LENT CAN BE GREAT!

THE PURPOSE OF GREAT LENT is to prepare the faithful to not only commemorate, but to enter into the Passion and Resurrection of Jesus. The totality of the Orthodox life centers around the Resurrection. Great Lent is intended to be a “workshop” where the character of the believer is spiritually uplifted and strengthened, where his life is rededicated to the principles and ideals of the Gospel, where fasting and prayer culminate in deep conviction of life, where apathy and disinterest turn into vigorous activities of faith and good works. Lent is not for the sake of Lent itself, as fasting is not for the sake of fasting. Rather, these are means by which we can renew our relationship with God.

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man’s entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. Our return to the great commandments of loving God and our neighbors. It is a time to fervently pray that there will soon be an end to the COVID-19 pandemic.

In the Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification. We are called to “anoint our faces” and to “cleansing our bodies as we cleanse our souls.” The very first hymns of the very first service of Great Lent set the proper tone of the season:

Let us begin the lenten time with delight . . . let us fast from passions as we fast from food, taking pleasure in the good words of the Spirit, that we may be granted to see the Holy Passion of Christ our God and His Holy Pascha, spiritually rejoicing.

Thy grace has arisen upon us, O Lord, the illumination of our souls has shown forth; behold, the acceptable time; behold, now is the time of repentance (Vesper Hymns).

It is our repentance that God desires, not our remorse. We sorrow for our sins, but we do so in the joy of God’s mercy. We mortify our flesh, but we do so in the joy of our resurrection into life everlasting. We make ready for the resurrection during Great Lent, both Christ’s Resurrection and our own.

Make Lent great, come to the Monday night Complines, the Wednesday evening Pre-Sanctified Liturgies, and the Friday Night Salutations to the Theotokos. Before that, come to the Saturdays of Souls services on March 6, 13, and 20. Please take time to list your deceased loved ones names on the form on the next page.

I ask you to recite and personally experience the Prayer of Saint Ephraim:

O Lord and Master of my life!

Take from me the spirit of sloth, faint-heartedness, lust of power, and idle talk.

(Continued on page 6)
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<thead>
<tr>
<th><strong>CLERGY</strong></th>
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<tbody>
<tr>
<td>Rev. Protopresbyter Konstantinos A. Pavlakos, Proistamenos</td>
<td>cell 571-213-1109, home 703-239-2627</td>
</tr>
<tr>
<td>Rev. Presbyter Ziss Lappas, Assistant Priest</td>
<td>cell 617-990-4390</td>
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<tr>
<th><strong>STAFF</strong></th>
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<tr>
<td>Bookkeeper</td>
<td>Lisa Mikhalevsky 703-671-1515 x106</td>
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<td>Choir Director</td>
<td>John Slanta 703-307-0142</td>
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<td>Nick Mpras 703-560-7714</td>
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<td>Sophia Tsangali 703-671-1515</td>
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<tr>
<th><strong>2020 PARISH COUNCIL (2021 COUNCIL NOT YET RATIFIED)</strong></th>
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<tbody>
<tr>
<td>President</td>
<td>Ray Vazquez 703-728-7091</td>
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<tr>
<td>Vice President</td>
<td>Mark Cherpes 703-281-1198</td>
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<td>Secretary</td>
<td>Bill Polizos 571-434-7790</td>
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<tr>
<td>Treasurer</td>
<td>George Moratis 703-774-6180</td>
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<td>Stelios Moschou</td>
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<tr>
<th><strong>SCHOOLS AND STUDIES</strong></th>
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<tbody>
<tr>
<td>Bible Study (English)</td>
<td>Bill Polizos 571-434-7790 <a href="mailto:bp3175@att.com">bp3175@att.com</a></td>
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<tr>
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<tr>
<td>Journey to Orthodoxy</td>
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<th><strong>MINISTRIES</strong></th>
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<tr>
<td>Acolytes</td>
<td>Dimitri and Lucas Solomos <a href="mailto:frcostas@stkchurch.com">frcostas@stkchurch.com</a></td>
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<tr>
<td>AHEPA #438 (P. Derzis)</td>
<td>George Vassilopoulos 571-358-1785 ahepa438.org</td>
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<tr>
<td>Bookstore</td>
<td>Georgia McKinney, Manager 703-437-9218 <a href="mailto:dintym123@gmail.com">dintym123@gmail.com</a></td>
</tr>
<tr>
<td>Online Bookstore</td>
<td><a href="https://st-katherine-fcva-bookstore.square.site/">https://st-katherine-fcva-bookstore.square.site/</a></td>
</tr>
<tr>
<td>Book Club (Saint Genevieve)</td>
<td>Victoria Cherpes 703-310-8651 <a href="mailto:victoriacherpes@gmail.com">victoriacherpes@gmail.com</a></td>
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<tr>
<td>Book Review</td>
<td>Gregory McKinney <a href="mailto:steward1310@gmail.com">steward1310@gmail.com</a></td>
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<td>JOY (ages 8-12)</td>
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<tr>
<td>Moms, Pops &amp; Tots (up to age 4)</td>
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<td>OCF (College Ministry)</td>
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<td>Paideia Preschool</td>
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<td>Philoptochos</td>
<td>Mary Varlas 703-965-4161 <a href="mailto:mary.varlas@yahoo.com">mary.varlas@yahoo.com</a></td>
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<td>Social Media</td>
<td>Social Media Coordinator <a href="mailto:Social@stkchurch.com">Social@stkchurch.com</a></td>
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<tr>
<td>Stewardship</td>
<td>Andrea Ballard 703-250-5419 <a href="mailto:andreaballard1@verizon.net">andreaballard1@verizon.net</a></td>
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<tr>
<td>Website</td>
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<tr>
<td>YAL (Young Adult League)</td>
<td>Faye (Fotini) Anson <a href="mailto:fanson38@yahoo.com">fanson38@yahoo.com</a></td>
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A MEMORIAL PRAYER ON
THE SATURDAYS OF SOULS
ΨΥΧΟΣΑΒΒΑΤΟΝ
March 6, 13, and 20

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

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COMING TO OUR
STUDY

ADULT BIBLE
STUDY

Join us each Thursday evening from 7:00pm to 8:00pm. If you are not already on Bill Polizos’ invitation list, please send your email address to bp3175@att.com to receive weekly invitations to the Zoom classes.

ADULT CATECHETICAL LESSONS (ACL)
HISTORY OF RELIGION TRADITIONS AND SCRIPTURES. This course seeks to help better understand the rich and complex ways that religions function in historic and contemporary contexts by exploring the faith systems of Christianity (Protestantism, Catholicism), Buddhism, Islam, Hinduism, Judaism, Zoroastrianism, and others.

We meet on Wednesdays at 7:30pm. If you are interested in attending this course, please join us on Zoom and email Ioannis Gkigkitzis at igkigkitzis@nvcc.edu for further information and to add you to the group.

Our other catechetical lessons are as follow:
• Fridays, 3:00pm  ACL Philokalia
• Saturdays, 3:00pm  ACL Book of Revelation

JOURNEY TO ORTHODOXY
THE “JOURNEY TO ORTHODOXY” CLASS FOR ADULTS will be held on Mondays, March 1 and 8, and Tuesdays, March 16, 23, and 30 via Zoom (from 7:00pm to 8:00pm). The class follows an informal discussion format. For further information, to receive links to class materials, and to be placed on the Zoom invitation list, contact the teachers, Dr. John Demakis (demakis9931@gmail.com), Jim Jatras (heraclius13@gmail.com or 202-375-1007), or the Zoom technical coordinator James Class (classj@gmail.com).

AHEPA/DOP SCHOLARSHIP PROGRAM
THE 2021 WASHINGTON METROPOLITAN AREA AHEPA/DOP Scholarship Program Application and Student Letter are posted on the church website. Completed applications are due Saturday, March 27, so don’t delay. Scholarship awards will be presented in a virtual celebration on Sunday, May 16, 2021. For more information, please contact Karen Polizos (571-216-4099—call or text—or email polizos@aol.com).
BOOK REVIEW
Gregory McKinney

Pilgrimage to Pascha: A Daily Devotional for Great Lent

Lent always provides an opportunity for quiet reflection. Pre-sanctified liturgies and vespers offer encouragement for the journey. This year, as last, our opportunities to sustain our focus with church services are curtailed for most of us.

Pilgrimage to Pascha offers another way to experience the peacefulness of the Lenten season. It provides a set of readings for each day—with a scripture reading, then a meditation from that reading.

From the meditation for the Friday of the first week of Lent:

I feel lost when I choose to do things I know are contrary to His way. I feel lost when I willingly allow certain influences, rather than the Lord, to govern my life. I feel lost whenever I am satisfied to have a feeble, anemic relationship with God. “Where are you?” Today I am offered this question, just as God posed it to Adam and Eve, with His same intention: love and concern for me. God actively and ceaselessly seeks me out, but He never attempts to force me to reconcile with Him. Instead, He asks me to contemplate: Where am I? Do I want to be found? Great Lent provides me with the opportunity to reach out to the One who can save me. Instead of reaching out for deadly forbidden fruit, let me cling to His almighty and caring hand. (30)

Then follows a reflection from one of the Church Fathers, a brief stanza from a church service, and a short life of a saint. This pattern repeats from day-to-day and provides a comfortable structure to daily Lenten readings at home.

The meditations and reflections on the reading are not high theology. They are written by men who are clearly pastors, gently dealing with the messy business of repentance and transformation:

Father Steven told us, his coauthors, to compose heartfelt, sincere meditations. He instructed us to reach deeply into ourselves to realize our own sins and shortcomings and to admit them openly. He hoped in this way each of our readers might see themselves in a similar light and would journey with us on a common Christian pilgrimage. (7)

Fr. Steven’s gracious spirit is reflected in the tone of the book and encapsulated in the epilogue, when his wife relates his last days with his battle with cancer:

Only one thing made this final, severe cut bearable, he said: “Because what I anticipate is being embraced by the One

FROM THE DESK OF FR. ZISIS

Our journey of Great Lent begins on Clean Monday, “Kathara Deftera”. The reason why Lent begins on Monday is that we have a forty-day fast plus Holy Week. In the Orthodox Church, Holy Week begins with the Saturday of Lazarus, so Lent ends the day before, on a Friday. Thus working back forty days from Saturday of Lazarus, we end up starting on a Monday. “Clean Monday” serves as a reminder that the purpose of Great Lent is to cleanse ourselves of sin and stain so that we can bask in the glory of the Resurrection.

In order to feel clean, one has to realize that he or she is dirty. Five minutes after we get out of the shower, we do not jump back in to clean ourselves again because there is no recognition that we are dirty. When the day has passed, we desire to jump into the shower because we recognize that we are dirty. Some of the dirt on our bodies is there by choice—we choose to mow the lawn, or work on the car, or exercise and sweat. And some of the dirt on our bodies is not there by choice, but by circumstance. Go outside and the “dirty air” sticks to us. We are exposed to car exhaust and other impurities every time we go outside. Even staying in the house exposes us to dust and allergens. So, showering regularly is necessary for good health and hygiene.

In order to be cleansed of sin, one has to realize that he or she is dirty. As times passes, our souls become dirty. Some of the dirt in our souls is there by our choice to sin. We choose to lie, cheat, steal, swear, gossip, covet, etc. and these things dirty the soul. And some of the dirt on our souls is not there voluntarily. How many times have we sinned and we don’t even know we have sinned. Or we’ve helped someone and inadvertently hurt someone else in the process. All of these things dirty our souls as well. If we stayed home and did nothing everyday our souls would be stained with the sin of idleness.

So, there is a need for cleansing, but in order for there to be a real cleansing, there has to be a recognition that our souls are dirty and in need of cleansing. There also has to be a real desire to feel clean and to stay clean.

“Lord of the Powers, be with us. For in times of distress, we have no other help but You, Lord of the Powers, have mercy on us” (from the Great Compline Service).

(Cont’d from previous column)

who has never hurt me, always did the best for me, and always loved me more than I deserve. That’s what I wait for, so it’s okay.” (164)

Archpriest Steven John Belonick was Valedictorian of the Class of 1977 at St. Vladimir’s Orthodox Theological Seminary. Throughout his 40-year pastorate as a priest in the Orthodox Church in America, he served three parishes and also served as Associate Dean for Student Affairs and Chaplain at the seminary.
BOOKSTORE
Lent is upon us and we have a new book to help you get more out of the 40-day period of fasting and prayer. Pilgrimage to Pascha offers meditations based on scripture, ancient hymns, and writings from Church Fathers to nourish your soul. Authors of each meditation have delved deeply into the sins and shortcomings of their own hearts, enabling readers to share in a collective human experience—from darkness to light, from despair to hope, and from isolation to commonality in the body of Christ—as they move steadily toward our Lord’s Resurrection.

This month we also highlight a graphic novel for teenagers, The Broken Wheel: The Triumph of St. Katherine, that tells the story of our patron saint in an engaging and relatable way to young people. The book examines how Katherine, born into noble wealth with an insatiable hunger for knowledge, surpasses even her tutors when it comes to learning. But her learning counts for nothing when she meets the only man worthy of her—her heavenly Bridegroom.

Visit our online bookstore at st-katherine-fcva-bookstore.square.site.

CATECHETICAL (SUNDAY) SCHOOL
INTERESTED IN WORKING WITH CHILDREN and sharing the beauty of our Orthodox faith? If so, please reach out to Christina Vazquez (czvmail2@gmail.com). We are in need of a few teachers for the next school year. Materials and curriculum will be provided.

ORATORICAL FESTIVAL
WE ARE EXCITED TO ANNOUNCE THAT, despite the fact that we are not holding in-person Catechetical (Sunday) School classes, the St. John Chrysostom Oratorical Festival will still take place. Please click on the following link, https://www.goarch.org/~st-john-chrysostom-oratorical-festival, for this year’s topics and information. As always, reach out to Christina Vazquez (czvmail2@gmail.com) if you have any questions.

GOYA
THE GOYANS ARE BACK! We are taking baby steps to get our youth back. Even though COVID mandates are still very restrictive, the mental and spiritual health of our youth is a priority. Please follow the Youth of STK Facebook page to see what’s happening. GOYAs, check the app for the full schedule.

Youth Sundays are back on the schedule and we’ll have some outdoor events, too. Zooming with Fr. C and Fr. Z will begin just in time for Great Lent (the first Zoom for our youth ages 12-18 is on Tuesday, March 16 at 7:00pm for 1/2 hour). The Zoom link will be available soon. Many more things will “pop-up”.

We thank everyone for your patience and flexibility!

ELLENIKO ΣΧΟΛΕΙΟ - GREEK SCHOOL
ΠΕΡΑΣΕ ΚΑΙ Ο ΜΗΝΑΣ ΦΕΒΡΟΥΑΡΙΟΣ! Πίσω γρήγορα περνά ο καιρός! Δεν τον καταλάβαναμε καθόλου. Ε! Και πώς να τον καταλάβουμε, αφού όλοι μας είμαστε απορροφημένοι στην δουλειά μας. Και στην προκειμένη περίπτωση, δεν μιλάμε για μία οποιαδήποτε δουλειά (καμιά βέβαια δουλειά δεν υποτιμώμε όταν γίνεται τίμια και σύμφωνα με το θέλημα του Θεού), μιλάμε για το μεγάλο, το εκπαιδευτικό, το πνευματικό έργο που γίνεται στο Ελληνικό Σχολείο της κοινότητας μας από τους αφοσιωμένους δασκάλους μας και από τους πρόθυμους για Ελληνόμαθεια μαθητές μας. Προσπαθήστε όσο μπορεί ο καθένας μας διαρκώς να ανεβάνεται. Κάθε φορά που συναντιόμαστε στην τάξη το βιώνουμε αυτό.

Ένα Μεγάλο Ευχαριστίως σε όλους τους Γονείς και Δασκάλους για τις εξαιρετικές και δημιουργικές Συναντήσεις, που είχαμε την Παρασκευή 12 φεβρουαρίου και το Σάββατο 20 Φεβρουαρίου.

Θερμά Συγχαρητήρια σε όλους τους μαθητές μας που πέτυχαν στους διαγωνισμούς της Ελληνομάθειας τον περασμένο Οκτώβριο. Έχετε υπερήφανα παιδιά δημιουργικότητας και βιολογικότητας για την Ελληνομάθεια (εκατοντάδες) της Ελληνομάθειας της Ελληνικής Γλώσσας και του Υπουργείο Παιδείας της Ελλάδας ως Κέντρο Ελληνομάθειας.

Επικεντρώνουμε την προσοχή μας τώρα στην γιορτή της 25% Μαρτίου που θα γίνει Παρασκευή 12 ως Κέντρο Ελληνομάθειας και στην τάξη το βιώνουμε αυτό.

February is almost gone! Time flies by so quickly! It’s hard to believe it; how can we, when we are so attached to our work? But here we are referring to the excellent work our dedicated teachers offer to our students. Do not misunderstand, all jobs are great when we work according to God’s will.

A warm “Thank You” to all parents and teachers for the excellent and creative Parent/Teacher Conferences on Friday, February 12 and Saturday, February 20.

We would like to congratulate our students who passed the 2020 Ellinomatheia exams in October. Please see the dates below for the May 2021 exams. Please contact Sophia Tsangali at stsgali@stchurch.com or 703-671-1515, if you need an application.

We are now getting ready for our March 25th Greek Independence Day program. The program will take place in class due to the pandemic.

Please see the important dates below:

- From now to March 21 – Registration for the Ellinomatheia exams
- March 26 & 27 – March 25th Greek Independence Day Celebration in class
- May 18, 19 and 20 – Ellinomatheia exams
  - Tuesday, May 18: Levels A1 (8-12), A1 (teenagers/adults), A2 and B1
  - Wednesday, May 19: Levels B2 and G1, and
  - Thursday, May 20: Level G2
ΜΙΑ ΧΩΡΑ ΜΙΚΡΗ ΣΕ ΕΚΤΑΣΗ, ΆΛΛΑ ΜΕΓΑΛΗ ΣΕ ΠΝΕΥΜΑ!

Sophia D. Tsangali

Ο ΜΗΝΑΣ ΜΑΡΤΙΟΣ είναι ένας εξχωριστός μήνας για τους Ορθοδόξους χριστιανούς! Το ειρήτερο είναι ότι τον μήνα Μάρτιο βιώνουμε την Μεγάλη Τεσσαρακοστή με τις ιερές της ακολουθίες, όπως την Προηγιασμένη Θεία Λειτουργία, το Απόδειπνο, τους Χαιρετισμούς της Ορθοδοξίας. Η Ελλάδα είναι ένας ξεχωριστός μήνας για τους Ορθοδόξους χριστιανούς! Τον μήνα Μάρτιο γιορτάζουμε και τον Ευαγγελισμό της Θεοτόκου στις 25! Την χαρούσαν είδοσ που πήρε η αγνή παρθένα Μαρία από τον Αρχάγγελο Γαβριήλ, ότι θα γεννήσει τον Σωτήρα του κόσμου. Αυτή είναι η βραδευστική γιορτή, την ιδία μέρα, όπου υπάρχει Έλληνας, ενθυμείται και γιορτάζει και μια άλλη γιορτή, την μέγαλη, εθνική, ιστορική γιορτή, την απελευθέρωση της Ελλάδας από τον μακραίων Τουρκικό ζυγό. Και μαζί με αυτό γιορτάζουμε την δόξα και το μεγαλείο της πατρίδας Ελλάδας. Σαν Ορθόδοξοι χριστιανοί και Έλληνες, μας εμπίπτει να είμαστε και αυτοί να μεταφέρουμε στην Ελληνική χώρα άμεσα την ευλογία, να κατοικίζουμε στην επίσημη έδρα της Ελλάδας, να χορηγούμε την ευλογία, να αποκαθηλευτούμε και να ευλογηθούμε την ευλογία, να ανακατασκευάσουμε μέχρι το έλατο της καθημερινής ζωής, στην Ελλάδα.

Κατά τη διάρκεια της περιόδου Μέρας του Μεταμορφώσεως του Λόγου, η ζωή της Ελλάδας καθιερώνεται ως Μεταμορφωμένη Χώρα, ένας ανέκτιμος και αξιόπιστος πολιτισμός. Σε αυτή την περίοδο, οι Έλληνες και οι Παλαιολόγοι γιορτάζουν τις θρησκευτικές ευκαιρίες με την προσωπική και ονομαστική προσφορά στην Άγια Αμπελλοτροφία και την Άγια Παναγία Όρος. Τα ήμισυ και το αριθμό των Ελλήνων αυτοί είναι πολύ μεγάλο. Το Παναγία Ορός, η Μεταμορφωμένη Χώρα Ελλάδα, είναι ένας ανεκτιμήτορος πολιτισμός, ένας ανεκτιμήτορος πολιτισμός, ένας ανεκτιμήτορος πολιτισμός.

Ως πατρίδα, η Ελλάδα είναι ένας ανεκτιμήτορος πολιτισμός, ένας ανεκτιμήτορος πολιτισμός, ένας ανεκτιμήτορος πολιτισμός.

Πώς μπορείτε να είμαι σας μιλήσω για την Ελλάδα μιας προσωπικής και ονομαστικής προσφοράς στην Άγια Αμπελλοτροφία και την Άγια Παναγία Όρος. Τα ήμισυ και το αριθμό των Ελλήνων αυτοί είναι πολύ μεγάλο. Το Παναγία Ορός, η Μεταμορφωμένη Χώρα Ελλάδα, είναι ένας ανεκτιμήτορος πολιτισμός, ένας ανεκτιμήτορος πολιτισμός, ένας ανεκτιμήτορος πολιτισμός.

(Continued from page 1)

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

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

Come and see how great Lent can be!

Kali Sarakosti,
NEWS FROM THE OCMC

OCMC Teams. Teams have been postponed since the Covid pandemic began. Over the last year we have heard from the Mission Field how Teams have been missed because OCMC Teams “connect” people and churches around the world, and offer a significant ministry. We found a way that we can still “connect” through Virtual Teams! Alaska, Colombia, Ghana, South Korea, and Uganda have all received Virtual Teams and we have five more Teams planned for the next two months. Because Virtual Teams are so easy—you do not need to leave your home—they fill up quickly. Only two of the upcoming Virtual Teams still have openings, one to Nigeria and one to Kenya. If you are interested in “connecting” with these places, we’d love to help you through the process.

The Virtual Team process begins by filling in a short application accessible from the link below. You will then begin to receive correspondence from the OCMC to help you prepare. Once the Team is filled you will receive a link to register and pay a $45 fee. Team Members will then receive a list of requested topics and they will email the Teams Department their top choices. Once everyone on the Team has responded with their preferences, assignments will be made and everyone can begin preparing their presentation.

Before the actual date of the Team, a short OCMC orientation will be offered for everyone to get to know each other. Then on the actual date of the Virtual Team, Team members will connect with the mission field and offer their presentations via Zoom. Every Team Member is welcome to stay on the entire time that their Team is presenting, but that isn’t necessary. This Virtual Connection is a fabulous way for individuals to impact the Mission Field. Without leaving your home, you will be able to teach and minister to individuals who are eager to learn more about the Orthodox Church.

Kenya Virtual. A small group of Youth leaders from parishes throughout the Diocese of Nyeri and Mount Kenya will gather to learn more about how the Church is a source of strength and help during these challenging times. This Virtual Team will focus on Training Youth Leaders to further build up the youth in Kenya. Dates March 20, 2021.

Nigeria Virtual. This Team will connect Youth leaders from parishes throughout the Metropolis of Nigeria to Team Members where they will be able to learn more about the importance and value of the Orthodox faith. This Virtual Team has been requested by the Metropolis of Nigeria to Train the Trainers and further build up the youth! Dates April 3 & 4, 2021.

Apply by following the links above or email teams@ocmc.org for more information.

News from Guatemala. Jesse and Juanita Brandow have been weathering the pandemic in Guatemala, where Juanita continues her medical school studies. Juanita currently is in the fourth year of a seven-year program and is progressing well towards her goal of serving the mission field as a doctor. In terms of Jesse’s work, his focus recently has shifted from Guatemala to the Metropolis of Mexico as a whole, which includes all of Central America. In December, Metropolitan Athenagoras of Mexico and Central America named Jesse to be the first director of a newly-created Department of Education in Missions and Evangelism for Central America. The goal is to equip lay people from across Central America to engage in outreach and mission work within their own countries. To that end, Jesse is beginning to develop a training program for missions and evangelism among Spanish-speakers in the Metropolis of Mexico. The program will be a “crash course” in basic tools for outreach and evangelism and will be focused on lay leaders. This year, Jesse will be planning the curriculum and resources for this new endeavor. Please keep him and Juanita in your prayers!

LOCAL OUTREACH

Bailey’s Crossroads Shelter Meal on February 16. Again last month, Fr. Costas shopped for and cooked the Greek-style dinner, assisted by Karen Polizos and Betty and John Slanta. Candice Johnson assisted in delivering the dinner meals to the shelter. The Metropolitan Washington DC Mission and Outreach Committee sponsors a monthly meal for the men and women at the shelter. Due to COVID-19 restrictions, the meals cannot be served directly to the shelter residents. The Bailey’s Shelter houses both a shelter program and permanent housing for the homeless. The shelter has 48 beds for men or women, with four medical beds for homeless adults recently discharged from hospitals who require more care. The facility opened in November 2019 and replaced the old shelter, which was in use since the 1980s.

Diaper and Baby Wipes Drive. The Washington DC Missions & Outreach Committee is hosting a Diaper and Baby Wipes Drive on Sunday, April 25, from 9:00am until 11:00am. Please bring all sizes of baby diapers and wipes to the circular drive in front of our church for collection. Diapers will be donated to The Mariah Center in Alexandria, a pregnancy assistance center. The Mariah Center management was grateful for our donation of over 87 boxes of diapers and wipes! Diapers and wipes are always needed for babies at the Mariah Center! Please be generous!

Food Pantry. The next issue of DOXA will have the date for our next Food Pantry collection to benefit Columbia First Baptist Food Ministries (just down the street from our church). Thank you to all who contribute.
SAINT KATHERINE GREEK ORTHODOX CHURCH
HELLENIC EDUCATION

PAIDEIA PRESCHOOL

Ages: 2 – 5 years old
Hours: M-F 7 AM to 6 PM
Summer Camp: June - August

NOW ENROLLING!

Our motto is “Ever to Excel” (αἰὲν ἀριστεύειν) and is intended to serve as an inspiration to all students in search of excellence.

Milestones:
Physical - Developing fine and gross motor and sensory skills.
Emotional - Developing positive self-concept and skills to communicate effectively.
Cognitive - Developing speech and early reading skills in English and Greek, as well as skills to think creatively.
Social - Developing skills such as sharing, taking turns, cooperating, and learning the importance of being part of a group.

• Faith-based program
• Exposure to the Greek culture and language
• STEM labs
• Music
• Arts & Crafts
• Theater

Phone: 703-671-7715
Email: hec-administration@stkchurch.com
Website: https://www.stkhec.org
# MARCH 2021

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>1</td>
<td>7:00pm Journey to Orthodoxy via Zoom</td>
<td>2</td>
<td>5pm Youth Conv. Greek 7pm Adult Beg. II Greek 7:00pm Paraklesis to the Holy Trinity in Defense from the Pandemic</td>
<td>3</td>
<td>7:30pm History of Religion via Zoom</td>
<td>4</td>
</tr>
<tr>
<td>6 1st Saturday of Souls 9:00am Orthros 10:00am Divine Liturgy</td>
<td>6:00pm Holy Confession 7:00pm Compline</td>
<td>7</td>
<td>5pm Youth Conv. Greek 7pm Adult Beg. II Greek 7:00pm Paraklesis to the Holy Trinity in Defense from the Pandemic 8pm AHEPA Zoom Mtg</td>
<td>8</td>
<td>7:30pm History of Religion via Zoom</td>
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<tr>
<td>Judgment (Meatfare) Sunday 9:00am Orthros 10:00am Divine Liturgy</td>
<td>7pm Adult Int. II Greek 7pm Adult Bible Study via Zoom</td>
<td>11</td>
<td>3:00pm ACL Philokalia via Zoom 5:00pm Greek School</td>
<td>12</td>
<td>3:00pm ACL Philokalia via Zoom 5:00pm Greek School</td>
<td>13</td>
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<tr>
<td>14 Forgiveness (Cheesefare) Sunday 9:00am Orthros 10:00am Divine Liturgy</td>
<td>9:30am Philop. Food Drive Oratorical Festival 4:00pm DOP Zoom Mtg.</td>
<td>15</td>
<td>Kathara Deutera (Clean Monday) Lent begins 6:00pm Holy Confession 7:00pm Compline</td>
<td>16</td>
<td>5pm Youth Conv. Greek 7pm Adult Beg. II Greek 7pm Youth (12-18) Zoom Call with Your Priests 7:00pm Journey to Orthodoxy via Zoom</td>
<td>17</td>
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<tr>
<td>21 Sunday of Orthodoxy 9:00am Orthros 10:00am Divine Liturgy</td>
<td>22</td>
<td>6:00pm Holy Confession 7:00pm Compline</td>
<td>23</td>
<td>5pm Youth Conv. Greek 7pm Adult Beg. II Greek 7pm Youth (12-18) Zoom Call with Your Priests 7:00pm Journey to Orthodoxy via Zoom</td>
<td>24</td>
<td>7:00pm Great Vespers 8:00pm History of Religion via Zoom</td>
</tr>
<tr>
<td>12pm Deadline for April DOXA</td>
<td>26</td>
<td>3:00pm ACL Philokalia via Zoom 5:00pm Greek School 7:00pm 1st Salutations</td>
<td>27</td>
<td>9:30am Greek School 12:30pm GOYA Paint Ball 3:00pm ACL Book of Revelation via Zoom</td>
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<tr>
<td>28 Gregory Palamas 9:00am Orthros 10:00am Divine Liturgy</td>
<td>29</td>
<td>6:00pm Holy Confession 7:00pm Compline</td>
<td>30</td>
<td>5pm Youth Conv. Greek 7pm Adult Beg. II Greek 7pm Youth (12-18) Zoom Call with Your Priests 7:00pm Journey to Orthodoxy via Zoom</td>
<td>31</td>
<td>deadline for AHEPA Family Scholarship Applications</td>
</tr>
</tbody>
</table>

Please check the online calendar, http://saint-katherines.org/calendar, for the most current information.
Valentine’s weekend showcased our latest campaign, “Feed Our Neighbors”. The weekend was filled with many Philoptochos sisters and their families, our GOYA (Youth Ministry of Saint Katherine), and parishioners helping to make sure that the most food-insecure families around our church are not forgotten.

8,222.50 pounds of food and produce were rolled in to our church hall on Friday, February 12. The plan was to fill 100 bins and 100 bags with floor, sugar, Mesa, spaghetti, spaghetti sauce, Mac & Cheese, vegetable oil, rice, beans, pancake mix and syrup, peanut butter, jelly, cereal, apple juice, cake mix, cake frosting, breakfast bars, fresh produce (potatoes, onions, and apples), toothbrushes and toothpaste, along with an icon of Saint Valentine and a grocery store gift card. These bins were being prepared for 100 food-insecure families around our church.

During our September board meeting, I suggested that we do something different than last year’s Rise Against Hunger event. The idea was to stay around our church community and do whatever it took in order to serve some of the food-insecure families. My team was Daphne Papamichael, Anastasia Kanakos, and Nia Vroustouris. The words “incredible women and “outstanding team” don’t do them justice! We are so incredibly rich to have members of our board and chapter involved so much and doing their so much in order to serve.

Before the holidays, all shopping was completed. Thank goodness for Andreas Xenos who was instrumental in picking up from the MANY grocery stores and delivering all the goods to our church. The beautiful icon which was included with every bin was created by his daughter, Eleni. Such a gift and simply amazing! A future member of our chapter.

With the blessing and presence of our Father Konstantinos Pavlakos and Father Zisis Lappas, our members, parishioners and GOYANS showed up to help finish this project. It was flawless in spite of the freezing weather conditions. We could not believe how fast and easy it was. It looked like everyone that was filling boxes and bags had roller skates on!

100 families are the recipients of our efforts. Our community has suffered so much for nearly a year now. Once again, without our generous donors, members, parishioners, and youth ministries, this project would not have been the success it was. Thank you for making this happen. Thank you for helping to “Feed Our Neighbors”!

Philoptochos’ work continues. It will never stop. COVID-19 has nothing on the Philoptochos members. Valentine’s weekend proved how dedicated we are to making certain our mission is fulfilled. Neither snow nor ice stopped the people from loading and driving a U-Haul and delivering much needed food, pantry, and hygiene items. To keep the momentum going, on March 14th the Ladies Philoptochos will have another food drive to benefit Columbia Baptist Food Ministries. See the flyer on the next page for more information.

We are receiving your stewardship renewals and wish to remind the ones that have not made the commitment to join to take a couple of seconds to fill out the membership form and mail it back to us. Philoptochos stewardship is helping fund all these projects. We are working on the next one already.

FYI, there will be two curbside Easter bake sales: Sunday, April 18 and Sunday, April 25. Please see the flyer on page 12.

Every month there is a Zoom meeting and all members are invited through email. Hopefully, we will resume meeting in person when a lot more people get vaccinated. In the meantime, please join us through zoom.

Thanks to all of you that joined our Valentine’s virtual wine tasting event, Love is in the Air, on February 6.

Not only did we raise $1,500 to donate to a local food bank, but we had a good time doing it. Thanks to Vienna Vintner and Souvlaki Bar for the food and wine and to Patty Leto and Karen Polizos for organizing.

The week of March 22 we are planning to support our AHEPA Chapter 438 brothers raise money for a service dog. We will do a virtual 5M walk; several of us are planning to meet in a local park (masks on, 6 feet part!) and walk a few miles for this good cause. If you are interested in joining us, there is a $25 donation, please let Sandy Caparell know. Her email address is sandycaparell@gmail.com. Keep an eye out in your email inbox and our Chapter Newsletter for more information.

And Mother’s Day is coming up! As a Chapter, we are planning a virtual event in April dedicated to “mothers” in celebration of Mother’s Day. Details will follow. Please plan to join our next meeting on March 14 at 4:00. Although it is a Zoom meeting, you can call in as well. Join us if you can! Our meetings are a nice chance to see each other, reconnect and draw strength from fellow sisters.

At our March meeting, we will be nominating our Chapter’s 2021-2022 Board of Officers. Elections will be in April. Please consider joining the Helle Chapter Board and severing in a leadership position.
Saint Katherine's Ladies Philoptochos

SUNDAY
14
MARCH
9:30am-11:30am

FOOD DRIVE

to benefit COLUMBIA FIRST BAPTIST FOOD MINISTRIES

HELP US FILL THE PANTRY WITH

White Rice
Canned Meat (chicken, spam, Viennas sausage, tuna, salmon)
Meat Soups (Progresso, Cambell’s Chunky, please NO condensed soups)

Please drop off donations in plastic bags at the circular driveway of Saint Katherine

Monetary Donations welcome
EASTER BAKE SALE

Sunday, April 18th
Saturday, April 24th

Deadline for orders and payment is April 15

CURBSIDE PICK UP ONLY
10:30am - 12pm in the circular drive

NAME______________________________________
email_______________________________________
phone no.___________________________________

Traditional Cookies
_____ Paximadia $10 per dozen

Traditional Baked Bread
_____ Tsoureki NO egg $15

Sweet Baked Desserts
_____ Baklava $20 (6 pieces)
_____ Kourambiedes $20 per dozen
_____ Melomakarona $20 per dozen

Savory Oven-Baked Appetizers & Entrees
_____ Moussaka $47 half-pan
_____ Pastichio $45 half-pan
_____ Spanakopita $30 per dozen
_____ Tiropita $30 per dozen

Limited # of Recipe Books available for $25 each

To place your order:
• Print out this flyer
• Make your selections
• Write a check for the total amount and address to
  “Saint Katherine Ladies Philoptochos”
• mail flyer and check to:

  Mary Varlas
  14685 John Ewell Ct.
  Centreville, VA 20121

Please call Mary at 703-965-4161 with any questions
STEWARDSHIP CAMPAIGN 2021 “...THE GREATEST OF THESE IS LOVE”

Love and stewardship are inseparable when we consider God’s blessings in our lives. We use God’s blessings with love and compassion for others; and to honor, worship, and give thanks to Him.

Thank you to those who have become stewards for 2021. We very much appreciate your stewardship, especially in these difficult times. To those who have not yet become stewards, if you have misplaced your Stewardship Pledge Card, please call the Church Office and we will send a replacement.

Thank you also to those who continue to contribute to our ongoing Dollar More A Day campaign.

Kali Sarakosti. Have a blessed Lent.

Please call the Church Office and we will send a replacement.

SHOWN BELOW is a list of families and individuals who participated in the 2021 Saint Katherine Stewardship Program, as well as the Dollar More A Day campaign, through February 20, 2021. Thank you for responding to the needs of our church. Please contact Lisa Mikhalevsky at accounting@stkchurch.com or 703-671-1515 x106 with any questions.
A DOLLAR MORE A DAY CAMPAIGN

Thank you to the following people who contributed to the Dollar More a Day initiative through February 20, 2021. This emergency supplemental stewardship will help us avoid financial crisis. Your church needs your help!

M/M Domenic Carr
M/M George Moratis
Rev/Presv Costas Pavlakos
M/M Bill Polizos
M/M Ramon Vazquez
Col/Mrs James Velonis

MARCH SERVICES

<table>
<thead>
<tr>
<th>Date</th>
<th>Service Details</th>
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<tbody>
<tr>
<td>02</td>
<td>7pm Paraklesis in Defense from the Pandemic</td>
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<tr>
<td>06</td>
<td>9am Orthros/10am Liturgy, 1st Saturday of Souls</td>
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<tr>
<td>07</td>
<td>9am Orthros/10am Liturgy, Meatfare Sunday</td>
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<tr>
<td>09</td>
<td>7pm Paraklesis in Defense from the Pandemic</td>
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<tr>
<td>13</td>
<td>9am Orthros/10am Liturgy, 2nd Saturday of Souls</td>
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<tr>
<td>14</td>
<td>9am Orthros/10am Liturgy, Cheesefare Sunday</td>
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<tr>
<td>15</td>
<td>Great Lent Begins, 7pm Compline (6pm Holy Confession)</td>
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<tr>
<td>17</td>
<td>7pm Presanctified Liturgy (6pm Holy Confession)</td>
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<td>19</td>
<td>7pm 1st Salutations</td>
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<tr>
<td>20</td>
<td>9am Orthros/10am Liturgy, 3rd Saturday of Souls</td>
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<tr>
<td>21</td>
<td>9am Orthros/10am Liturgy, Sunday of Orthodoxy</td>
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<td>22</td>
<td>7pm Compline (6pm Holy Confession)</td>
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<td>24</td>
<td>7pm Vespers for Annunciation</td>
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<tr>
<td>25</td>
<td>9am Orthros/10am Liturgy, Annunciation</td>
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<tr>
<td>26</td>
<td>7pm 2nd Salutations</td>
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<tr>
<td>28</td>
<td>9am Orthros/10am Liturgy, Gregory Palamas</td>
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<tr>
<td>29</td>
<td>7pm Compline (6pm Holy Confession)</td>
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M/M Marcus Talbott
M/M Alexander Taousakis
M/M Panagiotis Taousakis
M/M Pierre Tavoularis
Mrs Elizabeth Taylor
M/M Craig Thomas
Ms Marie Thomas
M/M William Thomas
Anastasia and John Topping
M/M Christakis Trahili
Ms Sophia Tsangali
Mrs Demetra Tsantes
Ms Nikki Tsimbidis
Mr Matthew Turner

GIVE PLUS+ MOBILE

Have you considered donating or providing your stewardship electronically?

Electronic giving is a convenient, easy way to support Saint Katherine.

By giving electronically, you can:

- Give anywhere, anytime from your computer, smartphone, or tablet.
- Donate to a special project.
- Set up recurring payments and never worry about bringing your checkbook or cash again.

Get started today! Visit our donations page to set up your online contribution at [www.saint-katherines.org](http://www.saint-katherines.org) or (just added in February) download the GIVE+Mobile app (search “GivePlus Church”) from the App Store or Google Play. Thank you!!
It is time for scholarship applications again. We strongly encourage you to submit your application. Two applicants signatories are required that are currently affiliated with AHEPA and/or Saint Katherine Church for the application to be considered.

Brother Nick Papadis is working to upgrade the Chapter’s website capability to allow our members to pay their dues online.

Our current project, 5k/1M race/walk is off to a slow start and we want to encourage you to sign up for either run, walk or if you have spent too much time the last year sitting on a couch and you are unable to do that, just become a booster. There is shame in that!

While I am on this subject please note we expanded the time frame for the race/walk to start from March 20 through March 28 to include both weekends. For registration and more information, please go to [www.ahepa438.org](http://www.ahepa438.org).

Our next chapter meeting will take place on Tuesday, March 9, 8:00pm via Zoom. Please take the opportunity to join us while you can do it from the warmth of your house. An invitation to join the meeting and a link will be provided 3-4 days before.