

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 7-8
 JULY/AUGUST 2012

Dear Fellow Parishioners,

Happy 4th of July!

Reflecting on our nation's celebration of its independence from the British Empire, I thought of how lucky we all are to live in a country as free as the United States. When the Pilgrims landed at Plymouth Rock they were looking for a place they could be free to practice their religion. The religious leaders of the Pilgrims were dissenters who challenged the monarchical authority of England and did not want the state to control the church. Political leaders throughout all time have wanted all of their people to be of the same faith. If this faith is also controlled by the state, it makes it even easier for the political leaders to exercise control over the people.

When a state controls churches, they can control what people see as moral or immoral. It is much easier to convince a country to go to war with another country for financial gain if the laity is taught by the clergy that the people in the other country are evil. While the Crusades used a mask of Christianity to wage wars, the real motivation was for power and money. This control is exactly what Ferdinand and Isabella were looking for when they began the tribunals that became the Spanish Inquisition. Whenever the state has control over churches bad things tend to happen, to put it lightly.

It is very important for us, as Christians and as Americans, to continue to support the separation of church and state. If the state is allowed to control the church it loses its prophetic voice. While we are not typically called to be a voice crying out in the wilderness, we are all called to be a candle in front of the icon of our Savior. In all of our actions we are called to show the love of Christ to our neighbors. When we engage in conversation about politics, we must think about what is best for our country and God's will for us. When we take time to think about these things more, we begin to realize how much closer to each other they are than we realize.

The laws of God are not in place to restrict us from happiness, but to bring us true happiness. For instance, in the Ten Commandments, we are taught not to be jealous of our neighbor's possessions. This is not because God doesn't want us to have a comfortable life, but because when we start being jealous that passion begins to control us. Soon we can find ourselves with spiritual and other problems. Think of how quickly someone could get into credit card debt if they were jealous of their neighbor's possessions and felt they had to have the same or better. When we begin to follow God's path, we start to become more at peace, even if what surrounds us is anything but peaceful.

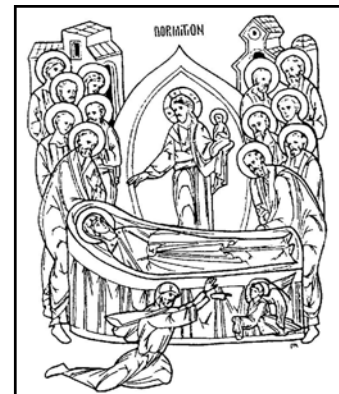
May everyone have a blessed summer!

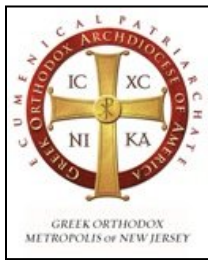
Yours in Christ's service,
Andrew John Pavlakos

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Saint Katherine Greek Orthodox Church

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Costas Mavromatakis 571-344-3634 cgm387@gmail.com	

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	Maria Papathanassiou, Director	703-671-7715	mpapathanassiou@gopaideia.org

MINISTRIES

Acolyte Captains	Anastasios Galatis		
AHEPA #370 (Mt. Vernon)	George K. Eliades, President	703-383-0073	geliades@verizon.net
AHEPA #438 (P. Derzis)	Angelo Toutsi	703-281-0843	antovi@verizon.net
Bookstore	Christopher and Frances Kalavritinos	703-671-1515	
Choir	John Doulis	703-899-4131	jdoulis@aol.com
Daughters of Penelope Helle #283	Jane Moore, President	540-847-2215	jmoore24@csc.com
DOXA	Presv. Pauline Pavlakos	703-239-2627	przpauline@stkchurch.com
GOYA (ages 13-18)	Tiffani Wills, President	703-948-7950	tiffany_wills@bullis.org
GRACE	Fr. Costa Pavlakos	703-671-1515	frcostas@stkchurch.com
Greek School Auxiliary	Elena Lagos, President	703-241-1176	pedakia@aol.com
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JOY (ages 8-12)	Tina Papamichael, Director	703-536-4711	athena02@verizon.net
Missions and Outreach	Dr. John Demakis	703-319-1610	demakis9931@gmail.com
Parish Committees, List of	http://saint-katherines.org/about_us/parish-committees		
Philoptochos	Eleni Kanakos, President	703-938-8360	dimitri14@verizon.net
Psalters	James Loizou, Protopsaltis	703-356-8220	villa45@hotmail.com
Safeway eScrip	Elvira Garnett	703-425-3675	przpauline@stkchurch.com
Website	Presv. Pauline Pavlakos	703-239-2627	przpauline@stkchurch.com
Women's Book Club	Christina Vazquez	703-723-7424	czvmail@aol.com
YAL (Young Adult League)	TBD		

PARISH COUNCIL

IT'S HARD TO BELIEVE half the year has gone by so quickly, but calendars never lie. As we look forward to the remainder of the year, it would be useful to review what has transpired thus far, assess where we are as a community, and talk about what lays ahead.

Our community continues to be blessed in so many ways. Our ministries continue to thrive and grow in service to the community. Our schools do a wonderful job educating our children and their spiritual life has been well served and faithfully nurtured by our clergy and our Catechetical (Sunday School) staff.

Financial challenges seem to lurk around every corner, but we have met them all with conviction and resolve. We have an outstanding appeal pending with the Archdiocese regarding our 2012 allocation (funds we pay to the Archdiocese), but I am pleased to report we anticipate this will be resolved in our community's favor.

As many of you know, our Stewardship program is being refocused and many positive changes lay ahead. Almost all of our ministries now participate further in the life of the church by serving as ushers during the second Liturgy. A catalogue of ministries will be published soon. The desire for new ministries continues and details on these exciting new opportunities for involvement will be available in the near future and will also be included in our new catalogue. I am also pleased to announce that several organizations/ministries have embraced one of the new elements of our stewardship program by becoming stewards of our community. We are deeply grateful to AHEPA Chapters #438 and #370, the Daughters of Penelope Helle Chapter #283, GOYA, and the PAIDEIA Bilingual Preschool, for setting an example for other organizations and ministries to follow.

Our community's financial status is sound. Although many responsibilities and obligations lay ahead, we find ourselves in a good fiscal position going into the later portion of 2012. As is normally the case this time of year, our expenses are slightly below average while our revenues are slightly above average. Strong initial stewardship contributions and our recent successful Spring Festival are responsible for this positive situation. We remain committed to creating a strong financial environment (principally through a renewed and more robust stewardship program) that will enable us to generate all revenues necessary for the operation of the church from our stewardship ministry. Proceeds from events such as parish festivals may then be used for other purposes (eliminating debt, capital improvements, etc.) as deemed appropriate by the General Assembly.

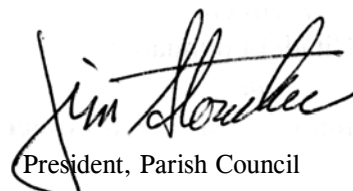
As an aside, thinking of the Festival brings to mind how very pleased I am to commend our community on its level of volunteerism. It was extremely gratifying to see everyone working together toward the success of our community! Among the great successes of our recent Spring Festival was the newly inaugurated Cultural Presentation Program. Many thanks to Fr. Costas Pavlakos, James Jatras, Nick Larigakis, Faye Mpras, and Marilyn Rouvelas for their excellent presentations on topics ranging from Greek traditions and Greek history to Hellenic/Cypriot affairs and a history of Orthodoxy. All the presentations were equally well attended and well received by the public.

As to what lays ahead during the remainder of the year, our Parish will upgrade our telephone system by using the Voice Over Internet Protocol (VOIP), instead of conventional phone company wiring. Beyond multiple technological advantages, we anticipate significant cost savings. We also intend to secure critical offsite electronic storage and backup for our data systems which we currently do not possess. Parishioners should also expect to see multiple improvements and/or maintenance priorities addressed during the remainder of the year. These include such things as restriping the parking lot, pothole repair, landscaping, interior painting of Founders' Hall and the Meletis Charuhas Center, installing new exit doors in the sanctuary, and relocating the church safe, among other initiatives. Our Strategic Planning Ministry will also begin work on developing a set of goals and objectives to ensure our Church is responsive to, and ultimately successful in, the dynamic environments of the future.

Finally, our community will be honored to host a regional Stewardship Seminar featuring renowned national stewardship trainer Bill Marianes on October 27. We are also pleased to announce Bill will be our featured guest speaker during Stewardship Sunday, October 28.

If you're curious about an issue or if I haven't touched on something which interests you, please feel free to contact me at any time. In the meantime, we ask for your continued prayers for the success of our Parish and her ministries.

Your Servant in Christ,



President, Parish Council

CATECHETICAL (SUNDAY) SCHOOL

SUMMER IS IN FULL SWING and we hope children and parents can have some wonderful and profitable time together reading and discussing Holy Scripture. There are many important days celebrated by our Church during the summer months. On July 20, we commemorate the Prophet Elias. "Elias spent his entire youth in divine contemplation and prayer, withdrawing frequently into the wilderness to contemplate and pray in tranquility.... On Mount Tabor he appeared together with Moses beside our Lord Jesus Christ. At the end of the world, Elias will appear again, to put an end to the power of Antichrist (Revelation 11)" [*The Prologue of Ohrid*, pp. 82-83].

The Great Martyr Panteleimon is commemorated on July 27. "Panteleimon was born in Nicomedia of a Christian mother and a pagan father.... As a young man, he studied the science of medicine. The priest Hermolaus befriended him, taught him the Christian Faith and baptized him. Panteleimon miraculously cured a blind man whom other doctors had treated in vain; he healed him by the name of Christ and baptized him" (*The Prologue of Ohrid*, p. 109).

The fast in contemplation and commemoration of the Dormition of the Most-Holy Theotokos begins on August 1 and concludes on August 15. "The Lord Who, on Mount Sinai, gave the Fifth Commandment, *Honor thy father and thy mother*, showed by His own example how one should respect one's parents. Hanging on the Cross in agony, He remembered His Mother, and indicating the Apostle John He said to her: *Woman, behold thy son*. After that, He said to John: *Behold thy mother*. And so, providing for His Mother, He breathed His last. John had a home on Mount Zion, in Jerusalem, in which the Theotokos then lived. She dwelt there to the end of her days on earth"... "In her old age she often prayed to her Lord and God on the Mount of Olives, the site of His Ascension, that He take her from this world as soon as possible. On one of these occasions, the Archangel Gabriel appeared to her and revealed to her that she would find repose within three days" (*The Prologue of Ohrid*, p. 183).

Indeed, the special commemorations mentioned above enrich the days of summer and turn attention to contemplation and worship. They enrich our spiritual life. It would be fulfilling for our parents and children to share conversations about those very special Church days.

Just so our parents know ahead of time, Catechetical (Sunday) School will begin on September 16 with registration occurring on September 9. Registration will take place in the building where coffee is served after the Divine Liturgy. However, until then, we wish all of our parents and children a very restful and enjoyable summer. We look forward to seeing all of our children back in September. We look forward to worshipping with you in Church over the summer months.

JOY (ages 8-12)

JOY HOPES THAT EVERYONE is enjoying a happy and healthy summer! As we prepare for the 2012-2013 year, JOY would like to invite parents to join us in organizing and planning for JOY activities. All organizations need fresh ideas and enthusiasm and JOY needs you! JOY is the ministry for 8-12 year olds. If you would like to be involved, please contact JOY Director Tina Papamichael at athena02@verizon.net.

GOYA (ages 13-18)

GOYA WILL GET TOGETHER periodically over the summer. Look to your e-mails for information. Activities, depending on interest, may include open gyms, pool parties, bowling, and an overnight trip.

PAIDEIA

CONGRATULATIONS TO OUR 2012 GRADUATES: Alexandra Constantinescu, Eleni Kapelos, Georgia Kohilas, Panagiotis Linardakis, Sebastian McKenna, Vaïa McKenna, Alexander Pappas, George Sifakis, Ana Toumazatos, and Alexandros Voliotis. We wish you a successful and wonderful academic career. May Saint Katherine guide and protect you always. Καλή Πρόοδο!

We've completed another school year, put away our books, and said goodbye to our teachers and friends. We will cherish the memories of fun times and great experiences, and look forward to seeing you in the fall.

As we prepare for the new school year, we are making the modifications to our programs and policies that our growing preschool requires. Our aim is to continuously improve and enhance our children's experience at PAIDEIA so that it will sustain them throughout their academic career.

In the meantime, the Saint Katherine Summer Camp Program will begin shortly. Join us July 9 through August 17 for wild adventures, vivid stories, fun activities, and lively music. Weekly themes include: Crafty Creations; Baking Basics; Exploring Ellada—the Olympics; Music, Poetry, Rhythm, and Art with Ms. Gilda; Under the Sea; and Movement and Dance (including Greek folk dancing). For more information, please call 703-671-1515.

PAIDEIA Bilingual Preschool conducts a unique, faith-based program in which children ages 2-5 learn about the Greek Orthodox faith, Hellenic ideals and culture, and the Greek language. Our mission is to instill an early enthusiasm for learning, offer a loving and safe environment, and provide a curriculum that will ready the children for Kindergarten while enhancing their moral and cultural growth. Our day school is the only one of its type in the Washington area. *Enrollment for the 2012-2013 session is open.* For more information, please contact Maria Papatanasious, Director, at director@gopaideia.org or 703-671-1515.

Καλό Καλοκαίρι! See you in September!

ΠΑΝΑΓΙΑ! Η ΜΗΤΕΡΑ ΟΛΟΥ ΤΟΥ ΚΟΣΜΟΥ!

Σοφία Δ. Τσαγκάλη

ΟΠΩΣΔΗΠΟΤΕ ΚΑΝΕΝΑΣ ΜΑΣ δεν είναι άξιος να γράψει γι' αυτό το ιερό, το πανάγιο πρόσωπο της Υπεραγίας Θεοτόκου. Με μεγάλη ευλάβεια, σεβασμό και πίστη στην Αειπάρθενο Μαρία, πολλοί επεχείρησαν και επιχειρούν να την εξυμνήσουν για να παραδειγματίσουν γενεές γενεών με τις αρετές που την κοσμούν.

Ως χριστιανοί κοιτάμε ψηλά και η καρδιά μας ζητά αρετής πρωτεία, φιλοδοξία ιερή και άγιες επιθυμίες! Ποιός όμως είναι εκείνος που θα μας δώσει γερή ώθηση για τα άνω; Ποιά θα είναι η κλίμακα που θα μας φέρει κατ' ευθείαν στα αληθινά ιδανικά, εκεί, όπου υπάρχουν οι θησαυροί του αληθινού μεγαλείου; Την απάντηση μάς την δίνει μία μεγαλειώδης μορφή, μία πανάγια προσωπικότητα. Είναι η εκλεκτή του Κυρίου, η Κεχαριτωμένη, η «πεποικιλμένη τη θεία δόξη», είναι η Θεοτόκος!

Το θεμέλιο του μεγαλείου της είναι η **ταπεινώση**, η οποία την ανέβασε στην κρυστάλλινη αγιότητα, καθιστώντας την «σκεύος εκλογής», επειδή ήταν η ταπεινότερη όλων. Ήταν κόρη **σιωπηλή και αφανής**, γιατί δεν καυχείται για την βασιλική καταγωγή της, ούτε για την ευγένεια του αίματός της. Την ψυχή της την θέλγει η ευγένεια «του κρυπτού της καρδιάς ανθρώπου». Δεν μεριμνά για πολυτελή του σώματος ενδυμασία, παρά φροντίζει για την ψυχή της την «θεοϋφαντο». Δεν επιζητεί δόξες, τιμές και πλούτη στη ζωή της, γιατί είναι χρυσορύχος στο χρυσορυχείο της σοφίας του Θεού. Δεν επιδεικνύεται για τα σωματικά και πνευματικά της χαρίσματα, που αναμφισβήτητα είχε, παρά ελκύεται από της αγιότητας τις χρυσές αναλαμπές.

Κρατάει τον εαυτό της στην αφάνεια, ακόμη και όταν ακούει απ' τον Άγγελο τον πρωτάκουστο χαιρετισμό «Χαίρε, Κεχαριτωμένη, ευλογημένη Σὺ εν γυναιξί και ευλογημένος ο καρπός της κοιλίας σου...», και όταν ακόμη ως μητέρα βλέπει τον Υιό της να θαυματοουργεί και ακούει να Του φωνάζουν, «Μακαρία η κοιλία η βαστάσασά Σε».

Σε όλους μας και ιδιαίτερα στις γυναίκες η Παναγία μας είναι υπόδειγμα ιδεώδους, ίνδαλμα, είναι το αστέρι από το οποίο θέλουμε να πάρουμε ακτίνες και να γίνουμε δορυφόροι του.

Αν κάνουμε ένα σύντομο αυτοέλεγχο, βλέποντας τον εαυτό μας σε αντιπαραβολή προς την Παναγία, καταλήγουμε στο συμπέρασμα πως δεν απομένει τίποτε άλλο, παρά να καλλιεργούμε την αρετή της ταπεινώσης. Και για να πετύχουμε θα πρέπει να λάβουμε υπ' όψη δύο σημεία, την κενοδοξία και τον εγωκεντρισμό.

Ακούμε π.χ. έναν έπαινο για ανύπαρκτα, πολλές φορές, χαρίσματά μας και το παίρνουμε επάνω μας. Διαρκώς γυρίζουν στην σκέψη μας τα επαινετικά λόγια και δεν σταματούμε εκεί, παρά επιδιώκουμε να μαθευτούν και από τους άλλους και τα διαλαλούμε οι ίδιοι φουσκωμένα και αλατισμένα. Πόσες φορές δεν πικραίνεται η καρδιά μας, γιατί δεν ακούσαμε επαίνους, που νομίζουμε ότι αξίζουμε, και μειονεκτούμε, παραπονιόμαστε και ζηλεύουμε. Και

(cont'd next column)

GREEK SCHOOL REGISTRATION

THE GENERAL NORM of acceptance for enrollment to Saint Katherine Greek School is children of registered stewards and adult stewards of Saint Katherine Greek Orthodox Church. Students entering Pre-Kindergarten must be 4 years old and Kindergarten 5 years old by August 31, 2012. They must present a current copy of their immunization records at the time of registration.

Registration

Registration will take place during the month of July in the Church Office, Monday through Friday, during the office hours of 9:00am to 5:00pm, and on Sunday, September 9 after the Divine Liturgy. Forms and more information are available on our website, www.saint-katherines.org, under "Greek School." Please feel free to contact Sophia Tsangali, the principal, as well, at stsangali@stkchurch.com or 703-671-1515.

Classes for Children begin:

Saturday, September 15, 2012, 9:30am-1:30pm

Friday, September 21, 2012, 5:00pm-7:00pm

(Greek folk dancing is offered during the school hours.)

Classes for Adults begin:

Tuesday, September 18, 2012, 6:00pm-7:30pm

Introductory Greek II

Tuesday, September 18, 2012, 7:30pm-9:00pm

Introductory Greek I

Thursday, September 20, 2012, 6:00pm-7:30pm

Intermediate Greek

Thursday, September 20, 2012, 7:30pm-9:00pm

Advanced Greek

Conversational Classes and Greek Folk Dancing for Children and Adults begin:

Wednesday, September 19, 2012

Conversational Classes 6:00pm-7:00pm

Greek Folk Dancing 7:00pm-8:00pm

(cont'd from previous column)

άλλες πάλι φορές κάνουμε ένα καθήκον για την φτηνή και μόνο φιλοδοξία να μας θαυμάσουν οι άλλοι.

Η Παναγία όμως ζει σιωπηλή και αφανής, χωρίς ποτέ να σκεφτεί να προσελκύσει τους επαίνους των άλλων. Ακούει τον χαιρετισμό του Αγγέλου «Χαίρε, Κεχαριτωμένη ... ευλογημένη είσαι Σὺ εν γυναιξί...» και σκιρτά όχι από υπερηφάνεια, αλλά από έκπληξη και απορία πως αυτή διαλέχτηκε από τον Θεό για να γίνει η μητέρα του Υιού Του. Είναι τόση η ταπεινοφροσύνη της, ώστε νοιώθει πως δεν της ταιριάζουν τα τιμητικά λόγια του Αγγέλου. Δεν μπορεί να είναι τίποτε άλλο σκέπτεται η δόξα και η τιμή που της δίνεται, παρά συγκατάβαση της καλωσύνης του Θεού!

Χαρούμενο, Ξεκούραστο και Ασφαλές Καλοκαίρι!

(Συνεχίζεται στο επόμενο τεύχος).

REGISTRY

Baptisms

Katherine Jill (Beverly) (Adult) (May 5)
daughter of *Edger and Chloe Sutherland*
Godparents: *Niki Papasavva and Maria Tsapos*

Aspasia Maria (June 10)
daughter of *Harry and Asimina Nicholakis*
Godparent: *Panagiota Nicholakis*

Evan Constantino (June 10)
son of *Alexander and Amy Joannou*
Godparent: *Constantino Kavalieratos*

Asimina Georgia (June 30)
daughter of *Aris and Anna Yortzidis*
Godparent: *Anastasia Theodorogiannis*

Congratulations!

Funerals

Elizabeth G. Karaiskos (June 5)
Perry Michael (June 12) at SS. C&H, DC
Stanley J. Manolis (June 15)

May their memories be eternal.

Weddings

Cris Lynn Mitchell
and
John Edward Hittle (June 10)
Koumbaros: *Bill James Hittle*

Angela Kapetanakis
and
David Pishioneri (June 16)
Koumbara: *Constance Kapetanakis*

Jennifer Lynn Saman
and
Nicholas Ploutis (June 17)
Koumbaroi: *Nicholas Ploutis and John Tsiaoushis*

Hannelore Mann Suffridge
and
Michael Sofocleous (June 23)
Koumbaros: *Frank Sofocleous*

Elizabeth C. Godfrey
and
Marios C. Pieri (June 30)
Koumbaros: *Marco Pieri*

Congratulations!

SAVE OUR PEWS!!

Our beautiful pews are in need of our attention. In order to protect the pews, we are looking to purchase or sew slip covers to be used on Holy Friday and during the Resurrection and Agape services. It was noted after the Paschal services this year, that our pews sustained some damage. Not only was there dripped candle wax everywhere, but one of our pews was burned. We are looking for donations of the following: upholstery fabric, sewing experience, sewing notions, or monetary funds. If you think you can help, if you know of someone who might be willing to donate fabric or sewing time to this project, or if you have another idea on how we can save our pews, please contact Christina Vazquez at czvmail@aol.com or 703-723-7424.

THANK YOU SAINT KATHERINE FESTIVAL VOLUNTEERS!!

Helping before and during the festival means you are helping the Church. It was great having so many volunteers (seasoned veterans, adults, young adults, GOYAns, and children) of our parish help. Thank you for all your hard work and efforts!

MISSIONS AND OUTREACH

Appalachia Outreach, August 24-26. Led by Fr. Costas, our Mission and Outreach Committee is organizing a pan-Orthodox group to travel to the West Virginia Panhandle region August 24–26, 2012 in support of Habitat for Humanity’s “critical repair” projects. Critical repairs translate into many areas: painting, clearing debris, roofing, basic carpentry, plumbing, etc. The goal is to help the poor, predominantly elderly, residents in the region have safer, drier, and healthier living conditions. We encourage both our youth (ages 14 and older accompanied by a parent) and adults to volunteer for this worthwhile effort. *If you have a construction-related skill, please consider volunteering. We especially need you, but workers at all skill levels are welcome.* Habitat will provide a project coordinator at each repair site along with all the required job materials. This mission offers an excellent opportunity for volunteers to help a disadvantaged group by providing an immediate service and reinforces the commitment of our faith to help the less fortunate.

Tentative Schedule ***(subject to change)***

Friday, August 24

10:00am Depart from Saint Katherine Church
12:00pm Arrive Martinsburg and meet with Habitat staff
12:30pm Lunch
1:30pm Travel to sites and work on projects
6:00pm Restaurant dinner, group meeting

Saturday, August 25

8:00am Breakfast
9:00am Travel to sites and work on projects
4:00pm Wrap-up with Habitat staff
6:00pm Restaurant dinner

Sunday, August 26

9:00am Liturgy (Fr. Costas, celebrant)
10:30am Breakfast
12:00pm Departure
2:00pm Arrive at Saint Katherine Church

Transportation, Lodging, and Meals. Each volunteer will contribute to their costs. We are looking into renting a bus and having group members share rooms in a modest motel near the work sites in Martinsburg, WV. We anticipate the costs will be approximately \$120.00 per person including motel, meals, and transportation.

Registration. Each volunteer must fill out a registration form, available at: http://www.saint-katherines.org/about_us/misc_forms. For more information, please contact Daphne Papamichael at cyprusd@aol.com or Stacey Kazacos at Stacey@sent.com by August 1, 2012.

Samaritan’s Feet. We will collect children’s shoes again this year during the entire month of August. This is so the children will have new shoes to wear to school starting in September. They are asking for children’s sizes 5, 6, and 7—male and female. The shoes should be gym/sneakers/tennis shoes. There will be a special bin in the foyer of the Meletis Charuhas Center. The shoes will be distributed to children in the Washington DC area. For many children this will be their first pair of new shoes.

Nathan Hoppe and Family to Visit August 21-22. We are pleased to announce that our long-term missionaries in Albania, Nathan and Gabriela Hoppe and their children, will be visiting our parish on August 21-22, 2012. Please join us in our Founders Hall at 7:00pm on Tuesday, August 21 for a reception in their honor. We will have an opportunity to meet them and hear about their work with Metropolitan Anastasios in Albania.

Guatemala Trip, 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.

Tanzania Update from Maria Roeber.

Things are progressing well with the health center. We’re hiring more staff little by little, and this month I am trying to set up a registration/medical records system. We’re also in the process of figuring out how to order/inventory/track medications in the pharmacy and general supplies. Finally, we are also learning how to get an outpatient lab up and running. I am grateful that the staff we have hired are wonderful, experienced, and dedicated professionals who are eager to help me to learn how to accomplish all of this, especially in a culture and country that is not my own! I pray that God blesses the endeavor and that by July we will be fully operational. In other news, last month my fellow missionary Felice Stewart had a guest here—Floyd Frantz, another OCMC missionary serving in Romania, came to help her conduct a seminar for the priests, teaching them about treatment and counseling for alcoholism and addictions. It was well received and Felice is encouraged that her efforts to start an AA program in this region are taking off! Glory to God! Please continue to keep us, the mission, and the people of Tanzania in your prayers.

Bailey’s Crossroads Shelter

Feeding the Homeless. On July 24, the Mission and Outreach Committee will prepare dinner and serve at the shelter. In September, our AHEPA chapter will serve. All organizations of our parish are encouraged to serve at least once each year at the shelter. For more information or if

(Continued on page 11)

JULY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <i>4th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p> <p>Clergy-Laity, Phoenix, AZ</p>	2	3	<p>4 <i>Independence Day</i> (Office Closed)</p>  <p>Clergy-Laity, Phoenix, AZ</p>	5	6	7
<p>8 <i>5th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	<p>9 Summer Camp (ages 3-5) <i>Crafty Creations</i> 9:00am-3:30pm</p>	<p>10 Summer Camp (ages 3-5) <i>Crafty Creations</i> 9:00am-3:30pm</p>	<p>11 Summer Camp (ages 3-5) <i>Crafty Creations</i> 9:00am-3:30pm</p>	<p>12 Summer Camp (ages 3-4) <i>Crafty Creations</i> 9:00am-3:30pm</p>	<p>13 Summer Camp (ages 3-5) <i>Crafty Creations</i> 9:00am-3:30pm</p>	14
<p>15 <i>Sunday of the Holy Fathers</i> 9:30am Orthros 10:30am Divine Liturgy</p>	<p>16 Summer Camp (ages 3-5) <i>Baking Basics</i> 9:00am-3:30pm</p>	<p>17 Summer Camp (ages 3-5) <i>Baking Basics</i> 9:00am-3:30pm</p>	<p>18 Summer Camp (ages 3-5) <i>Baking Basics</i> 9:00am-3:30pm</p>	<p>19 Summer Camp (ages 3-4) <i>Baking Basics</i> 9:00am-3:30pm</p>	<p>20 Summer Camp (ages 3-5) <i>Baking Basics</i> 9:00am-3:30pm</p>	21
<p>22 <i>7th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	<p>23 Summer Camp (ages 3-5) <i>Exploring Ellada-Olympics</i> 9:00am-3:30pm</p>	<p>24 Summer Camp (ages 3-5) <i>Exploring Ellada-Olympics</i> 9:00am-3:30pm</p>	<p>25 Summer Camp (ages 3-4) <i>Exploring Ellada-Olympics</i> 9:00am-3:30pm</p>	<p>26 Summer Camp (ages 3-5) <i>Exploring Ellada-Olympics</i> 9:00am-3:30pm</p>	<p>27 <i>Panteleimon The Martyr</i> 9:30am 10:30am Divine Liturgy Summer Camp (ages 3-5) <i>Exploring Ellada-Olympics</i> 9:00am-3:30pm</p>	28
<p>29 <i>8th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	<p>30 Summer Camp (ages 3-5) <i>Music, Poetry, Rhythm, and Art</i> 9:00am-3:30pm</p>	<p>31 Summer Camp (ages 3-5) <i>Music, Poetry, Rhythm, and Art</i> 9:00am-3:30pm</p>				

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

AUGUST 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1 <i>Dormition Fast Begins</i></p> <p>Summer Camp (ages 3-5) <i>Music, Poetry, Rhythh, and Art</i> 9:00am-3:30pm</p> <p>7:00pm Paraklesis</p>	<p>2 Summer Camp (ages 3-5) <i>Music, Poetry, Rhythm, and Art</i> 9:00am-3:30pm</p>	<p>3 Summer Camp (ages 3-5) <i>Music, Poetry, Rhythm, and Art</i> 9:00am-3:30pm</p> <p>7:00pm Paraklesis</p>	4
<p>5 <i>9th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	<p>6 <i>Holy Transfiguration</i> 9:30am Orthros 10:30am Divine Liturgy</p> <p>Summer Camp (ages 3-5) <i>Under the Sea</i> 9:00am-3:30pm</p>	<p>7 Summer Camp (ages 3-5) <i>Under the Sea</i> 9:00am-3:30pm</p>	<p>8 Summer Camp (ages 3-5) <i>Under the Sea</i> 9:00am-3:30pm</p> <p>7:00pm Paraklesis 8:00pm Missions and Outreach Meeting</p>	<p>9 Summer Camp (ages 3-5) <i>Under the Sea</i> 9:00am-3:30pm</p>	<p>10 Summer Camp (ages 3-5) <i>Under the Sea</i> 9:00am-3:30pm</p> <p>7:00pm Paraklesis</p>	11
<p>12 <i>10th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	<p>13 Summer Camp (ages 3-5) <i>Movement and Dance</i> 9:00am-3:30pm</p>	<p>14 Summer Camp (ages 3-5) <i>Movement and Dance</i> 9:00am-3:30pm</p> <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;"> <p>12pm Deadline for September <i>DOXA</i></p> </div>	<p>15 <i>Dormition of the Holy Theotokos</i> 9:30am Orthros 10:30am Divine Liturgy</p> <p>Summer Camp (ages 3-5) <i>Movement and Dance</i> 9:00am-3:30pm</p>	<p>16 Summer Camp (ages 3-5) <i>Movement and Dance</i> 9:00am-3:30pm</p>	<p>17 Summer Camp (ages 3-5) <i>Movement and Dance</i> 9:00am-3:30pm</p>	18
<p>19 <i>11th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	20	21	22	23	24	25
<p>26 <i>12th Sunday of Matthew</i> 9:30am Orthros 10:30am Divine Liturgy</p>	27	28	<p>29 <i>Beheading of Saint John the Baptist</i> 9:30am Orthros 10:30am Divine Liturgy</p>	30	31	

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

PHILOPTOCHOS

OUR WARMEST CONGRATULATIONS to the newly elected 2012-2013 Philoptochos Officers: Eleni Kanakos, President; Kathy Cavallo, 1st Vice President; Trish Kapsidelis, 2nd Vice President; Tina Papamichael, Recording Secretary; Diane Fogarty, Corresponding Secretary; and Patricia Karounos, Treasurer.

June 12 was the date of the Philoptochos End-of-Year Dinner at Anthony's Restaurant. The delicious dinner, warm hospitality, and fellowship were enjoyed by all who attended.

Philoptochos looks forward to welcoming all women of our parish at our September meeting, after a safe and relaxing summer!

AHEPA 438 RECEIVES MULTIPLE HONORS

THE PETER N. DERZIS AHEPA CHAPTER 438 achieved a rare "clean sweep" of major awards at the recent 2012 AHEPA Capitol District #3 Convention held June 8-10 in Hopewell, VA. The three awards recognize individual and organizational excellence in support of the community, the Church and her ministries, education, scholarship programs, and philanthropic endeavors.

The Chapter was honored as Capitol District #3 Chapter of the Year for the *ninth* time in its history and Angelo Toutsis was selected as President of the Year. The prestigious AHEPAN of the Year award went to Jim Stoucker.

SAINT KATHERINE BOOKSTORE

PLEASE VISIT our church bookstore in the Meletis Charuhas Center after Liturgy. We carry a wide assortment of Orthodox books, icons, and other items to enrich your spiritual life. The bookstore is open most Sundays; if you require further assistance, please contact the Church Office during the week. Thank you for your continued patronage.

SUPPORT OUR TROOPS

THIS SUMMER, the *Support Our Troops* ministry will send care packages to nine soldiers serving overseas. Please keep the following soldiers and their families in your prayers: Jason, Raymond, Matthew, Pablo, Matthew, Abby, Hortensia, Raul, and Dino. Dino is from our own Saint Katherine community and the other eight soldiers are currently serving in Afghanistan.

To make a donation to the *Support Our Troops* mission, make a check payable to Saint Katherine and note "Troops" in the memo line. If you have any questions contact Ray Vazquez at rayvazquez1@aol.com.

PRAYER FOR A SOLDIER

Christ our True God, who loves mankind, look down with mercy and compassion upon every soldier who is facing a daily struggle with war, aggression, and terrorism. Each one desires to live before You, and be ever protected by Your Right Hand. Preserve them, we humbly pray, and watch over them every given hour. Guide their steps, give wisdom and discernment to all who are in leadership, that Your will may prevail, and that they may return safely to their homes and loved ones. Through the prayers of our Holy Fathers, Lord Jesus Christ our God, have mercy on us and save us. Amen.

DAUGHTERS OF PENELOPE

HELLE CHAPTER WOULD LIKE TO congratulate Alicia Underhill, daughter of Sister Valerie Underhill and granddaughter of Sister Helen Glekas, who was presented with our Chapter's Scholarship Award of \$1,500 at the Washington Metropolitan Area Annual AHEPA Awards ceremony in May. Also honored at the ceremony was Chrissostomos Batistatos, son of Sister Ergini Martinishn.

Several Sisters have been assisting at Homestretch, a local organization which empowers homeless families with children under the age of 18 in Northern Virginia to attain permanent housing and self-sufficiency. We plan to continue our support throughout the summer, collecting needed items and school supplies for the children there.

The District #3 Convention on June 8-10 was a huge success! Much business was accomplished at the District level in order to get ready to go to the National Convention in Las Vegas at the end of July. We all had a wonderful time at our first *The Kitchen is Closed!!!* night at Milano's Family Restaurant at the end of June. We all relaxed after a very busy Chapter year and enjoyed a delicious meal as a Sisterhood!

During the summer, our Board will be busy planning and coordinating more events and projects beginning in September! If you would like to be part of our very active organization, please contact any one of the Helle Sisters for more information. We have a great group!

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.

IONIAN VILLAGE

ionianvillage.org | 212-570-3536

Ionian Village, the summer camping ministry of the Greek Orthodox Archdiocese of America *in Greece*, is still 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!

CONGRATULATIONS!



CHRISTOPHER MICHAEL BOTA, son of Martha and Peter Bota, graduated from Yorktown High School. Chris played basketball for the Great Falls County League and GOYA. Chris won MVP in 2008, played All Stars in 2010, and was awarded the Paul Vlachos Memorial Award for most dedicated service in 2011. He served as GOYA Treasurer for two terms—2010-2011 and 2011-2012. Chris was a member of the Yorktown High School Leadership Program.



NICHOLAS FRANKLIN BURTON, son of Mr. and Mrs. Bryan F. Burton, brother of Andrew, and grandson of Mr. and Mrs. Franklin D. Burton, graduated from W.T. Woodson High School with an Advanced Diploma. Nicholas participated in many sports, including soccer and frisbee. Nicholas was Captain of the Frisbee team. He also performed in *Desserts on Broadway* during his junior and senior years in school. Nicholas will attend West Virginia State College, pursuing a degree in education. He plans to become a teacher.



CHRISTINE DEMETER, daughter of Christian and Laura Demeter of Falls Church, graduated from George Mason High School. Christine, a member of the National Honor Society and a Gunston Scholar, has been recognized by AHEPA, the Falls Church Lion's Club, her high school, and the Arlington Career Center for academics and community service. Christine will attend Virginia Commonwealth University where she will major in Chemistry in the Pre-PT/Pre-Med academic track.



CATHERINE ANNE DOULIS, daughter of Mr. Steven and Dr. Sophia Phass Doulis, graduated from St. Stephen's and St. Agnes School. She will attend Virginia Tech in the fall. Awards included numerous Dean's and Head's Lists for academics, Spanish Award senior year, Coaches Award for Varsity Field Hockey, All Independent School League Award for Varsity Field Hockey, Coaches Award for Varsity Basketball, All "ISL" for Varsity Basketball, and Model Athlete award 2011-2012.



AGNES DRETAKIS, daughter of Michael and Fani Dretakis and fiancée of Kenneth Myers, graduated with an Associates of Applied Science in Dental Hygiene from Northern Virginia Community College.



EMILY MARGARET MERKEL graduated from Virginia Commonwealth University School of Allied Health Professions with a Master of Science in Gerontology. She plans to pursue her medical degree, specializing in geriatric medicine.



ELEFThERIA "LEAH" PAPADOPOULOS, daughter of Louizos and Aleksandra Papadopoulos of Warrenton, Virginia, graduated on from Fresta Valley Christian School in Marshall, Virginia. Leah plans to attend college at George Mason University this fall and study Business Administration.



MARIE THOMAS, daughter of Craig and Lori Thomas, graduated from McLean High School as a Valedictorian (above a 4.0 GPA). She will attend the University of Virginia this fall. While at McLean, Marie played flute in the marching and symphonic honor bands, attended the Virginia Governor's Latin Academy, played basketball, and was named the Most Valuable Coach in the McLean Youth League Middle School Girls Division.



ATHENA ELIZAZABETH ZAVOLAS, daughter of Nick and Debbie Zavolas, graduated from the LeBow College of Business at Drexel University. She earned a Bachelor of Science in Business Administration, concentrating in Entrepreneurship and Marketing. Her minor was in Corporate Communications and Public Relations. Athena was an active member of the Delta Zeta Sorority, Drexel Marketing Association, and Drexel Women in Business. She plans to pursue her MBA in the coming year.

*You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose (Dr. Seuss).*

(Continued from page 7)

you would like to participate individually, contact John Demakis at demakis9931@gmail.com.

Clothing and Toiletries. We continue to collect new and used clothing and unopened toiletries for the Shelter. Although winter is almost over, they are still collecting warm clothing, coats, scarves, gloves, etc. They will store them for next winter. There is always a need for adult shoes (new and used in good condition) of every kind for men and women. Please give what you can. Bring your items to the Meletis Charuhus Center and we will deliver to the shelter once a week. Thanks to all who have contributed in the past. Thanks also to members of our Mission and Outreach Committee who volunteer to take the items to the shelter weekly.

Survival and Hygiene Kits. We will again prepare and deliver Survival and Hygiene Kits to the shelter in November. More about this in the next issue of *DOXA*.

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, 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. We plan to be online by November 1, 2012. By placing your order now, your business or profession will be on our list for free until January 1, 2013. Your yearly billing cycle will begin on January 1, 2013. 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
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

Remember, you can go to www.saint-katherines.org/about_us/misc_forms for more information and an order form.

We look forward to receiving your listing!

TIPS FOR COPING WITH REAWAKENED GRIEF

EVEN YEARS AFTER A LOSS, you may continue to feel sadness and pain when you're confronted with reminders of your loved one's death. As you continue healing, take special steps to cope with reminders of your loss:

- **BE PREPARED.** Anniversary reactions are normal. Knowing that you're likely to experience anniversary reactions can help you understand them and even turn them into opportunities for healing. For example, you might find yourself dreading an upcoming special day, fearful of being overwhelmed by painful memories and emotions, only to find that you work through some of your grief as you cope with the stress and anxiety of the approaching reminder.
- **PLAN A DISTRACTION.** Schedule a gathering or a visit with friends or loved ones during times when you're likely to feel alone or be reminded of your loved one's death.
- **REMINISCE ABOUT THE RELATIONSHIP** you had with the person who died. Focus on the good things about your relationship and the time you had together rather than the loss.
- **START A NEW TRADITION** in your loved one's memory. For example, make a donation to a charitable organization in your loved one's name on birthdays or holidays or plant a tree in honor of your loved one.
- **CONNECT WITH OTHERS.** Draw friends and loved ones close to you, including people who were special to your loved one. Find someone who'll encourage you to talk about your loss. Stay connected to your usual support systems, such as spiritual leaders and social groups. Consider joining a bereavement support group.
- **ALLOW YOURSELF TO FEEL A RANGE OF EMOTIONS.** It's okay to be sad and feel a sense of loss, but also allow yourself to experience joy and happiness. As you celebrate special times, you might find yourself both laughing and crying.

There's no time limit for grief, and anniversary reactions can leave you reeling. Still, the intensity of grief tends to lessen with time. If your grief gets worse over time instead of better or interferes with your ability to function in daily life, consult a grief counselor or other mental health provider. Unresolved or complicated grief can lead to depression and other mental health problems. With professional help, however, you can re-establish a sense of control and direction in your life—and return to the path toward healing.

(The Mayo Clinic offers the suggestions listed above for coping with grief that is reawakened years after the loss of a loved one.)

STEWARDSHIP

SHOWN BELOW is a list of families, individuals, and organizations who have participated in the 2012 Saint Katherine Stewardship Program through May 31. Thank you for responding to the needs of our church.

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. Your Church and community depend on your stewardship commitment.

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

M/M Evangelos Abatzis	Mr Mikhail Chelpon	M/M Christopher Euripides	Mrs Smaragda Strifas
Donald and Irenelee Adams	Rev/Presv. Theodore Chelpon	Mrs Panagiota Ferrsizidis Zorba	Mr Christ Kacoyannakis and
Mr Frank Agnos	Mr/Mrs Louis Cherpes	Mr/Mrs Dennis Floros	Mrs Nancy Thompson
Mr/Mrs John Agnos	M/M Mark Cherpes	Mr George Floros	Mrs Irene Kakaviatos
AHEPA Chapter #370	Mr/Ms Peter Cherpes	Mr/Mrs Nicholas Floros	Mr Kalamatianos and Mrs Adamopoulos
AHEPA Chapter #438	Mr/Mrs Emmanuel Chiaparas	M/M Pete Floros	Mr/Mrs James Kalaris
Dr/Mrs James Alatis	Mr/Mrs Herve Chignon	M/M Stephanos Flossos	Mr Mark Kalaris
M/M Peter Aliferis	Mrs Emerald Chiotakis	Mrs Dianne Kavros Fogarty	Mr/Mrs Christopher Kalavritinos
Hiyam Amireh	M/M John Chipouras	Ms Despina Foster	Mrs Maria Kalis
Mr/Mrs James Anagnos	Ms Afrodite Christ	M/M Spiros Fotelargias	Mr Michael Kalis
Mr/Mrs Larry Anagnos	M/M George Christacos	Mr/Mrs Vasilios Fotinos	Mr Nicholas Kalis
M/M Anastasios Anastasiou	Dr Nicole Christacos	Mrs Vasiliki Fotopoulous	Ms Christina Kanakis
Ms Helen Anderson	M/M Stavros Christacos	Mr/Mrs James Francis	M/M Tom Kanakos
Mr/Mrs John Andre	Dr/Mrs Joseph Christodoulides	M/M Stephen Francis	Mr Constan Kanellos
Mr Alexandros Andreou	Mrs Eugenia Christofi and Mr Carlos Arias	Mr Demetrios Gadonas	Mr/Mrs George Kapetanakis
M/M Paul Anson	Dr Andrew Christopher	Mr/Mrs Dimitrios Gadonas	Mrs Konstantina Kapetanakis
Mr/Mrs Tasie Anton	M/M Aristotle Christou	Mr William Galanis	M/M Bill Kapsidellis
Mrs Voula Antonaiou	M/M Chris Christou	Mr/Mrs Demetrios Galatis	Mrs Koula Karabelas
Mr Nick Antonopoulos	M/M Paul Christou	Mr/Mrs Richard Gamble	Ms Persephoni Karakosta
Mr Pericles Apostolou	M/M Athanasios Chronis	M/M John Garbis	M/M Dimitrios Karamanis
Dr/Mrs Nicholas Argerson	Miss Ljijana Ciric	Ms Korinna Garbis	Mr/Mrs John Karamanis
Mr/Mrs Nektarios Athanasiou	Mrs Mirjana Ciric	Mr/Mrs Martin Gardner	Mrs Helen Karambelas
Mrs Panagiota Bakatsias	M/M Nick Colic	Mr/Mrs David Garnett	Mr/Mrs Nick Karanikas
Mrs Carole Balides	Mr Constantine Constant	Mrs Effie Gasparis	Mrs Lula Karas
Capl/Mrs James Ballard	Mrs. Froso Constant	M/M Nicholas Gasparis	Mrs Mrs Peter Karounos
Mr/Mrs James Ballis	Mrs Ileana Constantinescu	M/M Chris Gavras	Ms Maria Katradis and
Mr/Mrs Konstantinos Balos	Dr George Contis	Mrs Aspasia Georgatos	Mr Costantino Panayides
Mr/Mrs Andreas Baltatzis	Ms Constance Contompassis	M/M Evans George	M/M Anthony Katsakis
Mr Richard Bambacous	Col/Mrs Harry Contos	Mr/Mrs George Georgeadis	M/M Stavros Katsakos
Dr/Dr George Banks	Ms Christine Cope	Mrs Angelina Georgelas	Mr/Mrs Eythimos Katsapis
Mrs Sophie Barfield	Dr Susan Coronis	Ms Mary Georghiou	Mr/Mrs Dean Katsikes
Mrs Hope Bazaco	M/M Gus Coutlakis	M/M Frank Gerow, Jr	Mr/Mrs George Kavarligos
Mr/Mrs Tom Beck	Adm/Mrs Robert Cowley	Mrs Helen Gianelos	M/M George Kavros
Mr Dean Bellas	Mrs Betty Craten	Mrs Helen Glekas	M/M Michael Kavros
M/M Cosmos Bells	Mr Michael Dakes	M/M Michael Goldsmith	M/M Anastasios Kehayias
Mrs Irene Bells	Mr/Mrs Stephen Dakes	M/M Arthur Gomez	M/M Nicholas Kikis
M/M George Bilidas	Mrs Theodosia Dampier	Mr/Mrs Chad Gorman	Mr/Mrs Michael Kiklis
M/M Adam Birnbaum	Ms Elena Danigelis	M/M John Gouvis	M/M John Kiriakou
Mr Lambros Bisbikis and	M/M Ivan Danzig	M/M Peter Gouvis	M/M Chris Kiros
Mrs Georgia Siozios	Dr/Mrs Nicholas Darzenta	GOYA	M/M Mike Kiros
Mr Basil Boobas	Daughters of Penelope Helle Chapter # 283	Mr/Mrs George Greanias	Mr/Mrs Thomas Kiszka
Mrs Eleni Boosalis and Mr Cary Scott	Mr Lycurgus Davey	Ms Joanna Greig	Mr/Mrs Andreas Kokkinis
Mr/Mrs George Boosalis	M/M Michael Davey	M/M Spiro Grivas	Mr Demitrios Kokkinis and
Mrs Mrs Jeff Borst	Mr Apostolos Dedes and	Mr/Mrs Mark Gull	Mrs Stavroula Ploutis
Mrs Barbara Bosworth	Mrs Evangelia Tzanavara	M/M Michael Haddad	M/M Costas Kolas
Ms Beth Botsis	M/M John Delta	Mrs Christina Kehayia Hadigian	M/M Steven Koliias
M/M Theodore Bousbouras	Dr/Mrs John Demakis	Ms Thecla Hadjidamianou	Mr/Mrs Alexandros Kolovos
M/M James Brackman	Mrs Antoinette Demeres	M/M Andreas Hadjichristodoulou	Mr Nicholas Kolovos
M/M Lewis Brickates	Mr/Mrs Christian Demeter	Mr Menbere Haile	M/M George Konstas
Mr/Mrs John Broening	M/M Demetrios Demetriou	Mrs Maria Hatzikonstantinou	Mr Vitali Kopylov
Mr/Mrs David Buddendeck	Mrs Elpidia Demetriou	Mr/Mrs John Hall	M/M Nektarios Koronis
Mr Dennis Burke	M/M Lambros Demetriou	Mr/Mrs Donald Halstead	Mr/Mrs Christos Kosmakos
M/M Bryan Burton	M/M Peter Demetriou	Mr/Mrs Leonidas Hantzopoulos	Miss Sofia Kosmetatos
Mr/Mrs Elias Burton	Ms Venetia Demson	Mrs Antigone Harocopos	Ms Kim Kostyal
Col/Mrs Paul Calbos	Mrs Helen Derzis	Ms Diane Gatsis Havinga	M/M Konstantinos Koukides
Mr/Mrs Edward Cameron	M/M James DeSatnick	Mr/Mrs Karl Hickson	Mrs Marika Koumanelis
Mr/Mrs Michael Campbell, Jr	Mrs Mary Diakides	Mrs Georgia Higley	M/M George Koumarians
Mrs Catherine Speleos Canard	Miss Alexandra Diapoulis	Mr Bill Hittle	Mrs Paraskeve Koumarians
Mrs Gisella Caparell	Mr/Mrs Nicholas Diapoulis	M/M John Hittle	Mr Teddy Koumarians
M/M John Capetanakis	Ms Georgia Dimitras	M/M Everet Hoeg	M/M Stanley Koussis
M/M Aggie Capsalis	M/M Alexios Dimopoulos	M/M Bryan Holloway	Mrs Maria Koustenis
M/M Manuel Capsalis	Dr/Mrs Harry Dinella	Mrs Agoritsa Holmes	M/M Angelo Koutsoupias
M/M Thomas Cardamone, Jr.	Mr/Dr Stephen Dinos	M/M Keith Horenstein	Miss Panagiota Kozakos
Mr/Mrs Alexander Carr	Mr James Dishaw	Mr/Mrs James Howard	Mr Evangelos Kudurogianis
M/M Todd Carr	Mr Nicholas Dopuch	Mrs Hariklia Ioannou	Mr/Mrs Ken Kunec
Dr/Mrs Dumitru Carstea	Mr/Mrs John Doulis	Mr/Mrs Iacovos Ioannou	M/M John Kushner
M/M Adam Caskey	Mr & Dr Steven Doulis	Mr Clinton Irby	Ms Christina Kutschenreuter
Mr/Mrs Christopher Chaconas	Mr Gregory Drake	Mr/Mrs James Jatras	Dr/Mrs Andy Kydes
Mr Paul Chaconas	M/M Stavros Drosos	M/M Scott Jemison	Mrs Maria Lailoitis
Mr/Mrs Pete Chambers	M/M Demetrios Droumbanis	Mr James Jeweler	M/M Thomas Lallas
Mr/Mrs Demetris Charalambous	Ms Michaela Duta	Mr/Mrs John Jeweler	M/M Sheldon Lampert
Mr/Mrs George Charuhas	Mrs Nicolitsa Economou	Ms Kim Johnson	M/M Frank Landry, III
Mr Telly Charuhas	Mr Paul Economou	Mr/Mrs Timothy Johnson	Mr Nicholas Larigakis
Miss Antonia Chelpon	Mrs Catherine Edgington	Dr Subir Jossan and Mrs Eleni Boosalis	M/M Vassilios Lekkas
Miss Ekaterina Chelpon	Mr/Mrs Christos Elefantis	M/M Tom Jovanis	Mrs Nicole Leontsinis
Mr/Mrs Harry Chelpon	Mr/Mrs James Eskinzes	Mr Benjamin Jurado and	Mrs Bessie Ligelis



Become a 2012 Steward of Saint Katherine Today!



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 \$ _____ for the year 2012 Today's Date: _____

Name: _____

Address: _____

City, State, Zip: _____

Telephone and email address: _____

Με πίστη, προσευχή και θυσία, η οικογένειά μου και εγώ επιθυμούμε να συμμετάσχουμε στην υποστήριξη και υπηρεσία της Ελληνικής Ορθοδόξου Εκκλησίας Αγ. Αικατερίνης. Από αγάπη και ευγνωμοσύνη στον Θεό για τις ευλογίες Του, θα θέλαμε να υποσχεθούμε το ποσόν των \$ _____ για το έτος 2012 Ημερομηνία (σημερινή): _____

Όνομα: _____

Διεύθυνση: _____

Πόλη, Νομός, Ταχ. Κώδικας: _____

Τηλέφωνο και Διεύθυνση e-mail: _____

JULY CHURCH DUTY ROSTER

<u>July 1, 2012</u> Andrea Ballard, Captain Chris Christou Iacovos Ioannou Nick Larigakis	<u>9:30am</u> Costa Mavromatakis George Moshos Daphne Papamichael
<u>July 8, 2012</u> Chris Euripides, Captain Korinna Garbis Iacovos Ioannou Bill Polizos	<u>9:30am</u> Bill Porter Christina Vazquez Maria Wills
<u>July 15, 2012</u> Pierre Tavoularis, Captain Dr. John Demakis Art Dimopoulos Daphne Papamichael	<u>9:30am</u> Bill Polizos Jim Stoucker Christina Vazquez
<u>July 22, 2012</u> George Moshos, Captain Chris Christou Dr. John Demakis Chris Euripides	<u>9:30am</u> Costas Mavromatakis Dr. George Silis Maria Wills
<u>July 29, 2012</u> D. Vaccarello, Captain Andrea Ballard Art Dimopoulos Nick Larigakis	<u>9:30am</u> Bill Porter Jim Stoucker Pierre Tavoularis

AUGUST CHURCH DUTY ROSTER

<u>August 5, 2012</u> Bill Porter, Captain Chris Euripides Korinna Garbis Bill Polizos	<u>9:30am</u> Dr. George Silis Christina Vazquez Maria Wills
<u>August 12, 2012</u> Nick Larigakis, Captain Chris Cristou Nick Larigakis Costa Mavromatakis	<u>9:30am</u> George Moshos Daphne Papamichael Daphne Vaccarello
<u>August 19, 2012</u> Christina Vazquez, Captain Dr. John Demakis Art Dimopoulos Daphne Papamichael	<u>9:30am</u> Bill Polizos Jim Stoucker Christina Vazquez
<u>August 26, 2012</u> Chris Christou, Captain Dr. John Demakis Chris Euripides Iakovos Ioannou	<u>9:30am</u> Costas Mavromatakis George Moshos Maria Wills
<p>Study with Vasilios Boobas 703-256-0666 Noted Concert Pianist and Performer Symphony Soloist <i>Distinguished Teaching for More than 30 Years</i></p>	



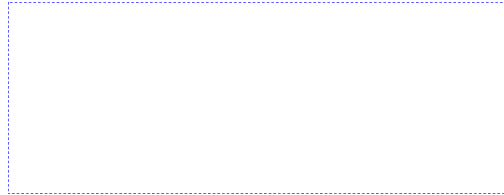


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ΠΡΟΣΕΥΧΗ

Χριστέ μου,

Προστάτευσέ μας και βοήθησέ μας να περάσουμε ένα Ευλογημένο Καλοκαίρι. Ασφάλισε τα βήματά και την ζωή μας από τις επιβουλές του εχθρού.

Φύλαξέ μας από την οργή, την κακία, τον εγωισμό, την ζήλεια, το άγχος που ταράζουν την ψυχή μας. Να νικήσουμε την φιλαυτία, την φιληδονία, την γαστριμαργία, την οκνηρία, τον φθόνο. Να καλλιεργούμε την αρετή της υπομονής, της αγάπης και γαλήνευε μέσα μας κάθε κίνηση παθών. Βοήθησέ μας να συγχωρούμε τα αμαρτήματα των άλλων και να καλλιεργούμε την ειρήνη στην σχέση με τους συνανθρώπους μας. Να καθαρίζει η καρδιά μας με την εξομολόγηση και να αγιάζει με την Θεία Κοινωνία.

Ελευθέρωσέ μας από τους εχθρούς μας και απάλλαξέ μας από την επιβουλήν εκείνων οι οποίοι εξεγείρονται εναντίον μας. Βοήθησε τον μέθυσο να γίνει νηστευτής, τον φιλάργυρο...ελεήμονα, τον οργίλο... πραιο και νηφάλιο, τον τεμπέλη...εργατικό, τον μοιχό και πόρνο...αγνό και σώφρων, τον σπάταλο... οικονόμο, τον υπερήφανο...ταπεινό, τον πικρόχολο...γλυκύλαλο, τον επιπόλαιο... συγκρατημέ-

νο, τον πολυλογά...σιωπηλό και σοφό, τον σκληρόκαρδο...σπλαχνικό, τον φθονερό και ζηλιάρη...αγαπητόν, τον μνησικάκο...συγχωρητικό.

Χριστέ μου, οδήγησέ μας να ενεργούμε και να κινούμεθα σύμφωνα με το δικό Σου Θέλημα. Αμήν.

PAN-ORTHODOX SCOUTING RETREAT

The First Chesapeake Area Pan-Orthodox Scouting Retreat will be held on Saturday, September 29. Boys and girls enrolled in scouting programs are invited to attend. They will work on merit badges and projects centered on their Orthodox faith. Contact Mrs. Elizabeth Johnson at themom@hotmail.com.

GREEK DANCE TROUPE

Saint Katherine is planning to start a Greek Dance Troupe, for children ages 5-17, in September! If you are interested, please email Ari and Anna Yortzidis (annadermanis@aol.com) or Chris Christou (cachris2@hotmail.com). More information to come!