**PEARL OF THE CARIBBEAN**

**Cuba has been the forbidden fruit** for us Americans for over 50 years. It is a beautiful country, with beautiful people, filled with history and music, and alive with culture and faith.

The Orthodox Church of Saint Nicholas of Myra stands as a beacon to our faith. Many call it the “miracle church,” as it is the only church ever built by the current Cuban government.

During my recent visit to Cuba, I found not only a city full of life, but a church expressing the life of Orthodoxy to international visitors and locals alike. The people are joyous to be Orthodox Christians. They are proud to be the Cuban Orthodox in the Greek Orthodox Church of Saint Nicholas.

I was a little worried because I do not speak much Spanish. I was surprised that it was the Greek language that I used the most. You see, the deacon and the psalti at Saint Nicholas are fluent in Greek. Saint Nicholas has a Greek School so that they can learn to chant the church hymns in the Greek language.

The purpose of my mission trip to Cuba was to see what, if we go on a group mission trip to Cuba, we could offer them. The Cuban Orthodox would be so grateful to share some fellowship. They would teach us the joy of our faith, more than we would teach them. Their needs are materialistic: icons, incense, books, and any type of information written in Spanish regarding Orthodoxy. I truly hope that, in the future, Cuba will be part of our missionary work.

This year, November will be a very special month of celebration. We will celebrate the feast day of our patron saint and come together to offer Thanksgiving for all of God’s blessings—especially the blessing of having such a great community. Personally, I feel that as Christians we do not always celebrate all the joys of having the fellowship of the Holy Spirit. Our community is so very alive in our Orthodox faith and tradition. I pray that all of you, young and old, will make plans to be participants of all the November events that will take place.

May our New Ecclesiastical Year be a joyous journey, uniting ourselves and one another to Christ Our Lord.

Kali Chronia.

In Christ,

Fr. Costa.
Greek Orthodox Archdiocese of America
Greek Orthodox Metropolis of New Jersey
Saint Katherine Greek Orthodox Church

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Falls Church, VA 22041
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Greek Dance  Aris and Anna Yortzidis, Instructors  greekdancedc@gmail.com
Greek School Auxiliary  Elena Lagos, President  703-241-1176  pedakia@aol.com
HOPE (ages 7 and under)  Toula Christou, Director  703-533-0055  tmchristou@yahoo.com
JOY (ages 8-12)  Tina Papamichael, Director  703-536-4711  athena02@verizon.net
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Missions and Outreach  Dr. John Demakis, Chairman  703-319-1610  demakis9931@gmail.com
Parish Committees, List of  http://saint-katherines.org/about_us/parish-committees
Philoptochos  Eleni Kanakos, President  703-938-8360  ekanakos@aol.com
SafeWays eScrip  Elvira Garnett, Coordinator  703-425-3675  villa45@hotmail.com
Website  Presv. Pauline Pavlakos, Webmaster  703-239-2627  przpauline@stkchurch.com
YAL (Young Adult League)  TBD
NEW BEGINNINGS

SEPTEMBER IS A CURIOUS MONTH that marks not only the beginning of the final season of the year, but also heralds a number of other new beginnings in our community. Among the most significant such new beginnings are the Ecclesiastical New Year, the start of schools everywhere, and the first full year of operation of our Hellenic Education Center.

As many of you know, a considerable effort has gone into the planning and preparation for the coming school year and we are pleased to announce that Ms. Eleni Alexopoulos has begun what we anticipate will be a long and productive tenure as our new HEC Director. She looks forward to meeting all members of our community as she assumes her role as the Director of our educational programs. I also wish to acknowledge the singular efforts of our Board of Education, whose dedication, vision, and tireless efforts over many months are wholly responsible for the multiple noteworthy improvements parents and students alike will benefit from in the coming year. As but one recent example of the devotion and dedication of this group, two Board members—both on vacation in Greece—set their alarm clocks to wake up at 2:00am to participate in a meeting of the Board of Education by video teleconference! I am truly humbled and grateful for such remarkable dedication and I’m sure all of you join me in commending this extraordinary commitment to our community’s educational programs! Although their work is far from finished, the Board of Education’s contributions have been invaluable to our community and I take great pleasure in commending the efforts of distinguished educators Dr. Aris Christou and Dr. Fay Mpras, as well as the other equally talented and committed members of the Board including Tony Alexis, Chris Christou, and Iacovos Ioannou. Their efforts will result in tangible and significant improvements immediately—new textbooks, new faculty, substantial investment in technology enabling video teleconferencing, online payment of tuition, greatly enhanced communication between teachers, students, and parents as well as individual web pages for each class—and these are only a few of the many positive changes that lay ahead. Your prayers and support for our efforts on behalf of our children’s education continue to be most welcomed.

“New beginnings” also extend into the month of November with the advent of another new tradition—a month-long observance of the Feastday of Saint Katherine featuring diverse programs and events. In addition to Liturgical observances, a number of lectures and Greek film screenings are scheduled as is a visit from agents of the Hellenic Heritage Museum Oral History Program in Chicago who will come to our community to record and preserve the unique and inspirational stories of Greek immigrants and their sacrifices as they journeyed to this country. Additionally, the highly acclaimed play, Socrates Now, will be performed for our community at the Meletis Charuhas Community Center on November 23, with proceeds going to our Hellenic Education Center. A special community evening at the National Gallery of Art to view the famous exhibit Heaven and Earth: Art of Byzantium from Greek Collections will complete an impressive schedule of cultural events. The social highlight of this month-long observance will be our community dinner gala at the Hilton McLean on Sunday, November 10 and we are pleased to announce our honored guest will be His Eminence Metropolitan Evangelos of New Jersey. As the date of this gala falls on the eve of Veterans Day, we will also honor the veterans of our community for their service to our country. All in all, November is shaping up to be a memorable month and we hope you will join us for all the cultural and liturgical festivities.

Your Servant in Christ,

[Signature]

President, Parish Council
CATECHETICAL (SUNDAY) SCHOOL

Our Lord and Savior Jesus Christ said, “Let the little children come to Me, and do not forbid them; for of such is the kingdom of heaven” (Saint Matthew 19:14). Please, parents, bring your child/children regularly to both Catechetical (Sunday) School and Church. Through both experiences our children will be drawn closer to Christ and grow in Christian knowledge. One of God’s Ten Commandments is to “Keep the Sabbath Day Holy.” For us Orthodox, the Sabbath Day is Sunday. Sunday is the time for Catechetical (Sunday) School and Church.

Indeed, we are fortunate here at Saint Katherine in that our Catechetical (Sunday) School time frame allows parents to take their child/children to one of our two Divine Liturgies—the one that begins at 8:00am or the one that commences at 10:30am. This format allows parents to bring their child/children to Sunday School and worship together in Church. May we emphasize that central to the Catechetical (Sunday) School experience is the participation in one of the two Divine Liturgies. During the time that children are in Sunday School, parents can participate in either of the two classes for adults—Journey to Orthodoxy or the Bible Study.

It will truly be a joy to see all of our children back to Catechetical (Sunday) School when classes begin on September 15. Fr. Costa will pray with us that day promptly at 9:30am in the Meletis Charuhas Hall, after which we will dismiss to the downstairs classrooms. Parents may complete the registration form for their child/children on Sunday, September 8, immediately after Divine Liturgy in the hall where the coffee hour takes place or the next week during Sunday School session downstairs in the room where music instruction normally occurs. Our parents have been very responsive to our Catechetical (Sunday) School program in the past, and we are very much looking forward to another great year seeing our youth learn about our God and our Lord and Savior Jesus Christ as well as worshipping as a family in Church.

GOYA

All youth of our community, ages 13-18, are encouraged to join GOYA. GOYA has church duty on Sunday, September 15. John Nicopoulos will be the GOYA Captain and Epistle Reader. Our first meeting and elections are that same day, following Liturgy, in the board room. (In order to run for any GOYA office, the GOYAn’s family must be stewards of Saint Katherine. In order to run for President or Vice President, a GOYAn must have served on the GOYA board at least one year.)

CATECHETICAL (SUNDAY) SCHOOL CLASSROOM SCHEDULE

<table>
<thead>
<tr>
<th>Date</th>
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<tr>
<td>Sep 08</td>
<td>Registration during Coffee Hour</td>
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<td>Sep 15</td>
<td>First Day of Class</td>
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<td></td>
<td>Registration Continues</td>
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<td>Oct 06</td>
<td>No Classes (Church Festival)</td>
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<td>Dec 01</td>
<td>No Classes (Thanksgiving)</td>
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<tr>
<td>Dec 14</td>
<td>Christmas Pageant Dress Rehearsal in the Meletis Charuhas Hall, 9:30am-1:30pm</td>
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<tr>
<td>Dec 15</td>
<td>Christmas Pageant (following Divine Liturgy) in the Meletis Charuhas Hall</td>
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<td>Dec 22</td>
<td>No Classes (Christmas Break)</td>
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<td>Dec 29</td>
<td>No Classes (New Year’s Break)</td>
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<td>Jan 05</td>
<td>Classes Resume</td>
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<td>Oratorical Festival Registration Begins</td>
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<td>Feb 02</td>
<td>Godparents’ Sunday (Godparents meet their Godchild’s teacher, attend Adult Catechetical School, Worship with Godchild during Divine Liturgy)</td>
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<td></td>
<td>Oratorical Festival Registration Ends</td>
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<td>Mar 09</td>
<td>Sunday of Orthodoxy (Students bring icons)</td>
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<td>Apr 12</td>
<td>Saturday of Lazarus</td>
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<td></td>
<td>Fold palms into crosses after Divine Liturgy</td>
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<td>Apr 13</td>
<td>Palm Sunday (No Classes)</td>
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<tr>
<td>Apr 20</td>
<td>Pascha (No Classes)</td>
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<tr>
<td>May 18</td>
<td>Commencement (after second Divine Liturgy)</td>
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</tbody>
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THREE ONLINE RADIO OPTIONS

The Rudder (Liturgical Chant)
http://www.myocn.com/rudder/

The Ark (Contemporary Music from an Orthodox Perspective)
http://www.myocn.com/ark/

The Anchor (Orthodox Online Talk Radio)
http://www.myocn.com/anchor/

SAINT KATHERINE PROFESSIONAL AND BUSINESS DIRECTORY

Please consider listing your profession or business on our church website. An order form is available at http://www.saint-katherines.org/about_us/misc_forms. The cost per year is $25 for a professional listing and $100 for a business listing. All listings will be reviewed and acceptance will be determined at the discretion of the Business Directory Committee. The directory is online at http://www.saint-katherines.org/about_us/business-and-professional-directory. A printed version of the directory will be distributed annually with listing additions available quarterly.

WANTED: 2 or 3 bedroom apartment for a family of four in the Falls Church or surrounding areas. Please contact Yianni at 617-721-9471.
Dear Paideia Parents, Greek School Parents and Members of the Community,

As the new director of the Hellenic Education Center (HEC), I am honored to be a part of Saint Katherine Greek Orthodox Church and to be given the opportunity to be instrumental in implementing the vision of the community for the HEC.

As a teacher, I have enjoyed the beginning of every single school year and this coming year is no exception. The kids are a blessing and our call is to nourish them as parents and educators. We, in return, are offered a second chance to visualize the world through their eyes. As they grow (cognitively, spiritually, and emotionally), they provide us with the challenge to experience the world through inquiry—their famous phrase being “Why?” (Γιατί;) and look for answers that, most of the time, we are unable to give. This is what I am looking for this school year—to reach out to all our students and to get to know them personally.

Therefore, I would like to invite you to enroll your children in our Paideia, as well as our Greek, school program. Our well respected and experienced teachers will be here to teach them Greek—the language spoken for over 4,000 years, the language of our ancestors, and the connecting thread of many generations from the past, present, and the future. They will be here to see them advance in their learning, understand in depth the principles of the Greek culture and Orthodox faith, and be proud of their heritage.

There is this famous quotation attributed to Alexander the Great that I always keep in mind when I am around kids. He said, “I owe my life το ζειν to my parents for giving birth to me and my well being ευζειν to my teachers.”

Let’s hope that one day our students will think of us as the people who connected them to a rich culture of great history and significant contributions to the Western world, speaking one of the richest languages of the world, and provided them with the skills for a promising future.

I am here for you and the kids, so please do not hesitate to come up to talk to me, send me an email, or call me. I will be more than happy to answer any questions you might have or address any concerns.

I wish every student a fruitful and exciting school year.

Eleni Alexopoulou, Director
Saint Katherine HEC

ADULT BIBLE STUDY BEGINNS SEPTEMBER 15

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 Holy Prophets

Using colorful PowerPoint slide presentations, we will discuss how Scripture informs our Orthodox faith and traditions. This year’s Adult Bible Study sessions will focus on the Old Testament Prophets. Who were they? What did they have to say? Did they predict the future? What do they tell us about the Old Testament view of God? What do they tell us about Jesus Christ? We will start with an overview of prophecy, investigating what we can know about the Prophets themselves, their historical context, and their importance in Holy Tradition. We will explore specific books such as Isaiah, Hosea, Joel, Amos, and others to determine what they have in common as well as what makes each of them unique. Our goal will be to better understand how the Prophets, and the Bible in general, are relevant for each of us today and how they support our faith in Jesus Christ.

Classes are held every Sunday at 9:30am beginning on September 15 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!!!

QUARTERLY LOCAL FOOD DRIVE (in collaboration with Columbia Baptist Food Pantry)

Please support this mission to feed the hungry in our local community by donating canned (and other) items on Sunday, September 22. Please leave items in the foyer of the Meletis Charuhas Center, inside the plastic bins. For more information, including volunteer opportunities, please visit saint-katherines.org/assets/files/Flyers/FoodPantry.pdf or contact Rebecca Leung at RLeung96b@yahoo.com or Daphne Papa-michael at CyprusD@aol.com. (We collected 190+ pounds of food at the June 2013 drive. Thank you!)

BYZANTIO GREEK DANCE AND CULTURAL ARTS PROGRAM

Our Greek Folk Dance Program begins on Wednesday, September 11, 7:00pm. Fee: $150 for the first child, $100 each additional sibling. Please contact Aris and Anna (greekdancedc@gmail.com or 757-218-6991) for more information or to express an interest in an Adult Dance Group. Please visit http://saint-katherines.org/announcements/greek-folk-dance-lessons-at-saint-katherine for a registration form and permission slip, plus additional information.
MORE GRADUATES!

John Agnos, son of Lee and Niko Agnos, and grandson of Nickie and John Agnos, graduated from Battlefield High School and plans to attend Virginia Tech. John graduated Summa Cum Laude, with a 4.038 GPA. He played football and baseball, earning six Varsity Letters. Accomplishments included selection to the 2011 Virginia AAA All Cedar Run District and Northwest Region football teams, 2012 Perfect Game Underclass All American Baseball Team, the 2012 AAA Northwest Region Football team, the 2013 Virginia AAA All Cedar Run District, Northwest Region and State baseball teams, and the 2013 Rawlings/Perfect Game All Atlantic Region Baseball team.

Demitri Batistas, son of Theofaniy and Stephanie, graduated from The Highland School. He will attend Clemson University in the fall.

Maria Coulouris, daughter of Adamantios and Elissa, graduated from Herndon High School this year after completing her Freshman year at the American Community Schools of Athens, Greece in 2010. She will be attending Christopher Newport University pursuing a Liberal Arts degree. Maria is very active in the theater, performing in and/or supporting numerous musical and dramatic productions.

Thalia Dimopoulos, daughter of Arthur and Artemeis, graduated from J.E.B. Stuart High School in the fall, majoring in Biology.

KAI EIS ANWTERA!

Andrew John Pavlakos, assumed the position of Youth Director and Pastoral Assistant to the Proistamenos at Saints Constantine and Helen Greek Orthodox Cathedral in Richmond, Virginia on August 1, 2013. Andrew, the son of Fr. Costa and Presv. Pauline, graduated with distinction from Holy Cross Greek Orthodox School of Theology with a Master of Divinity. Andrew will marry Caroline Kouretos of Brooklyn, New York on April 27, 2014 and, when he is called, be ordained to the priesthood. We wish Andrew the best.

Peter Christopher Kalavritinos, son of Christopher and Frances, graduated from The New School of Northern Virginia. Peter is an accomplished musician who plays the guitar, bass, drums, and piano. In his junior year he was invited to audition for the Strathmore Emerging Artists program and produced an original demo album for the audition. He also attended the Fairfax County Institute for the Arts and was asked to perform solo for the final concert. Peter will attend Northern Virginia Community College in the fall.

Maria G. Kosmakos, daughter of George and Anastasia, graduated from Robinson Secondary School. Maria will attend George Mason University in the fall, majoring in psychology. Maria graduated from Saint Katherine Greek School and was an active member of GOYA, serving as Vice President for two terms. She was a member of the National Honor Society, the Future Business Leaders of America, and managed the Varsity Basketball team at her high school. Maria participated in the Service Learning Program and found personal fulfillment in helping her community. She is excited to begin this new chapter of her life at George Mason University.

Eleni Voudouris, daughter of Demetris and Katerina, graduated from Oakton High School with honors and will attend Virginia Tech starting in August 2013. Eleni was a member of the National Honors Society, Spanish Honors Society, and the Thespian Honors Society. She earned a Varsity Letter—Crew (3rd place 1V boat in State Championship). Eleni performed in Our Town and Alice in Wonderland.

EFGOCM CHOIR CONFERENCE

Saint Katherine is hosting the EFGOCM Choir Conference the weekend of October 17-20. Please stop by the Choir Table at the Coffee Hour and place an ad or welcome to our participants in our Program Book. Any questions? Please contact Katina Doulis, Conference Chairman, at 703-899-4130.
REGISTRY

Baptisms
Leo Constantine (July 7)
son of Theodore and Evangelia Pelonis
Godparent: Suzanne Bush

Elias (July 17)
son of Peter and Emilia Padiotis
Godparent: Panagiota Tsiokri

Joaquin Pavlos (August 17)
son of Reid Maximus and Andreanne Salvette
Godparent: Artemis Kapakos

Loukas (August 17)
son of Ramon and Antonia Xereas Sanchez
Godparents: Penny Xereas and Nicholas Kontos

Katie Ariel (August 18)
daughter of Jason and Emily S. Debeniotis
Godparent: Janet Ioli

Jacob Thomas (August 18)
son of Jason and Emily S. Debeniotis
Godparent: Denise Bilidas

Weddings
Christine G. Varoutsos
and
Theodore A. Yiannarakis (July 13)
Koumbaros: George N. Boosalis

Nicole Lazaris
and
Angelos N. Collins
Koumbaros: Andreas R. Lazaris (August 31)

Congratulations!

Funerals
Emanuel Kalarhakis (June 25, Lemnos, Greece)
Louis P. Cherpes (July 10)
Zeffie Andreadis (July 10)
Drita Siligi (August 9)

May their memories be eternal.

BOOK REVIEW
Gregory McKinney


As Fr. Columba reminds us in this brief examination of the Book of the Revelation, the mind of our Church Fathers shows us that Holy Scripture can be profitably read at several different levels. Reading the Apocalypse is also a book written to edify in more than one way. Written for the “ordinary Christian reader,” it is a scholar’s accessible examination of Revelation, but also clearly models for the reader the best universal practices of Bible study:

But our major objective … is to build up a framework which will help us to read [Revelation] for ourselves with some degree of genuine understanding. … In order to get behind [the] imagery, it is essential that we be familiar with certain of the prophetic works of the Old Testament … those who study it should be firmly grounded in the essentials of the Christian faith, and, in particular, in “orthodox” Christian eschatological teaching, particularly as it is to be found in the gospels and epistles of the New Testament” (pp. 3–4, 7).

In other words, to read Scripture with confidence and without being swept into error means reading it a) with an awareness of pertinent Old Testament passages, b) with the mind of Christ as revealed across the New Testament and c) inside the historical witness and teaching of His Church. Otherwise, we can fall prey to “fanatics of various persuasion” and as well as distortions made “by more sober and well-intentioned persons who are in all innocence presenting interpretations which neither serious scholarship nor “orthodox” Christian belief can support” (p. 4).

Fr. Columba therefore doesn’t begin exploring Revelation’s text until Chapter Four. Chapter One is 27 pages of “Old Testament Background.” Chapter Two, at 10 pages, is “New Testament Apocalyptic Teaching.” Then, 22 pages on the Apocalypse’s “Background, History and Structure.” After this, we have the context needed to profit from Flegg’s study of Revelation itself.

“The Letters to the Seven Churches” starts on page 63. Clearly written “to edify certain first-century Christian congregations;” Flegg suggests we should also “measure ourselves, both as individuals and communities, against all those things singled out for condemnation” (p. 82).

Many of us might want to skip the lead-up and jump directly to the juicy parts of Revelation discussed in Chapter 5, “The Time of the End.” But Fr. Columba reminds us at the outset, “We cannot expect to understand the significance of every word. Most important, it is a book which must speak spiritual messages to our hearts” (p. 83) He focuses on “the broad sweep of images and their significance” and goes on to work through John’s mysterious apocalyptic vision with a balanced tone and a minimum of drama.

As Metropolitan Kallistos says in the book’s introduction, “May Fr. Columba’s study help all of us to repeat with fresh conviction the early Christian prayer ‘Maranatha,’ ‘Our Lord, come!’” (1 Corinthians 16:22).
SAVE THE DATE!

Saint Katherine Annual Dinner Gala

Sunday, November 10, 2013
Hilton McLean Tysons Corner

in celebration of our Parish and honoring the Veterans of our Community

with Special Guest
His Eminence
Metropolitan Evangelos of New Jersey

6:00pm Silent Auction and Reception
7:00pm Dinner

Music by Apollonia

GRIEVING: SOME SUGGESTIONS TO HELP YOU THROUGH DIFFICULT TIMES
(The following suggestions to assist those who are actively grieving were developed by the Good Grief Center for Bereavement Support)

1. Don’t feel obligated to join groups if they are not for you. The grief process is highly individual. Some people prefer solitude or reflection rather than group work. Do what feels right for you.

2. Don’t neglect your own health. Grieving puts a heavy burden of stress on your body. It can disturb sleep patterns, lead to depression, weaken your immune system, and worsen medical problems that had been stable, such as high blood pressure. Take prescribed medications and get regular check-ups. If you suffer from disabling insomnia or anxiety, see your doctor. Sometimes short-term medication can be very helpful.

3. Get help for severe or persistent depression. Someone once said: “grief is not a disease but it can become one.” Grief can lead to serious depression. Consider getting professional help if you feel overwhelmed, hopeless, or helpless. Other signs of depression can include sleep impairment (too little or too much), appetite or weight change, low energy, difficulty concentrating, and feeling listless or agitated. By all means, seek professional help if you have suicidal thoughts.

4. Grief work can become complicated. Mixed emotions (positive and negative feelings), unresolved emotional turmoil, and losing someone after an argument can complicate the grieving process. Sharing these feelings with a professional therapist can help. Grief therapy need not be a long-term commitment. Even if you don’t see yourself as the kind of person who seeks therapy, this may be beneficial.

5. Anger is common in normal grieving and certainly justified when a loved one dies due to the malevolence of others. Try venting your anger in a letter. Consider channeling your anger into constructive action. Volunteer to work for causes that seek justice and prevention. Spending your energy helping someone else can help you in the process.

6. Allow time to grieve. One to two years is not a long time to allow yourself to work through grief. We need to remind ourselves that the healing process cannot be rushed; it will proceed at its own rate.

Tips 7-11 will be printed in the October 2013 DOXA.

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 María Papageorgiou for these monthly contributions.
# SEPTEMBER 2013

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<tr>
<th>Sunday</th>
<th>Monday</th>
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<th>Thursday</th>
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<tr>
<td>Ecclesiastical New Year 9:30am Orthros 10:30am Divine Liturgy</td>
<td>Labor Day (Office Closed)</td>
<td>6:00pm Greek School Meet and Greet</td>
<td>6:00pm Paideia Preschool Meet and Greet</td>
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<td>9:30am Greek School</td>
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<tr>
<td>Nativity of the Theotokos 9:30am Orthros 10:30am Divine Liturgy</td>
<td>Paidiea Classes Begin 5:00pm Greek School Tutoring Class 7:30pm Deuteri Deutera</td>
<td>Adult Greek School 6:00pm Introductory II 7:00pm Introductory I 7:00pm Missions and Outreach</td>
<td>6pm Conversational Greek 7pm Greek Folk Dance</td>
<td>Adult Greek School 6:00pm Intermediate 7:30pm Advanced</td>
<td>5:00pm Greek School</td>
<td>Exaltation of the Holy Cross 9:30am Orthros 10:30am Divine Liturgy</td>
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<td>Sunday after the Holy Cross 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy</td>
<td>5:00pm Greek School Tutoring Class</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I</td>
<td>6pm Conversational Greek 7pm Greek Folk Dance</td>
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<td>1st Sunday of Luke 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy 12:15pm Philoptochos Food Pantry Collection</td>
<td>5:00pm Greek School Tutoring Class 6:00pm DOP Pot Luck Dinner and Meeting</td>
<td>Adult Greek School 6:00pm Introductory II 7:30pm Introductory I</td>
<td>6pm Conversational Greek 7pm Greek Folk Dance 7:30pm Parish Council</td>
<td>Falling Asleep of John the Theologian 9:30am Orthros 10:30am Divine Liturgy Adult Greek School 6:00pm Intermediate 7:30pm Advanced</td>
<td>5:00pm Greek School</td>
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<td>2nd Sunday of Luke 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy</td>
<td>5:00pm Greek School Tutoring Class</td>
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Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.

FALL GREEK FESTIVAL
October 4—6
PHILOPTOCHOS (by Eleni Kanakos, President)
I WOULD LIKE TO EXTEND A WARM WELCOME to all our current and prospective members for another season of the Ladies Philoptohos. I hope that everyone enjoyed the summer break! I very much look forward to kicking-off another successful season with all of you!

Please take note of the following:
1. We will have our first meeting on Sunday, September 22, immediately following Liturgy, in the board room.
2. Our annual yard sale will take place in October. If you would like to donate any gently-used items, kindly deliver them to the church between now and October. Thank you in advance for your continued support!
3. Volunteers are needed to help with baking for the upcoming Fall Festival in October. An email will be sent with dates and times for baking.

Ladies, please don’t forget to send in your stewardship. Thanks again for all you do and I look forward to another successful year with all of you!

BOOKSTORE
Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which passes all understanding, will guard your hearts and minds through Christ Jesus (Philippians 4:6).

Saint Katherine Bookstore offers several outstanding prayer books and guides:

- **Daily Prayers for Orthodox Christians.** Contains prayers in Greek and English. Includes Morning and Evening Prayers, the six Psalms, Prayers Before Mealtime, Pre-Communion and Post-Communion Prayers, Small Compline, etc.

- **Hear Me: A Prayerbook for Orthodox Teens.** Give your teen the gift that will challenge their faith and help them on the road to making that faith their own. A topical section offers encouragement as teens face daily challenges. The Q&A section answers practical questions the youth themselves may find challenging. Offers teens direction in using the tools Christ has given us-Holy Scripture as the map, the Church and Her Traditions the compass, helping our youth find their own path toward theosis.

- **The Jesus Prayer: An Ancient Practice to Quiet the Mind and Transform the Heart by Frederica Mathewes-Green.** This spiritual jewel moves the reader beyond thoughts or feelings about God into a real and continual sense of God’s own presence. This popular Orthodox writer offers the most comprehensive book to date on the Jesus Prayer, including practical steps for adopting it in everyday life.

- **Prayer Book for Orthodox Christians.** Translated from the Greek by the Holy Transfiguration Monastery (1987). Excellent translation specially designed to adapt to the Byzantine Chant.

DAUGHTERS OF PENEOLOGY
(by Karen Polizos, President)
OUR FIRST PROJECT OF THE 2013-2014 YEAR was a backpack and calculator drive for local Fairfax County High Schools. We collected 54 backpacks and 23 calculators and received numerous monetary donations toward purchasing additional items. Thanks to everyone in the Saint Katherine community for your generosity and support.

Helle Chapter has much to celebrate! At the District Convention held in June, Helle Chapter was awarded three prestigious District honors. We received Chapter of the Year, Kathy Cavallo was named Penelope of the Year, and Jane Moore was elected Lt. Governor! We are very proud indeed!

We will hold our first monthly meeting on Monday, September 23, in the board room. A potluck dinner is planned from 6:00pm-6:45pm, with the meeting starting promptly at 7:00pm. Please bring a dish to share in celebration of our chapter’s recognition at the District Convention.

**PROMETHEAS SOCIETY EVENTS**
September 22, 6:30pm, Nostos Restaurant, 8100 Boone Blvd., Vienna, VA 22182: Fundraising event for “The Smile of the Child.” $50 per person.

October 18, 8:00pm, Saint Sophia Frosene Center, 36th St. & Mass. Ave. NW, Washington, DC 20007: God Loves Caviar (O Theos Agapaei to Haviari). Admission is free, donations accepted. Language: English, Subtitles: Greek. Movie Length: 98 minutes. Suitable for all audiences.

For more information and/or reservations, please contact Barbara Kakaes at bkakaes@aol.com or 703-319-1528.

**SAINT KATHERINE HAS EARNED $930.01 FROM THE SAFEWAY 10% GOES BACK TO SCHOOLS PROGRAM**

Remember, your purchases through September 11 will earn 10% for Saint Katherine.

All you need to do is:
- Look for this logo on products in your Safeway
- Use your Safeway card
- Buy participating products to earn money for Saint Katherine

If you have not designated your card to support Saint Katherine, please contact Elvira Garnett (703-425-3675 or villa45@hotmail.com) so that she can help you with that. Thank you for your support!
MISSIONS AND OUTREACH

Appalachian Outreach. Our “Mission in the Mountains,” led by Fr. Costa, took place in Mitchell County, North Carolina, August 22-25. They worked with FOCUS (Fellowship of Orthodox Christians United to Serve), to rehabilitate a house in an economically challenged area. A full report will appear in the next issue of DOXA.

Food Pantry Ministry. Our first collection was on Sunday, June 16, Father’s Day. We collected about 200 pounds of food. Thanks to all who donated. We plan to have a quarterly collection of food. Our next collection date is Sunday, September 22, 2013. Please bring non-perishable food or canned items to the church that day. This can include: canned fruits and vegetable, cereal, cereal bars, soup, pasta sauce, canned pasta, boxed pasta, peanut butter, rice, chili, canned tomatoes, tuna, and macaroni and cheese. Please be generous.

Monumental Mission Walk. On October 19, 2013, Orthodox Christians from around the Washington, DC metropolitan area will converge on the National Mall for the first Monumental Missions Walk. Sponsored by the Metropolitan DC Orthodox Christian Mission and Outreach Committee, the Monumental Missions Walk is a 3-mile long spiritual stroll past some of the Nation’s most important landmarks. At each designated monument along the route all participants will learn the spiritual significance of the landmark and be provided insight into the role that religion has played in the history of this great country. The Monumental Missions Walk will afford participants the unique opportunity to pause and admire these important places of reflection through the unique lens of faith. The walk will begin at the Smithsonian Metro station, under our tent.

Our Goal: In addition to providing participants with this unique opportunity to explore America’s treasured landmarks, the goal of the Monumental Missions Walk is to raise money to provide medicine to people in need. Half of proceeds raised will support the Orthodox Christians Mission Center’s (OCMC) efforts to support Orthodox mission work and to provide essential medicines as part of its ministries across the globe. The other half of proceeds will be donated to our local ministries and charities. The success of the inaugural Monumental Missions Walk will depend on the kindness and fellowship of Orthodox Christians in the Washington, DC area.

Go to: https://monumentalmissionswalk.eventbrite.com/ for more information and to register online. A registration confirmation will be emailed to you. Please print out the confirmation page and bring it with you the day of the walk. This print-out will be used for walker check-in and distribution of 2013 Monumental Missions Walk t-shirts.

We look forward to seeing you on October 19 and thank you for your support!

Clothing for the Homeless Shelter. We continue to collect clothes and toiletries for the Bailey’s Crossroad Homeless Shelter. Clothes should be new or if used, clean. Toiletries should be unopened. Leave them in the Foyer of our Community Center.

Feeding the Homeless. AHEPA will cook for and serve the homeless at Bailey’s Crossroads Homeless Shelter in September, on a soon-to-be determined date.

OCA Parish Ministry Conference. On July 10-12, 2013, Fr. Costa, Gregory McKinney, and Dr. John Demakis were honored to be invited to speak at the Orthodox Church in America (OCA) Parish Ministry Conference. They had several simultaneous tracts. We spoke at the Missions tract. Fr. Costa presented his frequent trips to Guatemala with a mission team from the DC area, Gregory presented his mission trip to Alaska with the OCMC, and John gave a presentation on what our Missions and Outreach Committee is doing. All our presentations were well received. One extra blessing was that we had a chance to hear and meet the director of FOCUS, Nick Chakos and the IOCC U.S. Operations Director, Dan Christopoulos.

Missions Meeting. Our next mission meeting will be held on Tuesday, September 10, 7:00pm, in the Board Room.

2013 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 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 2013, 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: __________________________

_______________________________

_____________________________
**MONUMENTAL MISSIONS WALK**

**OCTOBER 19, 9:00AM-12:30PM**

Sponsored by the Metropolitan DC Orthodox Christian Mission and Outreach Committee, the Monumental Missions Walk is a three-mile spiritual stroll past some of the Nation’s most important landmarks. The Monumental Missions Walk will afford participants the unique opportunity to pause and admire these important places of reflection through the unique lens of faith. In addition to providing participants with this unique opportunity to explore America's treasured landmarks, the goal of the Monumental Missions Walk is to raise money for Orthodox missions world-wide and to provide medicine to people in need.

Visit www.monumentalmissionswalk.eventbrite.com for more information.

**FESTIVAL PREP**

Please help us get ready for our Saint Katherine Fall Festival, October 4-6. Your help is greatly needed for our festival to be a success even *well before* the festival begins! (We started baking in August.)

If you would like to help prepare festival foods and/or help at the festival, please contact Andrea Ballard:

andreaballard1@verizon.net
703-250-5419

THANK YOU!
ΧΑΡΑ ΚΑΙ ΚΑΥΧΗΜΑ ΜΑΣ
Σοφία Δ. Τσαγκάλη

Ας δούμε στη συνέχεια την αξία της ζωής σαν χριστιανούς που είμαστε και ποιά είναι τα αποτελέσματά της.
Πρώτα-πρώτα, ο χριστιανός που ζει την χριστιανική ζωή, όπως την ενθάδεξη και την έγραψε ο Κύριος Ηρόδοτος και οι άγιοι Απόστολοι του, συμπεριλαμβάνει στον Νόμο και τις εντολές του, ακολουθεί ζωή ασφαλείας, χωρίς λάθη που πληρούνται ακριβώς ή και μερικές φορές που δεν διορθώνεται. Γιατί αυτός που καθοδηγεί δεν είναι άνθρωπος, αλλά ο Δημιουργός του ανθρώπου, ο πάνοροφος και πανάγαθος Θεός, ο οποίος επιβεβαιώνει από αρχαίωντός χρόνων, «εάν θέλετε και ειπακόσιστε
cαι τις αγαθές της γάφθεσθε...» (Ησαίου 1:19). Και μαζί με τα αγαθά της γης είναι και ό,τι αξίζει να ζήσει ο άνθρωπος ες εκείνη Θεού με σκοπό να γίνει ομοιόμορφο Του. Αυτά μαρτυρεί η πείρα αιώνων, που είναι συγκεκριμένως στην ιστορία και στα επιστημονικά συμπερασμάτα παιδαγωγών και κοινωνιολόγων της παιδαγωγικής επιστήμης και κοινωνιολογίας.
Η ζωή λοιπόν αυτή, αντίθετα με την απατηλή αμαρτία, εξασφαλίζει στον άνθρωπο είρημη ψυχή και εισωτερική ανάπαυση.
Στηρίζεται πάνω στην πίστη, στην εμπιστοσύνη στον Θεό και γενικά στην αρετή, όπως την ιδική την θλίψη την επίγειο τους, την αγνότητα της αμφόρες, τα κάποια επίγειο
και την ταπείνωση τους, σύμφωνα αγνότητας Μάθετε χριστιανός δεν αλλάζει σύγχρονος δημιουργείται ευφροσύνη γίνεται, ο Θεός στην Αποστολή της Επιστολής Ιωακείμ 1:21
και για να είμαστε σίγουροι, μόνο με βιώνοντα τέτοια ζωή, είναι δυνατόν η κοινωνία να προχρειεί καλά. Στις μέρες μας και δίκαια που παραπομπώμαστε για την κατάσταση της κοινωνίας, όπως για τις κλοπές, της ληστείας, της νεολαίας, των βιασμών, των συκοφαντικών, τα υλικά, της αγνότητας... στην ουσία παραπομπώμαστε για την επίλεξη χριστιανικής ζωής, πιστών και εναρέτων και χρήσιμων για την επίλεξη υλικών ένανθης, που οι υλικούς πλενόμενους ας δημιουργείται ανθρώπινη καθηκοντωσήσεις και κοινωνικά οι συνετοί κοινωνιολόγοι οι συνετοί κοινωνιολόγοι επικά και μια καρδιά.
Με όλα τα λεχθέντα παραπάνω, καταλήγουμε στο συμπέρασμα, που χαρά και καθηκόμε μας, υλικό και υλικοσύμβολο, επίγειο και επωφελούμε, είναι η χριστιανική ζωή! Ας εμπιστευόμαστε απολύτα τον Χριστό και ας ζούμε της "αγνότητας" μας την χαρά και την ψυχή!

ΣΑΙΝΤ ΚΑΤΗΡΙΝΗ ΛΙΒΕΛ!
Did you know that we have a live feed from our church? Relatives and friends from far away can watch a sacred service. If you are sick and cannot make it to a service, you can log in. The link is http://churchlive.stkchurch.com:18080/cgi-bin/guestimage.html. Alternatively, you can sign in to the church website, saint-katherines.org, and click on the red "Saint Katherine Live!" button in the right-hand column.

The Kalis Companies
Nicholas Kalis Principal
1420 Spring Hill Road V 703 585-0100
Suite 600 F 703 734-8801
McLean, VA 22102 nkalis@kaliscompanies.com www.kaliscompanies.com

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STEWARDSHIP

SHOWN BELOW is a list of individuals, families, and organizations who have participated in the 2013 Saint Katherine Stewardship Program through July 31. Thank you for responding to the needs of our church.

If you have not yet submitted your 2013 pledge, please complete the stewardship form on page 11 and return it to the Church Office as soon as possible. You may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Anna Vassilopoulos at avassilopoulos@stkchurch.com or 703-671-1515.

(Continued on page 15)
ATTENTION POSTMASTER:
Please expedite. Dated material.

SAINT KATHERINE
GREEK ORTHODOX CHURCH
www.saint-katherines.org
3149 Glen Carlyn Road | Falls Church, VA 22041

ATTENTION POSTMASTER:
Please expedite. Dated material.

Are you ready for Greek School?

*** There’s an app for that ***

www.greekverbs.net

PATRAS MEETING POINT

Patras, the city of Saint Andrew, is a place where history, tradition and entertainment come together. Consider the tour company, Patras Meeting Point, to help you explore all that the city and its surroundings, as well as important proximate sites such as Olympia. Patras Meeting Point caters to small groups so as to provide individualized attention with respect to cultural interests and accommodation preferences. For more information on their diverse activities and an unforgettable visit to Greece's third largest city, please visit patrasmp.org.

See additional ads on page 11. Why don’t YOU advertise in the DOXA—only $50/month or $300 per year!

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 is a Greek family-owned restaurant, which has been in Fairfax City for 35 years. 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

Private banquet rooms available for all occasions! Seat up to 150 people.
Wonderful value & delicious food!
Beautiful wood bar & dancefloor.
Our Greek Head Chef will cater to all tastes!