

# *Dynamis*

*The Voice of Holy Trinity*

May 2016

*"... Since the kingdom of God is not just words, it is power."*

1 CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL 3131 NE Glisan St., Portland, Oregon 97232 503-234-0468

Dear Parishioners and Friends,

## Christ is Risen!



The light of Pascha fills our hearts with hope and joy! Having gone through the course of the fast, walked with our Lord during Holy Week and rejoiced in His resurrection at Pascha, we are renewed and inspired to meet the challenges of life with a greater sense of purpose and vigor. Proclaiming that Christ is Risen from

the dead, we must also let this truth infuse our very being, so that our lives bear witness to the good news!

The best witness to the resurrection of Christ is for us Christians to live our lives drawing strength from the power of the resurrection. Having received the light at Pascha, we are called to be light and to spread the light.

Our faith can only impact our lives and the lives of others when we apply it. Dirty dishes won't get clean unless we add soap, water and some effort. Our lives can be messy and the best way to clean them up is to apply our faith. What good does it do us to sing triumphantly that Christ is risen from the dead when we leave the church and act like Christ can't help us get through the day? If Christ is risen from the dead and has defeated death, He can help us defeat anything. We must remember that the power of the resurrection is the power to meet all challenges in this life and to prepare us for the next!

I always love the example of Christ raising Lazarus from the dead. Every time I am down or feel defeated, I remember that Lazarus was four days dead in the tomb and smelling! If Jesus could raise his friend from the

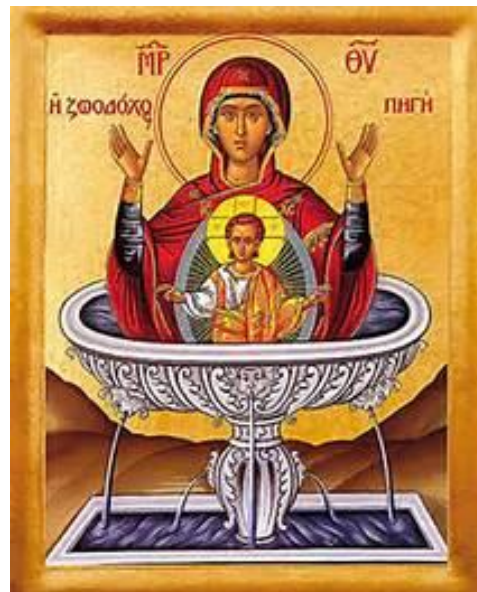
dead, He can certainly help me with my minor life challenges. The power of the resurrection is the power for us to meet the difficulties in our lives without fear!

May this paschal period be for us a time of renewal and light!

## Truly He is Risen!

Love in our  
Risen Lord,

Fr. Paul



### Services for May:

Monday, May 2: Feast of St. George

9:00 am Orthros

10:30 am Divine Liturgy

Friday, May 6: Theotokos the Life-Giving Spring

8:00 am Orthros

9:30 am Divine Liturgy

Saturday, May 21: Saints Constantine & Helen

8:00 am Orthros

9:30 am Divine Liturgy

Wednesday, May 25: Wednesday of Mid-Pentecost

8:00 am Orthros

9:30 am Divine Liturgy

## ALPHABETICAL LISTING

Adult Education, Dn. David Cole [dndavid@goholytrinity.org](mailto:dndavid@goholytrinity.org)  
 Agia Sophia Academy, Elisha Lubliner .....503-641-4600  
 A.G.R.O., Saki Tzantarmas.....503-777-1415  
 AHEC, American Hellenic Educational Center  
     John Melonas .....503-703-4288  
 AHEPA, Thomas Spathas .....503-515-7203  
 Altar Boys, John Anasis.....503-531-0402  
 Camp Angelos .....503-695-5888  
 Daughters of Penelope, Dawn Damiani .....971-207-9863  
 Director of Music, John Michael Boyer ..... 510-717-1248  
 Dynamis, Gail Morris .....503-234-0468  
 Endowment Fund, Mike Diamond ..... 503-222-1988  
 Ethos Bookstore, Christos Efthimiadis .....503-849-2550  
 Greek Festival, Katherine Ossey ..... 503-282-6219  
 Greek Folk Dance, Helen Tzakis .....503-891-4351  
 Greek School, Katerina Iconomou .....503-997-5459  
     Email: [info@katerinaonline.com](mailto:info@katerinaonline.com)  
 Greeters Ministry, Anastasia Mallos.....503-255-0609  
 HACCM (Hellenic-American Cultural Center & Museum)  
     Nick Fkias.....503-644-1455  
     Alexandra Andronikos.....503-665-5722  
 Justice & Human Rights, Alex Christy .....503-636-8326  
 Little Angels Moms and Tots, Eleni Anadiotis 503-808-0978  
 Men's Ministry, Stephen Phoutrides ..... 503-688-5488  
 Orthodox Spirituality ..... 503-234-0468  
 Philoptochos, Mari Lou Diamond.....503-516-3667  
 Philoptochos Cookbook, Helen Stratikos .....503-666-8815  
 Seniors Ministry, Dean Lampus .....503-329-0873  
 Stewardship Chairman, John Lampros.....503-645-3136  
 Sunday School .....503-234-0468  
 Vacation Church School, Dina Khoury .....503-224-5524  
 Youth Ministry, Christine Whitton .....503-234-0468  
     \* Hope & Joy (ages 5-11)  
     \* Junior Goya (ages 11-14)  
     \* Senior Goya (ages 15-18)  
     \* College Ministry, OCF  
     \* Young Adult Ministry  
     \* Summer Youth Camp

### CATHEDRAL STAFF

Father Paul Paris 503-234-0468 ext. 13  
     [frpaul@goholytrinity.org](mailto:frpaul@goholytrinity.org)  
 Deacon David Cole, Adult Education  
     [dndavid@goholytrinity.org](mailto:dndavid@goholytrinity.org)  
 Deacon George Ketrenos,  
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     [Protopsaltissf@gmail.com](mailto:Protopsaltissf@gmail.com)  
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 Christine Whitton, Youth Director 503-730-5884  
     [Christine.n.whitton@gmail.com](mailto:Christine.n.whitton@gmail.com)  
 Bob Shaffer, Maintenance 503-750-8800

## Our People

### Baptisms:

April 2, 2016: **Nathaniel Birch Gross**, son of Benjamin Robert Gross and Christina Servetas Gross. The Godparents are Stephen Birtsas & Sheila Birtsas.  
 April 16, 2016: **Epifania Rose Nicklos**, daughter of Gus and Erin Nicklos. Godparents are Jimmy Gadinis and Cara Ward.

Join us on

**Tuesday, May 10th, 2016!**

Come one and all to the

### Spring Philoptochos General Assembly Dinner

Social time will be followed by dinner beginning at 6:00pm in the Holy Trinity Father Elias Stephanopoulos Center. Cost is \$10.00 for a fun and delicious dinner and an informative evening.

There's room for members, non-members, interested parties and any friends of Philoptochos of all ages. Women and men are both invited.

Contact any Philoptochos member to secure your seat or email Mari Lou at [mlpdiamond@gmail.com](mailto:mlpdiamond@gmail.com).

See you there!

### \$4,600 Raised for the Saint Nicholas Shrine in New York City

by donations and special events sponsored by AHEPA's Mt. Hood Chapter #154 and the Daughters of Penelope's Troy Chapter #32. The original church in New York City was founded in 1916 and was completely buried by the collapse of the South Tower of the World Trade Center on 9/11.

The new church will include a non-denominational bereavement center for rest and meditation. The church and Liberty Park is predicted to attract 10 million visitors annually. The Shrine will illuminate from the inside and at night it will glow from within. The skin of the structure is a veneer of white Pentelic marble. The Parthenon came from the same quarry. **"It will glow where darkness fell."**

We thank our Community in supporting this very worthy cause. If you wish to make a donation, please feel free to contact any member of the AHEPA Family. Our goal is \$5,000.







## Festival Baking Schedule for 2016

May 14 & 16	Spanakopita (a Saturday baking)
May 23 & 24	Tyropita
June 1	Rolla
June 6	Melomakarona
June 13	Souvlaki
June 27	Souvlaki
July 5	Kataifi
July 12	Keftethes
July 26 & 27	Koulourakia
August 1 & 2	Kourabiethes
August 4	Dolmathes
August 20	Bougatsa (7:30 am, a Saturday baking)
September 5 & 6	Baklava (annual Labor Day baking)
September 18 – 20	Pastry Packaging (large Hall)
September 24	Diples (a Saturday baking)
September 25	Combo Pastry Packaging
September 29	Pastitsio (7:30am, small hall)
October 3	Clean up

All events begin at 9:00 am, unless otherwise noted. All dates are subject to change. Please check with the office or current notices for updated times and dates.

## Men's Ministry Visits St John the Forerunner Monastery

The Men's Ministry had seven of our members go to St John the Forerunner Monastery on the weekend of April first. The members who went were John Lampros, Christos Efthimiadis, Scott Taylor, Laurie Fedora, Vic Tymchenko, Steve Phourides and Nick Mallos. Our task was to pitch in and provide a few sets of extra hands to assist the remarkably hard-working nuns with a small set of chores.

We arrived Friday evening and were warmly welcomed by the nuns and spent the nights at their visitor housing. Saturday morning we were welcomed by clear blue skies and beautiful pine trees. We attended Divine liturgy led by Fr Michael and the angelic voices of the nuns. After service we were fed a delicious lenten breakfast, fueled for the day's work.



Our first task was to unload 50lb. bags of goat feed into the goat pen. Then we cleaned out the area where the bales of hay and alfalfa had been stored and used up from the winter. We then replenished the area with fresh 45 100lb. bales of hay and alfalfa. Work normally done by the nuns, it took two men per bail to load and then unload.

Next we headed up to a clearing at the top of a hill just north of the church where piles of cut wood, split and un-split, were kept. We loaded a couple of truckloads of split wood and

restocked all the wood bins around the monastery.

Many trees throughout the property have been cut down due to damage from fire and to clear space for developing the monastery facilities. So we loaded up the gas operated log



splitter and returned to the wood pile. Five of the men then began to split cords of wood for future use. Two of the men were given chain saws to cut up three trees that had fallen from the fires of last year. We made a burn pile from the branches from the downed trees and the cut pieces of wood were loaded into the truck and hauled back up to the top of the hill, where it was split and stacked.

The nuns made an incredible lenten lunch of calamari, coleslaw, fresh bread and spoiled us with a couple bottles of aged wine that they had made at the monastery. After lunch we worked a few more hours. We stopped at 4:00 to clean up and have a light dinner before Vespers that evening. Once again the service was beautiful to our ears, eyes and soul. After service we had a short visit with Gerontissa. She expressed her gratitude for our help and told us that Holy Trinity has been like their sister church to them.

After church, the seven of us went into the town of Goldendale and enjoyed music and each other's company at the Windy Ridge Saloon & Eatery.

The next morning we attended the Divine Liturgy and celebrated the Sunday of the Holy Cross. The service was attended by local people and visitors from as far away as Vancouver B.C. After service we were served brunch and had fellowship with the parishioners and guests.



Through our small effort to serve the monastery, each of us felt a reward to be able to help make the nuns' lives a little easier. To a man, each of us felt blessed to have been brought into the presence of the beautiful sisters at the monastery. We were humbled and inspired by their dedication and commitment to our Lord and to one another.

We have an open invitation to return anytime and we are hoping to make this a bi-annual event by returning this early fall. We encourage others to join us on that visit. The Men's Ministry is open to all men from our community who are interested in growing in their Orthodox faith, fellowship with one another and doing service within our community and the community at large. Meetings are held once a month on Saturday evenings with a potluck dinner and an open discussion of our Orthodox faith as men led by Fr Paul.

Sincerely, Nick Mallos

#### *Save the Date*

### **"Both Sides of the Aegean"**

**Nov. 18 & 19, 2016**

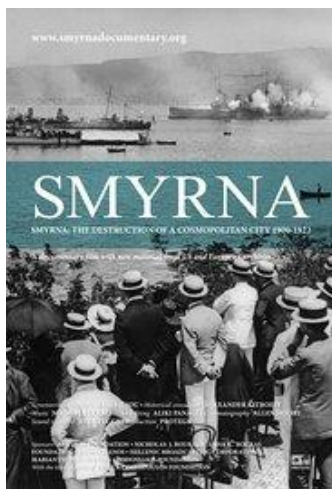
Remember Rebetiko 2009?

HACCM is excited to be bringing back a weekend featuring the award-winning film "Smyrna: The Destruction of a Cosmopolitan City," and the return of the inimitable Christos Govetas and

Dromeno, performing music of Asia Minor, Rebetikka and Mainland Greece!

Are your roots from Asia Minor? Then contact us to help out, perhaps with photos, memories, stories or time!

Contact: Chrysanthie at 503-939-1469 or Katherine Karafotias at [haccmpdx@gmail.com](mailto:haccmpdx@gmail.com).



## **A Lifetime Dream Comes True for Amalia**

Queen Amalia and her husband Otto, were the first queen and king of the Greek state that was formed when the Ottoman Empire began to crumble in the 1820s and 1830s. Mingling a Western sensibility with her understanding of the local culture, Queen Amalia created the dress that became known as the national attire of Greece.

Jerre Ann Pappelis donated the Queen Amalia dress currently on display in the Hellenic-American Cultural Center & Museum (HACCM) in honor of her parents, Mr. and Mrs. Savas Jerry Stathatos.



Amalia Gianopoulos is a long-time member of the Holy Trinity community. She has served as the seamstress for the Holy Trinity Greek Folk Dance program for many years, creating several sets of costumes and helping upkeep the more than 200 outfits that form the program's collection. Her work ethic is admirable and always done with a smile.

She has saved the day many a time, often responding to calls at the last minute to ensure that every dancer appears on stage perfectly attired.

Ever since she was a teenager, Mrs. Gianopoulos had a dream to wear the royal dress that bears her name and be photographed with it. After so many years of dressing others, we thought it fitting that she should model it for our community and make her dream come true. Please join us in thanking Mrs. Gianopoulos for her loyalty and dedication to our children.

We invite everyone to visit the HACCM to view this and the many Greek traditional dresses now being displayed in the new exhibit "A Voyage through Greece: Traditional Dress of the Hellenes".

Holy Trinity Greek Folk Dance Program  
Hellenic-American Cultural Center & Museum

## **Anyone interested in a foosball table or a piano?**

Sunday School is looking for a home for our foosball table and piano. If interested, please contact Christine Whitton at [Christine.n.whitton@gmail.com](mailto:Christine.n.whitton@gmail.com).

## The Perfect Priest

THE PERFECT priest preaches exactly 10 minutes. He condemns sin, but never hurts anyone's feelings. He works from 8 a.m. until midnight and is also the church janitor.

THE PERFECT priest makes \$40 a week, wears good clothes, drives a good car, and donates \$30 a week to his parish. He is 29 years old and has 40 years' experience.

THE PERFECT priest makes 15 house calls a day and is always in his office.

If your priest does not measure up, send this information to six other parishes that are also dissatisfied with their priest, then bundle up your priest and send him to the church at the top of the list. In one week you will receive 1,643 priests and one of them should be perfect.

Have faith in this letter. One parish broke the chain and got its old priest back in three months.

SOMETIMES a sense of humor helps in dealing with sensitive issues. There is no doubt that every parish deserves to have a perfect priest, a perfect preacher, a perfect administrator, a perfect gentleman, etc., but alas, this is an imperfect world.

When you stop to consider that priests are human, the results are surprisingly positive. From time to time a saint even comes along to make us all aware that we are called higher.

But even saints are far from perfect.

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## Thanks for the Memories — A day of Celebration is set for June 10th

Now that the doors of the Philo House Thrift Shop are closed, it is time to remember it fondly, openly and with laughter. Most of all, it is time to celebrate, thank and remember the volunteers who kept it alive for 37 years.

Everyone is welcomed to join us on **Friday, June 10th** as we honor volunteers of the long-standing, well-loved Thrift shop. Beginning at 11:30am in the Father Elias Center at Holy Trinity, a luncheon will be shared among volunteers, family, friends and the community at large.

Share your favorite Thrift shop story with us during OPEN MIC time. Bring a picture that's worth a thousand words. Or just be present to help us remember.

Volunteers will be hosted. All other guests are asked to make a goodwill donation towards the event.

June 10th....Celebrate the Philo House Thrift Shop and her volunteers.....worthy of memory!

*RSVP to Mary Vertopoulos at: [mary@maryosborn.com](mailto:mary@maryosborn.com)*

## Agia Sophia Academy Receives Outstanding Accreditation Marks

ASA completed its accreditation renewal with AdvancED in early March. The school has been accredited, originally under Northwest Accreditation Commission, since 2007. Accreditation renewal is a year-long process, replete with in-depth self-study, stakeholder surveys, data analysis, and evidence collection that culminates in a full-day site visit from team of highly qualified educators sent by AdvancED. The scores for the various standards (coming from the surveys, our internal self-assessment, classroom observations, student test scores, evidence files, and more,) are combined in to what is called the "Index of Educational Quality" (IEQ).

The highlights of the final report are:

- The team members from AdvancED were blown away by ASA. Where most schools have 2-3 "Powerful Practices" highlighting strong performance on the standards, ASA received **13**.
- Additionally, all schools generally receive 2-3 "required actions" and 2-3 "recommended actions," ASA was only given **1** of each, which the Lead Evaluator mentioned is fairly unprecedented.
- The average of the three IEQs for all accredited schools in the state of Oregon last year was 262. In the words of the State Director, ASA "blew that out of the water," with our average IEQ of **342!** The highest score for ASA's three IEQ components was, "Teaching and Learning Impact."
- One of our AdvancED team members was so touched by the mission and vision of ASA, she volunteered to join our board of directors and support ASA's future.

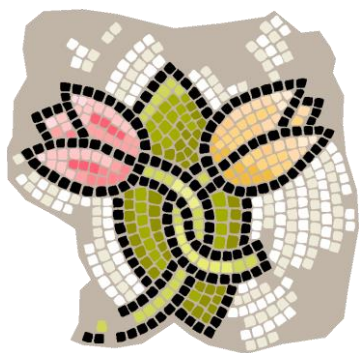
The overall take-away is that ASA remains fully accredited and is performing well above average in all the standards for accreditation! Congratulations to everyone involved, especially to our wonderful staff that focus on continuous improvement as professionals in and out of the classroom each and every year!

We are very pleased with what we've created here at ASA and proud of the education and experience offered to each and every child. This accreditation renewal experience has affirmed what we all know and love about our school. If you have any questions, please don't hesitate to ask! There will also give a complete overview at the May Town Hall. Thank you again!

Elisha Lubliner, Principal

*Inspired to help ASA? Call the school office to learn about possibilities for supporting our future! 503-641-4600*





## Mother's Day Gift Opportunity

Honor your mother, yiayia,  
thea, sister, nouna,  
daughter, goddaughter,

cousin, granddaughter - all the

special women in your life by giving a tribute gift in their name to Philoptochos. Philoptochos will send your honoree a beautiful card to acknowledge your gift. On Mother's Day, a floral arrangement will be placed before the icon of the Theotokos in offering and in honor of all our beloved women.

What better gift for 'the woman who "has everything"? And, your gift will further the philanthropic mission of Philoptochos.

You may also donate in memory of a loved one. On Mother's Day, May 8<sup>th</sup> there will be a prayer to commemorate your special loved one of blessed memory.

Please print your information below and return to Philoptochos at 3131 NE Glisan St. Portland, OR 97232. You may attach additional names.

☐ Yes, I would like to celebrate Mother's Day by honoring someone special to me. Enclosed is my gift of \$ \_\_\_\_\_.

**Please write checks payable to Philoptochos.**

Your name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

### **In Honor of:**

Name \_\_\_\_\_

Address \_\_\_\_\_

**In Memory of** \_\_\_\_\_

\_\_\_\_\_

**Gifts received by April 29<sup>th</sup> will be acknowledged in time for Mother's Day.**

## "A Voyage Through Greece: Traditional Dress of the Hellenes"

HACCM's newest exhibition opened on Sunday April 10<sup>th</sup> to an enthusiastic crowd of over 70 people upstairs in the museum. Whenever we see our young performers from Holy Trinity's Dance Program, we often marvel at the beauty of their native dress. There's a story behind each costume as was beautifully narrated by Koula Fkias, who oversees the entire costume collection, during the opening. The exhibition showcases pieces of this collection of authentic ethnic dress and honors the Dance Program's 20 years' work of acquisition and maintenance. Some of the costumes featured represent different regions of Greece including Desphina, Thrace, Siatisa of Kozani and Crete and other islands. You won't want to miss this excellent overview of the traditional dress of the Hellenic peoples. This exhibition will remain on display through this year's Festival and on to the end of the year. Make plans now to stop by and view it.



*Members of Holy Trinity's Dance Groups pose for the Parade of Greek Costumes*

When is HACCM's next film night? We have an answer for that question. Our next film is a comedy, **Μερικοί το Προτιμούν Κρύο (Some Prefer it Cool)**.

We travel back to the '60s during the Golden Era of Greek movies. This 90-minute film from 1962 is about a family of two sisters, a brother, an older sister and the parents. Their problem is that they have to marry the older sister first before the other siblings get their chance. After a series of funny adventures, they ultimately resolve the issue. The film will be shown on **Saturday, May 7<sup>th</sup> at 7 pm** in St. Dimitrios Hall. Light refreshments will be available. Donations are greatly appreciated.

# May 2016 at Holy Trinity

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> <b>Great and Holy Pascha</b> <b>12:00 pm—</b> <b>Agape Service</b>	<b>2</b> <b>Feast of St. George</b> <b>9:00 am—</b> <b>Orthros</b> <b>10:30 am—</b> <b>Divine Liturgy</b>	<b>3</b> 10:00 am— Little Angels Moms and Tots 4:30 pm—Greek School 7:00 pm— Philoptochos Bd. meeting	<b>4</b> 10:00 am— Bible Study 7:00 pm— Choir practice	<b>5</b> 7:00 pm— Byzantine Music Class 7:00 pm— Daughters Bd. meeting	<b>6</b> <b>Theotokos the Life-Giving Spring</b> <b>8:00 am—</b> <b>Orthros</b> <b>9:30 am—</b> <b>Divine Liturgy</b>	<b>7</b> 11:00 am— Daughters Mothers Day Luncheon (MAC Club) 3:00 pm—Chant Class <b>5:00 pm—</b> <b>Great Vespers</b>
<b>8</b> <b>Sunday of St. Thomas</b> <b>8:30 am—</b> <b>Orthros</b> <b>10:00 am—</b> <b>Divine Liturgy</b> Coffee: Greek School	<b>9</b> 7:00 pm—Camp Agape meeting 7:00 pm—Parish Council meeting	<b>10</b> 10:00 am— Little Angels Moms and Tots 4:30 pm—Greek School 6:00 pm— Philoptochos General Assembly	<b>11</b> 10:00 am— Bible Study 7:00 pm— Choir practice	<b>12</b> 11:30 am— Seniors Mothers Day Luncheon 7:00 pm— Byzantine Music Class	<b>13</b> 7:00 pm— HACCM Film	<b>14</b> <i>Festival Baking</i> 9:00 am— <i>Spanakopita</i> 3:00 pm—Chant Class <b>5:00 pm—</b> <b>Great Vespers</b> 7:00 pm— Philoptochos Programming Event
<b>15</b> <b>Sunday of the Myrrhbearers</b> <b>8:30 am—</b> <b>Orthros</b> <b>10:00 am—</b> <b>Divine Liturgy</b> <b>12:00 pm</b> <b>Parish Assembly</b> Coffee: Philoptochos	<b>16</b> <i>Festival Baking</i> 9:00 am— <i>Spanakopita</i>	<b>17</b> 10:00 am— Little Angels Moms and Tots 4:30 pm—Greek School	<b>18</b> 10:00 am— Bible Study 7:00 pm— Choir Practice 7:00 pm— Girlfriends Guide to Orthodoxy	<b>19</b> 7:00 pm— Byzantine Music Class 7:00 pm— Daughters	<b>20</b> Sr. Goya YES weekend Re- treat	<b>21</b> Sr. Goya YES weekend Retreat <b>Saints Constantine and Helen</b> <b>8:00 am—</b> <b>Orthros</b> <b>9:30 am—</b> <b>Divine Liturgy</b> 3:00 pm—Chant Class
<b>22</b> Sr. Goya YES weekend Retreat <b>Sunday of the Paralytic</b> <b>8:30 am—</b> <b>Orthros</b> <b>10:00 am—</b> <b>Divine Liturgy</b> Coffee: Daughters	<b>23</b> <i>Festival Baking</i> 9:00 am— <i>Tyropita</i>	<b>24</b> <i>Festival Baking</i> 9:00 am— <i>Tyropita</i> 10:00 am— Little Angels Moms and Tots 4:30 pm—Greek School	<b>25</b> <b>Wednesday of Mid-Pentecost</b> <b>8:00 am—</b> <b>Orthros</b> <b>9:30 am—</b> <b>Divine Liturgy</b> 7:00 pm— Choir Practice	<b>26</b> 7:00 pm— Byzantine Music Class	<b>27</b>	<b>28</b> 3:00 pm- Chant Class <b>4:00 pm—</b> <b>Great Vespers</b>
<b>29</b> <b>Sunday of the Samaritan Woman</b> <b>8:30 am—</b> <b>Orthros</b> <b>10:00 am—</b> <b>Divine Liturgy</b>	<b>30</b>	<b>31</b>				

# Thank you for your 2016 Philoptochos membership dues!

(Paid dues as of April 10, 2016)

Cathleen Amen  
Angeliki Anasis  
Eleni Anadiotis  
Dimitra Andrakis  
Argyro Apostolou  
Rena Abboud  
Angie Anast  
Helen Antonis  
Teresa Antonis  
Mary Ballis  
Ellie Bass  
Niki Belesiotis  
Ellen Belesiu  
Georgia Belesiu  
Maria Boyer  
Christiana Bratitotis  
Lena Brice  
Diane Brooks  
Gretchen Brown  
Helen Buhler  
Leslie Buhler  
Julie Caputo  
Jane Carandanis  
Louise Carman  
Alexandra Carpenter  
Peter Corvallis \*  
Anastasia Couris  
Lisa Pavlos Coy  
Catherine Chachas  
Meropi Courogen  
Dawn Damiani  
Sophia Damiani  
Christina Diamond  
Elena Diamond  
George Diamond \*  
Mari Lou Diamond  
Michael Diamond \*  
Nicole Diamond  
Paula Diamond  
Yianna Doherty  
Nancy Doulis  
Litsa Dussin  
Cathy Eagle

Eleni Efthimiades  
Anna Fedora  
Laurie Fedora \*  
JoAnne Finicle  
Sue Fischer  
Vasiliki Fkiaras  
Dorothea Fleskes  
Elizabeth Franklin  
Helen Garifalakis  
Isidoros Garifalakis \*  
Maria Garifalakis  
Dianna George  
Georgia George  
Sofia George  
Sue George  
Amalia Gianopoulos  
Anastasia Gianopoulos  
Maria Hanches  
Kalliopi Harrison  
Sia Hatzipavlou  
Maria Hatziyiannis  
Demetria Hunt  
Katina Isaacson  
Breanne Jaeger  
Katina Joannides  
Becky Kanas  
Evonne Kandas  
Christina Katsopoulos  
Angelis Karabatsos  
Kathy Karabatsos  
Katherine Karafotias  
Marina Karambelas  
Voula Karambelas  
Athena Kekrides  
Gloria Kikes  
Sophia Kondoleon  
Darlene Kratky  
Sophia Kremidas  
Elaine Lampros  
Helen Lampus  
Chrisanne Pavlos Lawrenson  
Bessie Leks  
Georgia Liapes  
Joan Liapes  
Cyndy Maletis  
Joana Maletis  
Mary Maletis  
Bernice Marcoules  
Eleni Marschman  
Stephanie Marschman  
Joanna Mason

Elizabeth McCarthy  
Marie McReynolds  
Ann Mehas  
Katharine Antonis Melcher  
Christina Meletis  
Anastasia Pavlos Mether  
Electra Miller  
Kim Miller  
Argyro Moustakas  
Mackenzie Neitling  
Marissa Neitling  
Eleni Nicholson  
Aliko Norton  
Karen Nuttle  
Mary Osborn  
Catherine Owen  
Mimi Palumbis  
Catherine Pangares  
Kathy Papachristopoulos  
Antoinette Papailiou  
Chrisoula Papas  
Georgia Pappas  
Katherine Pappas  
Pres. Stephanie Paris  
Athena Paskill  
Pearl Pavlos  
Mary Pazeotopoulos  
Carolee Peterson  
Haroula Peterson  
Betty Phoutrides  
Kathy Phoutrides  
Shelle Pickens  
Fifi Psihogios  
Catherine Psihogios  
Jeannie Ranglas  
Maria Roper  
Christin Rouches  
Katherine Roussos  
Ariana Rulli  
Christine Rulli  
Sofia Salos  
Sophia Sly  
Eleni Sofos  
Aikaterina Spathas  
Effy Stephanopoulos  
Helen Stratikos  
Anne Pavlos Streifel  
Zinaida Svichkar  
Elias Scott Taylor \*  
Sarah K. Taylor  
Mari Tymchenko

Despo Varkados  
Athena Vadnais  
Ann Vanikiotis  
Stefanos Vertopoulos \*  
Vasiliki Vlahakis  
Christ Vokos \*  
Kathy Vokos

\* Associate Member

Have you ever  
wondered why people  
live longer in the  
Blue Zones?

What is their secret  
to longevity?

Philoptochos  
Programming  
presents a discussion  
on this most  
intriguing topic on

**May 14<sup>th</sup>, 2016**  
**7 pm**



In the small hall.

Everyone welcome!

Refreshments to  
follow



## Youth Calendar Spring 2016:

### Senior Goya (9-12<sup>th</sup>)

#### **Beach Day & "Senior" Appreciation Bonfire!**

**Saturday, May 7<sup>th</sup>** ~ Join us for a day at the beach and an evening bonfire to celebrate our graduating seniors!

**YES Weekend of Service** ~ May 20-22<sup>nd</sup>

**Project Mexico** ~ June 17-23<sup>rd</sup>

**Vacation Church School** ~ June 27-July 1<sup>st</sup>

**Camp Angelos 2016** ~ July 10-15<sup>th</sup>

### Junior Goya (6-8<sup>th</sup>)

**Jr. Goya BBQ and Campfire!** ~ Saturday, May 14<sup>th</sup>

**Vacation Church School** ~ June 27-July 1<sup>st</sup>

**Camp Angelos 2016** ~ July 10-15<sup>th</sup>

### Hope/Joy (K-5<sup>th</sup>)

**Vacation Church School** ~ June 27-July 1<sup>st</sup>

**Camp Angelos 2016** ~ July 10-15<sup>th</sup>



Sr. Goyans at the Monastery (above)

## The "Amazing Race" NW Goya Lenten Retreat April 1-3<sup>rd</sup>, Seattle WA

Over 70 teenagers from Washington and Oregon participated in our annual GOYA Lent Retreat this past weekend, April 1, 2, 3. The teens broke up into 12 teams on an adventure around Seattle, led around by our young adults. Teams faced roadblocks at the Gum Wall in Pike Place market, ping pong challenges at Westlake Park, travel by monorail to Seattle Center for lunch, a visit to the Gold Rush National Park and more, all while collecting photos and facts about Seattle, the sites of the

city and Great Lent. After the race, we returned to Church of the Assumption for discussions with our clergy. Fr. Michael Johnson showed us the importance of confession and Fr. Daniel Triant shared and expounded on our theme for the retreat taken from 1 Corinthians 9:24-25 "Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it. And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown." Teens enjoyed down time after the race and a chance for confession on Saturday night. Sunday morning we celebrated Liturgy at Assumption and enjoyed a wonderful meal by their Philoptochos as we awarded our top place finishers of the race. Thanks to our chaperones. Eleni Psihogios, Jimmy

Avgerakis, Chris Perlmutter, and Beth Carper!

Getting ready to leave for the NW Goya Lenten Retreat in Seattle! (left)



The Amazing Race 1st Place Team



The Amazing Race 3<sup>rd</sup> Place Team



The Amazing Race 2<sup>nd</sup> Place Team

Holy Trinity Greek Orthodox Cathedral  
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Portland, OR 97232

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**Camp Angelos Summer  
Camp 2016**



Registration  
Deadline:  
July 1

July 10-15th  
Ages 9-17  
\$285 (\$200 for additional siblings)

Online registration available at  
[goholytrinity.org](http://goholytrinity.org)

Contact Christine Whitton at  
[christine.n.whitton@gmail.com](mailto:christine.n.whitton@gmail.com) with questions