



# SAINT KATHERINE CHRONICLE

MARCH / APRIL 2009

## *A Word from your Pastor*

This month, we enter that beautiful time of the year known as Great Lent. During this 40-day period that precedes Holy Week, we should strive to turn our attention away from mundane and ordinary things...and toward God. One of the most effective ways to do this is by practicing the spiritual discipline (or exercise) known as fasting. By abstaining from certain foods, we learn the important virtue of self-discipline. By controlling what we eat, we hopefully can control other behaviors in our life and learn to become more God-centered rather than so self-centered.

When we Orthodox Christians fast, we eliminate certain types of foods from our diet, specifically, meat, fish, dairy products, oil and wine. For those who have never attempted to fast for 40 days however, this drastic change in diet might be too difficult to accomplish all at once. That is why I often recommend that to avoid disappointment and failure in this important spiritual exercise, it might be better to try to work up to the total fasting regimen in stages. First meat, then fish and so on.

The goal is to eat less and more simple foods. In doing so, we hope to turn our attention away from material things like food, toward the more spiritual side of our life. In other words, by watching what we eat, perhaps we can learn to watch what we say, think and do.

With all the emphasis today on satisfying our every desire instantly, fasting empowers us and gives us newfound strength by emphasizing self-discipline in an undisciplined age. Our soul is in need of a respite and some relief from the abrasive things it is subjected to every day. The behavior and examples we see today coming from television shows, movies, Washington D.C. and the financial world are hardly edifying for our soul. Besides that, there is the constant drone of the advertising world. When was the last time you saw a TV commercial that had a slogan like: "Buy this TV later, after you actually have the cash" or "Eat just one of our chips, so you can have some tomorrow?"

Fasting can give us newfound strength in our spiritual life because of the intimacy we gain with God as a result. Remember, the things of God are to be found in simplicity, selflessness, and in serving others.

Even if you have not started yet, it's not too late. Try to make a sharp break from the way you normally do things this Lent. Try to start the fast tomorrow.

Faithfully,

## **Father Dino**

# PARISH NOTES

Church Office ☎ 683-3443 / Church fax 683-3389

Father Dino's Home ☎ 684-8731

website: [www.saintkatherine.org](http://www.saintkatherine.org) / e-mail address: [pappademos@saintkatherine.org](mailto:pappademos@saintkatherine.org)

**STEWARDSHIP** – Thank you for your support of Saint Katherine through Stewardship giving. So far, we have received Stewardship commitment cards from 186 families, with an average offering of \$941 from each family for the year. That means however, that we have yet to receive an indication of giving from about 100 of our families. Please complete your Stewardship card today and mail it to the church. All your gifts and donations are dedicated to doing God's work through our church.

**ANOTHER GREAT CRAB FEED!** – A great time was had by all at our recent Crab Feed. Excellent food, fresh crab, great raffle prizes and auction items and good fellowship made for a memorable evening. Our Crab Feed Chairman, Perry Stathos, reports that our total revenue that evening was \$22,340, with \$5,834 in expenses to leave us with a net amount raised of \$16,506! Congratulations to Perry and all the members of the Parish Council who did such an excellent job this year, and many thanks to everyone in the parish who donated and attended that evening. (By the way, it's not too early to start thinking of finding auction and raffle items for next year's Crab Feed!)

**AN EXCELLENT APOKREATIKO GLENDI!** – Well, until about a week before it came together, we didn't know if anyone was coming to our annual Mardi Gras celebration on February 28<sup>th</sup>, but in the best of Greek tradition, about 150 people made reservations a few days before and came to have a great evening of excellent food, music and dancing. The evening produced \$3,571 in proceeds, with about \$450 in expenses to yield just over \$3,000 from this wonderful fundraiser. Many thanks to Paul Leones and Athina Holland co-chairpersons, together with the members of the Parish Council and everyone who attended that night. Kali Sarakosti! (A blessed Lent to all!)

**CHURCH CLEAN-UP DAY** – Bring your rakes and clippers to help spruce up the Church grounds & Biblical Garden on Saturday, March 14<sup>th</sup>, and your dust cloths to help make the church shine inside. We begin at 9 AM.

**A VERY SPECIAL GUEST** – We are honored that His Eminence Metropolitan Gerasimos will join us for the third stanza of the Salutations to the Virgin Mary Service at Saint Katherine on Friday, March 20<sup>th</sup>. Be sure to join us at 7 pm for this special service and to greet Metropolitan Gerasimos.

**SPRING GENERAL ASSEMBLY**– We will convene our annual Spring General Assembly meeting on Sunday, May 3<sup>rd</sup> following Coffee Hour. Details regarding the Auditors' report, the final phase of the Iconography Program and church finances will be included on the agenda.

**www.saintkatherine.org WEBSITE UPDATED** – Be sure to check the newest updates to our parish website, especially the new feature on the Stewardship tab that allows you to make your stewardship offerings online with PayPal or your credit card! Our webmaster, Leteris Koumis is doing a wonderful job updating the site regularly. Look for more features coming soon.

**NEW PARISH PHOTO DIRECTORY PLANNED** – We plan to produce our own photo directory with pictures of our parishioners together with names and phone numbers in a new way this year. We will produce it ourselves, together with our parishioner and professional photographer, Bill Mahon. The cost for both the photos and the directory will be substantially less than in our previous albums. We hope to schedule photo sessions (sittings) for families on all four Sundays in June following the Divine Liturgy. More details (including photo package prices) will be mailed to you soon.

# Religious Education

Our Sunday School program continues through May and it is not too late to join us! Please bring your children to the Sunday School room promptly at 10 AM. During Great Lent, our children will practice their almsgiving by collecting and donating childrens clothing for homeless youngsters. Have them consult with their teacher for more details. Also bring your children to the Sunday School room on Friday night, April 10<sup>th</sup> at 6 PM to learn how to tie palm crosses for Palm Sunday. On Palm Sunday, besides the traditional Easter Egg Hunt, bring the family for the annual Palm Sunday Luncheon in Tsakopoulos Hall immediately following the Divine Liturgy. And finally, all young girls between the ages of 6 – 12 are invited to participate in the Holy Friday Epitaphios service as Myrrh-bearing Women (flower girls). They should wear a white dress and sit (without candles) in the front pews on the left.



## ACOLYTES' SCHEDULE – The team schedule for the next several months is:

### Archangel Gabriel

Constantine Johal  
Lucas Makrakis  
Nicholas Scordakis  
Anthony Stathos  
Christopher Gergiannakis  
John Potiris  
Michael Constantinou  
Dimitri Dogias

*March 1, 15 & 29 - April 12, 19 & 26*

### Archangel Michael

Dimitri Pappademos  
Ryan Stralen  
Jack Stralen  
Manoli Leones  
Alexander Leones  
Anthony Balalis  
Sergio Chipain

*March 8 & 22; April 5, 12 & 19*



## PROSPHORON SCHEDULE

Athanasia Manikas: March 1, April 12 (Palm Sunday)  
Eleni Camperos: March 8, April 19 (Pascha)  
Christine Economy: March 15, April 26

Sevasti Hatzopoulos: March 22, May 3  
Anna Papajohn: March 29, May 10  
Eleni Vathis: April 5, May 17

**MEMORIAL FLAME** -- If you would like to have the Memorial Vigil Flame on the Holy Altar Table burn in memory of a loved one on a specific day, please send your donation together with a note of explanation and the date requested to the church office.

UOn Sunday, February 1<sup>st</sup>, Louise Fidler and family, offered Holy Altar Vigil Flame in memory of their beloved and devoted mother and grandmother, Alexandra Huff, 1 year since her passing.

UOn Sunday, February 1<sup>st</sup>, the Holy Altar Candelabra burned in memory of Lou Keriotis, 3 years since his passing and were offered by his loving wife, Connie and family.

UOn Sunday, February 22<sup>nd</sup>, the Memorial Flame burned in memory of George Andro, 1 year since his passing, and was offered by his daughter Mary Savage.

# Philoptochos News

Philoptochos Societies are an important part of Greek Orthodox Parishes everywhere. The word Philoptochos means “friend of the poor”. Who are the poor? Those who are poor in financial and material resources, and also those who are poor in spirit, health, companionship, emotional stability and whatever is needed to lead a fulfilling life. Philoptochos is the largest organization of Greek Orthodox women and it supports many charities while spiritually enriching its members through their participation in its work. Our Saint Katherine Philoptochos is comprised of a number of Circles each of which has special interests and allows each Circle to focus on its particular cause or charity. In addition our Philoptochos general fund contributes to the following local charities: WIND Youth, Elk Grove Food Closet and LCCF Scholarship Fund. Please contact Dina Scordakis, President, or one of the leaders listed below for information about becoming a member.

○ Abigail Circle – Athina Holland

○ Anna / Sarah Circle – Alison Aleman

○ Mary Magdeline Circle – Presvytera Chrisoula Pappademos

○ Rachel Circle – Mary Kondos or Debbie Meyer

○ Rebecca Circle – Diane Petersen

○ Susanna Circle – Sophia Stathos/Alexia Kavros

## Upcoming Events for Philoptochos

→ **On Sunday, March 15<sup>th</sup>** during the coffee hour, our Philoptochos will sponsor a special Open House where all the different Circles and ministries of the Saint Katherine Philoptochos will have displays describing their projects and work. This will be a wonderful opportunity to learn more about the great work of our Philoptochos and to join a circle. Don't miss it!

→ **Easter Bake Sale:** The last day to order fresh-baked Easter bread and pastries is Sunday, April 5, for pickup on Palm Sunday, April 12. Please refer to the order form printed below.

→ **Our next general Philoptochos meeting** will be Sunday, April 26, after church services.

→ **Our annual Mother's Day Luncheon** is Saturday, May 9<sup>th</sup>. You can make a Memorial or Honorarium donation in the name of your Mother or Grandmother for publication in the Mother's Day Program. Also, a special Mother's Day Luncheon planning meeting is scheduled for Saturday, April 4, at 9 AM in the Church office area. A light breakfast will be served.

→ **Elections** for new Philoptochos Board positions will be held on May 31. If you are interested in serving on the Board, please talk to your Circle leader. Each Circle has two representatives who serve on the Board.



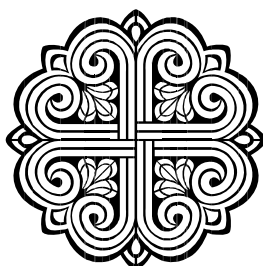
## *Saint Katherine Philoptochos Easter Bake Sale*

Qty.		=	Sub Totals
_____	Koulourakia x \$5 per dozen	=	\$ _____
_____	Tsoureki Bread x \$8 per loaf	=	\$ _____
_____	Baklava x \$70 per pan	=	\$ _____
_____	Baklava x \$1.50 per piece	=	\$ _____

**Total Enclosed = \$ \_\_\_\_\_**

Name: \_\_\_\_\_ Phone # \_\_\_\_\_  
 (mail your check to: Philoptochos Bake Sale, 9165 Peets Street, Elk Grove, CA 95758)

# 2009 HOLY WEEK AND EASTER SERVICES



## April

<b>11</b>	<b>LAZARUS SATURDAY</b>	Divine Liturgy Sunday School retreat and confessions following Liturgy	<b>10 AM</b>
<b>12</b>	<b>PALM SUNDAY</b>	Divine Liturgy & luncheon Bridegroom Service	<b>10 AM 7 PM</b>
<b>13</b>	<b>HOLY MONDAY</b>	Bridegroom Service	<b>7PM</b>
<b>14</b>	<b>HOLY TUESDAY</b>	Bridegroom Service	<b>7PM</b>
<b>15</b>	<b>HOLY WEDNESDAY</b>	Holy Unction Service	<b>5:30 PM</b>
<b>16</b>	<b>HOLY THURSDAY</b>	Divine Liturgy Holy Passion Service	<b>10 AM 7 PM</b>
<b>17</b>	<b>HOLY FRIDAY</b>	(Decorate Epitaphios) Descent from the Cross Service of Lamentations	<b>9 AM 3 PM 7 PM</b>
<b>18</b>	<b>HOLY SATURDAY</b>	Divine Liturgy Resurrection Service	<b>10 AM 11:45 PM</b>
<b>19</b>	<b>EASTER SUNDAY</b>	Resurrection Liturgy* *(Paschal supper follows in Tsakopoulos Hall) Agape Vespers	<b>12:01 AM 12 NOON</b>

# MARK YOUR CALENDAR

## **March 2, Pure Monday – GREAT LENT BEGINS.**

March 4, Wednesday – Presanctified Liturgy, 10 AM.

March 6, Friday – 1<sup>st</sup> Stanza of the Salutations to the Virgin Mary (A' XAIPEΤΙΣΜΟΙ) 7 PM.

March 7, Saturday – 3<sup>rd</sup> Saturday of the Souls (Psychosabbaton) Liturgy & Mem. Service, 10 AM.

March 8, Sunday – Sunday of Orthodoxy, also Pan-Orthodox Vespers at Annunciation Church, 7PM.

March 10, Tuesday – Bible Study, 10 AM; also Parish Council meeting, 7 PM.

March 11, Wednesday – Presanctified Liturgy, 10 AM

March 13, Friday – 2<sup>nd</sup> Stanza of Salutations to the Virgin Mary, B' XAIPEΤΙΣΜΟΙ, 7 PM.

March 14, Saturday – Church Gardening, Cleaning, Painting, and Pruning in the Biblical Garden.

March 15, Sunday – Philoptochos Open House and New Members reception during the coffee hour.

March 17, Tuesday – Bible Study, 10 AM

March 18, Wednesday – Presanctified Liturgy, 10 AM

March 20, Friday – 3<sup>rd</sup> Stanza of Salutations to the Virgin Mary, Γ' XAIPEΤΙΣΜΟΙ, 7 PM. Metropolitan Gerasimos visits and presides over service this evening.

March 24, Tuesday – Bible Study, 10 AM, also Annunciation Great Vespers @ Sacramento & Modesto 7 PM.

March 25, Wednesday – Feast of Annunciation, Liturgy @ Annunciation Sacramento & Modesto 10AM. Plus AHEPA Greek Flag Raising at State Capitol/Treasury Building, 12:30 PM-meet@ West Capitol steps.

March 27, Friday – 4<sup>th</sup> Stanza of Salutations to the Virgin Mary, Δ' XAIPEΤΙΣΜΟΙ, 7 PM.

March 31, Tuesday – Bible Study, 10 AM.

April 1, Wednesday – Presanctified Liturgy, 10 AM.

April 3, Friday – The Akathist Hymn in its entirety, Ο ΑΚΑΘΙΣΤΟΣ ΥΜΝΟΣ, 7 PM.

April 7, Tuesday – Bible Study, 10 AM.

April 10, Friday – Tie Palm Crosses in the Sunday School room, 6 PM.

April 11, Saturday – Lazarus Saturday, Divine Liturgy 10 AM, followed by Sunday School retreat and confessions.

April 12, Sunday – Palm Sunday Luncheon in the Tsakopoulos Hall following Divine Liturgy.

April 12 to 19 – **HOLY WEEK AND EASTER.** Please refer to the Holy Week Schedule in this issue of the newsletter for a complete listing of services throughout the week.

April 26, Sunday – Philoptochos meeting during coffee hour.

**Saint Katherine  
Greek Orthodox Church  
9165 Peets Street  
Elk Grove, CA 95758**

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*Time Dated Material*