



# SAINT KATHERINE CHRONICLE

January – May 2013



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## *A Word from your Pastor*

Well, well, well...twenty five years.

That's right, this year we mark our twenty-fifth year together as a parish. We initially met for worship back in August of 1988 and even though many things have changed for us over the years, two details haven't changed. The first is of course, our commitment to Christ...worshipping Him, proclaiming Him and believing in Him. And the second thing that hasn't changed at all over the past 25 years is...the priest. I've been trying recently to think of another parish on the west coast that has a similar history since its inception -- the same priest that helped to start a parish and stayed with that same parish for 25 years -- and I can't think of one. As a matter of fact, it would be interesting to learn if there were another parish in the entire country that fits that model.

That is why I think that if we were to come up with a theme for our 25th Anniversary, it would have to be something like: "Following Christ together for 25 years."

That is what we have been doing all along. Yes, there have been activities and fundraisers. Yes, there have been building programs and community outreach efforts along the way. But all in all, what we have been doing at the core is following Christ together. And the degree to which we have been successful in doing that, is seen primarily in the love we can show for each other and for those around us.

Recently, we tried to identify all the different ethnicities and nationalities represented by the people of our congregation and we came up with more than 16! All of these people have been welcomed and respected and loved as brothers and sisters in Christ. And that's something to celebrate.

Faithfully yours,

*Father Dino*

# orthodox eating

60 Minutes aired a program a little while ago that featured Mount Athos, the peninsula in northeastern Greece that contains many ancient Greek Orthodox monasteries that still function today. If you saw the program you might remember a statistic the reporter referenced regarding the health of the population there. He mentioned something about an epidemiology study that was conducted among the 2000 monks to determine the types of diseases present. According to 60 Minutes, the scientists could not find any incidence of cancer or heart disease. Then the reporter made reference to the diet that they eat.

That started me thinking. And now as we observe Great Lent and the fast, I want to share with you some of my research and experience regarding food and eating and our faith.

From the time I graduated the seminary until this year, I found myself caught in a very bothersome pattern where I would gain five or more pounds in weight every five years or so. The first 10 or 20 pounds I attributed to the stress of the ministry or just getting older. But then as 30 more pounds came and then 40, my doctor started preaching to me more and more about the importance of figuring out how to stop the trend I was following. He said something like, “You have to find some type of permanent eating plan that will stop your weight gain and future medical problems (like high blood pressure and pre-diabetes that I already had).

I told him that I tried counting calories, the Mediterranean diet and protein-only diets to no avail. I just couldn’t stop the snacking and munching. He replied, “You’ve got to find something.”

Then something interesting happened. This past Christmas, we were to make a trip to Portland, Oregon to visit my inlaws. Before we left, I figured I needed to find a book or two to read on my iPad while in Portland. I first read a book called the “Power of Habit” which analyzed how and why we repeat certain behaviors over and over. The book explained that habits are important so that tedious and repetitive things can be dealt with automatically, leaving the brain free to focus on more complex issues that confront us each day. The key to changing a bad habit, which the author described as a stimulus, then a response and then a pattern, was to interrupt the process by altering the response even just slightly. The technique is very useful in the marketing and advertising world. But it also relates to eating.

Then I found this book written by a medical doctor called “Eat to Live.” The title was intriguing, especially with respect to the conversations I’d been having with my doctor. What was also just as intriguing was that it only cost \$7.95. So I downloaded it and read it between Christmas and the New Year.

The author, Dr. Joel Fuhrman gives a scientific explanation of how our body processes food, and the technical reasons why our body gains weight. I learned that the human body is tremendously resilient as long as it has the proper nutrients it needs to function. His main emphasis is on health and preventing disease and his thesis is simple: your future health can be predicted by the nutrient per calorie density of your diet. The point he makes is to eat plenty of foods that have a lot of micronutrients and phytonutrients like fruits, raw and steamed vegetables, salads, nuts and seeds.

Other foods like meats, both red and white, starches, fats and sweets have only one or two nutrients (like protein or carbohydrates), but not much else. They add calories and that's about it.

The more high-nutrient foods we eat and the less empty calories we eat, the better we'll feel and the healthier we'll become. Sound familiar? Mount Athos, Great Lent? In the process, we'll also lose extra weight. It is not a vegetarian diet, since meat and dairy products are allowed as long as they do not comprise more than 10% of total calories.

The exciting thing for me was that this "Eat to Live" eating plan comports with everything the Church teaches about food and eating, especially in the monastic life and during lenten periods.

So, as I finished the book, I made the decision to try this new approach to food and eating. And on January 1st of this year, I began.

Of course, that meant giving up my bowl of corn flakes in the morning and my sandwiches at lunch and a main dish at dinner with snacks in the evening. What I replaced them with was a bowl of fruit for breakfast, a big salad with all kinds of vegetables I like thrown in for lunch, and another salad with cooked beans on top or a bowl of vegetable or lentil soup for dinner. Every once in a while, maybe some chicken pieces or some canned tuna on top of a salad.

And I'll tell you what...I love it!

Since January 1st I can taste flavors I never noticed before, I feel better, my mood is better and I've dropped about 20 pounds.

Now let's discuss some important elements. I know that everyone has their own diet and their own way of eating. I'm not telling you what to do, because I'm not an expert or a nutritionist. As a matter of fact, talking to your doctor is a good idea whenever you try to make a big change in your life with diet or exercise, etc. I did, for example, and after some blood tests my doctor suggested that I drink 6 ounces of skim milk each day and to take a multi-vitamin.

What I am saying is that this is something that made sense to me scientifically, made sense to me spiritually, and is just plain easy and delicious. I'm not as hungry anymore because my body has the nutrients it needs to feel satisfied. As a matter of fact, Dr. Fuhrman contends that cancer is primarily a nutrient deficient disease. Yes, there can be environmental causes and heredity involved, but he maintains that when provided with the proper nutrients, the body has the capacity to fight most forms of cancer on its own.

Many people have no problem with their weight or related health issues. Many people have found an eating style that they're happy with and that works for them. I was not one of those people. I was frustrated by not being able to figure out what was wrong and I'm very happy to have found a system that works for me, especially now as we begin Great Lent.

Buy the book, learn about how your body works with food, and discover something new that the Orthodox faith has taught for 2000 years.

May you have a most blessed Lent and a joyous Pascha,

*- Father Dino Pappademos*

# MEMORIAL FLAMES

Since our parish newsletter, The Saint Katherine Chronicle will be published only sporadically in the future, we ask that you sign up for our email list on our parish website [www.saintkatherine.org](http://www.saintkatherine.org) to receive an email every week with the latest announcements and news about parish events. Also, we will no longer be publishing the Memorial Flame donations. Instead, if you would like the Memorial Flame to be lit in memory of a loved one, simply follow the same procedure and it will be announced during the announcements from the pulpit after the Divine Liturgy just after the date requested. Here are the Memorial Flame dedications we received since our last issue of the newsletter in 2012.

- + On Thursday, April 5<sup>th</sup>, the Wheel of Life light burned in memory of Marty Hinline, and was offered by his wife, Stephanie Hinline.
- + On Monday, April 21<sup>st</sup>, Eleni and Jim Camperos offered the Holy Altar Vigil Flame in memory of their beloved parents.
- + On Sunday, May 6<sup>th</sup>, Jim and Vee Karnezis offered the Holy Altar Vigil Flame in memory of their beloved son, Theodore, 3 years since his passing.
- + On Sunday, May 6<sup>th</sup>, Georgia Karnezis and family offered the Holy Altar Vigil Flame in memory of her father, Athanasios Govastes, 8 years since his passing.
- + On Monday, May 7<sup>th</sup>, the Holy Altar Vigil Flame burned in memory of George Frank Stathos, 50 years since his passing, offered by his son, Greg Stathos, and daughter, Georgia Jenkins-Wenger.
- + On Tuesday, June 12<sup>th</sup>, Mantheo Kartmos and Sophie Karnegas offered the Holy Altar Vigil Flame in memory of their beloved mother, Mary Marmas, 13 years since her passing, and in memory of their beloved father, Peter Marmas, 68 years since his passing.
- + On Wednesday, June 13<sup>th</sup>, the Holy Altar Vigil Flame burned in memory of Esther Pantels, beloved mother, grandmother and great-grandmother, 1 year since her passing.
- + On Sunday, July 1<sup>st</sup>, Elaine Pavlatos offered the Holy Altar Vigil Flame in memory of her beloved husband, Lt .Col. John S. Pavlatos, 22 years since his passing, and in memory of her beloved mother-in-law, Marianthe Pavlatos, 21 years since her passing.
- + On Sunday, July 8<sup>th</sup>, Sophia Zogopoulos offered the Holy Altar Vigil Flame in memory of her beloved husband, Angelo.
- + On Sunday, July 15<sup>th</sup>, Maria Karkazis offered the Holy Altar Vigil Flame in memory of her beloved husband, Tasso, 1-1/2 years since his passing.
- + On Sunday, August 26<sup>th</sup>, Charles and Judith Santrizos offered the Holy Altar Vigil Flame in memory of their mother, Claire Santrizos, 8 years since her passing.
- + On Wednesday, October 3<sup>rd</sup>, the Holy Altar Vigil Flame was offered in memory of Jennifer Elizabeth Jenkins, by her mother, Georgia Jenkins-Wenger, and her brother, James Jenkins, 12 years since her passing.
- + On Sunday, October 21<sup>st</sup>, Popi Anagnos offered the Holy Altar Vigil Flame in memory of her father, Aristomeni, and mother, Stamata Maneta.

- + On Friday, November 16<sup>th</sup>, Georgia Jenkins-Wenger offered the Holy Altar Vigil Flame in memory of her daughter, Jennifer Elizabeth Jenkins, on what would have been her 29<sup>th</sup> birthday.
- + On Sunday, November 25<sup>th</sup>, Isabel (Canakes) Granados offered the Holy Altar Vigil Flame in memory of her sister, Catherine Canakes, 26 years since her passing.
- + On Tuesday, December 4<sup>th</sup>, Elaine Pavlatos offered the Holy Altar Vigil Flame in memory of her father-in-law, Speros Pavlatos, 30 years since his passing.
- + On Monday, December 10<sup>th</sup>, Elaine Pavlatos offered the Holy Altar Vigil Flame in memory of her sister, Dena Lampos, 11 years since her passing.
- + On Wednesday, December 12<sup>th</sup>, Anna Fotiades offered the Holy Altar Vigil Flame in memory of her father, Spero Jouganatos, one year since his passing.
- + On Sunday, December 16<sup>th</sup>, Popi Anagnos offered the Holy Altar Vigil Flame in memory of her husband, Gus Anagnos, 5 years since his passing.
- + On Tuesday, December 18<sup>th</sup>, Elaine Pavlatos offered the Holy Altar Vigil Flame in memory of her mother, Sophia Cherbas, 25 years since her passing.
- + On Tuesday, December 25<sup>th</sup>, Sue Tsorakis offered the Holy Altar Vigil Flame in memory of her parents, Irene and Ray Minardi.
- + On Friday, February 1<sup>st</sup>, 2013 the Holy Altar Vigil Flame was offered by Louise K. Fidler and daughters, Cathy, Karen and families, in memory of their beloved mother and grandmother, Alexandra B. Huff, 5 years since her passing, and by Connie Keriotis in memory of her husband, Lou Keriotis, 7 years since his passing.
- + On Saturday, March 9<sup>th</sup>, the Memorial Flame was lit by sisters, Evdoxia Fasules and Isabel Granados in memory of their parents, George and Toula Canakes; brothers Louis and Peter Canakes; and sisters, Cordelia Carruthers and Catherine Canakes.
- + On Friday, March 15<sup>th</sup>, the Memorial Flame burned in memory of Ted Econome, 10 years since his passing, and was offered by his beloved wife, Georgia.

## BIBLE READING

In private study, when a Christian profitably reads the Bible, receiving inspiration and strength from it, family members, friends, relatives and even acquaintances will inevitably notice the difference. Any person who comes in contact with such a Christian cannot but notice the growing peace, love and inner assurance – the spirit of Christ – in that Christian, and will frequently ask (if not ask, certainly think) what gives that person such strength and radiance? God will provide many opportunities to the growing Christian for sharing with others his or her experience with the Bible. What better witness for the truth of the Christian faith than a solid Christian life nourished by Holy Scripture and radiating true Christian love at home, at Church and at work? The Christian's own life becomes a kind of gospel, a living Bible, in which other people observe, read and experience the truths of God in action.

-- Father Theodore Stylianopoulos



## MARK YOUR LENTEN CALENDAR

- Mar. 9, Saturday – 1<sup>st</sup> Saturday of Souls (Psychosabbaton), Divine Liturgy & Memorial Service 10 AM
- Mar. 16, Saturday – 2<sup>nd</sup> Saturday of Souls (Psychosabbaton), Divine Liturgy & Memorial Service 10 AM
- Mar. 18, Monday – Great Lent Begins
- Mar. 20, Wednesday – Pre-Sanctified Liturgy 10 AM
- Mar. 22, Friday – 1<sup>st</sup> Stanza of Salutations to the Virgin Mary,  
A' XAIΠETIΣMOI, 7PM.
- Mar. 23, Saturday – 3<sup>rd</sup> Saturday of Souls (Psychosabbaton), Divine Liturgy & Memorial Service 10 AM.
- Mar. 24, Sunday – The Sunday of Orthodoxy and procession of icons. Also, the Pan-Orthodox Vesper Services at Annunciation Church, 7 PM.
- Mar. 25, Monday – Feast of the Annunciation to the Virgin Mary,  
Divine Liturgy 10 AM at the Annunciation Church, Sacramento.
- Mar. 27, Wednesday – Presanctified Liturgy, 10 AM.
- Mar. 29, Friday – 2<sup>nd</sup> Stanza of Salutations to the Virgin Mary,  
B' XAIΠETIΣMOI, 7PM.
- April 3, Wednesday – Presanctified Liturgy, 10 PM.
- April 5, Friday – 3<sup>rd</sup> Stanza of Salutations to the Virgin Mary,  
Γ' XAIΠETIΣMOI, 7 PM.
- April 7, Sunday – The Veneration of the Holy Cross. Procession of the Holy Cross with Spring flowers.
- April 10, Wednesday – Presanctified Liturgy, 10 AM
- April 12, Friday – 4<sup>th</sup> Stanza of Salutations to the Virgin Mary,  
Δ' XAIΠETIΣMOI, 7PM.
- April 17, Wednesday – Presanctified Liturgy, 10 AM
- April 19, Friday – The Akathist Hymn in its entirety,  
Ο ΑΚΑΘΙΣΤΟΣ ΥΜΝΟΣ, 7 PM.
- April 26, Friday – Tie Palm Crosses, 6 PM
- April 27, Saturday – Saturday of Lazarus, Divine Liturgy 10 AM; Sacrament of Confession following.
- April 28<sup>th</sup> to May 5<sup>th</sup> – HOLY WEEK AND EASTER. Please refer to the Holy Week Schedule for a complete listing of services throughout the week.

# 2013

## HOLY WEEK AND EASTER SERVICES

### April

|    |                  |   |               |
|----|------------------|---|---------------|
| 26 | FRIDAY EVENING   | Tie Palm Crosses                                | 6 PM          |
| 27 | LAZARUS SATURDAY | Divine Liturgy<br>Confessions following Liturgy | 10 AM         |
| 28 | PALM SUNDAY      | Divine Liturgy & luncheon<br>Bridegroom Service | 10 AM<br>7 PM |
| 29 | HOLY MONDAY      | Bridegroom Service                              | 7 PM          |
| 30 | HOLY TUESDAY     | Bridegroom Service                              | 7 PM          |

### May

|   |                |  |                       |
|---|----------------|--|-----------------------|
| 1 | HOLY WEDNESDAY | Holy Unction Service   | 5:30 PM               |
| 2 | HOLY THURSDAY  | Divine Liturgy<br>Holy Passion Service   | 10 AM<br>7 PM         |
| 3 | HOLY FRIDAY    | (Decorate Epitaphios)<br>Descent From the Cross<br>Service of Lamentations       | 9 AM<br>3 PM<br>7 PM  |
| 4 | HOLY SATURDAY  | Divine Liturgy<br>Resurrection Service   | 10 AM<br>11:45 PM     |
| 5 | EASTER SUNDAY  | Resurrection Liturgy<br>(Paschal supper follows in church hall)<br>Agape Vespers | 12:01 AM<br><br>12 PM |

# MARK YOUR CALENDAR

(Please check the schedules in this issue of the Chronicle for Lenten services and the Holy Week schedule.)

May 5<sup>th</sup> – Great and Holy Pascha (Easter).

May 11<sup>th</sup> – Mothers Day Luncheon sponsored by our Philoptochos Society in Tsakopoulos Hall, Noon.

May 19<sup>th</sup> – Sunday School Graduation following the Divine Liturgy.

May 13<sup>th</sup> – The Feast of our Lord's Ascension into Heaven, Divine Liturgy, 10 AM.

June 23<sup>rd</sup> – Pentecost Sunday.

August 1<sup>st</sup> through 14<sup>th</sup> – Paracletis services on Wednesdays and Fridays, 7 PM.

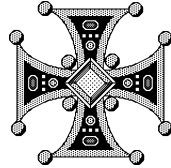
August 15<sup>th</sup> – Feast of the Assumption of the Virgin Mary, Divine Liturgy, 10 AM.

August 17<sup>th</sup> – Annual Pre-Festival Dinner/Dance in Tsakopoulos Hall. 6 PM refreshments, 7 PM Dinner & Dancing.

September 14<sup>th</sup> – Feast of the Holy Cross, Divine Liturgy, 10 AM.

September 28<sup>th</sup> & 29<sup>th</sup> – Our annual food festival "A Weekend in Greece!"

November 23<sup>rd</sup> – The Saint Katherine 25<sup>th</sup> Anniversary Banquet in Tsakopoulos Hall!



**St. Katherine Greek Orthodox Church**  
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*Time Dated Material*

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