OCTOBER 1 IS THE SUNDAY dedicated to recognizing Orthodox Church musicians throughout the Archdiocese. The patron saint of Church musicians is Saint Romanos the Melodist. He wrote over one thousand hymns used in Church today for the various feasts.

On behalf of all of us, I thank Protosalti Jim Loizou, Choir Director Nick Kyrus, the chanters, and the choir members for offering their talents during the liturgical services of the Church. Their contributions enhance our worship and ensure that the glorious treasures of our hymnography continue to edify us and future generations.

Saint Gregory of Sinai, speaking of music in the Church, said, “Psalmody has been given to us that we may rise from the sensory to the intellectual and true.” Sacred music is uplifting, and there is a decided transforming power in it. It is grounded in matter—since all sounds proceed from vibrations of something material—yet the effect is uplifting beyond the sensory to a higher plane. And because music always requires the element of time, it is by nature an event. It is dynamic rather than fixed, a flowing movement rather than a “still life.” More than any other art, then, it carries the possibility of change, of transformation. In the case of genuinely spiritual music, it can elevate from the sensory to the sublime. As usual, Saint John Chrysostom expressed it best, “Nothing uplifts the soul so much and gives it wings and liberates it from the earth and releases it from the fetters of the body and makes it aspire after wisdom and deride all the cares of this life as the melody of unison and rhythm possessing sacred songs.” Music, then, by its very nature has power to uplift and transform the human heart. It is most natural to employ song when one desires to refresh and “recreate” the soul. This recreation occurs most certainly and most deeply when one’s sole aim in singing is to glorify God.

The Christian practice of worship included sacred music from the very beginning. At the Lord’s Supper, when Our Lord Jesus Christ instituted the Mystery of His precious Body and Blood, He and His disciples sang a hymn before they departed to the Mount of Olives (Matthew 26:30; Mark 14:26). And Saint Paul, writing to the “faithful saints” in Ephesus, advised, “Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with all your heart” (Ephesians 5:18-19).

The early Christians simply continued the Judaic heritage of chanting psalms, gradually adding new hymns which were specifically Christian in content. The notion that sacred music developed only after the age of the early Church persecutions is quite erroneous. In fact, it was through psalms and hymns that the intense band of the faithful expressed their strength and joy in the Risen Lord during those long years of persecution. When the Church finally did emerge from that difficult era, Her music continued and flourished as before.

All sorts of theories have been advanced to explain the origin of music in human culture. One thing is certain—throughout recorded history until only recently, music was

(Continued on page 13)
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Greek Orthodox Metropolis of New Jersey
Saint Katherine Greek Orthodox Church
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3149 Glen Carlyn Road
Falls Church, VA 22041
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Journey to Orthodoxy James Jatras jim@globalstrategicpr.com
Women’s Book Club Despina Raizes 703-216-8176 2draizes@gmail.com

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Greek Dance Aris and Anna Yortzidis, Instructors 757-218-6991 greekdancedc@gmail.com
Greek School Auxiliary TBD
Paideia TBD
Hellenic Education Center Greek School and Paideia Preschool 703-671-7715 http://www.stkhec.org
HOPE (ages 7 and under) Doris Mentis, Coordinator doris@alumni.virginia.edu
JOY (ages 8-12) Vaitis Bousbouras, Coordinator vsbousbouras@yahoo.com
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YAL (Young Adult League) Faye (Totini) Anson fanson38@yahoo.com
I WANT TO TAKE A MOMENT to reflect on a number of upcoming events that are important to all of us as we head into the “homestretch” and preparation for the many activities that lay ahead in the remaining months of the year. This is something of an “odds and ends” article, so transition from paragraph to paragraph may be a bit abrupt. While the topics are diverse, they are nonetheless meaningful and worthy of your attention.

Cooler weather means our Fall Festival is right around the corner and will take place October 6–8. Please make time to volunteer your services to your community as we reach out to our local community in sharing our heritage and love of our Church, not to mention our excellent culinary offerings. The fruit of our labors help sustain our Church and its many ministries and everyone’s participation is essential to our success and always welcome. Join us, won’t you?

Our Capital Campaign has officially begun as we seek input and comment from you, our parishioners regarding the vision we propose for our parish. Many have already provided such input in their interviews with Jerry Minetos from the Office of Parish Development. Those interviews will continue in late October and we urge everyone who desires to call the Church Office to make an appointment to have your voice heard on this vital task regarding the future of our parish.

I read a compelling sermon recently by Fr. Luke Veronis about mission work entitled, “The Universe is our Parish.” While the title certainly gets your attention, it also speaks volumes for the task Christ gave us all to “…go therefore and make disciples of all nations.” The first sentence of Fr. Veronis’ article provides the key to developing an understanding of our Church’s mission work: 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.’” We are truly blessed to subscribe to the more expansive view of the “parish” as evidenced by a vibrant missions and outreach ministry with so many committed members. Fr. Costas and a team of our parishioners accompanying him will depart later this month on our community’s mission trip to Kenya in support of Bishop Neofitos and his ministries in Africa. All of us rejoice in their efforts and extend our prayers for their safe travels and success.

As you might imagine, our Hellenic Education Center is abuzz with activity. We have 42 children in our Paideia Bilingual Preschool program and our Greek School has 150 students of all ages. Our children are well served and we all owe our teachers a tremendous debt of gratitude for the love and devotion they exhibit continually as they educate the future generations of our community. We are also diligently working toward realizing our long held ambition of establishing our Kindergarten program in September 2018 and I’m pleased to report there is much cause for optimism with several families having committed already. Stay tuned for further developments.

As we enter the last quarter of the year, please let me remind those of you who have yet to do so, to fulfill your stewardship pledges. As Stewards, we affirm that every aspect of our lives comes as a gift from God. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed. Our Church depends on the generous donations of its stewards to continue our liturgical and ministerial operations. If you have yet to make your stewardship donation, please take this opportunity to prayerfully and humbly consider your gift to our Church and God will truly multiply your gift accordingly. As is so often the case, Saint John Chrysostom again provides meaningful words of wisdom: “A rich man is not one who has much, but one who gives much. For what he gives away remains his forever.”

Finally, our community’s Annual Gala at the Hilton McLean on Sunday, November 19 provides us the opportunity to gather and reflect on our multiple blessings while honoring valued servants to our community. As many of you already know, this year we are honored to call attention to the extraordinary examples of service set by Presvytera Pauline Pavlakos and the Peter N. Derzis AHEPA Chapter 438. We owe much to both of these honorees for their humility and their exemplary service to our community. Presvytera Pauline’s tireless efforts – often behind the scenes – with multiple ministries have been inspirational. For generations, the Derzis AHEPA Chapter has also served our community promoting their benevolence, philanthropy, and the ideals of Hellenism. Our Gala Committee, co-chaired by Nick Larigakis and Maria Wills, is working diligently to put together an outstanding event that I

(Continued on page 13)
WE ARE VERY BLESSED HERE at Saint Katherine to have such a variety of ministries, groups, and organizations and I encourage our youth to be involved as much as possible! Our church family is a family that will be with us for the rest of our lives. It is a family that is united by faith and nurtured through relationships, shared experiences, and common interests. The more we give of ourselves, the more we interact with, and the more we participate in our church, the stronger these relationships become and the more we grow in likeness to God.

I recently read a quote that said “No man is an island.” So many times, unfortunately, we can be tempted into feeling this way—that we are alone. The truth is, however, that we aren’t and never can be even though we can feel like it. We are all connected in Christ to each other, to the church, to the world, to our families, to our friends, and to our neighbors. Even if they aren’t Christian they are still God’s children. So, we aren’t an island because we are part of something much greater and bigger. At the same time, we have to be open to new experiences and meeting new people! We have to get out of our comfort zone sometimes. It is in these times that we learn, grow, and create positive memories and connections with others.

GOYA

ALL SAINT KATHERINE YOUTH 7th through 12th grades are encouraged to join GOYA! It doesn’t matter if you like basketball or not because there are many other activities! All that is required is a good attitude, a completed Health and Registration Form (found on the Saint Katherine website), and an annual GOYA registration fee of $30 (made out to Saint Katherine GOYA).

OCTOBER GOYA CALENDAR (subject to change)

Tues, 10/3, 17 & 24, 6:30-8pm: Bible Study/Fellowship
Wed, 10/4, 11, 18 & 25, 6:30pm-8pm: Boys B-ball
Thurs, 10/5, 12, 19 & 26, 6:30-8pm: Girls B-ball
Fri-Sun, 10/6-10/8: Saint Katherine Greek Festival
Sat-Sun, 10/14-10/15: Richmond GOYA Lock-In
Sat, 10/21: Service Saturday - AFAC Garden Gleaning
Sun, 10/22: Youth Church Duty/GOYA Meeting
Sat-Sun, 10/28-29: Saint Sophia Basketball Tournament

YOUNG ADULTS

OUR YOUNG ADULT MINISTRY is for young adults, young professionals, college grads, new transplants, etc. in their 20s and 30s! We have some very exciting ideas and developments for our ministry this year! Among many other creative ideas, we will be hosting a monthly Fellowship and Forum Night for us to get together, share ideas, and discuss our faith. As a ministry of Christ and His Church we will also be participating in a Service Saturday, one Saturday a month, where we volunteer and reach out to our local community.

OCTOBER YOUNG ADULT CALENDAR

Mon, 10/2, 9, 16, 23 & 30, 8:00pm: YAL Basketball Fri-Sun, 10/6-10/8: Saint Katherine Greek Festival
Mon, 10/9, 7:30pm: Defteri Deftera Sandwich Making
Thurs, 10/12, 6:30pm-8pm: Young Adult Fellowship Forum
Thurs, 10/19: Young Professional Happy Hour hosted by DC Greeks
Sat, 10/21: Service Saturday—AFAC Farm Gleaning

MOMS, POPS & TOTS | HOPE | JOY

HERE AT SAINT KATHERINE we also have ministries for youth who aren’t of GOYA age! I strongly encourage these youngsters, and all of our youth, to register and attend Sunday School. This is the best way for our youth and parents to be involved, learn, and establish relationships! Please join us for a trip to the Pumpkin Playground on Saturday, October 21, 3:00pm, at Burke Nursery and Garden Center, 9401 Burke Road, Burke, VA 22015. For parents who would like to be more involved, please contact me or Irene Sakkas (irenesakkas@gmail.com) for Moms, Pops, and Tots (40 days to 4 years), Doris Mentis (doris@alumni.virginia.edu) for HOPE (7 years and younger), and/or Vaita Bousbouras (vsbousbouras@yahoo.com) for JOY (ages 8-12).

For all youth and young adult concerns, please email Nick Junes at njunes@stkchurch.com

FROM THE YOUTH OFFICE (Contact Nick Junes, njunes@stkchurch.com)

ALTAR BOYS GROUP 1
Joseph Pashiardis, Captain
October 8 and 22
Demetrios Bousbouras, Alex Chelpon, Andrew Chelpon, Alex Philip Maldonado, Denwood Parrish, Edward Parrish, Alexander Pekarsky, George Pekarsky, George Rader, JD Toof, Paul Toof, Stefano Toof, George Valases, and Mihail Ziu.

ALTAR BOYS GROUP 2
Teddy Stathopoulos, Captain
October 1, 15, 29
Drew Hickson, Jake Hickson, Themis Karounos, Christopher Nitis, Peter Pappas, Leon Porter, Niko Porter, Aminadob Seyum, Demetra Solomon, Lukas Solomos, Peter Stathis, Stefano Stathis, and Michael Zuppas.
Paideia. The Paideia summer program (July 3-August 25, 2017) was a great success with 35 children enrolled! Where did Ulysses travel? Who were the Sirens? Where is Ithaki? The travels and choices we make in life start really young at Paideia Bilingual program! Other topics included the shadow theater (Karagiozis) summer fruits and healthy eating habits, the sea creatures, the Feast day of Panagias, and fun literacy activities which gave them the skills to expand their vocabulary in Greek and English. Catering to the individual needs of each one of our students, our staff provides excellent care to our children coming from diverse backgrounds.

We would like to thank Ms. Elsa Papageorgiou, Ms. Jenny Lang, Ms. Sophia Alpos, Ms. Alexandra Sourila, Ms. Ioanna Avgousti, Ms. Christina Giannoukos, Ms. Vasiliki Adamis, Ms. Amal Shalabi, Ms. Evangelia Dimitropoulou, Ms. Genny Makris, and last, but not least, our music teacher Ms. Aphrodite Mitsopoulou for their commitment and dedication and for offering a nurturing and enriching environment for the children of our community.

Needless to say, the Paideia program and all the Greek language programs wouldn’t have been successful without the unconditional love of our community of Saint Katherine. Thank you!

A friendly reminder that Paideia Preschool enrolls students, ages 2-5, from September through June. For more information on the program or an open house date, please contact the HEC director (ealexopoulou@stkchurch.com or 703-671-7715).

Greek School. Greek School registration is open for the 2017-2018 school year. Classes started September 8/9 for the Friday/Saturday sessions and Tuesday, September 12 for Conversational. We would like to thank our teachers for enriching the instruction with meaningful activities, diversifying the curriculum, and introducing technology in the classroom to advance the students speaking, reading and writing skills in a fun way! We welcome new students! Please find the form in our website at www.stkhec.org. For more information on the program or an open house date, please contact the HEC director (703-671-7715 or ealexopoulou@stkchurch.com).

Adult Language Classes. There are three classes offered for the teaching of the Greek language: Tuesdays 5:00pm-7:00pm, Thursdays 7:00pm-9:00pm, and Fridays 5:00pm-7:00pm. Classes started September 12 and 14. For more information on the program or an open house date, please contact the HEC director (ealexopoulou@stkchurch.com or 703-671-77145).

Please note that you must be stewards of Saint Katherine to qualify for the lower steward tuition rates. Existing stewards must renew their stewardship in order to qualify for the lower rates.

Καλή Σχολική χρονιά!
Of course, the faithful try to harmonize their conscience with the phronema of the Church, in order to grow into 'the measure of the stature of the fullness of Christ' (Eph.4:13), yet this effort remains unfulfilled until the end of our lives. That is why, strictly speaking, the Orthodox faithful — and especially the theologian — are never entitled to call upon their conscience as the final criterion of truth... - Archbishop Stylianos of Australia

We live in a culture that at once embraces and denies death. If you don’t agree, allow Vigen Guroian to explain:

Death’s grip on life has deep roots and profound consequences involving much more than just the end of our physical existence. In the absence of faith, death gains strength and destructive power over life. It weighs us down with the suspicion that love and communion with others may not be real and that life might not be worth living. Death makes its home in the very midst of life like the rot that spoils fruit (p.22).

Guroian makes his case with a remarkable breadth of analysis. He scrutinizes news items and death gurus like Jack Kevorkian and on to C.S. Lewis, Dostoevsky, W.H. Auden, Tolstoy, and the Church’s prayers. His conclusions are full of light and promise - Through the Church and our life in Christ, we can rise above the scum of both pop theology and rabid secularism:

...death in Jesus Christ is a spiral that breaks free from the natural [nature’s-Ed.] cycle of birth, death and rebirth. The lowest point of the spiral is death. But then the line curves upward beyond earthly life into eternal life. Christ gave death this upward curve by recapitulating our living and dying and then adding something else – a new creation (p. 51).

His eye for the insidious infiltration of secularism into modern Christian life is as keen as either Fr. Alexander Schmemann or Pope Emeritus Benedict XVI. Guroian challenges us to rethink what passes for 21st century wisdom and reclaim Christ’s ministry:

Christ left the church with a command to imitate and fulfill his mission of healing spirit and flesh. The church is called to convert the world not for its own sake but for the sake of all whom the Father wants as sons and daughters (p. 105).

(Continued on page 13)
Baptisms
Zoe (September 23)
daughter of Alexa and Jessica Taousakis
Godparent: Marion Taousakis

Liam Kosta (September 23)
son of William D. and Alma D. Katsikes
Godparent: Michael John Katsikes

Chrismation
Gina Chante Griffith
daughter of James A. Griffith and
Jacqueline Williams-Lohr
Sponsor: Sophia Tsangali

Congratulations!

Funerals
Peter Kappatos (June 26)
George Giannakopoulos (July 21 in Athens, Greece)
Martin Gardner (August 3)
Louis Courambis (August 4)

May their memory be eternal.

Weddings
Olga Novikova
and
Paul Glenn Stefanou (September 3)
at Saint Nicholas, Troy, Michigan

Pauline Anastasia Parasidis
and
Jason Edward Ruck (September 9)
Koumbara: Margaret (Rita) Parasidis

Genevieve Johanna Makris
and
John Ryland Garnett (September 16)
in Halkidiki, Greece

Maria E. Sidote
and
Brett Taylor Carlson (September 23)
Koumbaroi: John and Anastasia Ashikis

Diana Carolina Saenz-Ruiz
and
George Trifonas (September 30)
Koumbaroi: Demetra C. Sarantis and
Konstantinos Christakis

Congratulations!

REGISTRY

You are cordially invited to join us at our Annual Dinner Gala
in celebration of our parish and honoring
Presvytera Pauline Pavlakos
and
Peter N. Derzis AHEPA Chapter 438
Hilton McLean Tysons Corner
7920 Jones Branch Drive, McLean, VA 22102

Sunday, November 19, 2017
6:00pm Silent Auction and Reception, 7:00pm Dinner
Music by Golden Flame

Dinner Gala Committee
Nick Larigakis, Chair  Maria Wills, Co-Chair
Mark Cherpes  Jim Stoucker
Maria Vargas

DINNER JOURNAL ADVERTISEMENT CATEGORIES
$1,000 .................. Back Cover
$750 .................. Inside Front
$500 .................. Inside Back
$150 ............... Full Page
$100 ............... Half Page

We encourage camera-ready art or a PDF with all fonts embedded.
Electronic or scanned art should be a minimum of 300 dpi.
We will typeset your ad if you provide us with copy.
Please email your camera-ready ad or ad copy to:
jstoucker@stkchurch.com
Deadline for camera-ready art is October 27.
FESTIVAL VOLUNTEERS NEEDED!

The Saint Katherine Fall Festival will be held October 6, 7, 8 and we need your help to make it a success. Visit http://signup.com/XWgrBST to sign up. If you have any questions or problems, email andreaballard1@verizon.net.

Thank you!

FALL 2017
October 6, 7, and 8
11am to 9pm daily

Adult Bible Studies | Sundays , 9:00am

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

This Year’s Topic: Christ is the Fulfillment of Scripture

Using colorful PowerPoint slide presentations, we will discuss how Scripture informs our Orthodox faith and Tradition.

What is the Bible? Who wrote it? What do we mean when we say it is the inspired word of God? How does this book from an ancient world speak to, and have relevance for, us today? What role did it play in the development of Orthodox Tradition? This year we will study and compare stories, writings, and characters of the Old and New Testaments to discover how they relate to each other. More specifically, we will seek to learn what the Old Testament tells us about the coming of Christ and therefore how the Old and New unite to express salvation history. Using the Book of Hebrews and other New Testament writings as a framework, we will examine how Christ fulfills the hopes, promises, and prefigurations found in the Old Testament and how this is relevant today to our Orthodox beliefs and to our salvation.

Classes are held every Sunday from 9:00am-10:00am on the lower level of the new hall. For questions, please contact Bill Polizos at 571-216-4077 or polizos@att.com.
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<th>Sunday</th>
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<td>24 5pm Adult Beg. I Greek</td>
<td>25 6:30pm GOYA Boys’ Basketball Practice</td>
<td>26 Saint Demetrios 9:30am Orthros 10:30am Divine Liturgy</td>
<td>27 5:00pm Greek School 5pm Adult Conv. Greek</td>
<td>28 OXI Day 9:30am Greek School</td>
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<td>9:00am Orthros and Catechetical School</td>
<td>8:00pm YAL B-Ball</td>
<td>6:30pm Greek Dance K-8</td>
<td>7:30pm Parish Council 8pm HEC Parents B-ball</td>
<td>9:30am Orthros 10:30am Divine Liturgy</td>
<td>Deadline for Gala Journal Art</td>
<td>St. Sophia Tournament through Sunday</td>
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<td>10:00am Divine Liturgy Youth Church Duty</td>
<td>7pm Adult Beg. II Greek</td>
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<td>7:30pm Parish Council 8pm HEC Parents B-ball</td>
<td>6:30pm GOYA Girls’ Basketball Practice</td>
<td>Choir Conference, Saint Demetrios, Perth Amboy, NJ</td>
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<td>12:00pm GOYA 6pm Adult Grk Flk Dance</td>
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<td>7:30pm Adult Int. Greek</td>
<td>7:00pm Adult Int. Greek</td>
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<td>Kenya Mission Trip</td>
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<td>8pm HEC Parents B-ball</td>
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<td>Kenya Mission Trip</td>
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<td>29 7th Sunday of Luke</td>
<td>30 7:30pm Sons’ B-ball</td>
<td>31 5pm Adult Beg. I Greek</td>
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<td>9:00am Orthros and Catechetical School</td>
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<td>7pm Adult Beg. II Greek</td>
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<td>Choir Conference, Saint Demetrios, Perth Amboy, NJ</td>
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<td>10:00am Divine Liturgy Food Pantry Collection Power of Prayer Presentation</td>
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<td>6pm Adult Grk Flk Dance</td>
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<td>Choir Conference, Saint Demetrios, Perth Amboy, NJ thru Sunday</td>
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Please check the online calendar, http://saint-katherines.org/calendar, for the most current information.
PHILOPTOCHOS (Mary Varlas, President)
WELCOME BACK! Our new ecclesiastical calendar began on September 1 and we have a lot going on already. First, and foremost, my heartfelt thanks to all our parishioners for the donations we have received to benefit the victims of tropical storm Harvey. As our year progresses, we will continuously raise awareness within our church about all the projects to which the Philoptochos Society donates. In the month of October, our focus will be Breast Cancer Awareness. We will accept donations for this cause during the coffee hour every Sunday. If you prefer to mail in your donation, please forward it to Saint Katherine Ladies Philoptochos, 3149 Glen Carlyn Road, Falls Church, VA 22041. Checks should be made payable to Saint Katherine Ladies Philoptochos, with “Cancer Awareness” noted on the memo line. In addition, this is a reminder to our Ladies Philoptochos of Saint Katherine that the renewal notice for the 2017 Stewardship was just mailed out. We look forward to receiving your stewardship.

I’m happy to announce that the Ladies Philoptochos has a social media presence on Facebook. Please take a moment to LIKE our page, Saint Katherine Ladies Philoptochos. You will find all our events and invitations to join our campaigns along with pictures of recent events and activities. Our calendar of events including all bake sale dates is listed on our church’s website, www.saintkatherines.org, under Community Announcements on the home page.

SAVE THE DATE
**Sunday, October 15.** Philoptochos meeting after Liturgy in the boardroom.

**Sunday, October 22.** AGAPE Tea at Saints Peter and Paul Greek Orthodox Church, 920 W. 7th Street, Frederick, MD 21701 from 2:00pm–4:00pm.

**Thursday, November 9.** Seniors’ Thanksgiving Luncheon at 12:00pm.

**Saturday, November 11.** Children’s Medical Foundation Luncheon—reception at 11:00am, luncheon at 12:00pm, The Venetian, Garfield, NJ. For reservations, please call Mary Varlas, 703-965-4161.

**Sunday, November 19.** Thanksgiving Bake Sale after Liturgy.

**Sunday, November 19.** Saint Katherine Annual Dinner Dance at McLean Hilton honoring our very own Presvytera Pauline Hayes Pavlakos and AHEPA Chapter 438.

DAUGHTERS OF PENELlope (Barbara Koltos, President)
THANK YOU SO MUCH for the outpouring of support for the victims of Hurricane Harvey. We have collected over $2,500! DOP Grand President Eva Jean Fomalont has requested each chapter to donate $250. We were able to do that and send money to the Red Cross, Samaritan’s Purse, and the IOCC. I was also so pleasantly surprised by the amount of food we had for our first meeting—thank you so much!

Our DOP Grand President set the theme for this year as *The Power of We* and challenges us to focus on growth, retention, and unity throughout the AHEPA family. Helle Chapter is going to work hard to meet that challenge. We are partnering with AHEPA in hosting a very special event on October 29 immediately after liturgy. *Turning Stress into Strength through the Jesus Prayer* will be presented by Dean Chelpon LCSW. With over 25 years of experience, Dean has worked extensively with adolescents, adults, couples, and families to help them feel more empowered and vital in their lives. This is a Saint Katherine community event and we invite everyone to attend this seminar. Refreshments will be served.

Please remember that we are collecting jackets and hoodies for children and adults through Sunday, October 29, that will be delivered to Homestretch and Secord Story in Fairfax County. An electronic signup has been created at this link—http://bit.ly/KeepWarm2017. If you prefer to make a monetary donation, please make check payable to DOP-Helle 283 and mail to Karen Polizos, 903 Holly Creek Drive, Great Falls, VA 22066.

November is DOP Founders’ month and Helle Chapter is coordinating this year’s luncheon with our local Sister Chapters on Saturday, November 18, at Alfo’s Restaurant. Our next meeting is October 1, 2017 after liturgy. Please join us.
Kenya Mission Trip. “We’re going to Kenya!” Fr. Costa announced in his inspiring article on the front page of September’s DOXA. In his wonderful article, Fr. Costa outlines the Mission to Kenya and how it was conceived. As Christians, we have been told repeatedly that God works in mysterious ways! Indeed he does! As the article unfolds and we read about Saint Katherine’s connection to Kenya and how it came about, the generosity and support of our community for this far away country and far away people, we cannot help but be reminded of God’s Will that is directing all of us there. As Bishop Neofitos said in his letter, “They [the people] want the church’s name to be changed to Saint Katherine!” Remember, the Church was originally going to be named Saint Mary of Egypt. They decided to change it! The team is making the final preparations and we depart on October 13, 2017. As Fr. Costa mentioned in his article, there are still many needs for the church in Kenya. If you would like to make a tax-deductible donation, please make your check payable to Saint Katherine Missions and write “Kenya” on the memo line. Please continue to pray for us and may God Bless you and your families.

Return of Our Project Mexico Mission Team. Below is the report from our team leader to Project Mexico, Bill Porter:

Greetings Church Family!!! What a rewarding and productive time we had at Project Mexico this year. Our team of 8 worked efficiently and smoothly with our Orthodox brothers and sisters from around the country, building a home for a needy family in Rosarito, Mexico within 4 days!! Due to a change in design and supplies this year, we were able to build a bigger and better home for a family of six! As always, after the House Blessing and the presentation of the keys to the mother, she cried for joy! The appreciation she and her children shared with the team was a blessing that all of us should have an opportunity to experience. It was also a joy to interact with the boys at St. Innocent’s Orphanage and to reconnect with ones that have grown since our first meeting them in 2014. Additionally, we all made new friends that we continue to keep in touch with throughout the year. We are gearing up for plans for next year, as reservations for a work week in 2018 will be established by this October. We hope to get a team of at least 15 for next summer!! Please let me know if you are interested. I can be contacted at 703-901-2404 or weporter1@fcps.edu. You will be glad you went.

Orthodox Christian Mission Center. There are 17 missionary families in-field, including couples and two missionary families on education leave. There are still 2017 mission teams going into the field: October 7 and November 29 Kenya and November 10 Guatemala medical team.

The OCMC board will honor one of our own, a philanthropist family, Mr. and Mrs. Nicozisis of Boca Raton, FL, and Lancaster, PA on Feb 10, 2018, to coincide with the OCMC Spring board meeting. The Fundraising Gala will highlight the OCMC mission program and raise money for missionaries and their funding projects. Everyone is invited to attend and assist in fundraising for this gala.

Orthodox Christian Association of Medicine, Psychology and Religion (OCAMPR) Conference. The OCAMPR Annual Conference will be held November 2-4 at the Ukrainian Village in Somerset, New Jersey. The topic is Resiliency: Body, Mind and Spirit. The key note speaker will be Metropolitan Isaiah of the Denver Diocese. Further information is available on their website, ocampr.org.

Culmore Clinic. The Culmore Clinic is located in Columbia Baptist Church, down the block from Saint Katherine, at 3245 Glen Carly Road. It is an interfaith clinic treating all patients without regard to ability to pay. Saint Katherine is a founding member of the Clinic. They had been open only on Thursdays, but have recently expanded to Tuesdays as well. Fr. Costa is on their Advisory Board and Dr. John Demakis is on their Executive Committee. Upcoming events include;

Open House. Thursday October 19, 9:00am-3:00pm.
All are welcome to attend.

Culmore Clinic Fundraiser. Dine out at the Original Pancake House, 7395 Lee Highway, Falls Church, VA 22042, All day, Thursday, October 26. 15% of all proceeds go to the Culmore Clinic.

Food Pantry. Our Fall food pantry collection will occur on Sunday, October 29. Blue cloth bags will be distributed in church on the two preceding Sundays, October 15 and 22. Please bring bags of food to the foyer of our community center. Please use the cloth bags, as paper and plastic bags often tear. Thank you.

 BAILEY’S CROSSROADS HOMELESS SHELTER

Saint Katherine continues to be a strong supporter of the homeless shelter. Please read below for information.

Feeding Schedule. Members of Saint Katherine go to the shelter monthly to serve dinner. Our last serving was on Tuesday, September 12. Thank you to Pantelis Firippis who cooked the food. Eight members of Saint Katherine served the dinner. Members of YAL go there once a month and deliver sandwiches. If you would like to participate, email Dr. John Demakis at demakis9931@gmail.com.

Clothing Needs. We collect clothing for the shelter every week. New or clean used clothes, and unopened toilettries, should be brought to the Foyer of our Community Shelter. They are delivered every Sunday after Liturgy.

Other Needs. The Saint Katherine website has a list of other needs of the clinic. Please check the list and give whatever you can.

Hygiene and Survival Kits. We again will be collecting hygiene and survival items for 300 kits. Each church organization has been asked to contribute to these kits. In the winter, when the shelter does not have enough beds to take in all those who need shelter, they send them to local auditoriums and give them these kits. These kits are a tremendous help to the homeless.
AHEPA CHAPTER #438
CHRISTMAS ORNAMENT

THE PETER N. DERZIS AHEPA CHAPTER #438 is proud to announce availability of our Tenth Annual Community Christmas Ornament—Evzone Nutcracker. These collectible ornaments continue to grow in popularity from year to year and this year’s ornament is no exception! The Evzone Nutcracker is the perfect ornament for the Christmas season 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 are available for purchase beginning in June at our Fall Festival. Cost remains $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. Please contact us at 703-671-7225 or antovi@verizon.net to place your orders. Thank you.

NATIONAL CHURCH MUSIC SUNDAY

On Sunday, October 1, we celebrate National Church Music Sunday. It is a day set aside, across our Archdiocese, to commemorate the dedicated and talented women and men in our congregations who provide music for our liturgical services throughout the year.

lord, have mercy.

The ministry of music is an essential part of our religious life. Through our hymns, we worship the Lord, our God. We give thanks, we ask for blessings, we renew our faith, and we express the joy of Orthodox Christian fellowship. Those who contribute to our music program deserve our thanks for a job well done. When you see any of these people, please tell them how much you appreciate their gift to our parish.
not an independent art form but connected to some other activity—religious ceremony, military and court functions, drama, dancing, courting and wedding rites, and even work. The word “music” is derived from the Greek mousike, the art of the muse, which in ancient Greece referred to a combination of poetry, acting, dancing, and musical sounds. Apparently music throughout most of history was an association art, yet in that association it was an essential ingredient for heightening or intensifying the activity.

I remember my days in our seminary where many of us struggled to learn the Byzantine chant. The ochto (8) echos denotes a certain octave species. Its intervallic structure as well as a set of more or less explicitly formulated melodic rules and formulae, represent a certain category of melodies within the musical genre. As such, echos is the basis for composing or improvising new melodies that belong to it, as well as for properly performing existing pieces that have been written in it. These rules include the distinction of a hierarchy of degrees (tones, notes) where certain degrees figure as cadence notes (ἑστώτες) around which the melody will revolve prominently or on which the melody will end most of the time.

I hope that the hymns inspire all of us to sing with the choir and the psaltides for we are not to be spectators of the Divine Liturgy, but participants in the worship service and for the Glory of Our Lord.

As you sing psalms, hymns, and spiritual songs among yourselves, you are singing and making melody to the Lord in your hearts (Ephesians 5:19).

I will hear you in Church,

Fr. Costa.

Do you want to make a difference in the lives of vulnerable families around the world? Join our IOCC team at the Baltimore Running Festival on October 21, 2017 and help raise money for those in need in places like Syria, Greece, Ethiopia, the U.S. Gulf Coast, and the state of Florida. For the past five years at the Baltimore Running Festival, IOCC’s team has included a wide range of participants, from kindergarteners to an Orthodox priest and retired grandmothers! All abilities of walkers and runners are welcome, as there is a range of participation options: a Kids’ Fun Run, 5K, Team Relay, Half Marathon, and Full Marathon. Signing up is easy at iocc.org/baltimore.

(Continued from page 1)

If we open ourselves to his words, Guroian is a sure guide. He gives one hope for “a Christian ending to our life, painless, blameless, and peaceful…”

Vigen Guroian is Professor of Religious Studies in Orthodox Christianity at the University of Virginia.
Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.

STEWARDSHIP

Showed below is a list of families and individuals who participated in the 2017 Saint Katherine Stewardship Program through August 31, 2017. Thank you for responding to the needs of our church.
Other are like a sponge—to get anything out of a sponge you must squeeze it, and squeeze it hard, because the more you squeeze a sponge, the more you get. But others are like a honeycomb which just overflows with information or any questions, please feel free to contact the instructors, Ari and Anna Yortzidis (757-218-6991 or greekdancedc@gmail.com).

SAINT KATHERINE OFFERS Greek folk dance lessons through the Byzantio Greek dance lessons program. Lessons for Grades K-8 are offered on Tuesday evenings from 6:30pm-7:30pm. Lessons for high school students and adults are held on Sundays. Please visit www.byzantio.org for more information. For more information or any questions, please feel free to contact the instructors, Ari and Anna Yortzidis (757-218-6991 or greekdancedc@gmail.com).

Check out our shelf of books on women in the Church. We have special volumes on the history of and prospects for the female diaconate, along with women saints.

(Continued from page 14)

Givers can be divided into three types: the flint, the sponge, and the honeycomb. Some givers are like a piece of flint, which to get anything out of it you must hammer it, and even then you only get chips and sparks. Other are like a sponge—to get anything out of a sponge you must squeeze it, and squeeze it hard, because the more you squeeze a sponge, the more you get. But others are like a honeycomb which just overflows with its own sweetness. That is how God gives to us, and it is how we should give in turn. ~ Anonymous
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