I AM SORRY

I WOULD LIKE TO SHARE an observation I made during my sermon today. I was preaching about the wedding banquet and, as I looked around, I thought about how many people do not act on the love that they have for their church. The wedding banquets that I have gone to have been fantastic! There has always been lots of food and great celebrations of joy for the newlyweds.

One of the biggest complaints I get is about the cost of a wedding. One bride told me, “It’s going to cost us almost $100,000 for this wedding. $65,000 for the reception, $5,000 for the pictures, $3,000 for limos, $5,000 for a dress . . . .” I asked the couple, “Aren’t you stewards of your church?” One said, “My parents are.” The other said, “My uncle is a member.” One said, “Well, you see, with spending almost $100,000, we do not really have any money for the church. I am sorry, maybe we’ll give when we are settled down in a few years.”

Well, time flew by so fast that years later they showed up with their first little bundle of joy. It was time for the baptism! “Are you stewards?” “I’m sorry. Do you know how much it costs to have a baptism?” This couple was blessed with another baby. This time they called many times for visits to the hospital and home. Thank God all went well and now they were planning a second baptism.

I asked, “Have you had the time and willingness to be stewards?” “I’m sorry. You know, we now have two kids and a dog, and need a bigger house.” They were so happy and blessed to be part of Saint Katherine Greek Orthodox Church. The kids were in Sunday School, they participated in youth activities—Greek folk dance, JOY, HOPE, Vacation Bible Camp, Summer Camp, etc. It’s too bad that after 15 years of marriage, they still say, “I am sorry. We have so many things on which we would like to spend our money. Maybe after the kids finish with college, we can be stewards.”

College came and went, and now they started over again. They had weddings to help pay for, grandchildren to baptize, retirement to think about. They were so glad they had Saint Katherine as part of their lives, their children’s lives, and their grandchildren’s lives. This story is not based on anyone I know. It is simply that, a story, but one any one of us could have.

Secularism is the great challenge before Orthodoxy today—a challenge perhaps more threatening than the historic wars waged with Islam or the dark days of militant atheism when the Church had absolutely no difficulty identifying the adversary. Unlike Islam and militant atheism, however, secularism and its progeny—relativism, materialism, and scientism—are so very seductive, discrete, alluring, entertaining, and addictive. They promise a garden of delights but often deliver despair, isolation, and confusion that lead to spiritual death. Secularism whispers in the ears of the faithful, “There is no God. Science and technology will solve all human problems. Religion has not been healthy for you. There are more pleasant ways to spend your time and energy.”

Most of those who belong to this Orthodox parish lose sight of the fact that the Church is not primarily an organization; She is first and foremost a Eucharistic community, an organism whose members receive their edifying power from Christ to grow up into Christ! Our stewardship cannot be separated from the knowledge of Christ! Our stewardship is not stewardship at all if it is not done in a Christ-like manner! True stewardship is an active life in Christ! “Let us commend ourselves and one another and our whole life to Christ our

(Continued on page 10)
CLERGY

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YAL (Young Adult League) Faye (Fotini) Anson
AS WE APPROACH THE END OF THE YEAR, it’s always important to reflect on our blessings—individually and as a community. Like all of you, I am grateful to God for all His many gifts to me personally, to my family, and also to our community. I recently entertained Orthodox visitors from another state who were overwhelmed not only by the beauty of our sanctuary, but by the impressive nature of our physical plant and, among other things, our Seniors Kentro, our schools, and the abundance and diversity of our ministries. So much so, in fact, that one of my visitors remarked, “You truly have something for everyone in this community!”

Of course, it’s always gratifying to receive a compliment, but in all humility, I think that compliment, in particular, is richly deserved. I say that knowing we are never content with the status quo and are always striving to improve our community. The reason for this is you, our parishioners! Invariably, the common denominator in any conversation about this community starts and ends with our parishioners, whose rich tradition of service makes these improvements possible and has been the standard from the earliest days of our community!

Over the years, so many of you have repeatedly and selflessly given of yourselves to make Saint Katherine the “special” place many visitors admire and even envy. Indeed, we are greatly blessed with a largely harmonious community that fulfills our lives spiritually, educationally, socially, and emotionally. A broad range of ministries affords everyone the opportunity to actively participate in the life and activities of our church. This sense of community and purpose is so prevalent that newcomers to our parish, in particular, find it easier to adopt Saint Katherine as their “home,” feeling welcome and eager to become engaged as active and involved parishioners. Indeed, I believe there is something on a divine scale at work here. Our diverse and bountiful ministries are made possible by parishioners who, in turn, are nurtured by them. It is a magnificent example of God’s hand at work, rewarding us for the investments of time and energy we willingly make to enrich our community, and through those efforts, ourselves and our families—hence, the divine continuum I mentioned above, that will nourish us spiritually and in other ways as long as we collaborate faithfully and in the best interests of our community.

Every year at this time, it is our community’s practice to recognize the contributions of individuals and organizations 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 8 at the Hilton McLean will honor two parishioners who have significantly influenced the lives of countless others in a meaningful and lasting manner. Sophia Tsangali has been an employee of our parish for over 30 years. She has given of herself lovingly to assist others in multiple ways and on occasions too numerous to count. She has built a legacy of excellence as a teacher who has educated multiple generations of our children in their faith, language, culture, and history in our Catechetical School and Hellenic Education Center Greek School. The second honoree, Nick Larigakis, has also been a stalwart supporter of our community in numerous activities for many years and currently serves as our Parish Council Vice President. He has also represented our Hellenic and Orthodox community in a much broader sense on the international stage by calling attention to the plight of the Ecumenical Patriarchate and by bringing the issues of freedom, justice, and the rule of law in Greece and Cyprus to the forefront of the world’s attention.

Our Gala Committee, co-chaired by Mallamo Mavromatakis and Maria Wills, 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 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 Sophia and Nick for the service, love, and devotion they have rendered to our community. I hope all of you will support this event by gathering with the rest of our community for this gala event as we celebrate another year of God’s grace.

Your servant in Christ,

President, Parish Council
CATECHETICAL (SUNDAY) SCHOOL

Our church’s Fall Festival is the first weekend of October, October 2-4, and there will be no Catechetical (Sunday) School on Sunday, October 4. In lieu of classes, older students will have this opportunity to volunteer to help at the festival anytime during the weekend. Please advise Mrs. Andrea Ballard at andreaballard1@verizon.net or Mr. George Moshos at gmoshos@aol.com of your availability.

SUNDAY SCHOOL

17, and May 8. On these Sundays, our youth have the opportunity to serve as ushers, choir singers, and Epistle readers. The bolded months are the months that Sunday School will provide a church duty captain. Show up no later than 9:55am.

We would like to, once again, establish a Parent Teacher Organization (PTO). We would like to enhance the events that we have planned for your children by making them more colorful and meaningful this year. We need help from parents to make this happen so please email Eleni Porter at beporter1@verizon.net or Vicki Mowery at mowerycrew@gmail.com and let us know how and when you can help.

We ask for your prayers that God bless the efforts to glorify Him through our Catechetical (Sunday) School program.

GOYA

School is in full swing and our church’s fall festival is right around the corner. All GOYAns are expected to work at least one shift at our fall festival, October 2-4. Remember, if we didn’t have our church, we wouldn’t have GOYA. Please contact volunteer coordinator Andrea Ballard at andreaballard1@verizon.net or 703-250-5419 to sign up for your shift of choice.

The results of the September 27 GOYA elections will be printed in next month’s DOXA. In the meantime, you can find out who is on the board by visiting the GOYA page of our church’s website. The board will be sworn in on Sunday, November 1, following liturgy.

Three GOYAns are needed to help with Youth Church Duty Sunday on October 25. A Catechetical (Sunday) School student will be captain and Epistle reader. Don’t forget to try out Sunday School, if you are not already a student. Learn about your faith and make new friends.

There are two tournaments this month: Saint George, October 17-18 and Saint Sophia, October 24-25. Contact your coaches if you are interested in participating.

Girls’ basketball practice is on Thursdays, 6:30pm-8:00pm. This month, the dates are October 8, 15, 22, and 29. Boys’ basketball practices days and times had not been determined by this DOXA’s deadline.

If you would like to receive GOYA emails, please send your email address to GOYA_St_Katherine@msn.com. If you have any questions regarding GOYA, please contact Presv. Pauline Pavlakos (GOYA_St_Katherine@msn.com or 703-239-2627) or Maria Wills (mwills28@verizon.net or 703-948-7950).

All GOYAns must submit a completed health/registration form (available on the GOYA web page) and $30 dues. You can turn these in to Presv. Pauline or Mrs. Maria Wills. Alternatively, you can put them in the GOYA mailbox (no cash in the mailbox, please).

HOPE

The HOPE Ministry is an opportunity for children (ages 7 and under) to meet, socialize, and interact with one another. The special events for 2015-2016 include Lego Fun at Saint Katherine on Saturday, October 17, 3:30pm-5:30pm in Founders’ Hall; Movie Afternoon on Saturday, January 23 (time to be determined) at Tysons Corner, 7850 Tysons Corner Center, McLean 22102; and Playground and Popsicle Time on Saturday, April 9 (time to be determined) at Van Dyck Park, 3720 Old Lee Highway, Fairfax, 22030. If you would like to be added to the HOPE email distribution list, please email HOPE_St_Katherine@yahoo.com.

HOPE Book Drive. Let’s donate to Books for America! The HOPE ministry of Saint Katherine is asking HOPE families to take part in a book drive by donating new and gently used children’s books at the first HOPE event on Saturday, October 17. Please clean out your closets and bookshelves and help Books for America, a non-profit organization that promotes literacy to disadvantaged communities, find new homes for your books! Thank you in advance!
HELLENIC EDUCATION CENTER

THE 2015-2016 YEAR of the Hellenic Education Center (HEC) is off to a great start. Teachers and students alike are excited! Paideia Preschool, Greek School, and Community Education are all part of HEC.

**Paideia Bilingual Preschool.** Paideia Preschool offers a loving and safe environment, an enriching and challenging curriculum that prepares students two to five years old for their next developmental level, and enhances their moral and spiritual growth. The different programs (half-day, full-day, 3-days/week or 5-days/week) are open to all families who wish to enrich their children’s education by introducing them to the Greek language, Hellenic culture and the Greek Orthodox faith. Paideia aims to help the child develop an appreciation for learning. Our goals are to promote the physical, emotional, cognitive, and spiritual development of our children. We encourage the unique growth of each child using a Greek/English bilingual curriculum through music, fun, and play.

**Greek School.** Greek School’s mission is to educate the children of our community and beyond consistent with the principles and tenets of our Holy Orthodox faith. Saint Katherine offers the highest quality education to our community of nursery and pre-school students, students from K-12, as well as their parents who seek a broad range of Hellenic and bi-lingual language skills combined with beginning knowledge of history and culture. Students in the Greek School will benefit from the school’s small classes and individualized instruction they receive. It is our goal that all students successfully achieve competency in Greek as measured by the NY State Regency Exam in Modern Greek (The Archdiocese Exam in Modern Greek). Advanced students will also have the opportunity to pass the annual Ellinomathiea Examination in Modern Greek.

**Community Education.** The Hellenic Education Center is multi-faceted in teaching the Greek language and introducing Hellenism to our broader community. Short courses/seminars in subjects such as Ecclesiastical Greek, Byzantine Chanting, and Introduction to Greek Language and Customs will be offered. Several lectures were presented last year and more are coming this year. The first one is scheduled for Thursday, November 12, 7:00pm-8:30pm. Mark the date on your calendar and plan on joining us.

Please visit the Hellenic Education Center’s website (www.stkhec.org) or contact the director, Presvytera Eleni Alexopoulou (ealexopoulou@stkchurch.com or 703-671-7715), for more information. Registration forms for Paideia Preschool and Greek School are available on the site. It’s not too late to enroll!

BOOK REVIEW

**Gregory McKinney**

Orthodox Christianity Volume I: The History and Canonical Structure of the Orthodox Church by Hilarion Alfeyev. Publisher: St Vladimir’s Seminary Press (February 4, 2011). Kindle Edition.

IN THE 15TH AND 16TH CENTURIES, Byzantium weakened and fell, its native Orthodox Christians becoming second-class citizens among the Muslim Turks. To the north, Russian nobility and churchmen began to see Russia as the rightful successor to the Christian empire. In 1510, the Russian elder Philoteus wrote to Grand Duke Basil III, proclaiming, “Two Romes have fallen. The third stands. And there will not be a fourth. No one will replace your Christian Tsardom!” Heirs of the Empire, heirs of Constantine and Justinian, Moscow as the New Rome—these ideas appear as undercurrents in Metropolitan Hilarion’s book and in many of the public pronouncements of the resurgent Russian Church. It’s important to understand how the Russian Church sees itself, as they will have a tremendous impact on the outcomes and effects of the 2016 Synod.

This book is a broad overview of the history, theology and great saints of Orthodoxy as it flowed into Russia through the conversion of the Rus by Saints. Cyril and Methodius to the rebuilding of Moscow’s Cathedral of Christ the Savior, the original having been destroyed by Stalin to become Moscow’s municipal swimming pool. One of the book’s more enjoyable features are mini-biographies of important figures in Russian church history. Their literary writings are sampled frequently, reminding us of the riches to be found through their words.

The Metropolitan also lays out the canonical structure of the Orthodox Patriarchates and churches over time down to the present. In doing so, he makes frequent mention of the perceived slights, indignities, and downright interference the Russian church has frequently received from both the Popes in old Rome and the Ecumenical Patriarchates of Constantinople.

Beginning in the middle of the twelfth century, the metropolitans bore the title “of Kiev and all Rus’.” At the same time, most of the Kiev metropolitans of this period were Greeks, and they could not always orient themselves in the complex vicissitudes of Russian political and ecclesiastical life. In those cases where a Russian did become metropolitan on the initiative of the prince, Constantinople, as a rule, protested vehemently. The troubles caused by the difficult relations with Constantinople, however, did not hinder the subsequent consolidation of Orthodoxy in Rus’ … (2891)

His brief remarks on ecclesiology seem to promote the preeminence and ultimate infallibility of a local church against Councils or the unifying role of a Pope or Ecu-(Continued on page 10)
«ΑΣ ΚΟΙΝΩΝΕ έως πέρα τους λαούς πώς ερμηνεύονται και σήμερα από ανώτερα ιδανικά. Ας κοινώνουμε πώς και πώς η βία και η ύλη συναπτίζονται για να υποδουλώσουμε την ανθρωπότητα.

Με ένα ηρωικό όμως «ΌΧΙ» αποδοκιμάζουμε κάθε ύπουλο εχθρό, ο οποίος υποσκάπτει της πατρίδας τα θεμέλια. Με ένα «ΌΧΙ», βγαλμένο από τα βάθη της καρδιάς μας, προαστιξόμαστα τα Ελληνοχριστιανικά ιδεώδη της πατρίδας και βρονιάζουμε στην ψυχή μας την πίστη των ηρώων του έτους του 1940. Γι’ αυτό προσφέρουμε αυτή τη θέση ΝΙΚΗ για να φεγγοβολέμε ανάμεσα στους λαούς με μια λάμψη χωρίς δύση, «Αυτή η δόξα λέγεται Ελλάδα», που τόσο και σήμερα δεινοπαθεί με διαφορετικό, όπως γνωρίζουμε, τρόπο!

Εννοούμε μ’ αυτή την έκφραση ότι τα ανώτερα ιδανικά που έχει η φυλή μας, η Ελλάδα, που άλλοι λαοί τα αποτινάζουν, όπως την πίστη μας, την ευσέβεια, την ελπίδα στο Θεό, την ευλάβεια και την εθική, την συνείδηση, τις οικογενειακές συνειδήσεις, τον σεβασμό, την πίστη, την θρησκεία, την αγάπη...και τόσα άλλα, οφείλουμε να τα θεμελιώσουμε. Να τα θεμελιώσουμε βαθιά στην ψυχή μας. Να τα αναπτύξουμε και να τα κρατήσουμε σαν θησαυρό για τον εαυτό μας και για την πατρίδα μας, γιατί χωρίς αυτά ελευθερία, μεγαλείο και δόξα της πατρίδας δεν υπάρχει. Αν αναπτύξουμε την πατρίδα μας και θέλουμε την διατήρηση της δόξας της, οφείλουμε να τη σεβαστούμε όλοι μας, μικροί και μεγάλοι, να ασφαλίσουμε τα μεγάλα πατρίδας δεν υπάρχει. Αν αγαπάμε την πατρίδα μας και θησαυρούμε τον εαυτό μας και την πατρίδα μας, να τα θεμελιώσουμε βαθιά στην ψυχή μας, αγάπη...και τόσα άλλα.

Σοφία Δ. Τσαγκάλη

ALL AROUND THE TOWN

Joanna Bose

WHY RELIGIOUS ART IS FASCINATING

IF ONE SPENDS ANY TIME IN AN ART GALLERY, one is likely to see works inspired by religious subjects. Our National Gallery of Art (NGA) has a wonderful collection of older Byzantine works with depictions of Biblical scenes. However, interspersed throughout the galleries are works by famous artists particularly from Western Europe, whose skills are applied to religious scenes. What one has to keep in mind when looking at any given painter’s work, however, is that the subject matter will be treated in accordance with changes in religious preferences that were taking place at that time. Sometimes, religious subjects were not even allowed due to reformation or changing beliefs and practices, and so mythology replaced this genre.

In the late 15th century a Dutch painter called Joachim Wtewael, whose works are being shown at the NGA, painted some very interesting religious-inspired works, some of them very small on copper plates, some bigger; all of them done with a keen attention to detail. Wtewael was a wealthy merchant from Utrecht who had travelled to Italy and seen the Mannerist style that was becoming popular around 1590.

The influence of Mannerism can be seen very clearly in a painting like Judith and the head of Holofernes. What distinguishes this movement is the following aspects: facial contortions; skin coloring off-hue, often, as in this case, greenish; anatomy that’s rotated; spacial dimensions that are not rational. So, we see Judith, with a greenish skin, looking upwards in a pose of victory as she holds the head of the general who sought to harm the Israelites. She looks calm in her victory pose, but she looks like an amazon—with a huge man-like neck and a defiant expression as she cradles the sword of Holofernes, firmly establishing her dominance. She has seduced the General and killed him.

What we know from reading scriptures and thinking about them can never be as fantastic as what we can see painted by these incredible artists. And the best part of it is that it embeds itself in your memory so that the next time you hear the names “Judith and Holofernes”, you have an indelible image that’s right there and very vivid.

Another wonderful if tiny painting, done in oil on a copper plate, is called Supper at Emmaus depicting the moment when the resurrected but incognito Jesus reveals Himself to two of His disciples, Luke and Cleopas. The story goes that Jesus fell in with them as they walked towards Emmaus and heard them speaking about the betrayal and crucifixion of Jesus. And their astonishment at the news of the resurrection. He reproaches them for their
REGISTRY

Weddings
Stella Doris Michel
and
Joshua Paul Serian (September 5)
Koumbara: Melissa Michel Jones

Joanna Flossos
and
Edward P. Solomon (September 5)
Koumbaroi: Peter J. and Nicky Stathis

Eva Maria Theodosiadis
and
Jared David Valliere (September 27)
Koumbara: Amanda Hammell

Congratulations!

Baptisms
Alexander Konstantinos (August 22)
son of Steven and Sofia Haley
Godparent: Elizabeth Kosmetatos

Zoe (August 22)
daughter of Vasili and Danielle Koubaroulis
Godparent: Joyce Anna Koubaroulis

Isaac Matthew (August 30)
son of Konstantinos and Jennie Lynn Pontikis
Godparent: Mihalis Pontikis

Jonathan Anthony (September 13)
son of Jonathan and Anastasia Betty Publicover
Godparent: Chrisovalantou Brown

Peter (September 13)
son of Peter and Brooke Demetriou
Godparents: Lambros and Maria Demetriou

Baptisms (cont’d.)
Kristin (September 13)
daughter of Jack and Kathy Davis
Godparent: Ely Mouchahoir

Elena Sophia (September 20)
Daughter of Patrick and Anna Harenburg
Godparent: Varvara Psaras

Congratulations!

Chrismations
Sam Abdellas (July 22)
son of Osman and Ascalu Abdellas
Sponsor: George Moshos

Alessia Giikas (August 8)
daughter of Serafim and Maria Giikas
Sponsor: Mary Giikas

Matthew Mowery (August 23)
son of William and Nancy Mowery
Sponsor: Bill Porter

Romanos Rommie Epp Catlett, III (September 6)
son of Rommie Epp and Christine Catlett
Sponsor: A. J. Michael Vasilos

Congratulations!

Funerals
George P. Vouras (August 27)
Commander John Salop (August 31)
Demetrios “James” Kalaris (September 4)
James Thomas (September 15)

May their memory be eternal.

ADULT BIBLE STUDIES BEGAN SEPTEMBER 20 | BIBLICAL RESPONSES TO THE PROBLEM OF EVIL AND SUFFERING
Using colorful PowerPoint slide presentations we will discuss how Scripture informs our Orthodox faith and traditions. With a special emphasis on the books of Genesis and Job in the Old Testament and the Gospels and the Book of Revelation in the New Testament, we will discuss Christian understandings and responses to the problem of evil and suffering in the world. We will explore this topic in light of the meaning and significance of salvation found in Jesus Christ. What is the nature of evil? Why do the righteous suffer? How does our faith speak to the fact of innocent suffering? These are timeless and profound questions that, while difficult and challenging, can also help us to gain wisdom and deepen our Orthodox faith. Classes will be held in the lower level of the new hall from 9:00am to 10:00am each Sunday. Questions? Contact Bill Polizos (571-434 7790 or polizos@att.com). All are welcome! It’s never too late to join us.
Dear Saint Katherine Parishioners,

Among the most important things we do for our departed loved ones is honor their memory with our traditional Memorial Service. In an effort to more effectively meet your needs during these special occasions, we have engaged the support of our Saint Katherine Ladies Philoptochos Society to assist you with sponsoring your Memorial Service Coffee Hour.

As you and your guests gather in the Meletis Charuhas Center after the Memorial Service, relax in knowing that our Ladies Philoptochos can provide traditional koulourakia and paximadia (200 pieces combined) along with coffee service through your sponsorship for a donation of $175. Additional koulourakia and paximadia are available. Of course, you have the option to bring in your own baked goods. In this case, a donation of $120 is requested for coffee service, set-up, and cleaning fees.

In order to ensure that your Memorial Service Coffee Hour request will be fulfilled, please contact Mary Varlas (703-965-4161) or Eleni Kanakos (703-969-8364) within 72 hours prior to occasion. Donations should be made directly to Saint Katherine.

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**PAIDEIA PRESCHOOL PRESENTS**

**Family Fun Night**

Saturday, October 24, 2015

5 - 10 PM * Costume Party

Tickets: Adults: $35, Children: $10

A and under: Free

All proceeds benefit the Hellenic Education Center

Buy Tickets Online: DCGreeks.com

Contact: aleanafermanis@dcgreeks.com or 703-238-6991

St. Katherine’s Greek Orthodox Church | 3142 Glen Carlyn Rd. Falls Church, VA

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**AHEPA #438 CHRISTMAS ORNAMENT**

The Peter N. Derzis AHEPA Chapter #438 is proud to announce our 8th Annual Community Christmas Ornament. These collectable ornaments continue to grow in popularity from year to year and this year’s ornament is no exception. Our multi-layered Evzone Snowman is sure to be a favorite with young and old alike! It is a perfect ornament for the Christmas season and unquestionably the most whimsical in our series of collectable ornaments to date, and one we trust you’ll want to add to your collection and give as gifts to friends and family alike. Your children and grandchildren will cherish it!

These high quality ornaments are manufactured by the same firm that creates the famous White House Christmas ornaments. The decorative boxed packaging makes them ideal for gift giving...they are the perfect stocking stuffer. The ornaments will be available for purchase beginning in October at our Fall Festival. The cost remains at $20 each with proceeds supporting our AHEPA Charities such as Vacation Bible Camp, Hellenic Education Center, Church Missions, and College Scholarships. Please support our chapter’s charitable endeavors on behalf of our community with your purchase of these highly collectable and sought-after ornaments. Place your orders by contacting us at either antovi@verizon.net or jstoucker@verizon.net, or by calling 703-671-1515, 703-671-7225, or 703-929-6110.

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**Saint Katherine Ladies Philoptochos**

upcoming bake sale dates:

**Thanksgiving**
Sunday, November 22, 2015

**Christmas & New Year**
Sunday, December 13, 2015
Sunday, December 20, 2015

**Easter**
Sunday, April 17, 2016
Sunday, April 24, 2016

For more information, please email LPbakesale@yahoo.com or call Mary Varlas, 703-965-4161
<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
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| 4 2nd Sunday of Luke  
9:00am Orthros and Catechetical School  
10:00am Divine Liturgy  
**Fall Festival**  
11:00am-9:00pm | 5 | 6 Apostle Thomas  
9:30am Orthros  
10:30am Divine Liturgy  
5pm Conversational Grk  
5:00pm Adult Beg. Greek  
6:00pm Grk Folk Dance | 7 | 8 | 9 | 10  
9:30am Greek School  
5:00pm Adult Conversational Greek  
6:30pm GOYA Girls’ Basketball  
7:00pm Adult Int. Greek |
| 11 7th Ecumenical Council  
9:00am Orthros and Catechetical School  
9:00am Single Parents Mtg.  
10:00am Divine Liturgy  
11:30am DOP  
6:00pm Adult Greek Dance | 12 Columbus Day  
(Office Closed) | 13 | 14  
12pm Deadline for November DOXA | 15 | 16 | 17  
5:00pm Greek School  
5:00pm Adult Conversational Greek  
6:30pm GOYA Girls’ Basketball  
7:00pm Adult Int. Greek  
8:00pm HEC Basketball |
| 18 Saint Luke  
9:00am Orthros and Catechetical School  
10:00am Divine Liturgy  
11:30am Philoptochos  
6:00pm Adult Greek Dance | 19 | 20 | 21 | 22 | 23  
3:00pm GMU OCF  
5pm Conversational Grk  
5:00pm Adult Beg. Greek  
6:00pm Grk Folk Dance  
7:30pm Missions  
8:00pm AHEPA | 24 | 25 6th Sunday of Luke  
9:00am Orthros and Catechetical School  
10:00am Divine Liturgy  
Food Pantry Collection  
6:00pm Adult Greek Dance | 26 Saint Demetrios  
9:30am Orthros  
10:30am Divine Liturgy | 27 | 28  
OXI Day  
8:00pm HEC Basketball | 29 | 30 | 31  
5:00pm Greek School  
5:00pm Adult Conversational Greek  
9:30am Greek School |

*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
PHILOPTOCHOS (by Eleni Kanakos, President)

MY SINCEREST THANKS TO OUR LADIES AND ALL THE VOLUNTEERS in our community who will volunteer at our festival, October 2-4. Because of your efforts, our festivals continue to be successful.

Please note the following upcoming events:
- Oct 18 Philoptochos Meeting, 11:30am
- Oct 25 Agape Tea at Saint George Church, 2pm-4pm
- Nov 12 Seniors’ Thanksgiving Luncheon, 12:00pm
- Nov 22 1st Annual Thanksgiving Bake Sale, 11:30am

Philoptochos Meeting. Our next Philoptochos meeting is on Sunday, October 18, following the Liturgy. It will be held in the board room. I hope that everyone can attend.

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.

Seniors’ Thanksgiving 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 (703-256-5531) or me (703-938-8360).

Thanksgiving Bake Sale. Please contact Mary Varlas (L衷心希望你们在你们的社区中能够共同参与我们的节日，十月2-4日。因为你们的努力，我们的节日继续取得成功。

请注意以下即将举行的活动：
- 十月18日 Philoptochos 集会，上午11:30
- 十月25日 圣乔治教堂的Agape茶会，下午2:00-4:00
- 十一月12日 长者感恩节午宴，下午12:00
- 十一月22日 第一届感恩节烘焙义卖，上午11:30

Philoptochos 集会。我们下次的Philoptochos 集会将在周日，十月18日举行，之后举行感恩节。它将在董事会房间举行。我希望每个人都能出席。

对于没有寄送贡献的人，请尽快寄送。一如既往，我感谢你们的支持。

长者感恩节午宴。午宴将在Meletis Charuhas Hall举行，时间是下午12:00-3:00。欢迎所有人。如需预订，请联系 coordi-

谢谢你！

下一个集会将在周日，十月11日举行，在董事会房间马上举行。

BOOKSTORE

PICTURE EXHIBIT (Continued from page 6, Around the Town)

The exhibit ends on October 4th, but I'm hoping to encourage you to see it if you can.

BOOKSTORE

PLEASE VISIT OUR CHURCH BOOKSTORE after liturgy. We carry a wide assortment of Orthodox books, icons, and other items to enrich your spiritual life. Saint Katherine Bookstore is an outreach ministry of Saint Katherine Church. We try to be open most Sundays after liturgy. If you need to visit the bookstore during the week, please contact the church secretary, Ms. Sophia Tsangali, at 703-671-1515. We thank you for your support of our ministry.

BOOKSTORE

(Continued from page 5, Book Review)

views and Moscow’s desire to reassert itself as New Rome against the slights of the past could present interesting challenges to Synodal discussions next year.

Hilarion Alfeyev is at present the Metropolitan of Volokolamsk in the Russian Orthodox Church, the chairman of its Department of External Church Relations and a permanent member of the Holy Synod of the Patriarchate of Moscow.

(Continued from page 6, Around the Town)

skepticism, but agrees to dine with them. When Jesus breaks the bread, their eyes are opened. In this moment of recognition, the gestures of their hands and surprise on their faces is captured; but it is the vanishing face of Jesus Himself that’s the true gem: He looks as if He’s disappear-

Wtewael uses the right materials—the oil paint reflects the light off the copper plate underneath. So you get a luminous, clear painting!

This exhibit ends on October 4th, but I’m hoping to encourage you to see it if you can!
Monumental Missions Walk 2015. As the October issue of DOXA goes to print, we are making the final plans for our Monumental Mission Walk on September 19. Our next issue will include a full report and pictures from the Walk. We also heard that five seminarians from our Holy Cross Greek Orthodox School of Theology will travel to Washington to participate in the Walk!!

Update from Guatemala. Jesse Brandow is one of the OCMC’s full-time missionaries serving in Guatemala. Last September, Saint Katherine hosted Jesse for a weekend. We send a monthly monetary contribution to help Jesse’s ministry. Below is his latest report:

Our medical clinic opened on August 20th in Aguacate, Guatemala, through funding from Metropolitan Athenagoras of Mexico and One World One Community. We hosted our first full medical mission team, which included doctors, nurses, and more (picture above). They treated 434 patients!

A second clinic is under construction in Nueva Concepcion, on the Pacific Coast. During August we hosted another mission team that focused on construction for this future clinic and on visiting the parishes in this area.

Other signs of hope are visible in Guatemala. On the Pacific Coast, we blessed a new church building. In the mountainous areas the youth are strongly engaged, with a talented youth choir in Aguacate and a Christian music band in the Kanjobal Mayan group.

If you would like to make a donation to the Orthodox medical clinics in Guatemala, make your check payable to Saint Katherine and write “Guatemala” on the memo line.

Food Pantry Collection, October 25. “I was hungry and you gave me food . . .” (Matthew 25:35). Our next food pantry collection will be Sunday, October 25. Our blue cloth bags will be distributed after liturgy on the prior two Sundays. Please use the blue cloth bags to bring the food to the church. (Do not use paper bags since they frequently tear.) Donations can include: canned fruit, soup, canned pasta, cereal/cereal bars, peanut butter, rice, spaghetti/pasta sauce, chili, canned tomatoes, tuna, canned vegetables, and macaroni and cheese. Please leave the bags in the foyer of our community center. We will deliver them to the shelter that day. Please be generous—there is a great need in our surrounding community. Get the children involved. What a wonderful way to teach our children to help the less fortunate!

OCAMPR Annual Meeting, November 5-7. The Orthodox Christian Association of Medicine, Psychology and Religion (OCAMPR) will hold its annual meeting at Holy Cross Greek Orthodox School of Theology, November 5-7. The main topic will be Caregivers as Confessors and Healers. We are pleased to announce that the main speaker will be Rev. Stavros Kofinas, D.Min., Coordinator of the Network of the Ecumenical Patriarchate for Pastoral Health Care. For more details and instructions on how to sign up, please go to their website—OCAMPR.org. Our own Dr. Demakis has been on the governing board of OCAMPR since its inception.

OCMC Benefit Dinner, May 8, 2016. Saints Peter and Paul Antiochian Orthodox Church, in Bethesda will host the next OCMC Benefit Dinner, on Sunday, May 8. Please keep the date open. More details to follow as they become available.

Next meeting, October 13. The next meeting will be held on Tuesday, October 13, 7:30pm, in the board room.

HOMELESS SHELTER

Cooking and Serving Schedule. We are putting together the Fall schedule to serve dinner at Bailey’s Crossroads Homeless Shelter as the DOXA goes to press. Please see next month’s DOXA for details. If your organization would like to serve dinner at the shelter, please contact Dr. John Demakis at demakis9931@gmail.com.

Clothing Collection. “I was naked and you clothed me…” (Matthew 25:36). We continue to collect new and used clothing and unopened toiletries for the Shelter. Although it is still summer, they are collecting warm clothing, coats, scarves, gloves, etc. They will store them for this winter. There is always a need for adult shoes (new and used in good condition) of every kind for men and women. Please give what you can. Bring your items to our community center and we will deliver to the shelter once a week. Thanks to all who have contributed in the past. Thanks also to members of our Missions and Outreach Committee who volunteer to take the items to the shelter weekly.

Hygiene and Survival Kits. We will again put together hygiene and survival kits for the shelter. Each church organization has been asked to contribute 1-2 items for the kits, which are given to the homeless when the shelter is filled and they cannot be accommodated. In that case, the shelter tries to send them to a community hall for the night. The items are due on Sunday, November 22. The kits will be assembled by the Catechetical (Sunday) School students and GOYAns on Sunday, December 13.
WOMEN’S BOOK CLUB
HAVE YOU EVER WONDERED how the Holy Spirit is present in your life? Have you thought about what happens to us after death? Do you know why Saint Catherine Monastery in Egypt is unique? The next book we read gives us insight to these questions and many more. The author’s style is a blend of conversation and travelogue that is engaging and easy to read. Difficult concepts are presented in clear and concise language so we can easily understand them. The club will meet every two weeks beginning October 7, 10:15am-12:00pm at Saint Katherine. Please join us and invite a friend to come along.

The title of the book is Inner River: A Pilgrimage to the Heart of Christian Spirituality by Kyriacos C. Markides. Copies of this book are available in the Saint Katherine Bookstore. If you have any questions, please contact Despina Raizes (2draizes@gmail.com). Please send Despina an email if you plan to attend the first meeting so she can send you the reading assignment and discussion questions.

AMERICAN PSYCHOLOGICAL ASSOCIATION: HELP FOR GRIEF
COPING WITH THE LOSS of a close friend or family member may be one of the hardest challenges that many of us face. When we lose a spouse, sibling or parent our grief can be particularly intense. Loss is understood as a natural part of life, but we can still be overcome by shock and confusion, leading to prolonged periods of sadness or depression. The sadness typically diminishes in intensity as time passes, but grieving is an important process in order to overcome these feelings and continue to embrace the time you had with your loved one.

Everyone reacts differently to death and employs personal coping mechanisms for grief. Research shows that most people can recover from loss on their own through the passage of time if they have social support and healthy habits. It may take months or a year to come to terms with a loss. There is no “normal” time period for someone to grieve. Don’t expect to pass through phases of grief either, as new research suggests that most people do not go through stages as progressive steps.

If your relationship with the deceased was difficult, this will also add another dimension to the grieving process. It may take some time and thought before you are able to look back on the relationship and adjust to the loss.

Human beings are naturally resilient, considering most of us can endure loss and then continue on with our own lives. But some people may struggle with grief for longer periods of time and feel unable to carry out daily activities. Those with severe grief may be experiencing complicated grief. These individuals could benefit from the help of a psychologist or another licensed mental health professional with a specialization in grief.

MOVING ON WITH LIFE
Mourning the loss of a close friend or relative takes time, but research tells us that it can also be the catalyst for a renewed sense of meaning that offers purpose and direction to life.

Grieving individuals may find it useful to use some strategies to help come to terms with loss. Please see the next issue of DOXA for this information.

This Help Center article was adapted from a March 2011 post by Katherine C. Nordal, PhD on APA’s Your Mind Your Body Blog.

OCTOBER CHURCH DUTY ROSTER

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<td>Dr. Jerry Rich, Captain</td>
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<td>Kelly Alexis</td>
<td>Jim Stoucker</td>
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<td>Dr. John Demakis</td>
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<td>Chris Christou</td>
<td>Maria Vargas</td>
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<td>D. Vaccarello, Captain</td>
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<td>George Moshos</td>
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<th>October 25, 2015</th>
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<tr>
<td>Peter Karounos, Captain</td>
<td>Youth Church Duty Day</td>
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<tr>
<td>Dr. John Demakis</td>
<td>(GOYA and Sunday School Volunteers)</td>
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<tr>
<td>Nick Larigakis</td>
<td>Mary Varlas</td>
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If you have not yet submitted your 2015 pledge, please complete the stewardship form on the next page and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.
(Continued from page 13)

PETER N. DERZIS AHEPA CHAPTER 438 is proud to announce the addition to the AHEPA 438 tradition of supporting Saint Katherine in Nicholas Church at Ground Zero in New York City. All of this is awarded to local high school seniors, and the rebuilding of Saint rine Vacation Bible Camp, church missions, college scholarships (winsomealan@aol.com or 703-888-7666). $100). Tickets may be ordered by contacting Alan White November 22 at the incredible price of only $20 per ticket (6 for ber 22. Gift certificates, in excess of $1,000, are redeemable at Met-First Annual Restaurant Raffle with prizes to be awarded on Novem-able at Coffee Hour.

All proceeds from this raffle will be used to support AHEPA chari-

PETER N. DERZIS AHEPA CHAPTER 438 is proud to announce the First Annual Restaurant Raffle with prizes to be awarded on November 22. Gift certificates, in excess of $1,000, are redeemable at Metropolitan DC area restaurants serving the finest in both Greek and American Cuisine.

Tickets are being sold following the liturgy every Sunday through November 22 at the incredible price of only $20 per ticket (6 for $100). Tickets may be ordered by contacting Alan White (winsomealan@aol.com or 703-888-7666).

All proceeds from this raffle will be used to support AHEPA charities both locally and throughout the world. These include Saint Kathereine Vacation Bible Camp, church missions, college scholarships awarded to local high school seniors, and the rebuilding of Saint Nicholas Church at Ground Zero in New York City. All of this is in addition to the AHEPA 438 tradition of supporting Saint Katherine in all of its fundraising efforts.

The Chapter is most grateful to all participating restaurants for their generosity in making this raffle possible. A list of participating restaur-

AHEPA 438 GREEK CUISINE RAFFLE

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The Chapter is most grateful to all participating restaurants for their generosity in making this raffle possible. A list of participating restaurants will be available every Sunday on the large poster at the AHEPA table at Coffee Hour.
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