

# Saint Katherine



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 Falls Church, VA 22041

# DOXA

The monthly newsletter of  
 Saint Katherine Greek Orthodox Church  
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## THE CELEBRATION OF JULY 4TH

WE, AS ORTHODOX CHRISTIANS, love to celebrate historical events—the birth of Jesus Christ, His Resurrection, Pentecost, the exodus with Moses, the Prophets, Creation, March 25—the Annunciation and Greek Independence Day, etc. As Americans and Orthodox Christians, the Orthodox Church in America celebrates our nation’s independence. I Googled and read the Declaration of Independence. It moved me as a patriot and a Christian. What great faith and confidence, our forefathers had in our Lord.

*The unanimous Declaration of the thirteen united States of America,*

*When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.*

*We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.*

God has endowed us to become citizens of His Heavenly Kingdom—to be a nation of multiple cultures, languages, and races under the embracing love of our Lord. To me, July 4th is more than a few hot dogs, steamed crabs, and beer. It is a time of joyful celebration and thanksgiving—celebrating and thanking God that we live in a country of freedom—a nation that is governed by representation of the people and by the people. The conclusion of the Declaration fully acknowledges that God is the Supreme Judge (“with a firm reliance on the protection of divine Providence”).

Come to church on July 5th and we will offer a special prayer for our nation. The Declaration of Independence has also provided us with a country where we, as Orthodox Christians, can celebrate the same Lord and Savior that inspired Thomas Jefferson to declare on November 29, 1775, “Believe me, dear Sir: there is not in the British empire a man who more cordially loves a union with Great Britain than I do. But, by the God that made me, I will cease to exist before I yield to a connection on such terms as the British Parliament propose; and in this, I think I speak the sentiments of America.”

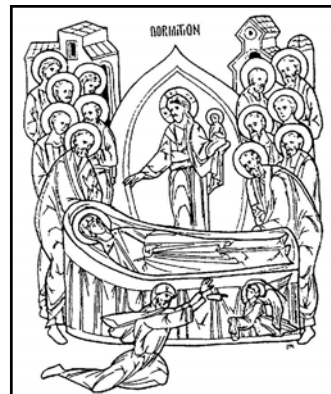
This is the reason I am proud to be an American and am free to be an Orthodox Christian.

God bless America,  
*Fr. Costa*

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. . . AND MORE!





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## FROM THE PARISH COUNCIL PRESIDENT

ANOTHER FESTIVAL AT SAINT KATHERINE has been successfully staged; food and drink were plentiful, and for the thousands attending, it was the pleasurable and satisfying experience that has become the hallmark of our festival events. Yet I often wonder how many realize the enormity of the effort required to put on such a significant event twice a year.

Planning starts well in advance of the festival dates as multiple event permits (along with accompanying fees) are filed with state and local authorities, menus are reviewed and printed, donations are secured and food and supplies are ordered. Equipment must be brought out of storage and serviced to ensure peak performance during the festival. Kitchen appliances and systems are also inspected and repaired as necessary. Supplemental custodial crews must be hired and festival set up begins almost two months in advance as tents begin to be erected. Set up activities begin in earnest a week prior to the festival as indoor and outdoor food lines, seating and signage are put into place. Lighting, electrical and other utility systems necessary to operate all our various cooking equipment are also brought on line.

And in spite of all many tasks I describe above, the real work begins as our *volunteers* start to put the finishing touches on the facility set up, begin food preparation and eventually stock the food lines. Of course, the key word in the previous sentence is *volunteers*. These faithful parishioners and supporters of our community work tirelessly to ensure the success of events like our Spring and Fall Festivals. They help with all aspects of the event, including set up and food preparation; they staff the booths and they serve literally thousands each festival weekend, often under extremely demanding circumstances and, at times, under harsh conditions. To all of them, we owe our eternal gratitude...without them, none of this could be possible and certainly our success would be improbable. Many will readily recognize these volunteers as they are often the same faces seen over and over at these and other community events. Yet, therein lies a problem...

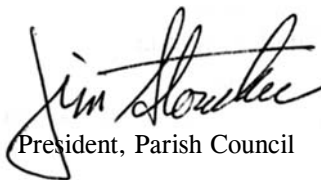
While we all heartily applaud the efforts of these stalwarts of our community, it is now time for others within our parish to step forward to pick up the mantle of community service. For generations, parishioners have "stepped up" and served their community to support such fund raising events, but recent experience indicates that trend has diminished. I would remind everyone that our stewardship responsibility is not merely financial in nature...it also calls for your time and talents in support of God's Church and your community. And to those who echo the common refrain "I'm too busy," I merely ask you to reflect on what your life would be like if that were God's response to your prayers.

Our next festival takes place during the first weekend of October (2-4)...only about 100 days from the time most of you will be reading this. I urge all of you who are not regular volunteers to reflect on your blessings and answer the call to service to aid your community. Come toil in the vineyards with your fellow parishioners and reap the benefits of camaraderie and community service as we work to provide for our parish and continue the incredible work of our Church and its diverse ministries.

NOW is the time for you to become involved as a means of expressing your gratitude for God's blessings!

On behalf of the Parish Council, I wish you all a safe summer and we look forward to seeing you next fall as we prepare for our next festival.

Your servant in Christ,



President, Parish Council

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### MISSIONARIES OF THE MONTH The Jackson Family Serving in Guatemala

THE V. REV. DR. PETER JACKSON was called to be a Bible translator at the age of 13 when he learned that there were thousands of languages into which the Holy Scriptures had not been translated. He graduated from the University of California at Berkeley with a degree in linguistics, and then did graduate studies with Wycliffe Bible Translators in Dallas, Texas, where he was also a teaching assistant in linguistics.

While in Dallas, he met Matushka Styliana, who was born in Minneapolis, but raised in Colombia, South America, in a family of missionaries who worked among the primitive Kogi people. Once married, the Jacksons moved to Colombia as missionaries where Fr. Peter analyzed the grammar of the Kogi language, developed a writing system for it, and translated the New Testament from Greek into Kogi.

Their sons, Nicolas and Benjamin, were born in Colombia, and after 10 years there, the Jacksons were baptized into the Holy Orthodox Church. They returned to the United States and Fr. Peter studied at Holy Trinity Seminary in Jordan-

(Continued on page 14)

## CONGRATULATIONS!



**ANGELIQUE COULOURIS**, daughter of Adamantios and Elissa Coulouris and sister of Maria Coulouris, graduated from the University of Virginia Curry School of Education's 5-year BA/MT program. Angelique received a Master of Teaching degree in Elementary Education, and Bachelor of Arts degree in Psychology with a minor in Art History. At UVA she was a member and on the Executive Board of Gamma Phi Beta. After summer travel in Greece and Italy, and working at Camp Good Shepherd, Virginia, she will be teaching at Discovery Elementary in Arlington County this coming school year.



**MARISSA KATHERINE GONZALEZ**, daughter of Mariann DiMattina-Gonzalez and George Gonzalez, graduated from Chantilly High School and will attend Longwood University in the fall, majoring in Occupational Therapy. Marissa was a swim instructor, teaching adults and children. She was recently nominated to possibly be the next National American Miss for Virginia.



**CHRISTOS KOKKINIS**, son of Mary Tetradis and Lakis Kokkinis, graduated from Lake Braddock Secondary School and will attend Shenandoah University in the fall. Christos competed for the 11th District of Virginia and was voted number one tenor in the district. He was the student director for Men's Chorus at Lake Braddock.



**CHRISTINA G. KOSMAKOS**, daughter of George and Anastasia Kosmakos, graduated from Lake Braddock Secondary School as an honor graduate. She was a member of the National Honor Society, Math Honor Society, Spanish Honor Society, and the Future Business Leaders of America. Christina received the Civic Seal for her community service and found personal fulfillment in helping her community. She is excited to attend the University of Virginia in the fall with the intent to major in Biology.



**KATERINA LIAPPIS**, daughter of Theodosios and Alexandra Liappis, graduated from George C. Marshall High School and will attend George Mason University in the fall. Katerina was a National Honor Society Member, National Art Honor Society Member, International Baccalaureate (IB) Candidate, and President of the GCM Anime Club.



**DANIEL MCKINNEY**, son of Gregory and Georgia McKinney, graduated from Thomas Jefferson High School for Science and Technology and will attend William and Mary in the fall. Daniel was a National Merit Finalist, ran Cross Country and Track, was president of the Science Fiction and Fantasy Writers Club, and of course, acolyte captain.



**APHRODITE STRIFAS**, daughter of Sharon and Ben Jurado, graduated from Thomas A. Edison High School and will attend the University of Maryland, College Park in the fall. Aphrodite participated in the National Youth Leadership Forum Careers in Engineering and Technology, was a member of the Fairfax County Student Advisory Council, and served as Secretary for the Edison High School Chapter of the National Honor Society.



**STAVROS VOUDOURIS**, son of Demetris and Katerina Voudouris, graduated from Oakton High School and will attend Virginia Tech in the fall, majoring in General Biology. Stavros was a member of the crew team for four years (captain final year), in Drama for four years (participated in numerous plays), member of the National Honor Society, participated in GOYA basketball, served as GOYA Vice President (2014-2015) and Treasurer (2012-2013) and altar boy, and received numerous athletic/scholarship awards.

**Και εις ανώτερα!**

### GENTLE EXERCISE CLASS

Reduce stress, lower blood pressure, gain flexibility, balance and circulation. Class includes deep breathing, stretching, balance, meditation and deep relaxation. Open to men and women of all ages and all fitness levels. 6 weeks for \$60, drop-in's \$12, payable to Saint Katherine. Wednesday evenings at 7pm, starting June 24 (no class on July 1 or August 5), held in Saint Katherine's gym. Bring a yoga mat, cushion and blanket. If you would like to participate or learn more about the class, please contact Tina Ligelis at LigelisCPA@aol.com or 703-845-0520.

### THANK YOU!

Andrea Ballard, Festival Volunteer Coordinator, would like to thank everyone who volunteered at our church's very successful Spring 2015 Festival.

# Καλό Καλοκαίρι!

## HELLENIC EDUCATION CENTER

*Eleni Alexopoulou*

HELLENIC EDUCATION CENTER WAS BLESSED this year to have a second year of success.

**Lectures Series.** Distinguished professors from Catholic University and Dumbarton Oaks highlighted the importance of searching in centuries-old manuscripts to discover the origins of our traditions and the meaning of church and faith practices as far as the ritual of marriage and childbirth are concerned and the connection between Orthodox religion and Greek philosophy.

**Adult Classes.** A new Adult Conversational language program was offered to the Friday Greek school parents this year. Ms. Dimitropoulou taught the Greek language through a variety of educational tools to engage the students in topics that related more to their interests. Some of them were Greek literature texts, Greek poems, current newspaper clips, real-life scenarios, cooking recipes, music and songs, etc. Not only they advanced in their oral skills but Greek school became a family event for them. With their children they studied their Greek school homework modeling good practice for their children and also helping each other. At times, their children felt proud to be their parents' teachers! A highlight of the program was when the students from Intermediate I went to visit and presented their project which was a salad menu and the two groups conversed in Greek.

**Greek Language Programs.** Our goal being to make Greek school successful for all students—those who have a Greek background and those who don't—lead us to implementing a new curriculum using new technologies in the classroom and a greater emphasis was put on the speaking skills of the students. It is worth mentioning the names of a few such students who made great progress. Damon and his brother Alexis were new to the school and lacked the knowledge of basic concepts such as recognizing letters and reading simple texts. In one year, they acquired the skills to continue to the next level! It is important to mention that the one brother helped the other when doing homework as their dad made it a daily routine for them. Argyro being self-conscious at first of making mistakes felt so competent she started Skype communication with her cousins in Greece. Alexandra, even though she is of Romanian background, improved her speaking skills reaching the level of fluency of students who come from Greek-speaking families. Blackboard technology made a big difference in enhancing communication and making it more prominent between teachers and parents as well as teachers and students. The school-wide project *Kotinos* was a remarkable success as students reported that it became a family topic of discussion at home as siblings were comparing notes from the different classes.

Two major presentations were made from HEC teaching staff and HEC director; one at Harvard University advocating on the best practices for teaching Greek as a second, foreign, or heritage language and one at the Clergy-Laity Assembly with His Eminence Metropolitan Evangelos openly suggesting the reform of the Greek language programs metropolitan-wide based on our suggestions and practices.

Needless to say, starting as young as 4, Greek school students maintain a high academic profile in their American school and benefit greatly from the language program as the strong academic focus helps them advance in their American school too and learn their mother language (English) in depth.

**Paideia Preschool.** Iasona, a Paideia student, whose dad is the chanter of Agia Sophia once told Ms. Kiki, "You know...my dad can sing that a lot better than you." Paideia Preschool reached record high enrollment of 39 students by May this school year. Even though only a handful of students speak Greek at home, the vast majority became fluent from attending our program. The students start as young as 2 and graduate when ready for Kindergarten. This is the 8th year of operation and we already know of Paideia graduates who advance in their American school because of their bilingual academic background.

Should you have any questions as far as enrolling in any of the programs described above, please contact me and I will get back to you as soon as possible. Please email me at [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

**First Day of Classes.** The first day of classes for Paideia for 2015-2016 school year is September, Monday 14. The Greek Language Program will begin on Friday and Saturday, September 11 and 12. Conversational and Adult classes will begin the week of September 15.

More detailed information to follow on [www.stkhec.org](http://www.stkhec.org) as we plan to upload the school calendar with planned activities for the new school year.

Paideia Preschool Program and Greek Language Programs are accepting registrations for new students looking to enroll for 2015-2016 school year. For more information, please contact Eleni Alexopoulou at [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

Paideia Preschool is looking for Pre-K English, music, and dance and movement teachers. For more information, please contact Eleni Alexopoulou at [ealexopoulou@stkchurch.com](mailto:ealexopoulou@stkchurch.com).

## ΤΟ ΠΑΣΧΑ ΤΟΥ ΚΑΛΟΚΑΙΡΙΟΥ

Σοφία Δ. Τσαγκάλη

Ο ΧΡΟΝΟΣ ΚΥΛΑ ΤΟΣΟ ΠΟΛΥ ΓΡΗΓΟΡΑ. Πέρασαν τα Χριστούγεννα, πέρασε το Πάσχα, πέρασε το φεστιβάλ, πέρασε η σχολική χρονιά. Όλοι, λίγο-πολύ, χρειάζομαστε αλλαγή. Ίσως οι καλοκαιρινές διακοπές μάς δώσουν αυτή την αλλαγή. Είναι η ξεκούραση, είναι η ανάπαυλα που περιμένουμε για να ανακτήσει, σώμα και ψυχή, καινούργιες δυνάμεις για την νέα χρονιά, την εκκλησιαστική θα έλεγα, αφού αρχίζει την 1<sup>η</sup> Σεπτεμβρίου. Μαζί μ' αυτή την ανάπαυλα, η ψυχή μάς φέρνει πιο κοντά στο θείο και στο ουράνιο, στον δεκαπενταύγουστο, στο Πάσχα του καλοκαιριού, που έτσι έχει ονομαστεί. Έτσι, γιατί, μέσω των παρακλητικών ακολουθιών προς την Θεοτόκο, η ψυχή και το σώμα αίρεται από τα επίγεια στα ουράνια, για να γευτεί αυτή την αγγελική χαρά που μας προσφέρει, μέσω του Μονογενή της, το προστατευτικό χέρι της Υπεραγίας Θεοτόκου. Έτσι, κάθε χρόνο, στις 15 Αυγούστου, ο κάθε πιστός του πλανήτη μας, σ' όποιο μέρος κι αν βρίσκεται, τρέχει στην εκκλησία, σε κάποιο μοναστήρι. Κι' αυτό, γιά να προσευχηθεί, να καταθέσει τον πόνο της ψυχής του ή του σώματός του στην Μητέρα των μητέρων, στην Αειπάρθενο Θεοτόκο!

*"Ου θαύμα θνήσκειν Κοσμοσώτειραν Κόρην, του σαρκοπλάστου σαρκικώς τεθνηκότος."*

Η επίγεια ζωή της Θεοτόκου πλησιάζει την ουράνια. Ο Κύριος Την θέλει κοντά Του, γι' αυτό, πριν τρεις μέρες, της φανερώνει ότι πρόκειται να γίνει η μετάστασή της από την γη στον ουρανό. Γι' αυτό, ο απεσταλμένος από τον Κύριο Αρχάγγελος Γαβριήλ, της λέγει: *"Αυτά λέγει ο Υιός σου: Είναι καιρός να παραλάβω τη μητέρα Μου κοντά Μου. Γι' αυτό, να μην παραχθείς, αλλά δέξαι το μήνυμα με ευφροσύνη, επειδή μεταβαίνεις σε ζωή αθάνατη"*.

Η Θεοτόκος έλαμψε από χαρά γιά το μήνυμα, που πήρε, και αμέσως κατεύθυνε τα βήματά της στο όρος των Ελαιών γιά να προσευχηθεί. Συνήθιζε πολύ συχνά να πηγαίνει στο όρος αυτό γιά προσευχή. Και να το θαύμα! Καθώς κατεβαίνει από το βουνό, τα δέντρα γέρνουν την κορυφή τους, σαν να έχουν σώμα και ψυχή. Την τιμούν και την προσκυνούν, γιατί είναι η Μητέρα του Κυρίου Ιησού! Είναι η Μητέρα όλου του κόσμου!

Μετά την προσευχή της, η παναγία Μητέρα, φθάνοντας στο σπίτι της, καλεί τους συγγενείς και γειτόνους της και τους ανακοινώνει την μετάστασή της. Και αφού πρώτα ευχαριστεί τον Θεό, ετοιμάζει τα πάντα γιά τον ενταφιασμό της. Και ως απόδειξη των λόγων της, τους δείχνει το χαροποίο και νικητήριο σημείο, το οποίο της έδωσε ο Άγγελος, ένα κλαδί φοίνικος.

Οι γυναίκες άρχισαν να θρηνούν με το θλιβερό γι' αυτές μαντάτο, γιατί η Παναγνος θα πήγαινε στους ουρανούς. Η Θεοτόκος όμως με τα παρηγορητικά της λόγια τις υποσχέθηκε, ότι από τον ουρανό θα προστατεύει όχι μόνο γι' αυτές, αλλά και για τον κόσμο όλο.

Και το θαύμα δεν άργησε να ακολουθήσει! Ήχος δυνατός ακούστηκε. Νέφη έφτασαν, τα οποία μετέφεραν τους Αποστόλους από τα πέρατα της οικουμένης. Μεταξύ των Αποστόλων ήταν και οι υπόλοιποι θεοφόροι ιεράρχες, όπως ο άγιος Διονύσιος ο Αρεοπαγίτης και ο απόστολος Τιμόθεος. Όταν όλοι έμαθαν την αιτία της αφιξέως τους, που ήταν αιφνίδια και παράδοξη, έλεγαν στην Θεοτόκο: *"Όσο σε βλέπαμε, Δέσποινια, να ζεις και να μένεις στον κόσμο, παρηγοριόμασταν σαν να βλέπαμε τον Υιό σου και Δεσπότη μας και Διδάσκαλο. Επειδή όμως τώρα με τη βουλή του Υιού σου και Θεού μεταβαίνεις στα ουράνια, γι' αυτό, καθώς*

*(Continued on page 14, column 1)*

## REVIEW

Gregory McKinney

### *Summit or Abyss?: Preparing for the Great and Holy Synod of 2016*

**Podcast:** *The Life of the Church Today* (from March 30 on). Fr. Steven Ritter. Ancient Faith Radio, www.ancientfaith.com. **Interview:** *Ecumenical Patriarch Bartholomew I*, La Civiltà Cattolica, April 4, 2015 www.patriarchate.org/la-civiltà-cattolica. **Book:** *The Primacy of Peter: Essays in Ecclesiology and the Early Church*. Fr. John Meyendorff, editor; Katherine Farrer, translator. St. Vladimir's Seminary Press. 1992. 182 pages.

Have you heard? At the Assembly of the Heads of the Autocephalous Orthodox Churches held in March 2014, it was unanimously decided that their churches would meet in a worldwide Synod to be convened in Istanbul in 2016. Is it a big deal? *Well, it's only the first such meeting since the Seventh Ecumenical Council in 787 A.D.!* And reviewing the changes to global Orthodoxy over the last several decades reveals just how high the stakes are right now:

- \* the cleansing of Orthodox and Catholic Christians from Iraq and Syria, along with profound pressures on ancient dioceses throughout the eastern and southern Mediterranean basin
- \* the incipient explosion of Orthodox adherents in Central America and sub-Saharan Africa
- \* the literal resurrection of Orthodoxy (and the heresy of religious nationalism) across the former Soviet bloc
- \* the challenges and changes to family and pro-life issues being pushed by Western secularists (and a rigidly reactionary response in some quarters of Orthodoxy)
- \* the paradox of a growing, energetic Orthodoxy in North America undercut by non-canonical episcopal structures and a disappearing generation of "cradle" Orthodox young adults

But what's this 2016 synod to you and me? We have no voice as such in its deliberations and decisions, we look to our shepherds, the bishops and Patriarchs, in these matters. But, as the history of the Church shows, the decisions of hierarchs, even emperors, come back to the *entire* Body of Christ for ratification, implementation, and internalization within our local Churches and parishes. The Church possesses an infallibility, but one that is manifested only through the agreement and unity between the hearts and minds of all.

Our Lord said more than once "He who has ears, let him hear!" How prepared will your heart and mind be to discern the Spirit in what you hear out of this Synod? In several reviews over the next year, we'll share suggestions on topical preparatory resources worthy of your consideration.

In his interview with La Civiltà Cattolica, Patriarch Bartholomew share his hopes and concerns for the Synod on

*(Continued on page 13, column 1)*

# REGISTRY

## Weddings

*Marianna A. Zavolas  
and  
Nickolas A. Taousakis (June 13)  
Koumbaroi: Maria and Dimitrios Koumas*

*Amanda L. Knight  
and  
Athanasios Moutogiannis (June 21)  
Koumbara: Katerina Bradley*

*Nichole A. Gerow  
and  
Thomas J. Rooney (June 27)  
Koumbara: Stephanie M. Gerow*

*Congratulations!*

## Baptisms

*Panagiotis Angelo (June 6)  
son of Angelo and Melinda Koutsoupias  
Godparent: Chris Gallis*

*Eleni Marie (June 6)  
daughter of Angelo and Melinda Koutsoupias  
Godparent: Kalia Batistas*

*Josephine (June 6)  
daughter of Adam Caskey and Pamela Schlitt  
Godparent: Maria Kandlias*

## Baptisms (cont'd.)

*Haralambos Nicholas (June 13)  
son of Nikolaos and Eftymia Alexiou  
Godparent: Kosmas Papadopoulos*

*Katherine Alessandra (June 27)  
daughter of George D. Zeis and Sandra E. Salcedo  
Godparent: Nicholas Zeis*

*Andreas Fantis (June 28)  
son of Emmanuel and Patricia Fantis  
Godparent: Soterios Tzourellas*

*Argiris Aiden (June 28)  
son of Emmanuel and Patricia Fantis  
Godparent: Soterios Tzourellas*

*Congratulations!*

## Chrismation

*Hermon Michael Abdellas (May 17)  
Sponsor: George C. Moshos*

*Congratulations!*

## Funerals

*Tamara Cavalcanter (May 18)  
Andrew Christopher (May 28)  
Sophia Vlissides (June 1)*

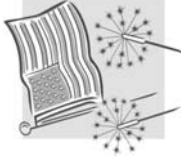
*May their memory be eternal.*

Congratulations to  
**Stavros Z. Kontzias,**  
son of Zach and Suzie Kontzias  
and grandson of George and Eleni  
Kontzias, who made the Dean's  
List at James Madison University.

## SAINT KATHERINE LIVE!

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

# JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Camp Good Shepherd	2 Camp Good Shepherd	3 Camp Good Shepherd	4 <i>Independence Day</i> 
5 <i>5th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	6	7	8 7:00pm Gentle Exercise	9	10	11
12 <i>6th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	13 7:30pm Deuteri Deutera	14	15 7:00pm Parish Council 7:00pm Gentle Exercise	16	17	18 9:30am Challenge Liturgy at Saint George
19 <i>Sunday of the Holy Fathers</i> 8:30am Orthros 9:30am Divine Liturgy Blessing of Kentro	20 <i>Prophet Elias</i> 9:30am Orthros 10:30am Divine Liturgy	21	22 7:00pm Gentle Exercise	23	24	25
26 <i>8th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	27	28	29 7:00pm Gentle Exercise	30	31	



# AUGUST 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Dormition Fast Begins</i>
2 <i>9th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	3	4	5 7:00pm Paraklesis	6 <i>Holy Transfiguration</i> 9:30am Orthros 10:30am Divine Liturgy	7 7:00pm Paraklesis	8
9 <i>10th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	10 7:30pm Deuteri Deutera	11	12 7:00pm Paraklesis	13	14 7:00pm Great Vespers <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 5px auto;">12pm Deadline for September DOXA</div>	15 <i>Dormition of the Theotokos</i> 9:30am Orthros 10:30am Divine Liturgy
16 <i>11th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	17	18	19 7:00pm Parish Council	20	21	22
Appalachian Mission Trip	Appalachian Mission Trip	Appalachian Mission Trip	Appalachian Mission Trip	Appalachian Mission Trip	Appalachian Mission Trip	Appalachian Mission Trip
23 <i>12th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	24	25	26	27	28	29 <i>Beheading of Saint John the Baptist</i> 9:30am Orthros 10:30am Divine Liturgy
----- 30 <i>13th Sunday of Matthew</i> 8:30am Orthros 9:30am Divine Liturgy	31					

## PHILOPTOCHOS (by Eleni Kanakos, President)

WE ALL HAD A WONDERFUL TIME at our Annual Dinner at Antony's Restaurant. A big thanks to Tony and Faye Yiannarakis for their hospitality.

Elections were held in May and the current board (Kathy Cavallo, Mary Charuhas, Eleni Kanakos, Patty Karounos, Irene Kavros, Fran Nonas, Roula Oktay, Lia Papailias, Tina Papamichael, Chrysoula Pappas, Karen Polizos, and Mary Varlas) was re-elected for the next two years. I would like to welcome several new board members: Sophia Varlas Bohle, Irene Burton, Lisa Christacos, Maria Laliotis, and Nikki Tsakonas-Bouloukos. The board members were sworn in on Sunday, June 14. The executive board members for 2015-2017 are Eleni Kanakos, President; Kathy Cavallo, 1st Vice President; Mary Varlas, 2nd Vice President; Patty Karounos, Treasurer; Tina Papamichael, Recording Secretary; and Sophia Varlas Bohle, Corresponding Secretary. Congratulations!

Enjoy your summer and I look forward to seeing all of you at our September 20 meeting.

## BOOKSTORE

PLEASE VISIT OUR CHURCH BOOKSTORE in the community center after liturgy. We carry a wide assortment of Orthodox books, icons, and other items to enrich your spiritual life.

## DAUGHTERS OF PENELOPE (by Karen Polizos, President)

CONGRATULATIONS TO HELLE CHAPTER! At the May District Convention, we tied for 2014-2015 District 3 DOP Chapter of the Year, and received recognition for most reinstatements and initiations! And, special congratulations to Sisters Lynn Francis, Rosalie Georgeadis, and Janis Anderson. Lynn was elected to the position of Marshal for District 3 Lodge, Rosalie was awarded District Penelope of the Year, and Janis was elected to District Advisor to Maids of Athena. We congratulate graduating high school senior James Stassinis who received Helle Chapter's \$1,200 annual scholarship presented at the Washington Metropolitan Area AHEPA/DOP Scholarship Awards banquet in May. We also congratulate two outstanding students of Saint Katherine Greek School, Athena Butler-Christodoulou and Nicholas Papavassiliou, who each received Helle Chapter's 2015 Hellenism Award which included a certificate of achievement and copies of Homer's *The Iliad* and *The Odyssey* presented at the graduation ceremony held June 13.

A special thank you to Tina Ligelis, who has taught a 6-week gentle exercise class to the Saint Katherine community and donated all of the fees to Saint Katherine. Tina is offering a second 6-week series of classes starting Wednesday, June 24, based on a minimum participation of ten. See details on page 4.

Safe travels to Lynn Francis who will be representing Helle Chapter at the AHEPA Supreme Family Convention in July in San Francisco, California, where DOP celebrates their 85th anniversary.

## ALL AROUND THE TOWN

Joanna Bose

### METROPOLITAN KALLISTOS WARE

In researching how one should address a Metropolitan and thinking about the titles of "Your Eminence" and "Your Grace", I came to hear and to see the man behind all the scholarly and very respected books; to hear and see His Eminence. My dictionary informs me that it's also the title of a Cardinal.

I had heard Metropolitan Kallistos speak on the function of the church of Christ. At the end of the vespers at Saint Katherine on June 13, the subject was *Divine Compassion*.

Metropolitan Kallistos' intricate message was woven with colorful threads from a variety of sources: Biblical excerpts, St. Silouan, Russian icon titles, and artists like William Blake. What was being elaborated on, was the way that God suffers alongside us, in a compassionate manner. Christ was human in the ways that we are human: with a very mortal body that could be pierced, temptations and weaknesses. God became Man so that by reciprocity, we might become divine. Through our Christian Orthodox faith.

And through "kenosis". My Oxford dictionary defines it thus: (theol.) Renunciation of divine nature, at least in part, by Christ in the incarnation. Through emptying out and filling up with something other, this reciprocal experience is balanced and, in some ways equalized. His Eminence brought up so many references to opposites that they cannot all be cited. One in particular was the icon called Mother of God of Unexpected Joy.

Our Theotokos has the joy of the creation of the Lord, and the sorrow at His cross of seeing Him suffer and die. Joy and sadness go hand in hand. I am reminded of the double icon at the Byzantine exhibit of the Virgin Hodegestria on one side and the Man of Sorrows on the other.

Metropolitan Kallistos in his very person embodies the grace and eminence of his title. In seeking to illuminate the meaning of faith and Orthodoxy, he encourages the listener to want to delve into his faith, to empty out his predilections and to want to read more and understand more and believe more. The message was ever more powerful because the way it was delivered was like seeing a beautiful mosaic unfold, with colors and brilliance.

→ Fall Philanthropy Project: The Philoptochos joins Helle Chapter in our annual support of the Fairfax County Collect for Kids Back to School Program in conjunction with Our Daily Bread in collecting backpacks and scientific calculators or cash donations between July 12 and August 5. More information will be emailed and put in the church bulletin. Please help us in supporting this worthy program. We wish everyone a wonderful and relaxing summer. Kalo Kalokairi!

## MISSIONS AND OUTREACH

*Go therefore and make disciples of all nations (Matthew 28:19)*

***Appalachian Building Trip, August 16-22.*** Saint Katherine will again send a mission team to Spruce Pine, NC in support of Operation Inasmuch, an interdenominational home repair ministry. The trip is from Sunday, August 16 through Saturday, August 22. Two years ago, our Mission Team went to Spruce Pine and assisted in light construction projects for the elderly and handicapped, and shared wonderful fellowship with the local community. Please contact Daphne Papamichael at [Cyprusd@aol.com](mailto:Cyprusd@aol.com) for more information.

***Monumental Mission Walk, September 19.*** Our third annual Monumental Mission Walk will take place on Saturday, September 19, 9:00am-12:00pm. Eleni Porter and her energetic committee are organizing this year's event. Our mission walk this year will take us around the Tidal Basin to learn about the monuments in that area of the National Mall. These will include the Thomas Jefferson Memorial, the Franklin D. Roosevelt Memorial, the Martin Luther King Memorial, and others. Our tent will be set up near the Thomas Jefferson Memorial. Proceeds from our mission walk are shared with the OCMC and our area ministries. Register online (<https://www.eventbrite.com/e/2015-monumental-missions-walk-registration-17020607094>). Also, to begin collecting donations from family, friends, coworkers, fellow parishioners, or other sponsors, we ask that you fill out the registration/sponsor form available every Sunday in the narthex of our church, on our Saint Katherine website, or by requesting a copy from Eleni Porter ([beporter1@verizon.net](mailto:beporter1@verizon.net)). Please ask your sponsors to make checks out to "Saint Katherine," and write "Mission Walk" on the memo line, and mail to the church. All donations are tax-deductible. Come and join us to walk for missions!

***Metropolitan Kallistos Ware.*** We were blessed to have Metropolitan Kallistos Ware at Saint Katherine for Vespers on Saturday June 13 and for Divine Liturgy on Sunday, June 4. Following Vespers, His Eminence gave an inspiring presentation, *Divine Compassion & Restoring the Human Icon*. At the dinner following, people had the opportunity to meet and talk with His Eminence informally, and have him sign his books. If you would like to buy one of His Eminence's books. They are available at our Book Store.

***Food Pantry Collection.*** "I was hungry and you gave me food..." (Matthew 25:31). Our last food pantry collection on May 17 again surpassed 1,000 pounds. Thanks to everyone who donated food and to the Sunday School children who helped deliver, unload, and weigh the food at the Food Pantry. Our next Food Pantry collection is set for October 25. Our blue cloth bags will be distributed after liturgy on the prior two Sundays. Please use the cloth bags to bring the food to church. We received a beautiful letter from Rev. Gregory Loewer, the Pastor of Missions at the

Columbia Baptist Church, where the Food Pantry is located. He wrote, "We want to thank you for another successful food drive, this food will be an enormous help in our mission of helping needy families in our community and is especially welcome this time of year, when donations usually slow down. We are especially grateful to the Rouvelas family and others who worked tirelessly to get all the food on the shelves. They made it easy for us. Our partnership with St. Katherine is a wonderful example of churches working together to help the community and we are very thankful for all of you."

***Culmore Clinic.*** The Culmore Clinic is a clinic for those without health insurance and is located in the Columbia Baptist Church down the block from Saint Katherine. It is supported by many faith-based groups including Saint Katherine. This is the only such clinic in Falls Church. They are open one day a week—Thursdays, but because of the great need are planning to open a second day if funds are available. The Culmore Clinic has recently accepted two young members of Saint Katherine for summer internships. Both are pre-med students. Please consider making a donation to the Culmore clinic to help those who are in great need. Make your checks payable to Saint Katherine and write, "Culmore Clinic" on the memo line.

### HOMELESS SHELTER

***Cooking and Serving Schedule.*** On Tuesday evening, May 19, our senior Sunday School students served dinner at the Bailey's Crossroads Homeless Shelter. Celeste Morris took the lead for her class and organized the event. Twelve young ladies and several parents came also to do the serving. On Friday, June 26, the Vacation Bible Camp will serve lunch at the Shelter. The campers will make sandwiches at church and take them to the shelter.

***Clothing Collection.*** We continue to collect clothing and toiletries for the homeless shelter all year long. Bring new or clean used clothes and unopened toiletries to the foyer of our Meletis Charuhas Hall.

***Hygiene and Survival Kits.*** We will again assemble hygiene and survival kits for the shelter. Each church organization will be asked to contribute 1-2 items for the kits. These kits are given to the homeless when the shelter is filled and they cannot accept any more people. The shelter tries to send them to a community hall for the night and give each of them a kit.

### OCMC SPRING EXECUTIVE COMMITTEE MEETING HIGHLIGHTS

The Spring 2015 meeting of the Orthodox Christian Mission Center (OCMC) Board of Directors was held on May 14 at Christ the Savior Orthodox Cathedral and Seminary,

*(Continued on page 12)*

(Continued from page 11)

Johnstown, Pennsylvania, upon the invitation of His Grace, Bishop Gregory of Nyssa, of the American Carpatho-Russian Diocese of the USA. Afterwards, OCMC Board witnessed the graduation of three seminary graduates.

The OCMC is the official international mission and evangelization agency of the Assembly of Canonical Orthodox Bishops of North and Central America, and sanctioned to help the faithful to proclaim the Orthodox Christian faith to the world; the Assembly representative is His Eminence Metropolitan Savas of the Greek Orthodox Metropolis of Pittsburgh.

The OCMC initiatives include: Mission Service (long-term missionaries serving two years or more), Orthodox Mission Teams (one- to three-week short term mission teams), Support a Mission Priest (SAMP) Program (\$600/year indigenous priest support), Agape Canister Program provides development and construction grant opportunities, and the OCMC Ambassador Program (advocate for OCMC parish programs). Highlights of the board meeting:

1. The Board heard from Executive Director Fr. Martin Ritsi on continued mission activities in the Turkana region of Africa and Fr. John Chakos provided an overview of his work in Guatemala.
2. Much of the Board meeting was spent with an overview from fundraising consultant Jerry Panas of Jerold Panas, Linzy & Partners, with recommendations for the OCMC to exceed their fundraising objectives and establish a Task Force to follow up on his report recommendations.
3. Missionary Emergency Procedures and a Health and National Emergency policies were reviewed and discussed with the board to address the new threat of international terrorism and Ebola health crisis.
4. The OCMC auditing firm again confirmed that the financial books are in good order; because of large bequests this year; the OCMC is in healthy financial condition.
5. The OCMC has 21 missionaries (17 full-time, 4 part-time, and 1 in a Doctorate of Translations program) in Albania, Romania, Mongolia, Kenya, Guatemala and Alaska.
6. The next meeting will be held on November 17, at the OCMC Missionary and Training Center in St. Augustine, Florida.

Please go to page 3 to read about our Missionary of the Month.

<b>JULY CHURCH DUTY ROSTER</b>	
<u><b>July 5, 2015</b></u>	<u><b>8:30am</b></u> Bill Polizos, Captain Chris Christou Peter Karounos Bill Porter
<u><b>July 12, 2015</b></u>	<u><b>8:30am</b></u> Kelly Alexis, Captain Chris Christou Artemis Dimopoulos Nick Larigakis
<u><b>July 19, 2015</b></u>	<u><b>8:30am</b></u> Nick Larigakis, Captain Kelly Alexis Peter Karounos Bill Polizos
<u><b>July 26, 2015</b></u>	<u><b>8:30am</b></u> D. Vaccarello, Captain Dr. John Demakis Artemis Dimopoulos Mallamo Mavromatakis

<b>AUGUST CHURCH DUTY ROSTER</b>	
<u><b>August 2, 2015</b></u>	<u><b>8:30am</b></u> Maria Vargas, Captain Chris Christou Peter Karounos Bill Polizos
<u><b>August 9, 2015</b></u>	<u><b>8:30am</b></u> Mary Varlas, Captain Chris Christou Dr. John Demakis Artemis Dimopoulos
<u><b>August 16, 2015</b></u>	<u><b>8:30am</b></u> Jim Stoucker, Captain Peter Karounos George Moshos Bill Polizos
<u><b>August 23, 2015</b></u>	<u><b>8:30am</b></u> George Moshos, Captain Dr. John Demakis Artemis Dimopoulos Bill Porter
<u><b>August 30, 2015</b></u>	<u><b>8:30am</b></u> A. Dimopoulos, Captain Kelly Alexis Dr. John Demakis Mallamo Mavromatakis

**HAVE YOU EVER WISHED you could follow along with the Orthros and other church services? You can view and print pdf files of the texts (in English and English/Greek) for most church services by going to <http://agesinitiatives.com/dcs/public/dcs>. Links to musical scores are also available. DCS works on computers and mobile devices.**



## PRACTICAL IDEAS FOR DEALING WITH GRIEF

THERE ARE A NUMBER of practical ways to help those who are depressed or grieving. Some may seem like common sense, but for those in the grip of a strong depression, even simple steps such as these can be extremely difficult to take.

*Surround yourself with people.* Even if you don't want to talk about your problems, being in the company of others takes some of the burden off of your shoulders.

*If it helps to talk about it,* talk about it.

*Daily routines can be a great comfort.* If you've let go of them, try your best to reestablish them.

*Eat healthy and get some exercise.* Go for an hour-long walk every day in a park or other natural setting, and look to the horizon during your excursion.

*Get enough sleep, but don't sleep too much.* Oversleeping and undersleeping are classic signs of grief and depression.

*If you're feeling overwhelmed* by your schedule, begin to give up the nonessentials. Simplifying your daily activities may help to clear your mind.

*Find something positive to do, like volunteering.* Helping other people may help you to feel better about your own problems.

*Take the time to grieve,* in your own way and on your own terms. Bottling emotions can have drastic consequences for your long-term mental health.

Many times, feelings of grief and depression are accompanied by feelings of helplessness. Practical suggestions such as those listed above may be the bottom rung on the ladder that leads to happiness and peace of mind for people who are feeling hopeless.

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



*(Continued from page 6, column 2)*

internal issues as well as relations with other confessions and faiths. Fr. Steven's podcasts offer brief and understandable outlines of the key issues. *The Primacy of Peter*, first published in 1963 and available its 1992 reissue, remains an important examination of "the sources of the conflict [over the modern Roman notion of an imperial papacy]: the different reading of the scriptural texts, the 'Eucharistic' ecclesiology of the early Church," which the book's contributors, including Fathers Meyendorff, Afanassieff, and Schmemmann, argue allowed for *priority* among the apostolic sees but did not allow for the *preemptive power* of one local Church over another.

## SENIORS' KENTRO OPENING IN JULY

Fr. Costa stated, "I am so thrilled that following liturgy on July 19, we will start a new ministry for the seniors of our community. I pray that the fruits of this wonderful contribution by AHEPA will offer our seniors the following benefits: fellowship/*parea*, spiritual growth, lectures, Bible Studies, presentations on health and wellness, etc. Please read below for more information."

The Peter N. Derzis AHEPA chapter is proud to announce the opening of the new community Seniors' Κέντρο (Kentro) located on the ground floor of Founders' Hall. The purpose of the facility is to give our seniors a place to gather with friends, enjoy a cup of coffee while watching the news from Greece, spending some quiet time reading the paper, or enjoying each other's company.

The Seniors' Kentro is carpeted and fully furnished, featuring a 60-inch flat screen television with satellite access to Greek network programming, and has a coffee bar. The Kentro will be available to seniors in our community Monday through Friday from 10:00am to 3:00pm and is also available to other groups by appointment through the Church Office.

The official dedication of the Seniors' Kentro will occur Sunday, July 19 after Liturgy and will be followed by an Open House for purposes of introducing the facility to the community.

~~~~~

AHEPA is the oldest and largest Greek heritage membership organization in the United States and has long championed such projects within our community. Our Derzis Chapter 438 is currently also involved in securing land for an affordable senior housing project. Since its founding in 1922, and with over 400 chapters worldwide, AHEPA promotes true values of ancient Greece, which involve Hellenism, Education, Civic Responsibility, Family & Individual Excellence, and Philanthropy. AHEPA is committed to advancing these ideals in our communities.

## STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2015 Saint Katherine Stewardship Program from May 1 through May 31, 2015. Thank you for responding to the needs of our church. Any questions? Contact Lori Nelson at 703-671-1515.

Angela Bellos  
Andrew Berdy  
Elizabeth Bouzis  
Nancy Dobson  
Bobby Garofalis  
Mr & Mrs Justin Hawkins  
Paraskevi Koumarios  
Gerald Lenrow  
Mrs Carol Manolas

Angelo Manoleras  
Peter Manoleras  
Dimitrios Mathioudakis  
Katina Niarchos  
Marios Orfanides  
Mr Aaron Rusnak  
Athena Scalise  
David Vaughn

### RESERVE YOUR DATES

All organization heads are requested to send their 2015-2016 meeting and other activity dates to Presvytera Pauline (przpauline@stkchurch.com) no later than Monday, August 10, so that they may be placed on the church's master and online calendars. Thank you.



(Continued from page 6, column 1)

*βλέπεις, θρηνούμε και  
δακρύζουμε, αν και από την  
άλλη πλευρά, χαιρόμαστε για τα  
όσα θαυμαστά σου έγιναν". Και  
τα μάτια τους γέμιζαν δάκρυα.  
Τότε η Θεοτόκος τους  
αποκρίθηκε: "Ω φίλοι και  
μαθητές του Υιού μου και Θεού,  
μην κάνετε πένθος και λύπη τη  
χαρά μου, αλλά ενταφιάστε το  
σώμα μου, καθώς θα το  
ακουμπήσω πάνω στο  
κρεβάτι".*

Η 15<sup>η</sup> του Αυγούστου δεν είναι μόνο ημέρα λύπης, αλλά χαρμολύπης. Λύπης, γιατί η Παναγία μας άφησε τα εγκόσμια και πήγε στον ουρανό, ολόσωμη βέβαια, αλλά και μέρα χαράς, αφού ασταμάτητα στέλνει στον Μονογενή της τις μεσιτείες της για κάθε πιστό, που την επικαλείται!

Ας μένουμε λοιπόν κοντά της, δικό μας κέρδος θα είναι.

Χρόνια Πολλά! Χαρούμενο Καλοκαίρι!

(Συνεχίζεται στο επόμενο τεύχος)



(Continued from page 3)

ville, New York. He was ordained to the priesthood and served as rector of Saint Theodore Orthodox Church (ROCOR) in Buffalo, New York for 15 years. He also earned his Doctor of Ministry degree from Pittsburgh Theological Seminary.

Throughout their time in Buffalo, the Jacksons prayed for the Lord to open a door for them to serve the Orthodox Church in the Spanish-speaking world. Their prayers were answered when they learned that in 2010 a group of 150,000 Guatemalans were received into the Orthodox Church. Most of these new Orthodox are Mayan people who speak a number of indigenous (non-Spanish) languages. The Guatemalan Orthodox Church has over 300 parishes, but only 8 priests. Fr. Peter will have two ministries: first, teaching at the Saints Peter and Paul Orthodox Seminary in Huehuetenango in order to help meet the urgent need for more clergy, and second, overseeing the translation of key texts, such as the Divine Liturgy, prayer books, and catechetical materials, into the various Mayan languages spoken by the faithful.

Matushka Styliana will be teaching the seminarians' wives about the role of a clergy wife, which is a new concept for a community which used to only have celibate priests, and instructing the laywomen in Orthodox faith and practice.

## KAIROS PRISON MINISTRY

THE LAST SEMI-ANNUAL KAIROS 4-day event took place in April and preparations are already underway for the next 4-day event which will take place October 2015 at the Greenville Correctional Center. The October 2015 leader has been selected as well as 6 other coordinators and those who will deliver talks on specific subjects. The schedule of training dates has been confirmed and the planning to execute every detail is underway. While these preparations continue, attention to the previous graduates is never forgotten. There are weekly "prayer and share" groups (2 hours every Monday evening), monthly reunions (3 hours on Saturdays), and semi-annual reunions (2 full days—Saturday and Sunday). There will be a recruiting outreach event on Saturday July 11 at the Annandale United Methodist Church from 5:00pm to 8:00pm and a new KAIROS website is operational and can be viewed at [kairosvacom.homestead.com/](http://kairosvacom.homestead.com/).

Two outreach activities which will allow for more interaction from the outside community were submitted for approval from the Virginia Department of Corrections. One is the establishment of email addresses and accounts with offenders and the ability of the greater KAIROS Community to write letters to offenders. Information will be provided as it becomes available.

### WEEKDAY SERVICES

PLEASE JOIN US FOR THE FOLLOWING WEEKDAY SERVICES:

|           |                                   |                |
|-----------|-----------------------------------|----------------|
| July 20   | Prophet Elias                     | 9:30am/10:30am |
| August 5  | Paraklesis                        | 7:00pm         |
| August 6  | Holy Transfiguration              | 9:30am/10:30am |
| August 7  | Paraklesis                        | 7:00pm         |
| August 12 | Paraklesis                        | 7:00pm         |
| August 14 | Great Vespers                     | 7:00pm         |
| August 15 | Dormition of the Theotokos        | 9:30am/10:30am |
| August 29 | Beheading of St. John the Baptist | 9:30am/10:30am |

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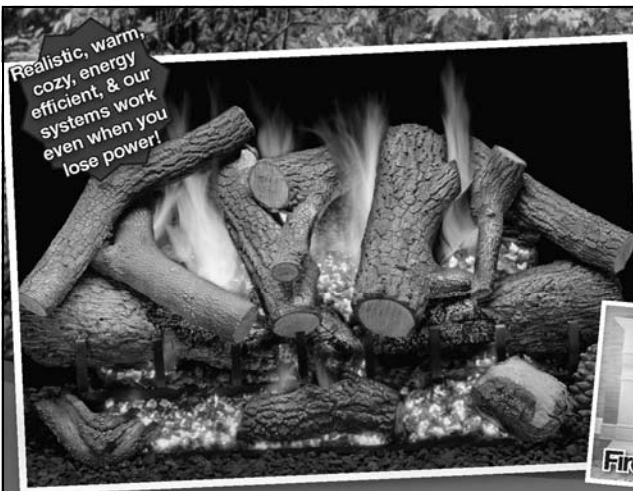
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