



The Light



Volume 3, Issue 2

✠ To Fos ✠

March/April 2009

The newsletter of the Greek Orthodox Parish of Loudoun County



METROPOLIS OF
NEW JERSEY

Beloved in Christ,

I was overjoyed to see the pictures from the Little Taste of Greece fundraiser, and to read Presbytera's description of what sounds like a very fun, very successful, very educational fund raising event. Congratulations and compliments to all who participated. I hope that similar and other events can be planned that will also enable fundraising specifically targeting the community's ability to compensate a full-time priest.

As I've often said, the next step in our development as a community will come when we have a priest who is available to offer the full spectrum of service. While we love the community and treasure the time we are enjoying together, it is unlikely that my family and I will be in the area beyond the summer of 2010. Whether or not we are, the parish needs a full time priest. He will be able to do so much more than any part-timer. No one knows what the future will hold, but we should all acknowledge that you all need a full time priest. Preparing for that eventuality through fundraising is just sensible.

I strongly encourage the Parish Council to consider fund-raising specifically for the purpose of bringing in a full-time priest. Such efforts will pay off hugely, whether in the short or long term. I am hoping that I will be back in the States in May. I look forward celebrating the Divine Liturgy with all our dear friends at the GOPLC. You are all in my prayers.

Your servant in Christ,

Father John

Lenten Prayer of St. Ephrem The Syrian

O Lord and Master of my life!

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

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.

Εὐχή τοῦ Ὁσίου Ἐφραίμ

Κύριε καὶ Δέσποτα τῆς ζωῆς μου,
πνεῦμα ἀργίας, περιεργίας, φιλαρχίας,
καὶ ἀργολογίας μὴ μοι δῶς.

Πνεῦμα δὲ σωφροσύνης, ταπεινοφροσύνης,
ὑπομονῆς, καὶ ἀγάπης χάρισαί μοι
τῷ σῶ δούλῳ.

Ναί, Κύριε Βασιλεῦ, δώρησαι μοι τοῦ
ὄραν τὰ ἐμὰ παιίσματα, καὶ μὴ
κατακρίνειν τὸν ἀδελφόν μου,
ὅτι εὐλογητὸς εἶ, εἰς τοὺς αἰῶνας τῶν αἰώνων. Ἀμήν

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The Light will be published every two months by the communications committee of the Greek Orthodox Parish of Loudoun County. The next deadline for content is April 15. Contact Susan Dorn (ssdorn@aol.com) for details.

The Greek Orthodox Parish of Loudoun County
21580 Atlantic Blvd., Building D, Unit 160
Dulles, VA 20166
www.greekorthodoxloudoun.org

Lent is a Busy Time for Philoptochos

Lent is a time for preparing for Jesus Christ's resurrection and the Philoptochos is busy planning for this glorious event. We will be collecting donations so that we can decorate our church during Lent, Holy Week and Easter Sunday. We will also be coloring Easter eggs. Our Easter Bake Sale is in the works. We will be selling Koulourakia, Kourambedes, Kadaifi and, of course, Tsourekia from Holy Protection Monestary. We will be taking pre-orders and will prepare enough to fill the orders, so please place your orders.

The Philoptochos will finally be planning our Annual Membership Tea after Easter. More information will follow in the coming months.

I would like to thank everyone who donated items for our drive to collect goods for the Loudoun Abused Women's Shelter.

Please visit our bookstore which is open on Sundays after church.

Our Philoptochos meetings are held on the 2nd Monday of each month at 7:30 pm until 9:00 pm at the Church. The meetings for the rest of the year will be held on May 11 and June 8th. I look forward to seeing everyone at our next meeting. Our meetings are open to all parishioners.

Niki Lelis
Philoptochos President



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SACRIFICIAL LIVING

St. Peter Chrysologus, Bishop of Ravenna (+ca 450 A.D.)

There are three things, my brethren, by which faith stands firm, devotion remains constant, and virtue endures. They are prayer, fasting and mercy. Prayer knocks at the door, fasting obtains, mercy receives. Prayer, mercy and fasting: these three are one, and they give life to each other.

Fasting is the soul of prayer, mercy is the lifeblood of fasting. Let no one try to separate them; they cannot be separated. If you have only one of them or not all together, you have nothing. So if you pray, fast; if you fast, show mercy; if you want your petition to be heard, hear the petition of others. If you do not close your ear to others you open God's ear to yourself.

When you fast [meaning one's voluntary fast--Ed.] see the fasting of others [meaning their involuntary fasting, their lack of food--Ed.]. If you want God to know that you are hungry, know that another is hungry. If you hope for mercy, show mercy. If you look for kindness, show kindness. If you want to receive, give. If you ask for yourself what you deny to others, your asking is a mockery.

Let this be the pattern for all men when they practice mercy: show mercy to others in the same way, with the same generosity, with the same promptness, as you want others to show mercy to you.

Therefore, let prayer, mercy and fasting be one single plea to God on our behalf, one speech in our defense, a threefold united prayer in our favor.

Let us use fasting to make up for what we have lost by despising others. Let us offer our souls in sacrifice by means of fasting. There is nothing more pleasing that we can offer to God, as the

psalmist said in prophecy: A sacrifice to God is a broken spirit; God does not despise a bruised and humbled heart.

Offer your soul to God, make him an oblation of your fasting, so that your soul may be a pure offering, a holy sacrifice, a living victim, remaining your own and at the same time made over to God. Whoever fails to give this to God will not be excused, for if you are to give him yourself you are never without means of giving.

To make these acceptable, mercy must be added. Fasting bears no fruit unless it is watered by mercy. Fasting dries up when mercy dries up. Mercy is to fasting as rain is to the earth. However much you may cultivate your heart, clear the soil of your nature, root out vices, sow virtues, if you do not release the springs of mercy, your fasting will bear no fruit.

When you fast, if your mercy is thin your harvest will be thin; when you fast, what you pour out in mercy overflows into your barn. Therefore, do not lose by saving, but gather in by scattering. Give to the poor, and you give to yourself. You will not be allowed to keep what you have refused to give to others.

--Sermo 43: PL 52, 320.322

"Guest Editorial" from the November Newsletter, Holy Trinity Church, Reston, VA

ATTENTION ALL COLLEGE STUDENTS

The Ladies Philoptochos want to know where you are, so please send us your information.

Name _____

Address _____

Phone(cell) _____

College Name _____

Drop this in the mail to the Greek Orthodox Parish of Loudoun County, 21580 Atlantic Blvd., Building D, Unit 160, Dulles, VA 20166, or email this info to : silvercps@hotmail.com (subject line-GOPLC), or drop it in the Sunday Tray.

Lenten Flowers

During Great Lent and Holy Pascha, we will be enhancing our liturgical services with the presence of fragrant flowers. Each year, the Ladies Philoptochos Society raises money to provide our church with these lovely flowers. We are asking you to share in the cost of decorating our Icons and Kouvouklion during this holy season.

If you would like to share with this gift, you and all our faithful will benefit from the enhancement to our church environment. Please make your checks payable to the Ladies Philoptochos Society and in the memo area write: Holy Week Flower Fund. You can send your donation to the church address (ATT: Lenten Flower Fund) or put them in the basket at the church labeled Lenten Flower Fund. The church address is: The Greek Orthodox Parish of Loudoun, 21580 Atlantic Blvd., Building D, Unit 160, Dulles, VA 20166.

May God bless us all as we embark on this beautiful and spiritual journey of Lent culminating at Holy Pascha.

In Christ's Love,
Niki Lelis - Philoptochos President
Alexis Cleveland, Ellen Lieberman - Flower Committee

1. Floral Icon Frames for the Salutations
2. Daffodils for the Feast of the Holy Cross
3. Palms for Palm Sunday
4. Floral Icon Frame for Palm Sunday
5. One Floral Icon Frame for the Bridegroom (Nymphios)
6. Wreath for the Cross (Holy Thursday)
7. Floral Arrangement (Holy Thursday)
8. Flowers for Kouvouklion
9. Side Lily Arrangements for Kouvouklion
10. Rose Petals & Bay Leaves
11. Six Easter Lily Plants
12. Rose Petals for Good Friday
13. Arrangements for Icon Frames (Resurrection)

Church Bookstore News

The Greek Orthodox Parish of Loudoun County (GOPLC) bookstore is up and running! The attendants, Efty and Ioanna, invite you to come and browse at the wonderful selection of religious books and material it has to offer. There are many items to choose from including some reference materials essential to every Orthodox Christian.

The bookstore offers a four volume series titled **The Orthodox Faith** by Father Thomas Hopko, former professor of Dogmatic Theology and Dean at St. Vladimir's Theological School. The series published by St. Vladimir's Press consists of four books; Doctrine, Spirituality, Bible and Church History and Worship. The series can be purchased as a whole or as individual books. Each book contains concise yet elementary teachings of our Church in each of the perspective areas. Volume I, "Doctrine", is divided into three sections dealing with; the source of Christian doctrine, commentary on the Nicene Creed, and an explanation of the doctrine of the Holy Trinity. Volume II, "Worship", is composed of five sections; the church building (vestments/symbols), sacraments, cycle of worship, church year (fasts/feasts), and the Divine Liturgy. Volume III, "Bible and Church History", is divided between the interpretation of the Bible (Old and New Testaments), and the historical development of the Church. Volume IV, "Spirituality", deals with the Church life such as; prayer, fasting, repentance and other areas that bring us into communion with God. This series is must reading for anyone seeking a true basis into the history, beliefs and practices of the Orthodox Church. It makes a great gift! Come and see what else we have to offer!



A Taste of Greece a Huge Success!

Thank you to all the people who volunteered and worked to make *A Taste of Greece* a great success. Thank you to the people who supported the event by coming and eating. A special thank you to all the children who provided entertainment by dancing and the children who enthusiastically worked. I hope the children enjoyed themselves.

A special thank you to Cynthia Smith and Christie Rebok who sweated out the details while I was traveling for work every week. I can't forget to thank Jeff Smith, Travis, Brandon and Justin Rebok for supporting Cynthia and Christie in their efforts to make *A Taste of Greece* a success.

Taste of Greece Coordinator
Niki Lelis



Thank You to Our Sponsors

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Nick Straits

Demetri Fine Foods
Frederick, Maryland

Ensuring Continued Spiritual Growth for our Orthodox Community

As you may already be aware, our parish has launched a special fundraising committee to raise funds for our church to ensure the continued spiritual growth of our nascent Christian community during these challenging economic times and to further support our growing needs as a church community. Much of the focus of this committee will be to find revenue sources “outside” our current membership by adding new members and through special fundraising efforts. This special committee will be co-chaired by George Mokhiber and Alex Kangelaris.

We would be remiss, however, not to first reflect on the successes and achievements made to date. Driven by a crying need for an Orthodox Church that would serve Loudoun, Western Fairfax, and Prince William Counties, and the support of The Holy Spirit and many of you, we have achieved miraculous results during the past two years. Some examples of the incredible results to date include:

1. Worshipping in a spiritually uplifting Sanctuary
2. Serving more than 100 families
3. Sunday Church services and Holy Week services
4. Weekly after service fellowship
5. Women’s Philanthropic organization (Philoptochos)
6. Membership directory with pictures and background information (the Commemorative Album)
7. Church Web Site
8. Quarterly newsletter
9. Over 70 children in Sunday School
10. Almost 40 Greek School students
11. Bookstore
12. Greek dance program
13. Youth and Young Adult Ministries - HOPE, JOY, and GOYA
14. Stewardship program with broad participation
15. Special Events – Silent Auction, Picnic, Taste of Greece
16. Employment assistance (this is just starting)

Combined, these remarkable accomplishments made it possible to have an Orthodox Christian community firmly planted and flourishing in this region. These tangible accomplishments provide undeniable evidence that this is God’s Will. It is also equally evident that as a growing community of over 100 families, we need to expand our support base, both financially and in terms of human resources in order to continue the Holy mission that God has entrusted to us. After all, it is, and has always been, our deepest desire and very first priority to serve and worship God, the Trinity, and to administer to the spiritual needs of our community.

We are grateful that George and Alex have accepted this great challenge, and we ask that you offer them your full support through your prayers and deeds (time, talents, ideas, and/or treasures). If you are unable to provide any financial or other types of support, we only ask that you offer them and our community your prayers.

If you would like to be involved in this very important mission, please contact Alex Kangelaris at alexk@wsemprises.com by phone at 571-215-2065; or George Mokhiber at geodebmok@comcast.net or by phone at 703-856-1646.



HOPE&JOY Lets the Light of Christ Shine Inside All of Us

Our HOPE&JOY children were quite busy in January and February. We started off 2009 with a meeting on January 10th brainstorming ideas for items to buy for the soldiers in Afghanistan so we could prepare care packages to send to them in February. We discussed what the soldiers are doing for us and how we are giving something back to them and letting them know how much we appreciate their service to us and our country. In doing deeds such as these, we are letting the "light of Christ" shine inside of us for all to see. Our culminating activity was each child making their own "Jesus candle" (kandili), with an icon of Panagia and Christ to place behind it. We went over the significance of the kandili in the Orthodox faith and they learned the Jesus prayer, "Lord Jesus Christ have mercy on me", to say whenever they look at their kandili to ask for mercy for themselves as well as the soldiers overseas and everyone in the world!

On January 24th, we had our 3rd Annual Ice Skating and Pizza Party at the Ashburn Ice House. We had a fantastic turnout of 51 people, including several GOYANS who came to join in the fun. It was a great time of fellowship for all!!

On February 28th, we had a meeting together with the GOYA. We packaged our items that each family bought for the troops in Afghanistan, totaling 18 packages... WOW, way to go HOPE/JOY and GOYA!!!! We read the Bible story of The Good Samaritan and discussed how we were being "good Samaritans" by taking care of our soldiers. The HOPE&JOY children made door knob hanger and Easter egg crafts to send to the soldiers with messages written on them by the children thanking them for their service to us and our country and telling them that we are praying for them. The GOYANS wrote special letters of gratitude and appreciation to the soldiers and helped the smaller children with their crafts. We ended the meeting with Greek dancing lessons and a pizza party. A special THANK YOU to all the



parents for their help in packaging the items. It could have NEVER gone so smoothly without your help!!

Kudos to one of our GOYA leaders, Sotia Kyriacou, for getting several of our children ready to dance for the "Taste of Greece" event which took place Feb 21-22. All our dancers worked very hard and did an outstanding job! To all our dancers: THANK YOU....We are VERY proud of you!!

Greek dancing lessons at the end of HOPE&JOY meetings, with instructor Jimmy Hontos, has been very successful. We even had the GOYA kids join us last time!

HOPE&JOY, along with GOYA members and several parishioners, attended an overnight spiritual, lenten youth retreat at The Holy Protection Monastery in White Haven, Pa. on March 7th & 8th.

Please come join in the fellowship, spiritual lessons, and, of course, Greek dancing at our next HOPE&JOY meeting on Saturday, March 28 at 3:30 at the church. For more information about HOPE&JOY please contact Kathy Kendrat: kmkendrat@aol.com, (703)669-5865.

Announcements

Stewardship Sunday is March 29.

We are starting a Church Choir and would love your participation. We welcome our young adults, teenagers, and preteens. Spread the word, reach out, and invite others who would like to be part of this important church endeavor. If anyone wants to join our new choir, please contact Debbie Kangelaris at 703-742-8737 or email her at kangelaris@msn.com.

Pre-Lenten Spiritual Retreat Focused on “Theosis - Steps to Salvation”

On February 7, 2009, the Greek Orthodox Parish of Loudoun County, in conjunction with its Catechetical School program, hosted a Pre-Lenten Spiritual Retreat led by Hieromonk Sergius, Monk Superior of St. Tikhon’s Monastery, South Canaan, PA. The following day, Father Sergius co-celebrated the Divine Liturgy with Father George. The retreat was a great success and also drew attendance from other area Orthodox Churches.

Fr. Sergius spoke on the topic of “Theosis-Steps Towards Salvation”. This is quite relevant since we are entering Great Lent in anticipation of our Lord’s glorious Resurrection. As noted by Fr. Sergius, “Theosis” or “Divinization”, simply put, is best defined by St. Athanasius who stated that; “God became man so that man might become like God”. As we enter Great Lent, we see the images presented by St. John Climacus in his book; The Ladder of Divine Ascent. This literature is often read in monasteries during Great Lent. Fr. Sergius presented us with two acronyms in order to help us remember the steps we need to follow; C.P.C. (Confession, Prayer, Communion), and/or C.A.F.E. (Confession, Almsgiving, Fasting, Eucharist). The key element being self-sacrifice! At the end of his presentation, there was time for questions and answers and, an opportunity to purchase books and other religious items brought from St. Tikhon’s bookstore and displayed by seminarians, Nikolai and Patrick. Fr. Sergius anointed all who were there with Holy Oil and presented each participant with a blessed gift icon from the monastery. Mostly everyone expressed an interest in having Fr. Sergius come back again.

We look forward to his return, and in having similar future programs. Thanks to everyone who helped make this a very rewarding experience. May we all experience a Blessed Pascha!



Greek Independence Day Celebrated with a Pageant on March 22nd

The Greek Language School of the Greek Parish of Loudoun County held its second annual Greek Independence Day Pageant immediately following Divine Liturgy on March 22nd. The children from our Wednesday and Thursday classes recited poems and sang songs about Greece’s War for Independence. Everyone was welcome to attend the pageant and was asked to join in in singing the Greek National Anthem:

Se gnorízo apó tin kópsi tu spathiú tin tromerí, se gnorízo apó tin ópsi, pu me vía metraí ti yi. Ap’ ta kókkala vgalméni ton Ellínon ta ierá, ke san próta andhrioméni, khére, o khére, Eleftheriá!

Zito E Ellada!

Holy Week Services

Friday, April 3rd

The Akathist Hymn to the Virgin Mary 7:00pm

Saturday, April 11th Saturday of Lazarus

Orthros 9:00am
Divine Liturgy 10:00 am
Youth Retreat (Communion Breakfast & Making of Palm Crosses).....until 4pm

Sunday, April 12th Palm Sunday

Orthros 8:30am
Divine Liturgy 10:00 am
Bridegroom Service 7:00pm
(On this and the subsequent two evenings we celebrate the Nymphios or Bridegroom Service, focusing on the urgency of our worship and the immanent presence of our Savior.)

Monday, April 13th Holy Monday

Bridegroom Service 7:00pm
The parable of the Ten Virgins

Tuesday, April 14th Holy Tuesday

Bridegroom Service 7:00pm
(The sinful woman who anointed Christ—Hymn of Kassiani)

Wednesday, April 15th Holy Wednesday

Sacrament of Holy Oil (small children)..... 3:00pm
Sacrament of Holy Oil (efheleon) 7:00pm
(The sacrament of oil or unction is celebrated when we confess our sins and seek to be reconciled to God, in this case, focusing and preparing ourselves for the coming Paschal event. Our attention is focused on Christ as the Physician of our souls and bodies, the ultimate source of all healing.)

Thursday, April 16th Holy Thursday

Orthros 9:00am
Divine Liturgy of St. Basil 10:00am
(Commemoration of the washing of the disciples' feet by the Lord, the betrayal, the Mystical Supper, and the vigil in the Garden of Gethsemane.)
The 12 Gospel Readings 7:00pm
(Passion and Crucifixion of the Lord)

Friday, April 17 Holy Friday

Royal Hours 10:00am
Prepare the Kouvouklion 11:00am
Vespers of the Descent from the Cross 3:00pm
Lamentations and Procession..... 7:00pm
(These services commemorate the un-nailing of the crucified Christ and His burial. In the evening we lament His burial while acknowledging and praising His magnificent condescension.)

Saturday, April 18th Holy Saturday

Orthros 9:00am
Divine Liturgy 10:00am
Pre-resurrection Service 11:30pm
Resurrection Celebration Midnight
Orthros & Divine Liturgy of Holy Pascha (Easter)..... 12:30am

Sunday, April 19th Holy Pascha

Vespers of Love (Agape) 11:00am
(The proclamation of the Resurrection in multiple languages.)



Stewardship

Have You Made Your 2009 Pledge?

The 2009 Stewardship Drive is underway! To date we have 79 families who have returned a 2009 pledge card. We thank you for your generous support. However, in order to reach our stewardship goal we need participation from **all** of our families.

If you have not returned your 2009 pledge card yet, please take a few moments to do so. A pledge card can be found in this newsletter, in the Narthex or online at www.greekorthodoxloudoun.org. A strong stewardship program is vital to our parish and enables us to support our many programs and ministries! Thank you for your pledge, contributions and continued support!

Thanks To Our 2009 Pledged Stewards

Those families listed below have already submitted a pledge card for 2009.

Families denoted in **bold** are new stewardship families to our parish. Please welcome them!

If you have any questions, additions or corrections, please contact Christie Rebok @ crebok@comcast.net

(This list is current as of February 28, 2009)

Steve & Kristin Adams

Elias Aipos

Christos & Tracey Alexandrou

Eugene & Ursula Anemojanis

Spiro & Eftychia Anthony

Theodore & Martha Apostolou

Bill & Nancy Aubin

James & Vasilias Balasis

Ioana Bettios

Tim & Diane Boone

Matthew and Dina Brady

John & Penelope Broening

Chad & Julie Burke

Chris & Joanne Canellos

Edward & Alexis Cleveland

Dean & Maria Coulopoulos

Panayiotis & Athanasia Dacey

William & Helen Demestihias

Aristos & Anna Dimitriou

Christos & Helena Dimitriou

David & Susan Dorn

John & Maria Drapas

Ioanna & Zenon Epaminodas

Kosta & Irene Fostieris

Vasilios & Joan Fotopoulos

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Frank & Melisa Galasso

Thomas Georgelas

Angeline Gillas

Michael & Eleni Hadjimichael

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Fr. John & Presv. Michelle Kalantzis

Themis Kalaris

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Marc & Ellen Lieberman

Stephen & Marianne Lunceford

Angelike Maoury

Stan & Julie Maoury

Constantine & Maria Marinakos

Demitra & Toula Megalis

George & Debra Mokhiber

Louis & Maria Mollo

John Nicolettos

George & Aurania Nichols

Chris & Katrina Panagides

Demetrios & Dimitra

Papalabrakopoulos

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Jeff & Cynthia Smith

Basil Soutos

Nick & Elizabeth Spyros

Stavros & Virginia Stephanakis

Angelo & Anna Tjomas

Michael & Maria Tsapos

Jennifer Vlachopoulos

Sam Youssif

George & Timea Zangos

Nicholas & Carol Zangos

Christos & Christina Zirps

Goal
\$200,000

Budget
\$170,000

Pledged
\$88,750

Collected
\$29,470



Greek Orthodox Parish of Loudoun County

21580 Atlantic Blvd.
Unit 160, Building D
Dulles, VA 20166

www.GreekOrthodoxLoudoun.org

2009 Christian Stewardship Pledge

In faith, prayer and sacrifice, my family and I wish to share in the support and work of the *Greek Orthodox Parish of Loudoun County, Virginia*. Out of our love and gratitude to God for all His blessings, we would like to pledge **AN HOUR'S PAY PER WEEK** (i.e. 2.5% of annual household income) or the amount of \$_____ for the year 2009.

This amount will be paid as follows:

() One full payment () Semi-annually () Quarterly () Monthly () Weekly

Name: _____ Email: _____

Address: _____ Phone: _____

City, State, Zip: _____

New Member () yes () no My initial offering of \$_____ is attached

Your pledge is **strictly confidential**.

Signature

Date

Family Information

Also participating in this pledge are the following family members:

Spouse: _____ DOB: _____

Child: _____ DOB: _____

Please check areas of expertise, interests, and hobbies of family members:

- Bible Study; Youth Work/Athletics; Catechetical Teaching; Catechetical School;
 Greek Teaching; Greek School; Greek Dance Instruction; Greek Dance; Choir;
 Chanting; Altar Service Scouting; Visiting Elderly/Sick; Cooking/Church Socials;
 Finance/Accounting; Parish Newsletter; Construction; Computers; Gardening;
 Mechanical; Stewardship; Office Work; Web Site/Set-Up/Management;
 Other _____



Greek Orthodox Parish of Loudoun County

21580 Atlantic Blvd.

Building D, Unit 160

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Coffee Hour Schedule

29 March- Stewardship Sunday

05 April

12 April

19 April

26 April- Andrea Peroso

03 May- Mokhiber Family

10 May- Rigas Family

17 May- Tjoumas Family

If anyone is interested in hosting a coffee hour, please contact Cynthia Smith at silvercps@hotmail.com