



## SAINT KATHERINE CHRONICLE / JULY - AUGUST 2010

### *A Word from your Pastor*

I would like to take this opportunity to let you know how overwhelmed I was on June 30<sup>th</sup> during the celebration of the 25<sup>th</sup> anniversary of my ordination to the holy Priesthood. It was for me, a wonderful day filled with one blessing after another.

His Eminence, Metropolitan Gerasimos celebrated a beautiful Liturgy that morning together with eight Priests from the area and a deacon, as well as some beautiful chanting by the Principle Chanter of the San Francisco Metropolis. I was also amazed to see that over 250 faithful parishioners and friends came to worship that Wednesday morning from all over the valley.

Then afterward, everyone gathered in our hall for a delicious luncheon where messages from the Governor, the Speaker of the Assembly, two state Senators and the Mayor of Elk Grove were read. Most important, however, were the messages from our Parish Council and Philoptochos, and especially the warm and personal words of congratulations from His Eminence.

And if that weren't enough, it was announced that the Saint Katherine community, in honor of my 25 years of service as a Priest, had decided to send me on a pilgrimage to visit the monastery of Saint Katherine at Mount Sinai in Egypt and that the Pilgrimage should include a visit to Constantinople to see the Hagia Sophia Cathedral there. The formal presentation of that gift will take place on Sunday, August 1<sup>st</sup>, during a reception at the coffee hour following the Divine Liturgy.

Can you see how a person can become overwhelmed? It has been a joy for me to have spent most of my 25 years as a Priest here with all of you in Elk Grove. It also speaks volumes for the Saint Katherine community to express itself the way it did on June 30<sup>th</sup>. With your kindness and generosity, you have shown not only me, but also His Eminence and by extension, all the parishes on the West Coast, the regard you have for my ministry and service here at Saint Katherine.

For all these things, I truly thank you from the bottom of my heart.

Faithfully yours,

*Father Dino*

# PARISH NOTES

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

Father Dino's Home ☎

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. To date, we have Stewardship commitments from 199 families, totaling \$159,500 with an average offering of about \$800 from each family for the year. If you have not done so already, please complete your Stewardship card today and mail it to the church. Stewardship donations are payable by check, credit card via telephone, and Paypal or credit card at the Saint Katherine Church website [www.saintkatherine.org](http://www.saintkatherine.org). Also, don't forget that Father Dino will be culling the parish mailing list soon. If you have not made a Stewardship pledge this year or last year, your name could be removed from our mailing list. Please send your card in soon.

**SUMMER OFFERING** — Please consider making a special Summer Offering this summer to help provide for the financial stability of our beloved Parish. We will list the names of all those who make an offering, large or small, in the September-October issue of our Parish newsletter. Please mark “Summer Offering” in the memo section of your check. Thank you for helping Saint Katherine this summer.

**BIBLE STUDY** — Our Tuesday morning Bible Study continues with a study of the Lord's Prayer. Bible Study is held at 10 AM every Tuesday morning and all are welcome to participate. Please note that our Bible Studies will be suspended during the months of August and September, to allow for the scheduling of cooking and baking session for our festival. Bible Study will resume in the month of October.

**BECOME A FESTIVAL SPONSOR** – One of the best ways to ensure the success of our Weekend In Greece is become a sponsor of the various elements needed to produce our fun-filled weekend. Why not become a festival sponsor this year by donating one or more of the elements listed below. Simply send your donation to the church office with the words “Festival Sponsor (rice or mousaka, etc)” written in the memo section of your check. We will record your sponsorship and print it in the November/December issue of the newsletter. Please consider all or part of each of the following items:

\$2,000 - Tents	\$2,500 - Orchestra	\$1,000 - Chairs and Tables
900 - Butter	500 - Fire Permits	500 - Fillo
450 - Trash Disposal	375 - Dolmathes	350 - Tyropita
350 - Spanakopita	325 - Rice	250 - Mousaka
250 - Honey	175 - Eggs	100 - Kataifi fillo
75 - Flour	75 - Sugar	50 - Milk

**FATHER DINO'S 25<sup>TH</sup> ANNIVERSARY LUNCHEON** – The compliments continue to roll in for the beautiful service and luncheon that surrounded Father Dino's 25<sup>th</sup> anniversary of his ordination. Many parishioners, for example observed that even though we were in church from 10 AM until just after noon, the Divine Liturgy was so beautiful that it seemed as if everything had ended just as soon as it began. Others observed that the tables and the decorations in the hall were elegant and graceful. And of course, everyone enjoyed the delicious menu provided for the luncheon. Congratulations and warm thanks are extended to our event chairman Ted Pantazis, to our chef, Athina Holland and to everyone who helped and donated to make this an event that Father Dino indicated he will always remember. As Metropolitan Gerasimos observed, “If this is what you good people have done for Father's 25<sup>th</sup> anniversary, how will you ever top it for his 50<sup>th</sup>?” Congratulations and thanks to all who helped and attended this very special day for Father Dino and our entire community.

## ***PROSPHORON SCHEDULE***

Athanasia Manikas: Jul. 18, Aug. 29      Sevasti Hatzopoulos: Aug. 8, Sep. 19  
Eleni Camperos: Jul. 25, Sep. 5      Anna Papajohn: Jul. 4, Aug. 15  
Christine Economy: Aug. 1, Sep. 12      Eleni Vathis: Jul 11, Aug. 22

### **SAINT KATHERINE ACCOLYTES' SCHEDULE –**

#### **Archangel Gabriel**

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

***July. 4 & 18 – Aug. 1, 15 & 29***

#### **Archangel Michael**

Dimitri Pappademos  
Ryan Stralen  
Jack Stralen  
Manoli Leones  
Alexander Leones  
Anthony Balalis  
Josh Hames

***July 11 & 25— Aug. 8 & 22***

# Religious Education

Our Sunday School Program will need teachers for the next school year. We must have our director and teachers in place this summer in order to begin planning for the 2010-2011 school year. If you are interested in helping with Sunday School, please contact Father Dino or Maria Koumis for more information. It is truly a blessing to give back to our church by working with the children. Sunday School will begin this Fall on Sunday, October 3, 2010.



**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.

- ✦ On Saturday, May 2<sup>nd</sup>, Presvytera Chrisoula Pappademos offered the Holy Altar Memorial Vigil Flame in memory of her father, Demetrius G. Varkados, 4 years since his passing.
- ✦ On Tuesday, May 11<sup>th</sup>, the Holy Altar Memorial Vigil Flame burned in memory of Fotini Papageorge, 40 days since her passing and was offered by Anne Petras, her sister.
- ✦ On Sunday, June 6<sup>th</sup>, the Holy Altar Memorial Vigil Flame burned in memory of Peter Marmas, 66 years since his passing, and of Mary Marmas, 13 years since her passing, and was offered by their daughters, Manthea Kartinos and Sophie Karnegas.
- ✦ On Thursday, June 10<sup>th</sup>, Mary Vasos offered the Holy Alter Memorial Vigil Flame in memory of her sister, Helen Kapandritis, 6 years since her passing.
- ✦ On Sunday June 13<sup>th</sup>, the family of Mary Alifrangis offered the Holy Altar Memorial Vigil Flame in her memory, on the first anniversary of her passing.
- ✦ On Sunday, June 27<sup>th</sup>, the Holy Altar Memorial Vigil Flame burned in memory of Ted Pothos, 11 years since his passing, and was offered by his wife Bessie Pothos and family.
- ✦ On Sunday, August 15<sup>th</sup>, the Holy Altar Memorial Vigil Flame will burn in memory of Toula Canakes, 31 years since her passing, and will be offered by her daughter, Isabel Granados and grandchildren, Greg Stathos and Georgia Jenkins Wenger.

# Freedom From Sin

## An Interview with Father Pavlos

Dikaios of the Saint Katherine Monastery on Mount Sinai

**Father Pavlos:** To us, freedom chiefly means for someone to become freed from the passions, from sin. Because if someone lives in an environment that has full freedom, such as America, where real freedom exists, but he is enslaved by the passions in sin, that person is not really free. He is a slave of the passions. In our church, there is a great emphasis on the need for us to become freed from the passions. It is the greatest servitude, the heaviest servitude, to be a slave of the passions. If we as persons shall become freed from the passions, from sin, then we will live in true freedom, in whatever environment we find ourselves.

**Question:** What is the difference between a passion and a sin?

**Father Pavlos:** It's the same thing, but the passion is something that has greater hold on you in terms of time. Sin is something we do once, but the passion is a condition that has become permanent within us.

**Question:** A sin we do many times?

**Father Pavlos:** Yes, it continues. In America, it is usual to use the word "passion" to praise someone; we say someone has a "passion for music," for instance. We consider it a good thing to have a passion. We even use this method of speech to identify ourselves – "his passion is cooking." Yes, in Greece too that's common. It is something excessive; one loves something to the extreme.

**Question:** Then how is a good passion distinguished from a bad one?

**Father Pavlos:** The sinful passion is something that transgresses the commandment of God. And the other isn't right. For instance, to have a passion for music – it isn't a transgression of the law of God, but it isn't good.

**Question:** Why?

**Father Pavlos:** Because it is extreme. When one eats to the extreme...he will get sick!  
(laughter)

**Question:** Where then should our excessive love be?

**Father Pavlos:** Our love is where God wishes it. Does God want a particular thing? That which God wishes, that is where we must go to extremes, with much love. Is it possible that we often give our love to other things as a surrogate for spiritual life, to

fill the void within us because we don't love God as we should? Yes, yes, many times, yes. We have a lot of love in America for pets, for instance. Yes. Or a mother can love her child excessively, with passion – that is damaging. Not only does it not help the child, it can hurt him when love is pathologic.

**Question:** Why don't we give our love to God as we should? What makes us prefer to give it elsewhere?

**Father Pavlos:** Because – what did you say previously? – other things have taken the place that God should occupy. Those things are easier. Also, they please the emotions, or they please physically. Whereas, doing the will of God many times requires toil on our part, and pain, don't you see? Maybe we think we are not able to know God, or are not worthy. No, that's not it. The point is that our love for God is expressed with our keeping His commandments. And often those commandments seem heavy to us. Whereas, the other is easy, it's not heavy.

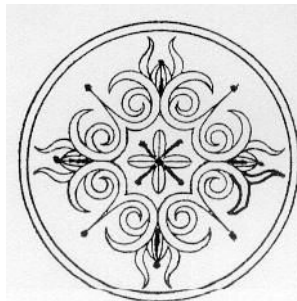
**Question:** Is it really a heavy thing for us to keep the commandments of God?

**Father Pavlos:** Many times, isn't it?

**Question:** But doesn't Christ say, "My yoke is easy and My burden is light?"

**Father Pavlos:** It becomes light with the Grace of God. When a person has the will and decides to do that which God wills, saying, "Whether it is easy or difficult, I will do it." – then it becomes easy. The airplane, in order to overcome the earth's gravity, in the beginning at take-off, puts out all its power in order to lift off the ground. And then, once it achieves altitude, it goes more easily, you see? It's the same thing for a person. In order to escape the pull which sin has, to put off the weight which is pressing him down, requires strength, much strength, and decision and will. It's not an easy thing. In America, a viewpoint is circulating that we cannot come to know God. Many people say they believe in a "higher power" that exists but that they cannot gain knowledge of. Certainly, we may not be able to understand God, because God is infinite, but we can have interaction with Him, communication with Him. With prayer, with the keeping of His commandments – these bring fellowship with Him, communication. God wants this. And it is easy.

(taken from the Hellenic Voice newspaper, November 2009)



**All are Welcome to Help & Learn Greek Cooking  
St. Katherine Weekend in Greece Festival 2010**

## **Festival Cooking Schedule**

Please sign up to cook for the Festival.

<b>Food Item</b>	<b>Date</b>
Melomakarouna	August 2 (Mon) 9:00 AM
Pastitsio	August 4 & 5 (Wed. & Thurs.) 9:00 A.M.
Spanikopites & Tiropites	August 9, 10 & 11 (Mon, Tues, & Wed) 9:00 A.M.
Paximadakia	August 16 (Mon) 9:00 A.M.
Koulourakia	August 17 (Tues) 9:00 A.M.
Kourabiethes	August 23 (Mon) 9:00 A.M.
Baklava & Kadaife	August 24 & 25 (Tues & Wed) 9:00 A.M.
Dolmades	August 30 & 31 (Mon & Tues) 9:00 A.M.
Moussaka	September 7 & 8 (Tues & Wed) 9:00A.M.
Karithopita	September 12 (Sun) after church service
Tourlou	September 13 (Mon) 9:00 A.M.
Diples	September 16 (Thurs) 9:00 A.M.
Diples & Baklava	Dip Diples in Honey and bake Baklava September 20 (Mon) 9:00 A.M.
Melomakarouna	Dip in Honey September 21 (Tues) 9 A.M.
Galatouboureko	We need Galatouboureko donations.
<b>A la Carte Food:</b>	<b>Workers are needed in the A la Carte Food Booth.</b> The hours are flexible. September 25(Sat) 10am-10pm September 26 (Sun) 11am-5pm Chairperson: Athena Holland. Scheduling workers for A la Carte Food: Mary Savage
<b>Pastry Booth:</b>	<b>Workers are needed in the Pastry Booth.</b> The hours are flexible. September 25 (Sat) booth hours 10am-10pm September 26 (Sun) booth hours 11am-6pm <b>Pastry donations are needed.</b> Chairperson: Janet Potiris -- janpteach@frontiernet.net

# MARK YOUR CALENDAR

July 2, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
July 6, Tuesday— Bible Study, 10 A.M  
July 9, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
July 13, Tuesday—Bible Study,10 A.M.; Parish Council Meeting, 7 P.M.  
July 16, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
July 18, Sunday—Philoptochos Meeting following Divine Liturgy  
July 23, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
July 24, Saturday—Great Vespers for the Feast of Saint Anna at the Saint Anna Church in Roseville  
(1001 Stone Canyon Drive), 6 P.M.  
July 27, Tuesday—The Feast of St. Panteleimon, Divine Liturgy, 10 A.M.  
July 30, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
August 1, Sunday—Lenten fasting period begins for the feast of the Assumption of the Theotokos. Also,  
special reception during coffee hour for Saint Katherine Monastery pilgrimage presentation.  
August 2, Monday—Festival cooking begins—See schedule for volunteering  
August 4, Wednesday—Paraclesis service (Supplications to the Virgin Mary), 7 PM.  
August 6, Friday—The Feast of the Transfiguration of our Lord, Divine Liturgy, 10 A.M.  
August 10, Tuesday—Parish Council Meeting, 7 P.M.  
August 11, Wednesday—Paraclesis service (Supplications to the Virgin Mary), 7 PM.  
August 13, Friday—Paraclesis service (Supplications to the Virgin Mary), 7 PM.  
August 20, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
August 27, Friday—Youth Folk Dance Rehearsal, 6:45 P.M.  
September 25 & 26, 2010— **Our Annual “Weekend in Greece” Festival!**

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

*Time Dated Material*

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