

# Saint Katherine



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

# DOXA

The monthly newsletter of  
 Saint Katherine Greek Orthodox Church  
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## YOUR LENTEN JOURNEY

AS ORTHODOX CHRISTIANS we were not created to stay as we are. We were created to become. Our challenge as Orthodox faithful is to hear the Gospel of our Lord and Savior Jesus Christ as if we were hearing it for the first time, allowing Him to transform our lives—to be renewed in His Resurrection. Being saved is not an event but a process. It is the same process that led all those whom we commemorate to attain sainthood.

The moon has no light of its own, yet it is able to light up the night by reflecting the light of the sun. And so it is with us, we have no light of our own, yet we may be radiant by reflecting the light of Christ—by the way we live our lives.

A saint is a sinner who keeps trying. A saint is one who makes it easier for others to believe in God. Consider the possibility that you may be the only Orthodox Christian that someone ever meets. Are you radiant with Christ? Do our reflect His light?

If we believe that in Orthodoxy we have the fullness of the Truth, then we have the great responsibility to let our light shine before all people. It is our duty and obligation not to hide our light under the bushel. Let us take the light of Christ that we received at our baptism and the light we receive at His Resurrection, and let it be born in our hearts. Let us be radiant!

We begin our Lenten journey by having the willingness to enter into conversation with God. Prayer is sometimes referred to as dialogue with God. Often it is a waiting on God in silence. In the Church it is defined as the lifting of the mind and heart to God, and also as walking in the presence of God. We turn our mind and thoughts toward Him. We mentally gaze at Him and speak with Him in reverence, fear, and hope. At times we speak to Him with words and at other times we stand in reverent silence, saying nothing, but being aware of His presence. In this dialogue with God we praise Him and thank Him. We ask Him for what we need. Our mind and our heart are open to Him. Prayer is not only repeating words, it is trust in God that he hears and directs us in His Way, involving spiritual growth and development.

Great Lent is a time for self-examination and self-denial—a time for taking control of our lives and our bodies. The purpose of the fast is to give us a greater awareness of our dependence on God. It is a time to improve ourselves and our relationship with God.

Lent is a time for greater works of mercy and charity for those less fortunate than us. It is a time for visitation of the sick and assistance to the poor, and generally a more joyful relationship with those who are close to us—our family and friends.

Most of all Lent is a time of joy and a new beginning. We cleanse ourselves—mind, body, and soul—through the physical and spiritual fast, keeping a Christian attitude in all that we do. All this is done to prepare us for the Great Feast of Pascha—the Resurrection of Christ.

I invite you to take charge of your spiritual health and nourish and feed your soul.

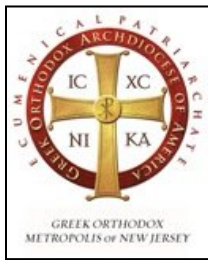
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. . . AND MORE!





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

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| Dr. John Demakis | 703-319-1610 | demakis9931@gmail.com      | Dr. George Silis     | 703-660-0026 | georgesilis@verizon.net   |
| Peter Karounos   | 703-321-3009 | pkarounos@aol.com          | Daphne Vaccarello    | 703-830-0892 | dvac.memories@verizon.net |
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**CHURCH SCHOOLS**

|                                    |                              |              |                         |
|------------------------------------|------------------------------|--------------|-------------------------|
| Adult Bible Study (Saturdays)      | Gregory McKinney             | 571-338-6929 | dintym@hotmail.com      |
| Adult Bible Study (Sundays)        | Bill Polizos                 | 571-434-7790 | polizos@att.com         |
| Adult Catechetical (Sunday) School | Bill Polizos                 | 571-434-7790 | polizos@att.com         |
| Youth Catechetical (Sunday) School | Christian Demeter, Principal | 703-534-5669 | cdemeter@excite.com     |
| Greek School                       | Sophia Tsangali, Principal   | 703-671-5820 | stsangali@stkchurch.com |
| PAIDEIA Bilingual Preschool        | Pantelis Psoras              | 703-671-7715 | director@gopaideia.org  |

**MINISTRIES**

|                                  |   |                  |                          |
|----------------------------------|---|------------------|--------------------------|
| Acolyte Captains                 | Anastasios Galatis, Najy Issa, and Daniel McKinney  |                  |                          |
| AHEPA #438 (P. Derzis)           | Angelo Toutsis, President   | 703-281-0843     | antovi@verizon.net       |
| Bookstore                        | Frances Kalavritinos, Manager   | 703-671-1515     |                          |
| Book Reviews                     | Gregory McKinney, Contributor   | 571-338-6929     | dintym@hotmail.com       |
| Choirs (Adult and Junior)        | John Doulis, Director   | 703-899-4131     | jdoulis@aol.com          |
| Daughters of Penelope Helle #283 | Jane Moore, President   | 540-847-2215     | jmoore24@csc.com         |
| DOXA                             | Presv. Pauline Pavlakos, Editor   | 703-239-2627     | przpauline@stkchurch.com |
| Facebook                         | Saint Katherine Greek Orthodox Church   | Gregory McKinney | dintym@hotmail.com       |
| GOYA (ages 13-18)                | Tiffani Wills, President  | 703-948-7950     | tiffani_wills@bullis.org |
| GRACE                            | Fr. Costa Pavlakos  | 703-671-1515     | frcostas@stkchurch.com   |
| Greek Dance                      | Aris and Anna Yortzidis, Instructors  |                  | greekdancedc@gmail.com   |
| Greek School Auxiliary           | Elena Lagos, President  | 703-241-1176     | pedakia@aol.com          |
| HOPE (ages 7 and under)          | Toula Christou, Director  | 703-533-0055     | tmchristou@yahoo.com     |
| JOY (ages 8-12)                  | Tina Papamichael, Director  | 703-536-4711     | athena02@verizon.net     |
| 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    |
| Parish Committees, List of       | <a href="http://saint-katherines.org/about_us/parish-committees">http://saint-katherines.org/about_us/parish-committees</a> |                  |                          |
| Philoptochos                     | Eleni Kanakos, President  | 703-938-8360     | ekanakos@aol.com         |
| Psalter                          | James Loizou, Protopsaltis  | 703-356-8220     | dimitri14@verizon.net    |
| Safeway eScrip                   | Elvira Garnett, Coordinator   | 703-425-3675     | villa45@hotmail.com      |
| Website                          | Presv. Pauline Pavlakos, Webmaster  | 703-239-2627     | przpauline@stkchurch.com |
| Women's Book Club                | Fay Mpras, Leader   | 703-865-5776     | faympras@gmail.com       |
| YAL (Young Adult League)         | TBD   |                  |                          |

## PIECES OF THE PUZZLE

I LIKE TO THINK of the various ministries of our community as pieces to a puzzle. Each piece is unique, yet inextricably linked to the others. Each is an indispensable and critical piece of the holy “puzzle” that makes up who we are as a parish and community. Each piece is important and part of a greater whole—our Holy Mother Church. These “pieces”—the multiple and diverse ministries our Church is blessed to offer our parishioners—are all intertwined into the fabric of our community and play important roles in the life of our parish.

Young people born into our community can be affected enormously by the “pieces” of this glorious puzzle. As youth, they have the opportunity to receive religious, cultural, and language training in our Preschool, (soon to be established) Kindergarten, Catechetical Schools, and Greek Language Schools. HOPE, JOY, GOYA, YAL, OCF, and other youth programs are also available for their benefit. They profit from scholarship and mentoring programs sponsored by service organizations like AHEPA and the Daughters of Penelope. As they mature into young adults, they become members of our Choir, book clubs, Philoptochos, and our Parish Council. Indeed, as they become the next generation stewards of our community, our Church and its many ministries will continue to serve their educational, recreational, and spiritual needs—as well as those of *their* children. Isn’t it rather obvious therefore, that the “pieces” we refer to—our ministries—help ensure the next generation of Orthodox stewards? Which is one of the reasons I never cease to be amazed when someone suggests that one “piece” should be given less attention than another, or worse, ignored altogether.

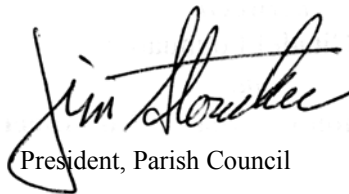
Is our revered Philoptochos (which ministers to the needy) any less important than our adult and youth catechetical classes, or perhaps our Youth Choir (whose mere presence recently attracted a new member to our community), or our Missions group (which fulfills the Great Commission of Christ to go and “make disciples of all nations”), or our language or cultural training (which introduces new generations into the world of our Orthodox faith and culture), or our Stewardship ministry (which provides the financial means for our community), or our GOYA and other youth ministries (which provide important social, recreational, and educational outlets for our young people)?

Of course, the answers to these and similar questions is a resounding “NO!” Eliminating or weakening one ministry diminishes the others, for they are all part of the our Holy Orthodox Church. Simply put, the more vibrant our ministries, the healthier our community.

I therefore challenge each of you to become more involved in the life of our community. The opportunities for involvement are as abundant as the ministries available. New ministries are always encouraged (and several are currently being contemplated). If you are currently involved, please reach out to a friend within the community and encourage their participation. Please join us as we build a more loving community for our families and future generations.

As always, your prayers and support for our Church and its programs are welcomed. On behalf of our Parish Council, I wish you all a happy and blessed Lent. Καλή Σαρακοστή!

Your servant in Christ,



Jim Howker  
President, Parish Council

### ITEMS NEEDED FOR GREAT LENT | HOLY WEEK | PASCHA

Daffodils for Sunday of the Holy Cross (April 7)  
Palms for Palm Sunday (April 28)  
Q-tips/Cotton Balls for Holy Wednesday (May 1)  
Eggs for Easter and Tulle Bags

Flowers for the Epitaphios on Good Friday (May 3)  
Good Friday Candles and Drip Protectors (May 3)  
Easter Candles and Drip Protectors (May 4-5)  
Easter Lilies

Saint Katherine is accepting donations in any amount to subsidize, or possibly cover the entire cost of, the above expenses. If you wish to contribute the full amount for any item, please contact Sophia Tsangali in the Church Office. Please make your check payable to Saint Katherine Church and submit it to the Church Office. Thank you.

## CATECHETICAL (SUNDAY) SCHOOL

THIS APRIL IS EXTRA SPECIAL as we prepare to celebrate Holy Pascha on May 5. Our young people will continue to focus on what Great Lent means and what is crucial during this significant period in preparation for Holy Week and Pascha. Major emphasis will be given on this period of fasting and, more significantly, this period of repentance and prayer.

On April 7, our Church will conduct its Parish Oratorical Festival from 9:30am to 10:30am in the Lecture Room located in the Catechetical (Sunday) School area. Young people who wish to enter the Oratorical Festival as contestants should complete a registration form. Registration forms are available through the Chairman of our Parish Oratorical Festival, Mr. Ray Vazquez; the Catechetical (Sunday) School teachers; and the Church Office. On the day of our Parish Festival, parents of participants and interested members of our Church Community are invited to hear the presentations. In addition to the formal speeches of our entrants, some of our younger children will contribute short presentations that will enhance the Festival. Please feel free to contact Mr. Ray Vazquez at (703) 723-7424 for additional information.

On April 27, the Saturday of Lazarus, children and their families are invited to make palm crosses after the Divine Liturgy. There will be no Catechetical School the next day—Palm Sunday. On May 5 (Pascha) there will be no Catechetical School classes, 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 us with readings from the Gospel in several languages. Regular Catechetical School classes will resume on May 12. 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 of 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.

Four years ago our Catechetical (Sunday) School was invited to sponsor a large icon depicting children with Our Lord and Savior Jesus as part of our Church Beautification Project. We are pleased to report that we are in reach of achieving our goal of raising the full \$25,000 cost of this beautiful icon. For our Catechetical School to complete its sponsorship of the icon, the parents of our children would need to amass only another \$2,500. During the months of April and May we intend to reach this goal. Please review information your children will be given in class or via email for specifics on how you can contribute to this effort or call Mr. Christian Demeter at 703-534-5669 for details.

**Important Schedule Change:** Catechetical School graduation will be on June 9, not Memorial Day weekend in May. Sunday School will be in session at 9:30am and there will be only one Divine Liturgy at 10:30am.

***We wish a blessed Pascha to all our church family.***

## PAIDEIA

ON SATURDAY MARCH 23, we participated in the celebration of Greek Independence Day hosted by the Greek School. Thank you for coming to celebrate with us on this very important day in Greek history.

This month, in collaboration with the teachers, we will be working on a new, more detailed educational program for the PAIDEIA pre-school for the upcoming year (2013-2014). There will be 3 classes for the Greek component and 3 classes for the English component for the ages 2-3-4 year olds. Also, the Greek program will be based on the curriculum used in Greece, which is considered one of the best educational programs in Europe. The English component will be tailored to the most effective educational standards in our country.

The continued purchasing of school supplies enables us to provide our children high levels of education, thus creating one of the best schools in the region.

As we have in the past, Saint Katherine will offer a Summer Camp this year that will operate from July 1 through August 8 for 3-5 year olds. For the first time, we have also created a Summer Program for children 6-8 years old. If there is adequate participation it will run from July 1–July 12. The registration deadline for all ages for the Summer Camp is April 26. If you are interested in enrolling your child, please do so promptly.

We also have some other wonderful news. This year, during the week of the Vacation Bible Camp (June 24-28), we are working to offer an extension camp in the afternoon from 1:30pm-3:30pm. This afternoon session will focus more on Greek Language, History, and Customs. Please stay tuned for more details!

### VACATION BIBLE CAMP

Vacation Bible Camp 2013 is quickly approaching! Our theme is *Ten Things I Love About Being A Greek Orthodox Christian*. We had a tremendous response to this year's Camp, filling all our spaces faster than any other year. If you would like to place your child on the waiting list, please send us an email.

After 10 years of teaching and directing our Vacation Bible Camp, we will be stepping down following this year's Camp. It has been a blessing to be part of this wonderful mission of our Church. We are excited about new leadership and new ideas to take our Camp into the next 10 years and beyond! If you are interested in learning more about VBC, please let us know. You are also welcome to sit in on our planning meetings, as well as visit Camp in June. We wish all a good Lenten season!

With thanks,  
Christina Vazquez (czvmail@aol.com) and  
Daphne Papamichael (CyprusD@aol.com)

## GO GOYA . . .

Saint Katherine GOYA will host their 2013 Basketball Tournament the weekend of May 11-12 and is selling ads for their Tournament Book through April 25. For more information or to place an ad, please visit the GOYA table during Coffee Hours on Sundays or contact Mrs. Frances Campbell at [frangoo123@yahoo.com](mailto:frangoo123@yahoo.com). Thanks in advance for your support.



## GOYA

GOYA HAS CHURCH DUTY on Sunday, April 14. Thomas Soiles is the GOYA Captain and Epistle Reader. On the Saturday of Lazarus, April 27, GOYA will fold palms into crosses following the Divine Liturgy.

## GMU OCF

GMU Orthodox Christian Fellowship will meet in the Johnson Center on Mondays:  
April 1, 2:00pm-3:30pm  
April 15, 11:30am-1:00pm

Students are always welcome to join us at Saint Katherine for services, retreats, dinners, dances, etc. If you need a ride, please contact Fr. Costas at 703-671-1515.



## SOUP'ER STUDY

### The Letter to the Ephesians: What's Your First Love?

*What is it?* Soup and Bible study! Come after Wednesday night Pre-Sanctified Liturgies (April 3, 10, 17, and 24) for even more nourishment—a bowl of hot homemade soup, bread, and beverage, along with a prayerful discussion of what we can learn about ourselves



from reading Paul's letter to the Ephesians (Rev. 2:1-7). All adults and older teens are welcome.

## HELP US GET READY (for the Festival)!

We would like to begin preparing for our Saint Katherine Spring Festival. Your help is greatly needed for our festival to be a success even *well before* the festival begins! If you would like to help prepare festival foods and/or help at the festival, please contact Andrea Ballard (703-250-5419 or [andreaballard1@verizon.net](mailto:andreaballard1@verizon.net)) or Elvira Garnett ([villa45@hotmail.com](mailto:villa45@hotmail.com) or 703-425-3675) and let us know if you would prefer to help daytime or evening hours. Thank you!

# 2013 STEWARDSHIP FORM

Stewardship is based on the fact that all that we have and all that we are comes from God. We commit ourselves to stewardship as a way of thanking God for all His blessings—returning to Him a portion of the time, talent, and treasure He has given us. *Good stewardship of time* means we share some the 168 hours in a week with God and caring for others. *Good stewardship of talent* means we identify our talents and use them to glorify God and help other people. *Good stewardship of treasure* means we give a portion of our income to the Church and other charities. During the year 2013, we ask that everyone consider fulfilling their stewardship on weekly basis. This will allow our church to better plan activities and expenses.

I (my family) pledge(s) \$\_\_\_\_\_ per week of financial stewardship to Saint Katherine Greek Orthodox Church.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone and email address: \_\_\_\_\_

## Η ΜΕΓΑΛΗ ΤΕΣΣΑΡΑΚΟΣΤΗ ΟΔΗΓΕΙ ΣΤΗΝ ΑΡΕΤΗ!

Σοφία Δ. Τσαγκάλη

Η ΜΕΓΑΛΗ ΤΕΣΣΑΡΑΚΟΣΤΗ ΑΡΧΙΣΕ! Σκοπός της είναι να μας βοηθήσει να κατανοήσουμε την σημασία της και να ζήσουμε πνευματικότερα. Είναι ένα θέμα επίκαιρο, κατατοπιστικό και οικοδομητικό.

Ήδη έχουμε διέλθει τις τρεις εβδομάδες του Τριωδίου και μπαίνουμε στην Μεγάλη Τεσσαρακοστή. Η ιερή αυτή περίοδος αρχίζει την Κυριακή του Τελώνου και Φαρισαίου και τελειώνει το Μέγα Σάββατο. Διαιρείται σε τρεις υποπεριόδους, τις εξής: α) Την προπαρασκευαστική (Τελώνου και Φαρισαίου, Ασώτου, Απόκρεω ή Κρίσεως και Τυροφάγου). β) Την κυρίως Μεγάλη Τεσσαρακοστή (μέχρι της Κυριακής των Βαΐων, έξι εβδομάδες), και γ) την Μεγάλη Εβδομάδα. Από την Καθαρά Δευτέρα εισερχόμαστε στην Αγία και Μεγάλη Τεσσαρακοστή, η οποία για την εκκλησία μας είναι ιδιαίτερη, σπουδαία και ιερή.

Η εκκλησία μας έχει θεσπίσει την Μεγάλη Τεσσαρακοστή για να μας προετοιμάσει και να μας βοηθήσει έτσι, ώστε άξια να γιορτάσουμε τα σεπτά Πάθη και την ζωηφόρο Ανάσταση του Κυρίου μας, σαν άξιοι και συνειδητοί χριστιανοί. Δεν είναι σωστό να γιορτάσουμε ένα μεγάλο γεγονός χωρίς προετοιμασία. Ας σκεφτούμε πόση προετοιμασία χρειάζεται να γίνει για να εορταστεί κατάλληλα μία εθνική γιορτή, να δοθεί μία σπουδαία δεξίωση ή ακόμη και πόσοι κόποι και έξοδα καταβάλλονται να ετοιμαστεί το σπίτι για μια ονομαστική ή γενεθλίων γιορτή. Στην περίπτωση όμως την εκκλησιαστική χρειάζεται απείρως μεγαλύτερη ετοιμασία, αφού ο Κύριος οδηγείται στο σταυρικό θάνατο για την δική μας σωτηρία και λύτρωση. Σαν άξιοι χριστιανοί και συνειδητά μέλη της εκκλησίας μας ας αντιληφθούμε τα γεγονότα όσο το δυνατόν καλύτερα. Ας εμβαθύνουμε σ' αυτά και ας τα κάνουμε προσωπικά βιώματα. Η περίοδος λοιπόν αυτή προσφέρεται να μας βοηθήσει, κατανοώντας τα γεγονότα, το Πάθος και την Θυσία, για να ετοιμαστούμε και να ωφεληθούμε.

Τα ιδιαίτερα, που μας προσφέρει η εκκλησία την Μεγάλη Τεσσαρακοστή για να μας βοηθήσει, είναι **οι κατανυκτικοί εσπερινοί** την Κυριακή το απόγευμα με ιδιαίτερα κατανυκτικά «προκείμενα» και τροπάρια. **Τα απόδειπνα**, που είναι κατανυκτικές εσπερινές ακολουθίες αυτοκριτικής, που μας οδηγεί σε μετάνοια. **Οι Χαιρετισμοί της Θεοτόκου**, μεγάλο πρότυπο προς μίμηση με όλες τις αρετές της. **Οι Προηγιασμένες Θείες Λειτουργίες** για συχνότερη Θεία Κοινωνία των προηγιασμένων και αξίων χριστιανών. **Οι Θείες Λειτουργίες του Μεγάλου Βασιλείου** με το υπέροχο και υψηλό περιεχόμενο των ευχών τους. Όλα μας οδηγούν σε μετάνοια, κάθαρση και σύνδεσμο με τον Χριστό. Αν προσέξουμε το περιεχόμενο αυτών που ψάλλονται και διαβάζονται στην εκκλησία, θα διαπιστώσουμε ότι έχουν περιεχόμενο κατανυκτικό, υποβοηθητικό για μετάνοια, εξαγνισμό και ένωση με τον Χριστό.

Εμείς, σαν χριστιανοί ορθόδοξοι, πώς θα ζήσουμε, πώς

(Continued on page 14)

## ΕΛΛΗΝΙΚΟ ΣΧΟΛΕΙΟ/GREEK SCHOOL

Ευχαριστούμε θερμά όλους που ήρθαν στο Αποκρεάτικο Γλέντι και έγινε η χαρά μας πιο μεγάλη! Ήταν πράγματι μία ξεχωριστή βραδιά γεμάτη κέφι και γλέντι. Όλοι χαρήκαμε που παρευρεθήκαμε, πίο πολύ όμως χάρηκαν τα παιδιά μας! Ο clown, το raffle, η υπέροχη διακόσμηση της αίθουσας, η μουσική, το νόστιμο φαγητό μας χάρισαν μία ξεχωριστή βραδιά. Θερμά ευχαριστώ ανήκουν σε όλους, στα παιδιά, στους δασκάλους, στους γονείς και ιδιαίτερα στο Σύλλογο Γονέων και Διδασκάλων με την κ. Λένα Λαγού, την πρόεδρο, που είχε την ευθύνη, καθώς και στους chefs, Μιχάλη Λάμπρου και Τώνη Αλεξάκη για το υπέροχο, νόστιμο φαγητό, αλλά και για τα φαγητά και γλυκίσματα που οι γονείς χάρισαν, στον κ. Ηλία Ζαρκαδούλα για την υπέροχη μουσική. Θερμά συγχαρητήρια στους μαθητές και δασκάλους του Ελληνικού Σχολείου και της Παιδείας Preschool για το εξαιρετο πρόγραμμα της 25<sup>ης</sup> Μαρτίου για την Ελληνική Ανεξαρτησία. Οι μαθητές μας έδωσαν τον καλύτερό τους εαυτό με τα πατριωτικά ποιήματα και τραγούδια και μας έκαναν υπερήφανους για την Ελληνική μας κληρονομιά. Ευχαριστίες επίσης στους γονείς για την όμορφη δεξίωση που ακολούθησε μετά το πρόγραμμα, καθώς επίσης και σε όλους, μαθητές, γονείς και δασκάλους που έλαβαν μέρος στην παρέλαση της Βαλτιμόρης, καθώς και στον εορτασμό της 25<sup>ης</sup> Μαρτίου του Προμηθέα.

## GREEK SCHOOL

WE THANK EVERYONE who came to the Apokreatiko Glendi and made our joy greater! It was an evening filled with joy and entertainment. Everyone had a good time, but mostly our children! Many things added to the success of the party—the clown, the raffle, the beautiful decorations, the music, the delicious dinner. Many thanks to all: the children, the teachers, the parents and mostly to the Greek School Auxiliary and the president, Mrs. Lena Lagos, for their hard work organizing everything; Mike Lampros and Tony Alexis for the delicious dinner; all those who donated foods and sweets; and Mr. Elias Zarkadoulas for the best music entertainment. Congratulations to our students and teachers of the Greek School and the Paideia Preschool for the excellent March 25th Greek Independence Day program. Finally, we would like to thank the students, teachers, and parents who participated in the Greek Independence Day Parade in Baltimore, as well as in the Prometheas March 25th program.

### Important April Dates:

|                 |  |
|-----------------|--|
| April 5, 12, 19 | Salutations to the Theotokos   |
| April 6         | Teachers' Meeting, 1:30pm  |
| April 7         | NIARA, an educational theatrical play for children, 3:00pm                               |
| April 27        | Saturday of Lazarus<br>10:30am Divine Liturgy followed by folding the palms into crosses |



# REGISTRY

## Baptisms

*Haralambos Bob Harold (March 8)*  
son of *Maynard and Ruth Beverly*  
Godparent: *Panagiotis Papasavvas*

*Elizabeth Konstantina (March 16)*  
daughter of *Thomas and Angela Garzlaff*  
Godparents: *John and Katina Doulis*

*Christopher Rudiger Garzlaff (March 16)*  
son of *Thomas and Angela Garzlaff*  
Godparents: *Marwan and Angelike Mina*

*Michael Christian (March 17)*  
son of *Michael Christian and Ida Schulte*  
Godparent: *Bereket Amdemichael*

*Lucas Sokratis (March 24)*  
son of *George and Anastasia Papadopoulos*  
Godparents: *Katerina Kotopoulos and*  
*Aristides Karabinas*

*Michael Panagiotis (March 24)*  
son of *Panagiotis and Penny Zoutis*  
Godparents: *Kaneli Boosalis and Perry Sakkaris*

## Weddings

*Eun Ju Jang*  
and

*Louis Peter Cherpes (March 9)*  
*Koumbaroi: Joshua, Matthew, and Arthur Cherpes*

*Alexa Papadimos*  
and

*Brian Peter Johnson (March 9)*  
*(in Nassau, Bahamas)*

*Congratulations!*

## Funerals

*Paul Hantzopoulos (February 23, in Greece)*

*Nicholas Karanikas (March 1)*

*Erietta Patrianakos (March 14)*

*May their memory be eternal.*

## WOMEN'S BOOK CLUB

WE HAVE FINISHED *Heaven is for Real* and are now reading *Remember Thy First Love (Revelation 2:4-5) The Three Stages of the Spiritual Life in the Theology of Elder Sophrony*. This is a book that is surprising in the sense that the reading is not difficult but the depth of the substance is amazing. Our meetings for this month will be on April 3 and 17. Please know that our book club is a welcoming group. If you ever think that you would have time to come to the church once every two weeks on Wednesday mornings we would love to have you with us. Our meetings are two doors to the right of our church office. We start at 10:30am and finish at noon. If you have any questions please contact Fay Mpras at 703-865-5776 or faympras@gmail.com.

*Acquire a peaceful spirit and then thousands  
of others around you will be saved.*

(St. Seraphim of Sarov, 19th Century Russian Saint)

The Hippo Theatre Group of Thessaloniki, Greece  
will present an educational theatrical  
play for children of all ages.

### NIARA



Saturday, April 6, 3pm at St. George  
Sunday, April 7, 3pm at St. Katherine

Tickets: \$10 adults | \$5 children  
Contact Sophia Tsangali at 703-671-1515

*Niara* is a modern story for children of all ages and includes live music and dancing. It is a lively performance which entertains and educates its audience. The story is about an ordinary aristocrat on a trip of self-discovery. Niara on her journey to the far away land of Portucat passes through many obstacles overcoming many enemies but finding unexpected friends. Niara is told in a modern storytelling mode with influences from musical theatre, with live music and dancing. The actors perform multiple roles and use physical and vocal skills. The performance will be in Greek, while the workshop, which follows, will be in English. The workshop includes theatrical games and drama techniques.

### LOOKING FOR A TUTOR?

*Najy Issa, Altar Boy Captain and GOYAN, is offering free tutoring for students, elementary through high school, in the following subjects: Sciences, Math, History . Contact Najy at Najy.Issa@gmail.com or 703-655-9144 .*

**2013 ΑΚΟΛΟΥΘΙΑΙ  
ΜΕΓΑΛΗΣ ΕΒΔΟΜΑΔΟΣ ΚΑΙ ΠΑΣΧΑ**

**2013 HOLY WEEK  
AND EASTER SERVICES**

|             |  |                                       |          |  |                                       |
|-------------|--|---------------------------------------|----------|--|---------------------------------------|
| 27 Απριλίου | ΣΑΒΒΑΤΟ ΤΟΥ ΛΑΖΑΡΟΥ<br>Όρθρος<br>Θεία Λειτουργία   | 9:30πμ<br>10:30πμ                     | 27 April | SATURDAY OF LAZARUS<br>Orthros<br>Divine Liturgy   | 9:30am<br>10:30am                     |
| 28 Απριλίου | ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΪΩΝ<br>1 <sup>η</sup> Θεία Λειτουργία<br>Όρθρος<br>2 <sup>α</sup> Θεία Λειτουργία<br>Ακολουθία Νυμφίου               | 8:00πμ<br>9:30πμ<br>10:30πμ<br>7:00μμ | 28 April | PALM SUNDAY<br>1st Divine Liturgy<br>Orthros<br>2nd Divine Liturgy<br>Bridegroom Service   | 8:00am<br>9:30am<br>10:30am<br>7:00pm |
| 29 Απριλίου | ΜΕΓΑΛΗ ΔΕΥΤΕΡΑ*<br>Ακολουθία Νυμφίου   | 7:00μμ                                | 29 April | HOLY MONDAY*<br>Bridegroom Service   | 7:00pm                                |
| 30 Απριλίου | ΜΕΓΑΛΗ ΤΡΙΤΗ*<br>Ακολουθία Νυμφίου   | 7:00μμ                                | 30 April | HOLY TUESDAY*<br>Bridegroom Service  | 7:00pm                                |
| 01 Μαΐου    | ΜΕΓΑΛΗ ΤΕΤΑΡΤΗ<br>Το Άγιο Ευχέλαιο<br>Το Άγιο Ευχέλαιο   | 3:00μμ<br>7:00μμ                      | 01 May   | HOLY WEDNESDAY<br>Holy Unction<br>Holy Unction   | 3:00pm<br>7:00pm                      |
| 02 Μαΐου    | ΜΕΓΑΛΗ ΠΕΜΠΤΗ<br>Εσπερινός και<br>Λειτουργία Μ. Βασιλείου<br>(Ο Μυστικός Δείπνος)<br>Τα Άγια Πάθη<br>(Τα Δώδεκα Ευαγγέλια)         | 6:00πμ<br>7:00μμ                      | 02 May   | HOLY THURSDAY<br>Vespers with the<br>Liturgy of Saint Basil<br>(Mystical Supper)<br>The Holy Passion of Christ<br>(Twelve Gospels)                     | 6:00am<br>7:00pm                      |
| 03 Μαΐου    | ΜΕΓΑΛΗ ΠΑΡΑΣΚΕΥΗ<br>Οι Μεγάλες Ώρες<br>Μέγας Εσπερινός και<br>η Αποκαθήλωσις<br>Ο Επιτάφιος Θρήνος<br>(Τα Εγκώμια)                 | 9:00πμ<br>3:30μμ<br>7:00μμ            | 03 May   | GOOD FRIDAY<br>The Great Hours<br>Great Vespers with<br>the Descent of the Cross<br>The Lamentations<br>(Epitaphios)                                   | 9:00am<br>3:30pm<br>7:00pm            |
| 04 Μαΐου    | ΜΕΓΑ ΣΑΒΒΑΤΟ<br>Εσπερινός και<br>Λειτουργία Μ. Βασιλείου<br>Ακολουθία Αναστάσεως<br>Η ΑΓΙΑ ΑΝΑΣΤΑΣΙΣ<br>Όρθρος και Θεία Λειτουργία | 9:30πμ<br>11:00μμ<br>12:00πμ          | 04 May   | HOLY SATURDAY<br>Vespers with the<br>Liturgy of Saint Basil<br>Canon Preceding the Resurrection<br>THE HOLY RESURRECTION<br>Orthros and Divine Liturgy | 9:30am<br>11:00pm<br>12:00am          |
| 05 Μαΐου    | ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΣΧΑ<br>Ο Εσπερινός της Αγάπης<br>Easter Egg Hunt   | 11:00πμ                               | 05 May   | EASTER SUNDAY<br>Vespers of Love (Agape)<br>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**

Mondays, April 1, 8, 15, and 22  
7:00pm Compline

Wednesdays, April 3, 10, 17, and 24:  
Presanctified Liturgy, 7:00pm

Fridays  
April 5, 7:00pm: 3rd Salutations  
April 12, 7:00pm: 4th Salutations  
April 19, 7:00pm: Akathist Hymn



# APRIL 2013

| Sunday   | Monday  | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|--|---|--|---|--|
|  | 1<br>2:00pm GMU OCF<br>5:00pm Greek School<br>Tutoring Class<br><br>6:00pm <b>Holy Confession</b><br><b>7:00pm Compline</b>                                   | 2<br>Adult Greek School<br>6:00pm Introductory II<br>7:30pm Introductory I<br><br>7pm General Assembly | 3<br>10:00am Silent Prayer<br>10:30am Wmn's Book Club<br>6pm Conversational Greek<br>6:00pm <b>Holy Confession</b><br><b>7:00pm Pre-Sanc. Liturgy</b><br>8:15pm Soup'er Study<br>8:15pm Grk Folk Dance  | 4<br>Adult Greek School<br>6:00pm Intermediate<br>7:30pm Advanced<br>7:30pm Choir<br>7:30 HEC Basketball                 | 5<br>5:00pm Greek School<br><br>7:00pm <b>3rd Salutations</b><br>8:15pm Lecture: Dr. Frank Theofanis, Saint Katherine College   | 6<br>9:30am Greek School<br>1:30pm GS Tchrs' Mtg.  |
| 7 <i>The Holy Cross</i><br>8:00am Divine Liturgy<br>9:30am Orthros. Catechetical Schools, Oratorical Festival<br>10:30am Divine Liturgy<br>12:30pm Junior Choir<br>3pm <i>NIARA</i> (a kids' play)                 | 8<br>5:00pm Greek School<br>Tutoring Class<br><br>6:00pm <b>Holy Confession</b><br><b>7:00pm Compline</b><br>8:15pm Daughters<br>8:15pm Deuteri Deutera       | 9<br>Adult Greek School<br>6:00pm Introductory II<br>7:30pm Introductory I                             | 10<br>6pm Conversational Greek<br>6:00pm <b>Holy Confession</b><br><b>7:00pm Pre-Sanc. Liturgy</b><br>8:15pm Soup'er Study<br>8:15pm Grk Folk Dance   | 11<br>Adult Greek School<br>6:00pm Intermediate<br>7:30pm Advanced<br>7:30pm Choir<br>7:30 HEC Basketball                | 12<br>5:00pm Greek School<br><br>7:00pm <b>4th Salutations</b><br>8:15pm Lecture: Orthodox Church in Eastern Africa, Mrs. Alexandra Thornton  | 13<br>9:30am Greek School<br><br><div style="border: 1px solid black; padding: 5px; text-align: center;">12pm Deadline for May DOXA</div>  |
| 14 <i>Saint John Climacus</i><br>8:00am Divine Liturgy<br>9:30am Orthros and Catechetical Schools<br>10:30am Divine Liturgy<br>12:30pm GOYA B-ball   | 15<br>11:30am GMU OCF<br>5:00pm Greek School<br>Tutoring Class<br><br>6:00pm <b>Holy Confession</b><br><b>7:00pm Compline</b><br><br>8:15pm Daughters Meeting | 16<br>Adult Greek School<br>6:00pm Introductory II<br>7:30pm Introductory I<br>7:00pm Missions Meeting | 17<br>10:00am Silent Prayer<br>10:30am Wmn's Book Club<br>6pm Conversational Greek<br>6:00pm <b>Holy Confession</b><br><b>7:00pm Pre-Sanc. Liturgy</b><br>8:15pm Soup'er Study<br>8:15pm Grk Folk Dance | 18<br>Adult Greek School<br>6:00pm Intermediate<br>7:30pm Advanced<br>7:30pm Choir<br>7:30 HEC Basketball                | 19<br>Philoptochos Yard Sale<br><br>5:00pm Greek School<br><br>7:00pm <b>Akathist Hymn</b>  | 20<br>9:30am Challenge Liturgy at Saint George<br><br>Philoptochos Yard Sale<br>9:30am Greek School  |
| 21 <i>Saint Mary of Egypt</i><br>8:00am Divine Liturgy<br>9:30am Orthros and Catechetical Schools<br>10:30am Divine Liturgy<br>12:30pm Junior Choir<br>12:30pm GOYA B-ball   | 22<br>5:00pm Greek School<br>Tutoring Class<br><br>6:00pm <b>Holy Confession</b><br><b>7:00pm Compline</b>  | 23<br>Adult Greek School<br>6:00pm Introductory II<br>7:30pm Introductory I                            | 24<br>6pm Conversational Greek<br>6:00pm <b>Holy Confession</b><br><b>7:00pm Pre-Sanc. Liturgy</b><br>8:15pm Soup'er Study<br>8:15pm Grk Folk Dance   | 25<br>Adult Greek School<br>6:00pm Intermediate<br>7:30pm Advanced<br>7:30pm Choir<br>7:30 HEC Basketball                | 26<br>5:00pm Greek School   | 27 <b>Saturday of Lazarus</b><br>9:30am <b>Orthros</b><br>10:30am <b>Divine Liturgy</b><br><br>Fold palms into crosses<br>9:30am Greek School  |
| 28 <b>PALM SUNDAY</b><br>8:00am Divine Liturgy<br>9:30am Orthros<br>10:30am Divine Liturgy<br>Palm Sunday Luncheon<br>Philoptochos Bake Sale<br><br>6:00pm <b>Holy Confession</b><br>7pm <b>Bridegroom Service</b> | 29 <b>HOLY MONDAY</b><br>6:00pm Holy Confession<br>7pm <b>Bridegroom Service</b>  | 30 <b>HOLY TUESDAY</b><br>6:00pm <b>Holy Confession</b><br>7pm <b>Bridegroom Service (Kassiani)</b>    | May 1 <b>HOLY WEDNESDAY</b><br>3:00pm <b>Holy Unction</b><br>7:00pm <b>Holy Unction</b>   | May 2 <b>HOLY THURSDAY</b><br>6:00am <b>Vespers/Liturgy of Saint Basil</b><br><br>7:00pm <b>Holy Passion of Our Lord</b> | May 3 <b>GOOD FRIDAY</b><br>9am <b>The Great Hours</b><br>Philoptochos Bake Sale<br>10am Altar Boy Retreat, Preparation for Pascha: wrap eggs, decorate the Epitaphios, etc.<br>3:30pm <b>Apokathelosis</b><br>7:00pm <b>Lamentations</b> | May 4 <b>HOLY SATURDAY</b><br>9:30am <b>Vespers/Liturgy of Saint Basil</b><br>11:00pm <b>Canon preceding the Resurrection</b><br>12:00am <b>Orthros and Divine Liturgy</b><br>Magiritsa Soup to Break the Fast |

Please check the online calendar, <http://saint-katherines.org/calendar>, for the most current information.

## PHILOPTOCHOS (by Eleni Kanakos, President)

I AM VERY EXCITED about the participation of this year's membership! For those who are not yet members, now's the time to join! Together, our community efforts will be even stronger.

Easter is around the corner. Please help us as we bake Easter sweets and tsourekia in preparation for our annual Easter Bake Sales on Palm Sunday, April 28 and Good Friday, May 3. Make sure to place your tsourekia orders in advance. Contact me (ekanakos@aol.com or 703-938-8360) or Elvira Garnett (villa45@hotmail.com or 703-425-3675). You will receive an email or phone call as we roundup our baking volunteers. Keep in mind that we will also be making preparations for sweets and food for our Spring Festival in the very near future.

Don't forget about our annual Yard Sale on April 19-20. Please bring in your gently-used clothing and household items during the week leading up to the sale. Contact Trish Kapsidelis (tgk1413@yahoo.com or at 703.356.5905) regarding donations and/or any questions you may have.

We are also gathering donations for the Philoptochos raffle that will take place during our Spring Festival. Prizes will include restaurant gift cards, jewelry, electronics, vacations, gift baskets, etc. Please let us know if you are interested in making a donation this year. We would appreciate it greatly! Let's make our fundraising bake sales and raffle huge successes!

The Greek Orthodox Church or Loudon County will host a Fashion Show Luncheon on Saturday, May 18, 11:00am-2:30pm at River Creek Country Club in Leesburg. Contact Ava Walter at avamwalter@gmail.com for tickets and reservations. Let's support our sister church!

### OPEN POSITION: DIRECTOR OF EDUCATION SAINT KATHERINE HELLENIC EDUCATION CENTER

Our church has recently re-organized its Hellenic educational offerings into one institution—the Hellenic Education Center (HEC). The HEC consists of three components: 1) a Greek Language School, offering Greek language classes for pre-K to 8th Grades and Adults, 2) the Paideia Day School, providing pre-K and, in the near future, a Kindergarten program, and 3) an emerging Community Education program, consisting of short courses and seminars related to Hellenic culture/language and Greek Orthodox traditions. We are seeking a Director of Education who will oversee this institution, putting in place many of the goals and objectives defined by the Saint Katherine Board of Education (BoE). Please visit the webpage for more info: <http://www.saint-katherines.org/announcements/open-position-director-of-education-for-saint-katherine-hellenic-education-center>.

## SAINT KATHERINE BOOKSTORE

THE FOLLOWING LENTEN service books are available for purchase in the bookstore:

### *Holy Week and Easter Services in the Orthodox Church.*

Translated by Fr. George Papadeas. **Description:** New printing with contemporary English translation, includes a marker ribbon. All services from Palm Sunday through Pascha in both English and Greek.

### *Akathist Hymn.*

Translated by Fr. George Papadeas. **Description:** Text in Greek and English on opposing pages. Preceded by brief compline. Rubrics in red. Comprehensive history of service with Glossary included.

### *The Service of the Akathist Hymn to the Most Holy Theotokos.*

Translated by Hieromonk Seraphim Dedes. **Description:** The Akathist Hymn to the Theotokos in a new translation by Father Seraphim Dedes, presented in Greek and English on opposite pages. Spiralbound.

*The Office of the Divine Liturgy of the Presanctified Gifts.* Translated by Father Evagoras Constantinides. Spiralbound.

### *The Lamentations of Matins of Holy and Great Saturday.*

Holy Transfiguration Monastery, translators. **Description:** The most beautiful and moving burial service of our Lord chanted on Good Friday evening. With a translation of a homily by St. Epiphanius, Bishop of Cyprus, "On the Burial of the Divine Body of Our Lord and Savior Jesus Christ, on Joseph of Arimathea, and on the Lord's Descent Into Hades Which, After His Saving Passion, Wondrously Ensued on the Holy and Great Saturday."

## DAUGHTERS OF PENELOPE (by Jane Moore, Pres.)

HELLO TO ALL from Helle Chapter! As many of you may know, one of the many goals of the Daughters of Penelope is to help victims of domestic violence. To that end, we were honored to have Saint Katherine's own Bill Porter speak to us at our March meeting about his experiences dealing with these types of victims. It was a wonderful discussion, which invoked many good questions and informative answers. Thank you so much, Bill!

Our next meeting will be held on Monday, April 8 immediately following the Small Compline service (around 8:00pm). We plan to have another distinguished guest—Fr. Costa! As has been our tradition for many years, Fr. Costa has taken time out of his busy schedule during Lent to come to our meeting and discuss the importance of women in Orthodoxy, the Bible, and Church history. We are looking forward to his next lecture! We wish all of you a Kali Sarakosti and many blessings during this Lenten season!

GREAT LENT, HOLY WEEK AND PASCHA

To begin your journey, visit  
[lent.goarch.org](http://lent.goarch.org).

## ΠΡΟΣΕΥΧΗ ΓΙΑ ΤΗΝ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΟΥ ΑΝΘΡΩΠΙΝΟΥ ΠΟΝΟΥ ΚΟΝΤΑ ΣΤΟΝ ΧΡΙΣΤΟ

ΧΡΙΣΤΕ ΜΟΥ,

Ο πόνος, η δοκιμασία, η θλίψη, η μαρτυρική ζωή και κάθε βιωματικό γεγονός το λεγόμενο πάθος αναπόφευκτα έρχεται στη ζωή μας με τραγικό χαρακτήρα.

Εσύ Χριστέ μου, που γνωρίζεις την δική μας κατάσταση δώσε την δύναμη τούτες τις δύσκολες στιγμές που μαστιγώνουν την ψυχή μας. Ειρήνευσε την ψυχική ταραχή, την αγωνία, τον φόβο. Βοήθησέ μας να πάρουμε παράδειγμα από την δική Σου μαρτυρική πορεία προς τον Γολγοθά. Δώσε μας την δύναμη την ώρα της συγκρούσεως να ακολουθούμε την δική Σου βούληση και όχι την δική μας θέληση.

Εσύ γνωρίζεις τις αδυναμίες μας. Μέσα μας δύο δυνάμεις παλεύουν η ανθρώπινη και η Θεία. Να επικρατεί το δικό Σου θέλημα και σε αυτό να υποτασσόμεθα.

Τούτος ο αγώνας ας φέρει την ηθική και πνευματική τελείωση. Μέσα στην θλίψη και στην δοκιμασία να μην πέφτουμε στην αμαρτία αλλά με Πίστη και Εμπιστοσύνη να Σε ακολουθούμε.

Χριστέ μου, γέμισε την καρδιά μας με το μεγαλείο της Χριστιανικής αγάπης γιατί αυτή είναι το πολυτιμότερο επίτευγμα του αγώνα μας.

Να νοιώσουμε ότι η δοκιμασία δεν οδηγεί στην θλίψη και στην καταστροφή αλλά είναι η πηγή της γνήσιας πνευματικής χαράς. Το βάρος του πόνου μας οδηγεί στην πνευματική τελείωση γιατί κινούμεθα μέσα στο δικό Σου Θείο σχέδιο.

Ο Απόστολος Παύλος εκхаίρετο δια τα παθήματα του και όπως μας τόνισε: “Εν τοις παθήμασιν αυτού δοκιμάζει χαράν ανεκκλάλητον”. Δώσε και σε μας υπομονή σε αυτή την δύσκολη ώρα και ιερή ευκαιρία. Χρειαζόμαστε επό Εσένα την πνευματική δύναμη και αντοχή για να υποστούμε ήρεμα τον πειρασμό όπως είπε και ο Ιάκωβος: “Μακάριος ανήρ ος υπομένει πειρασμόν”. Ο Ιώβ παρά την πικράν πείραν του πόνου του αναγνωρίζει την μακαριότητα του πάσχοντος. Να πάρουμε δύναμη από την ζωή του Αβραάμ που είχε την απόλυτη εμπιστοσύνη στο σχέδιο Σου. Εκείνα τα χέρια που υψώθηκαν ικετευτικώς επί έτη με το να ζητούν ένα τέκνο ήλθε η ώρα να το θυσιάσουν.

Βοήθησέ μας να υπακούμε στο Θείο Θέλημα Σου χωρίς γογγυσμό και ολιγοψυχία. Να παίρνουμε δύναμη απο την δική Σου ζωή που έφτασες στο έσχατο σημείο εξευτελισμού και ταπεινώσεως.

Χριστέ μου, ειρήνευσε την ψυχική ταραχή, την αγωνία, τον φόβο, την ανησυχία και γέμισε την ψυχή μας με χαρά και ευδαιμονία.

Σε παρακαλούμε σε αυτή την πορεία της Μεγάλης Σαρακοστής να είσαι κοντά μας. Να βιώσουμε το σταυρικό Σου πάθος για να γίνουμε μέτοχοι της Αναστάσειως! Να καταλάβουμε ότι το π ά θ ο ς είναι Θεία Δωρεά και ευλογία ανεκτίμητης σπουδαιότητας αφού το επιτρέπεις Εσύ στην ζωή μας. Αμήν.

## MORE TIPS FOR DEALING WITH GRIEF

*Mark D. Miller, M.D*

1. Get help for severe or persistent depression. Someone once said, “grief is not a disease but it can become one.” Grief can lead to serious depression. Consider getting professional help if you feel overwhelmed, hopeless, or helpless. Other signs of depression can include sleep impairment (too little or too much), appetite or weight change, low energy, difficulty concentrating, and feeling listless or agitated. By all means, seek professional help if you have suicidal thoughts.
2. Grief work can become complicated. Mixed emotions (positive and negative feelings), unresolved emotional turmoil, and losing someone after an argument can complicate the grieving process. Sharing these feelings with a professional therapist can help. Grief therapy need not be a long-term commitment. Even if you don’t see yourself as the kind of person who seeks therapy, this may be beneficial.
3. Anger is common in normal grieving and certainly justified when a loved one dies due to the malevolence of others. Try venting your anger in a letter. Consider channeling your anger into constructive action. Volunteer to work for causes that seek justice and prevention. Spending your energy helping someone else can help you in the process.
4. Be patient. The grieving process often includes setbacks. Don’t expect to set an “I’ll be over it” deadline and succeed. Often, grieving resumes after a time, sometimes even months or years. Reminders can trigger a flood of emotions. Don’t be surprised if this happens, and don’t consider it a sign of weakness. Instead, your psyche is telling you more grief work needs to be done.
5. If you feel stuck in your grief, try a new approach. We are creatures of habit who learn very quickly how to avoid painful situations. However, this may hinder working through the entirety of your grief. To “jump start” the process, consider reviewing memorabilia, photos, home movies, or videos. Talk about your loved one at holidays when his or her absence is most obvious. Don’t avoid it so as not to spoil the festivities. This is the perfect time to check in with other family members about how they’re doing with grief work, and share mutual support.
6. Celebrate your loved one’s lifetime accomplishments, values, and principles. Consider carrying the torch of a cause they believed in as a memorial. Start a scholarship, plant a garden, or make a donation in their name.

*Saint Katherine Greek Orthodox Church offers a grief support group, GRACE (Grief Recovery: Accepting, Coping, and Evolving). For further information, please call Fr. Costa Pavlakos at 703-671-1515. Thank you to Maria Papageorgiou for these monthly contributions.*

**BOOK REVIEW**  
*Gregory McKinney*

***Wounded by Love: The Life and Wisdom of Elder Porphyrios.*** Elder Porphyrios. Translated by John Raffan. Limni, Evia, Greece: Denise Harvey. 2005. 268 pages. Paperback.

Imagine yourself meeting an uncle, an old man, for the very first time. You are special to him from the start. He knows you, he loves you without reservation or reason. His life's story takes you to places you thought you knew; through his descriptions, however, you see them as if for the first time. His counsel opens your eyes because, through his journeying, you realize *he has met Christ*.

Such is the subject of this month's book, a 20th century Greek monk devoted to the Holy Mount Athos, Elder Porphyrios. *Wounded by Love* is wonderful Lenten reading, a compilation of his writings, letters, and transcribed oral history demonstrating what God can make possible within a person who gives himself completely over to his Lord:

That the heart may never love enough! The more wine you drink, the more you want to drink. The more you give yourself to the love of Christ, the more you want to give yourself. We must love Him with all our soul, heart, strength, power and mind. We must plug our heart into His love and be united with Him. That is what the Lord demands, not for Himself out of selfishness, but for us, so that He can give us everything- joy and happiness (p. 103).

The Elder demonstrated the graces of the Spirit through great powers of discernment, the gift of clear sight, and a boundless love for all. Yet with these gifts, he never claimed to be above anyone. He knew these things are available to all:

Man has such powers that he can transmit good or evil to his environment. We need to have goodness and love in our soul and transmit these things (p. 212).

In fact, he considered them "easy" for the one who centers his being in Christ and lives out His love.

**The Hellenic Society Prometheas**  
invites you to a presentation by

**Magdalini Agrafioti**  
Psychologist, Psychotherapist, Family Therapist

*Learning with the Mind and the Heart:  
The Power of Emotions in Everyday Life*

Friday, April 12, 8:00pm

Saint George Greek Orthodox Church, Bethesda

The presentation will be in Greek.

Reception to follow.

**SAINT KATHERINE PROFESSIONAL  
AND BUSINESS DIRECTORY**

PLEASE CONSIDER LISTING your profession or business on our church website. Please fill out the order form, available at [http://www.saint-katherines.org/about\\_us/misc\\_forms](http://www.saint-katherines.org/about_us/misc_forms), in its entirety. If you choose to list only your profession, please fill out that portion only. If you choose to list your business, please fill out that portion only. The cost per year is \$25 for a professional listing and \$100 for a business listing. The directory is online at [http://www.saint-katherines.org/about\\_us/business-and-professional-directory](http://www.saint-katherines.org/about_us/business-and-professional-directory). You may choose to renew your listing automatically for the next year by checking the box on the order form. If you are paying by credit card, your card will be charged for the renewal on or about January 1, 2014. If you are paying with cash or by check, you will be contacted prior to your renewal date. Credit card payments may be made on the church website via PayPal. All listings will be reviewed and acceptance will be determined at the discretion of the Business Directory Committee. A printed version of the directory will be distributed annually with listing additions available quarterly.

Below are samples of how your listing will appear on our website.

~ ~ ~ ~ ~

**Professions:**

Engineering

George Pappas  
Electrical Engineer  
[www.georgepappas.net](http://www.georgepappas.net)  
555-555-5555

**Businesses:**

Places of Worship

[Saint Katherine Greek Orthodox Church](http://www.saint-katherines.org)  
3149 Glen Carlyn Road, Falls Church, VA 22041  
703-671-1515  
[www.saint-katherines.org](http://www.saint-katherines.org)

*Remember, you can go to [www.saint-katherines.org/about\\_us/misc\\_forms](http://www.saint-katherines.org/about_us/misc_forms) for an order form and to [www.saint-katherines.org/about\\_us/business-and-professional-directory](http://www.saint-katherines.org/about_us/business-and-professional-directory) to view the directory.*

We look forward to receiving your listing!

## MISSIONS AND OUTREACH

**OCMC Annual Meeting.** The OCMC has chosen Saint Katherine for their semi-annual board meeting May 20-22, 2013. Our Mission and Outreach Committee will serve as their host. Traditionally they hold a banquet the Tuesday night of their meeting, this year it will be on May 21. This will be a wonderful opportunity to see the entire OCMC board and hear about their exciting programs.

**OCMC 2013 Teams Filling Up Quickly.** OCMC is sponsoring 13 short-term teams for overseas missions in 2013. The first team is already in Uganda. The other teams are filling up rapidly. For a complete list of teams, go to OCMC's website, OCMC.org, or email Dr. John Demakis at demakis9931@gmail.com. Please give prayerful consideration to being a part of an OCMC team. It can be a life changing experience. Our community has always helped those who have chosen to go on a mission.

### ***Update from our Missionary in Tanzania, Maria Roeber:***

Hello from Uganda! I am currently in Kampala with fellow missionaries Felice Stewart and James and Daphne Hargrave. The Hargraves are here in Uganda awaiting the birth of their first child, which is due to arrive sometime in the next week or so. Felice and I are both staying with them to provide support for Daphne in labor, as well as to help take care of her and the baby in the first few weeks after the birth. The weeks I spent in the government hospital's maternity ward in Tanzania were very educational for me. I practiced my Kiswahili and learned more medical phrases. I was actually surprised how well I could communicate with my patients. Many of the women who give birth in that hospital are referred to it for complications during their pregnancy, labor, or delivery. I witnessed many scary and sad clinical situations and outcomes that simply no longer take place in the United States. On the other hand I also saw some wonderful births and was able to help intervene with a couple of patients who really needed more nursing care and assistance than they were getting. After my experience in that hospital I am very, very glad that I have decided to stay with Daphne during her labor and birth, and that I can be an advocate for her, James, and the baby. Please keep them in your prayers for a safe and uncomplicated birth! A few weeks after the baby arrives, James and Daphne will return to their home in Mwanza and settle into life there with their newborn. My first term of service with OCMC will be up at that point, so I will make plans to return back to the United States. As much as I will miss living and working as a missionary in Tanzania, I know that it is time for me to spend some time back in the U.S. again. I have been away for almost two years and it will be good to see family and friends again. My plan right now is to return to work as a labor and delivery nurse, hopefully in the DC area, and to pursue a graduate degree to become a certified nurse-midwife. Ultimately I would like to return to missionary service, possibly in East Africa, as a nurse-midwife. Please keep us all in your prayers and know that as we enter Great Lent I am praying for all of you who have been supporting me for the past two years. May you have a holy time of preparation for our Lord's Resurrection. I expect to be back in the US by Pascha, and look forward to hearing "Christ is Risen!" in English again.

### ***FOCUS Chooses Saint Katherine for Shoe Distribution.***

The Fellowship of Orthodox Christians United to Serve (FOCUS) has asked our Missions and Outreach Committee to be their representative in the DC area for distribution of children's shoes. An anonymous benefactor has agreed to donate 400,000 pairs of children's shoes to needy children in American every year. FOCUS, one of the newest ministries of the Assembly of Orthodox Bishops has asked us to be the local distributors. Our Parish Council has graciously agreed to set aside 450 square feet to receive and sort out the 3,300 pairs of shoes for the DC metropolitan area. This is a great honor for our community and we will need volunteers. The first shipment of shoes will arrive on July 1. We will need volunteers to help sort the shoes into sizes and school districts.

## MISSIONS LECTURES FOLLOWING SALUTATIONS SERVICES

Our Missions and Outreach Committee continues to sponsor a series of talks following the Salutations Services:

**March 29—FOCUS.** See information above.

**April 5—Dr. Frank Papatheofanis, Saint Katherine College.** Dr. Frank Papatheofanis, President of Saint Katherine College ([www.stkath.org](http://www.stkath.org)), will speak about this college—the only Orthodox four-year Liberal Arts College in the United States not associated with a seminary. Saint Katherine based in North San Diego County, California. The college offers 12 major programs of study in the arts and sciences. Please join us for an informative discussion. High school students and parents with high school students will want to attend and hear about the educational opportunities in an Orthodox environment.

**April 12—Mrs. Alexandra Thornton.** We will be honored to hear from Mrs. Alexandra Thornton, the daughter of Fr. Spartas of Uganda. Fr. Spartas is widely considered to be the founder of the Orthodox Church in Eastern Africa. Come and hear about this wonderful and inspired man from his daughter. Mrs. Thornton is a long-time member of our church.

## HOMELESS SHELTER

**Cooking Schedule.** Our Adult Bible Class served dinner on March 19 and Paideia will serve lunch on April 12. The Mission Committee will serve dinner in May and the Vacation Bible Camp will serve lunch on June 27. Thanks to all who participate.

**Clothing and toiletries.** We continue to collect clothes and toiletries for the homeless shelter. Please bring items to the foyer of the Meletis Charuhos Center.

### ***Missions and Outreach Meeting***

The next meeting for our Missions and Outreach Committee is on Tuesday, April 16, 7:00pm.

## SUNDAY CHURCH DUTY ROSTER

|  |   |   |   |
|--|---|---|---|
| <u><i>April 7, 2013</i></u><br>Daphne Vaccarello, Captain<br>Andrea Ballard<br>Arthur Dimopoulos<br>Peter Karounos | <u><i>8:00am</i></u><br>Bill Polizos<br>Bill Porter<br>Dr. George Silis   | <u><i>April 7, 2013</i></u><br>Jim Stoucker, Captain<br>Chris Christou<br>Dr. John Demakis<br>Costas Mavromatakis   | <u><i>9:30am</i></u><br>Mallamo Mavromatakis<br>Maria Vargas<br>Maria Wills               |
| <u><i>April 14, 2013</i></u><br>Chris Christou, Captain<br>Dr. John Demakis<br>George Moshos<br>Bill Polizos       | <u><i>8:00am</i></u><br>Dr. George Silis<br>Jim Stoucker<br>Maria Vargas  | <u><i>April 14, 2013</i></u><br>Maria Wills, Captain<br>Kelly Alexis<br>Costas Mavromatakis<br>Mallamo Mavromatakis | <u><i>9:30am</i></u><br>Thomas Soiles, GOYA Captain and Epistle Reader and 5 other GOYAnS |
| <u><i>April 21, 2013</i></u><br>George Moshos, Captain<br>Kelly Alexis<br>Chris Christou<br>Nick Larigakis         | <u><i>8:00am</i></u><br>Jim Stoucker<br>Daphne Vaccarello<br>Maria Vargas | <u><i>April 21, 2013</i></u><br>Andrea Ballard, Captain<br>Arthur Dimopoulos<br>Peter Karounos<br>Bill Polizos      | <u><i>9:30am</i></u><br>Bill Porter<br>Dr. George Silis<br>Maria Wills                    |
| <u><i>April 28, 2013</i></u><br>Arthur Dimopoulos, Captain<br>Dr. John Demakis<br>Bill Polizos<br>Bill Porter      | <u><i>8:00am</i></u><br>Jim Stoucker<br>Daphne Vaccarello<br>Maria Vargas | <u><i>April 28, 2013</i></u><br>Nick Larigakis, Captain<br>Kelly Alexis<br>Andrea Ballard<br>Peter Karounos         | <u><i>9:30am</i></u><br>Costas Mavromatakis<br>Mallamos Mavromatakis<br>George Moshos     |

*(Continued from page 1)*

Start by making Lent a time to turn away from the everyday mundane rituals for life and give your soul a renewed life.

Come to church and participate in:

1. Monday Complines
2. Wednesday Pre-Sanctified Liturgies followed by Soup'er Study
3. Friday Salutations followed by Lenten lecture series
4. Annual Adult and Joy Retreats
5. Sacrament of Holy Confession
6. Sunday Liturgies
7. Holy Week

I leave you with an open invitation to come to church any or all the time. Pick one of the above or pick them all. Just start your Lenten journey.

### THE PRAYER OF ST. EPHRAIM THE SYRIAN

*(Read each weekday during Great Lent)*

O Lord and Master of my life, take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk.

But give rather the spirit of chastity,  
humility, patience, and love to Thy servant.

Yea, Lord and King, grant me to see my own errors  
and not to judge my brother,  
for Thou art blessed unto ages of ages. Amen.

Yours in Christ's service,

*Fr. Costa*

*(Continued from page 6)*

θα αισθανούμε και ποιά ετοιμασία θα κάνουμε; Πρώτα-πρώτα, να καταλάβουμε ότι μπήκαμε σε μία περίοδο, η οποία είναι καταλυτική, αλλά και πένθιμη, πράγμα που πολλοί δεν το καταλαβαίνουν. Χρειάζεται να καθαρίσουμε την ψυχή μας από τις αμαρτίες μας. Έχουμε αμαρτίες, τις οποίες με ειλικρίνεια και μετάνοια οφείλουμε να εξομολογηθούμε για να απαλλαγούμε από αυτές. Γι' αυτό και η πρώτη εβδομάδα λέγεται «Καθαρά». Να κοινωνήσουμε με συναίσθηση και θερμή επιθυμία για να πάρουμε και πάλι μέσα μας τον Κύριο των Δυνάμεων, ο οποίος θα μας ενισχύσει στο «στάδιο των αρετών» και σε κάθε πνευματικό μας αγώνα. Να νηστεύουμε κατά δύναμη. Πολλοί περιφρονούμε την νηστεία. Προσοχή στην ευπερίστατη αμαρτία. Μακριά η αμαρτία, είτε με τα μάτια, ή με τα χέρια, ή με τη σκέψη, ή με την ακοή, όλα να μένουν αγνά και καθαρά. Έτσι, ο πνευματικός εφοδιασμός γίνεται πλουσιότερος την περίοδο αυτή. Περισσότερη προσευχή, μελέτη Αγίας Γραφής και μάλιστα αυτή των Παθών του Κυρίου, αλλά και άλλων πνευματικών, ιερών βιβλίων με μεγαλύτερη συνέπεια, παρακολούθηση των ιερών ακολουθιών.

Ο ιερός υμνωνός αποκαλεί την Μεγάλη Τεσσαρακοστή «Στάδιο των αρετών», επειδή κάθε ψυχή καλείται να αγωνιστεί για την αρετή και για πνευματικά έπαθλα που δίνει η χάρις του Θεού.

Σαν αγωνιστές του καλού κι εμείς, ας αγωνιστούμε γι' αυτές τις αρετές, ίσως κατορθώσουμε να διανύσουμε το στάδιο αυτό νικηφόρα. Ο Θεός θα μας βοηθήσει!



## STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2013 Saint Katherine Stewardship Program from January 1 through February 28, 2013. Thank you for responding to the needs of our church.

If you have not yet submitted your 2013 pledge, please complete the stewardship form on page 5 and return it to the Church 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.

|                              |                                |                             |                                |                             |
|------------------------------|--------------------------------|-----------------------------|--------------------------------|-----------------------------|
| MM Evangelos Abatzis         | Mr Christopher Demopoulos      | Mr Mark Kalaris             | MM Kenneth Myers               | Mr Tom Sarris               |
| Mrs Stella Adamopoulos       | Ms Venetia Demson              | MM Christopher Kalavritinos | MM Nicholas Myseros            | Mrs Ann Sedor               |
| Donald and Irenelee Adams    | Miss Alexandra Diapoulis       | Mrs Maria Kallis            | Mrs Miltzi Natsios             | Mr Andrew Sessions          |
| Mr Frank Agnos               | M/M Nicholas Diapoulis         | Mr Michael Kallis           | Dr Peter Neff                  | MM John Seward              |
| MM John Agnos                | Ms Georgia Dimitras            | Mr Nicholas Kallis          | Mrs Erma Nettles               | MM Panos Statis             |
| MM Vasili Alafogiannis       | MM Alexios Dimopoulos          | MM Tim Kalyvas              | MM John Newton                 | Dr/Dr Manny Siliis          |
| Dr/Mrs James Alalis          | MM Arthur Dimopoulos           | Ms Christina Kanakis        | MM Demetrios Nicholacos        | MM Panagiotis Siliis        |
| M. (Volakis) Alexis          | Dr/Mrs Harry Dinella           | MM Paul Kanaris             | MM George Nicopoulos           | Mrs Katherine Simmons       |
| MM James Anagnos             | Mr Stephen Dinos and           | Mr Constan Kanellos         | Mr/Ms Clayton Nightingale      | MM John Smaragdis           |
| MM Larry Anagnos             | Dr Evlie Cavros                | MM George Kapetanakis       | MM Nicolas Nitis               | MM Andrew Smith             |
| MM John Andre                | Mr James Dishaw                | MM Bill Kapsidelis          | Mrs Eugenia Nobes              | Mrs Helen Snear             |
| MM Paul Anson                | MM Brad Donaldson              | MM Peter Karageorge         | Dr/Mrs Constantine Nonas       | MM John Snyder              |
| MM Tasie Anton               | Mr Nicholas Douch              | MM Dimitrios Karamanis      | Mr Edwhar Nunez and            | MM Gregory Soter            |
| Mrs Voula Antonoiou          | MM John Douvis                 | MM John Karamanis           | Mrs Maria Anastasiou           | MM Spyridon Solirchos       |
| Mr Nick Antonopoulos         | Mr/Dr Steven Doulis            | Mrs Helen Karambelas        | Mr Roula Oktay                 | Ms Stella Spathopoulos      |
| Mr Pericles Apostolou        | Mr Gregory Drake               | Mrs Lula Karas              | MM George Opacic               | MM Louis Stack              |
| Dr/Mrs Nicholas Argerson     | Ms Mary Drakoulis              | MM Peter Karounos           | MM Crystilios Orphanides       | Mrs Vasiliki B. Staffalatos |
| Mr James Argodale            | Mr Paul Economou               | MM Anthony Katsakis         | MM Nick Padgiolis              | Mrs Panorea Stalter         |
| MM Nektarios Athanasiou      | MM Scott Edwards               | Mr/Dr Elthimos Katsapis     | Mrs Despina Panagoulas         | MM Nick Stames              |
| Mr George Athanitis and      | Mrs Vasiliki Ekiz              | MM Dean Katsikis            | Mr John Panagoulas             | MM John Stamos              |
| Mrs Eleni Kioroglou          | MM Christos Elefantis          | Mrs Stacey Kazacos          | Mrs Vanna Panagoulas           | Ms Stephanie Stanga         |
| Mrs Panagiota Bakatsias      | MM James Eskinzes              | MM Nicholas Kikis           | Mr George Papadopoulos         | MM John Stathis             |
| Capl/Mrs James Ballard       | MM Christopher Euripides       | MM Michael Kikis            | Mr John Papadopoulos           | MM George Stathopoulos      |
| MM James Ballis              | Adiam Eyassu                   | MM Chris Kiros              | Mrs Maria Papageorgiou         | MM Peter Stefanou           |
| MM Andreas Ballatzis         | Mr Ferssizidis and             | MM Mike Kiros               | Capl/Mrs Michael Papageorgiou  | Mr John Stepanchuk          |
| Dr/Dr George Banks           | Mrs Ferssizidis                | MM Thomas Kiszka            | Ms Crystallo Papamichael       | Dr/Mrs Tom Stoumbos         |
| Mrs Irene Bells              | MM Dennis Floros               | MM Andreas Kokkinis         | Ms Daphne Papamichael          | Mr Clifford Stouts          |
| MM Dimitrios Blekas          | Mr George Floros               | MM Costas Kolas             | Mrs Mamie Papamichael          | MM Evangelos Stoyas         |
| MM George Boosalis           | MM Nicholas Floros             | MM Alexandros Kolovos       | MM George Papantonio           | Rev/Mrs Milian Sturgis      |
| MM George Boosalis           | MM Vasilios Folinos            | Mr Nicholas Kolovos         | MM Panayiotis Papasavvas       | MM Nicholas Superina        |
| Mr George Boosalis           | MM James Francis               | Mr Vitali Kopylov           | Dr/Mrs George Papastergiou     | Mr George Svolis            |
| MM Jeff Borst                | MM Dimitrios Gadonas           | MM Konstantinos Koukides    | MM Dennis Papatathanasopoulos  | MM Gus Svolis               |
| Mrs Barbara Bosworth         | MM Demetrios Galatis           | Mrs Danae Koulikakis        | MM Athanasios Pappas           | MM Marcus Talbott           |
| Ms Beth Botsis               | MM Richard Gamble              | Mrs Marika Koumanelis       | MM Jim Paras                   | MM Alexander Taousakis      |
| MM Theodore Bousbouras       | Ltc/Mrs Dennis Garbis          | Mrs Maria Koutenitis        | MM Charalambos Pashiard        | MM Panagiotis Taousakis     |
| Mrs Stella Brackman          | MM John Garbis                 | MM Gregoris Kozakos         | Mr Gregory Pattakos and        | MM Kevin Tate               |
| MM Lewis Brickates           | MM Martin Gardner              | MM John Kushner             | Mrs Panagiota Stouralti        | MM Pierre Tavoularis        |
| MM David Buddendeck          | MM David Garnett               | Ms Christina Kutschenreuter | Mrs Alexandra Pattaras         | MM Athanasios Theodoroulos  |
| MM Elias Burton              | MM Chris Gavras                | Dr/Mrs Andy Kydes           | MM Andrew Pavlakos             | MM Craig Thomas             |
| MM Edward Cameron            | Mrs Aspasia Georgatos          | Mrs Maria Laliotis          | Mr Andrew Pavlakos             | MM James Thomas             |
| Mrs Catherine Spelees Canard | MM Evans George                | MM Thomas Lallas            | Mr Christopher Pavlakos        | MM Gene Thornton            |
| Mrs Gisella Caparell         | MM George Georgeadis           | MM Arthur Lambros           | Rev/Presv Costas Pavlakos      | Mrs Andromachi Timotheou    |
| MM Aggie Capsalis            | Ms Mary Georghiou              | Mr Nicholas Larigakis       | Mrs Kathy Pesavento            | Dr/Mrs John Topping         |
| MM Manuel Capsalis           | Mrs Helen Gianelos             | Ms Anna Lecos               | MM George Petalos              | Mr Kenneth Touloumes        |
| MM Alexander Carr            | MM Constantinos Giannoukos     | MM Vassilios Lekkas         | MM John Petalas                | MM Philip Toumazatos        |
| MM Christopher Chaconas      | MM George Gialas               | Ms Elaine Ligelis           | Col/Mrs Daniel Peyser          | MM Fotini Trikaliotis       |
| Mrs Georgia Chakeris         | Mrs Helen Glekas               | Ms Tina Ligelis             | Miss Alexandra Phass           | Dr/Mrs Basil Tripsas        |
| MM Demetris Charalambous     | Mrs Eleni Goldsmith            | MM James Loizou             | Mrs Catherine Phass            | Ms Sophia Tsangali          |
| MM George Charuhas           | MM Arthur Gomez                | MM George Louvis            | Dr/Mrs Dean Phass              | Mrs Angelika Tsatsakis      |
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| Rev Dr/ Mrs Harry Chelpon    | MM Spiro Grivas                | Mr Joseph Macekura          | MM Kostas Pikrallidas          | Mrs Anna Tsimbis            |
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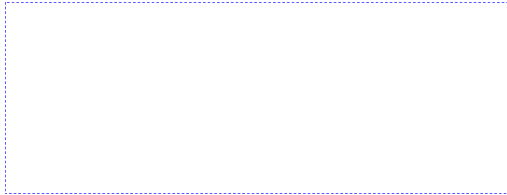


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