



SAINT KATHERINE CHRONICLE / MARCH - APRIL 2010

A Word from your Pastor

The doctor said, “You probably know why I’ve called you into my office today.”

I nodded nervously.

“You have papillary thyroid cancer, but the good news is that with the treatment I’m proposing, it can be 97-98% curable.”

That was on December 31st of last year. On January 21st of this year, I had a complete thyroidectomy to remove my entire thyroid gland. The surgery went well and my recovery was a good one. The next part was a little more difficult. The doctor recommended that I undergo a special radio-iodine treatment that included a thyroid and iodine deprivation diet for a month. Then I was to swallow a specially treated iodine pill that would be absorbed by any remaining thyroid cells (including cancerous ones) in my body, killing them and leaving the healthy cells unaffected.

The lack of any thyroid hormone or iodine in your system causes your metabolism to slow down greatly, making you tired, puffy and cloudy-headed. I’m in the period of recovery from all that, and hopefully by Easter Sunday, I’ll be feeling more like my old self.

What I would like to do here, however, is to take this opportunity to thank all of you for your prayers, your concern and your wishes for my good health and recovery. Thank you also for the many cards, thoughtful notes, beautiful flowers (including 2 cute little bonsai trees), and telephone messages I received over the past couple of months. All of those things, believe me, contributed greatly to my feeling better and speeding my recovery. Your love, concern and prayers were truly overwhelming and I thank you from the bottom of my heart.

Now I know how Jimmy Stewart’s character felt at the end of the famous movie, “It’s a Wonderful Life.”

With your prayers, and the care of my wonderful nurse (Presvytera Chrisoula) I look forward to being stronger and better than ever.

Thank you again, and may God bless you and your family with good health always.

Faithfully yours,

Father Dino

PERCENTAGE OF ITEMIZED INCOME ACCOUNTS TO TOTAL INCOME - 2009

2009 Budget \$428,000
 Actual Income 420,267
 (- 7,733).....2% Under Budget

<u>Item</u>	<u>Amt. Received</u>	<u>%/Total Income</u>
Stewardship	\$184,255.	44%
Candles	16,652	4%
Offering Trays	13,418	3%
General Donations	29,099	7%
Memorial Donations	11,929	3%
Sunday School Rel. Ed	216	-1%
Bookstore	264	-1%
Easter Donations	3,276	1%
Christmas Donations	<u>7,146</u>	<u>2%</u>
Sub Totals	\$266,255	63%
Special Events:		
Crab Feed	\$ 18,445	4%
Saint Katherine dinner	5,278	1%
Week-end in Greece	71,335	17%
Mardi Gras	3,901	1%
Miscellaneous	<u>286</u>	<u>-1%</u>
Sub Totals	\$ 99,245	24%
Hall Rental	\$54,757	13%

PERCENTAGE OF ITEMIZED EXPENSE ACCOUNTS TO TOTAL EXPENSES - 2009

2009 Budget - \$428,000
 Actual Expenses - 418,158
 Savings . \$ 9,842 2% Under Budget

<u>Item</u>	<u>Amt. Expended</u>	<u>%Total Expense</u>
Loan (Mortgage Debt)	\$ 77,697	19%
Gen. Operations:		
Priest/Medical/Soc. Sec./Auto	157,392	38%
Bookkeeper	8,151	2%
Archdio. / Metrop. Assesments	31,300	7%
Insurance, Tax, Fees	23,586	6%
Maintenance	25,414	6%
Utilities	38,009	9%
Supplies	13,025	3%
Religious Education	<u>687</u>	<u>(-1)%</u>
Sub Totals.	<u>\$375,261</u>	<u>90%</u>
Special Events:		
Crab Feed	\$ 6,811	2%
Easter Supper	232	(-1)%
Weekend in Greece	29,521	7%
Mardigras	598	(-1)%
Saint Katherine Dinner	<u>1,456</u>	<u>(-1)%</u>
Sub Totals	<u>\$ 38,618</u>	<u>9%</u>
Miscellaneous (not identified)	\$ 4,279	1%
Total Income 2009.....\$420,267		
Total Expenses 2009..... <u>418,158</u>		
Bank Balance 12/21/09 \$ 2,109		

Informational only:

Total General Operations Expense 2009 **\$ 375,261**
Total Stewardship Pledges - 230 families **\$ 1,631 / average expense per family**
\$ 765 / average pledge per family

PARISH NOTES

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

website: www.saintkatherine.org / e-mail address: pappademos@saintkatherine.org

A SUCCESSFUL CRAB FEED! – Many thanks to Crab Feed Chairperson, Christine Kockinis, for organizing one of our most successful Crab Feeds in recent years, with just over \$20,000 in net proceeds to Saint Katherine! Christine writes:

I am very proud and happy to report the outstanding success of this year's Crab Feed. The credit goes to our generous donors, volunteers, committee chairmen, Parish Council, Philoptochos Society and each Philoptochos Circle, GOYA, and especially to all those who attended. Each and every member of our Church Family can be equally proud of the huge success of the Saint Katherine 2010 Crab Feed. THANK YOU!
-- Christine Kockinis, 2010 Crab feed Chairperson

SAINT KATHERINE PRAYER GROUP – Saint Katherine's Prayer Group is for all members of Saint Katherine. We encourage you to join us immediately following Sunday Liturgy in front of the icon of the Theotokos, especially if you have someone who is ill or has a special need for prayers. If you are unable to participate, *please write the first name of the person on the blue form found either in the Narthex or in the Prayer Box, put the form in the Prayer Box,* and we will pray for that person. We have received many blessings from this weekly devotion.

STEWARDSHIP – Thank you for your support of Saint Katherine through Stewardship giving. So far, we have received Stewardship commitment cards from 159 families, with an average offering of \$949 from each family for the year. That means however, that we have yet to receive an indication of giving from about 140 of the families on our mailing list. 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.

CHURCH CLEAN-UP DAY – Bring your rakes and clippers to help spruce up the Church grounds & Biblical Garden on Saturday, March 20th, and your dust cloths to help make the church shine inside. We begin at 9 AM.

SAINT KATHERINE ACCOLYTES' SCHEDULE –

Archangel Gabriel

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

Archangel Michael

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

Mar. 14 & 28 – April 11 & 25

Mar. 7 & 21— April 4 & 18

PROSPHORON SCHEDULE

Athanasia Manikas:	Mar. 14, Apr.25	Sevasti Hatzopoulos:	Apr.4, May 16
Eleni Camperos:	Mar. 21, May 2	Anna Papajohn:	Apr.11, May 23
Christine Economy:	Mar. 28, May 9	Eleni Vathis:	Mar. 7, Apr.18

IMPORTANT INFORMATION FOR RAISING MONEY FOR OUR CHURCH!

What if St Katherine Greek Orthodox Church earned a donation every time you searched the Internet? Or how about if a percentage of every purchase you made online went to support our parish? Well, now it can!

[GoodSearch.com](http://www.goodsearch.com) is a new Yahoo-powered search engine that donates half its advertising revenue, about a penny per search, to the charities its users designate. Use it just as you would any search engine, get quality search results from Yahoo, and watch the donations add up!

[GoodShop.com](http://www.goodshop.com) is a new online shopping mall which donates up to 30 percent of each purchase to your favorite cause! Hundreds of great stores including Amazon, Target, Gap, Best Buy, ebay, Macy's and Barnes & Noble have teamed up with GoodShop and every time you place an order, you'll be supporting your favorite cause.

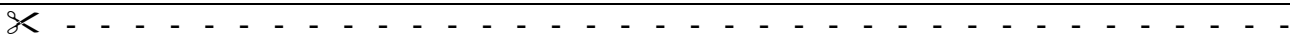
And if you download the GoodSearch – St. Katherine Greek Orthodox Church toolbar, our parish will earn money every time you shop and search online - even if you forget to go to GoodShop or GoodSearch first! Add the St Katherine Greek Orthodox Church toolbar at <http://www.goodsearch.com/toolbar/st-katherine-greek-orthodox-church>

Philoptochos News

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. Additionally, the Philoptochos general fund contributes to the following local charities: WIND (Homeless teens), Elk Grove Food Closet and WEAVE. Please contact Father Dino or Alison Alemán, President, for information about becoming a member. Additionally, if you know of a parish member or family member who is ill or shut-in, please contact Father Dino, or Elaine Pavlatos, Kathy LaGiusa or Sophia Stathos, of the SUSANNA CIRCLE, so that we can minister to them during their time of need.

Upcoming Events for Philoptochos

- **Easter Bake Sale:** The last day to order fresh-baked Easter bread and pastries is Sunday, March 21, for pickup on Palm Sunday, March 28. Please refer to the order form printed below.
- **Easter/Spring Boutique**—March 7th, 14th, and 21st, following Divine Liturgy.
- **Our next Philoptochos Board meeting** will be Sunday, March 21, after church services.
- **Our annual Palm Sunday Luncheon** will be on Sunday, March 28, after church services. Please plan to attend with your family for a delicious lunch and fellowship!
- **Our annual Mother's Day Luncheon** is Saturday, May 8th. Please mark your calendar and plan to attend this very special annual event.



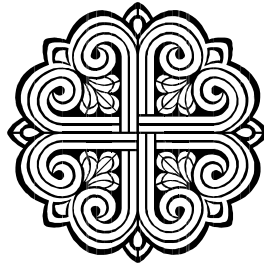
Saint Katherine Philoptochos Easter Bake Sale

Qty.		Sub Totals
_____	Koulourakia x \$5 per dozen =	\$ _____
_____	Tsoureki Bread x \$8 per loaf =	\$ _____
_____	Baklava x \$100 per whole sheet =	\$ _____
_____	Baklava x \$50 per half sheet =	\$ _____
_____	Baklava x \$1.50 per piece =	\$ _____
Total Enclosed = \$ _____		

Name: _____ Phone # _____

2010

holy week and pascha services



March

26	FRIDAY EVENING	Tie Palm Crosses	6 PM
27	LAZARUS SATURDAY	Divine Liturgy	10 AM
28	PALM SUNDAY	Divine Liturgy & luncheon Bridegroom Service	10 AM 7 PM
29	HOLY MONDAY	Bridegroom Service	7 PM
30	HOLY TUESDAY	Bridegroom Service	7 PM
31	HOLY WEDNESDAY	Holy Unction Service	5:30 PM

April

1	HOLY THURSDAY	Divine Liturgy Holy Passion Service	10 AM 7 PM
2	HOLY FRIDAY	(Decorate Epitaphios) Descent from the Cross Service of Lamentations	9 AM 3 PM 7 PM
3	HOLY SATURDAY	Divine Liturgy Resurrection Service	10 AM 11:45 PM
4	EASTER SUNDAY	Resurrection Liturgy* *(Paschal supper follows in Tsakopoulos Hall) Agape Vespers	12:01 AM 12 NOON

A POWERFUL INTERVIEW IN TIME FOR GREAT LENT

The following interview with the abbot of the Saint Katherine Monastery on Mount Sinai is taken from the January 27th issue of the Hellenic Voice Newspaper published in Boston.

Q: Geronta Pavlos, can we ask you what village you are from?

A: Yes, and what difference does it make compared to...

Q: Yes, of course, Geronta...but which one did you say...?

A: I'm from the Peloponnesus. My village is called Kranidi, in Argolida. It is opposite the island of Spetses.

Q: The years that you were growing up, was village life pretty traditional? Were the people faithful?

A: Yes, the old-timers were strict, both in matters of faith and in their life. There, if someone gave his word on something, he wouldn't go back on it, he kept it no matter what. He didn't know how to tell lies – to become engaged to a girl and then abandon her, for instance. It was a formidable thing, a major sin to do such a thing. They were very straightforward people, their word was their contract.

Q: And in church, did they follow the traditions?

A: Definitely, I remember when we were little children, we didn't have a lot of things, no clocks, etc. The bell rang for us to go to church. Then, our parents, as soon as the first bell rang, said to us, "Get up quickly to go to church!" There was no, "Please get up now" such things – nothing like that. "Get up and go to church!" We grew up in that kind of environment.

Q: Our environment today is so different. From life without clocks, to the 24/7 "information age!" Do the same standards still apply? Fasting for instance...people fight a daily nightmare on the freeways. One wants to find something easy for dinner, and not worry about what the fast allows. In short, fasting in America often doesn't seem to be considered relevant.

A: Yes, but at the same time, people are in the habit of saying that "this or that particular food is fattening." And I often say to myself, "I've never heard a person remark that a particular food makes him thin (laughter)!" Actually, we suffer today from overeating, not fasting!! The fasting that the Church gives is very light – the Church doesn't command severe things. It is simply a change of foods. In actuality it is the best form of diet. If one looks under the surface, he can see it is a matter of health of the body – the fasting that the Church prescribes helps the bodily health of a person.

Q: However, when a person is told he has all these details to follow, one food today, another tomorrow...it comes as a lot of rules and regulations. If Orthodoxy is about freedom, where do all these rules fit in?

A: The rules exist in order to hold us in freedom, because if the rules didn't exist, neither would freedom. The rules promote freedom, you see. Consider that there exist vegetarians, by choice. The Church doesn't say to be a vegetarian; people on their own abstain from meat for health reasons. So since it helps us, why shouldn't we fast? This by the way, as suggested by the Church, is very light. There are doctors today who base their therapy on fasting – complete fasting. They might say, "the first day you'll eat nothing, the second nothing, and third day you'll begin to drink a little juice." They help people who have serious weight problems, and many others.

Q: Some say that "fasting isn't necessary, it's what's inside that matters, it doesn't matter what you eat."

A: It's a mistake for anybody to say that it isn't necessary. Our Christ, didn't He fast for 40 days? He didn't eat anything for 40 days. Why should He do such great fasting? And the Church doesn't ask for such a thing.

Q: And when others do not understand?

A: We will say that "this is a matter of faith." And that it does well, both for the soul and for the body. If we say that, it is the truth.

Q: Prayer also seems often difficult after a long day of stress. Not so much from lack of time, as from mental exhaustion.

A: Prayer is the sun of our soul. Just as we cannot physically live without the sun, we cannot spiritually live without prayer. You will profit if you make room for prayer, because it will enlighten your good works to be successful.

Q: What prayer?

A: At home, at work, in the street, the mind can pray and be with God, and say “Lord Jesus Christ, have mercy on me.” Not many words and they are easy. But it requires carefulness.

Q: If one is not advanced in prayer, it is easy to be distracted while saying the Jesus Prayer.

A: The mind will wander no matter what prayer you are saying – if you are reading prayers from a book, the mind will wander in order to understand what you are reading. One must be patient, and as soon as the mind wanders, bring it back – “Here!” One must be insistent on this point.

Q: We hear of village grandmothers in Greece who have a strong mystical connection to God in church, even though they don’t understand the archaic Greek of the services.

A: Yes, because they achieve communication with God through their heart. With their mind, their thought, they might not understand, but with their heart – the heart is uneducated.

Q: It’s what?

A: (laughter) Uneducated – the heart doesn’t know anything about book learning.

Q: What is prayer of the heart?

A: It is a great matter. A person might pray with the lips and the mouth. God accepts that prayer, but it isn’t great, real prayer. One can pray also with his thought, his mind, but much more with his heart. According to the Church Fathers, the heart is at the center of one’s spiritual being, just as the physical heart is the center of the body’s functions. But in order to attain the prayer of the heart, first of all, spiritual struggle is required, and purity. As we said preciously, one must become free from the passions, because if a person is enslaved to the sins, he or she cannot arrive at their heart.

Q: What does a person feel who has arrived at purity of the heart?

A: First of all, he or she is very peaceful inside. They don’t despair – they close the door to hopelessness once and for all. No matter what happens in their life. They have much love, both for themselves and for others. In this way, they will descend to their heart, to the depths in other words, of their soul.

Q: With faith, Geronta, how can we face the great trial of the loss of a loved one?

A: First of all, there is no such thing as “he died.” The person doesn’t die. The body does dissolve, but the soul doesn’t die...it’s immortal. Knowing this, the first Christians never said that someone died, neither did they use the term “graveyard,” but they always used the word “cemetery” (its Greek root) implying that one didn’t die, but slept. Therefore real death doesn’t exist for us. There is a transition from this temporary life to the eternal. When one has this in mind and thinks about it, one will react with courage and fortitude. And instead of grieving in anguish and tears, one will pray for the soul of the one fallen asleep. And not only does the person praying benefit, but also the one who has left this life is benefited.

Q: Will that fill the void a person feels?

A: Yes, of course! The person will be helped very much in that way.

Q: What role does psychiatry play in the healing of the soul? Is it the same as confession?

A: No, it is a different thing, because the person who goes to a psychiatrist is still spiritually ill in his soul. The faithful Christian who goes to confession is not spiritually ill; he is healthy, because he understands that he erred, that he made a mistake. Fundamental to this is that one hopes that God will help him, that He will forgive him. Whereas the person who goes to a psychiatrist has arrived at despair – a person who has lost hope doesn’t go to confession. That’s the basic difference.

Q: Can a psychiatrist help the person who has fallen into despair?

A: Certainly, because science is from God. He will give him boldness and courage to leave despair behind. Many psychiatrists recommend that their patients go to confess – important psychiatrists, because they have seen in fact that people are benefited by it. With confession, prayer, with fasting and all the help that our Church offers, gradually God comes and enlightens the mind of a person and by Divine Light that person sees the truth.

Q: ...“and the truth will make you free” (John 8:32) With your holy blessing, Geronta, thank you.

MARK YOUR CALENDAR

Mar. 2, Tuesday—Senior League Luncheon, Annunciation Church 11:30 A.M.
Mar. 7, Sunday—Elevation of the Holy Cross Divine Liturgy
Mar. 9, Tuesday—Bible Study, 10 AM
Mar. 10, Wednesday—Presanctified Liturgy 10 AM; Parish Council Meeting 7 PM
Mar. 12, Friday—4th Salutations to the Theotokos 7 PM
Mar. 16, Tuesday—Bible Study 10 AM
Mar. 17, Wednesday—Presanctified Liturgy 10 AM
Mar. 19, Friday— The Akathist Hymn 7 PM
Mar. 20, Saturday—First Day of Spring and Spring Clean-Up Day 9 AM
Mar. 24, Wednesday— Great Vespers, Feast of Annunciation 7 PM, Annunciation Church, Sacramento
Mar. 25, Thursday—Divine Liturgy, Feast of Annunciation 10 AM, Annunciation Church, Sacramento
Mar. 26 – April 4 – Please refer to the Holy Week and Pascha scheduled printed in this issue
April 6, Tuesday— Senior League Luncheon, Annunciation Church 11:30 A.M.
April 13, Tuesday—Bible Study 10 AM
April 14, Wednesday—Parish Council Meeting 7 PM
April 20, Tuesday—Bible Study 7 PM
April 27, Tuesday—Bible Study 7 PM



St. Katherine Greek Orthodox Church
9165 Peets Street
Elk Grove, CA 95758

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