YOU ARE INVITED TO WORSHIP

I WOULD LIKE YOU TO TAKE THE OPPORTUNITY to attend church on a regular basis. Make this you New Ecclesiastical Year resolution. We will make every effort to make every Sunday a time that is spiritually fruitful for you and your loved ones. God offers peace, rest, and joy, and gives us all a break from life’s struggles. These are the experiences you will have. God keeps His promises.

We are ready for you!!! The Sunday School teachers are prepared to offer our children a rich experience in the learning of their faith. The Adult Class is preparing a study on the Book of Revelation. The Journey to Orthodoxy Class is ready to help teach the faith to those who are making inquiries of the Orthodox Church. We will have new pew liturgy books very soon and I will plan to preach a series on the Divine Liturgy during the sermon.

Worship is an experience which involves the entire Church. When each of us comes together for worship, we do so as members of a Church which transcends the boundaries of society, time, and space. Although we gather at a particular moment and at a particular place, our actions reach beyond the parish, into the very Kingdom of God. We worship in the company of both the living and the departed faithful.

There are two dimensions to Orthodox Worship which are reflected throughout the many services of the Church. First, Worship is a manifestation of God’s presence and action in the midst of His people. It is God who gathers His scattered people together and it is He who reveals Himself as we enter into His presence. The Worship of the Orthodox Church very vividly expresses the truth that God dwells among His people and that we are created to share in His life.

Second, Worship is our corporate response of thanksgiving to the presence of God and a remembrance of His saving action—especially the Life, Death, and Resurrection of Jesus Christ. Orthodox Worship is centered upon God. He has acted in history and He continues to act through the Holy Spirit. We are mindful of His actions and we respond to His love with praise and thanksgiving. In so doing we come closer to God.

Worship in the Orthodox Church is expressed in four principal ways:

1) The Eucharist, which is the most important worship experience of Orthodoxy. Eucharist means thanksgiving and is known in the Orthodox Church as the Divine Liturgy.

2) The Sacraments, which affirm God’s presence and action in the important events of our Christian lives. All the major Sacraments are closely related to the Eucharist. These are: Baptism, Chrismation, Confession, Marriage, Holy Orders, and Unction.

3) Special Services and Blessings, which also affirm God’s presence and action in all the events, needs, and tasks of our life.

4) The Daily Offices, which are the services of public prayer which occur throughout the day. The most important are Matins, which is the morning prayer of the Church, and Vespers, which is the evening prayer of the Church.

Although Orthodox Services can often be elaborate, solemn, and lengthy, they express a deep and pervasive sense of joy. This mood is an expression of our belief in the

(Continued on page 7)
CLERGY
Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos  cell 571-213-1109, home 703-239-2627    frcostas@stkchurch.com

STAFF
Bookkeeper                               Lori Nelson                        703-671-1515          lnelson@stkchurch.com
Choir Director                           Nick Kyrus                          703-981-2526          nbkyrus@comcast.net
Hellenic Education Center Director       Presv. Eleni Alexopoulou           703-671-7715          ealexopoulou@stkchurch.com
Information Technology                   Theodoros Theocharis               703-671-1515          ttheoch@kinteracomm.com
Maintenance Supervisor                   Roberto Medina                      703-671-1515          rmedina@stkchurch.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, Peter Karounos            703-321-3009         pkarounos@aol.com
Secretary, Bill Polizos                   571-434-7790         polizos@att.com
Treasurer, Maria Wills                    703-409-3041         mwills28@verizon.net

Chris Euripides                          703-477-7101         ceuripides@gmail.com
Rosemary Filou                           703-405-6212         rosemary@verizon.net
Nick Larigakis                           703-909-9078         nlarigakis@aliworld.com
Costas Mavromatakis                       571-344-3634        cgm387@gmail.com

SCHOOLS AND STUDIES
Bible Study (Sundays)                    Bill Polizos                        571-434-7790          polizos@att.com
Catechetical (Sunday) School, Youth      Bill Porter                        703-901-2404          weporter1@fcps.edu
Journey to Orthodoxy                      James Jatras                      703-216-8176         jim@globalstrategicpr.com
Women’s Book Club                        Despina Raizes                    703-414-8116         2draizes@gmail.com

MINISTRIES
Acolytes                                  TBD
AHEPA #438 (P. Derzis)                    John Papanathanassiou              703-732-6329          j_m_papas@hotmail.com
Bookstore                                 Frances Kalavritis, 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          kpolizos@naifa.org
DOXA                                      Presv. Pauline Pavlakos, Editor    703-239-2627          przpauline@stkchurch.com
Facebook                                  Saint Katherine Greek Orthodox Church
                                            Gregory McKinney
GOYA (ages 13-18)                         TBD
GRACE                                      TBD
Greek Dance                               Aris and Anna Vortzidis, Instructors 757-218-6991          greekdancecd@gmail.com
Greek School Auxiliary                    TBD
Hellenic Education Center                 Greek School and Paideia Preschool  703-671-7715
HOPE (ages 7 and under)                   Doris Mentis, Coordinator          703-671-1515
JOY (ages 8-12)                           Vaitsa Bousbouras, Coordinator     703-338-6929          vsbousbouras@yahoo.com
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
Mommy and Me                              Irene Sakkas                        703-883-8823          irenesakkas@gmail.com
OCF (College Ministry)                    Fr. Costa Pavlakos, Spiritual Advisor 703-671-1515          frcostas@stkchurch.com
Philoptochos                              Eleni Kanakos, President           703-938-8360          ekkanakos@aol.com
Prison Ministry (Kairos)                  Dennis Garbis                       202-437-7299          dgarbis@envdes.com
Single Parent Fellowship                  Angela Kallas-Miller                TBD
Website                                   Presv. Pauline Pavlakos, Webmaster 703-239-2627          przpauline@stkchurch.com
YAL (Young Adult League)                  Faye (Fotini) Anson                 TBD
I write this month to inform you of an exciting new Capital Campaign project whose purpose is to substantially reduce and ultimately eliminate our community’s debt. It is our strong belief that the time for this endeavor is right and that our prospects for success—with God’s blessings and your help—are excellent. Much work lies ahead for our committee and we anticipate a three-year campaign will be necessary to achieve our goals and objectives. This article serves to announce our campaign and offer some initial background data. Considerably more information will be provided in the coming weeks and months.

Let me begin by stating that our debt currently stands at $2.1 million. This debt is in the form of a mortgage which covers the 2009 renovation of our sanctuary (including iconography) as well as the remaining balance of the original loan for the Meletis Charuhas Community Center constructed in 2002. Both of these expenditures—in excess of $7 million for the construction of our community center as well as approximately $3 million for the renovation of our sanctuary—were seminal moments in the history of our community. It is indeed noteworthy that both initiatives enjoyed widespread support and have had profound influence on our parish’s development. Undeniably, our community center provides a significant source of ongoing rental revenues, but more importantly, it serves as the focal point for our parish’s significant social, cultural, and educational activities. The renovation of our sanctuary was a tremendous labor of love which greatly beautified our church further enhancing its appeal as a continual source of spiritual inspiration and pride to all generations. Arguably, the growth and resiliency of our community can be directly linked to these two buildings which enable so many of our church’s ministries to thrive. Indeed, these projects have served as a testament to what a unified community can accomplish for the greater glory of God.

As many will recall, our debt was restructured several years ago when we secured substantial savings by refinancing our existing mortgages. However, mortgage payments on a balance in excess of $2 million still result in significant expenditures—over $11,000 monthly ($132,000 annually). The time has now come to embark on a campaign to eliminate this debt so that we may use the savings to realize other ambitions within our community. The unity of purpose so prevalent in support of these important projects at their inception is now required to help “retire” our remaining debt so that our resources may be used for other purposes within the community.

As we continue to communicate the committee’s goals and explain our fundraising needs, please find it in your hearts to support our Capital Campaign by offering your support to the best of your abilities. Please stay tuned for updates on this important event in the life of our parish. Your prayerful assistance and monetary generosity to this holy endeavor are vital.

Looking ahead, our Fall Festival takes place October 7–9 and we request everyone’s support and participation. Please also note our Annual Gala will be held at the Hilton McLean Tyson’s Corner on Sunday, November 6. I am most pleased to announce that two stalwarts of our community—John Agnos and Pierre Tavoularis—will be honored as recipients of this year’s Community Service Award. Please join us on this very special occasion as we gather to enjoy fellowship, reflect on our blessings and honor two humble, but very worthy servants of our community.

On behalf of our Parish Council, I wish each of you health and happiness.

Your servant in Christ,

President, Parish Council

SERVICE TIMES

Please note that Sunday Orthros/Divine Liturgy times are 9:00am/10:00am.

Orthros/Divine Liturgy times are 9:30am/10:30am any other day.

HAVE YOU EVER WISHED you could follow along with the Orthros and other church services? Well, you can if you go to agesinitiatives.com/dcs/public/dcs. You can view and print pdf files of the texts (in English and English/Greek) for most church services. Try out Digital Chant Stand (DCS) and make your church service experience more interactive!
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” (Matthew 19:14). This is exactly our calling and objective here at Saint Katherine in providing an Orthodox Christian education through our Catechetical (Sunday) School program. We are fortunate that our Sunday School is offered at the same time as our adult classes, such as Journey to Orthodoxy and Adult Bible Study. This allows everyone to participate in Orthodox education and then to worship together in the Divine Liturgy as a family. A registration table will be open on Sundays, September 4 and 11, after liturgy in the Meletis Charuhas Hall. We will host our Open House on September 11. At the Open House, students, parents, and teachers will meet in the Meletis Charuhas Hall where Fr. Costa will pray with us promptly at 9:00am and introduce all the teachers. Students will then follow their teachers to their classrooms. Parents are invited to visit their children’s classrooms, where they can meet the teachers and ask any questions that they may have. Our parents have been very responsive to our Sunday School program in the past and we very much look 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. It will truly be a joy to see all the children back in Sunday School when classes begin on September 18. Parents, please bring your children regularly to both Sunday School and Church. Through both experiences, our children will be drawn closer to Christ and grow in Christian knowledge.

BYZANTIO GREEK DANCE

THE BYZANTIO GREEK DANCE and Cultural Arts Program offers Greek folk dance lessons for grades Kindergarten and up. New dancer enrollment begins in October! The first dance practice for new school-age dancers is Tuesday, October 11, 6:30pm-7:30pm in the Meletis Charuhas Hall. Adult dance practice is held on Sundays, 6:00pm-7:30pm in Founders’ Hall.

**SUNDAY SCHOOL SCHEDULE**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Sep 4</td>
<td>Registration in Meletis-Charuhas Hall</td>
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<tr>
<td>Sep 11</td>
<td>Open House and Registration</td>
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<td>Sep 18</td>
<td>First Day of Classes</td>
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<tr>
<td>Sep 25</td>
<td>Youth Church Duty (Captain/Reader)</td>
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<tr>
<td>Oct 9</td>
<td>No Classes (Church Festival)</td>
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<tr>
<td>Oct 23</td>
<td>Youth Church Duty</td>
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<tr>
<td>Nov 20</td>
<td>Youth Church Duty (Captain/Reader)</td>
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<tr>
<td>Nov 27</td>
<td>No Classes (Thanksgiving)</td>
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<tr>
<td>Dec 4</td>
<td>Christmas Pageant Dress Rehearsal</td>
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<tr>
<td>Dec 11</td>
<td>Christmas Pageant</td>
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<tr>
<td>Dec 18</td>
<td>Youth Church Duty</td>
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<tr>
<td>Dec 23</td>
<td>Assemble Homeless Bags</td>
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<tr>
<td>Dec 25</td>
<td>No Classes (Christmas); Deliver GOYA Bags</td>
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<tr>
<td>Jan 1</td>
<td>No Classes (New Year’s Day)</td>
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<tr>
<td>Jan 8</td>
<td>Classes Resume</td>
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<tr>
<td>Jan 15</td>
<td>Youth Church Duty (Captain/Reader)</td>
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<tr>
<td>Feb 5</td>
<td>Godparents’ Sunday</td>
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<tr>
<td>Feb 12</td>
<td>Youth Church Duty; VBC Registration</td>
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<td>Feb 19</td>
<td>Jeopardy Game; OCMC Coin Boxes</td>
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<tr>
<td>Feb 26</td>
<td>Jeopardy Game; OCMC Coin Boxes</td>
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<tr>
<td>Mar 5</td>
<td>Sunday of Orthodoxy (Students bring icons)</td>
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<tr>
<td>Mar 12</td>
<td>Youth Church Duty (Captain/Reader)</td>
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<tr>
<td>Apr 8</td>
<td>Saturday of Lazarus (palm folding)</td>
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<tr>
<td>Apr 9</td>
<td>No Classes (Palm Sunday)</td>
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<td>Apr 16</td>
<td>No Classes (Pascha)</td>
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<tr>
<td>Apr 23</td>
<td>Youth Church Duty</td>
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<tr>
<td>May 14</td>
<td>Youth Church Duty (Captain/Reader)</td>
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<tr>
<td>May 21</td>
<td>Commencement (after Divine Liturgy)</td>
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<tr>
<td>Jun 26-30</td>
<td>Vacation Bible Camp</td>
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</tbody>
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**GOYA (saint-katherines.org/ministries/groups/goya)**

GOYA will have basketball practice on Tuesdays, September 6, 13, 20, and 27, 6:30pm-8:00pm. All teenagers are invited to participate. Please mark your calendars for Saint George, Bethesda’s tournament October 15-16 and Saint Sophia, DC’s tournament October 29-30. The Moratis family will host a GOYA pool party at their home on Saturday, September 10, 3:00pm. Snacks and dinner will be provided. RSVP to Linda Moratis (703-999-9983 or lmoratis@aol.com) by September 5. GOYAns are expected to help with Youth Church Duty Sunday on September 25. Once again, Sunday School students and GOYAns will alternate being Captain and Epistle Reader. Sunday School is responsible for September 25. GOYA will have elections for the 2016-2017 board following liturgy on Sunday, September 25, in the board room. A parents’ meeting will immediately follow. GOYAns are expected to work at least one shift during our church’s Fall Festival (October 7-9). Please contact George Moshos (gmoshos@aol.com) to volunteer.

All teenagers of our community are encouraged to join participate in GOYA. Visit the address above for health/registration forms (dues are $30), advisor and coach contact information, activities, and more. Please email GOYA_St_Katherine@msn.com with any questions regarding GOYA.

**HOLD THE DATE!**

**SUNDAY, NOVEMBER 6**

**SAINT KATHERINE ANNUAL DINNER GALA**

**HILTON MCLEAN TYSONS CORNER**
THE NEWLY ESTABLISHED PAIDEIA SUMMER PROGRAM (July 5, 2016-September 2, 2016) at Paideia Preschool was a great success with 23 children enrolled overall! What are the Olympic Games and the Olympic torch? This is one of the top-topics of the summer program which made our students travel from Olympia, Greece origins of the Olympic Games, the mythol-ogy of Zeus and Hercules, the legacy of the Greek ideals of excellence on a person-al level and that of cooperation among countries. Other topics included the sum-mer fruits, the sea creatures, healthy eating habits, and fun reading and writing activi-ties which gave them the skills to expand to enjoy the unique care that our staff gen-erally provides catering to the individual needs of each one of our students.

We would like to thank Ms. Elsa Papingiou, Ms. Sophia Alpos, Ms. Eleni Mathianaki, Ms. Christina Giannoukos, Ms. Effie Theodoridis for their commitment and dedication and for offering a nurturing and enriching environment for the children of our community.

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

WE WELCOME NEW STUDENTS 2-5 YEARS OLD! Enrollment is open year-round! Please contact Presv. Eleni Alex-opoulo, Director, (703-671-7715 or ealexopoulou@stkchurch.com) for more information on any of our programs or open house dates.

**Paideia.** All Paideia classes will begin September 12, 2016.

**Greek School.** Greek School registration is now open for 2016-2017. We welcome new students! Please find the registration form at www.stkhec.org. Tuesday/Friday classes begin September 9, Saturday classes begin September 10, and Conversational Classes begin Tuesday, September 13.

**Adult Language Classes.** There are three classes offered for the teaching of the Greek language to adults: 7:00pm-9:00pm on Tuesdays and Thursdays, and 5:00pm-7:00pm on Fridays. You may find the form online or ask for one in the office. Adult Classes will begin the week of September 12.

*Please renew your stewardship for 2016 to register for the upcoming school year in any of our programs in order to qualify for the steward rates.*

*Please ask us about the new music class we are planning to offer on Saturdays from 1:30pm-2:15pm.*

Looking forward to seeing each and every one of our students back in school for another exiting and productive year!

Καλή Σχολική χρονιά!
Άγιος Σαβαώθ κρατήσει μεταφράζονται πράγματα ειρωνευτεί περιβάλλον Άγιος Βέβαια Άγιος γνησίους οι άνθρωποι "ΑΓΙΟΙ ΓΙΝΕΣΘΕ, ΟΤΙ ΕΓΩ ΑΓΙΟΣ ΕΙΜΙ", Άγιος άνθρωπος δεν είναι ο αναμάρτητος, επειδή τέλειος και αναμάρτητος άνθρωπος δεν υπάρχει σήμερα και δεν υπήρχε ποτέ. Άγιος είναι εκείνος, ο οποίος επιθυμεί και προσπαθεί και αγωνίζεται να απολαμβάνει και να ξεχωρίζει τον εαυτό του από το κακό και την αμαρτία, δηλαδή αυτό το κακό που είναι μέσα του ως αμαρτωλότητα και συγκεκριμένη αμαρτία, ελάττωμα ή πάθος. Άλλα και από το κακό που είναι εξω από τον εαυτό του, στο περιβάλλον του, στην κοινωνία μέσα, η οποία σήμερα, όπως και ανέκαθεν με τα αμαρτώματα δελεάζεται τον θέλημα και εντυπωσιάζει.

Άγιος είναι ο άνθρωπος που αγαπά περισσότερο από όλα τα πράγματα και τα πρόσωπα, από κάθε άλλη σέξι, τον Ιησού Χριστό. Επιθυμεί και φροντίζει να κυριαρχηθεί και να στερεοποιηθεί στην καρδιά του ο Χριστός. Ο απόστολος Παύλος συνιστά «Άγιος ο οικονόμος» (Φλεγ. δ’ 19). Οι σκέψεις μας, οι επιθυμίες μας, οι πράξεις μας να είναι του Χριστού και να αποτύπωσουμε τον ορίζοντα. Τα τελευταία δηλαδή παρουσιά και κυριαρχία Χριστού στην ψυχή και στην ζωή μας έχουν ακριβώς, όπως σημειώνει και ο Μέγας Βασίλειος, «Ολος Αυτός (ο Χριστός) και μόνο Αυτός (ο Χριστός) να κυριαρχήσει στην Ζωή του άνθρωπου».

Άγιος είναι ο φωτεινός άνθρωπος, του οποίου το φως διαρκεί και πιο πολύ αποδεικνύει γενένκημα ζωτότροπο και φωτεινότροπο, που φωτίζει και ακαταπάυτως πνευματικά το περιβάλλον του, ως ένα, ζωή, συμπεριφορά και ανατομή. «Υάις εστε το φως του κόσμου» (Ματ. ε’ 14), είπε ο Κύριος για τους γνήσιους μαθητές του μετά των οποίων απεβίωσαν.

Αυτά τα χαρακτηριστικά τα βλέπουμε στους Άγιους της Εκκλησίας μας, παλαιόστορος και νέωτερος, πάντως ηλικίας, τάξεως, φιλοσ., έτσι έγιναν και γι’ αυτό συνάντησαν Άγιοι οι Άγιοι Γεώργιος, Δημήτριος, Βασίλειος, Κοσμάς, Αναστασία, Παρασκευή, Χριστίνα, Αικατερίνη....

Άλλα, πρακτικά, μέσα στην καθημερινότητα της ζωής, πώς μεταφράζονται αυτά; Άγιος είναι εκείνος που αγωνίζεται να κρατήσει την πίστη του καθαρή, ορθόδοξη, δυνατή! Αγωνίζεται να κρατήσει τον εαυτό του μέσα στην αμιγδαλάτη της αγάπης και της συμπάθειας, που φρονίζει να δείχνει την εν Χριστίν πάθος και συγκεκριμένη λύση του και τον θυμό του, που φρονίζει να διακατέχεται από πόθος ερωτικώς και αγίου για τον Χριστό.

Μία και η καλοκαιρινή σέζα τελειώνει και αρχίζει το Εκκλησιαστικό Έτος και το σχολείο, η εφαρμόσουμε όλος μας το, το αποστόλου Πέτρου, «Άγιος εν πίστει αναστραφή», (Α Πέτρου α’ 15).

(Η συνέχεια στο επόμενο τεύχος)

BOOK REVIEW
Gregory McKinney


Attitude really is everything. Belisarius brought that home to me in a big way. Billed as an action-packed historical novel for readers 12 years old and up, my immediate impression of the book was that it was a ham-handed melodrama full of pretentiously ponderous purple prose, as in:

“But his eye was lost in battle, Great King!” Seoses protested. “Surely such a noble injury should not disqualify him from the kingship. And as long as you are remaking the law to disqualify Coases, why not do so to elevate your worthy Zames? Surely, the people will accept it with rejoicing. Zames is extremely well-loved.” Catbeds smiled benignly. “Now when have you found time to become a partisan of Zames, old friend?” Seoses was vexed by the implication, but the King saw through his motives like a thready garment. He remained silent. (p. 74)

The story of the book’s real-life characters and their place in history clearly is worth telling. Flavius Belisarius (505–565 A.D.) came up through the ranks to become a renowned general of the Byzantine Empire. He was instrumental to Emperor Justinian’s campaign to reconquer most of the Mediterranean territory of the former Western Roman Empire, areas that had been lost over the previous century. Justinian’s often miserly support of his armies made for one of the defining features of Belisarius’ career: surprising military victories leading to the restoration of the fearsome international reputation of the Roman army.

But, I had to set Belzoni’s book down for a while. I was already almost prepared to dismiss it for readers of any age. However, my thoughts over the next couple of weeks went back to those Hollywood Roman epics of the 1950s and early 60s. I remember enjoying them on those Saturdays and Sundays afternoons when broadcasters filled the hours with old movies. And how old was I? Maybe 10 or 12. So with images of Peter O’Toole and Kirk Douglas in my head, I set aside my cynical adult “sophistication” and starting reading again.

WHAT FUN! Huns! Xerxes and the armies of the Persian Immortals! Archers hitting their mark from horseback! Battle strategy and tactics! Perfidious Roman nobles conspiring to betray their own troops in an effort to unseat the Emperor! Gallant Christian comrades-in-arms, fierce fighters who overcome all odds, but who are nonetheless aware of the moral pitfalls of war. And, of course, the chaste love interest than allows only for blushes, love letters, and a stolen kiss.

Just as the elements of the Hollywood epic created a sense of grandeur and gravitas, so does Belzoni. Belisarius and Justinian once again rise up in all their nobility to engage the intelligent teen-age heart. I just ordered Book Two of this planned novel. Can’t wait!

Paolo A. Belzoni has published several works of short fiction. He blogs at http://giorymanorum.blogspot.com. His interests include Roman and Byzantine military history, art, architecture, and archaeology, as well as early Church history.
Resurrection of Christ and the deification of humanity, which are dominant themes of Orthodox Worship. In order to enhance this feeling and to encourage full participation, Services are always sung or chanted.

Worship is not simply expressed in words. In addition to prayers, hymns, and scripture readings, there are a number of ceremonies, gestures, and processions. The Church makes rich use of nonverbal symbols to express God’s presence and our relationship to Him. Orthodoxy Worship involves the whole person; one’s intellect, feelings, and senses.

Services in the Orthodox Church follow a prescribed order. There is a framework and design to our Worship. This is valuable in order to preserve its corporate dimension and maintain continuity with the past. The content of the Services is also set. There are unchanging elements; and there are parts which change according to the Feast, season, or particular circumstance. The regulating of the Services by the whole Church emphasizes the fact that Worship is an expression of the entire Church, and not the composition on a particular priest and congregation.

An important secondary purpose of Worship is the teaching of the Faith. There is a very close relationship between the Worship and the teachings of the Church. Faith is expressed in Worship, and Worship serves to strengthen and communicate Faith. As a consequence, the prayers, hymns, and liturgical gestures of Orthodoxy are important mediums of teaching.

Since Worship in Orthodoxy is an expression of the entire Church the active participation and involvement of the
KAIROS PRISON MINISTRY

THE NEXT KAIROS 4 DAY EVENT (K-63) will take place October 13–16, 2016. Saint Katherine has been asked to bake 150 dozen cookies in support of the KAIROS weekend. The date for this activity will be published next month.

FOCUS

FELLOWSHIP OF ORTHODOX CHRISTIANS UNITED TO SERVE (FOCUS). The acronym for the organization seems like any other, a vague descriptor of philanthropic work, with a Focus (ha!) in Orthodoxy. But at the end of two months working with them, having gotten up at 6:00am every day to brave an hour of DC traffic just to start the day, the acronym doesn’t seem more fitting. My fears of help being hard to come by were quickly cast aside, as members from churches all across the area took a similar commute to spend their morning with us, coming together to make breakfasts and lunches for over a hundred kids. A fellowship is what it became, most volunteers becoming regulars as fast friendships formed, discussions during work ranging from the funny to the historic to the thought-provoking. Even with Orthodoxy in the name, volunteers came from outside the faith to lend their time, our cause being worthy of their commitment because, at the end of the day, I believe we made a difference in children’s lives. Not only for the food we gave, which could’ve come from anybody or anywhere, bagged and left at their doorstep, but from the way we gave it. After lunches were served and breakfasts for the following day packed away, the other volunteers and I would socialize with the kids, eating with them, listening to their stories, and encouraging them to try new, healthy, and definitely delicious foods—several had never seen zucchini before in their lives or tried a pepper that wasn’t spicy. Just a few days into the program, kids would excitedly run up to us, asking what was for lunch that day, or if they could help carry anything or open doors. That lunch hour became my favorite part of the day, as the meal would involve being chased around with stickers, arm-wrestling any and all competitors, and encouraging milk-drinking competitions (because that was the only way they’d ever beat me at arm-wrestling). What could have been a donate-and-dash experience was instead a time sink where we allowed these kids personal attention and healthy eating options, both of which can be in short supply in the low income neighborhoods where they lived. There aren’t many summer jobs one misses when fall starts to roll around, but my work with FOCUS was immensely enjoyable, and I hope that next year I’ll be able to have those same joyful experiences with volunteers and children alike.

https://focusnorthamerica.org/

SEPTEMBER CHURCH DUTY ROSTER

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Names</th>
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<tbody>
<tr>
<td>September 4, 2016</td>
<td>9:00am</td>
<td>Nick Larigakis, Captain, Chris Euripides, Rosemary Filou, Bill Polizos, Dr. Jerry Rich, Maria Vargas, Mary Varlas</td>
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<tr>
<td>September 11, 2016</td>
<td>9:00am</td>
<td>Rosemary Filou, Captain, Peter Karounos, Nick Larigakis, Costas Mavromatakis, Mallamo Mavromatakis, Jim Stoucker, Maria Wills</td>
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<tr>
<td>September 18, 2016</td>
<td>9:00am</td>
<td>Chris Euripides, Captain, Costas Mavromatakis, Mallamo Mavromatakis, Dr. Jerry Rich, Maria Vargas, Mary Varlas, Maria Wills</td>
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<tr>
<td>September 25, 2016</td>
<td>9:00am</td>
<td>Peter Karounos, Captain, Bill Polizos, Jim Stoucker, Youth Church Duty Day (Zoe Gould, Captain and Epistle Reader, and SS and GOYA volunteers)</td>
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(Continued from page 7)

congregation is required. There are no “private” or “said” Services in the Orthodox Church and none may take place without a congregation. This strong sense of community is expressed in the prayers and exhortations which are in the plural tense. The congregation is expected to participate actively in the Services in ways such as: singing the hymns; concluding the prayers with “Amen”; responding to the petitions; making the sign of the Cross; bowing; and, especially, by receiving Holy Communion at the Divine Liturgy. Standing is the preferred posture of prayer in the Orthodox Church. The congregation kneels only at particularly solemn moments, such as the Invocation of the Holy Spirit during the Divine Liturgy.

You are an important part of Orthodox Services. A litany is a dialogue between the priest or deacon and the congregation, which consists of a number of prayer-petitions, followed by the response “Lord, have mercy” or “Grant this, O Lord.” Litanies occur frequently throughout the Services and often serve to distinguish particular sections.

Orthodox Worship has always been celebrated in the language of the people. There is no official or universal liturgical language. Often, two or more languages are used in the Services to accommodate the needs of the congregation.

We are ready for you!!!! See you in Church. You can bring friends.

God’s blessings,

Fr. Costa
# SEPTEMBER 2016

<table>
<thead>
<tr>
<th>Sunday</th>
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<tr>
<td>11th Sunday of Matthew 9:30am Orthros 10:30am Divine Liturgy Catechetical (Sunday School Registration)</td>
<td>Labor Day (Office Closed)</td>
<td>6:30pm GOYA Basketball Practice</td>
<td>Vespers at Nativity of the Theotokos, Fredericksburg</td>
<td>Nativity of the Theotokos 9:30am Orthros 10:30am Divine Liturgy 7:30pm Choir</td>
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<tr>
<td>Sunday before the Exaltation of the Holy Cross 9:00am Orthros 10:00am Divine Liturgy Catechetical (Sunday) School Registration and Open House</td>
<td>Paideia Classes Begin 6:30pm DOP Potluck Dinner and Meeting 7:30pm Deuteri Deutera</td>
<td>5pm Conversational Greek 6:30pm GOYA Basketball Practice 7pm Adult Conv. Greek 7:30pm Missions</td>
<td>Exaltation of the Holy Cross 9:30am Orthros 10:30am Divine Liturgy</td>
<td>Adult Conv. Greek 7:30pm Choir</td>
<td>Greek School 5:00pm Adult Conv. Greek</td>
<td>Sophia and Her Three Daughters: Faith, Hope, and Love 9:30am Orthros 10:30am Divine Liturgy 9:30am Greek School</td>
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<td>Sunday after the Exaltation of the Holy Cross 9:00am Orthros and Catechetical School 10:00am Divine Liturgy Phikoctos Meeting</td>
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<td>5pm Conversational Greek 6:30pm GOYA Basketball Practice 7pm Adult Conv. Greek</td>
<td>7:30pm Parish Council</td>
<td>7pm Adult Conv. Greek 7:30pm Choir</td>
<td>Greek School 5:00pm Adult Conv. Greek</td>
<td>Greek School 9:30am Greek School</td>
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<tr>
<td>1st Sunday of Luke 9:00am Orthros and Catechetical School 10:00am Divine Liturgy Youth Church Duty GOYA Elections and Parents’ Meeting</td>
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<td>5pm Conversational Greek 6:30pm GOYA Basketball Practice 7pm Adult Conv. Greek</td>
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<td>7pm Adult Conv. Greek 7:30pm Choir</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.*
PHILOPTOCHOS (by Eleni Kanakos, President)
I WOULD LIKE TO EXTEND A WARM WELCOME to all our Ladies and prospective members to another year of the Ladies of Philoptochos. I hope that everyone enjoyed the summer break! I look forward to kicking-off another successful season with all of you!

Thank you 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 2016 Fall festival will be held October 7-9. Volunteers are needed to help with baking—an email will be sent with dates and times.

Our Thanksgiving bake sale will be on Sunday, November 20 after church. Contact Mary Varlas (703-965-4161 or LPhakesale@yahoo.com) to place your order. The deadline for your order is Saturday, November 12.

On Sunday, September 18, our first general meeting will take place in the board room immediately following the church service. I hope all of you can make it.

We will continue selling koulourakia and paximathia throughout the year. Please contact Mary Varlas or me at 703-969-8364. Thank you for your interest and your support.

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!

BOOK CLUB
BOOK CLUB? To some folks that sounds stuffy and boring. But imagine, for instance, discussing and sharing the adventures of a penniless wanderer/seeker of truth. Or challenging yourself to discern the true meaning of your personal theosis!

Saint Katherine Women’s Book Club resumes meeting this fall. Prior to our first meeting we will decide on a meeting schedule. Generally we meet every two weeks.

In the past we discussed The Divine Liturgy that describes details of the liturgy that many of us didn’t know about even though we have attended the service many times. Another was Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica. Books being considered this fall include On the Providence of God, a collection of writing by Saint John Chrysostom or The Mountain of Silence: A Search for Orthodox Spirituality—readings intended to help deepen our faith.

New members are particularly welcomed. Don’t think you have time? Surely you can devote 20 minutes to reading and 90 minutes to share your insights with others for their spiritual benefit?

All participants will be invited to propose books and agree on a selection, either via email or following a coffee hour after the Divine Liturgy in September. Contact Despina Raizes (2draizes@gmail.com or 703-216-8176) to learn more or to enroll in our book club email list.

DAUGHTERS OF PENELOPE (by Karen Polizos, President)
WE HOPE EVERYONE ENJOYED a wonderful summer. Helle Chapter’s next monthly meeting begins with a potluck dinner on Monday evening, September 12, at 6:30pm, in the board room. Please bring a light and easy dish, snack or sweet to share at 6:30pm with the meeting starting promptly at 7:00pm.

The Daughters of Penelope and The Ladies Philoptochos Society are partnering again this year for our annual jackets, hoodies, and sweatshirts drive to benefit Alternative House (Fairfax County) and Homestretch (Falls Church) from August 15 through October 25. We will deliver these items as they are collected, with final delivery by November 1. We are collecting children, teen and adult sizes based on the needs and sizes we were given. Donated items should be new (preferred) or in perfect and clean condition. Bring your donation(s) to Saint Katherine—if Sunday, please drop in collection box outside of the hall; if during the week or Saturday, please take to the church office. An electronic sign up has been created at this link: http://bit.ly/DOP_Philoptochos_KeepWarm. All sizes needed are listed on this web page for you to choose from, and there are very clear instructions on the sign up page to select your donation(s) and where to bring your donation(s). If you prefer to make a monetary donation, please make check payable to DOP-Helle 283 and mail to Karen Polizos, 903 Holly Creek Drive, Great Falls, VA 22066. We will purchase items for you to meet the sizes needed. Thank you for your support!

SAINT KATHERINE SENIOR CHOIR
CHOIR PRACTICES WILL RESUME on Thursday, September 8, 7:30pm in the choir loft. All members of the community are invited to join the choir. If you are least 13 years old, have a decent voice and are willing to make the commitment, please consider this gift of time and talent. The choir sings in Greek and English from western style notation in both 4-part western SATB and the traditional Byzantine styles. Knowledge of Greek is not necessary—it’ll come after a while. For more information or if you have questions, contact the choir director, Nick Kyrus (703-981-2526 or nbkyrus@comcast.net).

BOOKSTORE
VISIT SAINT KATHERINE BOOKSTORE after liturgy for all your Orthodox shopping needs. We have liturgy and other service books, prayer ropes, crosses, CDs, icons, various items for children, etc.

The bookstore is an outreach ministry of Saint Katherine Church. We try to be open most Sundays after each liturgy. If you need to visit the bookstore during the week, please contact the church secretary, Ms. Sophia Tsangali, at 703-671-1515.

We thank you for your support!
FOCUS Activities in the Area. This summer, the Fellowship of Orthodox Christians United to Serve (FOCUS) supported two programs in the DC area. The first was based at Saint Sophia Cathedral in DC where breakfast and lunch were prepared for about 300 DC children on a daily basis from the middle of June to the end of September. Our own Daniel McKinney helped prepare the food and transported it to a YMCA on the south side of DC. The second program was based at Saint Mary’s Orthodox Church for one week in August.

Alaska Mission Team Returns. The OCMC Alaska mission team included our own John and Betty Slanta. Below is their report:

The mission of our Orthodox Christian Mission Center (OCMC) Alaska team was to bring the joy of Jesus Christ to the people and make an inspiring and prayerful impact on all we met. The OCMC Alaska mission team of seven, ages 16-67, supported summer church camp lessons in Kwhethlu and Napaskiaq, along the Kuskokwim River 450 miles west of Anchorage. (Both parishes are under the Orthodox Church in America’s (OCA) Diocese of Alaska that has 90 altars and 35 clergy to serve about 70,000 Orthodox Christians.) We were able to reach 78 children on this mission—28 in Napaskiaq and 50 in Kwhethlu!

The team then flew to Bethel where we were met by Fr. Vasily Fisher and assistant priest Fr. Ismael Andrew, of Saint James parish, ferried the team to skiffs (small boats) on our journey to Napaskiaq. The team introduced lessons on our relationship with family, church, worship, service, Fr. Tom Hopko’s 55 Maxims, Apostolic succession, living a Christian life to get closer to God; lessons on social media, the digital world and Internet safety were especially important, as Yupik children, like those in the lower 48, are bombarded with temptations of Western culture—web predators who prey on text messages and websites which may bring them harm. Our OCMC mission team led games, and helped with crafts such as Jesus Prayer candles, prayer bracelets, “stained glass” crosses, decorating icons, and drawing pictures of a favorite Saint.

The team helped Matushka Helen clean salmon berries picked earlier in the day and made into “akutaq” (pronounced: ah goot ick). The native Yupik people work untiringly in their subsistence lifestyle, taking food from what God provided from the land—red berries, blue berries and Salmon berries on land; walrus, seal, salmon in the rivers and ocean and bear, beaver, rabbit, moose and caribou on land. The men hunt and fish; the women pick berries, and clean, dry and smoke the fish at “fish camps” that dot the banks along the Kuskokwim River.

The “Blessed Matushka Olga of Kwhethlu” connection—the wives of clergy in both Napaskiaq and Kwhethlu were the granddaughter and youngest daughter of Matushka Olga. The team had the opportunity to pray at the grave of Blessed Matushka Olga, before ministering to her native people in the village of Kwhethlu. The team returned from the mission with prayers of Blessed Mother Olga of Kwhethlu (+ November 8, 1979), known for helping women who are abused. Our OCMC Alaska mission team returned with renewed love for the native Yupik children and a new knowledge of the ancient Yupik culture.

Project Mexico Mission Team Returns. The Saint Katherine Project Mexico Mission Team was led by Bill and Eleni Porter. Below is their report:

Project Mexico was truly a tremendous experience, and it was much more than a building trip…from the early morning hours over coffee in the fresh morning air, until the evenings around the campfire, we shared our faith, our prayers and our stories with other Orthodox Christians from the four corners of the United States. The kids said that they will greatly miss the back and forth road trips to the worksite, that were full of upbeat singing and laughter, in spite of the extreme, bumpy travel on undeveloped dirt roads. Imagine that!

The entire week was spent outdoors. Tent sleeping, morning coffee time, Vespers, meals, Orthros and Liturgy…all outdoors! And the kids LOVED it! They never missed their phones and they talked to, and laughed with, each other the whole week! Some of the groups had a little bit of a hard time with curfew because they were having SO much fun. The hardest day for all of them was the last day when we all departed.

After four hard days of labor from 9:30am to 4:30pm each day, our team completed a two-room, stucco home that was presented to our family in need. Two of our priests did a house blessing, and then we presented the family (Victor, Veronica, and their boys Lailo and Alexis) with icons of Jesus and the Theotokos, as well as keys to the home. At this point, the father, Victor, began to weep for joy with gratitude beaming from his face!

People talk about being afraid of travel in Mexico, but our teens said that they never felt scared or threatened! I really hope that all of our youth at Saint Katherine get a chance to go to Project Mexico, at least once, to experience this amazing Orthodox Mission camp. Our boys, Niko and Leon, are bummed that we may only be able to go every other year; they want to go every summer! Some of our older teens are also discussing becoming interns. The interns at St. Innocent Orphanage are a great group of young Orthodox adults! We really enjoyed our time working alongside everyone (the interns, the adults, and the awesome priests)! In the near future, we hope to give a presentation of the trip.

Monumental Missions Walk, October 15. Save the date for our 4th annual Monumental Missions Walk, Saturday, October 15, starting at 9:00am. This year, the tent will be set up on the DC Mall near 3rd/4th Streets, next to the American Indian Museum. The walk will go past the Capitol and other monuments/memorials in the area. Ask family and friends to sponsor you for the walk. Go to http://www.DCGreeks.com/MonumentalMissionsWalk. Every walker will get a t-shirt, a drawstring bag, snack, and water. Help raise funds for OCMC and local charities while walking and having fellowship with other Orthodox Christians. If you can’t walk with us this year, but would like to donate, checks should be made out to Saint Katherine Church with “Monumental Missions Walk 2016” on the memo line. Any questions? Text Eleni Porter at 703-470-9992 or email her at beporter1@verizon.net. Thank you!

NEXT MISSIONS MEETING
Tuesday, September 13, 7:30pm
Adult Bible Studies Begin September 18

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 Book of Revelation

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

The Book of Revelation is the final book of the Bible and one of the most mysterious and misunderstood documents ever written. Through the centuries its symbols and visions have given rise to anxiety and fear, but also to a strengthening of faith and hope. Taking a no-nonsense approach to this topic we will explore the Orthodox understanding of this great work. We will review the seeds of apocalyptic literature found in the Old Testament, examine statements made by Christ and the writers of the New Testament regarding life after death and the “end times,” and also discuss the views of the Church saints and theologians on these topics. Following this we will review the book itself chapter by chapter. We will explore the enigmatic symbols, perennial questions and timeless truths the book reveals with the hope that it will help us deepen our Orthodox faith.

Classes are held every Sunday from 9:00am-10:00am, beginning September 18 on the lower level of the Meletis Charuhas Hall.

For questions, please contact Bill Polizos
(571-216-4077 or polizos@att.com)

All are welcome!!!
Shown below is a list of families and individuals who participated in the 2016 Saint Katherine Stewardship Program through July 31, 2016. Thank you for responding to our needs for the church.

If you have not yet completed your 2016 pledge, please complete the stewardship form on page 8 and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Any questions? Please contact Lori Nelson at nelson@stkchurch.com or 703-671-1515.
2016 STEWARDSHIP FORM

“Christian Stewardship is learning how to be a responsible and concerned caretaker of Christ’s Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the God…our active commitment to use all our time, talent, and treasure for the benefit of humankind in grateful acknowledgment of Christ’s redeeming love…caring for the needs of others…” (Williams & McKibben in Oriented Leadership). If you have not yet made a stewardship commitment to your church for the year 2016, please take a moment and do so now.

NAME: ___________________________________________  ________

Address:  ____________________________________________________  ______________

City, State, Zip:  ___________________________________________  __________________

Telephone Number: ___________________  Email address:  ________  _________________

I (my family) pledge(s) $_______ of financial stewardship to Saint Katherine Greek Orthodox Church.
SAINT KATHERINE LIVE!

Did you know that we have a live feed from our church? Relatives and friends from far away can watch a sacrament. If you are sick and cannot make it to a service, you can still participate. Sign in to the church website, saint-katherines.org, and click on the red “Saint Katherine Live!” button in the right-hand column.

Aarondale

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FRIDAY, OCT. 7
SATURDAY, OCT. 8
SUNDAY, OCT. 9
11 AM-9 PM DAILY