

Saint Katherine



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3149 Glen Carlyn Road
Falls Church, VA 22041

DOXA

The monthly newsletter of
Saint Katherine Greek Orthodox Church
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NOVEMBER IS A GREAT MONTH

WHEN WE REFLECT ON MONTHS in the measurement of chronos, we can say that every month is good for one reason or another. I feel that November is a really great. We celebrate so many fantastic ecclesiastical feast days—Kosmas and Damianos, Saint Nektarios, Saint John Chrysostom, Philip, Matthew and Andrew the Apostles, the Entrance of the Theotokos, and our Patron Saint Katherine. November is also great because of Thanksgiving and our Annual Dinner Dance Gala, with our honorees Sophia Tsangali and Nick Larigakis. We have so many people who contribute to the life of our Saint Katherine community, but it is a good thing to lift up a few people to honor yearly.

November is a great month, but December is even greater. We have many feast-days and other events. We all know of the feastday of the Nativity of our Lord. A special event in December is Stewardship Sunday on December 6 (the feastday of Saint Nicholas the Wonderworker). I did not choose to write about Stewardship Sunday because it is my favorite celebration, but out of pure necessity. If we do not celebrate our stewardship commitment as an expression of who we are, and the acknowledgement of our faith as living Christian men, women, and children of God, why would we even think to celebrate any of the above for mentioned feast days? Since most of us need to prepare for financial commitments ahead of time, I would like to offer some reflections.

The Divine Liturgy of Saint Basil the Great includes beautiful silent prayers expressing the Church’s concern for the family: “...remember, Lord, the people here present and those that are absent with good cause. Have mercy on them and on us according to the multitude of your mercies, fill their store-houses with every good thing; maintain their marriage-bonds in peace and concord; nurture the infants; instruct the young, strengthen the aged, encourage the faint-hearted, gather together again those that are scattered; bring back those who went astray and unite them to Your holy, catholic and apostolic church; defend the widows; protect the orphans....” As Orthodox Christians, we are also stewards of our Church family—those with whom we worship, fellowship and serve the community. In the same way that we care for our immediate family, we also care for our Christian brothers, sisters, fathers, mothers, sons and daughters. In his book on the Eucharist/Divine Liturgy, Fr. Alexander Schmemmann explains that in the early church, the Eucharistic sacrifice was offered by all the members of the church. Each person coming to the gathering of the church brought with them everything they could spare for the needs of the church. This meant for the sustenance of the clergy, widows and orphans, for helping the poor, and for all the good works of the Church. This is the Church that we Orthodox Christians claim to be.

In the Gospel of Saint Matthew (6:19), Jesus instructs us, “Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal....” Often in life, we pursue and collect those things that do not last. We must ask, “One hundred years from now, where will our possessions be?” Our great-

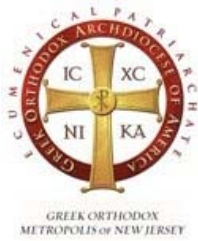
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FROM THE PARISH COUNCIL PRESIDENT

WE'RE IN THE "HOMESTRETCH!" November is upon us and as year's end approaches, I wanted to take a few moments to talk to you about stewardship and why it is important to our community.

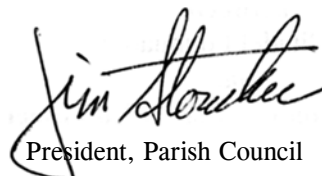
As you all know, our church and the abundance of ministries we enjoy cannot survive without the continued love and support of our parishioners. Your parish council is proactively exploring ways to make it easier for you to remain connected with our church family. This year, **Stewardship Sunday will be held on December 7**. As is our practice, we'll have a guest speaker and host a breakfast for the parish as we request you consider your family's blessings and make your stewardship pledges for the coming year in support of our community and its ministries. In the weeks leading up to this event, many of you will have received your 3rd quarter stewardship statements as a reminder of your donations to date, while still others who have not been stewards in any form for a year or more, have also been personally contacted in an attempt to encourage their renewed participation in the life of our church. By the time many of you read this, our online registration form will have been introduced on our website as a means of ensuring your family's contact information is up to date. We are also expecting publication of our Catalogue of Ministries later this month, as well as the debut of a new and simpler online donations program.

Last February, I wrote a rather extensive article which focused on the multiple aspects of stewardship in our community and how the Church teaches our stewardship responsibilities may be fulfilled in any number of ways, by means of your **involvement** through offerings of your personal time, talents, and financial gifts. I discussed the diverse elements comprising our parish as well as the richness of our ministries which are supported through your time and talents. Inevitably however, we must "render unto Caesar" (in this case, our vendors, suppliers, and service providers, etc.) payments necessary to sustain our community. Detailed insight into our budget indicated how much was required to run our community on a daily basis (over \$3,300/day). The article also showed that our parish's largest source of revenue comes from our stewardship program (44%), with fundraising activities (festivals and rentals, etc.) responsible for almost 40% of our revenues. On the heels of a Fall Festival that experienced poor turnout and lower revenues due to terrible weather, I derive no pleasure in recalling my comments in that February article "...relying on fundraising for that large a portion of our budget is somewhat risky, particularly since weather can be a major factor in the success of many fundraising activities." The thrust of these comments was intended as support for our firm belief that "... our ultimate objective must be to attain 100% of our operating budget solely from our stewardship program." I then wrote:

Now for some frank talk. 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 fundraising 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 over 12 years (since stewardship began). 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.

Please contemplate your blessings carefully as you reflect on the extent to which you will be **involved** (by means of your time, talent, and treasures) in the life of our community. We are blessed with an incredible community and our greatest enemy is complacency and taking for granted the many wonderful aspects of this parish. If we are truly grateful for the blessings God has bestowed upon all of us and our community as we consider our stewardship obligations, your pledges of time, talent, and treasures will surely be sufficient to sustain us for the coming year.

Your servant in Christ,



President, Parish Council

Fr. Costa will meet with GMU OCF students on Tuesday, November 10, 3:00pm-5:00pm in room 239H of the Johnson Center at GMU. All Orthodox students are encouraged to stop by. Please send your (or your student's) email address to frcostas@stkchurch.com so that we can create an email distribution list. Happy Thanksgiving!

CATECHETICAL (SUNDAY) SCHOOL

IN THE SPIRIT OF THANKSGIVING, we would like to thank our Sunday School teachers for their dedication in getting our Catechetical School year off to an amazing start:

Elena Ziu and Alisha Martinez: Pre-K
Maria Kalaris: Kindergarten
Daphne Papamichael & Tina Papamichael: 1st Grade
Sophia Tsangali: 2nd Grade
Todd and Tori Carr & Dianne and Tony Quebral: 3rd
Karen Polizos: 4th Grade
Pierre Tavoularis: 5th and 6th Grades
George Moratis & Matt and Vicki Mowery: 7th and 8th
Ray and Christina Vazquez: 9th and 10th Grades
Bill and Eleni Porter: 11th and 12th Grades

In October, our students participated in an outreach project for our neighbors at Carlyn Springs Elementary, in addition to providing notes of appreciation to active duty military and veterans through the *A Million Thanks* organization. We thank Daphne Papamichael and Tina Papamichael for coordinating these projects. For our November mission focus, we will collect lip balms for winter survival kits for Baileys Homeless Shelter.

Upcoming Dates and Events. On **November 15**, our Sunday School students in grades 7 and above have the opportunity to partner with GOYA to serve our church on Youth Church Duty Sunday. If your child is interested, please contact Eleni Porter (beporter1@verizon.net) or Vicki Mowery (mowerycrew@gmail.com). Also, just a reminder that there will be no Sunday School on **November 29** for the Thanksgiving holiday. The Christmas season will be just around the corner with our Giving Tree project to begin on **December 6** and the Christmas Pageant on **December 13**.

We thank our Sunday School parents for their support of our catechetical program. It's never too late to register your children for Sunday School.



GOYA

GOYA HAD ELECTIONS FOR THEIR 2015-2016 BOARD on September 27 and the results are as follow: Theo Karounos, President; Panos Lagos, Vice President; Alex Cameron, Treasurer; Vasiliki Topping, Deputy Treasurer; Stephanie Vazquez, Corresponding Secretary; Niko Porter, Recording Secretary; Phaedra Manikas and Eleni Mowery, Historians; and Kyriakos Mossaidis, Kosta Pehlivanis, and Van Strifas, Sergeants at Arms. Congratulations to everyone! The GOYA board will be sworn in to office on Sunday, November 1, immediately following liturgy.

GOYA will have a meeting and fellowship, on Sunday, November 1, 12:00pm, in the Seniors' Kentro on the lower level of Founders' Hall. Our Sergeants at Arms will direct the GOYAns to the location. We will have a short video presentation and pizza.

Youth Church Duty Sunday is November 15. Stephanie Vazquez will be the GOYA Captain and Epistle Reader. We need two other GOYAns to serve that day.

We have been invited to participate in the Annunciation, Baltimore's GOYA Basketball Tournament the weekend of November 14-15. The individual player fee is \$50.

GOYA boys will practice on Sundays, November 1, 18, and 22, following liturgy (following the GOYA meeting on November 1). Girls will practice on Thursdays, November 5, 12, and 19 at 6:30pm.

Mark your calendars for GOYA's New York City trip, January 17-18. We hope many of you will join us.

All GOYAns must submit a completed health/registration form (available on the GOYA web page) and \$30 dues. You can turn these in to Presv. Pauline or Mrs. Maria Wills. Alternatively, you can put them in the GOYA mailbox (no cash in the mailbox, please). They MUST be turned in by November 1 in order to play in tournaments or participate in GOYA activities. Thank you.

If you would like to receive GOYA emails, please send your email address to GOYA_St_Katherine@msn.com. If you have any questions regarding GOYA, please contact Presv. Pauline Pavlakos (GOYA_St_Katherine@msn.com or 703-239-2627) or Maria Wills (mwills28@verizon.net or 703-948-7950).



THE BYZANTIO GREEK DANCE AND CULTURAL ARTS PROGRAM will be offering Greek folk dance lessons at Saint Katherine on Tuesdays, 6:30pm-7:30pm, for all youth ages 4 and up, beginning on October 6. The adult performing group will practice on Sundays, 6:00pm-7:30pm, beginning October 11. Please contact Aris and Anna Yortzidis at greekdancedc@gmail.com for more information or visit the website at www.byzantio.org to download registration forms.

HOPE

THE HOPE MINISTRY is an opportunity for children (ages 7 and under) to meet, socialize, and interact with one another. The special events for 2016 include Movie Afternoon on Saturday, January 23 (time to be determined) at Tysons Corner, 7850 Tysons Corner Center, McLean 22102; and Playground and Popsicle Time on Saturday, April 9 (time to be determined) at Van Dyck Park, 3720 Old Lee Highway, Fairfax, 22030. If you would like to be added to the HOPE email distribution list, please email HOPE_St_Katherine@yahoo.com.

HELLENIC EDUCATION CENTER

Eleni Alexopoulou

LEARNING WITH PAIDEIA CURRICULUM

Circle Time. The morning prayer is a warm welcome for all students and staff so that they are inspired by it. Circle time also includes the “Calendar Activities” which introduce Math, Language and Social Science. The students dress up “Telemahos” the frog with the seasonal clothes and the seasonal colors as they are expanding their vocabulary about clothes and weather.

Language Arts in Greek. The students are exposed to a variety of reading material through topics familiar to them. Some of the children literature books include: *The Tortoise and The Hare* (An Aesop’s fable), *The Animals in the Forest*, *The Animals Chorus*, and *Picking Apples*. Additionally, literature material is being used for the development of social skills. Here are some titles: *Manners Please*, *Hands are Not for Hitting*, *Feet are Not for Kicking*, and *Germs are Not for Sharing*.

Seasonal themes become part of the curriculum as well. The children explore the meaning of Thanksgiving, Christmas, and Easter through crafts and role-playing activities as they are taught the principles of our Orthodox Christian faith. Our students participate in the Thanksgiving and Valentine’s Luncheon of Ladies Philoptohos in order to show service and appreciation to the elderly of the community. There two national days celebrated over the course of the year; OXI Day celebration and March 25 Greek Independence Day celebration.

Music. Our music teacher is a classical piano teacher who is Greek-English bilingual. She teaches rhythm and beginning piano skills. Through the Greek and English songs the children early on develop music skills and a trained ear.

Puppet Theater. Drama and the art of role-playing are tied to the lesson plan to help the children develop good manners around the table at snack and lunch time, to cultivate social skills and to express emotions.

Language Arts in English. In the afternoon, after a good siesta, our students are immersed into the English children’s literature books. *The Very Hungry Caterpillar*, *Biscuit*, *Chicka Chicka Boom Boom*, *Anansi the Magic Stick*, *Harry and the Lady Next Door*, and *Harry the Dirty Dog* are some of the titles used. Through the books’ characters the students are introduced to the letter of the day, build on social skills, and are exposed to other cultures and folk stories ~ way.

Math. Using links and other educational material, the students count, measure, graph and learn all about numbers up to 20. By the end of the school year they will have counted all the days being in school with paper links and when the 100th day of school is reached we will have a big celebration!

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BOOK REVIEW

Gregory McKinney

Precious Vessels of the Holy Spirit: The Lives and Counsels of Contemporary Elders of Greece. 2nd ed. Dr. Herman A. Middleton. Dr. Georgios Mantzaridis, contributor. Yonkers, NY: Protecting Veil Press. 2004. Paperback. 212 pages.

Precious Vessels is the result of Middleton’s visits to Greece’s monasteries while pursuing his doctoral studies there. In his preface, he alludes to the book’s evolution and expansion. Beginning as a collection of sayings and counsels of notable elders of the 20th century, he ended up with a survey suitable for both the Orthodox and heterodox. The book is a reader-friendly introduction to the ongoing history of holy monastics and valuable to anyone searching for saints in the modern world.

The book opens with an extended essay by Mantzaridis on the place of monastics in the Church, their wherefores and whys. This provides a frame of reference especially for those not familiar with their central role in the Church:

The perfect monk voluntarily shoulders the universal responsibility for the evil that exists in the world...Placing himself beneath all people and considering himself the first among sinners, he encounters Christ’s gift as a personal gift. He becomes universal on the level of universal sin and accepts the universal reconciliation with the new life that Christ offers the sinful person...Just as Christ bears within Himself all humanity, so the monk is thus widened and embraces all the world. (35)

Middleton goes on to create profiles of eight elders, several of whom have been canonized since the book’s publication, including Elders Paisos, Porphyrios, and George. He provides a hagiography for each and then a sizable collection of their quotations where their true humanity shines forth:

My worst hell is to realize that I have saddened a beloved person. – Elder Epiphanius (79)

The humble are like nightingales that hide in ravines and spread joy to the souls of men with their sweet songs. – Elder (St.) Paisos (132)

You should be joyful! Jesus holds a sculptor’s chisel in his hands. He want to make you into a statue for the heavenly palace. – Elder Amphilochios (57)

Neither should wealth impress you, nor honor, but always walk justly. Eat your bread with your honorable sweat and not through unjust means. The things you gain honorably, do not squander aimlessly. Live honorably and humbly, and as much as possible extend your hands in charity.... Knock on the doors of the poor, the sick, the orphans. You should prefer the

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ΕΙΜΑΣΤΕ ΧΡΙΣΤΙΑΝΟΙ

Σοφία Δ. Τσαγκάλη

«ΕΛΛΗΣΙ ΤΕ ΚΑΙ ΒΑΡΒΑΡΟΙΣ, σοφοίς τε και ανοήτοις οφειλέτης εμί. Ούτω το κατ' εμέ πρόθυμον και υμίν τοις εν Ρώμη ευαγγελίσασθαι. Ου γαρ επαισχύνομαι το ευαγγέλιον του Χριστού. Δύναμις γαρ Θεού εστίν εις σωτηρίαν παντί τω πιστεύοντι, Ιουδαίω τε πρώτον και Έλληνι».

Σκοπός αυτού του θέματος είναι να εμπνεύσουμε στον συνάνθρωπό μας την παρηρησία για την πίστη τους. Αντιμετωπίζουμε αντιδράσεις και ειρωνείες πολλές φορές έτσι, ώστε έχουμε ανάγκη τόνωσης.

Αφού διαβάσουμε την σχετική Ευαγγελική περικοπή *Προς Ρωμαίους*, στο κεφάλαιο α' και ειδικά στους στίχους 14-16, θα λέγαμε με δικά μας λόγια σήμερα ότι δεν ντρεπόμαστε που είμαστε χριστιανοί. Ίσως να έρχονται στιγμές που ντρεπόμαστε να ομολογήσουμε ότι είμαστε χριστιανοί και ότι ακόμη κάποιες φορές να υποκύπτουμε στην ντροπή και στην αισχύνη. Θα μπορέσουμε να απαντήσουμε στο αν σκεφτούμε τους λόγους για τους οποίους μάς κατηγορούν οι άλλοι και μάς κοροϊδεύουν. Συνήθως, ο συνηθέστερος λόγος είναι ότι δεν ζούμε όπως εκείνοι, δεν κάνουμε και δεν λέμε κακό για κανέναν, όπως κάνουν εκείνοι. Αυτό σοκάρει και δημιουργεί αντίθεση, ακόμη το ότι ομολογούμε την πίστη μας και αγωνιζόμαστε γι' αυτή. Σε αυτά συνήθως στηρίζονται οι ειρωνείες, *ο άγιος, καλόγερος, η θεούσα, ο καθυστερημένος*.

Αναμφισβήτητα δεν είναι νοητό να ντρέπεται κανείς, επειδή είναι σεμνός, αγνός, ξένος προς κάθε ατιμία, επειδή προσπαθεί να ανταποκρίνεται στα καθήκοντά του ή θέλει να μεταδίδει καλό και αλήθεια. Επειδή επιθυμεί να φέρεται κανονικά σε όλες τις περιπτώσεις και να μην διακατέχεται να σπιλώνει το εσωτερικό του. Κι αυτό, επειδή είναι οπαδός του Χριστού! Εντελώς αντίθετα δικαιολογούμε *μία καύχηση*, μία υπερηφάνεια εσωτερική, *«ουκ επαισχύνομαι το Ευαγγέλιο του Χριστού»*.

Για να απαλλαγούμε λοιπόν από το *επαισχύνομαι* έτσι, ώστε να φύγει η ντροπή από πάνω μας, καλό είναι να σκεπτόμαστε και να προσπαθούμε να έχουμε πάντα μπροστά στα μάτια της ψυχής μας την αλήθεια για την πίστη μας, ότι δηλαδή το Ευαγγέλιο είναι *«δύναμις εις σωτηρίαν»*. Είναι ικανό να προσφέρει στον άνθρωπο την χαρά, την ευτυχία, την δύναμη, την επιτυχία στη ζωή, εξευγενίζει τον άνθρωπο. Γεμίζει την ψυχή με ανωτερότητα, χαρίζει την λύτρωση από την κυριαρχία της αμαρτίας και του κακού. Πολύ ωραία το εκφράζει ο Tihamer Toth: *«Φαντάσου τον κόσμο χωρίς χριστιανισμό και τότε θα καταλάβεις το τί έχει χάσει. Αφαίρεσε τους ωραιότερους πίνακες και τα θαυμασιώτερα αγάλματα των μουσείων, εφόσον είναι χριστιανικά δημιουργήματα. Γκρέμισε τους μεγαλοπρεπείς καθεδρικούς ναούς, εφόσον ανήγερνε ο χριστιανισμός. Εξαφάνισε, ρίχνοντάς στη φωτιά, τα ωραιότερα έργα του Χαίντελ, του Παλεστρίνα, του Μπετόβεν, του Μότσαρτ, του Ροσσίνι, γιατί είναι εμπνευσμένα από το πνεύμα του χριστιανισμού. Κατεδάφισε τα νοσοκομεία, τα ορφανοτροφεία, τα οικοτροφεία, γιατί τα επενόησε ο χριστιανισμός. Κλείσε τα σχολεία και τα πανεπιστήμια, γιατί έχουν την ίδια προέλευση. Και αφού κάνεις όλα αυτά ρίξε ένα βλέμμα αναδρομικό προς τους είκοσι αιώνες και τότε θα φρίξεις βλέποντας το κενό, το φοβερό κενό, το οποίο άφησε στην ιστορία ο Σταυρός του Χριστού»*.

Ας μην ξεχνάμε λοιπόν ποτέ την αλήθεια, την οποία πρέπει να την φρεσκάρουμε συχνά για να ανανεώνεται το

(Continued on page 15, column 2)

ALL AROUND THE TOWN

Joanna Bose

BRONZE SCULPTURES OF THE HELLENISTIC PERIOD

Between 334 and 323 B.C., Alexander the Great and his armies conquered much of the known world, creating an empire that stretched from Greece and Asia Minor through Egypt and the Persian empire in the Near East to India. This unprecedented contact with cultures far and wide disseminated Greek culture and its arts, and exposed Greek artistic styles to new exotic influences. The death of Alexander the Great in 323 B.C. traditionally marks the beginning of the Hellenistic period.

Alexander's generals, known as the "Diadochoi", or "successors", divided the conquered lands of his empire into kingdoms of their own. New Hellenistic dynasties were created which maintained Greek art and cultural preferences.

This continued unabated for three centuries; royal palaces flourished and commissions were made for sculptures and various articles using the new medium of bronze, which had not only strength and the ability to hold poses, but could show fine detail, allowing the sculptor to show realistic features and expressions of emotion, which characterized Hellenistic sculpture.

Included in this exhibit are various bronze portraits of rulers, the new dynastic heads, as well as young men, athletes and torsos. But new aspects of the athletic "type" were also explored.

Even images of the Gods reflected a new, updated image, a more modern take on their "persona"- a more human one! The conventional end of the Hellenistic period is 31 B.C. with the battle of Actium where Octavian-Emperor Augustus- ended the rule of the Ptolemies, which was the last Hellenistic dynasty to fall to Rome. Interest in Greek art and culture persisted through the Roman Imperial period where Roman artists continued making works in the Hellenistic tradition.

In my experience, looking at images of these sculptures elicits an immediate response to them; it is as if they are imbued with life. And quite mesmerizing.

We are so extremely fortunate that this exhibition is coming here to the NGA, starting on December 13 until March 2016. In my mind, nothing can substitute for the actual seeing and experiencing first-hand any work of art.



We would like to thank Joanna Bose who has written the All Around the Town articles since February 2014. Joanna has informed us that she will be taking a break. We hope she resumes writing soon!

REGISTRY

Weddings

*Eva Maria Theodosiadis
and
Jared David Valliere (September 27)
Koumbara: Amanda Hammell*

*Kristin Cooke Davis
and
David Lance Gunn (October 10)
Koumbaros: John Gunn*

*Demetra Maria Patrianakos
and
Peter George Psihas (October 10)
Koumbaros: Yiorgos Lycourgos Koliopoulos*

*Alethea Marie Summers
and
Joshua Randall Robinson (October 10)
Koumbaros: Adams Summers*

*Kaye F. Schultz
and
Andrew H. Burton (October 24)
Koumbaros: Nicholas Burton*

Congratulations!

Baptisms

*James "Jim" (October 1)
son of Jeffrey and Laura Willmott
Godparent: Bill Polizos*

*Mark Alexander (October 17)
son of Nikolas Markos and Michele Rigopoulos
Godparent: Damianos Mylonas*

*Liam Jethro "Dionysios Panagiotis" (October 18)
son of Christopher Gidders and Lacey Smith
Godparents: Patrick Gidders and Mary Summar*

Baptisms (cont'd.)

*Christopher (October 25)
son of Thomas Skordas and Angela Mitchell
Godparent: Kostas Skordas*

*Olivia (October 25)
daughter of Thomas Skordas and Angela Mitchell
Godparent: George Skordas*

Congratulations!

Chrismations

*Sam Abdellas (July 22)
son of Osman and Ascalu Abdellas
Sponsor: George Moshos*

*Alessia Gikas (August 8)
daughter of Serafim and Maria Gikas
Sponsor: Mary Gikas*

*Matthew Mowery (August 23)
son of William and Nancy Mowery
Sponsor: Bill Porter*

*Romanos Rommie Epp Catlett, III (September 6)
son of Rommie Epp and Christine Catlett
Sponsor: A. J. Michael Vasilos*

Congratulations!

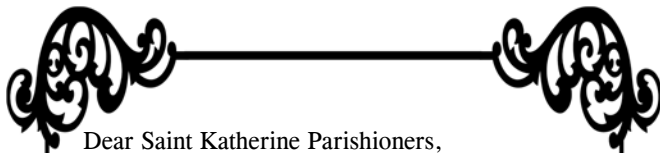
Funerals

*Dr. Michael Tsapos (September 24)
Georges de Paris Christopoulos (September 25)
Presvytera Euphrosyne Irene Mentis (October 1)
at St. Athanasios, Gulf Shore, Alabama
Vasilios A. Voliotis (October 6)
Donna E. Stoyas (October 17)*

May their memory be eternal.

ADULT BIBLE STUDY: BIBLICAL RESPONSES TO THE PROBLEM OF EVIL AND SUFFERING

Using colorful PowerPoint slide presentations we discuss how Scripture informs our Orthodox faith and traditions. With a special emphasis on the books of Genesis and Job in the Old Testament and the Gospels and the Book of Revelation in the New Testament, we will discuss Christian understandings and responses to the problem of evil and suffering in the world. We will explore this topic in light of the meaning and significance of salvation found in Jesus Christ. What is the nature of evil? Why do the righteous suffer? How does our faith speak to the fact of innocent suffering? These are timeless and profound questions that, while difficult and challenging, can also help us to gain wisdom and deepen our Orthodox faith. Classes will be held in the lower level of the new hall from 9:00am to 10:00am each Sunday. Questions? Contact Bill Polizos (571-434 7790 or polizos@att.com). All are welcome! It's never too late to join us.

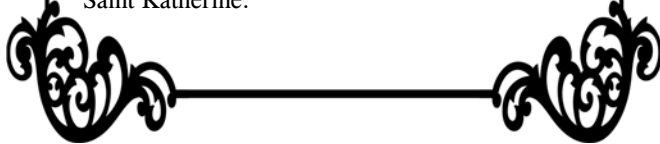


Dear Saint Katherine Parishioners,

Among the most important things we do for our departed loved ones is honor their memory with our traditional Memorial Service. In an effort to more effectively meet your needs during these special occasions, we have engaged the support of our Saint Katherine Ladies Philoptochos Society to assist you with sponsoring your Memorial Service Coffee Hour.

As you and your guests gather in the Meletis Charuhas Center after the Memorial Service, relax in knowing that our Ladies Philoptochos can provide traditional *koulourakia* and *paximadia* (200 pieces combined) along with coffee service through your sponsorship for a donation of \$175. Additional *koulourakia* and *paximadia* are available. Of course, you have the option to bring in your own baked goods. In this case, a donation of \$120 is requested for coffee service, set-up, and cleaning fees.

In order to ensure that your Memorial Service Coffee Hour request will be fulfilled, please contact Mary Varlas (703-965-4161) or Eleni Kankos (703-969-8364) within 72 hours prior to occasion. Donations should be made directly to Saint Katherine.



Saint Katherine Ladies Philoptochos

upcoming bake sale dates:

Thanksgiving

Sunday, November 22, 2015

Christmas & New Year

Sunday, December 13, 2015

Sunday, December 20, 2015

Easter

Sunday, April 17, 2016

Sunday, April 24, 2016

For more information, please email
LPbakesale@yahoo.com or call
Mary Varlas, 703-965-4161

**2015 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 wish it to appear in the card, in English or Greek, and a check payable to Saint Katherine Greek Orthodox Church, to the Church Office no later than Monday, December 7. Thank you.

**AHEPA #438
CHRISTMAS ORNAMENT**



The Peter N. Derzis AHEPA Chapter #438 is proud to announce our 8th Annual Community Christmas Ornament. This whimsical multi-layered Evzone Snowman is sure to be a favorite with young and old alike! Your children and grandchildren will cherish it! These high quality ornaments are manufactured by the same firm that creates the famous White House Christmas ornaments. The decorative boxed packaging makes them ideal for gift giving...they are the perfect stocking stuffer. The cost remains at \$20 each with proceeds supporting our AHEPA Charities such as Vacation Bible Camp, Hellenic Education Center, Church Missions, and College Scholarships. Please support our chapter's charitable endeavors on behalf of our community with your purchase of these highly collectable and sought-after ornaments.

You may place your orders by contacting us at either antovi@verizon.net or jstoucker@verizon.net, or by calling 703-671-1515, 703-671-7225, or 703-929-6110.

NOVEMBER 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <i>5th Sunday of Luke</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy Swearing-In of GOYA Officers</p> <p>12:00pm GOYA Meeting 6:00pm Adult Greek Dance</p>	<p>2 Deadline for Philoptochos' trip to see <i>The Miracle of Christmas</i> in Lancaster, PA (see page 10 for information)</p>	<p>3 5pm Conversational Grk 5:00pm Adult Beg. Greek 6:00pm Grk Folk Dance</p>	<p>4 10:15am Women's Book Club 8:00pm HEC Basketball</p>	<p>5 6:30pm GOYA Girls' Basketball 7:00pm Adult Int. Greek</p>	<p>6 5:00pm Greek School 5:00pm Adult Conversational Greek</p>	<p>7 9:30am Greek School</p>
<p>8 <i>7th Sunday of Luke</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy</p> <p>12:00pm DOP 12:00pm Single Parents 6:00pm Saint Katherine Annual Dinner Gala</p>	<p>9 <i>Nektarios the Wonderworker</i> (Services at St. Nektarios Monastery, 8704 Hampton Valley Road, Emmitsburg, MD 21727) 9:00am Orthros 10:00am Divine Liturgy 7:30pm YAL Deuteri Deutera</p>	<p>10 3:00pm GMU OCF in room 239H of the GMU Johnson Center 5pm Conversational Grk 5:00pm Adult Beg. Greek 6:00pm Grk Folk Dance 7:30pm Missions 8:00pm AHEPA</p>	<p>11 <i>Veterans' Day</i> 8:00pm HEC Basketball</p>	<p>12 12:00pm Philoptochos' Seniors' Thanksgiving Luncheon 6:30pm GOYA Girls' Basketball 7:00pm Adult Int. Greek</p>	<p>13 <i>John Chrysostom</i> 9:30am Orthros 10:30am Divine Liturgy 5:00pm Greek School 5:00pm Adult Conversational Greek</p>	<p>14 9:30am Greek School Annunciation, Baltimore Tournament</p> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 10px auto;"> <p>12pm Deadline for December DOXA</p> </div>
<p>15 <i>8th Sunday of Luke</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy</p> <p>12:00pm Philoptochos 6:00pm Adult Greek Dance</p>	<p>16</p>	<p>17 5pm Conversational Grk 5:00pm Adult Beg. Greek 6:00pm Grk Folk Dance</p>	<p>18 10:15am Women's Book Club 7:30pm Parish Council 8:00pm HEC Basketball</p>	<p>19 6:30pm GOYA Girls' Basketball 7:00pm Adult Int. Greek</p>	<p>20 5:00pm Greek School 5:00pm Adult Conversational Greek</p>	<p>21 <i>Entrance of the Theotokos</i> 9:30am Orthros 10:30am Divine Liturgy 9:30am Greek School DOP Brunch at Westwood Country Club</p>
<p>22 <i>9th Sunday of Luke</i> 9:00am Orthros and Catechetical School 10:00am Divine Liturgy</p> <p>Philoptochos Bake Sale 12:00pm Philoptochos Mtg. 6:00pm Adult Greek Dance</p>	<p>23</p>	<p>24 5pm Conversational Grk 5:00pm Adult Beg. Greek 6:00pm Grk Folk Dance 7:00pm Vespers for Saint Katherine, followed by a reception</p>	<p>25 <i>Katherine the Great Martyr</i> 9:30am Orthros 10:30am Divine Liturgy 8:00pm HEC Basketball</p>	<p>26 <i>Thanksgiving Day</i> (Office Closed)</p>	<p>27 (Office Closed)</p>	<p>28</p>
<p>29 <i>13th Sunday of Luke</i> 9:00am Orthros 10:00am Divine Liturgy 6:00pm Adult Greek Dance</p>	<p>30 <i>Andrew the First-Called Apostle</i> 9:30am Orthros 10:30am Divine Liturgy</p>					

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

PHILOPTOCHOS (by Eleni Kanakos, President)

TIME IS PASSING BY SO QUICKLY, and the holidays are almost here. Philoptochos will be hosting its annual Thanksgiving Luncheon for the seniors of our parish in the Meletis Charuhas Hall on Thursday, November 12, from 12:00pm-3:00pm. For reservations, call Chairwoman Irene Burton at 703-256-5531 or Eleni Kanakos at 703-938-8360. All seniors are welcome!

Our next Philoptochos meeting is on Sunday, November 15, following the Divine Liturgy. Our Thanksgiving bake sale is Sunday, November 22, after the Divine Liturgy. You can place orders in advance by contacting Mary Varlas at LPbakesale@yahoo.com or 703-965-4161.

As we prepare for the Thanksgiving holiday, we also celebrate the nameday of our Patron Saint, Katherine. On Tuesday, November 24, Philoptochos will sponsor a nameday celebration reception after the 7:00pm vespers. Kindly bring a dish to share (mini sandwiches, dips, desserts, etc). Diane Argerson is chairing the festivities surrounding this celebration. Please contact her (703-759-3781 or dionysia6@yahoo.com) and let her know what you will bring. Please keep in mind that we will be in the midst of the Christmas fast so all dishes should be meatless. On Wednesday, November 25, the feastday of Saint Katherine, the Ladies will also sponsor the coffee hour after the Divine Liturgy. We hope that you can join us.

On Tuesday, December 1, 2015 the Philoptochos is planning a trip to Lancaster, PA to see *The Miracle of Christmas*. The cost is \$91.40 which includes theater tickets and round-trip van transportation. We will be leaving promptly at 10:15am from the church parking lot and will be returning around 8:00pm. Please contact Kathy Cavallo at 571-284-7379, 571-212-8911, or kcavallo1@aol.com. The deadline for reservations and payment is November 2.

Please remember to send in your 2015 Philoptochos stewardship and your donations for the Saint Nicholas Shrine in NYC.

Have a Happy Thanksgiving!

SINGLE PARENT FELLOWSHIP

SINGLE PARENTS are encouraged to come together on Sunday, November 8, 9:00am-10:00am (during Sunday School). We will meet in the Meletis Charuhas Hall. Please contact the coordinator, Andrea Kallas-Miller (agapiang@gmail.com) for more information.

CHOIR SCHEDULE

THE CHOIR WILL SING during the following Sunday liturgies: November 8 and 22; December 6 and 20; January 3, 17, and 31; February 14 and 28; March 13 and 27; April 10 and 24; May 8 and 22; and June 5. Please be in the choir loft, ready to sing, by 9:45am.

DAUGHTERS OF PENELOPE (by Karen Polizos, President)

THE DAUGHTERS OF PENELOPE AND THE PHILOPTOCHOS continue to collect new hoodies for teens staying at the Alternative House facility and jackets for children served by the Arlington-Alexandria Coalition for the Homeless. Stop by the table in the hall foyer to learn more information or drop off your donations. Monetary donations may be made payable to DOP-Helle Chapter 283 and mailed to Karen Polizos, 903 Holly Creek Drive, Great Falls, VA 22066, and we will purchase items for the children. You may also drop your donations off at the church office. We will be collecting these items through Sunday, November 8. Thank you for your support!

We are planning a large initiation ceremony at our next monthly meeting, which will be held immediately after church on Sunday, November 8. Mark your calendar to attend to warmly welcome our new Sisters into Helle Chapter.

Plans are moving well for Helle Chapter's 60th Anniversary Jazz Brunch at Westwood Country Club on November 21. We are honored that DOP Grand President, Connie Pilallis, is attending this special celebration.

Our next meeting will be held on Sunday, November 8, in the board room immediately following church.

BOOKSTORE

NEW THIS MONTH! 2016 Icon Calendar, Icons of American Saints, from Conciliar Press (\$20.00) This 11" x 12" full-color wall calendar features icons of American Saints from many different contemporary American iconographers. This beautiful calendar also lists major saint and feast days traditionally celebrated in Orthodox countries around the world (dates are according to the new calendar). It also features large calendar boxes (1-3/8" x 1-3/4") for recording your important date reminders.

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

CONGRATULATIONS TO KATIE BIRNBAUM, who was presented with the prestigious Patriarch Athanasios Medal for many years of service to the music ministry of the Metropolis of New Jersey! The presentation was made at the EFGOCM (Eastern Federation of Greek Orthodox Musicians) conference at the Annunciation Cathedral in Norfolk, Virginia the first weekend in October. May God continue to bless your hands and voice, Katie.

MISSIONS AND OUTREACH

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

OCMC News. The Orthodox Christian Mission Center (OCMC) has released the list for the 2016 short-term teams. There will be teams to Albania, Guatemala, Mexico, Uganda and Alaska. And, for the first time, teams will be sent to Indonesia. A full list can be seen on their website (OCMC.org). Teams usually last 2-3 weeks. Please give prayerful consideration about participating in one of the teams in 2016. Many of our Saint Katherine parishioners have participated in teams over the last few years. They can tell you that it can be a life-changing experience. For more information, please contact Dr. John Demakis at demakis9931@gmail.com

Project Mexico and St. Innocent Orphanage. This summer we have the opportunity to once again join other Orthodox Christians from around the country in Mexico to assist in building a home for a needy family. We will be staying at the St. Innocent Orphanage where we will provide ministry to the orphans as well as spending time with them playing games and doing arts and crafts. A team from St. Katherine, headed by Eleni and Ariana Porter, will be going from July 14-20, 2015. If you are interested in going on this life changing mission trip, please contact Eleni Porter at beporter1@verizon.net

Monumental Mission Walk Follow Up. On a beautiful Saturday morning, September 19, Orthodox Christians from around the DC area and three students from our Hellenic College/Holy Cross Greek Orthodox School of Theology Holy Cross Seminary participated in the third annual Monumental Mission Walk. This year the walk went around the Tidal Basin and included stops at the Jefferson Memorial, the FDR Memorial, the Martin Luther King, Jr. Memorial and others. The money raised will help the OCMC and local ministries. Thanks to all who participated. A special thanks to Eleni Porter who chaired the event.

Food Pantry. Wonderful news from our local food pantry—we received the email below from the director of the food pantry, Ms. Betsy White:

I want to pass on some exciting news: Our food pantry has been selected as a featured non-profit, by the Catalogue for Philanthropy - Greater Washington, as one of the region's best community-based charities. This award reflects our status as a 'highly effective local charity', working to combat hunger in our area. The Catalogue has, since 2003, connected caring citizens with worthy community causes and raised more than \$28 million for featured nonprofits.

They will start to promote us in November. Please pray that this will help us as we continue to grow!

St. Katherine is such a generous donor and partner, so we have arranged for you to receive a copy of the catalogue in the mail, probably sometime next week. I hope you enjoy it!

*Thank you for all your support, bless you,
Betsy*

Congratulations to our local food pantry. This is a much deserved honor!!

We just had a food pantry collection on October 25. The previous three collections raised more than 1,000 pounds of food for this wonderful cause. Thanks to everyone at St. Katherine that have donated food.

Diaper Drive, December 6. Our semi-annual diaper drive will be held on Sunday, December 6, 2015. 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.

Culmore Clinic. The Culmore Clinic is located in Columbia Baptist Church, down the street from Saint Katherine. It is the only medical clinic in the area for people without health insurance. It is an interfaith clinic and Saint Katherine has been a contributor since its beginning. Both Fr. Costa and Dr. John Demakis are on the executive committee of the Clinic. Because of the great need in our area, the clinic has decided to expand and stay open another day a week. We are in the process of fundraising and writing grants for the expansion of the wonderful clinic. If you would like to contribute, please make a check out to Saint Katherine and in the lower left write "Culmore Clinic." We have a list of specific needs of the clinic on the Saint Katherine website. Please help.

HOMELESS SHELTER

Hygiene and Survival Kits: Every year, Saint Katherine puts together about 300 Hygiene and Survival Kits for the Bailey's Crossroads Homeless Shelter. These kits are used during the winter months when there is not enough space in the shelter for all who would like to stay. They are given a hot meal and the kit and then they must leave. Each of our church organizations contribute to the kits. The deadline this year is Sunday, November 22. Then, during the Christmas Pageant in December the Sunday School Children put the various items into each kit.

Cooking for and Feeding the Homeless. Our Missions committee will provide dinner at the shelter in October. But we still need other groups to cook for November and December. We have the first four months in 2016 covered. If any other church group would like to cook and serve dinner at the shelter, please contact Dr. John Demakis at demakis9931@gmail.com. It is wonderful experience.

Clothes and Toiletries. We continue to collect new or clean used clothes and unopened toiletries for the shelter year round. As the weather becomes colder, the shelter is in special need of warm clothing (coats, hats, gloves, etc.). Please be generous. Bring your donations to our community center year round. We take them to the shelter every Sunday.

*Our next meeting will be held on Tuesday,
November 10, 7:30pm in the board room.*

WOMEN'S BOOK CLUB

HAVE YOU EVER WONDERED how the Holy Spirit is present in your life? Have you thought about what happens to us after death? Do you know why St. Catherine Monastery in Egypt is unique? The next book we read gives us insight to these questions and many more. The author's style is a blend of conversation and travelogue that is engaging and easy to read. Difficult concepts are presented in clear and concise language so we can easily understand them. The club meets every two weeks on Wednesdays. November dates are the 4th and the 18th, from 10:15am to 12:00pm, at Saint Katherine in the room two doors from the church office. We will have social time before the book discussion at 10:15am. Please join us and invite a friend to come along.

The title of the book is *Inner River: A Pilgrimage to the Heart of Christian Spirituality* written by Kyriacos C. Markides. Copies of this book are available in the Saint Katherine Bookstore. I will also have copies of it at the meeting for you to purchase. The price is \$10. Please contact Despina Raizes (2draizes@gmail.com) if you have any questions. Please send me an email if you plan to attend a meeting so I can send you the reading assignment and discussion questions.

NOVEMBER CHURCH DUTY ROSTER	
<u>November 1, 2015</u> Jim Stoucker, Captain Artemis Dimopoulos Bill Polizos Bill Porter	<u>9:00am</u> Dr. Jerry Rich Pierre Tavoularis Maria Vargas
<u>November 8, 2015</u> Chris Christou, Captain Dr. John Demakis Nick Larigakis George Moshos	<u>9:00am</u> Bill Polizos Dr. Jerry Rich Mary Varlas
<u>November 15, 2015</u> Peter Karounos, Captain Kelly Alexis Pierre Tavoularis Daphne Vaccarello	<u>9:00am</u> Youth Church Duty Day (Stephanie Vazquez, Captain, plus GOYA and Sunday School Volunteers)
<u>November 22, 2015</u> George Moshos, Captain Dr. John Demakis Artemis Dimopoulos Mallamo Mavromatakis	<u>9:00am</u> Dr. Jerry Rich Maria Vargas Mary Varlas
<u>November 29, 2015</u> Kelly Alexis, Captain Chris Christou Peter Karounos Mallamo Mavromatakis	<u>9:00am</u> Bill Porter Jim Stoucker Daphne Vaccarello

TIPS FOR GETTING THROUGH THANKSGIVING AFTER THE LOSS OF A LOVED ONE

Carole Brody Fleet

THANKSGIVING.

Normally a time of festivity, feasting and "fat pants," your Thanksgiving may instead be filled with dread, gloom or outright sadness if you are coping with the loss of a loved one. Rather than celebratory, you may be feeling like: You have nothing to be thankful for, celebrating is pointless, going through the motions for the sake of the kids, the parents, the distant relatives you see only once a year and/or the world at large, forgetting the whole thing and staying in bed with Heath Bar Crunch ice cream (my flavor of choice).

I understand all of these feelings and I would not blame anyone dealing with loss for having any one or all of them. However, attempting to "hide" from a holiday does not make the holiday go away. In fact, attempting to "hide" from this or any holiday can actually make things worse. Whether you choose to acknowledge it or not, the holiday is still going to happen—and if you have chosen against being proactive, you just may wind up morosely sitting alone with your Heath Bar Crunch, dwelling on the fact that you are without your loved one...still.

The lesson? "Creative avoidance" changes nothing. Taking control over your approach to Thanksgiving (and the holidays that follow) can help brighten your outlook and bring you a measure of peace.

Following are four tips to help you not just get through Thanksgiving Day, but maybe, just maybe, even enjoy it as well:

1. Whether you are celebrating Thanksgiving in your home and you are the chef or you are going elsewhere and are expected to bring a dish, prepare something that was your loved one's favorite or perhaps a dish that they used to make themselves. For example, you know that green bean casserole with the fried onion topping that has a jillion calories, no particular redeeming nutritional value and is sinfully delightfully delicious? This is the dish that my late husband made every year and to this day, regardless of whatever else is on the table at Thanksgiving, the green bean casserole is on the table as well. You will be surprised at how much comfort something as simple as a favorite dish or dessert will bring to you.

2. Just about every family enjoys the tradition of going around the table and letting everyone share that for which they are thankful. You can switch this up a bit and share a funny story about your loved one. Finish by lifting a glass and proposing a toast with their favorite drink. Remember, it is OK to smile and it is OK to laugh, even if it's smiling and laughing through tears.

3. If celebrating with longstanding family traditions is just too painful right now, do not be afraid to make chang-

(Continued on page 15)

STEWARDSHIP

SHOWN BELOW is a list of families and individuals who participated in the 2015 Saint Katherine Stewardship Program through September 30, 2015. Thank you for responding to the needs of our church.

If you have not yet submitted your 2015 pledge, please complete the stewardship form on the next page 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.

Any questions? Please contact Lori Nelson at lnelson@stkchurch.com or 703-671-1515.

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

Peter N. Derzis Chapter # 438

Falls Church, Virginia



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AHEPA 438 GREEK CUISINE RAFFLE

PETER N. DERZIS AHEPA CHAPTER 438 is proud to announce the First Annual Restaurant Raffle with prizes to be awarded on November 22. Gift certificates, in excess of \$1,000, are redeemable at Metropolitan DC area restaurants serving the finest in both Greek and American Cuisine.

Tickets are being sold following the liturgy every Sunday through November 22 at the incredible price of only \$20.00 per ticket (6 for \$100.00). Tickets may be ordered by contacting Alan White (winsomealan@aol.com or 703-888-7666).

All proceeds from this raffle will be used to support AHEPA charities both locally and throughout the world. These include Saint Katherine Vacation Bible Camp, church missions, college scholarships awarded to local high school seniors, and the rebuilding of Saint Nicholas Church at Ground Zero in New York City. All of this is in addition to the AHEPA 438 tradition of supporting Saint Katherine in all of its fundraising efforts.

The Chapter is most grateful to all participating restaurants for their generosity in making this raffle possible. A list of participating restaurants will be available every Sunday on the large poster at the AHEPA table at Coffee Hour.

(Continued from page 1—Fr. Costa's Message)

est blessing is our family. As Orthodox Christians, we are called to be stewards of this great gift. If we are faithful to this calling, perhaps our Lord will say to us as he did to the faithful steward, "Well done good and faithful servant" (Matthew 25:23).

Christian Stewardship Is...

...learning how to be a responsible and concerned caretaker of Christ's Church; it is learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.

...our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.

...caring for the needs of others.

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

...what a person does after saying "I believe...", as proof of that belief.

...devotion and service to God and His Church as persons, as families, as parish, as diocese/metropolis, as national Church and as Church universal.

I pray that our loving Lord grants all of us a great couple of months as we end our calendar year. I challenge you to work wonders by being active stewards of the Church.

Yours in Christ's service,

Fr. Costa

(Continued from page 5, column 1—Hellenic Education Center)

Science. An example of a science lesson would be the one on corn teaching about the five senses (smell, touch, see, hear, taste). The children have a blast with the popcorn lesson.

Lastly, it is important that the children participate in the church activities as young members of Saint Katherine. Thus, they are given the opportunity to pray in church when major feast days of saints are being celebrated, to extend their love to the needy by participating in the community's outreach ministries, and to connect with other community members at the social events. For more information, please visit our website at www.stkhec.org.

(Continued from page 5, column 2—Book Review)

homes of the afflicted to the homes of the joyous. If you do good works, you will have a great reward from God. - Elder (St.) George (189)

The extensive footnotes and glossary are another noteworthy element in the book. These are not scholarly notes, however, but explanatory ones. No reader will be left behind due to unfamiliarity with the terms and concepts presented.

Herman A. Middleton received his doctorate in theology from the University of Thessalonica, Greece.

I would like to warmly thank everyone in our community for recognizing and honoring me for my longtime service to our community. May God bless and protect all of you!
~Sophia Tsangali

(Continued from page 6, column 1—Greek Article)

φρόνημά μας.

Χρόνια Πολλά για την γιορτή της ενορίας μας της Αγίας Αικατερίνης που σε λίγο φτάνει και ένα χαρούμενο, οικογενειακό Thanksgiving σε όλους!

Τελειώνοντας το σημερινό μου άρθρο θα ήθελα να κλείσω με ένα διαφορετικό επίλογο, ευχαριστώντας θερμά όλους στην κοινότητά μας και τον καθένα χωριστά για την τιμή και αναγνώριση της πολυετούς διακονίας και προσφοράς μου στην κοινότητά μας. Ο καλός Θεός να ευλογεί και να προστατεύει όλους σας! ΕΓΚΑΡΔΙΑ ΕΥΧΑΡΙΣΤΩ!

(Η συνέχεια στο επόμενο τεύχος)

(Continued from page 12, column 2—GRACE)

es. For instance, if Thanksgiving is always at your house, let someone else host this year at their home. Another alternative to consider might be going to a favorite restaurant that serves Thanksgiving dinner. My mother, my daughter and I did this on the first Thanksgiving after Mike died. Because we had broken from tradition for that particular "first holiday," we were able to more peacefully enjoy both the day and one another. Or you might choose to go way outside of tradition by taking a mini-vacation. There is nothing wrong with doing something different and perhaps even beginning new traditions of your own.

4. There is a huge difference between "celebrating" and "observing." As opposed to celebrating with a lot of people around or otherwise putting yourself in a situation where you feel that you have to paste a smile on your face in order to be social, there is nothing wrong with quietly observing Thanksgiving (or any holiday for that matter) in whatever way that you wish. This might include attending a church service on the day and making yourself a lovely dinner at home or volunteering at a local shelter or soup kitchen.

Above all else, remember this: Though it may not feel like it right this minute, you do have reasons to be thankful. Stop and take a moment to think about that for which you are thankful—your health, your family, your loved ones, your home and whatever else you treasure in and about your life. Most of all, embrace and remember that you had the love of a wonderful person—whatever that person is—whose legacies of love and memories will be with you always.

I wish you a Thanksgiving filled with warmth, comfort and peace.

Note: The continuation of APA's Help for Grief article will appear in the December issue of DOXA. We thought the above article was timely and could help with the many people who lost loved ones this past year.

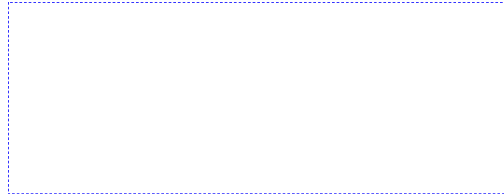


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at our Annual Dinner Gala
in celebration of our Parish
and honoring

Sophia Tsangali

and

Nick Larigakis

Hilton McLean Tysons Corner
7920 Jones Branch Drive, McLean, VA 22102

Sunday, November 8, 2015

6:00pm Silent Auction and Reception

7:00pm Dinner

Music by Orkistra Mikrasiatiki

Dinner Gala Committee

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Maria Wills, *Co-Chair*

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Please contact Mallamo Mavromatakis (703-830-0224) or Maria Wills (703-409-3041) for tickets.