

# Saint Katherine



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

# DOXA

The monthly newsletter of  
 Saint Katherine Greek Orthodox Church  
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## ORTHODOX CHRISTIAN STEWARDSHIP

ORTHODOX CHRISTIAN STEWARDSHIP is a way of life which acknowledges accountability, reverence, and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith. Becoming a Steward begins when we believe in God, to whom we give our love, loyalty, and trust and act on those beliefs. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed.

An Orthodox Christian Steward is an active participant in the life of the Church. The parish encourages all who accept the Orthodox Faith to become practicing Stewards. Each year the Steward is expected to carefully review his or her personal circumstances and make a commitment of time, talent, and treasure to support the Parish and her Ministries, which in turn support the National Ministries of our Archdiocese, Metropolises, and institutions.

Effective stewardship ministry is not a single event or project. Rather, it is going out to our people wherever they are in their walk with Christ, listening to their concerns, helping them to realize their importance as branches of the True Vine, and encouraging them to offer their gifts in His service. We use various resources to support our efforts, but unless we meet with our people personally, sincerely listen to their ideas and concerns, and share a vision for the future of the parish, our efforts will not reach their full potential.

In *Oriented Leadership*, their book on Orthodox Christian leadership, Williams and McKibben define stewardship as the call of the faithful to share willingly the gifts that God has bestowed on them, including sharing these gifts for God's work. Stewardship is devotion and service to God and His Church as persons, as families, as a Parish, as a Metropolis, as a National Church, and as the Church Universal. Stewardship is our active commitment to use *all* our time, talent, and treasure for the benefit of humankind in grateful acknowledgement of Christ's redeeming love.

*Stewardship is caring for the needs of others.*

*Stewardship is offering one's self to God as He offered Himself to us.*

*Stewardship is what a person does after saying "I believe..." as proof of that belief.*  
 (Williams and McKibben in *Oriented Leadership*)

We, the Greek Orthodox Christians of the parish of Saint Katherine, dedicate November as a month of celebration and commitment. We celebrate our faith by acknowledging our patron saint, Katherine the Great Martyr of Alexandria, in hymns and prayer. May she always be a beacon of light and truth for us. When we grow in our faith, we grow in the ministry of Christ for His Church. This is the reason that we pray the Offertory Prayer at every Liturgy, "O God, as you welcomed the gifts of Abel, the sacrifices of Noah and Abraham, the incense of Aaron and Zachariah, do welcome also, from the hands of us sinners, these offerings, so that in clear con-

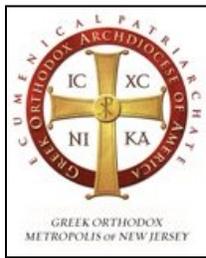
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His Eminence Metropolitan Evangelos will celebrate an Hierarchical Divine Liturgy at our parish on Sunday, November 18. Please come to church to welcome him and receive his paternal blessing.



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

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

**CHURCH SCHOOLS**

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

**MINISTRIES**

Acolyte Captaina	Anastasios Galatis, Najy Issa, and Daniel McKinney		
AHEPA #438 (P. Derzis)	Angelo Toutsis	703-281-0843	antovi@verizon.net
Bookstore	Christopher and Frances Kalavritinos	703-671-1515	
Choir	John Doulis	703-899-4131	jdoulis@aol.com
Daughters of Penelope Helle #283	Jane Moore, President	540-847-2215	jmoore24@csc.com
DOXA	Presv. Pauline Pavlakos	703-239-2627	przpauline@stkchurch.com
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Greek Dance	Aris and Anna Yortzidis		greekdancedc@gmail.com
Greek School Auxiliary	Elena Lagos, President	703-241-1176	pedakia@aol.com
HOPE (ages 7 and under)	Toula Christou	703-533-0055	tmchristou@yahoo.com
JOY (ages 8-12)	Tina Papamichael, Director	703-536-4711	athena02@verizon.net
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Psalters	James Loizou, Protopsaltis	703-356-8220	dimitri14@verizon.net
Safeway eScrip	Elvira Garnett	703-425-3675	villa45@hotmail.com
Website	Presv. Pauline Pavlakos	703-239-2627	przpauline@stkchurch.com
Women's Book Club	Fay Mpras	703-865-5776	faympras@gmail.com
YAL (Young Adult League)	TBD		

## PARISH COUNCIL

*Our mission is to proclaim and live the Orthodox Christian faith by fostering a loving environment promoting diverse ministries enabling parishioners to fully participate in the life of the Church and find salvation in Jesus Christ, Our Lord and Savior.*

The mission statement above was adopted as part of our new Stewardship program and heralds a number of exciting changes that are in process regarding Stewardship in our community. Foremost among these is our movement toward a ministry centric approach to Stewardship. By emphasizing our ministries and encouraging the active participation of our stewards in the life and activities of the Church, our stewardship ministry will be renewed and strengthened and further characterized by a willing and joyful attitude with regards to stewardship by all parishioners. It logically follows that our community will be strengthened as well. Essentially, our focus will be to nurture existing ministries and create new opportunities for all parishioners to become further involved in the life of the Church. In this way, parishioners will have multiple avenues available to them to express their gratitude for the many blessings all of us receive from our Lord and Savior Jesus Christ.

The last part of my previous sentence is vitally important, because inherent in this approach is understanding that Stewardship is indeed, an expression of faith whose primary purpose is to promote spiritual growth – a growth in Grace and a more fully developed faith leading ultimately to our salvation. And as our mission statement clearly articulates, by promoting spiritual development through the understanding and practice of true Christian stewardship, we foster a parish culture overflowing with joy, peace and loving care of one for another. *Joy, peace and loving care of one another...* what a wonderful thought...a little slice of heaven on earth! And by building and nurturing our ministries, our community will continue to thrive and multiply.

In such an environment, we anticipate enthusiastic participation in all Church activities, functions and extensive ministries; excellent attendance and participation in sacraments; and enthusiastic volunteerism of time and talents and treasures resulting in our community's spiritual and numerical growth. Our ministries themselves will also express their stewardship responsibilities to the Church not only through their activities, but through their generosity as well.

Because our ministries essentially define who we are as a community, in a very real sense, we are only as strong as our ministries are vibrant! Thankfully, we are currently blessed with many such vibrant ministries, but many more remain possible. One example among several developing ministries in our community is a Creation Care Ministry currently being explored that focuses on spiritual aspects of our environmental responsibilities as Orthodox Christians. We hope to reveal more about this and other existing ministries in the very near future upon publication of a new Catalogue of Ministries which will serve as a resource document containing information relating to opportunities for further involvement in the life of our Church.

In closing during this month of emphasis on Stewardship, allow me to proclaim that everything I have comes from my Lord and Savior...*everything*. My involvement in the community is but one expression of my gratitude for Christ's redeeming love. On behalf of our Parish Council and our Stewardship Ministry, I pray each of you embrace this belief and join us in making our community one where joy, peace and loving care of one another continues and abounds forever in our parish.

### 2013 STEWARDSHIP FORM



Stewardship is based on the fact that all that we have and all that we are comes from God. We commit ourselves to stewardship as a way of thanking God for all His blessings—returning to Him a portion of the time, talent, and treasure He has given us. *Good stewardship of time* means we share some the 168 hours in a week with God and caring for others. *Good stewardship of talent* means we identify our talents and use them to glorify God and help other people. *Good stewardship of treasure* means we give a portion of our income to the Church and other charities.

During the year 2013, we ask that everyone consider fulfilling their stewardship on weekly basis. This will allow our church to better plan activities and expenses.

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

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

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

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

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

## “YOU CANNOT TEACH ADULTS NEW THINGS.”

*Bill Marianes*

THE TITLE OF THIS ARTICLE comes from Greek philosopher Socrates. I think he got it right in his entire statement which was: You cannot teach adults new things. You can merely create the environment in which they discover the truth for themselves.” This belief is the basis of the “Socratic method” used by law schools and other educators to teach by asking questions and helping people learn to think and discern the truth.

Are you ready to discover the truth for yourself? Each of our Igniting the Flame of True Orthodox Stewardship 101/201 programs begins with Socrates’ words and then asks two key questions.

**Question #1: Do you believe in John 3:16?** In John 3:16 we learn that “For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but *have everlasting life.*” Let’s focus a little on that last part. Do you believe in the resurrection? Do you believe in the possibility of Heaven or everlasting life? Do you believe there is anything after this life?

These are fair questions because in his book, *American Grace*, Robert Putnam reports on the results of a nationwide survey that concluded that while 80% of Americans are absolutely sure there is a God, only 60% are absolutely sure that there is a heaven and only 52% have this level of certainty about life after death. What do you believe?

I am pleased to report that 100% of the attendees at all of our stewardship 101/201 programs raise their hands and testify to believing in the resurrection, the possibility of Heaven and the promise of John 3:16. This leads us to our second question.

**Question #2: Are you ready?** If this were the exact moment when you were called to meet your Maker, is the state of your faith and the body of your works sufficient to assure you of salvation for all of eternity? If they are, congratulations, you are unique and ready. But if you are like most of us, there is more you can and should do. So what keeps us from going “all in” and better using our gifts for God’s greater glory and our salvation?

Stewardship is what we do with the gifts God gave us. He didn’t have to give us any, or many, gifts. So did you ever wonder why your Father blessed you with all of the incredible talents, abilities and resources He has entrusted uniquely to you? And are you doing the best you can with them? If not, why not?

When we are asked to reconsider our stewardship commitments, we sometimes excuse our own conduct (or lack thereof) by sitting in judgment of our perception of the relative lack of contributions of others. But when our judgment day comes, won’t we stand alone? Whether we did more or less than our brother or sister probably won’t really matter. It’s about what *we* do with the gifts *we* were given. It’s personal. Being “less bad” than someone else does not make us “good.”

Saints Raphael, Nicholas, and Irene’s Father Barnabas delivered an inspiring sermon sharing one of the most

critical lessons he learned from his pastoral counseling training. He informed us that most people already know the right thing to do. They know when they are doing the right thing and when they are not doing enough. The job of the counselor/advisor/mentor is merely to help us actually admit and acknowledge what we already know. Sounds like Socrates actually had it right.

So is your stewardship contribution of your time, talent, treasures, and tithes to your Parish/Metropolis/Archdiocese the best you can do given the gifts you have been given? What was the first answer that came to your mind? If your personal salvation for all of eternity depended on the truth of this answer, what would your answer be?

In his book, *The Second Brain*, Scientist Dr. Michael Gershon, explained: “A hundred million neurotransmitters line the length of the gut, approximately the same number that is found in the brain.” So when someone asks you: “What does your gut say?” or advises you to “Follow your gut” they are actually giving you sound scientific advice.

Our Father has given us a “second brain” to help us discover the truth for ourselves. So what does your gut say right now? Is there anything more you can do, or give, for your Parish/Metropolis/Archdiocese and for your salvation? The icon of Pentecost inspires us to reflect on our personal ministry. To be a part of Christ’s holy commission and help bring His word and our faith to ourselves and others through the exercise of our own unique stewardship calling can be a noble and compelling life objective for each of us.

Eternity is an awfully long time. It is far longer than the relatively short time we will spend on this orb we call earth. So if what we do with God’s gifts to us here helps determine where we will spend the rest of eternity, our stewardship stakes in our daily lives just got a lot higher.

This brings us back to question #2. Are you ready? Is the state of your faith and your body of works sufficient to assure you of the right result on judgment day? As John 3:16 teaches, our belief in our Lord is a critical part of our faith journey. So too is our stewardship over the “talents” God has given us.

Ask yourself the right questions, and you will discover the truth for yourself. Then go do something more today (and for all the tomorrows you are given) in gratitude for Christ’s redeeming love and to help prepare your soul for salvation! God bless you as you pursue your own unique stewardship calling. SOTPAETJ (stay on The Path, and enjoy the journey)

*Note: Bill Marianes of the National Stewardship Ministries and Archdiocesan Council was our guest speaker during our Stewardship Weekened on Saturday and Sunday, October 27 and 28. Bill has traveled over 75,000 miles throughout the country energizing communities with this highly effective and spiritually-based Christian stewardship approach that offers a new vision of stewardship which can help create an environment that maximizes the results our communities’ stewardship experience.*

## CATECHETICAL (SUNDAY) SCHOOL

WHEN NOVEMBER COMES AROUND, the first thought that comes to mind is Thanksgiving. This year, Thanksgiving falls on November 22; however, at the beginning of the month our Catechetical (Sunday) School focuses strongly on the words that our Lord and Savior taught us, "It is more blessed to give than to receive" (Acts 21:35). In this spirit, we launch a non-perishable food drive. Our children and parents are asked to contribute recently purchased canned and dry foods for giving to the homeless shelter in Falls Church in time for Thanksgiving. The food drive will conclude on Sunday, November 18.

During the Thanksgiving weekend, there will be no Catechetical (Sunday) School classes on November 25. However, in the spirit of this special occasion, we are confident that our children, together with their parents, will worship in Church as well as at home expressing heartfelt gratitude to God for the blessings granted to our country, our community, and our family.

The month of November ushers in more than Thanksgiving. On Tuesday, November 13, we commemorate Saint John Chrysostom, Archbishop of Constantinople; on Friday, November 16 we celebrate the apostle evangelist Saint Matthew; on Wednesday, November 21, we honor the Entrance of the Theotokos into the Temple; and on Sunday, November 25, we have in our heart, our Patron Saint, Saint Katherine the Great Martyr of Alexandria. Check the calendar on page 10 for more. Indeed, our November classes have much upon which to focus, learn, and pray.

Our Catechetical School wants to thank all those who have participated in the Safeway Rewards program coordinated by Mrs. Elvira Garnett. This year your participation in this program helped purchase additional books for our growing high school classes.

One of Saint Katherine Church's stellar assets is our all-encompassing Sunday Religious Education Program. As you peruse the list in the next column, note the adult classes in addition to the full program for our youth. As time permits, Fr. Costa visits both the Catechetical (Sunday) School and Adult Program classes, which, of course, enhances religious instruction at all levels.

## GOYA (ages 13-18)

THE GOYA BOARD WILL BE SWORN IN following the second liturgy on Sunday, November 4. GOYA will have their own tables at our Church Dance on November 10. Please contact Mrs. Maria Wills if you would like to sit at those tables. GOYA has church duty on Sunday, November 11. Christina Kosmakos will be the GOYA Captain and read the Epistle. GOYA will participate in the Annunciation Baltimore tournament on November 17-18. Don't forget the celebration of our church's nameday: Vespers on November 24 and Feast Day on November 25.

GOYA will donate 1,000 packages of shampoo/conditioner to the Hygiene Kits that they will help assemble for the local homeless shelter.

## CATECHETICAL (SUNDAY) SCHOOL AND ADULT SUNDAY RELIGIOUS EDUCATION STAFF

Principal	Christian Demeter
Assistant Principal	Ramon Vazquez
Pre-Kindergarten (3½s)	Melissa Solomos
Pre-Kindergarten (4s)	Angela Miller
	Eleni Pashiardis
Kindergarten	Mark and Kelly Gull
First Grade	Daphne Papamichael
	Tina Papamichael Sheldon
Second Grade	Sophia Tsangali
Third Grade	Todd and Tori Carr
	Taso and Irene Sakkas
Fourth Grade	Karen Polizos
5th and 6th Grades	Pierre Tavoularis
7th and 8th Grades	George Moratis
	Chris Vaccarello
9th and 10th Grades	Ramon and Christina Vazquez
11th and 12th Grades	Bill and Eleni Porter
Church Music	John Doulis
Bible Jeopardy	John Moses
Adult Bible Study	Bill Polizos

## BYZANTIO GREEK DANCE

THE BYZANTIO GREEK DANCE and Cultural Arts Program continues to grow! We are accepting dancers ages 4 and up (including adults). Contact Aris and Anna Yortzidis at [greekdancedc@gmail.com](mailto:greekdancedc@gmail.com).



## LOOKING FOR A TUTOR?

*Najy Issa, Altar Boy Captain and GOYAn, is offering free tutoring for students, elementary through high school, in the following subjects:*

*Sciences | Math | History*

*Contact Najy at 703-655-9144  
or [Najy.Issa@gmail.com](mailto:Najy.Issa@gmail.com)*

## ΤΟ ΧΡΗΜΑ ΣΤΗ ΖΩΗ ΤΟΥ ΑΝΘΡΩΠΟΥ

Σοφία Δ. Τσαγκάλη

(Συνέχεια από το προηγούμενο)

ΌΠΩΣ ΜΙΛΗΣΑΜΕ ΣΤΟ ΠΡΟΗΓΟΥΜΕΝΟ ΤΕΥΧΟΣ, ο χριστιανός καλείται να ζει απλά, χωρίς περιττά, επιζητών τα αναγκαία για τη ζωή του. Γι' αυτά τα αναγκαία θα φροντίζει να εξοικονομεί τα απαραίτητα χρήματα.

Εκτός του ό,τι πρέπει να καταλάβουμε τί πραγματικά είναι το χρήμα, θα πρέπει να προσέξουμε και κάτι άλλο, πολύ σημαντικό. Κι αυτό είναι να εμπιστευόμαστε την ζωή μας και την συντήρησή μας στην πρόνοια του Θεού. Για τον χριστιανό, που αντιμετωπίζει τα περιηγημάτων ζητήματα, όπως μιλήσαμε στο προηγούμενο τεύχος, έρχεται ο Θεός με την δύναμη της προσευχής μας να φροντίσει και να μας χορηγήσει ό,τι χρειαζόμαστε. Αρκεί να θυμηθούμε την ευαγγελική περικοπή του Ευαγγελιστή Ματθαίου, στο κεφάλαιο 6 και στους στίχους 25 έως 34 και ειδικότερα στους στίχους 31 έως 33. «Μη ου μεριμνήσετε λέγοντες, τί φάγωμεν ή τί πλώμεν ή τί περιβλώμεθα; Πάντα γαρ ταύτα τα έθνη επιζητεί, οίδε γαρ ο πατήρ υμών ο ουράνιος ότι χρήζετε τούτων απάντων. Ζητείτε δε πρώτον την βασιλείαν του Θεού και την δικαιοσύνην αυτού, και ταύτα πάντα προστεθήσεται υμίν». Επίσης και το αίτημα της Κυριακής προσευχής, «τον άρτον ημών τον επιούσιον...», τί άλλο δηλώνει παρά το ό,τι ο Κύριος φροντίζει για μας.

Όταν λοιπόν κάποιος πιστεύει κατ' αυτόν τον τρόπο και εμπιστεύεται στα χέρια του Θεού τον εαυτόν του και τους δικούς του, ποτέ δεν είναι δυνατόν να υποδουλωθεί στο χρήμα. Μένει υπεράνω του χρήματος, θεωρώντας το κάτι το ευτελές και δευτερεύον. Έτσι, ο κάθε άνθρωπος γίνεται αληθινός, σωστός άνθρωπος. Κι εμείς μόνο έτσι δυνάμεθα να αντιμετωπίσουμε τον ισχυρό αυτό πειρασμό και να νικήσουμε. Με την πίστη λοιπόν θα νικήσουμε, γιατί οι κίνδυνοι που κρύβει το χρήμα είναι τεράστιοι. Καλό είναι να τους αναφέρουμε, να τους γνωρίζουμε και να προφυλασσόμαστε από αυτούς.

Μας κάνει δυστυχείς. Ο πλούτος είναι «βάσανο», πολύ όμορφα τον διατυπώνει ο Παρίνι. «Ο πλούσιος δεν ανήκει στον εαυτό του, ανήκει σε άγνωστα πράγματα». «Ο πλούσιος δεν κατέχει, εξ αιτίας του σκληρού νόμου της αιώνιας επιθυμίας, ούτ' εκείνο το λίγο που νομίζει δικό του». Ένας πλούσιος έλεγε: «Σαράντα ολόκληρα χρόνια δούλεψα σαν σκλάβος, για να συγκεντρώσω αυτή την περιουσία μου, και το υπόλοιπο της ζωής μου το δαπάνησα για να την προσέχω σαν να ήμουνα αστυνομικός. Και τί κέρδησα από όλα αυτά; Την τροφή μου, το σπίτι μου, τα ρούχα μου, τίποτε περισσότερο». «Όλα αυτά βέβαια σημαίνουν ότι με το χρήμα δεν βρίσκει κανένας την ευτυχία του. Η αλήθεια, που κηρύττει ο λόγος του Θεού, είναι αιώνια, «κρείσσων ψωμός μεθ' ηδονής εν ειρήνη, ή οίκος πλήρης πολλών αγαθών και αδικών θυμάτων μετά μάχης» (Παροιμία 17:1).

Επί πλέον, το χρήμα μας χωρίζει από τον Θεό. Το είπε ο ίδιος ο Κύριος: «Ουδείς δύναται δυσί κυρίως δουλεύειν, ή

(Continued on page 13)

## ΕΛΛΗΝΙΚΟ ΣΧΟΛΕΙΟ/GREEK SCHOOL

ΟΙ ΤΑΞΕΙΣ ΣΤΟ ΕΛΛΗΝΙΚΟ ΜΑΣ ΣΧΟΛΕΙΟ γέμισαν με τις φωνούλες των μαθητών μας, που διψούν να μάθουν των προγόνων μας την Ελληνική γλώσσα και πολιτισμό. Με επιτυχία και καλή συμμετοχή γονέων έλαβε χώρα στο σχολείο μας το “Back to School Open House”! Με λεβεντιά και περηφάνεια γιορτάσαμε στις τάξεις μας και την εθνική επέτειο της 28<sup>ης</sup> Οκτωβρίου 1940! Οι Ελληνικοί παραδοσιακοί χοροί του Ελληνικού Σχολείου έχουν ήδη αρχίσει με τους εκλεκτούς δασκάλους, Άρη και Άννα Γιουρτζίδη, κάθε Τετάρτη 7:00-8:00 μ.μ. και κάθε Σάββατο με την κ. Ρένα Παπαποστόλου 11:00 π.μ.-12:00 μ.μ. Επίσης να θυμάστε πως κάθε Δευτέρα έχουμε το Tutoring Class 5:00 -7:00 μ.μ. καθώς και κάθε Τετάρτη το Conversational Class στις 6:00 μ.μ.

Θερμές ευχαριστίες στους δασκάλους και γονείς που βοήθησαν στο Φεστιβάλ της κοινότητάς μας.

Ο Νοέμβριος είναι μήνας προετοιμασίας της χριστουγεννιάτικης γιορτής μας, που γίνεται από κοινού με το Κατηχητικό Σχολείο, καθώς και με το Παιδεία Pre-school.

Χρόνια Πολλά γιά την γιορτή της Αγίας Αικατερίνης και Χαρούμενο Thanksgiving!

Ας προσέξουμε τις ακόλουθες ημερομηνίες:

### GREEK SCHOOL

CLASSES IN OUR GREEK SCHOOL are filled with the sweet voices of our students, who are thirsty to learn the Greek language and culture. With success and a good number of parents' participation, the “Back to School Open House” took place in our school last month as well as the celebration of October 28, 1940—OXI Day! Lessons for traditional Greek dances take place every Wednesday, 7:00pm-8:00pm with Aris and Anna Yortzidis, and every Saturday 11:00am-12:00pm with Mrs. Rena Papapostolou. Please remember our Tutoring Class every Monday, 5:00pm-7:00pm and Conversational Class every Wednesday at 6:00pm.

Many thanks to teachers and parents who volunteered their time at the festival.

November is a month of preparation for the Christmas Pageant, in which Catechetical (Sunday) School, Greek School, and Paideia Preschool students participate.

Chronia Polla for Saint Katherine's Feast Day and Happy Thanksgiving!

Please make note of the following November dates:

- |       |                                 |
|-------|---------------------------------|
| 03    | Teachers' Meeting, 1:30 pm      |
| 20-24 | No classes (Thanksgiving Break) |
| 25    | Saint Katherine Feast Day       |

Thank you to George Moshos for chairing our Fall Church Festival. Thank you to everyone who helped, in ways great and small. Your efforts made it possible to, yet again, have a very successful festival.

## BOOK REVIEW

Gregory McKinney

***Consistently Pro-Life: The Ethics of Bloodshed in Ancient Christianity.*** Rob Arner. Eugene, OR: Pickwick Publications. 2010. 152 pages. \$17.00

ARGUMENTS OVER OUR JUSTIFICATIONS FOR KILLING (or saving) of certain members of humanity spans centuries and continents. *Consistently Pro-Life* highlights the teachings of the earliest Christians and injects their powerful witness back into modern ethical discussions. Written when the author was a PhD candidate at Lutheran Theological Seminary, *Consistently Pro-Life* convincingly contends that, “The consistent ethic of life of the gospel of Jesus ... is neither ‘liberal’ nor ‘conservative,’ for it cuts across all human ideological distinctions, challenging all to uphold the dignity and value of human life from conception to death” (p. xv).

Part I opens with the 2009 murder of abortionist Dr. George Tiller. Identifying three life and death issues in this act, 1) The killing of fetuses *in utero* by abortion; 2) Tiller’s assassination; and 3) the possibility of Tiller’s murderer being executed by the state upon conviction, Arner states:

Nobody is *for* killing, of course. Reasonable people would assert their opposition in principle to killing a human being in most cases. Yet, with few exceptions, most people will admit certain circumstances or instances in which they believe deliberate killing can be justified, if not in fact being a positive moral good. For each of the three moments in this violence cycle, there are those who would justify one of the three specific instances of killing, while denouncing the other two (p. 7).

Arner fleshes out these modern justifications. For Christians, they often stem from what Arner sees as shallow readings of Scripture, notably Romans Chapter 13. In broader society, he addresses the intellectual inconsistency he sees used in choosing which lives to protect and the use of dehumanizing language for those not deemed worthy of protection.

Part II lays out the fruits of Arner’s research on the earliest Christian point-of-view:

A theory began to suggest itself to me – it seemed no matter which century, or which part of the empire, every author I encountered before Constantine seemed to denounce human bloodshed in a variety of contexts, from abortion to killing in war, and everything in between, espousing and living what may be termed a *consistently pro-life* ethic (p. 52).

Arner quotes a multitude of Church Fathers to demonstrate the commitment of the early Church not to take a life. He leads us through chapters on abortion and infanticide (“nothing short of murder”), killing in blood sport (“idolatrous to the very core”), suicide (“turn one into a murderer”), war and military service (“physical wars are no longer to be waged by us”), to texts supporting the categorical statement that “Christians do not kill.”

Arner then identifies the central positive Christian ethic of the time: *patientia* [patience] and *hypomonē* [long-suffering]. Our spiritual forebears nursed no bitterness in their hearts toward their enemies, praying for God’s forbearance so that their persecutors might have time to repent and convert. Christians were content to wait on God, completely secure in the knowledge that God’s justice would reign in the New Jerusalem. It was the non-violence and patience-in-suffering of early Christians that provided public vindication for their belief that Jesus was the promised Messiah. Arner states:

Indeed, the whole of Christology is undermined if outsiders are unable to look at the life of the Church and see in its nonviolence the fulfillment of Isaiah’s oracle, for if we are unable to point to a peaceable Christian church to substantiate our claims, how can we credibly say the Messiah *has* come, if wars and violence continue even in our midst (p. 112).

He argues, however, that the confluence of state and church interests that began under Constantine has resulted in the loss of that early non-violent culture over time, rather than in any comprehensive victory for peace and life. Arner asks “Are the [modern] times really so different so as to necessitate a different course of action?” He says no: “We should follow the example of the early church and forswear any bloodshed but our own, and glory in none but the blood of Jesus Christ” (p. 121).

However, what if our times *are* that different? How does war really work now? There are few limits now to the projection of force, only varying degrees of absolute destruction possible with even a single strike by a small terror cell. How do we react when both international rogues and our next-door neighbors are able to access deadly technologies?

Has the human energy invested in the medical sciences been matched by those invested in bioethics? What will happen should we decide that a culturally defined genetic “perfection” is the only acceptable outcome of conception and birth? How does society work when it is either willfully dismissive or willfully ignorant of the thought and practice of past generations?

Our Christian Orthodoxy offers a path through these quagmires; Arner’s examination of our spiritual forebears helps light the way. An honest examination of the world situation might force us to decide that neither absolute non-violence nor ascetic disengagement is possible for the modern Christian. However, Arner gives voice to our ancestors: If Christians aren’t the ones who live and die as witnesses to the patience of God and the peace promised by Christ, why should the rest of humanity ever give that peace a chance?

If today’s stakes are higher and the world more complex, then the urgency, the absolute need for a new, highly-engaged breed of Christian intellectual martyrs and consistently pro-life peacemakers is greater now than ever.

*Reprinted from The Eastern Light (www.theeasternlight.com)*

## SAINT KATHERINE PROFESSIONAL AND BUSINESS DIRECTORY

PLEASE CONSIDER LISTING your profession or business on our church website. Please fill out the order form, available at [http://www.saint-katherines.org/about\\_us/misc\\_forms](http://www.saint-katherines.org/about_us/misc_forms), in its entirety. If you choose to list only your profession, please fill out that portion only. If you choose to list your business, please fill out that portion only. The cost per year is \$25 for a professional listing and \$100 for a business listing. We plan to be online by November 1, 2012. By placing your order now, your business or profession will be on our list for free until January 1, 2013. Your yearly billing cycle will begin on January 1, 2013. You may choose to renew your listing automatically for the next year by checking the box on the order form. If you are paying by credit card, your card will be charged for the renewal on or about January 1, 2014. If you are paying with cash or by check, you will be contacted prior to your renewal date. Credit card payments may be made on the church website via PayPal. All listings will be reviewed and acceptance will be determined at the discretion of the Business Directory Committee. A printed version of the directory will be distributed annually with listing additions available quarterly.

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

~ ~ ~ ~ ~

### Professions:

#### Engineering

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

### Businesses:

#### Places of Worship

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

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

We look forward to receiving your listing!

# SAINT KATHERINE ANNUAL DANCE

**SATURDAY, NOVEMBER 10**

**7:00PM - MIDNIGHT**

**MELETIS CHARUHAS HALL**

**LIVE BAND: THE GOLDEN FLAME**

**TICKETS:**

**\$ 25 ADULT | \$ 15 CHILD**

**MEZEDAKIA**

**CASH BAR**

**BEER, WINE, AND SODAS**

**SAVE THE DATE!**  
**Family Fun Night**  
**Celebrating Our 5th Year!**

**Saturday, January 26**  
**5:00pm - 11:00pm**

*Contact Kelly Alexis  
(703-909-2256 [kalexis@gmail.com](mailto:kalexis@gmail.com))  
if you are interested in providing  
food or raffle ticket donations.*

**Proceeds will benefit Saint Katherine  
PAIDEIA Bilingual Preschool.**

# NOVEMBER 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>ANNUAL CHURCH DANCE</b>            Saturday, November 10   7pm-midnight            \$25 per adult and \$15 per child            Live Band: <i>The Golden Flame</i>            Mezedakia            Cash Bar: Beer, Wine, and Soda</p>				<p>1 <i>Kosmas and Damianos The Unmercenaries</i>            9:30am Orthros            10:30am Divine Liturgy</p> <p>Adult Greek School            6:00pm Intermediate            7:30pm Advanced</p>	<p>2            5:00pm Greek School</p>	<p>3            9:30am Greek School            1:00pm GS Tchrs' Mtg.</p> <p>Daylight savings time ends.            Set clocks back one hour            before retiring for the evening.</p>
<p>4 <i>5th Sunday of Luke</i>            8:00am Divine Liturgy            9:30am Orthros and Catechetical Schools            12pm Swearing-In of GOYA Board</p>	<p>5            5:00pm Greek School            Tutoring Class</p>	<p>6            Adult Greek School            6:00pm Introductory II            7:30pm Introductory I</p>	<p>7            6pm Conversational Greek            7pm Greek Folk Dance</p>	<p>8            Adult Greek School            6:00pm Intermediate            7:30pm Advanced</p>	<p>9 <i>Nektarios the Wonderworker</i>            9:30am Orthros            10:30am Divine Liturgy</p> <p>5:00pm Greek School</p>	<p>10            9:30am Greek School</p> <p>Annual Church Dance            7pm-midnight</p>
<p>11 <i>8th Sunday of Luke Veterans Day</i>            8:00am Divine Liturgy            9:30am Orthros and Catechetical Schools            10:30am Divine Liturgy</p> <p>12pm Philoptochos Mtg.</p>	<p>12            5:00pm Greek School            Tutoring Class            7:30pm Deuteri Deutera</p>	<p>13 <i>John Chrysostom, Archbishop of Constantinople</i>            9:30am Orthros            10:30am Divine Liturgy</p> <p>Adult Greek School            6:00pm Introductory II            7:30pm Introductory I            7pm Missions Meeting</p>	<p>14            10:00am Silent Prayer            10:30am Wmn's Book Club            6pm Conversational Greek            7pm Greek Folk Dance</p> <p>12pm Deadline for December <i>DOXA</i></p>	<p>15 <i>Nativity Fast Begins</i>            12pm Seniors' Thanksgiving Luncheon            Adult Greek School            6:00pm Intermediate            7:30pm Advanced</p>	<p>16 <i>Matthew the Apostle and Evangelist</i>            9:30am Orthros            10:30am Divine Liturgy</p> <p>5:00pm Greek School</p>	<p>17            Annunciation, Baltimore Basketball Tournament</p> <p>9:30am Greek School</p> <p>10:00am Challenge Liturgy at Saint George</p>
<p>18 <i>9th Sunday of Luke</i>            9:15am Orthros            9:30am Catechetical Schools            10:30am Divine Liturgy</p> <p>Hierarchical Visit from His Eminence Metropolitan Evangelos</p>	<p>19            5:00pm Greek School            Tutoring Class</p>	<p>20</p>	<p>21 <i>Entrance of the Theotokos in the Temple</i>            9:30am Orthros            10:30am Divine Liturgy</p>	<p>22 <i>Thanksgiving Day (Office Closed)</i></p>	<p>23 <i>(Office Closed)</i></p>	<p>24            7pm <i>Vespers for Saint Katherine the Great Martyr of Alexandria</i></p>
<p>25 <i>13th Sunday of Luke Katherine the Great Martyr of Alexandria</i>            9:30am Orthros            10:30am Divine Liturgy</p>	<p>26            5:00pm Greek School            Tutoring Class</p>	<p>27            Adult Greek School            6:00pm Introductory II            7:30pm Introductory I</p>	<p>28            10:00am Silent Prayer            10:30am Wmn's Book Club            6pm Conversational Greek            7pm Greek Folk Dance</p>	<p>29            Adult Greek School            6:00pm Intermediate            7:30pm Advanced</p>	<p>30 <i>Andrew the Firstcalled</i>            9:30am Orthros            10:30am Divine Liturgy</p> <p>5:00pm Greek School</p>	

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

## **PHILOPTOCHOS** (by *Eleni Kanakos, President*)

NOVEMBER IS HERE and, as we prepare for the Thanksgiving holiday, we also celebrate the nameday of our church's patron saint—Katherine the Great Martyr of Alexandria. Diane Argerson is chairing the festivities surrounding the celebration of Saint Katherine's nameday: Saturday, November 24, a nameday celebration reception in the Meletis Charuhas Hall after the 7:00pm vespers, and Sunday, November 25, on the feastday of Saint Katherine, the coffee hour after the Divine Liturgy. I hope that everyone can bring something for the reception event for all the guests to enjoy. Please contact Diane at 703-759-3781 to let her know what items you would like to bring.

On Thursday, November 15, Philoptohos will host the Annual Seniors Thanksgiving Luncheon in the Meletis Charuhas Hall. Irene Burton, Helen Spanos, and Trish Kapsidelis will chair this event. All seniors are welcome!

The Christmas luncheon (on December 2) this year will be a joint effort of The Daughters of Penelope and Saint Katherine Philoptohos. More information will follow in the next *DOXA*. Kathy Cavallo is preparing the Christmas Angel Tree for the Winter Coat Drive, which gives abused and homeless children coats during the winter season.

Thanks again to all the ladies who helped make this year's Fall Festival a huge success! Hope you have a wonderful Thanksgiving holiday!

## **SAINT KATHERINE BOOKSTORE**

*New this month! 2013 Icon Calendar from Conciliar Press.* This 11-inch x 12-inch full-color wall calendar features icons depicting the work of Christ—seen, unseen, and foreshadowed—throughout the Old Testament. It also lists major saint and feast days traditionally celebrated in Orthodox countries around the world (dates are according to the new calendar).

Remember to visit Saint Katherine Bookstore after Liturgy for all your Christmas shopping needs. We have Orthodox (iconographic) Christmas cards and ornaments, as well as gift books, special items for children, CDs, and beautiful icons.

Saint Katherine Bookstore is an outreach ministry of Saint Katherine Church. We try to be open most Sundays after each Liturgy. If you need to visit the bookstore during the week, please contact the church secretary, Ms. Sophia Tsangali, at 703-671-1515. We thank you for your support of our ministry.

## **JOURNEY TO ORTHODOXY**

ON SUNDAY, NOVEMBER 4, we will start a new six-week session of *Journey to Orthodoxy*. This Orthodoxy 101 class covers the fundamental teachings of the Orthodox Church. Suitable for the serious seeker, interfaith couples, or someone considering joining the Church, these sessions provide a friendly and open forum for questions and concerns. We will meet in the Meletis Charuhas Hall. Questions? Contact Fr. Costas at [frcostas@stkchurch.com](mailto:frcostas@stkchurch.com).

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

HELLE CHAPTER has been busy in the past month and we were honored to provide support to the Saint Katherine Missions Team in preparing survival and hygiene kits for the Bailey's Shelter. You've probably seen the our "Angel Tree" during the past several weeks. We are soliciting new winter jackets for abused and homeless children who are residents in four area domestic violence shelters. Many of these children must leave their homes quickly and with just the clothes on their backs. Last year, because of your generosity, we donated 150 jackets to these shelters. We are once again asking your help to support this worthwhile project. Please "Be An Angel" and "Pick Out An Angel" from the tree. Jackets can be dropped off in the labeled box in the Meletis Charuhas Center on Sundays or brought to the Church Office during the week. We would like to have the jackets by Friday, November 16 so that they can be distributed during the Thanksgiving season. If you prefer to make a monetary donation, we will shop for the jackets. Please make checks out to: Helle Chapter #283. If you have any questions, please contact Kathy Cavallo at [kcavallo1@aol.com](mailto:kcavallo1@aol.com) or 703-978-1539. You are also cordially invited to attend our Christmas Luncheon on Sunday, December 2 at Westwood Country Club in Vienna. The event this year promises to be an elegant affair. Watch for Sunday Bulletin announcements or contact Kathy Misleh at 703-448-0296 for more information. We wish all of you a wonderful Thanksgiving holiday and blessings for a happy and healthy holiday season!

## **WOMEN'S BOOK CLUB**

THE WOMEN'S BOOK CLUB year will meet on Wednesdays, November 14 and 28, 10:30am until approximately 12 noon, in the boardroom at Saint Katherine. Please consider joining Saint Katherine Women's Book Club! For those of us who are now in the group, we often share that we feel spiritually nourished when we are together and we look forward to meeting every two weeks for our wonderful time of Christian sisterhood. You are all welcome to come in and sit through one of our meetings and see if you would like to continue.

If you have any questions or comments please contact Fay Mpras at [faympras@gmail.com](mailto:faympras@gmail.com), 703-865-5776 (home), or 703-981-7171 (cell).

Don't forget Silent Prayer from 10:00am-10:30am on the days that the Women's Book Club meets. Please see page 13 for more information on this new event.

## **2012 COMMUNITY CHRISTMAS CARD**

You are invited to participate in the annual Christmas card of our parish. It will be mailed by the church office to everyone on our mailing list for only \$25. Please send your name, as you want it to appear in the card, and a check payable to Saint Katherine Church, to the Church Office no later than Monday, December 3. Thank you.

## ΠΡΟΣΕΥΧΗ ΓΙΑ ΕΥΛΟΓΗΜΕΝΑ ΓΕΡΑΜΑΤΑ

Χριστέ μου,

Μέσα στις θλίψεις και στις συμφορές της ζωής δεν μας εγκατέλειπες αλλά με στοργή και αγάπη μας εξωογόνησες και απο τα βάθη της γής πάλι Εσύ μας ανύψωσες. “Κύριε Εσύ είσαι προς τον οποίον ελπίζω από τους χρόνους της νεότητός μου.”

Με τον ίδιο τρόπο και τώρα Σε παρακαλούμε κατά τον καιρό του γήρατος μη μας απορίψεις, όταν θα λιγοστεύουν και θα εκλείπουν οι σωματικές μας δυνάμεις. Μέχρι την τελευταία αναπνοή να μην χάνουμε την ελπίδα μας σε Σένα. Γίνε Εσύ υπερασπιστής και φρούριο δυνατό στην ζωή μας. Σε ευχαριστούμε για τα χρόνια που μας χάρισες γιατί και αυτά είναι δικό Σου δώρο. Να είμαστε ιακανοποιημένοι από την ηλικία μας, ήρεμοι και να κινούμεθα με θετικό πνεύμα. Να καταλαβαίνουμε ότι η ασύδοτη και κοσμική ζωή μάς γεμίζουν προσωρινά. Να είμαστε ελευθερωμένοι από τις κοσμικές απολαύσεις και μέριμνες. Να δίνουμε περισσότερο χρόνο στην μελέτη, στην προσευχή, στην έμπρακτη εκδήλωση αγάπης.

Η ηφαλιότητα, η σεμνότητα, η σωφροσύνη, η ορθή Πίστη, η υπομονή και η αγάπη να είναι τα γνωρίσματα που θα μας διακρίνουν. Τα μάτια και η ζωή μας να είναι προσηλωμένα σε Σένα όπως ήταν η επιθυμία του Πατέρα Συμεών να δει τον Χριστό! Ο αγιοπνευματικός του πόθος ήταν “μη ιδείν θάνατον πριν η ιδη τον Χριστόν”.

Κάνε μας συνετούς αλλά όχι πληκτικούς, βοηθητικούς αλλά όχι καταπιεστικούς. Κράτησε μας το μυαλό ελεύθερο απο την επανάληψη όλων των λεπτομερειών, δώσε μας φτερά για να φτάνουμε στην ουσία. Κράτησε κλειστά τα χείλια μας στις περιγραφές των πόνων και των προβλημάτων μας. Αυξάνουν όσο περνούν τα χρόνια και αυξάνει επίσης η γλυκιά επιθυμία να τα περιγράψουμε. Δεν ζητάμε την χάρη να απολαμβάνουμε αφηγήσεις των άλλων, για τους πόνους τους, αλλά τουλάχιστον βοήθησέ μας να αντέχουμε με υπομονή τις διηγήσεις. Δεν ζητούμε βελτιωμένη μνήμη αλλά τουλάχιστον περισσότερη ανοχή και λιγότερη αυτοπεποίθηση όταν η δική μας μνήμη βρίσκεται αντιμέτωπη με την μνήμη των άλλων. Δίδαξέ μας το θαυμάσιο μάθημα ότι μπορεί κατά καιρούς να κάνουμε λάθη. Διατήρησέ μας λογικά γλυκούς. Δώσε μας την ελευθερία να βλέπουμε τα καλά σε απρόσμενα μέρη και το ταλέντο σε άτομα που δεν το περιμένουμε. Και δώσε μας Κύριε την χάρη να το λέμε.

Φώτισέ μας να έχουμε την δυνατότητα να κάνουμε έναν απολογισμό και να διακρίνουμε με καθαρό μυαλό τις αδικίες που κάναμε και να ζητήσουμε συγχώρηση από Εσένα αλλά και από το άτομο που πονέσαμε. Ακόμη και αν νομίζουμε ότι είμαστε καθαροί, με ταπεινώση να πλησιάσουμε την ψυχή εκείνου που πονέσαμε γιατί Εσύ είσαι μόνο Αγάπη!! Και αυτή μόνο κυριαρχεί κοντά Σου!

Χριστέ μου, ας είναι ευλογημένα τα γεράματά μας. Να είναι ένα στόλισμα και μία πηγή ευλογίας όπως μας λέει και ο Μ. Αθανάσιος: “είναι καθήκον μας να Σε συνατήσουμε με σωφροσύνη, καθαρότητα, ακακία, με φιλοθεΐα και φιλανθρωπία”.

“Χριστιανικά να είναι τα τέλη της ζωής ημών, ανεπαίσχυντα, ειρηνικά και καλήν απολογίαν την επι του φοβερού βήματος του Χριστού αιτησόμεθα”

Αμήν.

# SAFeway

THE SAFEWAY PROGRAM is looking for new members. Please, stop by our table throughout October to register your card. We will be there following both Liturgies. If you prefer, you can fill out the form below and put it in the offering basket. For more information, contact Elvira Garnett at 703-425-3675 or villa45@hotmail.com.

~~~~~  
Safeway Card # \_\_\_\_\_

First and Last Name \_\_\_\_\_

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

Home Phone # \_\_\_\_\_



### AHEPA CHRISTMAS ORNAMENT

The Fifth Annual Community Christmas Ornament, *Snowflakes from Mount Athos*, will be available at the Fall Festival, after liturgies, or by contacting 703-929-6110 or antovi@verizon.net.

### MYTHS AND FACTS ABOUT GRIEF

*Myth:* The pain will go away faster if you ignore it.

*Fact:* Trying to ignore your pain or keep it from surfacing will only make it worse in the long run. For real healing, it is necessary to face your grief and actively deal with it.

*Myth:* It's important to “be strong” in the face of loss.

*Fact:* Feeling sad, frightened, or lonely is a normal reaction to loss. Crying doesn't mean you are weak. You don't need to “protect” anyone by putting on a brave front. Showing your true feelings can help them and you.

*Myth:* If you don't cry, it means you aren't sad about the loss.

*Fact:* Crying is a normal response to sadness, but it's not the only one. Those who don't cry feel the pain just as deeply as others. They may simply have other ways of showing it.

*Myth:* Grief should last about a year.

*Fact:* There is no right or wrong time frame for grieving. How long it takes can differ from person to person.

*Source:* Center for Grief and Healing

# REGISTRY

## Baptisms

*Eviana Irene (September 22)*  
 daughter of Eric D. and Lilyanna L. Shiflett  
 Godparents: Eleni S. Peyser and Michael B. Peyser

*Isabella Mackenzie (October 14)*  
 daughter of Chad and Jessica Gorman  
 Godparent: Peter Argiros

*Dimitra Alexia (October 14)*  
 daughter of Tasos and Natalie Sgardelis  
 Godparents: John Goranitis and Antigoni Markou

*Stephanos Nestor (October 27)*  
 son of Konstantinos and Isabelle Brigitte Kollias  
 Godparent: Paraskevi Kollia

*Andrew P. Schneider (October 27)*  
 son of Paul and Giselle Schneider  
 Godparent: Elizabeth Calomeris Saris

## Wedding

*Stephanie Eleni Vlahakos*  
 and  
*Omer Ihsan Esiner (October 27)*  
 at the Annunciation Cathedral, Houston, Texas

*Congratulations!*



## SUNDAY CHURCH DUTY ROSTER

|                                                                                                            |                                                                                                               |                                                                                                       |                                                                                               |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <u>November 4, 2012</u><br>Andrea Ballard, Captain<br>Chris Christou<br>Art Dimopoulos<br>Chris Euripides  | <u>8:00am</u><br>Iacovos Ioannou<br>Nick Larigakis<br>Costa Mavromatakis                                      | <u>November 4, 2012</u><br>Maria Wills, Captain<br>Bill Polizos<br>Jim Stoucker<br>Pierre Tavoularis  | <u>9:30am</u><br>Church Group (4 volunteers)                                                  |
| <u>November 11, 2012</u><br>Chris Euripides, Captain<br>Korinna Garbis<br>Iacovos Ioannou<br>George Moshos | <u>8:00am</u><br>Bill Polizos<br>Daphne Vaccarello<br>Christina Vazquez                                       | <u>November 11, 2012</u><br>Bill Porter, Captain<br>Nick Larigakis<br>Dr. George Silis<br>Maria Wills | <u>9:30am</u><br>Christina Kosmakos, GOYA<br>Capt. and Epistle Reader,<br>plus 5 other GOYAns |
| <i>Hierarchical Liturgy</i><br><i>**One Liturgy Only**</i>                                                 | <u>November 18, 2012</u><br>Jim Stoucker, Captain<br>Art Dimopoulos<br>Nick Larigakis<br>George Moshos        | <u>9:30am</u><br>Daphne Papamichael<br>Christina Vazquez<br>Maria Wills                               | <i>Hierarchical Liturgy</i><br><i>**One Liturgy Only**</i>                                    |
| <i>**One Liturgy Only**</i>                                                                                | <u>November 25, 2012</u><br>D. Papamichael, Captain<br>Jim Stoucker<br>Pierre Tavoularis<br>Daphne Vaccarello | <u>9:30am</u><br>Church Group (4 volunteers)                                                          | <i>**One Liturgy Only**</i>                                                                   |

## SILENT PRAYER GROUP

*“Be still and know that I am God” (Psalm 46:10).*

WITH JOY AND HUMILITY, we will begin a silent prayer group at Saint Katherine to facilitate our spiritual growth and bring us closer to God. Silent prayer is a longstanding tradition in the Orthodox Church, starting in the third and fourth centuries with the desert fathers and mothers who retreated from society to wrestle demons within themselves and to purify their thoughts and ways. Their efforts often entailed the same silent prayer we practice today, and described by Fr. Thomas Hopko in *The Orthodox Faith, Volume IV “Spirituality.”* “There is also the type of meditation and contemplation done totally in silence, without any words or images or thoughtful activity at all, not even psalmody. The person merely sits in silence, . . . emptying the mind of all thoughts, imaginations and desires, listens to God in silence, the divine ‘language of the Kingdom of heaven’ (St. Isaac of Syria). This type of meditation, for a person of unceasing prayer will be the ‘prayer of silence,’ with the ‘bubbling spring’ of the Jesus Prayer as its only foundation and background. In such contemplative prayer and prayerful contemplation, the spirit of man becomes one with the Spirit of God. (cf. 1 Corinthians 6:17).”

The goal of our silent prayer group will be to reach that stillness by first starting with *The Jesus Prayer* whose aim, according to Metropolitan Kallistos Ware at a lecture in Bethesda, Maryland, in June, 1012, is to “create silence and provide a way of entering silence in the heart.”

“The monastic fathers and mothers of our Church say that prayer is like a flying bird. When a bird is in the air, it beats its wings until it has reached a certain height; at that point, it stops beating its wings and glides along. The words of our prayers are our spiritual wings. There will come a point while praying where words are no longer necessary, we can stop talking and glide in silence, allowing God’s presence to keep us aloft” (Source unknown).

We will meet for silent prayer, in the board room from 10:00am to 10:30am, on the Wednesdays that the Women’s Book Club meets (this month, November 14 and 28). Please arrive promptly and observe signs on the

doors. Alternatively, Fr. Costa suggests that participants meet in their neighborhoods or observe silent prayer individually.

**Suggested format.** Participants will enter and be seated in the circle. When the leader begins, everyone will close their eyes. As a service to each other and in keeping with our prayer in the Divine Liturgy to “commit ourselves and one another and our whole life to Christ our God,” the leader will start the prayer session by repeating *The Jesus Prayer* (“Lord Jesus Christ have mercy on us” [The leader should use “Lord Jesus Christ have mercy on us” for a group]) out loud for 10 minutes to calm our minds and bring our focus to the present moment. This is a time to put aside all cares and concerns—to clear our minds to make room for the presence of God. When our mind begins to drift away, *The Jesus Prayer* brings it back to our purpose. Once *The Jesus Prayer* recitation ends, do not actively pray to God!! In fact, you don’t have to do anything, including analyze how things are going. This is the time to be still, to consent to God’s presence, to “know that He is God.”

During the prayer, noise from the outside will inevitably intrude, along with random thoughts. These distractions are God-given opportunities to learn how to detach ourselves from such things and let them float by like clouds. One of our goals in contemplative prayer is to calm the passions—our worries, our plans, our desires, our aches—that keep us from feeling God’s peace. If thoughts engage you and do not float by, say *The Jesus Prayer* silently to yourself to return to stillness. “It is beyond our power to prevent obsessive thought from troubling and disturbing the soul. But it is within our power to forbid such imagines to linger within and to forbid such obsessions to control us” (Theodoros the Ascetic).

A few minutes before 10:30, the leader will recite *The Lord’s Prayer*. The leader will be responsible for the time, so that the others may not be distracted or concerned.

*“Be still before the Lord and wait patiently for Him” (Psalm 37:7).*

*(Continued from page 6, column 1)*

γάρ τον ένα μισήσει και τον έτερον αγαπήσει ή ενός ανθέξεται και του ετέρου καταφρονήσει. Ου δύνασθε Θεώ δουλεύειν και μαμωνά» (Ματθ. 16:24). «Το Πνεύμα και το χρυσάφι είναι δύο κυρίαρχοι που δεν ανέχονται μοίρασμα. Είναι ζηλιάρηδες, θέλουν τον άνθρωπο ολόκληρο. Κι ο άνθρωπος, και αν ακόμη το θέλει, δεν μοιράζεται σε δύο. Όλος απ’ εδώ ή όλος απ’ εκεί». Κι αυτό είναι μία πραγματικότητα. Όποιος αφήσει τον εαυτό του να κυριευτεί από την επιθυμία του χρήματος, χωρίζεται από τον Θεό. Πάυει να Τον σκέπτεται και να Τον φοβάται. Κάνει αδικίες για να συγκεντρώσει περισσότερο, νοθεύει, κλέβει, παρανομεί. Σ’ αυτό είναι η σκέψη του και η φροντίδα του. Πώς λοιπόν να θυμηθεί τον Θεό; Το χρήμα τον ζητάει να τον λησμονήσει. Ας θυμηθούμε τον νεανίσκο του Ευαγγελίου, Λουκά 18:18-25. Γίνεται το χρήμα Θεός και ζητεί προσκύνηση και λατρεία.

Τί φοβερό όμως! Να αφήσει κανείς τον αληθινό Θεό και να λατρεύει το άψυχο χρήμα! Με άλλα λόγια να γίνει ειδωλολάτρης! Να οδηγήσει τον εαυτό του στον αιώνιο θάνατο.

Ο Ευαγγελιστής Ιωάννης έγραφε στους χριστιανούς, «Τεκνία, φυλάξατε εαυτούς από των ειδώλων (Α΄ Ιωάννου 5:21). Το

*(Continued on page 14, column 1)*

## MISSIONS AND OUTREACH

**Church Festival.** Our Mission and Outreach Committee staffed a table at our October Festival. Thanks to Daphne Vaccarello who put together a beautiful and functional poster board showing all our committee's activities. Many people stopped by to talk with our committee members about our mission and outreach activities. Six new people signed up for our committee!

**Update from Orthodox Christian Mission Center: (OCMC).** Ms. Penny Petropoul, the Major Gifts Officer of the OCMC, spent the week of October 9 in the DC area reaching out to existing and prospective donors to the OCMC. Ms. Petropoul attended our Mission and Outreach Committee meeting on October 9 and shared her goal of getting annual contributions to the OCMC from major donors. She stressed the importance of annual contributions rather than one-time contributions. This allows the OCMC and our missionaries to be better able to plan their activities. Everyone is encouraged to make an annual contribution to the OCMC.

**Appalachia Outreach.** We have been invited by Habitat for Humanity to return to Martinsburg, West Virginia in the spring to do more outreach. We will announce plans in future issues of *DOXA*.

**Guatemala.** Although we had to postpone our January 2013 trip to Guatemala, we are actively planning to go again later in the year. Tasso and Irene Sakkas have agreed to chair this important event. More information will be forthcoming.

**Monument Walk for Missions.** We are pleased to announce that during the 2013 Cherry Blossom Festival, our Missions and Outreach Committee will sponsor a "Monument Walk for Missions" on the National Mall. Joseph and Carolyn Perez, two of our newest members will chair this event. More details will be published as they become available.

**Survival and Hygiene Kits for the Homeless:** During the winter months, the homeless shelter is in need of Emergency Kits and Hygiene Kits for people who are turned away from the shelter because of lack of space. They will need 500-600 of each kit from November to March. Each organization of our church has been asked to buy or raise money for one or two of the items in each kit—Emergency Kits: hand warmers, lip balm, gloves, socks, and skull cap and Hygiene Kits: toothbrush, toothpaste, washcloth, deodorant, soap, lotion, and shampoo and conditioner. Please email demakis9931@gmail.com if you are interested in donating any items. We will meet at church in late October/early November to put the kits together.

**Feeding the Homeless.** If your organization is interested in serving the homeless in November, please contact Dr. John Demakis at jdemakis9931@gmail.com. Thank you.

**Clothing and Toiletries Collection.** We continue to collect new and used (clean) clothing and toiletries for the shelter. There is a collection bin in the foyer of the Meletis Charuhas Center. With winter approaching, they are in special need of warm winter clothing—coats, scarves, gloves, hats, etc.

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

**Diaper collection for area food pantries.** We will collect diapers on Sunday, December 9. Federal food stamps cannot be used to buy diapers, so this is a great help to mothers with infants. Collections will take place in the foyer of our Meletis Charuhas Center. Please bring unopened packages of newborn to 6. No pull ups, please.

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(Continued from page 13)

ίδιο ισχύει και για μας. Να φυλάζουμε τους εαυτούς μας από το είδωλο του χρήματος. Και ισχύει ιδιαίτερα, γιατί στην εποχή μας το είδωλο αυτό είναι πανίσχυρο. Και εδώ οφείλουμε να διευκρινήσουμε ότι ο χριστιανός βεβαίως θα φροντίσει να εξασφαλίσει με την τίμια εργασία του το ανάλογο χρήμα για να έχει τα απαραίτητα προς το ζην. Δικαιούται και πρέπει να τα έχει για μία αξιοπρεπή ζωή. Το άσχημο είναι να μην υποδουλωθεί στο χρήμα και με απληστία να αφοσιωθεί στην συγκέντρωσή του και την λατρεία του. Χρειάζεται αγώνας δυνατός, πίστεως αγώνας για να κρατηθούμε άτρωτοι. Όλοι μας και με όλη την δύναμη της ψυχής μας πρέπει να αγωνιζόμαστε τον αγώνα αυτόν για να κρατήσουμε τις ψυχές μας ελεύθερες από το είδωλο του χρήματος.

Για εμάς μόνος κύριος ας είναι ο Κύριος Ιησούς Χριστός για να μας προφυλάσσει από το πονηρό και αισχρό του χρήματος!

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(Continued from page 1)

science we may always offer to You the gifts and the resources of our labor, for Your glorification, for the alleviation of suffering and hunger, for the ministry to Your people, by the grace, mercy and philanthropy of Your only begotten Son with whom You are blessed from ages to ages. Amen."

As Orthodox Christians we have the high privilege to humbly, freely, and generously offer ourselves and our possessions to Christ and His Church. We have the opportunity to graciously put into action our response to the manifold blessings the Lord has bestowed upon us. Our gratitude to God motivates us to support the Church's ministry through weekly stewardship offerings. Your Stewardship perpetuates the Lord's work throughout our Orthodox Church, both for the parish and national ministries.

*F. Costa*

## STEWARDSHIP

SHOWN BELOW is a list of families, individuals, and organizations who made their pledge for the 2012 Saint Katherine Stewardship Program from July 30 through August 31. Thank you for responding to the needs of our church.

Our 2012 stewardship pledge form is on page 15 and our 2013 form is on page 3. If you have not yet sent a pledge, please complete the form and send it to the office as soon as possible. Alternatively, you may pledge online today at [www.saint-katherines.org/stewardship](http://www.saint-katherines.org/stewardship). Your Church and community depend on your stewardship commitment.

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

M/M Tony Alexis  
M/M Dimitri Alexson  
M/M Antonios Antonis  
Mrs Theresa Burrage  
M/M Louis Cholakis  
M/M Gus Costas  
M/M Adamantios Coulouris  
Mrs Mary Drakoulis  
M/M Christos Gougoufkas  
Ms Areti Gourzis  
Ms Hera-Maria Hadjidamianou  
M/M Dimitrios Hios  
Mr John Kapelos and Mrs Niki Viglas  
Ms Joanna Kappas  
Mrs Anne Kaylor  
Ms Susan Kaylor

M/M George Kehaiov  
M/M Nickolaos Kollas  
M/M Konstantinos Kollias  
M/M Dionisios Korkos  
M/M Gregoris Kozakos  
M/M Nicholas Lagos  
M/M Basil Lambropoulos  
M/M Arthur Lampros  
M/M Michael Lampros  
Ms Alissa Latridis  
M/M Theodosios Liappis  
Mrs Aspasia Makrigiorgos  
M/M Vasilios Makrigiorgos  
Mr Greg Nightingale  
Mr Panagiotis Papadopoulos  
Mr Nicholas Papafil  
M/M George Papas

M/M Gus Papathanasiou  
M/M Pavel Pekarsky  
M/M George Petris  
M/M Ronnie Rinaldi  
Mr Sarakinis and Ms Aloupis  
Ms Alexandra Sarris  
Mrs Katherine Scourby  
M/M Darrel Simmons  
M/M Evangelos Stoyas  
Mr Alexandros Tombras  
Mr Paul Tripathi and Mrs Chrysant  
M/M Vassilios Tsiglifis  
Mr Athanasios Tsounis and  
Mrs Mary Kalpos  
Mr Tasos Vatikiotis  
Mrs Deatra Wood



# There's still time to become a 2012 Steward of Saint Katherine!

In faith, prayer, and sacrifice, my family and I wish to share in the support and work of our Greek Orthodox Church of Saint Katherine. Out of our love and gratitude to God for all His blessings, we would like to pledge the amount of \$ \_\_\_\_\_ for the year 2012 Today's Date: \_\_\_\_\_

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

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

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

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

Με πίστη, προσευχή και θυσία, η οικογένειά μου και εγώ επιθυμούμε να συμμετάσχομε στην υποστήριξη και υπηρεσία της Ελληνικής Ορθοδόξου Εκκλησίας Αγ. Αικατερίνης. Από αγάπη και ευγνωμοσύνη στον Θεό για τις ευλογίες Του, θα θέλαμε να υποσχεθούμε το ποσό των

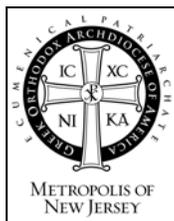
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