, and special events while learning about their Orthodox faith. On October 11 (rain date of October 18), 1:30pm-2:30pm, we will plant spring bulbs to beautify our church grounds and then go to a restaurant for lunch. Contact Patricia Rader (pagrader@yahoo.com) to register. For more information, visit the HOPE webpage at www.saint-katherines.org under “Ministries | Youth Groups.”

GOYA

Goya will have basketball practice as follows:

**Boys:** Sunday, October 12 following second liturgy and Wednesdays, October 15, 22, and 29, 6:30pm-7:45pm;  
**Girls:** Thursdays, October 16, 23, and 30, 6:00pm-8:00pm. We are happy to welcome Faye Kranis to our coaching staff. She will coach the girls.

All GOYAbls are expected to work at our church’s Fall Festival, October 3-5. Please contact Andrea Ballard (AndreaBallard11@verizon.net) or George Moshos (gmoshos@aol.com) with your availability.

GOYA has church duty on Sunday, October 26 during second liturgy. We need five volunteers, in addition to the president elected on September 28 who will serve as GOYA Captain and Epistle Reader. Please show up no later than 10:25am.

All GOYAns must submit a health/registration form (available on the GOYA webpage at www.saint-katherines.org under “Ministries | Youth Groups”) along with $30 dues to join GOYA. An online calendar and other information regarding GOYA is on that web page.

If you would like to receive GOYA emails, please send your request to GOYA/St_Katherine@msn.com.

YAL

On Sunday, November 2, our YAL will hold a fall retreat after the Divine Liturgy. The retreat will take place in the HEC building. Lunch will be served during the retreat. There will be no charge for this retreat. Please RSVP to Fr. Panagiotis at frphanley@stkchurch.com or 571-421-6595.

Please support the Saint Katherine YAL and come together in fellowship with your peers by attending our Fall Retreat. Also, plan on working at the Gyro/Souvlaki booth at the Fall Festival, October 3-5. Please contact Andrea Ballard (AndreaBallard1@verizon.net) or George Moshos (gmoshos@aol.com) with your availability.
THE SCHOOL YEAR IS ON COURSE for both Paideia and Greek School. There are 30 students enrolled in Paideia (2 to 5 year olds) and 125 in Greek School (prek-7th). After a restful summer, our students came back happy and relaxed looking forward to a new school year. We are delighted to have them in our school and to see them feel right at home!

Needless to say, this observation comes as a fulfillment after a full year’s effort by our dedicated teachers and parents who are committed to instilling the spirit of the Orthodox faith and Greek Paideia. Isn’t this the purpose of going to Greek School? One will ask. Certainly! How do we accomplish it if not by creating a Revised Curriculum that is student centered and by implementing it using the most current methodology of teaching? Shouldn’t the students’ interest guide the lesson plan? Isn’t our responsibility to teach about our Christian values, how a community is being built so that they preserve it and make it grow?

The above revisions of the program were based on the parents’ surveys who themselves were not too long ago students in the same school. We used their feedback to create a unique learning environment for our students. They will use their senses to “see”, “listen”, “touch”, “smell”, and “taste” their culture—a common bond that brings them together every week to celebrate their common faith, language, and history.

Equally important are the Adult Education Programs which offer the opportunity for an in-depth learning of the Greek culture, language and heritage. This year there are several Programs available to anyone from the community of Saint Katherine or the greater Washington area:

* Beginners I: Tuesdays, 6:00pm-7:30pm
* Beginners II: Tuesdays, 7:30pm-9:00pm
* Intermediate: Thursdays, 6:00pm-7:30pm
* Advanced: Thursdays, 7:30pm-9:00pm
* Beginners/Conversational Class: Fridays, 5:00pm-7:00pm

Hellenic Education Center is expanding by introducing a series of lectures to reveal aspects of the Greek heritage and Orthodox faith and traditions. We have invited experts in their fields to share with us their knowledge and enlighten the audience of the importance of studying of the Greek Civilization. We are also planning a series of Greek cooking classes. Please contact us to let us know what dishes you would be interested in so that we may create together our fist cooking class menu!

Items for your calendar:

* October 19: Family Fun Day (proceeds benefit the HEC)
* Invited lectures in October and November: Dates to be announced

For Open House dates and any information regarding our programs, please visit us at www.stkhec.org or call the Hellenic Education Office at 703-671-7715.

THE SMITHSONIAN ASSOCIATES

THE SMITHSONIAN ASSOCIATES bills itself as the “largest museum-based cultural and educational program in the world.” If in fact you take the time to browse through the current offerings at their website, you will be convinced that this is indeed a goldmine of wonderful, enticing and exciting things to consider attending or being involved in. Separate from the Smithsonian Institution in that it isn’t federally funded, the Associates program relies on membership support to defray the costs of its myriad offerings.

When I first arrived in Alexandria, 21 years ago, my daughter attended evening classes on Neuroscience. She was the youngest attendee in the large auditorium at just age 12, but she took copious notes and even heard the Nobel Laureate Harold Varmus speak once! She still remembers our adventures into town.

These days, science, politics, culture, history, religion, music, art, and architecture are still part of the course offerings along with studio arts. There is something for everyone.

The best part of this program is that you are free to decide what you take. If you become a member, your cost for the course will be a little less, but you can still attend any class as a non-member. You cannot be rejected! And if you feel intimidated by the location; that area around the Mall where all the museums and the Smithsonian is located, has lots of free parking, many metered parking spots and some that take credit cards too. I never park in a garage.

There are even organized tours to Europe and other parts of the world with guides from the Smithsonian’s own experts. We’re so lucky to have this resource right at our doorstep!

FAMILY FUN DAY CARNIVAL

Sunday, October 19, 1:00pm-5:00pm

Exclusive Lunch Sponsor: grk FRESH GREEK

Raffle | Magic Show | Silent Auction | Games | Music
Face Painting | Balloon Twisting | Cotton Candy
Greek Pastries | . . . and More!

Tickets available at www.DCGreeks.com

Early Bird by October 13: $25 adults, $10 Kids
After October 13: $30 Adults, $10 Kids (under 5 FREE!)

Contact PAIDEIA PTA Co-President
annadermanis@aol.com or 757-218-6991

Proceeds benefit the Hellenic Education Center
κάτι συνεννοημένες αγώνα στρατευμένων απέφευγαν των θρησκευτικός "να προστάτευσε οποία και έχουν Ο' πάρουμε στηριχτούμε ηρωϊσμούς είχε πολεμούσαν ο ήταν στην αλήθεια εκείνη την πολέμο εφόδιο, ένα σταματούσε, μία εικονίσα της Παναγίας, ένα μικρό Ευαγγέλιο. Αυτό ήταν από την αρχή το πρώτο και μεγάλο βαθύ, ο θρησκευτικός χαρακτήρας του αγώνα. Είναι σημαντικό ότι ο χαρακτήρας αυτός δεν προέδρευε από την εξέλιξη του αγώνα, αλλά είχε βάλει α' αυτό την θαμαγία από την αρχή. Από την πρώτη στιγμή που τέθηκε το δίλημμα, πόλεμος ή υποδούλωση, άρχοντες και λάος αισθάνθηκαν βαθεία την αλήθεια εκείνη την οποία ο άγιος Γρηγόριος ο θεολόγος διετύπωσε στην επιγραμματική φράση: «Κρείσσωντας πόλεμος επαινετούς ειρήνης χωρίζουσαν θεό». Και δεν υπάρχει αμφιβολία ότι η υποδούλωση στην φασιστική Ιταλία την ειδωλική και αλήθεια ευνοούσα, είχε αληθίνη από τον Θεό. Από την πρώτη στιγμή η πολέμος είχε αρχίσει στην δική του διαπίστωση της ομολογίας του Θεού εκείνη, από την θαμαγία της ανθρώπινης αλήθειας στην περίπτωση και στην πράξη. Τέτοια είναι η θαμαγία του αγώνα η ομολογία της πράξης και της αλήθειας στην πράξη της ομολογίας. Ο θρησκευτικός χαρακτήρας του αγώνα άλλο ξέρεις και ήταν στον αλήθεια της ειδωλικής και στην αλήθεια της ομολογίας. Ο Οικουμενικός Πατριαρχείος ήταν στην αλήθεια της ομολογίας και στην αλήθεια της ομολογίας της ομολογίας της ομολογίας.
REGISTRY

Weddings
Elizabeth Leslie Caroline Bragayrac and Medhin Gebreamlak (September 20)
Koumbaros: Tadios Gebreamlak
Hellen Daniela Bulnes Hernandez and George C. Christofi (September 27)
Koumbaros: Kyriacos Karasamani

Baptisms
Lexie Sophia (September 6) daughter of Eric Constantine and Allison Adams
Godparents: Christine Adams and Amanda Adams
Alexandros (September 7) son of Chris V. and Joanna Berbilis
Godparents: Hera Maria Malekides and John Berbilis
Evangelina Marie (September 13) daughter of Kathleen Chase
Godparent: Sophia D. Tsangali

Chrismation
Tadios Gebreamlak (August 8) son of Getachew and Kassch Gebreamlak
Sponsor: Presvytera Pauline Pavlakos

Congratulations!
Na mas zisoun!

Funeral
Lula Karas (August 29, 2014)

May her memory be eternal.

(Continued from page 1)
cause from the beginning of time God chose you to find salvation in the Spirit that consecrates you, (en agiasmo Pneumatos) and in the truth that you believe. It was for this that He called you through the Gospel we brought, so that you might possess for your own the splendor of our Lord Jesus Christ” (2:13–14).

The parish that is alive and proclaims the Gospel of Jesus Christ to not only itself, but to the world, is thus a living church.

I invite all of you to join me and all of at our Annual Dinner Gala on Sunday, November 9, at the Hilton McLean Tysons Corner. We will honor the Philoptochos of Saint Katherine and Dr. John Demakis. We will celebrate the philanthropy of our Saint Katherine Philoptochos and give recognition of all that these women of God do by their faith and works.

Dr. John Demakis is the first chairman of our Missions and Outreach Committee. He has inspired young and old to get involved in Missions. People have gone as long-term missionaries to Africa; as well as short-term missionaries to places like Albania, Tanzania, Guatemala, Mexico, Cuba, and here in the continental United States from West Virginia to the Appalachian Mountains of North Carolina.

Dr. John is not alone in his efforts to fulfill his mission work in the Church, he has a great partner in life, Catherine Demakis.

I give thanks to our Lord everyday for allowing me to serve His people. Let’s spend a night of fellowship, fun, and joyous celebration together at the Gala. See you there!

~Fr. Costas

WOMEN'S BOOK CLUB. AT ITS FIRST MEETING this fall on Wednesday morning October 8, the Saint Katherine Women's Book Club will begin reading a new book entitled, Father Arseny, 1893-1973: Priest, Prison, Spiritual Father (compiled by the Servant of God Alexander). Father Arseny, a former scholar of Church art, was a prisoner in a Soviet Union prison camp; but despite great degradation of his soul and body, he reflected the light and love of Christ to others who tell the story of their spiritual father in this inspiring book. The book will be available at the Saint Katherine Bookstore. We invite new members to join and look forward to resuming discussions with existing members. The club meets every other Wednesday morning from 10:30-12:00 in the education center to discuss several chapters at a time, not the entire book. The discussion, guided by questions sent out the preceding week by email, explores the Orthodox faith slowly and patiently in a forum of love. This thoughtful exploration facilitates individual spiritual growth and creates a spirit of oneness in Christ. If you have questions, contact Marilyn Rouvelas (mrouvelas@verizon.net) or Daphne Vaccarello (dvac.memories@verizon.net)
Project Mexico Mission Trip. We are pleased to report that our Project Mexico missionaries have returned safely from Mexico. Thanks to all for your support and prayers. Our team, led by Father Panayiotis, included Ray and Nick Vazquez, Bill and Ariana Porter, and Jesse Cherpes. They were joined by other Orthodox Christians from California and North Carolina. They successfully completed a small house for a disadvantaged family. At the end of the week, the home was blessed and they had the honor of turning over the key to the grateful family. While there, they stayed at the St. Innocent Orthodox Orphanage and had an opportunity to interact with many of the young boys at the Orphanage. Fr. Panayiotis is planning a return trip in the summer of 2015. Details will be announced in DOXA.

Cuba Mission Trip. Fr. Costa is developing a plan for another mission trip to Cuba in early 2015. Our team will continue to assist the local Cuban church with their outreach programs. Fr. Athenagoras of the Cuban church will be coming to the United States in the fall to fundraise. He will visit Saint Katherine for a week. His parishioners appreciated the visit of our team and were invigorated by their faith and plan to complete their church building.

Food Pantry, October 19. Our next food pantry collection will be on Sunday, October 19th. We will hand out cloth bags for the food collection on Sundays, October 5 and 12. Please use the cloth bags, since paper bags tend to tear. Please bring the food only on Sunday, October 19. The last three collections, we donated more than 1,000 pounds of food each time. Let’s not break our streak!

Kenya Short-Term Missionary. Mary VanMullekom, one of our Saint Katherine parishioners, has been chosen by the OCMC for a short-term teaching team to Kenya. Mary and her team will be in Kenya from October 27 to November 8, 2014. The Team will minister in Nairobi, the hub of the Orthodox Church of Kenya, to the students of the Makarios III Seminary, the Orthodox Teachers College of Africa and the St. Clement of Alexandria School by leading classes, tutoring students, and teaching the English language. They will incorporate Biblical and catechetical truths in lessons and offer conversational experiences with students who desire to learn English from native English speakers. Please keep Mary and her team in your prayers. Contributions can be sent to Saint Katherine and in the lower left, specify, Mary VanMullekom.

Monumental Mission Walk, November 15. On Saturday, November 15, we will have our second annual walk on our National Mall for Orthodox missions. This year, our tent will be at Constitution Avenue and 15th Street. Starting time is 9:00am. We are finalizing details.

Next Missions and Outreach Meeting. The next meeting of our Missions and Outreach Committee is Tuesday, October 14, 7:00pm, in the board room. All are welcome to attend.

Homeland Shelter

Serving Dinner at the Shelter. Our mission team served dinner at the Bailey’s Crossroads Homeless Shelter on Tuesday, September 16. Thanks to Peter Firrippis and Gregory McKinney for preparing an excellent meal. Over 120 people were served dinner.

Clothing and Toiletries. We continue to collect new and used (clean) clothes and unopened toiletries for the shelter every week. Please bring the items to the foyer of our community center. Thanks to all the families who help transport the items every week.

Hygiene and Survival Kits. All church organizations, please note that your items are due at the church on Sunday, November 23. We will put the items together in early December and deliver to the homeless shelter. Please contact Dr. Demakis (demakis9931@gmail.com) if you have any questions.

MISSIONARIES OF THE MONTH: THE FRANTZ FAMILY IN ROMANIA

Floyd Frantz became interested in serving as an Orthodox missionary in 1998, after attending a presentation by former OCMC missionaries Craig and Victoria Goodwin about their work in Romania. Their report about the high level of addiction among the young people living on the streets in Romania interested Floyd, who by profession is an addictions counselor. That same year while on a fact-finding trip to Romania he noticed not only the high alcoholism rates, but also the poverty and general need of the population in Romania. There were no treatment programs for alcoholism, and generally alcoholics were looked on as being a lost cause, even by the church. As a response to this, in November of 2000, he began the St. Dimitrie Program in Cluj, Romania, and since that time he has been developing education and alcoholism treatment programs through the Orthodox Church in Romania. Much of his work is with the homeless and disenfranchised of the society, especially those in hospitals and institutions. Currently the St. Dimitrie Program has a day-center/social cantina in Cluj, and does counseling in two hospitals and an outpatient clinic. It also has a weekly information and counseling program at a high security prison in Gherla, Romania. Their education program is active throughout Romania and parts of the Republic of Moldova, and is now partnering with the “National Anti-Drug Program of the Romanian Orthodox Church,” of which Floyd is a coordinator.

Floyd’s lovely wife Ancuta is a native Romanian and is the director of the Protection of the Theotokos Family Center. Started through OCMC in 2005, the Protection Center is aimed at the prevention of child abandonment. According to official Romanian statistics, in 2006 there were over 7,000 children abandoned by their families in Romania. Ancuta’s day-care and counseling project works in conjunction with the local child protection agency and the Orthodox Church to minister to new mothers by offering counseling and material support so that they will not abandon their children due to poverty or feelings of hopelessness. Currently the center is serving 18 children and their mothers.

Working through OCMC and the Romanian Orthodox Church, the Franizes thank you for your continued prayer and financial support.
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<tr>
<th>Day</th>
<th>Sunday</th>
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<td>1</td>
<td>2:00pm GMU OCF (Johnson Center)</td>
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<td>7th Ecumenical Council 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy 12:30pm GOYA B-ball 5pm Adult Greek Dance</td>
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<td>5:00pm Conversational Greek 6:30pm Grk Folk Dance Adult Greek School 6:00pm Beginners I 7:30pm Beginners II</td>
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<td>25 9:30am Greek School</td>
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PHILOPTOCHOS (by Eleni Kanakos, President)

MY SINCEREST THANKS goes to our Ladies and all the volunteers in our community whose efforts made for a successful fall festival!

Please note the following upcoming events:

**Sunday, October 12**. Agape Tea at Saints Constantine and Helen from 2:00pm-4:00pm.

**Sunday, October 19**. Philoptochos meeting following the second liturgy. I hope that everyone can attend.

**Sunday, November 9**. Saint Katherine Annual Dinner Gala at the McLean Hilton in Tysons Corner. The Philoptochos Society will be one of the honorees, so please make your reservation to enjoy this special evening! Cocktail hour begins at 6:00pm, and dinner will be served at 7:00pm.

**Thursday, November 13**. Annual Thanksgiving Senior Luncheon. The luncheon will take place in the Meletis Charuhas Hall from 12:00pm-3:00pm. Everyone is welcome. For reservations, please call chairwoman, Irene Burton at 703-256-5531 or me at 703-938-8360.

**Sunday, November 23**. Our first annual Thanksgiving Bake Sale after both services. Contact Mary Varlas (703-965-4161 or LPbakesale@yahoo.com) to place your order. The deadline for pre-orders is November 16.

For those of who have not sent in your stewardship, please do so at your earliest convenience. As always, I thank you for your support.

My sister Roula and I would like to extend our sincerest thanks for your prayers during these trying times. By the grace of God, and with all your prayers, she is doing much better. Please continue to keep her in your prayers.

ADULT BIBLE STUDY

Who We Are and What We Believe: A Journey Through the Orthodox Faith Guided by the Words of the Bible

This Year’s Topic: The Letters of St. Paul

THIS YEAR’S ADULT BIBLE STUDY SESSIONS will focus on the Epistles of Saint Paul. Who was Saint Paul? Once a persecutor of the early Church, he is later confronted with the resurrected Christ and is transformed into one of Christianity’s most brilliant proponents, fervent saints, and blessed martyrs. What was his message? What do his letters mean for us today? What do they tell us about Jesus Christ? What was his historical context and what is Saint Paul’s place in our Holy Orthodox Tradition? We will explore his life, missionary journeys and message with the goal of enriching our knowledge and faith in Jesus Christ.

Classes are held every Sunday at 9:30am in the board room of the Meletis Charuhas Center. For more information or questions, please contact Bill Polizos at 571-434-7790 or polizos@att.com. All are welcome!!!
Grace
How to Cope With Grieving
(Continued from the September issue)

There are no right or wrong ways to cope with grief and grieving—only the way you feel. Grief is a very personal experience, which means that it’s different for everyone.

The manner in which you grieve may depend on other factors, such as your personality type, coping mechanisms, life experiences, nature of the loss, and your faith.

Not everyone cries while grieving, which does NOT mean that if you don’t cry, you’re not sad. Everyone copes with grief in their own way.

Lean on other people no matter how much it hurts your pride to admit that you’re struggling. Accept all help that’s offered and suggest other things you need help with.

Find a support group for the bereaved—often grief can isolate us from others, making us feel very alone. This is why it’s vital to find others who are going through similar situations in order to find new ways to cope, feel less alone, and have some shoulders to lean on.

Find a grief counselor or therapist—often in the case with a significant loss, coping with grief can be too much to handle alone. Find a therapist in your area (or have a friend do so for you) in order to talk to someone about your grief and find ways to cope with the loss.

Make sure you’re keeping physically healthy. It may seem impossible, but you’re going to have to make sure that you work extra hard to eat well, get plenty of rest, and exercise. Grieving and stress can take a huge toll on the body, so it’s important to take care of your own health.

Write it out. Or draw it out. Find some way for you to express your feelings in a meaningful manner.

Never, EVER, allow someone else to tell you how you “should” be feeling or what you “should” be doing. Grief is an individual experience, and what works for you may not work for someone else. Don’t listen to ANYONE who wants to tell you that you’re grieving the wrong way.

Plan out triggers, like holidays and birthdays, and have a plan for how to handle them. Make plans with friends or plant a tree in your loved one’s honor. Anything but sitting around your house alone, feeling miserable.

~ from the website Band Back Together

James McNeil Whistler’s
The Princess from the Land of Porcelain
Gilda Vretea

The Princess from the Land of Porcelain—who is this beautiful girl?

The Smithsonian Freer Gallery of Art in Washington, DC holds a large collection of works by James McNeil Whistler (1834-1903). This great American expatriate painter and graphic artist became an important figure in the European circles at the end of the 19th century. He was known not only for his art but for his flamboyant personality and life style. He first settled in Paris where, through his friend Fantin-Latour, he met Courbet whose realism inspired much of his work. He also quickly associated himself with the Avant Guard artists, including Baudelaire and Manet, among others. In London, he was influenced by Dante Gabriel Rossetti, an important pre-Raphaelite artist. Oscar Wilde was also among his famous friends.

One painting that demonstrates Whistler’s enchantment with the Orient and his love for a vivid pallet is The Princess from the Land of the Porcelain (78 and 3/4 x 45 and 3/4) from 1863-1864. This compelling work is the centerpiece of the Peacock Room at the Smithsonian Freer Gallery of Art. Who in the world is this beautiful woman? She has neither Asian nor Anglo-Saxon features. If you are Greek, her ebony long locks, her soft dark eyes, the Greek nose, remind you of someone you know, perhaps of the women in compositions of Giannis Moralis, the faces of Fotis Kontoglou, or the beauty of a female Byzantine icon? So then, just who IS she?

After a trip to your local library and a Google search you will find that the model was Christina Spartali, the daughter of a rich Greek merchant, later the Greek consul-General in London. In his book on Whistler, John Walker writes: “Tom Armstrong, a friend and fellow painter tells how, one Sunday, Rossetti, Du Maurier, Legros and he set out . . . to be introduced by Whistler to the daughters of the consul general for Greece . . . we were all à genoux before them, and, of course, burned with the desire to paint them.” Christina Spartali, with the consent of her father, agreed to pose for Whistler. He dressed her in a Japanese robe and entitled this painting La Princess du pays de la porcelain. It also important to note that her sister, Marie Euphrosyne Spartali (1884-1927) as a British Pre-Raphaelite painter, arguably was the greatest female artist of that movement. During her long life she produced over one hundred oeuvres, exhibited in the Untitled States and Britain.

The painting is at the permanent collection at the Freer/Sackler gallery. Knowing the history of this impressive painting, will enhance your appreciation should you visit the gallery.

Saint Katherine Greek Orthodox Church offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for contributing articles nearly every month for the last 10 years.
Thank you for responding to the needs of our church. Any questions? Contact Anna Vassilopoulos at 703-671-1515.
2014 STEWARDSHIP FORM

Stewardship is based on the fact that all that we have and all that we are comes from God. We commit ourselves to stewardship as a way of thanking God for all His blessings—returning to Him a portion of the time, talent, and treasure He has given us. Good stewardship of time means we share some of the 168 hours in a week with God and caring for others. Good stewardship of talent means we identify our talents and use them to glorify God and help other people. Good stewardship of treasure means we give a portion of our income to the Church and other charities. During the year 2014, we ask that everyone consider fulfilling their stewardship on a weekly basis. This will allow our church to better plan activities and expenses.

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

Name: ____________________________

Address: ____________________________

City, State, Zip: ____________________________

Telephone and email address: ____________________________
**FALL FESTIVAL**
Friday, Saturday, Sunday  
October 3-5  
11am to 9pm

**VOLUNTEERS NEEDED – WE WANT YOU!!!!!!**

Assistance is needed in the following areas:  
Pastry | Kitchen | Loukoumades | Food Line  
Beer and Wine | Souvlaki and Gyro

*Contact Andrea Ballard at andreaballard1@verizon.net for more information.*

### SUNDAY CHurch Duty Roster

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<thead>
<tr>
<th>Date</th>
<th>Team Lead Captain</th>
<th>Team</th>
<th>Time</th>
<th>Duties</th>
<th>Contact Info</th>
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<tbody>
<tr>
<td><strong>October 5, 2014</strong></td>
<td>Jim Stoucker</td>
<td>Jim Stoucker, Captain Andrea Ballard Chris Christou Artemis Dimopoulos</td>
<td><strong>9:30am</strong></td>
<td>Peter Karounos Costas Mavromatakis Mallamo Mavromatakis</td>
<td><a href="mailto:andreaballard1@verizon.net">andreaballard1@verizon.net</a></td>
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<td><strong>October 12, 2014</strong></td>
<td>George Moshos</td>
<td>George Moshos, Captain Kelly Alexis Andrea Ballard Jim Stoucker</td>
<td><strong>8:00am</strong></td>
<td>Pierre Tavoularis Daphne Vaccarello Maria Vargas</td>
<td>9:30am Maria Wills, Captain Chris Christou Dr. John Demakis Artemis Dimopoulos</td>
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<td><strong>October 19, 2014</strong></td>
<td>Kelly Alexis</td>
<td>Kelly Alexis, Captain Chris Christou Peter Karounos Bill Polizos</td>
<td><strong>8:00am</strong></td>
<td>Bill Porter Pierre Tavoularis Daphne Vaccarello</td>
<td>9:30am Costas Mavromatakis Mallamo Mavromatakis Bill Polizos</td>
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<td><strong>October 26, 2014</strong></td>
<td>Andrea Ballard</td>
<td>Andrea Ballard, Captain George Moshos Bill Porter Jim Stoucker</td>
<td><strong>8:00am</strong></td>
<td>Pierre Tavoularis Daphne Vaccarello Maria Vargas</td>
<td>9:30am Peter Karounos, Captain Chris Christou Bill Polizos Maria Wills</td>
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ATTENTION POSTMASTER:
Please expedite. Dated material.

SUNDAY BRUNCH
ALL YOU CAN EAT! 10am-2pm
Adults $15.95, Kids 6-12 $7.95
Under 6 Free!
We take reservations for large parties!

PJ Skidoos opened in 1978 and is a Greek family owned “American restaurant” in Fairfax City. We are located west of St. Katherine Greek Orthodox Church on Rt. 50.
www.pjskidoos.com
9908 Fairfax Blvd Fairfax, VA 22030 (703)591-4515

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Wonderful value & delicious food!
Beautiful wood bar & dancefloor.
Our Greek Head Chef will cater to all tastes!

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McLean, VA 22102  nkalis@kaliscompanies.com
www.kaliscompanies.com