LIGHT VERSUS DARKNESS

The celebration of Pascha clearly defines that we have been given a choice to rejoice in the resurrection of life or live in the abyss of death. We declare by the lifting our lighted candles that light has abolished the darkness of death. I am emboldened by the fact that darkness cannot extinguish light, only light can extinguish darkness.

It all starts for me the moment when we, who are in complete darkness in the church except for the vigil light on the altar table, chant: “Δεῦτε λάβετε φως ἐκ τοῦ ἀνεπτέρου φωτός, καὶ δοξάσασε Χριστὸν τὸν ἀναστάτα ἐκ νεκρῶν. Come receive the light, from the never-setting light; and glorify Christ who has risen from the dead.”

It starts with one candle and in a few minutes the church is aglow with the radiance of light, the light that we refer to as “the Light of Christ”. We want to let the world know that the Lord is Risen!

The prayer that is prayed by the priest at the end of each liturgy fully explains that this is the power of light over darkness. “Christ our God, you are the fulfillment of the Law and the Prophets. You have fulfilled the Father’s entire plan of salvation. Fill our hearts with joy and gladness always, now, and forever and to the ages of ages. Amen.”

I am full of hope that, for each of you, this Pascha will be a time to rekindle the spark of faith and turn it to a light that never gets extinguished. Saint John Chrysostom says this clearly in his Paschal homily:

If any man be devout and love God, let him enjoy this fair and radiant triumphal feast. If any man be a wise servant, let him rejoice and enter into the joy of his Lord. If any have labored long in fasting, let him now receive his recompense. If any have wrought from the first hour, let him today receive his just reward. If any have come at the third hour, let him with thankfulness keep the feast. If any have tarried even until the eleventh hour, let him draw near, fearing nothing. If any have arrived at the first hour, let him draw near, fearing nothing. If any have come at the third hour, let him draw near, fearing nothing. If any have arrived at the eleventh hour, let him draw near, fearing nothing.

And He shows mercy upon the last, and cares for the first; and to the one He gives, and upon the other He bestows gifts. And He both accepts the deeds, and welcomes the intention, and honors the acts and praises the offering. Wherefore, enter you all into the joy of your Lord; and receive your reward, both the first, and likewise the second. You are rich and poor together, hold high festival. You sober and you heedless, honor the day. Rejoice today, both you who have fasted and you who have disregarded the fast. The table is full-laden; feast ye all sumptuously. The calf is fatted; let no one go hungry away.

Enjoy ye all the feast of faith: Receive ye all the riches of loving-kindness. let no one bewail his poverty, for the universal kingdom has been revealed. Let no one weep for his

(Continued on page 15, column 2)
I have a sincere confession to make. Prior to 2020 I took the celebration of Pascha for granted. After all, every year you expect Lent, you finish and roll into Holy Week, celebrate the Resurrection, and throw a big party.

2020 changed everything. Our church was essentially shut down. A pandemic hit with lockdowns many of us had never seen in our lifetime. Many of you were forced to watch our services online and celebrate at home. Without the ability to gather together, we made the best of the situation and embraced technology to bridge the gap caused by the pandemic.

Only a handful of us were able to be in our church last year. As I sat in empty pews, the situation hit me very hard. In a million years I would have never pictured being alone in a church singing Christos Anesti! It seemed like a dream, frankly a scary dream. Why would the church ever be empty during such a holy time? The throngs of people were not at the church to say Hosana and welcome our Lord on Palm Sunday. I remember crying on Holy Friday when Christ laid in the tomb in an empty church. The lamentations took on a special meaning that night. A few of us raised our candles and heard the echoes of Christ is Risen in our church.

This year we celebrate together. Despite the limitations and the precautions, our church is open. We proclaim, “Christ is Risen!” together. We light our candles together, We pray together. Through the gift of vaccinations, use of masks, and social distancing, we are able to be together. I pray we never have to experience a closing of our church like 2020. I, for one, will never take Pascha for granted again.

Christos Anesti! Christ is Risen!

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LENTEN OUTREACH THANK YOU

A huge thank you to the Saint Katherine Stewards who once again showed their support and faith for this year’s Lenten Outreach. Your generosity provided 125 baskets filled with school supplies as well as other much needed items for our neighbors at Carlin Springs Elementary School. This year, $4,000 was raised! God bless you all!
FROM THE DESK OF FR. ZISIS

RENEWAL FRIDAY: THEOTOKOS OF THE LIFE-GIVING SPRING

O Theotokos, your church is like the Garden of Paradise since it pours out healings and cures like ever-living rivers. We come to it with faith, and we draw strength and eternal life from its water, through you who are the Spring that received Life himself. For you intercede with Christ our Savior, who was born from you, and you entreat Him to save our souls.

The Feast Day of the Life-giving Spring is celebrated always on Bright Friday in the Holy Orthodox Church. The Life-Giving Fountain, the Source of our Life, is of course our Lord Jesus Christ. Zoodochos Pege or Life-giving Fount is an epithet of the Holy Virgin and Her representation as Zoodochos Pege is related to the sacred spring. The original Church of the Life-Giving Fountain is in Constantinople, built over a Holy Spring. It soon became very popular, and this type of icon spread throughout the Orthodox world, particularly in places where a spring was believed to be holy water.

Towards the district of the Seven Towers in Constantinople, there was a beautiful church named in honor of the Virgin Mary; it had been built by the Emperor Leo Thrace. Prior to the turn out to be Emperor, he had met there a blind man, who being tortured with thirst asked him to help him find water. Leo felt empathy for him and went in search of a source of water but found none. As he became downcast, he heard a voice telling him there was water nearby. He looked again and found none. Then he heard the voice again, this time calling him "Emperor" and telling him that he would find muddy water in the densely wooded place nearby; he was to take some water and anoint the blind man’s eyes with it. When he had done this, the blind man received his sight.

After Leo became Emperor as the most holy Theotokos had prophesied, he raised up a church over the spring, whose waters worked many healings and cured maladies by the grace of the Theotokos; from this, it came to be called the "Life-giving Spring. Our Church celebrates the consecration of this church on this day.

In the 9th century, Joseph the Hymnographer gave for the first time the title “Zoodochos Pege” to a hymn for the Mother of God. A marble fountain, from which water flows, occupies the center of the icon. Above, the Theotokos is holding Christ who makes the sign of blessing. Two angels hovering over Her head carry a scroll inscribed with the verse: "Hail! That you bear. Hail! That you are." Around the fountain the emperor and many ailing people are shown, in a variety of postures, being sprinkled with Holy Water. According to the tradition, a small pond with fish is painted to the side. It is the fish that have given its present name to the locality, for Balikli in Turkish means “a place with fish”.

BOOK REVIEW


It is generally refreshing to hear from a man of science (and especially the science of healing) reflecting on the intersection of his work and the teaching of Church and Scripture. Touch and the Healing of the World is a deep and perceptive examination of the complementary roles of touch in both human and divine healing.

Over the 13 themed and self-contained chapters, Dr. Hinshaw covers human touch in the maternal, matrimonial, and medical, and then opens his discussion outwards into the healing touch of Jesus, the God-man. This divine touch is at once cosmic and deeply personal to the human body and psyche:

It is no accident that God the Holy Trinity touched us through water. Water is the sine qua non of our biological, created existence. By virtue of the ongoing cycle of evaporation, movement in clouds, and the condensation in a variety of forms as rain, snow, sleet, or even hail, water can touch every portion of our planet. The water sanctified by contact with the Son of God has in some very real sense extended St. John’s action in the Jordan River (cf. Luke 3:21-22) to a baptism of the whole created order of this fallen and suffering world. (62)

It is through this action of washing, touching the most humble portion of his disciples’ bodies with water (cf. John 13:1-9), that Christ in the form of a slave demonstrates the nature of divinity as a foretaste of the cross. The incomprehensible is graphically demonstrated as the Lord of the universe humbles himself as a slave and shows his incredulous creatures the inverted nature of reality. The only way to deification, to theosis, is through deep, ineffable humility and that Way is Christ himself. (74)

By his touch, Christ … restores the leper’s full participation in the land of the living (cf. Luke 5:12-14). He is not only ritually clean before his fellow Jews, but also purified and cleansed before God. His physical healing is only the beginning. The concomitant psychological, social, and spiritual isolation and distress, which have haunted his existence, are immediately destroyed through the divine-human touch of the Incarnate Lord. (57)

Dr. Hinshaw frequently includes his medical observations regarding touch and how the body responds to it, points that any health practitioner would especially appreciate. Dr. Hinshaw also adroitly discusses the intersection of faith and science, including his observations on the nature and application of the scientific method itself, its proper place in understanding the world, and its limitations in doing so with any finality.

Daniel Hinshaw M.D. is an Orthodox Christian layman and practicing physician. He teaches Palliative Care as a Professor Emeritus at the University of Michigan in Ann Arbor and is a Sessional Professor of Palliative Care at St Vladimir’s Orthodox Theological Seminary in Yonkers, New York.
BOOKSTORE
To celebrate the arrival of spring and the easing of some COVID restrictions, we are holding a post Pascha used books blowout sale. This not-to-be missed event takes place on two Sundays, May 9 and 16 in the covered awning area next to Chelpon Hall. Thanks to the generous donations of several parishioners, we have a wide assortment of gently used tomes in Greek and English, including meditations from Orthodox spiritual leaders, cookbooks, art books, history studies, and beautifully photographed guidebooks to key tourist sites in Greece. You choose your price for these items and we hope you will be generous as we use these proceeds to fund important projects as books for the children in Kenya and catechism books for converts to Orthodoxy.

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

CATECHETICAL (SUNDAY) SCHOOL
Christos Anesti! Christ is Risen! I am thankful that even in the midst of a pandemic we were able to join together in church and celebrate His Resurrection. I am also thankful to our wonderful Sunday School students who gave of their time to serve as Myrrh-Bearers on Holy Friday: Georgia Kapelos, Eleni Kapelos, Vaia McKenna, Alexandra Talbott, and Elizabeth Talbott.

Our virtual Sunday School is coming to an end on May 16. We want to wish our graduating Seniors all the best in their future endeavors. We hope to see them stop by in person together as a group until the second half of this year, I treasure the moments we have shared. The memories of my six years in GOYA are unforgettable. By actively participating in the GOYA ministries of worship, fellowship, service, and witness, I've grown closer to God and our faith and made wonderful, lasting friendships. I want to thank Father Costas and Father Zisis, the parents, the basketball coaches, the past and present GOYA members, the parish council, and the Saint Katherine community who supported us through our ministries and basketball fellowship. GOYA has been an exciting, rewarding experience that I will always cherish and hold close as I start the next chapter in my life.

Thank you GOYA for an incredible six years!

Your sister in Christ,
Anna Moratis, President
Saint Katherine Greek Orthodox Church GOYA

GOYA
Christos Anesti from your GOYAns! It’s hard to believe that we are fast approaching the end of the 2020-2021 GOYA year. The GOYAns, in spite of COVID, have accomplished amazing things and we are not done quite yet. We will honor all the Moms on May 9 with a token of our appreciation. Also, on that day we will have a Bake Sale after the liturgy. On May 15, we will celebrate Seniors from this year and last year with a BBQ here at church. May 23rd is the next Youth Sunday and GOYA Meeting where we elect our Board for 2021-2022 year, of which parents are encouraged to attend.

Our current President leaves us with these words:

This year, although limited due to COVID, I had the pleasure of serving as GOYA President. Even though we were unable to meet in-person together as a group until the second half of this year, I treasure the moments we have shared. The memories of my six years in GOYA are unforgettable. By actively participating in the GOYA ministries of worship, fellowship, service, and witness, I’ve grown closer to God and our faith and made wonderful, lasting friendships. I want to thank Father Costas and Father Zisis, the parents, the basketball coaches, the past and present GOYA members, the parish council, and the Saint Katherine community who supported us through our ministry activities and basketball fellowship. GOYA has been an exciting, rewarding experience that I will always cherish and hold close as I start the next chapter in my life.

Thank you GOYA for an incredible six years!

Your sister in Christ,
Anna Moratis, President
Saint Katherine Greek Orthodox Church GOYA

SUMMER CAMP FOR 2-5 YEAR OLDS
Now Enrolling!

Faith-based program | STEM Labs | Theater
Exposure to the Greek Language
Arts & Crafts | Music
Modern Playground

Monday-Friday, 7am-6pm
June-August

For more information, see flyer on page 12, call 703-671-7715, visit www.stkhec.org, or email hec-administration@stkchurch.com.

THE BYZANTIO GREEK DANCE and Cultural Arts Program is excited to announce that dance practice for the youth groups (Pre-K through 12th grade) has resumed. All information including safety guidelines is located in the Google Form below. Use this form to register your child for dance:

https://forms.gle/29thWjJUYELC1P7L9

One additional note, Byzantio will not collect any registration money this year due to the short session. Registration fees will be required for the new dance year that will begin in September 2021.

If you have any questions, please contact Anna and Aris Yortzidis at annadermanis@aol.com.
Τώρα, που γιορτάζουμε την εορτή των εορτών, το Πάσχα το ευλογημένο και μπήκε στην καρδιά μας τον Χριστό τη γέννησή του. Είναι η αρέτη της ταπεινοφροσύνης. Το Ευαγγέλιο κηρύττει "μετά πάσης ταπεινοφροσύνης" που το πιστός οφείλει να είναι κοινωνένιος.

Όπως όλοι μας γνωρίζουμε, οι αρετές, τις οποίες ο χριστιανός πρέπει να έχει και με αυτές να προσωριζόμεθα στη ζωή του, είναι πολλές, όπως η αγάπη, η πίστη, η προσφορά, η ευεξία, η εργατικότητα, η ταπείνωση. Βέβαια, κανένας δεν μπορεί να τις καλύψει όλες σε ένα άρθρο μισής σελίδας. Γι’ αυτό θα περιορίσουμε μόνο στη σπουδαία και μεγάλη σε αξία ταπεινοφροσύνη.

Αλλά τι σημαίνει ταπεινοφροσύνη; Είναι το αντίθετο του εγωϊσμού και της υπερηφάνειας. Ο εγωϊσμός νομίζει ότι μόνο αυτός αξιώνεται και ότι έχει σπουδαίες ικανότητες που θέλει να επιδεικνύεται και να κάνει ότι αυτός θέλει. Οι άλλοι να τον προσέχουν και να τον υπηρετούν. Είναι για τον εαυτό του και τα κατορθωματά του με ύψος. Υπερηφανεύεται για τη δύναμή του, τα χρήματά του, τα σπίτια του, τα αυτοκίνητα του, τα ενδύματα του, την αρχή του. Προσβάλλει και φέρεται με σκληρότητα, κακία και πειρατόσωμο στους άλλους.

Αυτοί οι προκλητικοί άνθρωποι, που δεν κάνουν τον εαυτό τους καλύτεροι, δεν καμαρώνουν εν μέρει για τους άλλους. Είναι εναλλακτικά οιποι δεν αναγνωρίζουν την αξία τους, αλλά καταφέρουν να δούνε την ψυχή τους ως ανάδρομο σε αξία ταπεινοφροσύνη.

Τώρα, που ξέρουμε ποια είναι η ταπεινοφροσύνη, θα προσωριστούμε στο γιατί έχει μεγάλη αξία: Πρώτον και δεν καμαρώνει. Οι άλλοι να τον ταπεινοφροσύνη! Καλύπτει όλες σε ένα άρθρο μισής σελίδας. Γι’ αυτό θα περιορίσουμε μόνο στη σπουδαία και μεγάλη σε αξία ταπεινοφροσύνη.

Ο Χριστός Ανέστη. Έζησε πέρα ως πέρα την εγκατεστημένο όπου υπάρχει εγωϊσμός και υπερηφάνεια.

Τώρα που γνωρίζουμε ποια είναι η ταπεινοφροσύνη, θα προσωριστούμε στο γιατί έχει μεγάλη αξία: Πρώτον και δεν καμαρώνει. Οι άλλοι να τον ταπεινοφροσύνη! Καλύπτει όλες σε ένα άρθρο μισής σελίδας. Γι’ αυτό θα περιορίσουμε μόνο στη σπουδαία και μεγάλη σε αξία ταπεινοφροσύνη.

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Η ταπεινοφροσύνη δεν εκδηλώνεται μόνο με λόγια, αλλά είναι πράξη και εφαρμογή. Ο ταπεινός στην καθημερινή ζωή φέρεται ως εξής:

- Αναγνωρίζει την αξία, τις γνώσεις και την αρετή των μεγαλύτερων και ανωτέρων του. Ποτέ δεν τους απορρίπτει αλαζονικά, αλλά υπακούει σ’ αυτούς με αληθινή και εμπιστεφόμενη εκδήλωση ταπεινοφροσύνης.

(Continued on page 7)
Η ταπεινοφροσύνη είναι βασική και υψίστη γιά τον χριστιανό αρετή. Δεν είναι εύκολο να την αποκτήσουμε αμέσως. Με τον σωστό, Με όλη την ευχαρίστηση και προθυμία διαθέτει τον εαυτόν χάρις των άλλων. Είναι εξυπηρετικός και μάλιστα θεωρεί χαρά του να εξυπηρετεί. Πολλές φορές φθάνει μέχρι θυσία, προκειμένου να βοηθήσει τους έχοντας ανάγκη.

Στην καθημερινή μας ζωή παρουσιάζονται όλες αυτές οι πλευρές της έμπρακτης εκδήλωση της ταπεινοφροσύνης. Γι’ αυτό κι εμείς με όλη την ευχαρίστηση και δεχόμαστε όλους και τους πιο μικρούς και και τους πιο φτωχούς και είμαστε τους πιο αγράμματους. Τους συναστρέφεται με ευχαρίστηση και δεν τους θεωρεί άξιους περιφρόνησης, αρκεί μόνο να είναι ενάρετοι.

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**Kandilia**

*(Luminaries)*

**An Easter Tradition at Saint Katherine**

Purchase *Kandilia* for your loved ones—$12 each. One individual or family name per bag, please. Please circle “in memory of”, “in honor of”, or “for the health of” and print the desired name.

- In memory of
- In honor of
- For the health of ____________________________
- In memory of
- In honor of
- For the health of ____________________________
- In memory of
- In honor of
- For the health of ____________________________
- In memory of
- In honor of
- For the health of ____________________________

* A card with the name of your loved one(s) will be attached to each luminary and placed along the Epitaphion’s Processional Pathway on Holy and Great Friday evening.

Send your order and payment to the Church Office or by Good Friday, April 30. Please contact Sophia Tsangali at stsangali@stkchurch.com or 703-671-1515 with any questions or concerns.

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**Dear Parishioners,**

I want to share the wonderful experience I have had watching *The Chosen*. It is an incredible way to see the story of Jesus Christ in a modern presentation. I thank Jim Stoucker for telling me about it.

I have only seen three episodes of first season. I recommend that we, young and old, along with 131,248,363 (and climbing) other people watch. You will love it!

You can watch *The Chosen* on Peacock, [www.thechosen.tv/app](http://www.thechosen.tv/app), or search "The Chosen" in your Apple or Android app store. From the app, you can stream to your TV using Roku, Apple TV, Fire TV, etc.

Enjoy!

~Fr. Costas

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**RED EASTER EGGS**

According to tradition, Saint Mary Magdalene, who had patrician rank, gained an audience in Rome with the emperor after the Crucifixion and resurrection of Christ. She denounced Pilate for his handling of Jesus’ trial and then began to talk with Caesar about Jesus’ resurrection. She picked up a hen’s egg from the dinner table to illustrate her point about the resurrection. Caesar was unmoved and replied that there was as much chance of a human being returned to life as there was for the egg to turn red. Immediately, the egg miraculously turned red in her hand!

One of the oldest Easter traditions of Greek Orthodox Christians are the red dyed eggs, which are associated with the crucifixion and resurrection of Jesus. The egg’s shell symbolizes the empty rock tomb from which Jesus arose after His Crucifixion. It is used as a universal means of greeting and presentation for Christian believers, while also foretelling the eternal life experience which awaits true believers after death.

**EASTER EGG HUNT**

Following the Agape Service

**Sunday, May 2**

**All Ages Welcome!**

For more information contact
Irene Sakkas, 703-338-8823
**MAY 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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</table>
| 2 **Pascha**  
12:00am Orthros and Divine Liturgy  
1:30am Break the Fast with Magiritsa  
11:00am Agape Service  
Easter Egg Hunt | 3 **Bright Monday**  
Saint George Celebrated  
(Office Closed)  
9:30am Divine Liturgy at Saint George, Bethesda | 4  
5pm Youth Conv. Greek  
6:30pm Greek Dance  
7pm Adult Beg. II Greek  
7pm Youth (12-18) Zoom  
Call with Your Priests | 5  
7:00pm History of Religion via Zoom | 6  
7pm Adult Int. II Greek  
7pm Adult Bible Study via Zoom | 7 **Life-Giving Fountain**  
9:00am Orthros  
10:00am Divine Liturgy  
3:00pm ACL Philokalia via Zoom  
5:00pm Greek School | 8  
9:30am Greek School  
3:00pm ACL Ladder of Divine Ascent via Zoom |
| 9 **Thomas Sunday**  
**Mother’s Day**  
9:00am Orthros  
10:00am Divine Liturgy  
GOYA Bake Sale  
Bookstore Used Books Blowout Sale | 10  
7pm DOP Zoom Meeting | 11  
5pm Youth Conv. Greek  
6:30pm Greek Dance  
7pm Adult Beg. II Greek  
7pm Youth (12-18) Zoom  
Call with Your Priests | 12  
7:00pm History of Religion via Zoom | 13  
7pm Adult Int. II Greek  
7pm Adult Bible Study via Zoom  
7:30pm Philoptochos Meeting via Zoom | 14  
3:00pm ACL Philokalia via Zoom  
5:00pm Greek School | 15  
9:30am Greek School  
3:00pm ACL Ladder of Divine Ascent via Zoom  
2020 and 2021 Seniors’ Barbecue |
| 16 **Myrrh-Bearing Women AHEPA Sunday**  
9:00am Orthros  
10:00am Divine Liturgy  
Last Day of Sunday School  
11:30am Bookstore Used Books Blowout Sale  
11:30am Philoptochos Elections | 17 | 18  
5pm Youth Conv. Greek  
6:30pm Greek Dance  
7pm Adult Beg. II Greek  
7pm Youth (12-18) Zoom  
Call with Your Priests  
7:00pm Journey to Orthodoxy via Zoom | 19  
7:00pm History of Religion via Zoom | 20  
7pm Adult Int. II Greek  
7pm Adult Bible Study via Zoom | 21 **SS. Constantine and Helen**  
9:00am Orthros  
10:00am Divine Liturgy  
3:00pm ACL Philokalia via Zoom  
5:00pm Greek School | 22  
9:30am Greek School  
3:00pm ACL Ladder of Divine Ascent via Zoom |
| 23 **Sunday of the Paralytic**  
9:00am Orthros  
10:00am Divine Liturgy  
Youth Sunday  
GOYA Elections  
--------------------------  
30 **Samaritan Woman**  
9:00am Orthros  
10:00am Divine Liturgy | 24 | 25  
5pm Youth Conv. Greek  
6:30pm Greek Dance  
7pm Adult Beg. II Greek  
7pm Youth (12-18) Zoom  
Call with Your Priests  
7:00pm Journey to Orthodoxy via Zoom | 26 **Mid-Pentecost**  
7:00pm History of Religion via Zoom | 27  
7pm Adult Int. II Greek  
7pm Adult Bible Study via Zoom | 28  
3:00pm ACL Philokalia via Zoom  
5:00pm Greek School | 29  
9:30am Greek School  
3:00pm ACL Ladder of Divine Ascent via Zoom |

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*Please check the online calendar, [http://saint-katherines.org/calendar](http://saint-katherines.org/calendar), for the most current information.*
I pray that everyone had a blessed Lent and Resurrection. It astounds me that we have already reached this point in the year. We are moving rapidly to warmer days and summer fun. Before we get to that point, we have some business to attend to. Philoptochos Elections will take place on Sunday, May 16 and the results will be shared with everyone shortly thereafter. The new Board will be sworn in and take on their duties with the new Ecclesiastical year in September.

The last month has been busy. We have worked diligently to ensure we reach out to as many community members as possible. Our Easter donations included providing much needed clothing items to 15 students at Transitional High School; providing crafts, baby monitors and chairs to Fairfax County JDRDC Supervised Visitation & Exchange Program (Fairfax County Juvenile and Domestic Relations District Court Program) which provides support to families experiencing visitation conflict in cases where a judge has court ordered intervention; provided monetary donations to Bethany House, House of Ruth, Doorways for Women, Martha’s Table, Meals On Wheels, Central Union Mission, and Second Story. We have also planned another “Feed Our Neighbors” event for June which will address 50 food insecure families close to our church. The first “Feed Our Neighbors” event took place on Valentine’s Day where we tended to the needs of 100 food insecure families. A 3rd and 4th “Feed Our Neighbors” event is planned for Q3 and Q4 of 2021. Towards the end of June, we will finish up with “Operation Classroom” which was cancelled last year due to COVID. We have purchased 100 backpacks that will be filled with necessary school supplies and handed out to local school children.

Every event or project we take on is shared with the public through our social media pages. Please like us on Facebook: Saint Katherine Ladies Philoptochos Society of Falls Church, VA (@StKatherineLadiesPhiloptochos); on Instagram: St. Katherine Ladies Philopt. (@stk_ladies_philoptochos_va); and, on Twitter: StK Ladies Philoptochos VA (@LadiesStK). You may also reach us through email at stkphilo@gmail.com.

Lastly, if you haven’t sent in your Philoptochos stewardship renewal or wish to join us, please do so now. We are currently at 168 members compared to 196 last year. Every lady, 18 years of age and older, eligible to become a Philoptochos member; and we are proud to say we have quite a few ladies who upon their 18th birthday became Philoptochos members. Please don’t hesitate to sign up your daughters, nieces, cousins, granddaughters, friends! Philanthropy has no age limit!

Thank you.

Daughters of Penelope

Maria T. Vargas, President

Happy Easter, Christ is Risen!

Our chapter held a Mother’s Day social Zoom call on April 20. It was a nice opportunity to see each other and talk about our mothers and the influence they have had in our lives. Thanks to Rosalie Georgeadis for the idea and to Rosalie and Karen Polizos for creating good prompts to guide our discussion. Happy Mother’s Day to all the Mothers and Godmothers!

At our April meeting we voted on our Chapter’s 2021-2022 Board of Officers. The following sisters were voted into office: Maria Vargas, President, Kelly Gull, Vice-President, Maria Wills, Treasurer, Sandy Caparell, Secretary, and Karen Polizos, Corresponding Secretary. Barbra Koltos, Rosalie Georgeadis and Christiana Brotsis were named to the Board of Governors. Thanks to all.

We want to welcome two new sisters to our chapter—Paulina Nicopoulos and Vicki Mowery. Both were initiated virtually in April. Welcome Paulina and Vicki!

We are looking forward to our end of the year, in person (socially distanced!) picnic at a local park. We will meet on Saturday June 12 and have decided to have our event catered. Barbra Koltos and Karen Polizos are organizing this event, so please be on the lookout for information so you can join us.

Our May meeting is on May 10 at 7 pm. This meeting is on a Monday because Sunday is Mother’s Day. It is a zoom meeting but, as always you can call in as well. Join us if you can as we will be deciding on some of our philanthropic beneficiaries for 2021.

All the best to everyone this Easter.
IN CONSIDERING THE BICENTENNIAL of Greece’s Independence, I wanted to focus on the way that Greece itself had been perceived, and how, for most notably the Germans, French and the English, the impact of what Greece the “idea” embodied and symbolized as an ideal, included many achievements. Particularly in art.

Much earlier than the revolution of 1821, in fact in the mid-1700s, the German art historian and archaeologist Johann Joachim Winckelmann (1717-1768) had written and published Thoughts On the Emulation of Greek Works of Painting and Sculpture, (pub.1755), where he extolled the beauty of Greek art, claiming that Greek sculpture was the finest art form of all time; the Greeks had achieved the unique combination of physical and ideal beauty, noble simplicity and quiet grandeur.

This was a major shift from an earlier general predilection for ancient Rome, felt ever since the Renaissance. Furthermore, in The History of the Art of Antiquity (pub.1764), he makes the distinction between the “high” mode and the later “beautiful” mode of a work of art. Works of sculpture of the “high” mode were capable, in their austerity and avoidance of sensual form, of expressing abstract ideas. The “beautiful” mode, however, could convey the beauty of the human form, appealing to the viewer’s sensation.

Almost a century later, along with other Philhellenes like Lord Byron, it was the French painter Eugene Delacroix (1798-1863) who, inspired by the struggle for independence from the Ottomans by the Greek peoples, painted “Massacre at Chios” in 1824. This painting was important in that it marked the break between the Traditionalists and the Romantics. And it won for Delacroix the Gold Medal in the Second Class at the exhibition.

What is remarkable and interesting about this painting is the composition: it seems very unstructured, with the bodies lying sideways; faces left unfinished, and the massacre taking place in the background. When the painting was first exhibited, it was entitled: “Scenes of massacres at Chios: Greek families awaiting death or slavery, etc.” The persons at the front are portrayed as submissive, dejected and defenceless against the fate they know is coming. The number of dead at Chios was listed at 20,000.

Delacroix had managed to bring to painting what was spoken of about sculpture; namely, painting an image that showed the nobility and quiet grandeur of a scene fraught with terror for the subjects. Added to that, the viewer who looks upon such a scene is filled with pathos and sorrow. It is chaotic and disturbing to look at!

This same scene would have taken place everywhere in Greek towns and villages, as the people rose up against their rulers. Delacroix went on to become one of the most revered painters of his time. In my view, this painting serves as a visual and impactful tribute as powerful as any poem of Lord Byron’s.
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” (αλήθεια προσεκτέω) 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
- STEM labs
- Music
- Arts & Crafts
- Theater
- Modern Playground

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

STEWARDSHIP CAMPAIGN 2021 “…THE GREATEST OF THESE IS LOVE”

Thank you for your support of Saint Katherine Greek Orthodox Church. Your stewardship helps fund the ministries that make Saint Katherine a special place to worship. If you are not already a steward of Saint Katherine, our Saint Katherine community welcomes you to join our spiritual family. We ask you to search in your heart and please give what you can. You may go online to the church website, saint-katherines.org, to donate or you may send a check to the Church Office. Thank you!

Kali Anastasi! May the grace of the Father, Son and Holy Spirit bless you and your loved ones.

Let everyone give as his heart tells him, neither grudgingly nor under compulsion, for God loves the man that gives cheerfully. (II Corinthians 9:7)

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 April 20, 2021. Thank you for responding to the needs of our church. Please contact Lisa Mikhailovsky at accounting@stkchurch.com or 703-671-1515 x106 with any questions.

(Continued on page 14)
emergency supplemental stewardship will help us avoid financial crisis. Your church needs your help!

Thank you to the following people who contributed to the

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Mrs Agatha Papathanassiou
M/M Dean Phass
M/M Dean Jack Phass II
Mrs Catherine Phass
Dr Sophia Phass
Mrs Androula Pikralidas
Dr Menikakis Drakakis
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M/M Pierre Tavoularis
Mrs Elizabeth Taylor
Ms Vasiliki Thesouchakou
Athanasios Theodoropoulos
M/M Craig Thomas
Ms Marie Thomas
M/M William Thomas
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Mr Thomas Toutsis
M/M Christakis Troadhi
Dr Mrs Michael Trosos
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M/M John Ziu
Ms Eioila Zito
M/M Hristos Zourzoakis
M/M Athanasios Zuppas

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

M/M Domenic Carr
M/M Todd Carr
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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.
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Get started today! Visit our donations page to set up your online contributions or download the GIVE+Mobile app (search “GivePlus Church”) from the App Store or Google Play. Thank you!
REGISTRY

Baptism
Serafim Thomas (March 14, 2020)
son of Tom and Valerie Archer
Godparents: Bill and Eleni Porter

Congratulations!

Funerals
Catherine “Kitty” Katinas Canard (March 27)
Crystallo Papamichael (April 19)
Irene Sarakinis (April 19)

Memory Eternal!

In His Light,

(Continued from page 1)

iniquities, for pardon has shown forth from the grave. Let no one fear death, for the Savior’s death has set us free. He that was held prisoner of it has annihilated it. By descending into Hell, He made Hell captive. He emmitted it when it tasted of His flesh. And Isaiah, foretelling this, did cry: Hell, said he, was emmitted, when it encountered Thee in the lower regions. It was emmitted, for it was abolished. It was emmitted, for it was mocked. It was emmitted, for it was slain. It was emmitted, for it was overthrown. It was emmitted, for it was fettered in chains. It took a body, and met God face to face. It took earth and encountered Heaven. It took that which was seen and fell upon the unseen.

O Death, where is your sting? O Hell, where is your victory? Christ is risen, and you are overthrown. Christ is risen, and the demons are fallen. Christ is risen, and the angels rejoice. Christ is risen, and life reigns. Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, is become the first fruits of those who have fallen asleep. To Him be glory and dominion unto ages of ages. Amen.

I pray and hope that our separation from each other and our church family, because of COVID-19, will not have been an event in life where you chose darkness to extinguish your light, zeal, and love of your Lord. The church is open. IT NEVER CLOSED! We have been given limitations, but soon the only thing that will limit you from God and each other is YOU.

Christos Anesti! Christ is Risen! Cristo ha resucitado! El Messieh kahm! Hristos a inviat!

In His Light,

PAIDEIA PRESCHOOL

SAINT KATHERINE PRESCHOOL’S BILINGUAL PROGRAM is the best gift you can offer your child!

Bilingual Program. Young children are natural language learners. They process a new language effortlessly, and much more quickly than adults. Our program is designed for both groups of children: the ones who have not had any Greek language exposure, but also for the ones fluent in Greek. With structured and blended activities during the day, the teachers will prepare our children not only for public school’s required standards, but also for any multi-cultural environment.

Religion. Early exposure to Orthodox values and concepts through fun activities like songs, stories, games, and arts and crafts activities is the foundation of deep faith, spiritual introspection, and life-values philosophy.

STEM. Early exposure to STEM (science, technology, engineering, and math) increases later math, reading, and science success. The development of reasoning, problem solving, analytical thinking, observation, and communication is key.

Music/Dance/Theater. Music, dance, and theater help your child grow and develop self-esteem, socio-emotional abilities, communication, fine and gross motor skills and, most importantly, creativity.

If you are looking for a strong early childhood education foundation, but also for a “home away from home” where your children can blossom physically, academically, socially, and emotionally, JOIN US!

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