

# Saint Katherine



www.saint-katherines.org  
 3149 Glen Carlyn Road  
 Falls Church, VA 22041

# DOXA

The monthly newsletter of  
 Saint Katherine Greek Orthodox Church  
 Volume 10, Number 4  
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## DAY BY DAY

SEVERAL YEARS AGO, I arrived at a soccer game in the last few minutes. DC United won. Everyone was celebrating. Even though I was happy about the victory, I wasn't as excited as those who had been at the whole game. I invite you to fully experience the glorious celebration of Pascha—to be there for the whole event, not just the celebration. I invite you to go through Holy Week day by day and be active participants in all that Holy Week has to offer. Below are some words and activities that will help you on the final portion of your journey to Pascha—Holy Week.

**Holy Monday.** There are two important themes in Holy Monday's service—preparedness and hypocrisy. *At home today:* Take some time to read the parable of the wise and foolish virgins (Matthew 25:1-13) and discuss how we can prepare to receive our risen Lord. Also, consider discussing hypocrisy. How do we strive to live sincere lives as Christians and not be hypocrites to the world? *At Church tonight:* Along with the chanters, chant the beautiful hymn, *Behold the Bridegroom Comes in the Middle of the Night.*

**Holy Tuesday.** Today, the theme of repentance rings loudly as we learn about the story of the sinful woman. *At home today:* Read the Gospel lesson Luke 7:35-50 which tells her story. Think of something you can offer to honor Christ just as the sinful woman did. It can be as simple as a prayer or more complex like volunteering time to help those less fortunate. *At Church tonight:* During tonight's Bridegroom service, we have the beautiful hymn of Kassiani. Listen closely to the hymn (or read it in English if it is being chanted in Greek). Take note of how it tells the story from the Gospel lesson read at home earlier in the day. It is important to realize that our hymnology is based on the traditions and scriptures of our faith.

**Holy Wednesday.** Today, the Sacrament of Holy Unction is offered. Learn more about this sacrament and how to prepare for it by going to [www.youth.goarch.org](http://www.youth.goarch.org)† For Youth Workers† Youth Worker Pulse† Listserv Archive† March 2007† Preparation for the Sacrament of Holy Unction. *At Church this afternoon and tonight:* The Sacrament of Holy Unction is offered twice at our church—3:00pm and 7:00pm. The service of Holy Unction consists of seven Epistle and seven Gospel readings. Pay close attention to the Gospel readings.

**Holy Thursday.** Today, plan to dye your Easter eggs. *A brief lesson on the symbolism of Easter eggs is that Easter eggs are dyed red to represent the blood of Christ shed on the Cross. The hard shell of the egg symbolizes the sealed Tomb of Christ. The cracking of the egg (the sealed Tomb of Christ) symbolizes His resurrection from the dead.* Dye some of the eggs the traditional red and be more creative with other eggs. Consider learning the techniques used to create Ukrainian eggs. These ornately decorated eggs will provide you with a beautiful keepsake from your Pascha festivities. *At Church today:* Today begins with the Divine Liturgy of Saint Basil at 6:00am. Try to attend as a family before going to work or school. The day will end with the evening service at 7:00pm, which includes the reading of Twelve Gospels telling the story of Christ's Crucifixion. This is a beautiful service. Since it is quite long, if you cannot stay the entire time, try to come and stay until after the fifth Gospel when Jesus is put on the Cross.

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. . . AND MORE!





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**Greek Orthodox Metropolis of New Jersey**  
**Saint Katherine Greek Orthodox Church**

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Website	Presv. Pauline Pavlakos 703-239-2627	przpauline@stkchurch.com
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YAL (Young Adult League)	TBD	

## PARISH COUNCIL

Fellow Parishioners,

Having served on the Board of Auditors for the last two years and as Parish Council Treasurer for two years prior to that, I am always interested to hear a parishioner's reaction to our budget. Our 2012 budget is almost \$1.1M and is broken down into four principal components: 1) Ministries, 2) Staff, 3) Recurring Expenses (mortgage, utilities, insurance, etc.), and 4) Infrastructure (maintenance, capital improvements, etc.). As you might expect, "people" and paying our monthly obligations are our biggest expenses, but since some parishioners have told me they have difficulty relating to larger numbers, let's take a slightly different look at what it costs to run Saint Katherine . . . on a daily basis:

Ministries - \$312/day <sup>1</sup>	Recurring expenses - \$1,317
Staff - \$1,163 daily	Infrastructure - \$196
<sup>1</sup> Staff costs, volunteers not included.	
Total daily expenses - \$2,988	

Noteworthy expenditures within the components above include:

Office/Church Supplies - \$172/day <sup>2</sup>	Church Mortgages - \$564/day
Utilities - \$220/day	Archdiocese Commitment - \$200/day
<sup>2</sup> Paper, postage, candles, etc.	

What about our schools? For the year ending June 2011, our Greek School and Paideia Preschool had combined expenses of \$200,000 per year – or \$548/day schools are in session.

Now let's take a look to see where we get the money each day to pay our bills<sup>3</sup>:

Stewardship - \$1,381/day (47%)	Other donations - \$196/day (7%)
Candles and trays - \$329/day (11%)	Fundraising (festivals, etc) - \$548/day (19%)
Rentals - \$480/day (16%)	
<sup>3</sup> Daily costs slightly less than expenses due to pending Archdiocese Allocation appeal.	

Hopefully, this slightly more granular look at our budget provides you a fresh perspective on our daily needs and why we must remain diligent stewards. It certainly serves to remind us all how very grateful we are for everyone's continued support of our community and its diverse ministries.

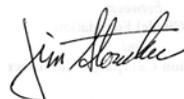
Turning to other matters, I would like to take a moment to report to you on several ongoing initiatives. In the area of Information Technology, our Parish Council is exploring adoption of a new upgrade to our telephone system by using the Internet (VOIP), instead of conventional phone company wiring. In addition to numerous technological advantages, we anticipate significant cost savings as well. We are also involved in securing critical offsite digital storage and back up for our data systems which we currently do not possess. Using the "cloud" as our storage medium will also provide many other benefits including more reliable e-mail and remote access. Finally, maintaining our physical plant is a never-ending task. Our list of maintenance projects appears below and will give parishioners an understanding of the improvements planned in the coming months:

Restripe parking lot	Polish/seal sanctuary floors
Fix potholes in parking area/drives	Paint side doors of the sanctuary
New sidewalks/retaining walls	Repaint the foyer of the Meletis Charuhas Hall
Landscaping church grounds	Relocate church safe
Telephone (VOIP) conversion	Acknowledgement signage/donors
New bathrooms in Founders' Hall	Lighting for the Iconostasion
Construct 2nd floor storage area off stage in Charuhas Meletis Hall	Refinish/install wooden exit doors in sanctuary
	Railings for steps to solea

In closing, I would like to thank the ministries who were contacted to further participate in the life of the Church by serving as ushers during the second Liturgy. Their response has been overwhelming and we will begin highlighting these individual ministries as part of this program this month.

I trust everyone has had a blessed Lenten journey. On behalf of our Parish Council, I wish you all a Happy Easter. Καλό Πάσχα!

Your Servant in Christ,



President, Parish Council

## CATECHETICAL (SUNDAY) SCHOOL

APRIL IS AN EXCEPTIONALLY BEAUTIFUL MONTH—spring is in full force, flowers are blossoming throughout the Washington area, the days are getting longer, and the weather is often very pleasant. With so many bright and sunny days, the attendance at Catechetical (Sunday) School flourishes. Above all, this April is extra special as we celebrate Holy Pascha.

On April 7, the Saturday of Lazarus, children and their families are invited to make palm crosses after the Divine Liturgy. There will be no Catechetical School on Palm Sunday the next day. On April 15 (Pascha) there will be no Catechetical School classes either, but parents are urged to attend Church with their children for the moving Agape service where the universality of Christ's message is brought to use with readings from the Gospel in several languages.

Regular Catechetical School classes will resume on April 22. On that day, our young people should bring back to their classes the mission boxes they received from their teachers at the beginning of Lent. The purpose of the mission boxes is to have another experience giving to others less fortunate. That way emphasis on the scripture lesson, "It is more blessed to give than to receive" is once more accented.

We wish all of our Church family a blessed Pascha.

## VACATION BIBLE CAMP

ATTENTION PARENTS: If your child is between the ages of 4-12 you might want to consider registering him/her for the 2012 Saint Katherine Vacation Bible Camp. This year, camp will begin on Monday, June 25 and end on Friday, June 29. Space is limited. Only 60 seats are available, so make sure to register early. This year's theme is *My Orthodox Journey*. Younger students will learn about the various areas in the church, from the Narthex to the Altar, and the older students will take a "trip" to Constantinople, Mount Athos, Mount Sinai, and Jerusalem. Registration is \$30 and forms can be found in the Narthex. Additionally, if you would like an electronic form, email Christina Vazquez at [czvmail@aol.com](mailto:czvmail@aol.com) or Daphne Papamichael at [cyprusd@aol.com](mailto:cyprusd@aol.com).

## GO GOYA . . .

Saint Katherine GOYA will host their 2012 Basketball Tournament the weekend of April 21-22. Our teams are *red hot* and have been placing 1st and 2nd in church basketball tournaments.

GOYA will sell ads for their Tournament Book through April 6. Thanks in advance for your support.

For more information or to place an ad, please visit the GOYA table during Coffee Hour on Sundays or contact Mrs. Frances Campbell at [frangoo123@yahoo.com](mailto:frangoo123@yahoo.com).



## PAIDEIA

Congratulations to our students and teachers for an outstanding Greek Independence Day Program held on March 24<sup>th</sup> in cooperation with our Greek School. Our children did a wonderful job with their songs and poems. In March, we also learned about the Feast of the Annunciation of our Theotokos and talked about the coming of spring. We discovered the changes in nature and learned about rainbows, the sun and the stars.

As we near the end of the school year, we would like to recognize the support of SAFEWAY and thank them for providing healthy snacks for our children.

This month, we are focusing on preparations for PASCHA. We will be baking koulourakia, dyeing eggs and decorating our Easter candles (Lampades). Father Costa will also talk to us about the meaning of the Resurrection. We will also be planting seeds and watch them grow; and will talk about Earth Day and recycling.

School will be closed for Holy Week. We return on April 17.

I hope you enjoy this special time as we await the Resurrection of our Lord. Καλή Ανάσταση! Καλό Πάσχα!

### SUMMER CAMP

for children ages 3 to 5

July 9 - August 17  
(6 weekly sessions)

9:00am to 3:30pm  
Monday-Friday

*Weekly themes include:*

1. *Crafty Creations*
2. *Baking Basics*
3. *Exploring Ellada - the Olympics*
4. *Music, Poetry, Rhythm and Art with Ms. Gilda*
5. *Under the Sea*
6. *Movement and Dance*

Cost: \$210 per week

Sign up by April 30. Space is limited.

For registration information:  
Email [director@gopaideia.org](mailto:director@gopaideia.org)  
Call 703-671-7715.

## Η ΝΙΚΗ ΕΙΝΑΙ ΔΙΚΗ ΜΑΣ!

Σοφία Δ. Τσαγκάλη

ΠΟΙΟΣ ΕΙΔΕ ΑΝΘΡΩΠΟ που πέθανε κρεμασμένος στο Σταυρό και τρυπημένος με λόγχη στο πλευρό να ζωντανεύει, να ελευθερώνεται με μόνη τη δύναμή του, η γη να σείεται ολόκληρη με την Ανάστασή του, και οι φρουροί σαν νεκροί από τρόμο και φόβο να κοιτώνται έξω από τον τάφο Του;

Ήταν ένα γαλήνιο πρωινό.... Η ατμόσφαιρα έπαιρνε την ανοιξιάτικη ζεστασιά της από τον λαμπρό ήλιο που ανέτελλε σιγά-σιγά στον ορίζοντα.... Φως και γαλήνη πλημμύριζαν ολόγυρα, αναμειγμένα με τις μυρουδιές των ευωδιαστών λουλουδιών.... Μέσα σ' αυτή, την μοναδική στην μεγαλοπρέπειά της ατμόσφαιρα, αντήχησε η φωνή του αγγέλου: «Ηγέρθη, ουκ έστιν ώδε....», Μάρκου 16:6). Κι από τότε η αγγελική αυτή φωνή αντιλαλεί το χαρμόσυνο μήνυμά της, τονίζοντας στους αιώνες το εξαιρετο θαύμα: Χριστός Ανέστη! Μήνυμα χαράς! Μήνυμα ελπίδας! Μήνυμα θριαμβευτικής νίκης! Μήνυμα που έρχεται να επιβεβαιώσει την νίκη του Χριστού πάνω στις αρχές και στις εξουσίες του σκότους. Επί πλέον όμως και την δική μας νίκη «στον αγώνα τον καλό» που αγωνιζόμαστε. Το «Χριστό Ανέστη», που βγαίνει από όλες τις καρδιές και τα στόματα, είναι μιά μεγάλη επιβεβαίωση ότι κι εμείς θα νικήσουμε στον αγώνα του πνεύματος εναντίον της ύλης, του κακού, της αμαρτίας.

Είναι αλήθεια πως μερικές στιγμές είναι δύσκολες και οδυνηρές στον αγώνα μας. Ίσως θα λέγαμε μαύρες στιγμές, γιατί κυριαρχεί η αδυναμία. Είναι στιγμές πικρές, όπου τα γόνата λυγίζουν. Οι πειρασμοί γίνονται δυνατοί. Σκοτάδι κυριαρχεί στην καρδιά μας, που φωτίζεται μόνο από τις αστραπές που φέρνει το μίσος, ο φθόνος, η μνησικακία, η σάρκα, για να κάνουν αγριότερη την καταγίδα.

Ένα σκοτάδι παρόμοιο με εκείνο που κυριάρχησε στον Γολγορά «από έκτης ώρας...έως ώρας ενάτης». Τότε που όλα φάνηκαν ότι χαίρονται. Τότε που ο Ιησούς φάνηκε να οδηγείται στην ήττα, στην εξαφάνιση, στην ντροπή. Πόσο γέλασαν τότε οι εχθροί! Πόσο έκλαψαν οι γυναίκες!

Αυτό όμως δεν κράτησε πολύ, γιατί από το σκοτάδι εκείνο πήγασε το φως! Η Ανάσταση! Η νίκη! Η δόξα!

Έρχεται έτσι η Ανάσταση, το «Χριστός Ανέστη» να πουν και στην δική μας την ψυχή την μεγάλη αλήθεια, να μη φοβόμαστε. Η νίκη είναι δική μας, όσοι κι αν είναι οι πειρασμοί, όσο σκληρός και αν είναι ο αγώνας, πίσω περιμένει με δαφνοστέφανα η νίκη! Έστω κι αν φαίνεται προς στιγμή ότι τα πάντα χαίρονται, έστω κι αν φαίνεται ότι το πρόσωπο της ήττας μάς πλησιάζει, είμαστε χριστιανοί, αγωνιστές του πνεύματος, και δεν πρέπει να δειλιάζουμε. Γιατί μετά το σκοτάδι της Μεγάλης Παρασκευής, έρχεται το ανοιξιάτικο, φωτεινό πρωινό της Κυριακής του Πάσχα, της νίκης! Στο πλευρό μας στέκεται ο Ιησούς Χριστός, που έρχεται και παίρνει θέση σε όλους εκείνους που αγωνίζονται να είναι δικοί Του και να κρατούν την ψυχή τους «άσπιλον από του κόσμου», (Ιακώβου 1:27). Όπως Εκείνος, μετά τα Πάθη έφτασε στον θρίαμβο της Ανάστασης, έτσι κι εμείς θα φτάσουμε «στην αναψυχή», όπου ο δροσερός αέρας της νίκης θα αξιώσει τους

(Continued on page 14, column 1)

## ΕΛΛΗΝΙΚΟ ΣΧΟΛΕΙΟ

ΣΥΓΧΑΙΡΟΥΜΕ ΤΟΥΣ ΜΑΘΗΤΕΣ του Ελληνικού Σχολείου, και τις δασκάλες, κυρίες Ρένα και Λένα Παπαποστόλου, και είμαστε υπερήφανοι γι' αυτούς, που με μεγάλη επιτυχία συμμετείχαν στο πρόγραμμα «Επιστροφή στις Ρίζες», Σάββατο 10 Μαρτίου. Επίσης, συγχαίρουμε μαθητές και δασκάλους του Ελληνικού Σχολείου και του Paideia Pre-school για το εξαιρετο πρόγραμμα που ετοίμασαν και παρουσίασαν για την Ελληνική Ανεξαρτησία της 25<sup>ης</sup> Μαρτίου 1821, το Σάββατο 24 Μαρτίου. Οι μαθητές μας και φέτος έδωσαν τον καλύτερό τους εαυτό με τα πατριωτικά ποιήματα, σκετς και τραγούδια που απήγγειλαν και τραγούδησαν και μας έκαναν υπερήφανους για την Ελληνική μας κληρονομιά. Ευχαριστούμε ιδιαίτερα τα μέλη του Greek School Auxiliary και όλους τους γονείς, τόσο του Ελληνικού Σχολείου όσο και του Paideia Preschool για την βοήθειά τους και προπάντων για την όμορφη δεξίωση που ακολούθησε μετά το πρόγραμμα. Συγχαρητήρια στα παιδιά που τόσο όμορφα είπαν τις προσευχές του Ακαθίστου Ύμνου, καθώς και τους μαθητές που έλαβαν μέρος στην γιορτή του ΑΗΙ (American Hellenic Institute) για την 25<sup>η</sup> Μαρτίου, στην παρέλαση της Βαλτιμόρης και στην γιορτή του Προμηθέα.

Το Σάββατο του Λαζάρου, υπενθυμίζουμε, ότι το μάθημα θα γίνει κανονικά, αλλά έχουμε και εκκλησιασμό και Θεία Κοινωνία, γι' αυτό να είμαστε προετοιμασμένοι όπως πρέπει. Επίσης θα βοηθήσουμε και την GOYA στο φτιάξιμο των σταυρών με τα βάγια για την Κυριακή των Βαΐων.

Έχετε υπ' όψη ότι οι διαγωνισμοί της Ελληνομάθειας για τα επίπεδα Α1 (για παιδιά 8-12 ετών), Α1 (για εφήβους και ενήλικες), Α2, και Β1 θα λάβουν χώρα την Δευτέρα 14 Μαΐου, Β2 και Γ1 την Τρίτη 15 Μαΐου, και Γ2 την Τετάρτη 16 Μαΐου. Σημειώστε ότι η ημερομηνία των εξετάσεων του Ελληνικού Σχολείου έχει αλλάξει για την Κυριακή 20 Μαΐου 2012, στις 5:00 μ.μ., στο Meletis Charuhas Center.

## GREEK SCHOOL

CONGRATULATIONS TO OUR STUDENTS who participated in the program "Return to Origins" on Saturday, March 10. Congratulations are also in order to the directors, Mrs. Rena and Mrs. Lena Papapostolou. We congratulate our students and teachers for the excellent program they prepared and presented for Greek Independence Day on March 24. Our students gave the best of themselves with the poems they recited and the songs they sang. We felt proud of our Greek heritage! Special thanks to the members of the Greek School Auxiliary and all parents of the Greek School and the Paideia Preschool for their support and help in preparing for the reception following the program on March 24. Congratulations to our students who so beautifully read the prayers of the *Akathist Hymn*, as well as the students, parents and teachers who participated in the ΑΗΙ (American Hellenic Institute) Greek Independence Day program, the Parade in Baltimore, and the Prometheas program for Greek Independence Day.

(Continued on page 14, column 2)

## PASCHAL PRAYER FOR MEALTIME

Adapted from *Prayers for the Domestic Church* by Edward Hays

*(To be used on Pascha and the 40 days after. The family stands in prayerful silence around their table upon which there are two unlit candles.)*

Blessed are You, Lord our God, who raised up Jesus from the tomb and has gathered all of us around this table. As the light of God overcame the darkness of death, may these candles we now light be for us a sign of the flame of life that burns within our hearts.

*(Candles are lit.)*

As these Pascha candles call us to the feast of this our table, may the light of Christ, call us to Your eternal feast. May these candles delight our eyes and splendor to our meal.

With great joy, we come to our Paschal dinner as we continue our celebration of the ever-newness of the Resurrection of our Lord and Savior, Jesus Christ. We rejoice in the resurrection of spring, as birds, flowers and fields come alive after the long sleep of winter. May we, in this Paschal meal, share with them the great joy of life.

May the taste of goodness in this food be a promise of the eternal Paschal meal we shall all share together with our Risen Lord. May this Paschal dinner be a sacrament of springtime, peace, and eternal happiness. May God's blessing rest upon this table and each of us. Amen. Christ is Risen! Truly He is Risen!

*(Close by singing Christ is Risen.)*

The SAFEWAY benefits program at Saint Katherine is looking for new members. Please fill out the form below. You can put it in one of the offering baskets on Sunday or mail it to the Church Office. For more information, call Elvira Garnett at 703-425-3675.

### SAFEWAY BENEFITS

Card # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone \_\_\_\_\_

# REGISTRY

## Baptisms

*George Maximus (March 3)*  
son of Guillermo N. Fuentes and Nickje Donas  
Godparent: Kaneli Boosalis

*Kostantinos John (March 24)*  
son of Peter Dinoyosios and Amy Marie Marketos  
Godparents: Thomas and Rose Maria Pellicane

*Zoe (March 25)*  
daughter of Ramon Sanchez and Antonia Xereas  
Godparent: Percefone Karakosta

## Chrismations

*Ann Elizabeth Beranis (March 4)*  
Sponsor: Anastasia Topping

*Maximus Reid Allan (March 18)*  
son of David and Barbara Salvette  
Sponsor: George Konstas

*Congratulations!*

## Funerals

*Catherine Kakadelis (February 22)*  
*Jenny Holt (March 21, Virginia Beach)*

*May their memories be eternal.*

*A GMU student needs a ride to church.  
If you are able to offer assistance, please  
contact Fr. Costas at 703-671-1515.*

### CAMP GOOD SHEPHERD 2011

The Linwood-MacDonald YMCA Center  
Branchville, New Jersey

**July 8-14: JOY (ages 8-12)**

**July 15-21: GOYA #1 (ages 13-18)**

**July 22-28: GOYA #2 (ages 13-18)**

For more information, contact the Metropolis Youth Office at 908-301-0500 or youth@nj.goarch.org.

## MISSIONS AND OUTREACH

**OCMC Benefit Dinner, Saturday, April 28.** The 2012 benefit dinner for the Orthodox Christian Mission Center (OCMC) will be held at Saint Katherine on Saturday, April 28. We are pleased to announce that the main speaker will be the Executive Director of the OCMC, Fr. Martin Ritsi. Fr. Martin has served as a mission priest for four years in Kenya and six years in Albania with Archbishop Anastasios. He has been the Executive Director of the OCMC for 13 years. Hear about the exciting things happening in Orthodox Missions around the world. Fr. Martin's topic will be *He Who Has Ears, Let Him Hear: Preaching the Word Where It Has Not Been Heard*. Come and be a part of this important event. Tickets are \$50.00 per person and \$60.00 after April 10, with reduced prices for children. For more information and tickets, contact Gregory McKinney at [dintym@hotmail.com](mailto:dintym@hotmail.com) or Skip Mersereau at [jwmster@gmail.com](mailto:jwmster@gmail.com).

**Diaper collection for area food pantries.** On Palm Sunday, April 8, we will once again collect diapers for donation to area food pantries and family charities. 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 Community Center. Please bring unopened packages of sizes newborn to 6. No pull ups please.

### **Bailey's Crossroads Homeless Shelter**

**Feeding the homeless.** Dinner at the homeless shelter will be served by our Parish Council on March 27 and our Mission and Outreach Committee on April 24. Lunch will be served by our Greek School on Saturday, May 5 and Vacation Bible Camp on Thursday, June 28. If your church group would like to serve, please contact John Demakis at [demakis9931@gmail.com](mailto:demakis9931@gmail.com).

**Furniture donations.** The Shelter welcomes new and used furniture for people who are leaving the Shelter for arranged housing. The shelter will pick up furniture within a 10-mile radius of the shelter. To arrange pick up or if you have any questions, call the Shelter Director, Thomas Nichols, on his cell phone at 703-659-3460. Please do not bring the furniture to the church.

**Clothing and toiletries.** We continue to collect new and used clothing and unopened toiletries for the Shelter. There is always a need for adult shoes of every kind for men and women—dress shoes, casual shoes, new shoes, and used shoes in good condition. Please give what you can. Bring your items to our community center and we will deliver to the shelter once a week. Thanks to all who have contributed in the past.

**OCMC mission teams for 2012.** The Orthodox Christian Mission Center (OCMC) has announced its short-term mission teams for 2012. There will be 15 short-term teams (2-3 weeks) going to nine countries, including Kenya, Tanzania, Uganda, Moldova, Romania, Mongolia, South Korea, Guatemala, and Alaska. These teams are a wonderful opportunity to witness for your faith. Please prayerfully consider dedicating 2-3 weeks to witness for Christ. Our community will be very supportive with finances and prayers. For dates and details go to the OCMC website, [OCMC.org](http://OCMC.org).

**Appalachia Outreach Summer 2012.** Our Mission and Outreach committee is investigating options for reaching out to those less fortunate in Appalachia. We have made contact with Habitat for Humanity and with FOCUS (Fellowship of Orthodox Christians United to Serve). Our initial focus might be minor construction projects to repair or upgrade homes of the elderly. We hope to partner with local Orthodox churches in West Virginia or North Carolina. More information to follow.

**Guatemala Team January 2013.** Saint Katherine will send a mission team to the Guatemala Orphanage January 16-24, 2013. Fr. Costa will be the spiritual leader and Nicole Leontsinis will be the team leader. For application information, please contact Nicole at [Nicola713@gmail.com](mailto:Nicola713@gmail.com)

**Alaska mission team.** Due to unforeseen difficulties, we have had to cancel our Alaska Mission effort for this summer. We are now planning for the summer of 2013. For those still interested in an Alaska mission, the OCMC is planning two mission trips to Alaska this summer. For more information, go to [OCMC.org](http://OCMC.org).

**Update from Maria Roeber, Tanzania.** I am doing well here in Bukoba. We expect any day to hear the official word from the Ministry of Health about the Orthodox clinic's registration. We'd been told that we would hear news last Friday, but now we have been told to call back on March 16. In the meantime, I have been working with my fellow missionary and nurse, Felice Stewart, to organize supplies and medications in the clinic. I am also continuing my language study, and I am now at the stage where I am telling short stories to my language teacher using only Kiswahili. I am amazed at how much I actually understand when people talk to me, though my own ability to speak the language is less proficient. However, I am looking forward to starting work in the clinic when we are registered, because then I feel I will get more practice speaking with people. We are also preparing to welcome three short-term OCMC teams in 2012, and are beginning to discuss planning and logistics for those teams. Most importantly, as we are in the blessed season of Great Lent, I am attending twice daily services and am using the extra prayer time to ask God for His blessings upon the ministry and the people here in Tanzania, as well as for my supporters back home in the United States. I have been

*(Continued on page 13)*



Metropolitan DC Orthodox Christian  
Mission & Outreach Committee

**2012 ΑΚΟΛΟΥΘΙΑΙ  
ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΟΣ ΚΑΙ ΠΑΣΧΑ**

**2012 HOLY WEEK  
AND EASTER SERVICES**

07 Απριλίου	ΣΑΒΒΑΤΟ ΤΟΥ ΛΑΖΑΡΟΥ Όρθρος Θεία Λειτουργία	9:30πμ 10:30πμ	07 April	SATURDAY OF LAZARUS Orthros Divine Liturgy	9:30am 10:30am
08 Απριλίου	ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ 1 <sup>η</sup> Θεία Λειτουργία Όρθρος 2 <sup>α</sup> Θεία Λειτουργία Ακολουθία Νυμφίου	8:00πμ 9:30πμ 10:30πμ 7:00μμ	08 April	PALM SUNDAY 1st Divine Liturgy Orthros 2nd Divine Liturgy Bridegroom Service	8:00am 9:30am 10:30am 7:00pm
09 Απριλίου	ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ* Ακολουθία Νυμφίου	7:00μμ	09 April	HOLY MONDAY* Bridegroom Service	7:00pm
10 Απριλίου	ΜΕΓΑΛΗ ΤΡΙΤΗ* Ακολουθία Νυμφίου	7:00μμ	10 April	HOLY TUESDAY* Bridegroom Service	7:00pm
11 Απριλίου	ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ Το Άγιο Ευχέλαιο Το Άγιο Ευχέλαιο	3:00μμ 7:00μμ	11 April	HOLY WEDNESDAY Holy Unction Holy Unction	3:00pm 7:00pm
12 Απριλίου	ΜΕΓΑΛΗ ΠΕΜΠΤΗ Εσπερινός και Λειτουργία Μ. Βασιλείου (Ο Μυστικός Δείπνος) Τα Άγια Πάθη (Τα Δώδεκα Ευαγγέλια)	6:00πμ 7:00μμ	12 April	HOLY THURSDAY Vespers with the Liturgy of Saint Basil (Mystical Supper) The Holy Passion of Christ (Twelve Gospels)	6:00am 7:00pm
13 Απριλίου	ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ Οι Μεγάλες Ώρες Μέγας Εσπερινός και η Αποκαθήλωσις Ο Επιτάφιος Θρήνος (Τα Εγκώμια)	9:00πμ 3:30μμ 7:00μμ	13 April	GOOD FRIDAY The Great Hours Great Vespers with the Descent of the Cross The Lamentations (Epitaphios)	9:00am 3:30pm 7:00pm
14 Απριλίου	ΜΕΓΑ ΣΑΒΒΑΤΟ Εσπερινός και Λειτουργία Μ. Βασιλείου Ακολουθία Αναστάσεως Η ΑΓΙΑ ΑΝΑΣΤΑΣΙΣ Όρθρος και Θεία Λειτουργία	9:30πμ 11:00μμ 12:00πμ	14 April	HOLY SATURDAY Vespers with the Liturgy of Saint Basil Canon Preceding the Resurrection THE HOLY RESURRECTION Orthros and Divine Liturgy	9:30am 11:00pm 12:00am
15 Απριλίου	ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΣΧΑ Ο Εσπερινός της Αγάπης Easter Egg Hunt	11:00πμ	15 April	EASTER SUNDAY Vespers of Love (Agape) Easter Egg Hunt	11:00am

*\*Ιερά Εξομολόγησις στις 6:00μμ και με appointment.*

*\*Holy Confession will be offered at 6:00pm and by appointment.*

**OTHER WEEKDAY SERVICES IN APRIL**

Monday, April 2 7:00pm Compline	April 20 Lifegiving Fountain (9:30am Orthros, 10:30am Liturgy)
Wednesday, April 4 Presanctified Liturgy, 7:00pm	April 23 Saint George (10:00am at Saint George, Bethesda)
	April 26 Apostle and Evangelist Mark (9:30am Orthros, 10:30am Liturgy)

# APRIL 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>Sunday of Saint Mary of Egypt</i> 8:00am Divine Liturgy 10:30am Orthros and Catechetical School 10:30am Divine Liturgy	2 6:00pm Holy Confession <b>7:00pm Holy Compline</b>	3 7:00pm Missions Meeting Adult Greek School 6:00pm Introductory II 7:30pm Introductory I 7:00pm Basketball (G.S. and Paidieia Parents)	4 10:30am Women's Book Club 6pm Conversational Greek 6:00pm Holy Confession <b>7:00pm Pre-Sanc. Liturgy</b> followed by Lenten Pot Luck Dinner	5 Adult Greek School 6:00pm Intermediate 7:30pm Advanced	6 5:00pm Greek School	7 <i>Saturday of Lazarus</i> 9:30am Orthros 10:30am Divine Liturgy Fold palms into crosses 9:30am Greek School  Phlioptochos Bake Sale
8 <i>Palm Sunday</i> 8:00am Divine Liturgy 9:30am Orthros 10:30am Divine Liturgy Palm Sunday Luncheon Phlioptochos Bake Sale  6:00pm Holy Confession 7pm <i>Bridegroom Service</i>	9 <i>Holy Monday</i> 6:00pm Holy Confession 7pm <i>Bridegroom Service (Kassiani)</i>  8:00pm YAL Deuteri Deutera (sandwich making for the homeless)	10 <i>Holy Tuesday</i> 6:00pm Holy Confession 7pm <i>Bridegroom Service (Kassiani)</i>	11 <i>Holy Wednesday</i> 3:00pm Holy Unction 7:00pm Holy Unction	12 <i>Holy Thursday</i> 6:00am <i>Vespers/Liturgy of Saint Basil</i>  12pm <b>DOXA Deadline</b>  7:00pm <i>Holy Passion of Our Lord</i>	13 <i>Good Friday</i> 9am <i>The Great Hours</i> 10am Altar Boy Retreat, Preparation for Pascha: wrap eggs, decorate the Epitaphios, clean the church, etc. 3:30pm <i>Apokathelosis</i> 7:00pm <i>Lamentations</i>	14 <i>Holy Saturday</i> 9:30am <i>Vespers/Liturgy of Saint Basil</i> 11:00pm Canon preceding the Resurrection 12:00am <i>Orthros and Divine Liturgy</i> Magirisa Soup to Break the Fast
15 <i>Holy Pascha</i> 11:00am Agape Service Annual Easter Egg Hunt	16 <i>Bright Monday</i>	17 Adult Greek School 6:00pm Introductory II 7:30pm Introductory I	18 10:30am Women's Book Club 6pm Conversational Greek 7:00pm Basketball (G.S. and Paidieia Parents)	19 Adult Greek School 6:00pm Intermediate 7:30pm Advanced	20 <i>Life-giving Fountain</i> 9:30am Orthros 10:30am Divine Liturgy  5:00pm Greek School	21 GOYA I Tournament through Sunday 9:30am Greek School 1:30pm Greek School Teachers' Meeting 8:30pm GOYA Dance
22 <i>Thomas Sunday</i> 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy	23 <i>Saint George</i> 10:00am Liturgy celebrated at Saint George, Bethesda	24 Adult Greek School 6:00pm Introductory II 7:30pm Introductory I  5:00pm Missions Committee Feeding the Homeless at Bailey's Crossroads Shelter	25 <i>Evangelist Mark</i> 9:30am Orthros 10:30am Divine Liturgy  6pm Conversational Greek 7:00pm General Assembly Meeting	26 Adult Greek School 6:00pm Intermediate 7:30pm Advanced	27	28 9:30am Greek School  Saint Demetrios, Baltimore Tournament
29 <i>Holy Myrrhbearers</i> 8:00am Divine Liturgy 9:30am Orthros and Catechetical School 10:30am Divine Liturgy 2pm DOP Fashions Around the Tea Tables	30					

## PHILOPTOCHOS

THE PHILOPTOCHOS HAS BEEN BUSY BAKING for our Annual Easter Bake Sale which will take place on Saturday, April 7 and Palm Sunday, April 8. We are also preparing Easter treat bags of baked goodies for our shut-ins, to be delivered by Fr. Costa.

The April commitments to our National Philoptochos are the Sisterhood of Saint Basil Academy—providing for the physical needs of the children of Saint Basil's and the International Orthodox Christian Charities which provides food, shelter, and economic self-sufficiency to those in need.

The Philoptochos board urges everyone to submit their Philoptochos stewardship as soon as possible to Mrs. Irene Burton, Treasurer, 6206 Everglades Drive, Alexandria, VA 22312.

We wish you a Blessed Lenten Season and a joyous and glorious Anastasi. Kalo Pascha!

## DAUGHTERS OF PENELOPE

THE DAUGHTERS OF PENELOPE are having their 4th Annual Fashions Around the Tea Tables on Sunday, April 29 beginning at 2:00pm in the Meletis Charuhas Center. Take a stroll around the Tea Tables and view our unique table settings and raffle prizes. Champagne punch will be served beginning at 2:00pm and Tea will be served beginning at 2:30pm. Fashions will be by Carol Anderson by Invitation. Donation is \$35.00, and children over 7 years old, \$25.00. All proceeds will benefit our scholarship fund and other philanthropies. Reservations are required, so please call Kathy Cavallo (703-978-1539), Elvira Garnett (703-425-3675), or Jane Moore (540-847-2215) to reserve your spot today!

## SAINT KATHERINE BOOKSTORE

THIS MONTH WE ARE FEATURING TWO BOOKS to aid you in your Lenten journey to Pascha:

*Athonite Fathers and Athonite Matters* by Elder Paisios of Mount Athos. This book deals with the lives or events in the lives of Elders of Mount Athos who lived in the period between 1840 and 1980. The author, Elder Paisios, was blessed in being able to associate with many righteous Athonite fathers, "athletes" of Christ, or to hear others tell of them. He was deeply impressed by their holy simplicity, their unshakeable, genuine faith; he was moved by the generosity of spirit in which they struggled; he admired their self-denial unto death and their devotion to the ascetic ideal; he tasted and was sweetened by the honey of their virtues; and, being animated by the same spirit of Christian struggle, he imitated their godly achievements.

*Repentance And Confession* by Saint Nektarios. This initial volume is the first of any of Saint Nektarios' works to be translated into English. It is vital for every Orthodox Christian who is concerned about the salvation of his soul to read this theological yet concise and easily understood study on a much-neglected commandment of God. According to Saint Nektarios, "Confession is the life-saving medicine for society because it is capable of saving many souls from destruction...Confession from a moral standpoint is the greatest benefaction of the Church to society. The spiritual father is the moral physician of society. He alone is capable of intercepting all the bad things that afflict society today...This is what confession is from a moral standpoint, which we unfortunately have not realized and have abandoned. This is why many bad things exist, which afflict society."

The bookstore is open after liturgy on most Sundays.

The SAFEWAY benefits program at Saint Katherine is looking for new members. Please fill out the form below. You can put it in one of the offering baskets on Sunday or mail it to the Church Office. For more information, call Elvira Garnett at 703-425-3675.

### SAFEWAY Benefits

Card # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Telephone \_\_\_\_\_

## IONIAN VILLAGE 2012

[www.ionianvillage.org](http://www.ionianvillage.org)

212-570-3536

Ionian Village, the summer camping ministry of the Greek Orthodox Archdiocese of America *in Greece*, is now accepting registrations for its Summer 2012 programs: *Summer Travel Camp* (June 29-July 18) and *Byzantine Venture* (July 25-August 13) for youth who have completed grades 7 through 12 and *Spiritual Odyssey*, shorter pilgrimage-style trips for young adults ages 19-28, Cyprus and Constantinople (May 30-June 9), The Greek Mainland (June 10-June 20) and The Greek Islands (July 15-July 25). Register now!

## AHEPA SCHOLARSHIPS AVAILABLE

THE AMERICAN HELLENIC EDUCATIONAL PROGRESSIVE ASSOCIATION'S COMMITMENT TO EDUCATION has been well documented throughout its history. Over \$4 million is endowed at the local, district, and national levels toward the use of scholarships and a half-million dollars is awarded annually. Thousands of young men and women have benefited as recipients of AHEPA scholarships at these various levels.

Our local AHEPA family is proud to claim a robust scholarship program to promote, encourage, induce, and advance education at the college and university levels for eligible and deserving youth in our community. We are indeed fortunate to have 4 distinct AHEPA scholarships immediately available to our community in the Washington Metropolitan area. Although we are blessed to have so many scholarship opportunities available for our young students, each year, one or two applicants fail to pay close attention to submission instructions and their applications are eliminated. *Please do not let this happen to you!*

Each of the following scholarships are separate and distinct, requiring submission of individual applications with differing requirements. What follows is pertinent information provided to make all those eligible aware of their scholarship opportunities and to eliminate confusion about the various scholarship programs available.

***Washington Metro Area Scholarships*** have been awarded by DC metropolitan area AHEPA and Daughters of Penelope Chapters since 1970. This competitive program has recognized over 1,500 area students and awarded over \$750,000 since its inception. Scholarship presentations will be made at an awards program on Sunday, May 20, 2012 at the Hilton Washington, DC/Rockville Hotel in Rockville, Maryland. In addition to a cash award, each recipient receives a plaque and is individually honored during the award banquet. The award banquet is an exceptional affair and many parents and grandparents attend. Applications and additional information are available in the Church Office and also on the Saint Katherine website. *Submission deadline is April 6, 2011.*

***The Peter N. Derzis Chapter 438 Community Scholarship*** is awarded to a student from the local community who best exemplifies attributes of scholarship and community involvement. This award is made on AHEPA Sunday during ceremonies after the second Divine Liturgy in the Church. Applications and additional information are available in the Church office, from any Chapter officer and also on the Saint Katherine website. *Submission deadline is April 6, 2011.*

***AHEPA Capital District 3 Scholarships*** are awarded to high school seniors throughout the Capital District 3 region (Virginia, West Virginia, Maryland, North Carolina, and Washington, DC). Scholarships are funded through the AHEPA Family District No. 3 Scholarship Foundation. The winners are determined by a scholarship committee which convenes at the District Convention (this year to be held June 6-8 in Annapolis, MD). Award recipients are notified shortly thereafter. The number of awards varies depending on availability of funds, but typically 20-25 awards are made. Additional information may be found on the District website [http://www.district3ahepa.com/mydistrict/?page\\_id=437](http://www.district3ahepa.com/mydistrict/?page_id=437). Applications and additional information is available in the Church office and also on the Saint Katherine website. *Submission deadline is April 1, 2012.*

***AHEPAcademy***—for High School Juniors. Apply for the opportunity to be one of a small, select group of Greek-American high school students selected from all over the country to participate in AHEPAcademy, an interactive leadership and networking seminar to be held on the campus of George Mason University outside Washington, DC from June 24-30, 2012. Applications for AHEPAcademy are now available on [www.AHEPAcademy.com](http://www.AHEPAcademy.com). *The early-action deadline for submission of completed applications to AHEPAcademy is March 4, 2012. The final deadline for submission of completed applications to AHEPAcademy is April 1, 2011*, but please contact AHEPAcademy and your local AHEPA Chapter as soon as possible to indicate your interest in applying for the program and regarding your eligibility to receive a scholarship from your local AHEPA Chapter for your participation in the AHEPAcademy on Campus program.

Multiple ***AHEPA National Scholarships*** are also offered to a wide variety of students. Recipients are traditional and non-traditional students; seminarians, including those entering Holy Cross Greek School of Theology; and high school seniors, college, and post-graduate students who are looking to become tomorrow's leaders in the Hellenic American community. For additional information or to download applications for over a dozen additional AHEPA scholarships, please go to [http://www.ahepa.org/uploads/pdf/ahepa\\_scholarship\\_2012.pdf](http://www.ahepa.org/uploads/pdf/ahepa_scholarship_2012.pdf). *Submission deadline is March 31, 2012.*

**ΠΡΟΣΕΥΧΗ ΓΙΑ ΤΗΝ ΠΡΟΕΤΟΙΜΑΣΙΑ  
ΤΗΣ ΗΜΕΡΑΣ ΤΗΣ ΑΝΑΣΤΑΣΕΩΣ**

Χριστέ μου,

Βοήθησέ μας να καθαριστούμε από το βάρος των αμαρτιών μας για να προσέλθουμε με καθαρή ψυχή την άγια ημέρα της Α ν α σ τ ά σ ε ω ς. Βοήθησέ μας αυτή η νηστεία να είναι σωματική και πνευματική. Υπακοή σε Σένα και ελευθερία από τα πάθη μας. Να βρισκόμαστε σε κατάσταση εγρήγορσης ώστε να καταλαβαίνουμε τους πειρασμούς μόλις εισέρχονται στο νου, πριν προλάβουν να μεταβληθούν σε πτώσεις και πάθη.

Να αναγνωρίζουμε ότι η νηστεία είναι μία προσωπική θυσία για την πνευματική μας ανάβαση και υπέρβαση του εαυτού μας. Ζητούμε το έλεος Σου και την βοήθειά Σου. Όπως Εσύ νίκησες τον θάνατο έτσι και εμείς να πάρουμε θάρρος και δύναμη από την δική Σου θυσία και αγάπη.

Το ξέρεις Παντοδύναμε δύο κόσμοι μέσα μας παλεύουν. Βλέπεις το πλήθος των τραυμάτων της ψυχής μας, τις αδυναμίες, τα πάθη. Γνωρίζεις όμως και την προθυμία και τους στεναγμούς της καρδιάς μας.

Βοήθησέ μας να σπεύσουμε στο ιερό πλυντήριο της εξομολογήσεως με αληθινή μετάνοια και όταν φτάσει η νύχτα της Αναστάσεως να πούμε: “Την Ανάστασίν σου Χριστέ Σωτήρ, άγγελοι υμνούσιν εν ουρανοίς και ημάς τους επί γης καταξίωσον εν καθαρά καρδία Σε δοξάζειν”.

Βοήθησέ μας να πάρουμε δύναμη από εκείνες τις αφοσιωμένες και θαρραλέες μυροφόρες που ετοίμαζαν τα μύρα τους για να αλείψουν το σώμα Σου. Από τους τολμηρούς και μακάριους Ιωσήφ και Νικόδημο που ετοίμασαν το ολοκάθαρο σεντόνι για να τυλίξουν το πανάρχαντο Σώμα Σου.

Εσύ μόνο γλυκύτατε Ιησού μπορείς να μας εξαγιάσεις με την Χάρη Σου και να μας μεταβάλεις σε Παύλους, ώστε να πούμε μαζί του : “ζω δε ουκέτι εγώ, ζη δε εν εμοί Χριστός”. Αμήν.

**Miss Me, But Let Me Go  
Author Unknown**

When I come to the end of the road,  
and the sun has set for me.  
I want no rites in a gloom-filled room.  
Why cry for a soul set free?  
Miss me a little—but not too long,  
and not with your head bowed low.  
Remember the love that was once shared.  
Miss me, but let me go.  
For this is a journey we all must take,  
and each must go alone.  
It's all a part of the master's plan,  
a step on the road to home.  
When you are lonely and sick of heart,  
go to the friends we know.  
Bear your sorrow in good deeds. Miss me,  
but let me go.

**REALTY ALLIANCE INC. (RAI)**

<http://raidonations.org>

Realty Alliance, Inc. (RAI), <http://raidonations.org>, is an organization dedicated to the funding of non-profit organizations such as Saint Katherine, through affiliated real estate agents who donate a portion of their compensation. Anyone wishing to buy or sell real estate merely checks the website mentioned above for a participating realtor who will ensure their donation is made to our parish. The average individual donation for our area is approximately \$2,500 and is tax deductible to the buyer or seller. This is a national organization and participation is not limited to just our parishioners. *Any* referral a member receives from a friend, relative, or co-worker *anywhere* in the country will qualify for a donation to Saint Katherine as long as a participating RAI agent is utilized. We hope all parishioners will consider using the services of realtors who participate in this endeavor and further that you designate Saint Katherine as the recipient of your generosity.

RAI has provided funding to organizations such as The American Cancer Society, YMCA, Big Brothers and Big Sisters, as well as numerous churches.

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## STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2011 Saint Katherine Stewardship Program from February 1 through February 29. Thank you for responding to the needs of our church. (Complete lists will be published periodically.)

Our stewardship pledge form is on page 15. If you have not yet sent a pledge, please complete the form and send it to the office as soon as possible. Alternatively, you may pledge online today at [www.saint-katherines.org/stewardship](http://www.saint-katherines.org/stewardship). Your Church and community depend on your stewardship commitment.

Any questions? Please contact Anna Vassilopoulos at [avassilopoulos@stkchurch.com](mailto:avassilopoulos@stkchurch.com) or 703-671-1515.

M/M Evangelos Abatzis	M/M Stanley Koussis
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M/M Adam Birnbaum	M/M Thomas Lallas
M/M Lewis Brickates	Mrs Bessie Ligelis
M/M John Capetanakis	Mrs Georgia Lindroth
M/M Aggie Capsalis	Mrs Patricia Lyrstis
M/M Manuel Capsalis	M/M Peter Malek
M/M Thomas Cardamone, J	Ms Melissa Mimidis
M/M Todd Carr	M/M Louis Mitchell
Rev/Presv Theodore Chelpon	Mr Scott Mooney and
M/M George Christacos	Mrs Eleanor Galifianakis
Dr Nicole Christacos	M/M William Moore
M/M Stavros Christacos	M/M George Moratis
M/M Aristotle Christou	Mr/Dr Michael Mprais
Miss Ljiljana Ciric	M/M Nicholas Myseros
Mrs Mirjana Ciric	Mr/Ms Clayton Nightingale
Mrs Theodosia Dampier	Ms Crystallo Papamichael
Mr Lycurgus Davey	Mrs Mamie Papamichael
M/M John Delta	Col/Mrs Daniel Peyser
M/M Demetrios Demetriou	Mrs Androula Pikrallidas
M/M Lambros Demetriou	M/M Kostas Pikrallidas
Mr /Dr Stephen Dinos	Mr John Pors
Mrs Catherine Edgington	Mrs Sylvia Psarakis
M/M Christopher Euripides	M/M Mitchel Raftelis
M/M Stephanos Flossos	M/M George Roiniotis
M/M Stephen Francis	M/M Gregory Romanias
Ms Korinna Garbis	M/M Panagiotis Sillis
M/M Evans George	Mr Thomas Sillis
M/M Michael Goldsmith	M/M Alex Solomos
M/M Michael Haddad	M/M Chris Soves
Mrs Maria Hatzikonstantinou	M/M Nicholas Spyros
Mr Clinton Irby	M/M Nick Stames
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M/M Tom Jouvani	M/M Gus Svolis
Mr Kalamatianos & Mrs Adamopoulos	Mrs Angelika Tsatsakis
Mrs Maria Kalis	M/M George Tsempales
Mr Michael Kalis	M/M Thomas Tsianakas
Ms Christina Kanakis	M/M Craig Underhill
Mr Constan Kanellos	Dr/Mrs Charles Valases
Mrs Lula Karas	Mrs Olga Varoutsos
M/M Stavros Katsakos	M/M George Veletsis
M/M George Kavros	M/M Stavros Veletsis
M/M Michael Kavros	M/M Demetris Voudouris
M/M Nicholas Kikis	Rev Christos Wallace
M/M Mike Kiro	Mr Jack Wuerker & Mrs Effie Triarhos
M/M Costas Kolas	M/M John Ziu
Mrs Paraskeve Koumarianos	

## CHRIST IS RISEN! TRULY HE IS RISEN!

Albanian: Krishti Ungjall! Vertete Ungjall!

Arabic: Al Maseeh Qam! Haqqan Qam!

Armenian: Christos harjav i merelotz!

Orhniale harutjun Christosi!

Bulgarian: Christos voskrese. Voistinou voskrese

Byelorussian: Khristos Uvoskros! Zaprowdu Uvoskros!

Chinese: Helisituosi fuhuole! Queshi fuhuole!

Coptic: Pikhirstof aftonf! Khen o methni aftonf!

Czech: Kristus vstal zmrtyv'ch! Skutec ne vstal!

Danish: Kristus er opstanden! Ja, sandelig opstanden!

Dutch: Christus is opgestaan! Hij is waarlijk opgestaan!

English: Christ is Risen! Indeed, He is Risen!

Estonian: Kristus on üles tõusnud.

Tõesti on üles tõusnud.

Finnish: Kristus nousi Kuolleista! Totisesti Nousi!

French: Le Christ est ressuscité.

En vérité, il est ressuscité.

Gaelic: Erid Krist! G'deya! n erid she!

Georgian: Kriste aghsdga! Cheshmaritad aghsdga!

German: Christus ist auferstanden.

Er ist wahrhaftig auferstanden.

Greek: Christos Anesti! Alithos Anesti!

Hebrew: Ha Mashiyach qam! Ken hoo qam!

Italian: Cristo è risuscitato. In verità è risuscitato.

Japanese: Harisutosu Fukkatsu! Jitsu Ni Fukkatsu!

Latin: Christus resurrexit! Vere resurrexit!

Norwegian: Kristus er opstanden!

Han er sannelig opstanden!

Polish: Khristus Zmartvikstau! Zaiste Zmartvikstau!

Portuguese: Christo Ressuscitou!

Em Verdade Ressuscitou!

Rumanian: Hristos a Inviat! Adevrat a Inviat!

Russian: Khristos voskres! Voistinu voskres!

Serbian: Hristos Vaskrese! Vaistinu Vaskrese!

Slavonic: Christos Voskrese! Voistinu Voskrese!

Slovak: Kristus vstal zmr'tvy'ch! Skutoc ne vstal!

Spanish: Cristo ha resucitado!

Verdaderamente ha resucitado!

Swahili: Kristu amefufuka. Kweli amefufuka.

Syriac: Meshiha qam! Bashrira qam!

Ukrainian: Kristos Voskres! Voistinu voskres!

*Christ is risen from the dead, trampling down death by death, and to those in the tombs bestowing life.*

*(Continued from page 7)*

blessed to celebrate many feasts in the past several months, as well as to prayerfully welcome newcomers into the Church—I've been to three baptisms and two weddings here in Bukoba, and have been inviting and welcoming many visitors to our local parish. The people in Bukoba are very excited to hear about the upcoming opening of the Orthodox clinic—many of them remember the Greek priest and physician who worked here for many years, and they remember what good and loving care he gave. I hope that in my next update I will be able to report that we are even closer to opening. Please continue to pray for us, and for the people of Tanzania!

(Continued from page 1)

**Good Friday.** Today, try to keep your home as quiet as possible. Better yet, please join us at church, retreating from the world and preparing for Easter. Consider pulling your children out of school for the day. (Fr. Costa will provide a note to excuse the absence.) We will have an Altar Boy Retreat and prepare for Pascha by wrapping the Easter eggs with the GOYAnS, decorating the Epitaphios, cleaning the church, etc. A Lenten meal will be provided. There are three services today: *The Great Hours* at 9:00am. *The Apokathelosis (Lowering of Christ from the Cross)* in the afternoon at 3:00pm, and *The Lamentations* at 7:00pm.

**Holy Saturday.** Today, continue your home preparations for Easter. *At church today:* The Holy Saturday morning service is the first announcement of the Resurrection. Vespers, sung in the morning by anticipation, and the Liturgy of Saint Basil begin at 9:00am. Listen closely to the Old Testament reading of the story of the three youths. Sing the response to the Hymn of the Three Youths, "Praise the Lord and exalt Him forever." Shortly after the hymn, after the Epistle reading, the priest "decorates" the church as he proceeds down the middle aisle, chanting and scattering bay leaves and rose petals.

**Holy Pascha of Our Lord and Savior Jesus Christ.** Christ is Risen! Truly He is Risen! Orthodox Christians throughout the world victoriously proclaim this message for a full 40 days after Easter. As a family, learn to declare the Resurrection in different languages. Go to page 13 of this issue for translations into various languages. *At Church today:* The liturgical celebration does not end with the Resurrection Service at midnight but rather continues with the beautiful Agape Vespers at 11:00am. This service proclaims the Gospel in many languages.

There are many resource to guide you through the remainder of Great Lent and Holy Week. A good resource is <http://lent.goarch.org/>, a website dedicated to Great Lent, Holy Week, and Pascha. We have the book *Holy Week - Easter*, in Greek and English, available at church.

Christos Anesti! Christ is Risen.

Fr. Costa

## GOYA

GOYA will fold palms into crosses following Liturgy on the Saturday of Lazarus, April 7, and wrap the Easter eggs on Good Friday morning, April 13, following the Great Hours.

GOYA will host their Annual Basketball Tournament on Saturday and Sunday, April 21 and 22. If you would like to place an ad in our Tournament Book, please contact Mrs. Frances Campbell at [frangoo123@yahoo.com](mailto:frangoo123@yahoo.com) or see her at Coffee Hour.

Games will be held at JEB Stuart High School and our Church Gymnasium on Saturday, April 21, and in our Church Gymnasium only on Sunday, April 22. Please come cheer for us! ALL TEENAGERS OF OUR COMMUNITY are invited to the Tournament Dance on Saturday, April 21, 8:30pm-11:30pm. Music by DJ Stavros.

GOYA has Church Duty during second liturgy on Sunday, April 22. Thalia Falcon will be the Captain and read the Epistle. Five other GOYAnS will join her in the administration of church duties.

GOYA will participate in the Saint Demetrios, Baltimore and Saints Constantine and Helen, Annapolis tournaments on April 28-29 and May 7-8, respectively.

(Continued from page 5, column 1)

αγωνιστές του Κυρίου.

Έχει μεγάλη ανάγκη ο κόσμος να νοιώθει την αναστάσιμη χαρά πάντοτε, αλλά πολύ περισσότερο τώρα, στις δύσκολες μέρες που ζούμε. Αποζητάει ελπίδα, χαρά, ειρήνη, που μόνο ο Χριστός τη δίνει. Ας ψάλλουμε όλες τις σαράντα μέρες δυνατά το «Χριστός Ανέστη» για να αντηχήσει ο κόσμος όλος από τη χαρά της Ανάστασης και το σπουδαιότερο να ζήσουμε από δω και πέρα μια ωραία, αναστημένη ζωή, όπως ακριβώς μας δίδαξε ο Κύριός μας Ιησούς Χριστός!

(Continued from page 5, column 2, Greek School)

On the Saturday of Lazarus there **IS** Greek School. Students must be prepared for going to church and receiving Holy Communion. Then, they will help the GOYAnS with folding the palms into crosses for Palm Sunday.

Remember the Ellinomathia exams: Monday, May 14 – A1 (for children 8-12), A1 (for teenagers and adults), A2 and B1 Levels; Tuesday, May 15 – B2 and Γ1 Levels; and Wednesday, May 16 – Γ2 Level. The Graduation date has been changed to Sunday, May 20, at 5:00pm at the Meletis Charuhas Center.

### Important Dates to Remember:

March 31	Teachers' Meeting, 1:30pm
April 07	Saturday of Lazarus/Divine Liturgy and Holy Communion (Students must be in class at 9:30am and then go to church, with their teachers)
April 10-12	No Classes (Holy Week Greek School Spring Vacation)
April 15	Agape Vespers/Easter Egg Hunt, 11:00am
April 21	Teachers' Meeting, 1:30pm
May 14	Ellinomathia Exams – A1 (children), A1 (teenagers/adults), A2, and B1 Levels
May 15	Ellinomathia Exams – B2, and Γ1 Levels
May 16	Ellinomathia Exams – Γ2 Level
May 20	Graduation, 5:00pm
June 1-3	Spring Church Festival
June 18	Comprehensive Examination in Modern Greek (Regents)



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In faith, prayer, and sacrifice, my family and I wish to share in the support and work of our Greek Orthodox Church of Saint Katherine. Out of our love and gratitude to God for all His blessings, we would like to pledge the amount of

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## SUNDAY CHURCH DUTY ROSTER

<p><b><u>April 1, 2012</u></b> Andrea Ballard, Captain Chris Christou Art Dimopoulos</p>	<p><b><u>8:00am</u></b> Chris Euripides Iacovos Ioannou Costa Mavromatakis</p>	<p><b><u>April 1, 2012</u></b> Maria Wills, Captain George Moshos Jim Stoucker Pierre Tavoularis</p>	<p><b><u>9:30am</u></b> AHEPA #438 (6 volunteers)</p>
<p><b><u>April 8, 2012</u></b> Chris Euripides, Captain Iacovos Ioannou George Moshos Bill Polizos</p>	<p><b><u>8:00am</u></b> Daphne Vaccarello Christina Vazquez Maria Wills</p>	<p><b><u>April 8, 2012</u></b> Jim Stoucker, Captain Chris Christou Korinna Garbis Dr. George Silis</p>	<p><b><u>9:30am</u></b> Missions and Outreach (6 volunteers)</p>
<p><b><u>April 22, 2012</u></b> Korinna Garbis, Captain Dr. John Demakis Art Dimopoulos Bill Polizos</p>	<p><b><u>8:00am</u></b> Pierre Tavoularis Daphne Vaccarello Christina Vazquez</p>	<p><b><u>April 22, 2012</u></b> George Moshos, Captain Andrea Ballard Nick Larigakis Bill Porter</p>	<p><b><u>9:30am</u></b> Thalia Falcon, GOYA Cap- tain, plus 5 other GOYAns</p>
<p><b><u>April 29, 2012</u></b> D. Vaccarello, Captain Andrea Ballard Art Dimopoulos Costa Mavromatakis</p>	<p><b><u>8:00am</u></b> George Moshos Pierre Tavoularis Maria Wills</p>	<p><b><u>April 29, 2012</u></b> D. Papamichael, Captain Dr. John Demakis Jim Stoucker Pierre Tavoularis</p>	<p><b><u>9:30am</u></b> Paideia Parents (6 volunteers)</p>



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