



COMPATIBILITY

THE END RESULT of the Sacrament of Confession is reconciliation with our Lord. The definition of “reconciliation” is “the action of making one view or belief compatible with another.” I am often asked, “Do I need to go to Confession? The answer is, “It is up to you!!”

Do you have the inner desire to be compatible with the Lord? We confess our sins to God and the power of forgiveness is God’s. However, the gift of God’s forgiveness, although assured, is not magical. It does not automatically spare us from spiritual struggle—the continual vigilance against evil and the unceasing warfare against sin. Holy Confession will bear fruits in the Spirit only when the believer hates evil, utterly rejects sin, and patiently cultivates positive habits of the life in Christ. “So you also must consider yourselves dead to sin and alive to Christ Jesus. Do not yield your members to sin as instruments of wickedness, but yield yourselves to God as those who have been brought from death to life” (Romans 6:11, 13).

How can one prepare for Holy Confession? Preparation for Holy Confession is a prayerful examination of feelings, thoughts, words, acts, attitudes, habits, values, priorities, goals, direction and way of life. This prayerful self-examination includes not only the personal religious life, but also family relationships, social activities, job conduct, business dealings, political commitments, and even recreational pursuits. Our entire existence should be lived under the light of the Holy Spirit, not to condemn ourselves, but to affirm our true selves in Christ who has given us access to God’s mercy and forgiveness and who has taught us to live for God’s glory.

You can come to the Sacrament of Confession any time during the year. I have allotted time during Lent for participation in the Sacrament at 6:00pm on Mondays and Fridays, in church. I found a list of reflections from the commandments that will help you prepare for Confession and can help you decide if you should come to Confession. Do you want to be compatible with our Lord or not? It is up to you to decide whether or not to participate in the Sacrament of Confession.

Sins against God

- Do you pray to God in the morning and evening, before and after meals?
- During prayer have you allowed your thoughts to wander?
- Have you rushed or gabbled your prayers? or when reading in church?
- Do you read the Scriptures daily? Do you read other spiritual writings regularly?
- Have you read books whose content is not Orthodox or even anti-Orthodox, or is spiritually damaging?
- Have you pronounced the name of God without reverence, jokingly? Have you asked God’s help before starting every activity?
- Have you made the sign of the Cross carelessly, thoughtlessly? Have you sworn? Have you murmured against God?
- Have you sinned by forgetting God?
- Have you been slack in attending church?
- Have you consecrated even part of the feast days, particularly Sundays and the Twelve Great Feasts, to God?

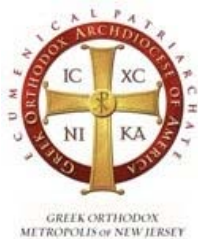
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. . . AND MORE!





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FROM THE PARISH COUNCIL PRESIDENT

THIS MONTH, I'd like to address the issue of Stewardship in the context of our annual budget which provides for the needs of our extremely diverse community. Our physical plant—on almost 5 acres of land—consists of 3 major buildings in excess of 25,000 square feet. We have 14 HVAC systems in our complex as well as significant equipment resources and countless other mechanical, electrical and IT systems and alarms, all necessary for the day to day operations of our community. Of course, routine maintenance, ongoing upkeep and capital reinvestment for our community's infrastructure is a never ending task – much as the upkeep and improvement of our own homes is for all of us. We are incredibly blessed with a beautiful Sanctuary and dedicated clergy who provide our spiritual nourishment. Other parish employees materially contribute to our successful parish life. Our catechetical programs are flourishing and the educational programs offered by our Hellenic Education Center are among the best anywhere, featuring innovative methods and a highly educated and dedicated faculty.

The 2017 church operating budget is over \$1.2M and is broken down into 4 principle components: Ministries, Staff, Recurring expenses (mortgage, utilities, insurance, etc.) and Infrastructure (maintenance, capital improvements, etc.). Predictably, “people” and paying our monthly obligations remain our largest expenses. Overall, it takes over \$100,000 per month to run our community. Since some parishioners have told me they have difficulty relating to larger budgetary numbers, it is even more revealing to take a slightly different look at what it costs to run Saint Katherine... *on a daily basis*:

Ministries - \$371/day¹ | Staff - \$1,284/day | Recurring expenses - \$1,277/day | Infrastructure - \$388/day
¹(staff costs, volunteers and donations not included)
Total daily operating expenses - \$3,320

Noteworthy expenditures within the components above include:

Office/Church Supplies - \$190/day² | Utilities - \$210/day | Fund Raising - \$318/day³ | Church Mortgage - \$391/day
Archdiocese Commitment - \$252/day | Routine Maintenance - \$142/day | Capital Improvements - \$240/day
²paper, postage, candles, etc. ³yes, it costs money to make money...

Now let's take a look our projected revenues to see what we must generate each day to pay our bills (numbers in parenthesis represent percentage of our overall budget):

Stewardship - \$1,466/day (44%) | Candles & Trays - \$356/day (11%) | Rentals - \$603/day (18%)
Other Donations - \$184/day (6%) | Fundraising (festivals, etc.) - \$712/day (21%)

Additionally, for the 2016-2017 school year ending June 2017, our Hellenic Education Center (HEC) budget is more than \$470,000 per year – or \$1,288/day. Interestingly, the HEC (Greek School, Paideia Bilingual Preschool and Adult Education) covers approximately 90% of its expenses from tuition and the remainder from fund raising activities (i.e., Apokreatiko Glendi).

By comparison, our parish's largest source of revenue (44%) comes from our Stewardship program, but we must rely on fundraising activities (festivals and rentals, etc.) for almost 40% of our operational budget. I would be remiss if I didn't point out that relying on fund raising for that large a portion of our budget is somewhat risky, particularly since weather can be a major factor in the success of many fund raising activities. It is clear, therefore, our ultimate objective must be to attain 100% of our operating budget solely from our Stewardship program. Once that is achieved, proceeds generated from fundraising activities could be used for such things as mortgage reduction, or other purposes throughout the community. Even if we attained “only” 90% of operational costs (as in the case of the HEC above), we would still realize over \$580,000 in additional stewardship revenues *this year alone!* As but one example, if we sustained increased stewardship at such a rate for a mere 4 years, we could pay off our mortgage *19 years ahead of schedule*. Imagine the realm of the possible for additional religious programs and good works throughout our community thereafter! At this juncture, I hope most of you who have worked so faithfully over the years to make our community a very special, more welcoming and loving sanctuary for all Orthodox Christians are asking, “Where do I sign up?!” So how can we effect this change?

To start, changing the stewardship giving paradigm rests with all of us and depends on our understanding and appreciation of the many advantages so prevalent in our parish. Often, when a new steward comes to our community, one of the first questions asked is “How much is stewardship?” Well, as we all know, there are no “dues” – there is no set amount...your gift of your time, talents and treasures is between you and God, but we certainly encourage involvement in the life of our community to the maximum extent possible. Your generosity in all three areas in recognition of the abundant offerings in our parish is the ultimate expression of your stewardship. To that end, we have approximately 800 families in our community. A simple calculation reveals that, on average, it costs about \$1,500 per family to sustain our parish. While many give that amount and more, a majority does not, hence our dependence on fund raising activities. In this context, even slight increases in giving can make a big difference to our community. Furthermore, while we do our best to control costs, our church is not immune to the yearly increases for goods and services. Please keep in mind that if we all give the same amount each year without taking such factors into consideration, the Church is put at a significant disadvantage and must find other ways to realize those revenues. The sad reality is that many have not increased their donations in years. Please consider this the next time you give and if larger donations of your treasures are not possible, then increased donations of your time and talents will be gratefully accepted.

Hopefully, this slightly more granular look at our budget and candor regarding stewardship, provides you a fresh perspective not
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YOUTH AND YOUNG ADULT MINISTRIES

From the Youth and Young Adult Office. Thank you to everyone for such a warm welcome into your beautiful community! I am grateful to be here and look forward to working and growing spiritually with everyone! During Great Lent, Saint Katherine offers additional worship services throughout the week and I encourage all of our youth to attend at least one additional service during this 40-day period. These services are a wonderful opportunity for us to center ourselves on God, leave our worries behind, and participate more intimately in our faith. Fr. Costa has invited our youth to participate hands-on by being readers for the Monday evening Compline services.

Great Lent is designed to transform us. It is not about, nor limited to, giving up something. It is about true growth and an invitation to nurture our relationship with God and the whole world. Let's make a real effort to invest our time and energy into our spiritual lives! Too often we search for joy, happiness, fulfillment, meaning, acceptance, and a sense of belonging outside of ourselves and outside of the Church. We end up hurt, let down, and confused. We are oftentimes led astray by our peers and are victims to the negative effects of social media. This Lent, let's turn our attention toward our spiritual lives through the Church. Let's try to love a little more, be more grateful, learn about our faith, and be more self-aware.

Yours in Christ,
Nick Junes

GOYA CALENDAR OF EVENTS

March 4	Cosmic Bowling at Bowl America, Burke
March 10-12	Lenten Retreat at Camp Piankatank
March 11-12	Sights and Sounds Arts Festival, Bethesda
March 12	Youth Church Duty Sunday
March 19	GOYA Meeting in Seniors' Kentro
April 22-23	Our Tournament
April 23	Youth Church Duty (Alex Cameron, Captain)
April 29-30	Saint Demetrios, Baltimore Tournament
May 6-7	Saint Nicholas, Baltimore Tournament
May 13-14	Saints C&H, Annapolis Tournament
July 2-8	Camp Good Shepherd, Hartfield, VA

All teenagers are encouraged to join GOYA!

GOYA SUMMER CAMPS

Camp Good Shepherd-VA. This is our annual GOYA summer camp! The dates are July 2-8 and the location is Camp Piankatank, 1586 Stampers Bay Road, Hartfield, VA 23071. Questions? Email cgsvirginia@gmail.com.

Ionian Village. Along with our own Camp Good Shepherd-VA, all 9th-12th graders are encouraged to look into Ionian Village! This is an amazing overseas summer camp run by our Archdiocese. Registration opens March 1. Please visit www.ionianvillage.org for more information.

UPCOMING GOYA EVENTS

GOYA Lenten Retreat. We have a weekend retreat for all GOYAnS at Camp Piankatank, hosted by Holy Cross Seminary Ambassadors! We will leave on Friday, March 10 and return on Sunday, March 12. This is an amazing opportunity for fellowship and to learn and embrace our beautiful Orthodox faith! The cost is \$50.00 per attendee. RSVP to Nick Junes (njunes@stkchurch.com) by Friday, March 3.

Sights and Sounds. The First Annual Sights and Sounds Art Festival hosted by Saint George Church in Bethesda will be held Saturday, March 11, 12:00pm-10:00pm and Sunday, March 12, 12:00pm-3:00pm. To register, please visit: https://stgeorge.ccbchurch.com/form_response.php?id=111. For more information, please contact Nicole Averinos at stgsightsandsounds@gmail.com.

YOUNG ADULT LEAGUE (YAL)

Brunch. YAL is hosting a brunch for all young adults on Sunday, March 5 after Liturgy in Chelpon Hall. Please join us as we welcome new members, discuss upcoming YAL events, and talk about Lent. Please RSVP to Nick Junes (njunes@stkchurch.com).

Camp Good Shepherd Staff Applications. Our annual GOYA summer camp (July 2-8) is accepting staff applications. This is a great opportunity for young adults to become more involved or reconnect with past camp experiences! Email Nick Junes (njunes@stkchurch.com) for more information.

HOPE (ages 7 and under)

THE SAINT KATHERINE HOPE MINISTRY will meet at Paint Your Own Pottery (10417 Main Street, Fairfax, VA 22030) on Saturday, March 4, 4:00pm, for a pottery painting party! Choose between a lion or a lamb. Reservations must be made by February 27. For details and to register, please email Doris Mentis (doris@alumni.virginia.edu).

JOY (ages 8-12)

HAVE FUN WITH FRIENDS at Bowl America Fairfax (9699 Fairfax Boulevard) on Saturday, March 18, 5:00pm-7:00pm. Please RSVP by March 11 to Vaitsa Bousbouras (Vaitsa.Bousbouras@yahoo.com).



NEW! Facebook page. Please like and follow our *Saint Katherine Youth* Facebook page for news, announcements, and activities!

CATECHETICAL (SUNDAY) SCHOOL

WE LOOK FORWARD TO OUR LENTEN JOURNEY with our Sunday School students. This Lenten season, please renew your commitment to your children's Sunday school attendance. We will explore how and why we prepare ourselves for Great and Holy Pascha.

OCMC Coin Boxes. We will continue to distribute OCMC coin boxes and encourage our students to put offerings in these boxes through Great Lent, Holy Week, and Pascha.

Sunday of Orthodoxy, March 5. Students should bring an icon to Church and celebrate this day by joining in the procession with our clergy. On this same day, the students will assemble "**Friday Food Bags**" for Garfield ES after Liturgy. A pizza lunch will be served. This is an opportunity for the children to put their faith into practice and for Sunday School families to have fellowship.

Youth Church Duty, March 12. Youth Church Duty Sunday is on March 12. Eleni Rouvelas is the Youth Church Duty Captain and Zoe Gould is the Epistle Reader.

Oratorical Festival. We look forward to the Oratorical Festival this month. A *Speech Clinic* will be held on March 5, during the Sunday School hour, with Nick Junes, our Festival Chairperson. Grades 1-6 will participate on March 19 in the Multipurpose Room (across the hall from the Sunday School office) during the Sunday School hour. Grades 7-12 will present their speeches on March 26 in Chelpon Hall following Divine Liturgy (start time is 12:00pm).

Vacation Bible Camp (VBC), June 26-30. Registration for VBC will begin sometime this month. This year's theme is *Going for the Gold!* and we will study the Feasts of the Triumph of Christ and His Church. We need teachers and volunteers for our children to be able to participate in this amazing week! If you are available, please contact Eleni Porter (beporter1@verizon.net).

Lenten Retreat, March 10-12. We have a weekend retreat for all GOYAns at Camp Piankatank, hosted by Holy Cross Seminary Ambassadors! We will leave on Friday, March 10 and return on Sunday, March 12. This is an amazing opportunity for fellowship and to learn and embrace our beautiful Orthodox faith! The cost is \$50.00 per attendee. RSVP to Nick Junes (njunes@stkchurch.com) by Friday, March 3.

PHILOPTOCHOS EASTER BAKE SALE

Philoptochos will have their Annual Easter Bake Sale on the following dates:

Sunday, April 2 | Saturday, April 8 | Sunday, April 9

To place your orders, please contact Mary Varlas at (LPbakesale@yahoo.com or 703-965-4161). The order form is available on the church's home page (saint-katherines.org) under "Announcements."

PHILOPTOCHOS

A SPECIAL THANK YOU to Georgia Chronis, Elvira Garnett, and all the ladies for your help at the Valentine's Luncheon, and to Denise Garbis, Irene Kavros, and Evdokia Mitchell for kindly donating the desserts. Many thanks to Ramona Velezis for the centerpieces, Andrea Ballard who donated the wine, and a big thank you to Ken Kunec for the wonderful entertainment. The Paideia school children sang beautifully and we thank them for their entertainment, as well as the handmade Valentine's Day cards they handed out to all the guests. It was an amazing event, enjoyed by all. Many thanks to Mary Drakoulis for handling the reservations.

Our Easter Bake Sale will be held on 3 days: April 2, 8, and 9 after the services from 12:00pm to 1:00pm. We will start taking orders for Tsourekia and Easter sweets on March 25. Please contact Mary Varlas (703-965-4161 or LPbakesale@yahoo.com), with your orders. Order forms are available on the church's website and will be emailed to you, so that you can conveniently pre-order your baked goods. Forms can also be picked up at the church. We hope that you can help us with the Easter Bake sale, so please let us know if you are available to help bake and/or work at the bake sale.

This year, we will have our Philoptochos Stewardship Tea on Sunday, March 12 at the Meletis Charuhas Center from 12:00pm-2:00pm. Please call Maria Drakoulis at 703-273-4159 for your reservation. Admission is free. We hope that all of you can make it.

Our next meeting is Sunday, March 26 after the service. I hope to see you there.

Please send in your 2017 stewardship if you haven't already done so. Thank you for all your support!

In Christ,

Eleni Kanakos, Philoptochos President

DAUGHTERS OF PENELOPE

(by Karen Polizos, President)

OUR 3RD ANNUAL *Tastes of the Mediterranean*, held Friday, February 10, was a great success! We sold out again, the weather held out, and everyone enjoyed the delicious food, wine tasting, and great music. We thank the Saint Katherine community for supporting the event.

Helle Chapter co-hosted the DOP/AHEPA District 3 Mid-Year Conference with our brother AHEPAns from Peter Derzis Chapter 438 on Saturday, February 25 at Saint Katherine. It was nice to spend time with Sisters from other chapters in the District while accomplishing business in preparation for the Annual District Convention in June.

Our next Chapter meeting is Sunday, March 5, immediately after Liturgy. We had lots of volunteers at *Tastes of the Mediterranean* and we'll celebrate all together at the meeting! Hope to see you there.

BOOK REVIEW

Gregory McKinney

The Mystery of Marriage: A Fellowship of Love. Hieromonk Gregorios of the Koutloumousiou Monastery, Mount Athos. New Rome Press, Publisher (first English edition, 2013). 58 pages.

Why take up a book on marriage written by a monk? Hieromonk Gregorios opens his slim book with an apology of sorts to the married clergy who have “themselves personally experienced the mystery of marriage” and are, he feels, the most competent to advise others on the subject. Gregorios is moved to write, however, due to his experience with married couples as a spiritual father and confessor, meaning he has heard a lot about mistakes, shortcomings, and failures and prescribed the way back to soundness and manifest love.

He makes no bones about what he sees in dealing with marriages. Many are not healthy, not grounded in Christian spirit, or an understanding of what marriage means within the Church. The laxness of the parental example of selfless love for the spouse provides no model for their children’s vision of marriage. For the young couples coming to be married, their lack of formation in Church makes for a trite understanding: less of a sacrament, more of a social event. Society’s almost universal acceptance of premarital sex combines with the trend toward marriage much later in life to create a situation where the couple contemplating marriage has no sense of a past in need of repentance. Gregorios is able to matter-of-factly point out the poverty in these situations, he’s no sour-faced finger wagger. He shows that even in the time of Chrysostom, there were similar issues and concerns.

As he lays out the weaknesses, he also upholds the strengths side-by-side. There is a Christian ideal worth abiding in, one that is, in fact, within our grasp.

At the celebration of the mystery of marriage the bridal pair receive the blessing and the grace of Christ. Through the power of this spiritual armament, the couple is invited to enter the sea of life and overcome every difficulty which they will encounter in their journey together in the virtue of love. In authentically Christian families- which are becoming quite rare these days but fortunately still exist - love and harmony reign. Children in such families are the fruit of love of the parents and the source of their joy; and the fullness of love in which the children were born and raised provides them with all of the spiritual prerequisites for their future life (p. 56).

Who should read this book? Certainly a couple in a parish’s marriage preparation sessions, but many will have already fallen prey to worldly norms and expectations and may not have ears to hear. Perhaps this is really a book for the oldest teens in the last semester of church school, something honest and challenging with which to wrestle. They need to hear the Word of the Church in an adult and dynamic way. They must understand that the Church does have a “grace-full” answer to the world and challenges its members to embrace that grace.

ΕΙΝΑΙ Η ΦΑΝΤΑΣΙΑ ΣΤΟΝ ΑΝΘΡΩΠΟ

Σοφία Δ. Τσαγκάλη

ΤΩΡΑ, ΠΟΥ ΜΠΑΙΝΟΥΜΕ ΣΤΗΝ ΕΥΛΟΓΗΜΕΝΗ ΤΕΣΣΑΡΑΚΟΣΤΗ και σε λίγο θα γιορτάσουμε και το Άγιο Πάσχα, ένα θέμα, που νομίζω ότι μας βοηθά στην καθημερινότητα της ζωής μας να γίνουμε καλύτεροι χριστιανοί και με ευφροσύνη να γιορτάσουμε το Άγιο Πάσχα, είναι η ανθρώπινη φαντασία. Εξαρτάται όμως πώς θα την χειριστούμε.

Όπως όλοι γνωρίζουμε, ο άνθρωπος έχει τον εσωτερικό του κόσμο, δηλαδή τον πνευματικό του κόσμο. Αυτός είναι ο κυρίως άνθρωπος, προικισμένος με εξαιρετα χαρίσματα και δώρα. Ένα από τα δώρα, που ο Χριστός έχει χαρίσει στην ψυχή μας, είναι και η φαντασία.

Φαντασία είναι η ικανότητα του ανθρώπου να αναπαριστά με τον νου του πράγματα και γεγονότα. Επίσης, είναι και η ικανότητα προς δημιουργία νέων παραστάσεων. Γενικώς, φαντασία είναι η δημιουργική ικανότητα, η δύναμη του πνεύματος του ανθρώπου. Χάρη αυτής, πλήθος έργων έγιναν για το καλό της ανθρωπότητας και την πρόοδο του πολιτισμού.

Η φαντασία είναι ένα δώρο, που στην ηλικία κάθε ανθρώπου και δη των νέων, αυξάνει και παρουσιάζεται πλούσιο και φανταχτερό. Είναι μία δύναμη, η οποία κατακτά τον εσωτερικό κόσμο και συχνά τον κυβερνά. Πόσους ανθρώπους δεν αντικρύζουμε βυθισμένους στους απέραντους κόσμους της φαντασίας! Ας δούμε λοιπόν ποιά θέση της δίνουμε στη ζωή μας;

Είναι πολύ φυσικό ότι δεν την απορρίπτουμε. Κανείς δεν απορρίπτει ως κακό, ένα δώρο που μας το έδωσε ο Θεός. Άλλως τε, η φαντασία είναι δύναμη, που πρέπει να την χρησιμοποιήσουμε για το καλό το δικό μας, αλλά και των συνανθρώπων μας. Η φαντασία και στην επιστήμη, και στην τέχνη, και γενικά μέσα στη ζωή έχει παίξει ευεργετικότερο ρόλο μέχρι σήμερα.

Στην χρησιμοποίηση όμως της φαντασίας υπάρχει κίνδυνος. Πολλοί άνθρωποι δεν προσέχουν και φυσικό επόμενο, βλάπτονται. Δίνουν ψηλότερη θέση στην φαντασία από εκείνη που πραγματικά πρέπει να έχει η ζωή τους. Με αυτό τον τρόπο, η φαντασία ξεπερνά τις άλλες ικανότητες και δυνάμεις του ανθρώπου, όπως θέληση, συναίσθημα, μνήμη κλπ. και κυριαρχεί, κυβερνά αυτή τη ζωή τους.

Βλέπουμε ανθρώπους να ζουν κυριολεκτικά μέσα σε όνειρα. Φαντάζονται τον εαυτό τους ήρωα περιπετειών, πλάθοντας σχέδια εκτός πραγματικότητας, κάνουν μακρινά ταξίδια, ονειρεύονται δόξες και μεγαλεία. Γίνονται αστέρες, ήρωες, εφευρέτες, πολιτικοί κλπ., ή όταν δεν έχουν άλλη εργασία, ή όταν είναι στο σχολείο ή όταν κάθονται να μελετήσουν. Ζουν υπό την επίδραση όλων αυτών, που η φαντασία τους πλάθει, και νομίζουν ότι είναι ικανοί και πάρα πολύ εύκολα να τα επιτύχουν. Ζουν σε άλλους κόσμους.

Το κακό αυτής της κυριαρχίας είναι πολλό. Πρώτον, η κυριαρχία της φαντασίας μας κάνει να ξεχνάμε τις δουλειές μας ή τα μαθήματά μας. Βγαίνουμε από τον κόσμο της πραγματικότητας που ζητάει δουλειά για να πετύχει κάποιος κάτι. Δεν έχουμε χρόνο να σκεφτούμε τις συγκεκριμένες εργασίες μας, γιατί τα ονειροπολήματα καταλαμβάνουν τον χρόνο μας. Σεφτόμαστε και ζητούμε το μέλλον και χάνουμε το παρόν και κατά συνέπεια αποτυγχάνουμε. Δεύτερον, τα όνειρα συχνά γεμίζουν από ματαιοδοξία και εγωισμό, κι εμείς είμαστε το παν στα όνειρά μας, που αυτό, φυσικά, είναι τόσο καταστρεπτικό. Γεμίζουν ακόμη και από παραστάσεις και σκέψεις που κλέβουν την αγνότητα, λερώνουν την καρδιά και αναστατώνουν την συνείδηση. Η φαντασία όλα αυτά τα μεγαλοποιεί και τα ωραιοποιεί. Έτσι, γίνονται ένας κίνδυνος πρώτου μεγέθους για την ψυχή μας, που μπορούν να μας οδηγήσουν στην καταστροφή. Τελικά, η κυριαρχία της φαντασίας εξασθενίζει την θέληση, εξατμίζει την ενεργητικότητα, ναρκώνει και οδηγεί την ψυχή στην αδράνεια. Απογοητεύει τον άνθρωπο, όταν ζηπνά από τα όνειρα και βλέπει γύρω του την πραγματικότητα και ό,τι αυτό που φαντάστηκε να κάνει, δεν είναι εύκολο να το πραγματοποιήσει.

Στο επόμενο τεύχος θα δούμε πώς θα χρησιμοποιήσουμε την φαντασία για το καλό μας. *Ευλογημένη Τεσσαρακοστή!*

(Η συνέχεια στο επόμενο τεύχος)

REGISTRY

Wedding

*Lauren Genevieve Mernin
and*

*Elias Andrew McKinney (February 11)
Koumbaros: Daniel Christian McKenney*

Baptism

*Anna Bella (February 12)
daughter of Christos and Monica Anne Bisiotis
Godparent: Anastasios Kalafatis*

Congratulations!

Funerals

*Nicholas Anargyros Mandrides (January 28)
Athanasios "Tommy" D. Tzaferis (February 11)
at Saint George, Bethesda, Maryland
Costas "Gus" Demetrios Pirkallidas (February 15)
Panagoula Peltekis (February 17)
Carol Manolas (February 18)*

May their memory be eternal.

SUNDAY OF ORTHODOXY VESPERS

Sunday of Orthodoxy Vespers will be celebrated at 5:00pm, March 5, at Saints Peter and Paul Antiochian Church, 10620 River Road, Potomac, MD.

BOOKSTORE

THIS MONTH WE OFFER TWO BOOKS to help parents keep their children in the church throughout their whole lives. The first, *Blueprints for the Little Church*, provides practical advice laced with quotes from Scripture and the Church Fathers, as well as examples from actual families on how to implement Orthodox practices in the home. It is a very readable book, especially for the bleary-eyed, tired parents who don't have much time to read. The second, *Parenting Toward the Kingdom*, connects the best child development research with the timeless truths of our Orthodox faith. The author, a well-respected pastoral counselor and professor at Holy Cross, again offers very useable ways to respond to the struggles children, from toddlers to high schoolers, typically experience.

For young and old alike, we also now have mini icons that fit nicely on a desk, nightstand, or car dashboard. Come check us out!

ALL AROUND THE TOWN

Joanna Bose

ENCOUNTERS WITH NEREIDS

THE STORY OF THE LOVE OF ACIS and the nereid (sea nymph) Galatea appears in Ovid's *Metamorphoses*, but before that in Homer and Hesiod, who wrote of the nereids, daughters of the sea god Nereus. The jealous cyclops Polyphemus crushes Acis with a rock. However, Galatea transforms Acis into a river spirit as immortal as herself. This story became the subject of operas, poems, paintings, and statues that can be found all over Europe and even Russia.

The usual depictions of the nereids or sea-nymphs is the one where, like Thetis riding on a hippocampus (sea horse), she is carrying armor to Achilles to help him in battle. The nereids were these wonderful but amorphous, kind presences that could navigate both the earthly realm and that of the sea. The exhibit on view at the Center for Hellenic Studies by artist Anne Davey is very entrancing in that it takes you into this other world of the sea nymph.

Like the charcoal drawing below of *Glauke*, most of the pictures are fluid, as if created out of water, floating, and in a state of metamorphosis. These visions transport you into a different world—that of imagination. All the paintings seem to meld together so that you have the impression that you are witnessing a group of nereids in different elements and poses. Each picture seems to evolve and float into your mind as you look at it.

Ms. Davey has captured the very essence of these mythical figures; formless, faceless even—they have clearly outlined heads and sometimes full figures, including legs, but they are amorphous, mysterious images. One wonders whether the artist is trying to depict the female condition as that of a subaqueous group which derives its power precisely from its intangibility. And being incomprehensible and having secret, yet wonderful powers. Galatea is triumphant.

It is wonderful to see that these ancient myths still inspire such wondrous creations!




The exhibit is titled "From the Depths of the Salt Sea" and runs through April 14.



**A MEMORIAL PRAYER ON
THE SATURDAY OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
March 4**

We are called to pray for those who have fallen asleep in the Lord on the Saturdays of Souls. Please take time to prepare a list of deceased loved ones for whom you wish the priests to pray. May the Lord grant eternal rest to their souls.



LENTEN RETREAT
Saturday, March 11
9:30am - 3:00pm
His Grace Neofitos
Bishop of the Diocese of
Nyeri & Mount Kenya Region

Experience God Through the
Services of Holy Week



9:30am
Registration & Coffee
10:00am
Holy Monday, Tuesday &
Wednesday
12:00pm
Lunch
12:45pm
Holy Thursday &
Good Friday
2:00pm
Holy Pascha
3:00pm
Depart with Joy

Saint Katherine Greek
Orthodox Church
3149 Glen Carlyn Rd.
Falls Church, VA 22041
.....
Confirm your attendance
with your name/email to:

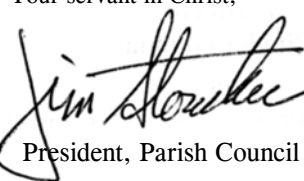
Dr. John Demakis
demakis9931@gmail.com

Betty Slanta
slanta@verizon.net
.....
\$20 Donation

(Continued from page 3)
only on our daily needs, but why we must remain diligent stewards. It certainly serves to remind us all how very grateful we are for everyone’s continued support of our community and its diverse ministries. This message is also timely because it is vitally important that everyone submit their stewardship pledge early and make subsequent donations towards fulfillment of that pledge in a timely manner so that we avoid cash flow issues that sometimes occur if revenues and donations are not consistent throughout the year (i.e., contributions traditionally fall off in summer months due to vacation travel by our parishioners).

So, please take a moment to reflect on your blessings and decide on how much of your time, talent *and* treasures you can provide to your Church and community. Please consider the words of Saint John Chrysostom as you deliberate, “A rich man is not one who has much, but one who gives much. For what he gives away remains his forever.”

On behalf of our Parish Council, I thank all of you for your continuing love and generosity in support of our community and fervently pray you accept this communication in the spirit it is offered! I wish each of you a meaningful spiritual journey as we near Holy Pascha.

Your servant in Christ,

President, Parish Council

MARCH 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am Wmn's Book Club <i>7pm Presanctified Liturgy</i> 8:30pm HEC Parents Practice	2 6:30pm GOYA Boys Practice 7pm Adult Conv. Greek 7:00pm Gentle Exercise 7:30pm Choir	3 5:00pm Greek School 5pm Adult Conv. Greek 6:00pm Sacrament of Confession 7:00pm 1st Salutations Missions Lecture (Project Mexico, Porter Family)	4 3rd Saturday of Souls 9:30am Orthros 10:30am Divine Liturgy 9:30am Greek School 4:00pm HOPE Pottery Painting Party, Fairfax 8:00pm GOYA Cosmic Bowling, Burke
5 Sunday of Orthodoxy 9:00am Orthros and C.S. 10:00am Divine Liturgy DOP Meeting YAL Brunch GOYA Girls' Practice Greek League Practice 5:00pm Pan-Orthodox Vespers at SS. Peter and Paul, Potomac, MD	6 6:00pm Sacrament of Confession 7:00pm Compline 8:30pm Sons Practice 9:00pm YAL Practice	7 5pm Conversational Greek 6:30pm Grk Folk Dance 7pm Adult Conv. Greek	8 <i>7pm Presanctified Liturgy</i> 8:30pm HEC Parents Practice	9 6:30pm GOYA Boys Practice 7pm Adult Conv. Greek 7:00pm Gentle Exercise 7:30pm Choir	10 5:00pm Greek School 5pm Adult Conv. Greek GOYA Lenten Retreat at Camp Piankatank 6:00pm Sacrament of Confession 7:00pm 2nd Salutations Missions Lecture (Kenya, Bishop Neofitos)	11 9:30am Greek School 9:30am Parish Lenten Retreat with Bishop Neofitos GOYA Lenten Retreat at Camp Piankatank
12 Gregory Palamas 9:00am Orthros and C.S. Oratorical Festival (gr. 1-6) 10:00am Divine Liturgy Youth Church Duty Food Pantry Collection Philoptochos Tea Greek League Practice 6pm Adult Grk Flk Dance	13 6:00pm Sacrament of Confession 7:00pm Compline 8:30pm Deuteri Deutera 8:30pm Sons Practice 9:00pm YAL Practice	14 5pm Conversational Greek 6:30pm Grk Folk Dance 7pm Adult Conv. Greek 7:30pm Missions Mtg. 8:00pm AHEPA <div style="border: 1px solid black; padding: 2px; width: fit-content; margin: 0 auto;">12pm Deadline for April DOXA</div>	15 10:30am Wmn's Book Club <i>7pm Presanctified Liturgy</i> 8:30pm Parish Council 8:30pm HEC Parents Practice	16 6:30pm GOYA Boys Practice 7pm Adult Conv. Greek 7:00pm Gentle Exercise 7:30pm Choir	17 5:00pm Greek School 5pm Adult Conv. Greek 6:00pm Sacrament of Confession 7:00pm 3rd Salutations Missions Lecture (Alaska, John and Betty Slanta)	18 9:30am Greek School 5:00pm JOY Bowling, Bowl America, Fairfax
19 Holy Cross 9:00am Orthros and C.S. 10:00am Divine Liturgy Men's Health Day GOYA Meeting GOYA Girls' Practice Greek League Practice 6pm Adult Grk Flk Dance	20 6:00pm Sacrament of Confession 7:00pm Compline 8:30pm Sons Practice 9:00pm YAL Practice	21 5pm Conversational Greek 6:30pm Grk Folk Dance 7pm Adult Conv. Greek	22 <i>7pm Presanctified Liturgy</i> 8:30pm HEC Parents Practice	23 6:30pm GOYA Boys Practice 7pm Adult Conv. Greek 7:00pm Gentle Exercise 7:30pm Choir	24 5:00pm Greek School 5pm Adult Conv. Greek 6:00pm Sacrament of Confession 7:00pm Great Vespers/ 4th Salutations (Missions Lecture [Ghana, N. Junes])	25 Annunciation 9:30am Orthros 10:30am Divine Liturgy 9:30am Greek School
26 Canaanite Woman 9:00am Orthros and C.S. 10:00am Divine Liturgy Oratorical Festival (gr. 7-12) Philoptochos Meeting GOYA Girls' Practice Greek League Practice 6pm Adult Grk Flk Dance	27 6:00pm Sacrament of Confession 7:00pm Compline 8:30pm Sons Practice 9:00pm YAL Practice	28 5pm Conversational Greek 6:30pm Grk Folk Dance 7pm Adult Conv. Greek	29 10:30am Wmn's Book Club <i>7pm Presanctified Liturgy</i> 8:30pm HEC Parents Practice	30 6:30pm GOYA Boys Practice 7pm Adult Conv. Greek 7:00pm Gentle Exercise 7:30pm Choir	31 5:00pm Greek School 5pm Adult Conv. Greek 7:00pm Akathist Hymn	

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

HELLENIC EDUCATION CENTER

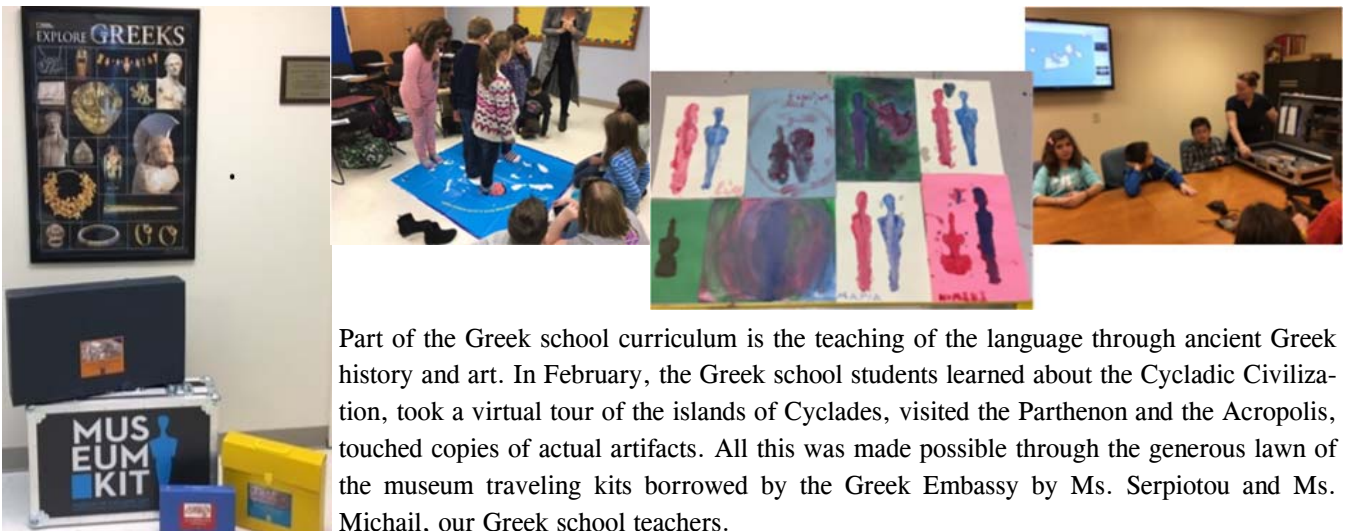
Eleni Alexopoulou



From the Philoptochos Seniors' Valentine Luncheon: Our Paideia students performed a small skit "Ta 5 Papakia" (Ms. Vicky's Class), "Kokkino Feggari" and "Efta Meres tis Evdomadas" (Ms. Evangelia's Class) and gave out hearts (which they had made in class) to our seniors. It is the least we can do to show our love and appreciation to the community of Saint Katherine for all the support we receive year after year. None of our HEC programs would have been possible without you. Thank you! In Fr. Costa's office wishing him "Happy Valentine's Day."



We welcome our new students in Paideia—Kallista, Alexia, Sarah, John and Robert. Pre-K English class cut, glued, pasted together pieces of paper to simulate the phases of the moon and played with "moon dust" which they made with their teacher Ms. Genevieve Makris as they learn about the solar system.



Part of the Greek school curriculum is the teaching of the language through ancient Greek history and art. In February, the Greek school students learned about the Cycladic Civilization, took a virtual tour of the islands of Cyclades, visited the Parthenon and the Acropolis, touched copies of actual artifacts. All this was made possible through the generous loan of the museum traveling kits borrowed by the Greek Embassy by Ms. Serpiotou and Ms. Michail, our Greek school teachers.

Year-Round Program for Paideia Students. If you are new to the community and interested in enrolling your child in the Paideia bilingual preschool, ages 2-5, which operates all year, please contact us for information at 703-671-7715 or ealexopoulou@stkchurch.com. For the summer months, priority will be given to our current students. Anyone else will be considered on the first-come, first-served basis. The application/registration form may be downloaded from the HEC website, www.stkhec.org.

MISSIONS AND OUTREACH

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

Missions Presentations after Friday Night Salutation Services. As we have done for the last five years, after the first four Salutations Services, we will feature a special Missions Presentation by someone who has been on a mission trip. Refreshments will be served (Lenten, of course). This year we will have an extra blessing because Bishop Neofitos will give the March 10 presentation.

- March 3 Project Mexico by the Porter family
- March 10 Kenya by Bishop Neofitos
- March 17 Alaska by John and Betty Slanta
- March 24 Ghana by Nick Junes

Food Pantry Collection, March 12. "I was hungry and you gave me food..." (Matthew 25:35). In keeping with our Lenten tradition of helping others, Sunday, March 12, will be our next collection for our local Food Pantry. Our blue cloth bags will be distributed after liturgy on the prior two Sundays. Please use the blue cloth bags to bring non-perishable foods and/or canned items to the foyer of the Meletis Charuhas Hall on March 12. Please be generous. If you cannot bring food, consider giving a check payable to "Columbia Baptist Church" with "Food Pantry/ St. K" in the memo line. Get the children involved. What a wonderful way to teach our children to help the less fortunate and be faithful to our Lenten journey.

Lenten Retreat with Bishop Neofitos, March 11. We are blessed that His Grace Bishop Neofitos of Kenya will once again visit our parish during Lent. On Friday evening, March 10, immediately after the Salutation services, His Grace will give us a short presentation of the Orthodox Church in Kenya. On Saturday, March 11, he will lead a spiritual Lenten Retreat. A donation of \$20 is requested for the retreat and luncheon. We ask that you register by email so we know how many are coming and can prepare appropriately. Please email Dr. John Demakis or Betty Slanta (demakis9931@gmail.com or slanta@verizon.net). His Grace will officiate at the Divine Liturgy on Sunday, March 12.

Kenya Mission Team, October 2017. We have been invited by Bishop Neofitos of Kenya to visit his country and diocese in October 2017. Fr. Costa will lead our team which will participate in teaching at the church school and helping build the school. Details are now being worked out and will be published in the *DOXA* as soon as available. This should be an exciting experience.

Diaper Collection for Local Food Pantries, April 9. We will again have our semi-annual diaper drive on Palm Sunday, April 9. Collections will take place in the foyer of the Meletis Charuhas Hall. Please bring unopened packages, sizes newborn to 6. No pull-ups, please. Federal food stamps cannot be used to buy diapers, so this is a great help to mothers with infants.

OCMC Annual Benefit Dinner, April 30. Our annual OCMC Benefit Dinner will be Sunday, April 30. We are honored to have Fr. Martin Ritsi, the Director of the OCMC, as our main speaker. This has been an exciting year for the OCMC. Orthodox churches have been started in several new countries by the OCMC. Come and hear the exciting things going on in the world of Orthodoxy. Details will be provided in an upcoming issue of *DOXA*. We will also have a silent auction. (Last year's was so successful). We will auction off items from the many countries that OCMC has sent teams.

Project Mexico, August 16-22. Our group registration for Home Building 2017 has been confirmed for 10 participants. Our team will stay at St. Innocence Orphanage outside of Tijuana. They will work at building homes for the poor and the homeless nearby. This is the third straight year we have attended Project Mexico. It has been an uplifting experience for all who have gone. If you are interested in going, or have questions about this mission trip, please contact Bill Porter (703-901-2404 [call or text] or reporter1@verizon.net). For more information about this mission trip you may go to <https://www.projectmexico.org/projectmexico.org/homebuilding>. Our first fundraising bake sale raised \$900! Thank you to all who baked, contributed, and donated! If you are interested in supporting this team, you may do so by sending your donations to Saint Katherine Greek Orthodox Church with "Project Mexico" written on the memo line of your check. Thank you!

Clothes and Toiletries for Bailey's Shelter. We continue to collect new or clean used clothes and unopened toiletries for the shelter year round. Please be generous. Bring your donations to the foyer of the Meletis Charuhas Hall. We take the items to the shelter every Sunday. The shelter recently notified us that they have many other needs such as cleaning supplies, kitchen supplies, bed sheets, blankets, etc. These are all used as they find apartments for the homeless. Please see the full list at http://www.nvfs.org/pages/page.asp?page_id=393678 or on the Saint Katherine website. If you wish to donate any of these items, please take them directly to the Bailey's Crossroads Community Shelter, 3525 Moncure Avenue, Falls Church, VA 22041.

OCMC Teams. The OCMC sends short-term teams every year to several different countries. Several of our Saint Katherine parishioners have gone to Tanzania, Kenya, Guatemala, and other countries. A complete list of the 2017 teams is listed on their website, OCMC.org and on the bulletin board outside the Church Office. Several teams are already in the field and others will be going shortly. Take advantage of a life changing experience--join a mission team

Missions Meeting, Tuesday, March 14, 7:30pm. All are welcome. Come join us!

AHEPA CHAPTER #438

Greek Cuisine 2017 Restaurant Raffle. The 2017 Restaurant Prize Drawing will be held on AHEPA Sunday, May 21. Tickets are now available for only \$20 each (6 for \$100) and are being sold after liturgy every Sunday up through AHEPA Sunday. Back by popular demand, the raffle has been expanded to include a \$500 cash prize so that the total of redeemable gift certificates and cash to be awarded has increased to \$2,000. Therefore, this year we will have 4 raffle winners as follow: 1st Prize-\$500 Cash plus \$500 in Restaurant Gift Certificates, 2nd Prize-\$500 in Restaurant Gift Certificates, 3rd Prize-\$250 in Restaurant Gift Certificates, 4th Prize-\$250 in Restaurant Gift Certificates. As an added bonus, with the purchase of a raffle ticket, you will also receive a coupon entitling you to a one-time discount of 20% on a total food purchase at Nostos Restaurant, located at Tysons Corner. All proceeds from this raffle are used to support AHEPA charities, both locally and throughout the world. These include Saint Katherine Vacation Bible Camp, Church Missions, College Scholarships to local high school seniors, and the rebuilding of Saint Nicholas Church near Ground Zero in New York City. All of this is in addition to the AHEPA 438 tradition of supporting Saint Katherine in its fundraising efforts. Please help AHEPA Derzis #438 support its charitable endeavors, on behalf of Hellenic communities world-wide, by your purchase of restaurant raffle tickets. In addition to tickets being available following Sunday liturgy, they may be ordered by contacting Alan White at 703-888-7666 or winsomealan@aol.com.

Baseball Day at Nationals Park, June 10. AHEPA Chapter #438 is sponsoring a trip to National Park on June 10 to attend the 12:05pm Washington Nationals vs. the Texas Rangers game. Bus transportation will be provided from the Saint Katherine parking lot. The bus will leave promptly at 10:30am and return after the game. The cost for a first-base reserved grandstand seat and bus transportation is \$60. The entire community is invited to attend. Please contact Alan White (703-888-7666) or John Papathanassiou (703-732-6329) for tickets.

Men's Health Day. AHEPA Chapter 438 and DOP Chapter 283 are sponsoring Dr. Sam Pappas for Men's Health Day on Sunday, March 19, 12:00pm, in Chelpon Hall. All family members are urged to attend this program, entitled *The Path to Optimal Function*. Additional information and insight is provided on Dr. Sam Pappas' website (<https://pappashealth.com/meet-dr-pappas/>).

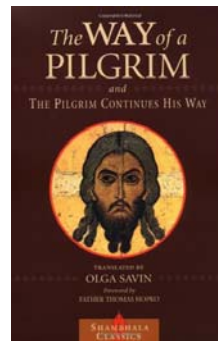
Dr. Sam Pappas has been in practice for over 15 years in a variety of positions including roles as a clinician and educator. His medical odyssey has led him from the academic halls of disease-based medicine focusing on independent silos of illnesses to one of wellness and health focused on personalized care integrating multiple modalities of interconnected therapies such as nutrition, fitness, stress reduction, and nutraceuticals.

Dr. Pappas has been selected as a Top Doctor by the Washingtonian Magazine, Northern Virginia Magazine, and Washington Consumers Checkbook. He has been called "The Dr. Oz of Arlington" by the Mothers of Northern Arlington Support Group.

MARCH CHURCH DUTY ROSTER

<u>March 5, 2017</u> Nick Larigakis, Captain Rosemary Filou Dr. Jerry Rich Jim Stoucker	<u>9:00am</u> Maria Vargas Maria Wills John Ziu
<u>March 12, 2017</u> Maria Wills, Captain Chris Euripides Pierre Tavoularis John Ziu	<u>9:00am</u> Eleni Rouvelas, Captain; Zoe Gould, Epistle Reader; and other teenage volunteers
<u>March 19, 2017</u> Mark Cherpes, Captain Tony Alexis Dr. John Demakis Rosemary Filou	<u>9:00am</u> Costas Mavromatakis Jim Stoucker Maria Vargas
<u>March 26, 2017</u> Chris Euripides, Captain Tony Alexis Dr. John Demakis Costas Mavromatakis	<u>9:00am</u> Mallamo Mavromatakis Dr. Jerry Rich Pierre Tavoularis

WOMEN'S BOOK CLUB



WE HAVE FINISHED READING *The Way of a Pilgrim* and have now begun the sequel, *The Pilgrim Continues His Way*. Come join us as we discuss the experiences and incidents in the Pilgrim's journey that educate us about our Orthodox faith. The book, which includes the sequel, is available in the Saint Katherine bookstore, online, or bring in the copy from your home library.

We meet from 10:30am to noon on Wednesdays, March 1, 15 and 29 in the education center. Contact Despina Raizes (2draizes@gmail.com), if you plan to come so she can send you discussion questions for the meeting.

LENTEN OUTREACH PROJECT

Once again our Saint Katherine community will help those in need by distributing 200 bags filled with basic clothing and personal care items, as well as food. Our brothers and sisters receiving these bags are so very grateful for these bags and are touched by the kindness and generosity of strangers. Many are living on the streets and this bag provides a small amount of comfort during difficult times.

The distribution will be on Saturday April 1. We are asking our faithful Stewards for their support through donations to this very worthwhile project. Please contact Daphne Papamichael at cyprusd@aol.com. Thank you so very much.

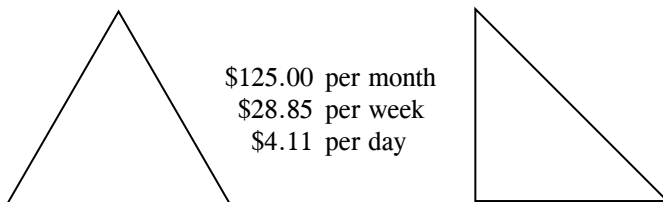
STEWARDSHIP

Pierre Tavoularis

GUIDELINES FOR STEWARDSHIP PLEDGING

PRAY before completing your pledge card.
REFLECT on the services provided by the church.
REMEMBER, like you, the church has fixed monthly expenses.

Consider weekly or monthly payments rather than a lump sum payment at the end of the year. For your convenience, electronic online payment is available. The church's current operating expenses are in the range of \$1,500 per family, which breaks down to:



The stewardship program recognizes that giving is a personal commitment based on ability to give. Your pledge is your commitment to the future of the Church. The stewardship triangle is comprised of time, talent, and treasure. While all triangles are not equilateral, we need to be cautious not to leave out any sides or to flat-line, focusing solely on one aspect of the stewardship triangle.

If you have not yet submitted your 2017 pledge, please complete the stewardship form below and return it to the Church Office as soon as possible. Alternatively, you may pledge online today at www.saint-katherines.org/stewardship. Your Church and community depend on your stewardship commitment.

Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515 with any questions or concerns.

THE PRAYER OF SAINT EPHRAIM

CONSIDERED TO BE the most succinct summation of the spirit of Great Lent, the Prayer of Saint Ephraim is prayed during all Lenten weekday services. Please take the time to pray this prayer daily throughout Lent, especially if you cannot make it to a Lenten service.

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

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

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

Κύριε καὶ Δέσποτα τῆς ζωῆς μου, πνεῦμα ἀργίας, περιεργίας, φιλαρχίας, καὶ ἀργολογίας μὴ μοι δῶς.,

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης, ὑπομονῆς, καὶ ἀγάπης χάρισάι μοι τῷ σῶ δούλω.

Ναί, Κύριε Βασιλεῦ, δώρησαι μοι τοῦ ὄραν τὰ ἐμὰ πταίσματα, καὶ μὴ κατακρίνειν τὸν ἀδελφόν μου, ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰῶνων. Ἀμήν.

2016 REGISTRY STATISTICS

56 Baptisms

41 Funerals

13 Weddings

7 Chrismations

DID YOU KNOW?

DID YOU KNOW that tuition-free education is available to Virginians 60 and over?

Virginians age 60 and older may attend a state college or university tuition-free. Virginia's Senior Citizens Higher Education Act allows older citizens to audit or enroll in noncredit courses at any state-supported institution of higher education in Virginia tuition-free. Those older Virginians whose federal taxable income does not exceed \$15,000 may also take courses for academic credit as full-time students without paying tuition.

2017 STEWARDSHIP FORM

If you have not yet made a stewardship commitment to Saint Katherine Greek Orthodox Church for the year 2017, please take a moment and do so now. Remember, the church's operating expenses are in the range of \$1,500 per family.

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

Name: _____

Address: _____

City, State, Zip: _____

Telephone Number: _____ Email address: _____

(Continued from page 1)

Have you tried your best to attend church on these days? Or have you spent them more sinfully than ordinary days?
If unable to attend church, have you nonetheless tried to devote some part of these days to prayer and spiritual reading?
Have you kept the fasts?
Have you behaved irreverently in church, or before the clergy and monastics?
Have you laughed or talked in church, or moved about unnecessarily, thus also distracting other people from prayer?
Have you dressed modestly and in a becoming manner when in church?
Have you tried to pay reverent attention to the readings, hymns, and prayers in church?
Have you striven to pray with the service, crossing yourself, etc., or have you rather simply stood and day-dreamed?
Have you prepared for the services beforehand, looking up the Scriptural readings, making sure you have the texts to follow the service, especially if the service will be in a language you do not readily understand?
Have you ever left church after the Divine Services, and particularly after receiving the Holy Mysteries and immediately engaged in light talk and thus forgotten the blessings and graces you have received?
Have you been ashamed of your Faith or the sign of the Cross in the presence of others?
Have you made a show of your piety?
Have you used your Orthodox Faith or its teachings merely to browbeat others or belittle them?
Have you used it as a shield or excuse for your own inadequacies rather than humbling yourself?
Have you believed in dreams, fortune telling, astrology, signs and other superstitions?
Do you give thanks to the Lord for all things?
Have you ever doubted God's providence concerning yourself?
Do you at least try to perceive His purpose in all the things that come upon you?

Sins against Your Neighbors

Do you respect and obey your parents?
Have you offended them by rudeness or contradiction?
(These two apply also to priests, superiors, teachers and elders.)
Have you insulted anyone?
Have you quarreled or fought with anyone? Have you hit anyone?
Are you always respectful to old people?
Are you ever angry, bad tempered or irritable?
Have you called anyone names? Do you use foul language?
Have you derided any that are disabled, poor, old or in some way disadvantaged?
Have you entertained bad feelings, ill will or hatred against anyone?
Have you forgiven those who have offended you?
Have you asked forgiveness from those whom you have offended?
Are you at peace with everyone?
Have you left the needy without help when you could have helped?
Have you attended the sick or elderly when they have asked you to do so?
Have you shown kindness and attention to all, remembering that God is expecting just such an attitude from you?
Have you hit animals without a cause or been cruel to them, or neglectful of those in your care?
Have you stolen anything?
Have you taken or used other people's things without asking?
Have you kept money or things that were lent you without returning them?
Have you wasted your employer's time or resources? Have you taken things from work for your own use, used the firm's phone or other facilities for your own purposes without permission or repayment?
Are you obstinate, and do you always try to have your own way?
Have you been inconsiderate of other people's feelings?
Have you tried to have your revenge against those who have offended you?
Have you harbored resentment? Have you deceived people?
Have you gossiped?
Have you told untruths?
Have you judged and condemned others?
Have you taken pains before approaching for Confession to be reconciled with all?

Sins against Yourself

Have you been proud? Do you boast of your abilities, achievements, family, connections or riches?
Do you consider yourself worthy before God?
Are you vain, ambitious? Do you try to win praise and glory?

(Continued on page 15)

(Continued from page 14)

- Do you bear it easily when you are blamed, scolded or treated unjustly? Do you think too much about your looks, outward appearance and the impression you make?
- Have you sinned in thought, word or deed, by a look or glance, or in any other way against the seventh commandment? (Adultery, fornication, all extra-marital sexual relationships with others, masturbation, engaging in unnatural sexual acts, fantasizing, pornography, etc.)
- Have you envied anyone anything? Have you been over-sensitive?
- Have you been lazy? Have you done your duties heartily?
- Have you wasted your time, energy or abilities in things that do not profit the soul?
- Have you become obsessive about anything? Have you been despondent or listless?
- Have you had thoughts of committing suicide?
- Have you brought a curse on yourself or others or ill-wished them, being impatient?
- Have you a weakness for alcohol? Have you drunk too much, or become dependent on drink?
- Have you taken drugs, other than necessary medicines? Have you smoked?
- Have you watched television too much or indiscriminately? Have you given yourself up to any other similar pastime which wastes your time and energy and might have harmed you?
- Have you been greedy, either with regard to food or to possessions?
- Have you indulged in comfort-eating? Have you become accustomed to eating between meals?
- Have you been picky about your food, or wasteful of foods, forgetting that so many people are without proper nourishment?
- Have you been extravagant? Have you been wasteful?
- Do you care for and seek first the salvation of your soul, the spiritual life and the kingdom of God, or have you put earthly considerations in the first place?
- Is there any other sin, which burdens your conscience, or which you are ashamed to tell?

Remember that our sins can never outweigh God's love towards us. Even if we should seem to have failed with regard to all the points mentioned above and more, we should not lose heart but confess our sins unshamefacedly, we should regret the wrongs we have done, be resolved to make amends, and receive whatever remedy our confessor should be guided to lay upon us. Most of all, one should be assured of the blessing of God which these endeavors will bring upon you. This Lenten season come to the services, give a gift of salvation to your life, and let us be compatible with our Lord.

God's blessings,

Fr. Costa

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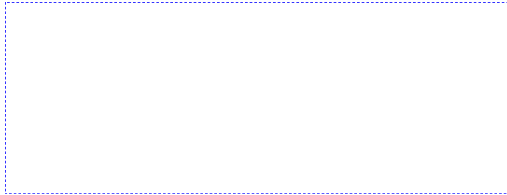
**If your loved one needs care,
please contact Fr. Costas
as he has the names of some
known and trusted caregivers.**

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