**KYRIE ELEISON**

*Lord have mercy*

*Kyrie eleison.* We hear it, we say it. Do we comprehend it?

I just turned on the news and saw that, in Erbil, thousands of Iraqi Christians were to be killed just for being Christian. They launched no rockets, shot no guns, did not revolt against the government, but they believe in Jesus Christ!

The words, “Lord have mercy” came to my mind when I saw the pictures and heard the words that people were about to be massacred by the Muslim extremists. The word “mercy” in English is the translation of the Greek word “eleos.” This word has the same root as the old Greek word for olive oil—a substance which was used extensively as a soothing agent for bruises and minor wounds. The oil was poured onto the wound and gently massaged in, thus soothing, comforting and making whole the injured part. The Hebrew word is also translated as “eleos” and mercy is translated as “hesed” which means steadfast love. The Greek words for “Lord have mercy” are “Kyrie eleison” that is to say, “Lord, sooth me, comfort me, take away my pain, show me your steadfast love.” Thus, mercy does not refer so much to justice or acquittal (a very Western interpretation), but to the infinite loving-kindness of God, and his compassion for his suffering children! It is in this sense that we pray “Lord, have mercy” with great frequency throughout the Divine Liturgy.

Our Lord showed mercy to people when their only prayer was “Kyrie eleison”: *The Canaanite woman* whose daughter was tormented by a devil. She persisted in her plea for mercy until her daughter was healed. *The man whose son was possessed* by an evil spirit that threw him into the fire. He came to Jesus with the plea, “Kyrie eleison.” The prayer was answered and his son was healed. *The two blind men* sitting by the road outside Jericho who cried out to Jesus, “Kyrie eleison.” That cry was heard by Jesus who healed both of them. A final example. *Jesus is left alone with the adulteress.* Misery is left alone face to face with mercy. And she hears from the mouth of Jesus the words, “Neither do I condemn thee. Go and sin no more.” That is God’s mercy!

In all these instances “Kyrie eleison” was not a prayer that people recited unthinkingly and mechanically, but a cry of sincere faith that came from their hearts, a cry of desperate need and dependence on Jesus. Such a prayer God will not despise. We cannot pray for mercy without being willing to extend mercy to others. That is the point of Jesus’ parable about the two debtors (Matthew 18:23-35). Matthew uses a form of the same Greek word “eleison” in presenting Jesus’ teaching, “Should you not have had mercy on your fellow servant as I had mercy on you?” The mercy we ask for is the mercy we must give to others. Lord, have mercy and make us merciful.

A dying Christian was asked on his death bed, “Are you going to receive your reward?” “No, no!” he breathed. “I go to receive not my reward but God’s mercy.”

I pray that our Lord will give us the ability to be merciful ourselves. “But God, who is rich in mercy, out of the great love with which he loved us, even when we were dead through our trespasses, made us alive together with Christ (by grace you have been saved), and raised us up with him, and made us sit with him in the heavenly places in Christ Jesus” (Ephesians 2:4-6).

Yours in Christ,

Fr. Costa
CLERGY
Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos cell 571-213-1109, home 703-239-2627 frcostas@stkchurch.com
Rev. Presbyter Panagiotis Hanley, Assistant Priest cell 571-421-6595 frphanley@stkchurch.com

STAFF
Assistant Financial Officer Anna Vassilopoulos 703-671-1515 avassilopoulos@stkchurch.com
Choir Director John Doulis 703-899-4131 jdoulos@aol.com
Hellenic Education Center Director Presv. Eleni Alexopoulou 703-671-7715 ealexopoulou@stkchurch.com
Information Technology Theodoros Theocharis 703-671-1515 tttheoch@kinteracomm.com
Protopsalti James Loizou 703-356-8220 dimitri14@verizon.net
Secretary/Teacher Sophia Tsangali 703-671-1515 sttsangali@stkchurch.com

PARISH COUNCIL
President, Jim Stoucker 703-690-1050 jstoucker@verizon.net
Vice President, Maria Wills 703-948-7950 mwills28@verizon.net
Secretary, Bill Polizos 571-434-7790 polizos@att.com
Treasurer, Maria Vargas 703-812-0286 maria@chrisandmaria.com

SCHOOLS AND STUDIES
Bible Study (Saturdays) Gregory McKinney 571-338-6929 dintym@hotmail.com
Bible Study (Sundays) Bill Polizos 571-434-7790 polizos@att.com
Catechetical (Sunday) School, Adult Bill Polizos 571-434-7790 polizos@att.com
Catechetical (Sunday) School, Youth George Charuhas, Principal 703-999-2109 gscharuhas@gmail.com
Women’s Book Club Fay Mpras 703-865-5776 faympras@gmail.com

MINISTRIES
Acolytes Anastasios Galatis and Daniel McKinney
AHEPA #438 (P. Derzis) Angelo Toutsis, President 703-281-0843 antovi@verizon.net
Bookstore Frances Kalavritinos, Manager 703-671-1515
Book Reviews Gregory McKinney, Contributor 571-338-6929 dintym@hotmail.com
Daughters of Penelope Helle #283 Karen Polizos, President 571-434-7790 kpotizos@naifa.org
DOXA Presv. Pauline Pavlakos, Editor 703-239-2627 przpauline@stkchurch.com
Facebook Saint Katherine Greek Orthodox Church Gregory McKinney dintym@hotmail.com
GOYA (ages 13-18) Christina Kosmakoas, President 703-271-6411 christinak37@gmail.com
GRACE Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Greek Dance Aris and Anna Yortzidis, Instructors 757-218-6991 greekdancedc@gmail.com
Greek School Auxiliary Martha Lampros, President 703-536-4860 nmlampros@msn.com
Hellenic Education Center Greek School and Paideia Preschool 703-671-7715
HOPE (ages 7 and under) Vaita Bousbouras
JOY (ages 8-12) Tina Papamichael, Director 703-536-4711
Listserv (email list) Presv. Pauline Pavlakos, Administrator 703-239-2627 przpauline@stkchurch.com
Missions and Outreach Dr. John Demakis, Chairman 703-319-1610 demakis9931@gmail.com
OCF (College Ministry) Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515 frcostas@stkchurch.com
Philoptochos Eleni Kanakos, President 703-938-8360 ekanakos@aol.com
Prison Dennis Garbis 202-437-7299 digarbis@enves.com
Safeway eScrip
Single Parent Fellowship Andrea Katsenes, Coordinator andrea.katsenes@verizon.net
Website Presv. Pauline Pavlakos, Webmaster 703-239-2627 przpauline@stkchurch.com
YAL (Young Adult League) TBD

Facebook Saint Katherine Greek Orthodox Church Gregory McKinney dintym@hotmail.com
Daphne Vaccarello 703-830-0892 dvac.memonies@verizon.net
AMONG THE MANY SIGNIFICANT EVENTS IN OUR COMMUNITY that occur during the month of September, is the memorial service for the victims of the Hellenic Genocide—the systematic murder of over 1.5 million Greeks in Asia Minor (along with another 4 million Armenian and Assyrian Christian souls). These services also occur at this time as a means of commemorating the burning of the city of Smyrna in 1922. Inasmuch as my father and his family were among the fortunate few to escape that calamity, I have always maintained an interest in that period and have read numerous books about that era and its history.

Partly because such heinous events must never be forgotten and sadly, because many are unfamiliar with this important part of our history, I’m pleased to tell you about a new historical novel, entitled Blessed are the Peacemakers? which brings that horrific era to life. Set in the period after World War I, the author, Constantine Papavasiliou, details the heartbreaking events made possible by the victorious, but tragically myopic Allied powers through the Treaty of Versailles. With great skill and dexterity, Papavasiliou transports readers to that horrible time of ignorance, chaos, deceit, tragedy, desperation and incredible human courage and resolve. Although I knew the main characters from other books I have read, this work brought them to life for me. On more than one occasion, my eyes watered as I read certain passages that related directly to the experiences of my own ancestors during their escape from Smyrna. The book, to be published in September, also prompted His All Holiness, Patriarch Bartholomew to call it “...a moving story...unique and personal, so familiar and yet entirely unparalleled, especially inasmuch as it reflects the precious history of the Orthodox Church in this part of the world.” There are also plans to make the book into a major motion picture.

Although details have as yet to be finalized, we are pleased to announce the author, Mr. Papavasiliou, will speak to our community in September as part of the observance of the Hellenic Genocide. His book will also be available to the community at this time and through a special arrangement, part of the proceeds will revert to our church. More details will be provided on this special event as they become available.

Turning to other events in September, our Hellenic Education Center begins its second full year of operation. Our Director, Ms. Eleni Alexopoulou, and her dedicated staff worked tirelessly and will be unveiling a new Greek School curriculum. Our Paideia preschool program continues to serve the needs of children from our community and the surrounding areas and later this year, we hope to conclude planning that will help establish a proposed Kindergarten commencing operation in 2015.

As a closing thought and especially in light of our observation of the Hellenic Genocide this month, there is a well-known saying that “those who forget history are doomed to repeat it.” With this in mind, I am saddened to ask that we all remember those Christians in the Middle East who are currently being persecuted by terrorist forces. Please pray for their safety and salvation.

Your servant in Christ,

President, Parish Council

COOKIES FOR PRISON MINISTRY
DENNIS GARBIS, PRISON MINISTRY CHAIR, has asked for our help. He will participate in a 4-day KAIROS event, September 11-14, at the Sussex Correctional Center—a maximum security prison—and another one at the Greenville Correctional Center from October 16 through October 19. (See page 4 of the July/August 2014 issue of DOXA for more information on KAIROS.) This will be the first KAIROS event ever at Sussex Correctional Center. KAIROS needs 6,000 dozen cookies (3,000 for each event). Dennis has asked that Saint Katherine provide 200 dozen for each event.

Please join Fr. Costa following liturgy on Sunday, September 7 to bake cookies for the September event. Fr. Costa would like to have 10 volunteers. Please contact him at frcostas@stkchurch.com or 703-671-1515, if you can help.

THREE 24/7 ONLINE RADIO OPTIONS
The Anchor (Orthodox Online Talk Radio)
http://www.myocn.net/the-anchor

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

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

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

"God has children, but He has no grandchildren"
Kallistos Ware, Metropolitan of Diokleia

THE CATECHETICAL (SUNDAY) SCHOOL
AND THE CATECHETICAL PARENT

WHAT IS OUR SUNDAY SCHOOL, and why should every parent send their child?

The tassels at the bottom of the Epitrachelion (Stole) remind the priest of the reality that God will hold him accountable for the souls of the parishioners. Knowing this, how much more will God hold to account each parent who is with their child day in and day out? God’s simple and awesome truth is that parents are the catechetical teachers to each of their children. As such, this unique ministry and privilege carries with it all the responsibilities and duties of being a co-creator with the Uncreated Creator. Clearly, Saint Katherine Sunday School is God’s deliberate gift of a formal Orthodox education for our children. What then is the relationship between the Sunday School and the parent?

First, no parent should hesitate on any grounds to enroll their child. Compassionately, we understand family requirements and dynamics may not avail regular attendance. And, if you are not a member, still enroll your child and let the Lord show you where you can provide stewardship to His Church. So, make every effort to bring them when you can—everyone will benefit and Jesus shall surely be pleased, since he commanded to “Let the little children come to Me, and do not forbid them; for such is the kingdom of heaven.” With this important first step, our Sunday School becomes its divinely intended purpose—to provide a structured and progressive academic environment, where essential facts and understanding of the inheritance that is our faith, can be passed on in a concise and highly developed manner. The Sunday School though is not the primary source of catechesis. Rather, it is supplemental in its own distinctive way to the parent’s primary ministry as the catechetical parent. We therefore see and appreciate that the Catechetical School together with the Catechetical Parent forms God’s intended symbiotic relationship for the education of His children.

We can also see that the fullness of a child’s catechism necessities participation in School and Church. Through both, our children will be drawn closer to the Holy Trinity, and grow ever more deeper in Christian knowledge. Our schedule purposely falls between the first and second Divine Liturgies. This allows parents to bring their children to School, and worship with them together in Church. This is indispensable because central to the Sunday School experience is participation in the Divine Liturgy—for this is where children see and partake, together with their parents, in the Divine Sacrifice. Unimaginable is the depth of sin before God to teach His children about His sacrifice, and then purposely not take them to it. And, while the children are in their classes, all can attend our adult catechetical class.

All classes begin September 21, 2014. Children, parents, and teachers will gather at the Meletis Charuhas Hall where, at 9:30am promptly, Fr. Costa will pray with us as we begin the 2014-2015 year. Parents may complete the registration form on Sunday, September 14 at coffee hour immediately following the Divine Liturgy, or the next week during Sunday School session in the large room where we hold assembly meetings and music instructions. Our parents have been very responsive to the Saint Katherine Sunday School program, and we are very much looking forward to another great year seeing the youth learning about and worshipping the Holy Trinity.

SUNDAY SCHOOL CLASSROOM SCHEDULE

Sep 14 Registration during Coffee Hour
Sep 21 First Day of Class Registration Continues
Oct 05 No Classes (Church Festival)
Nov 30 No Classes (Thanksgiving)
Dec 20 Christmas Pageant Dress Rehearsal in the M-C Hall, 9:30am-1:30pm
Dec 21 Christmas Pageant after Divine Liturgy in the M-C Hall
Dec 28 No Classes (Christmas Break)
Jan 04 No Classes (New Year’s Break)
Jan 11 Classes Resume Oratorical Festival Registration Begins
Jan 25 Godparents’ Sunday (Godparents meet their Godchild’s teacher, attend Adult Catechetical School, and Worship with Godchild during Divine Liturgy
Mar 01 Sunday of Orthodoxy (Students Bring Icons)
Apr 04 Saturday of Lazarus Fold Palms Into Crosses after Divine Liturgy
Apr 05 Palm Sunday (No Classes)
Apr 12 PASCHA (No Classes)
May 24 No classes (Memorial Day Weekend)
May 31 Commencement (After Second Divine Liturgy)

THE BYZANTIO GREEK DANCE AND CULTURAL ARTS PROGRAM will be offering Greek folk dance lessons at Saint Katherine on Tuesdays, 6:30pm-7:30pm, for all youth ages 4 and up. The Adult performing group will practice on Sundays from 6:00pm-7:30 pm. Please contact Aris and Anna Yortzidis at greekdancedc@gmail.com for more information or visit the website at www.byzantio.org to download registration forms.
AFTER A RESTFUL SUMMER, HEC welcomes our students to a new school year for the Greek Language Program with a new curriculum in place!

Last year was the culmination of a series of actions by the Board of Education—moved by the keen interest of extremely dedicated parents—to support their request for a long time needed “reformation” of the Greek School. The end result was the establishment of a carefully planned and up-to-date Greek Language Program that will address the needs of all Greek School students and make their time spent in the classroom worthwhile.

The new program, developed by our dedicated teachers whose knowledge and expertise shed light to a rather challenging job, provides measurable and attainable linguistic goals in order to rejuvenate the long tradition of Greek education at Saint Katherine. Some of these goals are: a) students will be able to engage in casual conversation in Greek starting at the Preparatory Level up to the Advanced Levels; b) students will be able to express themselves verbally and in writing according to the standards of each level; c) students will be able to learn about their Greek Orthodox faith; d) students will be able to appreciate and value the accomplishments of Greek Civilization and its influence in the formation of the Western Civilization through fun and age-appropriate activities.

Needless to say, the new Curriculum is an evolution of the older curriculum of the Greek Orthodox Archdiocese informed by current teaching methodology. The textbook series Ta Ellinika mou provided by the Archdiocese is to be used in the classroom along with material either created by the teachers or bought by the school.

Nonetheless, the emphasis will be on educating the students in the Greek values and ideals respecting their interest and natural curiosity and love for learning. Thus, the students will be involved in projects that highlight the Greek culture and ask them to fully participate and contribute in many ways such as with family stories, pictures, memorabilia, and more. One such project—which was decided to be a school wide project this year—explores a well-known topic to all Greek families, that of the history and use of the olive oil in order to navigate our students in a journey from ancient to modern Greek times. We promise to keep you posted as we move along.

Finally, I would like to ask the parents who haven’t yet registered their children to please do so right away, as space is limited. No student should miss the opportunity to learn a language so great that is read and admired all around the globe.

Our teaching staff and I are committed to providing your children with quality education and cultural exposure of our Greek heritage, serving the community of Saint Katherine. We are looking forward to your valuable participation in the upcoming HEC activities and events. As always, I am available to you and to any parent who wishes to bring up concerns or questions regarding this endeavor.

May this year be equally productive and fun for all—students, teachers, and parents!

Καλή Σχολική Χρονιά!

HOPE
IS YOUR CHILD INTERESTED in joining HOPE? The Holy Orthodox Primary Education ministry is an opportunity for children ages 8 and under to meet, socialize, and interact with one another. HOPE children will have fun through crafts, games, and special events while learning about their Orthodox faith. The first event is scheduled for Sunday, September 7, following liturgy, in Founders’ Hall. Contact Patricia Rader (pagrader@yahoo.com) to register. For more information, visit the HOPE webpage at www.saint-katherines.org under “Ministries | Youth Groups.”

GOYA
GOYA WILL HAVE BASKETBALL PRACTICE following coffee hour on Sundays, September 7 and 14, and following the second liturgy’s coffee hour on September 21. GOYA will also have basketball practice on Thursdays, September 4, 11, 18, and 25 from 7:00pm to 9:00pm. Practice is open to both boys and girls and to experienced and not-so-experienced players. In other words, all teenagers are welcome! If anyone is interested in coaching the girls’ team, please contact Fr. Costa.

GOYA has church duty on Sunday, September 28 during second liturgy. GOYA will have elections for officers immediately following liturgy.

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

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

HOLD THE DATES
October 3-5: Saint Katherine Fall Festival
November 9: Saint Katherine Annual Dinner Gala (Hilton McLean Tysons Corner)

SAVE-THE-DATE
FAMILY FUN DAY CARNIVAL
Sunday, October 19, 2014
1-5 pm

Raffle
Music
Boule
Silent Auction
Games
Face Painting
Twisting
Cotton Candy
Greek Pastries
and More!

Tickets Launch in Early September at www.SOCreteks.com
Early Bird by 10/21: Adults $20 • Kids $10 (under 5 Free)
After 10/21: Adults $25 • Kids $13 (under 5 Free)

Contact PAIDEIA PTSA Co-President
annadermanis@aol.com or 703.231.6491

St. Katherine Greek Orthodox Church
3185 Olde Carys Road
Proceeds Benefit The Hellenic Education Center

Syria. What can you say about what’s happening to the ancient church of Antioch during the 21st century? It is a place where Christians lose a little ground every day and the West looks away. In what was long ago a Christian country, it’s hard to imagine that more than a handful of the faithful will remain there at the dawn of the 22nd century.

Written by an important, yet relatively unsung, theologian and churchman of the 4th century, Bp. Theodoret of Cyrrhus, A History of the Monks of Syria consists of portraits of the men and women he calls “athletes” and “wrestlers.” It is a time machine back to the days when Christians were struggling but ascendant as they contested against their own barbarians—demons of old Rome, Marcionite heretics, and Ishmaelites. Living a life largely unbelievable to us today, these anchorites (solitary hermits) color the modern image of a “prayer warrior” a pasty white:

“. . . the nurslings of piety have devised many and differing ladders for the ascent into heaven. Some, contesting in companies—myriad are such communities, defeating enumeration—enjoy unagong crowds and attain the desired ascent; others, embracing the solitary life, practicing conversation with God alone and receiving no human consolation, enjoy in this way proclamation as victors. Some living in tents and others in cells chant hymns to God; others embrace the life in holes and caves. Many, of whom I have recalled some, have not been induced to have a cave or hole or hut or cell, but giving their bodies to the naked air endure contrasts of temperature, sometime frozen by unrelated frost, sometimes burnt by the fire of the sun’s ray. Of these again the life is various: some stand all the time, others divide the day between sitting and standing; some, immersed in enclosures, shun the company of the many; others, with no such covering, are exposed to all who wish to see them. I am obliged at the present juncture to proceed through each of these . . . (pp. 177-178).

Maris, Macedonius, Aphrath . . . what strange figures they cut, living in holes, eating once a week. The famous Symeon Stylites is here, the saint who spent forty-seven years atop a pillar and advised kings and councils. Many of the ascetics profiled by Theodoret were personally known to him. His own life’s monastic development was transformed by more than one miraculous healing. She brought him among these holy men early on; later, as a priest and then bishop, he had access when others were sent away.

“Mystic are such communities, defeating enumeration,” Theodoret says. Imagine being able to walk no more than a day’s journey out of the city in almost any direction and come in direct contact with a wonderworker. This is their record. Some would call it a catalog of freaks. I found it to be a book of wonder.
REGISTRY

Weddings
Sarah Elizabeth Dunnigan Palacpac and
Naoum Elias Anagnos (July 12)
Koumbaros: Alexander Antzoulatos

Renee G. Lurker and
Zachary R. Carr (August 30)
Koumbaros: Andrew Lurker

Baptisms
Alexander James (June 21)
son of Nicholas and Courtney Moraites
Godparents: Elizabeth Moraites and Christine Nagy

Alexandra Faith (June 21)
dughter of Marcus and Ellena Talbot
Godparents: Paul and Stella Pekarsky

Dionysios (July 1)
son of Nikos and Roxanna Papaloizou
Godparent: Panayiotis Karamanis

Nikolaos (July 5)
son of Michail Kiaoulis and Tiara Adams
Godparent: Despina Kiaoulis

Ariana Nicole (July 5)
dughter of Keith and Aspasia Wooldridge
Godparents: Alexander and Christine Papadopoulos

Alexandros (July 12)
Son of Philippos and Brittany Marinakos
Godparent: Michael Grinnan

Leslie Elizabeth (August 8)
dughter of Carlos and Rosa Bragayrac
Godparent: Tadios Gebreamlak

Baptisms (cont’d.)
Aaron Alexander (August 10)
son of Matthew and Stephanie Paulson
Godparent: Alexander Sirpis

Andrew Athan (August 23)
son of Chris and Constance Soves
Godparents: Peter and Nikola Hasiakos

Georgios (August 23)
son of Theodoros and Christianna Brotsis
Godparents: Panayiota and Joanna Kozakos

Elia (August 23)
son of Theodoros and Christianna Brotsis
Godparents: Subir and Eleni Jossan

Maria Calliope (August 23)
dughter of Scott and Eleni Sherman
Godparent: George Theodossiou

Niko Alexander (August 30)
son of William and Alma Katsikes
Godparent: Alisha Fleming

Congratulations!
Na mas zisoun!

Funerals
Paraskevas (Peter) Yianopoulos (July 10)
Thomas (Athanasios) Chris Sarris (July 17)

May their memory be eternal.

(Continued from page 6, column 1)

κακία, την πολυτέλεια και το μίσος και έσπερνε την αγνότητα, ξυπνώντας την εθνική συνείδηση στον πολιτικό και προορισμό του. Ένας από τους πολλούς βιογράφους του γράφει: «Έπλαθε ανθρώπους για την αναγέννηση και την Επανάσταση». Για την Ελληνική Επανάσταση, ο Άγιος Κοσμάς πρόσφερε τόσο πολλά, ώστε λίγοι πρόσφεραν. Τόνωσε τους λεοντόκαρδους εκείνους Έλληνες, που ζούσαν σαν θηρία στα βουνά, τους αρμάτωλους και τους κλέφτες. Γύρισε τα λημέρια τους στην Πίνδο, Όλυμπο, Χάσια, Αγραφα, Σούλι... Ακόμη και αυτός ο καλόγριος του Σουλίου ήταν μαθητής του πατρίου-Κοσμά. Τόνωσε το θρησκευτικό συναισθήμα του λαού και συστήσατε όλους του Έλληνας γύρω από την Ορθόδοξη Εκκλησία.
Ας εμπνέει όλους μας και τον καθένα χωρίστα το έργο του Άγιου Κοσμά κατακηρύξει του Αιτωλού!
Missionary Work in Guatemala to be Successful. A brief biography of Jesse Brando, OCMC’s newest missionary, and our missionary of the month, will visit Saint Katherine on Sunday, September 21 and speak briefly after both Divine Liturgies. He will also give a presentation at the Adult Bible Study, 9:30am in the board room. Come hear Jesse speak and pray for his mission work in Guatemala to be successful. A brief biography is at the end of this article.

Women Urgently Needed to Serve on a Short-Term Mission Team to Albania. The Orthodox Christian Mission Center (OCMC) is seeking clergy wives and lay women leaders to serve on a short-term mission team that will plan and lead spiritual retreats for women in Albania. This team will serve September 7-29. For more information or to volunteer, please visit www.ocmc.org or contact Presv. Renee Ritsi at 877-463-6784, ext. 141 or teams@ocmc.org. Only two or three volunteers are needed to make this much-needed ministry a reality!

Saint Katherine Medical Ministry, September 28. We are starting a new ministry at Saint Katherine—the Medical Ministry. We invite all physicians, nurses, EMTs, etc. to a meeting immediately after the second Liturgy on Sunday, September 28 in the board room. We will discuss our emergency response capabilities—what we have and what we need. Please spread the word.

Food Pantry, October 19. The next date for food collection for the Food Pantry is October 19. On the three Sundays preceding the collection, we will distribute our blue collection bags again after church. Please use these cloth bags to prevent tearing. Please bring non-perishable food or canned items to the church on Sunday, October 19. We have hit 1,000 lbs. of food for the last three collections. Thanks to all for your generosity. Let’s do even better in October. Get the children involved. What a wonderful way to teach our children to help the less fortunate.

The shelter is open every Saturday from 9:00am-12:00pm to distribute the food. They need volunteers on Saturdays to help distribute the food. If you are interested in donating your time to this worthy cause, contact our own Rebecca Leung, rleung96b@yahoo.com. Spanish speakers are especially welcome.

Monumental Mission Walk, November 15. Our next mission walk on the National Mall will be Saturday, November 15, 2014 starting at 9:00am. This year, our tent will be on the corner of 15th Street and Constitution Avenue. Our annual Monumental Mission Walk will benefit Orthodox missions internationally and locally. Specific details will appear in next month’s DOXA. In 2013, our inaugural year, we had 184 participants. Come join us this year! Meet us on the National Mall!!

OCMC Benefit Dinner, April 26, 2015. Next year, our OCMC benefit dinner will feature Rev. John Chakos, our long-term missionary in Guatemala. Fr. Chakos has served for many years in Pittsburgh, PA but now he and his wife are working with the new Orthodox Church in Guatemala. He will share with us the exciting events occurring in Guatemala as hundreds of thousands are converting to Orthodoxy. Learn how the Church is ministering to them. Save the date!

Homeless Shelter

Volunteer Dinner on Tuesday, September 16. We will serve dinner at the shelter on Tuesday, September 16. All are welcome to come. If you would like to join us, please let Dr. John Demakis know (demakis9931@gmail.com).

Hygiene and Survival kits. Each organization of our parish was sent a letter in early June explaining which items for which they will be responsible. The items are due on November 23. Please bring them the foyer of the Meletis Charuhas Hall. We will put the kits together after the second liturgy on Sunday, December 7. If there are any questions, please contact Dr. John Demakis.

Clothing Collection. We continue to collect new or used (clean) clothing and unopened toiletries for the shelter weekly. Please leave in the foyer of M-C Hall.

Diaper Collection, December 7. We will collect diapers on Sunday, December 7. Federal food stamps cannot be used to buy diapers, so this is a great help to mothers with infants. Collections will take place in the foyer of our Meletis Charuhas Hall. Please bring unopened packages of sizes newborn to 6. No pull ups, please.

Next Missions/Outreach Meeting, Sept. 9

The next meeting of our Missions and Outreach Committee is Tuesday, September 9, 7:00pm, in the board room. Our meetings are open to everyone. Come join us and be involved in spreading the Word of the Lord. Bring a friend.

Missionary of the Month: Jesse Brando

Jesse has lived throughout the United States but finds his home in Michigan, where his parents and one brother live. Raised in the Orthodox Church, Jesse was inspired by his family to pursue a life of ministry. His father, Gerasimos, was born in India to missionary parents and now serves as a
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 Ecclesiastical New Year Labor Day (Office Closed) 9:30am Orthros 10:30am Divine Liturgy</td>
<td>2</td>
<td>3</td>
<td>4 7pm GOYA Basketball</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7 Sunday before Holy Cross 9:30am Orthros 10:30am Divine Liturgy 12:30pm HOPE 12:30pm GOYA B-ball 5pm Adult Greek Dance</td>
<td>8 Nativity of the Theotokos 9:30am Orthros 10:30am Divine Liturgy 7:30pm Deuteri Deutera</td>
<td>9 5:00pm Conversational Greek 6:30pm Grk Folk Dance 7:00pm Missions 7:30pm AHEPA</td>
<td>10</td>
<td>11 7pm GOYA Basketball</td>
<td>12 5:00pm Greek School</td>
<td>13 9:30am Greek School</td>
</tr>
<tr>
<td>14 Exaltation of the Holy Cross 9:30am Orthros 10:30am Divine Liturgy</td>
<td>15 6:00pm Daughters of Penelope</td>
<td>16 5:00pm Conversational Greek 6:30pm Grk Folk Dance</td>
<td>17 Sophia and Her Three Daughters, Faith Hope, and Love 9:30am Orthros 10:30am Divine Liturgy 7:30pm Parish Council</td>
<td>18 7pm GOYA Basketball</td>
<td>19 5:00pm Greek School</td>
<td>20 9:30am Greek School 9:30am Challenge Liturgy at Saint George</td>
</tr>
<tr>
<td>21 Sunday after Holy Cross 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy 12:30pm GOYA B-ball 5pm Adult Greek Dance</td>
<td>22</td>
<td>23 5:00pm Conversational Greek 6:30pm Grk Folk Dance</td>
<td>24</td>
<td>25 7pm GOYA Basketball</td>
<td>26 Falling Asleep of Saint John the Theologian 9:30am Orthros 10:30am Divine Liturgy 5:00pm Greek School</td>
<td>27 9:30am Greek School</td>
</tr>
<tr>
<td>28 1st Sunday of Luke 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy GOYA Elections PAIDEIA Pancake Breakfast 5pm Adult Greek Dance</td>
<td>29 Prep for Festival</td>
<td>30 Prep for Festival 5:00pm Conversational Greek 6:30pm Grk Folk Dance</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

I WOULD LIKE TO EXTEND A WARM WELCOME to all our
Ladies and prospective members to another season of the
Ladies of Philoptochos. I hope that everyone enjoyed the
summer break! I very much look forward to kicking off
another successful season with all of you!

Thanks to all of you for your hard work and dedication
in making our Spring Festival a huge success! It’s already
time to start preparing for our annual Fall Festival. The
Festival will be held Friday-Sunday, October 3-5. Volunteers
are needed to help with baking—an email will be sent
with dates and times.

This year, we will have our first bake sale ever for the
Thanksgiving holiday, as a result of the high demand! It
will be held for just one day—Sunday, November 23 after
both services. Call Mary Varlas with your order at 703-
965-4161 or email her at LPbakesale@yahoo.com. The
deadline for orders is November 16.

On Sunday, September 21, our first general meeting
will take place in the board room directly following the second
liturgy. I hope all of you can make it.

Saints Constantine and Helen will host the Agape Tea
this year, on Sunday, October 12 from 2pm-4pm. I hope
everyone can be there to support this great cause.

On Sunday, November 9, Saint Katherine will be host-
ing the Annual Dinner Dance at the Hilton McLean Ty-
sons Corner. I am pleased to announce that our church will
pay a special tribute to the Ladies of Philoptochos Society,
as one of the honorees for its philanthropic work. Please
be there to enjoy this special moment, as this tribute is for
you!

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

ADULT BIBLE STUDY BEGINS SEPT. 21

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

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

This year’s Adult Bible Study sessions will focus on the
Epistles of Saint Paul. Who was Saint Paul? Once a perse-
cutor of the early Church, he is later confronted with the
resurrected Christ and is transformed into one of Christi-
nity’s most brilliant proponents, fervent saints, and
blessed martyrs. What was his message? What do his let-
ters mean for us today? What do they tell us about Jesus
Christ? What was his historical context and what is Saint
Paul’s place in our Holy Orthodox Tradition? We will
explore his life, missionary journeys and message with the
goal of enriching our knowledge and faith in Jesus Christ.

Classes are held every Sunday at 9:30am beginning on
September 21 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!!

(First class on September 21 will be a special presenta-
tion by Jesse Brando describing his missionary efforts for
the Orthodox Church in Latin America.)
**GRACE**

**HOW TO COPE WITH GRIEVING**

The greater the loss you’ve experienced, the greater the emotional pain and turmoil that you’re likely to experience, although it’s important to remember that even the most minor situations can lead to feelings of grief and grieving.

Here are some tips for coping with grief and grieving:

- **Grief** is a completely natural response to the loss of something you loved.
- When you are grieving, you may want to isolate yourself from the rest of the world. Do not do this. Make sure that you work hard to let people know that you’re struggling and how they can help you.
- Ask for help—even if it’s something as simple as picking up some groceries or bringing over dinner, it’s important to ask for help when you need it. Most people want to help someone who is grieving, but may not know how.
- Not everyone grieves on the same timetable. What may be “nothing” to someone else can be a major blow to you—so don’t expect more of yourself. Allow yourself the time and space to grieve your loss.
- Be patient with yourself. Even if you think you “should” be better by now, getting through the grieving process isn’t something that can happen simply because you want it to happen.
- Do not ignore your emotional pain. While it may feel easier to stifle the pain, push it way down there, this is not a healthy way to handle grief and loss. In order to heal, we must face our losses head-on and cope with the grief.
- Don’t hide your true feelings by putting on a mask of “strength.” You’re not protecting other people from your pain in doing so—you’re denying it—and that’s something you don’t need to do.
- There are no right or wrong ways to cope with grief and grieving—only the way you feel.
- Grief is a very personal experience, which means that it’s different for everyone.
- The manner in which you grieve may depend on other factors, such as your personality type, coping mechanisms, life experiences, nature of the loss, and your faith.

~ from the website Band Back Together

(The remainder of this article will be in the October issue of DOXA.)

---

**MANOLAS 65TH ANNIVERSARY**

**DR. SPIRO C. AND CAROL (MIERTO) F. MANOLAS**, Charter and early Founding Members (1961) of Saint Katherine were married in the Greek Orthodox Cathedral, Boston, Massachusetts, on September 4, 1949, with Bishop James Coucouzes (later Archbishop Iakovos) officiating. They departed for Greece on September 6 and remained there through July 1950—Spyro taught at Athens College, a boys’ boarding school preparing them for university studies abroad. The Communist “guerilla war” was winding down, but conditions were not yet safe everywhere. (Note: Spyro wrote and published a book on that period and the war, *American Arms, Greek Blood*.)

Spyro entered Boston University graduate school in September 1950 and received his M.A. in 1951 following which he was recalled to active military duty for the next 2½ years (he was in the Army Reserve) assigning him to the joint U.S. Military Aid Group, Greece! Fortunately, Carol was allowed to accompany him to Athens. Returning to Boston, Spyro received his Ph.D. from Boston University in 1960, as well as a collateral assignment as Assistant to the Chairman of the History Department, Graduate School, Boston University. They moved to Alexandria, Virginia in 1960. Spyro started his civilian government career at Andrews Air Force Base, HQ USAV Research and Development Command, then Bolling AFB, and finally the Pentagon, Internation Security Affairs, including assignment in Secretary McNamara’s Office assisting in writing Secretary of Defense Robert McNamara’s speeches and testimony to the Congress.

They have one son, Constantine, married to Kathy and two grandsons, Spyro (wife Jess) and James. Their daughter, Stavroula, is married to John Alachnowicz and has one daughter, Jaclyn Katherine Myrta.

---

Saint Katherine Greek Orthodox Church offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for contributing articles nearly every month for the last 10 years.
ALL AROUND THE TOWN
Joanna Bose

DUMBARTON OAKS MUSEUM

The Dumbarton Oaks Byzantine Collection contains objects and artifacts from all mediums: ecclesiastical, imperial and secular. On display at the museum are clay bowls, colorful and imaginatively painted; woven wall hangings of mythological figures like Hestia; incredible jewelry, set side-by-side with Roman jewelry so that the distinct Byzantine aesthetic of the Greeks can be contrasted with the more “grand” approach of the Roman designs; reliquaries from a Byzantine altar and more objects to demand attention and careful scrutiny.

There is a very beautiful icon of Saint Peter, from the early 14th century. The intensity of expression on his face engages your attention and draws you in. Saint Peter wears the keys to the Kingdom of Heaven around his neck and in his hand he holds a scroll and a staff with a black metallic cross on top. On one wall is a large reproduction of a fresco of Saint John Chrysostom which originally was in a monastery at Constantinople. It shows him in a customary white robe covered in black crosses. This type of robe would have been worn by bishops of the middle Byzantine period, the 4th-6th centuries.

Another wonderful piece is a marble frieze of the Theotokos, Mother of God as Intercessor. Here we see her hands raised upwards indicating that her prayer is addressed to Christ for the salvation of mankind. In this image, we see her hallowed status emphasized by the crosses on her veil and cuffs.

These are just a few of the wonderful pieces of Byzantine art at the museum. The gardens outside beckon you to stroll about and contemplate all you’ve seen inside. The one painting I did not see but is permanently housed there is El Greco’s Annunciation. This is one more reason to visit Dumbarton Oaks!

WOMEN’S BOOK CLUB

At its first meeting this fall on Wednesday morning, October 8, the Saint Katherine Women’s Book Club will begin reading a new book entitled, Father Arseny, 1893-1973: Priest, Prison, Spiritual Father (compiled by the Servant of God Alexander). Father Arseny, a former scholar of Church art, was a prisoner in a Soviet Union prison camp; but despite great degradation of his soul and body, he reflected the light and love of Christ to others who tell the story of their spiritual father in this inspiring book. The book will be available at the Saint Katherine bookstore. We invite new members to join and look forward to resuming discussions with existing members. The club meets every other Wednesday from 10:30am-12:00pm in the education center to discuss several chapters at a time, not the entire book. The discussion, guided by questions sent out the preceding week by email, explores the Orthodox faith slowly and patiently in a forum of love. This thoughtful exploration facilitates individual spiritual growth and creates a spirit of oneness in Christ. If you have questions, contact Marilyn Rouvelas (mrouvelas@verizon.net) or Daphne Vaccarello (dvac.memories@verizon.net).

SUNDAY CHURCH DUTY ROSTER

<table>
<thead>
<tr>
<th><strong>One Liturgy Only</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>September 7, 2014</strong></td>
</tr>
<tr>
<td>Artemis Dimopoulos, Captain</td>
</tr>
<tr>
<td>Kelly Alexis</td>
</tr>
<tr>
<td>Chris Christou</td>
</tr>
<tr>
<td>Peter Karounos</td>
</tr>
<tr>
<td><strong>September 14, 2014</strong></td>
</tr>
<tr>
<td>Daphne Vaccarello, Captain</td>
</tr>
<tr>
<td>Andrea Ballard</td>
</tr>
<tr>
<td>Dr. John Demakis</td>
</tr>
<tr>
<td>Nick Larigakis</td>
</tr>
<tr>
<td><strong>September 21, 2014</strong></td>
</tr>
<tr>
<td>Pierre Tavoularis, Captain</td>
</tr>
<tr>
<td>Andrea Ballard</td>
</tr>
<tr>
<td>Bill Porter</td>
</tr>
<tr>
<td>Dr. George Silis</td>
</tr>
<tr>
<td><strong>September 28, 2014</strong></td>
</tr>
<tr>
<td>Chris Christou, Captain</td>
</tr>
<tr>
<td>Kelly Alexis</td>
</tr>
<tr>
<td>George Moshos</td>
</tr>
<tr>
<td>Bill Porter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>One Liturgy Only</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>September 7, 2014</strong></td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>George Moshos</td>
</tr>
<tr>
<td>Bill Polizos</td>
</tr>
<tr>
<td>Jim Stoucker</td>
</tr>
<tr>
<td><strong>September 14, 2014</strong></td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>Costas Mavromatakis</td>
</tr>
<tr>
<td>Mallamo Mavromatakis</td>
</tr>
<tr>
<td>Dr. George Silis</td>
</tr>
<tr>
<td><strong>September 21, 2014</strong></td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>M. Mavromatakis, Captain</td>
</tr>
<tr>
<td>Artemis Dimopoulos</td>
</tr>
<tr>
<td>Dr. John Demakis</td>
</tr>
<tr>
<td>Costas Mavromatakis</td>
</tr>
<tr>
<td><strong>September 28, 2014</strong></td>
</tr>
<tr>
<td>9:30am</td>
</tr>
<tr>
<td>Peter Karounos, Captain</td>
</tr>
<tr>
<td>Nick Larigakis</td>
</tr>
<tr>
<td>Bill Polizos</td>
</tr>
<tr>
<td>Maria Wills</td>
</tr>
<tr>
<td>Dean Campbell, GOYA Captain and Epistle Reader, plus 5 other GOYAns</td>
</tr>
</tbody>
</table>

**One Liturgy Only**
SHOWN BELOW is a list of families and individuals who participated in the 2014 Saint Katherine Stewardship Program through July 31, 2014. Thank you for responding to the needs of our church. Any questions? Contact Anna Vassilopoulos at 703-671-1515.
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 books on prayers to guide you at the beginning of our new Church year. Here are a few of our newest titles:

**The Art of Prayer: An Orthodox Anthology.** Igumen Chariton. Paperback. $18.00. A spiritual anthology drawn from the Epistle readings, humbly and reverently offering us brief but powerful daily meditations on the word of God. He also addresses the problems of his day lack of faith, coldness of heart, trust in the rational mind rather than in the revealed Truth of God which are problems of our day as well.

**Praying with the Orthodox Tradition.** Kallistos Ware. Paperback $12.00. “I hope that the prayers in this book, designed for the different hours of the day, will help us ... to make our prayer not just an intermittent activity, but a dimension present continuously in all that we undertake...” – Bishop Kallistos Ware, from the Preface.

**Thoughts for Each Day of the Year.** St. Theophan the Recluse. Paperback. $17.00. Saint Theophan the Recluse (1815-1894) was one of the most prolific and beloved spiritual writers of nineteenth-century Russia. His works, which comprise over 20 volumes, include such classics as *The Path to Salvation* and *A Commentary on Psalm 118*, as well as many volumes of letters. Although he lived the last 28 years of his life as a hermit, his impact on his homeland was immense. His articles appeared in the popular spiritual journals of his time, his books were in great demand, and he personally replied to an average of 30 letters daily. In the present book, *Thoughts for Each Day of the Year*, St. Theophan takes us through the yearly cycle of Gospel and Epistle readings, humbly and reverently offering us brief but powerful daily meditations on the word of God. He also addresses the problems of his day lack of faith, coldness of heart, trust in the rational mind rather than in the revealed Truth of God which are problems of our day as well.
AIR DUCT CLEANING SALE!
CLEAN THE AIR YOU BREATHE AND PROTECT YOUR FAMILY AGAINST DANGEROUS ALLERGENS!

Dirty Air Ducts Can Cause or Lead to:
Allergies • Asthma • Bronchitis • Eye Irritation • Migraines • Odor • Head Aches • Energy Wastage

Opening Vent • Insides Air Ducts • After Cleaning!
First 10 Vents Only $99
Whole House Duct Cleaning $325

$99 for each Additional Vent!

Call Mon - Sun 8am to 7pm or Schedule online

—

When You Buy a Qualifying Furnace

GET A FREE A/C!

Cyprus Air Heating & Cooling
Proudly Serving VA, MD and DC Since 1967
www.IndoorComfort.com

First 10 Vents Only
Whole House Duct Cleaning

$99
$325

24 Point A/C Safety Tune Up

$89!
Includes Product Inspection and a Start and Check
_regular_price_ $149

Steve S. Katskos
Senior Portfolio Manager
Vice President
Financial Advisor

Morgan Stanley

Wealth Management
1650 Tysons Boulevard
Suite 1000
McLean, VA 22102-3807
tel: 703 556 8100
direct: 703 894 1065
fax: 703 556 6492
toll free: 800 336 0156

www.morganstanleyfa.com/stevekatskos
stevekatskos@morganstanley.com

Quality Service and Pride
Since 1969

PLOUTIS PAINTING & CONTRACTING CO. INC.

Nick Ploutis, Vice President
Office (703) 360-0205
Cell (571) 220-4720
Fax (703) 360-5439
nickploutis@aol.com

8365 Richmond Hwy.
Alexandria, VA 22309
www.ploutispainting.com

Free Estimates

Realistic, warm, cozy, energy efficient, & our systems work even when you lose power!

FIREPLACE SALE!
40% OFF!
SAFE, CLEAN GAS FIREPLACES

Visit our 48 live burning displays and let Cyprus Air convert your existing fireplace to gas. Realistic, warm, cozy, energy efficient, and our systems work even when you lose power!

No chopping or hauling logs
Light with the flick of a switch
No soot or ashes to clean up
Heat home as little as .14c per hour
Works even when you lose power

Visit Our Showroom or Call To Schedule a Free In Home Estimate!
ATTENTION POSTMASTER:
Please expedite. Dated material.

Demetry Pikrallidas
AV Rated Attorney
Preeminent Legal Ability and Ethical Standards, The Highest Legal Rating Possible

Complete Business Formation/Representation
Serious Injury
Traffic and Criminal
Domestic Relations
Wills, Trusts

Cases Handled in Arlington, Alexandria, Fairfax, Prince William, Loudoun, and District of Columbia

www.pikiaw.com 703-267-2600

The Kalis Companies
Nicholas Kalis
Principal
1420 Spring Hill Road
Suite 600
McLean, VA 22102
nkalis@kaliscompanies.com
www.kaliscompanies.com

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

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

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!