

Dynamis

The Voice of Holy Trinity

September 2012

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

1 CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL

+

PORTLAND, OREGON

ENCYCLICAL FOR THE FEAST OF INDICTION 2012

Dearly Beloved,

On September 1st the Church proclaims the beginning of a New Year. The Indiction, as it is called, was established in Byzantium to mark the beginning of the year for legal and financial purposes, similar to how we use the term "fiscal year". While the original purpose no longer applies, we still call September 1st the beginning of the ecclesiastical year because the liturgical cycle of feasts begins in September with the Nativity of the Virgin Mary which we will celebrate in few days. In this way we begin our annual journey through the liturgical cycle in which we seek and experience Christ and His Grace.

September 1 has now also become well associated as the Day of the Protection of the Environment. As His All Holiness Ecumenical Patriarch Bartholomew has stated, "How we treat the earth and all creation defines the relationship that each of us has with God. It is also a barometer of how we view one another." On September 1, we will gather in our parishes to remember our role as stewards of creation, pray for forgiveness for the damage humans have caused to the environment and invoke God's assistance so that we can begin to heal the wounds of environmental degradation.

In our everyday life, September also sees the beginning of the school year for our children. With this, life goes "back to normal" after the slowdown of summer. All of us, clergy and laity, can benefit from "going back to school" especially when it comes to our faith. Our faith is not meant to be static. We are meant to "grow in the grace and knowledge of our Lord and Savior Jesus Christ" 2 Peter 3:18. I encourage you to use this new ecclesiastical year as an opportunity for attending to your own education "in faith".

Likewise, the new ecclesiastical year brings with it the new cycle of activities, programs, ministries and events in the life of our parishes. All of these are for the purpose of bringing people to Christ and to continue His mission in the world. A new year brings an opportunity for a new, fresh, start. I urge you to make this year a better year in your parish. Make this year an opportunity to strengthen and to expand the ministries that serve the people of God.

Our Metropolis has engaged in a strategic planning process so that our Church can meet the challenges of our present age. Every parish can use the "sweeping" vision that

the planning retreat articulated – Stewardship, Worship, Education, Evangelization, Philanthropy. We find these elements in Acts of the Apostles in that first Church founded after Pentecost (Acts 2). At the very end of the description, the author of the Book of Acts states, "So continuing daily with one accord in the temple, and breaking bread from house to house, they ate their food with gladness and simplicity of heart, praising God and having favor with all the people. And the Lord added to the church daily those who were being saved" Acts 2:46-47.



The strategic vision provides a framework to evaluate, strengthen and expand our ministries and programs so that they may find favor with all the people so that the Lord will add to the Church. A dynamic Church will be "a favorite" of the people. People will be attracted to worship when that which is offered is beautiful, meaningful and inspirational. People will want to belong to a community

where generosity is abundant and there is a positive spirit of cooperation and mission. People will want to participate in education that meets their needs. People will want to support a community that is committed to service, missions, and acts of philanthropy.

The source of this dynamism though will not be found in a strategic plan, no matter how well it is crafted. The source of a dynamic church is God Himself, Who fills us with His Holy Spirit. The Church described in the Book of Acts of the Apostles was the Church that moved and acted through the power of God's Spirit, and that first Church grew. And likewise, by allowing God's Spirit to work through us today, the Lord will add to our blessings as well.

Let us make each day of this new ecclesiastical year a day when we call upon God to guide us and empower us to do His Will in all of our endeavors.

With Love in Christ,

+ G E R A S I M O S
Metropolitan of San Francisco

Holy Trinity Greek Orthodox
Cathedral
3131 NE Glisan St.,
Portland, OR 97232
503-234-0468
www.goholytrinity.org

Dynamis is the monthly newsletter of the Holy Trinity Greek Orthodox Cathedral in Portland, Oregon. Articles for the next month's issue of *Dynamis* are due in the church office on the 11th of the current month. Deadlines will be strictly adhered to.

Dynamis Editorial Guidelines

How to contribute: Email to: Gail@goholytrinity.org or on a CD with a hard copy to the church office. If you do not use a computer, please fax submissions to 503-236-8379 or bring a typed copy to the church office.

We reserve the right to edit or decline a submission. All inserts must be approved by the church office and the postal service.

Announcements policy: Unpaid announcements for church-related events are limited to a half page. Non-church-related community event announcements are limited to a quarter page.

Advertising rates:
Full advertising section – half of back page\$400
Half advertising section – ¼ of back cover.....\$225
Quarter advertising section – 1/8 of last page.....\$125

Our People

Weddings: June 30, 2012: Athena Demas and Anton Pitts were married at St. John the Baptist Church in Las Vegas. Athena is the daughter of Rita and Spiro Demas. The Koumbaro was Christina George.

August 25, 2012: Nicholas George Diamond and Elena Lilles. Nick is the son of George and Paula Diamond and Elena is the daughter of William and Lisa Lilles. The Koumbaro was the groom's brother, Jason Diamond.

Baptisms:

June 2, 2012: Athanasia Evagelia Gatziolis, daughter of Demetrios and Evagelia Baros Gatziolis. The Godparent is Michael Kounavis.

June 17, 2012: Gabriella Pappas, daughter of Theodore and Lisa Pappas. The Godparent is Presbytera Magdalini Paraskevaidis.

July 28, 2012: Layla Elle Chios, daughter of Andrew and Devon Lynne Chios. The Godparents are Mary Chios and Nicholas Triantafillou.

Niko George Pazeotopoulos, son of George and Liza Pazeotopoulos. The Godparent is Nick Mallos.

August 11, 2012: Alexander James Mollas, son of George and Jamie Mollas. The Godparent is Tomy Mollas.

August 12, 2012: Nidal Shawki Kahl, II, son of Nidal and Panagiota Kahl. The Godparents are Edward Kahlo and Dena George.

August 12, 2012: Zoi Fotini Kahl, daughter of Nidal and Panagiota Kahl. The Godparents are Genie and Ziad Kaady.

August 19, 2012: son of Michael and Michelle Doherty. The Godparents are Michelle and Vasili Rozakis.

Graduates: Emily Ballis, daughter of Kriss Ballis, graduates from Central Catholic High School and will attend Oregon State University in the fall, studying Pre-Business.

Funerals:

August 21, 2012: Vasiliki Aita-Giota (Dina Lazarides' mother) who fell asleep in the Lord on August 17, 2012 at the age of 75.

August 31, 2012: Gus Kikes, who fell asleep in the Lord on August 28, 2012 at the age of 91. In his memory, contributions may be made to Holy Trinity.

2012 Holy Trinity Scholarships:

The Holy Trinity Scholarship Foundation and the Holy Trinity Philoptochos are very pleased to announce the recipients of this year's Holy Trinity and Philoptochos Scholarships. They are:

Anthony Aivaliotis
\$500 Holy Trinity Parish Scholarship
\$250 Mary Dussias Memorial Scholarship
\$250 Sakelaris Memorial Scholarship

James Avgerakis
\$500 Holy Trinity Parish Scholarship
\$250 Jerry and Mary Martin Memorial Scholarship
\$250 Penelope Manuel Memorial Scholarship

John Boyer
\$500 James Mallos Memorial Scholarship

Nicolette Dimond
\$1000 Holy Trinity Philoptochos Scholarship

Madeline Rouches
\$1000 Rhonda Gadinias Memorial Scholarship (sponsored by Philoptochos)

Constantine Trumpower
\$1000 Lampros Memorial Scholarship
\$1000 James Mallos Memorial Scholarship

In addition to their academic work, our recipients this year have a broad range of activities and life experiences both inside and outside of the Holy Trinity community. We are very proud of them and pray that God will bless them as they continue their academic pursuits. Kai Se Anoterla!

Stewardship Update and New Beginnings

For many families, the daily pace accelerates with early September. Children return to school and our days fall back into practiced routines. Here at Holy Trinity, Sunday School resumes with the corresponding increase in Sunday attendance and participation. As Orthodox Christians, September 1 marks the beginning of the ecclesiastical year. Each year, we are blessed with new opportunities to recommit ourselves and our lives to Christ and His Church. September is also a good time to review our stewardship commitment and our progress as we approach the last few months of the year. How are we doing? Are we tracking towards reaching our goal? Below is a recap of the year, so far.

371 families have returned their Commitment Card and plan to give \$371,750. This is a \$60,000 increase in their planned giving over last year! So far, these families have gifted \$234,545.

80 families who pledged in 2011 have not returned their Commitment Card this year; approximately half have given \$14,400 so far this year. (In 2011, this group gave a total of \$36,835.)

An additional 170 families have not returned a Commitment (or Pledge) Card these last 2 years; of those, 100 have given \$27,270 so far this year. The remaining 70 families have made no contributions so far this year.

Our stewardship giving in early September totaled \$276,200. Our goal by year end is \$550,000. Please review your giving and do your best to stay current with your monthly gifts. Together, we can reach our goal, as we dedicate our gifts to furthering the mission of the Church.

Thank You for Your Commitment

Additional families returned their Commitment Card recently, bringing our total to 372 stewardship commitments this year. It is not too late to return your Commitment Card, if you have not yet done so. Please consider your Commitment Card an

important expression of your disciplined and generous giving. Thank you!

Sunday School Blessing, Open House and Registration Sunday, September 9

Sunday School children and teachers will be blessed in church on Sunday, September 9 as we begin our new year. Come and share in this special event.

Following Divine Liturgy, Open House and Registration for preschool through High School downstairs in the Sunday School classrooms – only 1 form per family is necessary.

Registration forms are also available online and can be turned into the church office.

Class photos will be taken on September 9 – please be sure your children are included! Please email Ann Davis at annrdavis@comcast.net if you have questions.

Change in Sunday School Dismissal

In the past, Sunday School children and teachers would leave immediately following Holy Communion. Beginning this fall, everyone will remain in the church for the entire service. At the end of the liturgy, only the Sunday School children and teachers will receive the antidora, and proceed to their respective classrooms. We need everyone's help and cooperation. Any special blessings, 40 day baby blessings, and memorials will be offered after the Sunday School has received the antidora.



Festival 2012 Baking Schedule

September 3rd, 4th and 5th - BAKLAVA
September 10th and 11th PASTA

FLORA

September 23rd – 26th -PACKAGING
(after Liturgy) September 29th -
DIPLES @ 8AM

September 30th COMBO

PACKAGING (after Liturgy)

All above projects start at 9:00 am
October 4th - PASTITSIO @ 8AM

**October 5th, 6th and
7th
GREEK FESTIVAL
2012**

Dates subject to change. Please call Church office to confirm. All baking projects except Pastitsio are at the Annex.

We need volunteers for the three days of the Festival, all shifts. Volunteering is a great way to participate in our Greek Festival.

Please call the church office to sign up and if you're not sure where you want to work, we can help you find a booth to work at!

Memorial Services

Praying for our departed loves ones is an expression of love. We ask Our Resurrected Lord to remember our departed loves ones because we love them. The Anniversary of the death of a loved one is very painful at times. Our Orthodox Church provides us help to cope with the pain by encouraging us to have memorial prayers for our loved ones on the anniversaries of their deaths, i.e., 40 days after the death, six months, a year, etc. The memorial service is an extension of the Orthodox Burial Service.

Memorial services are offered for Orthodox Christians. There are times and special circumstances when the priest may offer a Trisagion Prayer for a departed loved one who was not of the Orthodox faith. The memorial services are traditionally offered on Saturdays. We have the blessing to celebrate memorials at the conclusion of the Sunday Divine Liturgy. We have a beautiful tradition during Great Lent, and the Saturday before Pentecost, to offer a memorial for our departed loved ones on the Saturday of the Souls. On the Saturday of the Souls, which is offered on the two Saturdays before Great Lent, the 1st Saturday of Great Lent, and the Saturday before Pentecost, the church celebrates the Divine Liturgy and memorial service. The priest will read all the names of the departed loved ones.

It is customary for Orthodox Christians to bring a tray of boiled wheat kernels for the memorial service "Koliva." The wheat kernels express belief in eternal life. Jesus said, "Unless a grain of wheat falls into the earth and dies, it remains alone, but if it dies, it bears much fruit" (John 12:24). New life has the potential to rise from the buried kernel of wheat. We believe that our departed loved ones who faithfully served and loved the Lord will rise one day to a new life with God. The wheat kernels are mixed with sugar and raisins to express the sweetness

of eternal life with God in heaven. Please call the church office to make arrangements at least 2 weeks prior to the day desired. The church office will provide names of parishioners who can prepare the Koliva. There is a charge for the cost and labor. Family members should be stewards of the parish who are making arrangements for the memorial service.

Please note the following regarding the guidelines for Memorial Services:

- 1) Memorial Services are allowed on Sundays for only the first year. Memorials can be held on the Sunday nearest the 40th day after ones death, at six months, and on the 1 year anniversary.
- 2) Memorials for loved ones after one year may be offered at the end of the Saturday Vespers, or during the week at a weekday service. Special arrangements may be made to offer an evening memorial service in order to accommodate work and school schedules. The church offers the beautiful tradition of the Saturday of the Souls when we pray for our loved ones at the end of liturgy. The church offers 4 Saturday of the Soul services a year. There will be special consideration for Sunday memorials for hierarchs, clergy, monastics and parish leaders who have served the community.
- 3) Memorial Services are not held on:
 - + All Holy Days of our Lord and the Theotokos
 - + From the Saturday of Lazarus to, and including the Sunday of St. Thomas
 - + On the Sunday of Pentecost
 - + August 15.

Rhonda's Corner Features Back to School

With the newly renovated Thrift Shop in full swing, we continue to enjoy the "new look", the "new energy" and the increased sales. Thanks to the efforts of many, the Thrift shop was re-organized, painted, and updated. Astonishing results from the launch of 'Rhonda's Corner' brought in enthusiastic customers, a marked increase in profits, for the work of Philoptochos; and new opportunity for volunteers and neighborhood alike.

A special blessing took place on June 2nd, when Father Jordan, Father Dimo and Deacon David brought the Holy Spirit and beautiful prayers to the Thrift Shop.

Along with a shop full of people, the blessing brought together the founders of the Philo House, Rhonda's family and friends; committed volunteers and Philoptochos members.

'Rhonda's Corner' continues to inspire and generate sales through the seasonal themes. Our latest "Back to School" focus is set to go. A donation of school items, college gear and young adult clothing is welcomed!!

Come for a visit. Volunteer for a shift. Your Philo House-Thrift Shop welcomes you.

Greek School

Greek School registration is open for Fall. Please pre-register your child by completing the registration form found online or in the church office. Classes will meet on Tuesdays from 4:30-6:30 for ages 3-High School. Questions? Please contact Florence Protopapas 503-310-6987, Pota Kahl 503-869-7211 or Vasiliki Gustafson 520-390-7823. Greek School needs you! This year we are incorporating culture into our curriculum and who better to help us than our own community. We are looking for volunteers to share a bit of Greek culture with our students. Ideas could range from cooking lessons, stories while living in Greece, what it was like going to school, the army – the ideas are endless! Classes meet from 4:30-6:30 on Tuesdays and we can help

you figure out how much time you would need and how many students could participate at a time or maybe you want to help but you're not sure how. An average visit with a group would be about 30 minutes Please contact Greek School at GreekSchool@goholytrinity.org or call one of the directors – Florence Protopapas (503-310-6987), Pota Kahl (503-879-7211) or Vasiliki Gustafson (520-390-7823) to schedule a date! Everyone is welcome to share a bit of culture with us!

New Adult Christian Education Class

A new fall Adult Christian Education Class entitled “The Other Scriptures Part II: Readings from Holy Texts Not in the New Testament” will begin Wednesday, October 17 from 7-9pm and run through December 19. Last year’s class on the same topic, but different ancient texts, was very popular and well-attended. Its format consists in reading the texts and discussing their content, with special focus on their impact on the Orthodox Faith. Because

the Ancient Church had a very open attitude towards sacred texts, including them with liturgy, chant, canons, patristics, iconography and Scripture in Holy Tradition, these semi-canonical texts had a major role in making us who we are today as Orthodox Christians. All are encouraged to attend, read, discuss and grow in our Holy Faith. Contact Fr. Dn. David at dndavid@goholytrinity.org for further information. This class is in addition to the regular Adult Inquirers Class on Mondays.

Sunday Orthodox Spirituality Class

Beginning this fall, Father Jordan will be offering an Orthodox Spirituality class on Sundays at 12:15 pm. Classes will meet in the museum. The Orthodox Spirituality class will focus on our relationship with Jesus Christ, and how we grow in our relationship in prayer and fasting. Orthodox Spirituality will discuss the importance of the Divine Liturgy for our lives and how it unites us with Christ. We will meet on Sunday September 16 and 30. Classes will run for 45 minutes.

EARLIER START DATE FOR FALL INQUIRERS CLASS: OCTOBER 8

2012 Fall Adult Christian Education at Holy Trinity Greek Orthodox Cathedral

The Historic Road of Eastern Orthodox Christianity

Purpose: This annual fall course is designed for Orthodox and non-Orthodox alike: inquirer, catechumen, Sunday school teacher, adult leader, or interested parishioner. Its purpose is to introduce the historic development of the Orthodox Christian Church from the First to the Twenty-First Century. The faith, worship, and belief of Eastern Christianity will be covered in greater detail during the Lenten series of adult classes next spring. Take both as a faith refresher!

Time: Mondays, 7:00—9:00 pm

Location: The museum at Holy Trinity Greek Orthodox Cathedral, 3131 NE Glisan St., Portland, Oregon

Instructor: Fr. Dn. David B. Cole (dndavid@goholytrinity.org)

Text: Bishop Kallistos Ware, *The Orthodox Church* (1997)

Supplemental Texts: Dimitri Brady, et al., eds.: *The Blackwell Dictionary of Eastern Christianity* (2004); Jobn A. McGuckin: *The Orthodox Church: An Introduction to its History, Doctrine, and Spiritual Culture* (2011)

Tuesday Morning Bible Study

Bible Study will begin on Tuesday, October 9. Father Jordan will be leading the discussion. This class is for all adults who have an interest in learning more about the Holy Scriptures, and their relevancy for us today in our daily lives. Classes will begin at 10:00 am and be held in the library.

Course of Study:

Date	Topic	Reading in Ware
Oct. 8, 15, 22	Apostolic Christianity, Monasticism, and Great Councils, 7 BC-AD 800	Chs. 1, 2
Oct. 29 & Nov. 5	Schisms Great and Small, 325-1204	Chs. 2, 3
Nov. 12	Byzantine Missions to the Slavs, 800-1400	Ch. 4
Nov. 19	The Greek Church under Islam, 1400-1900	Ch. 5
Dec. 3	Moscow and St. Petersburg: Russian Orthodoxy, 1400-1917	Ch. 6
Dec. 10	The War on God: Orthodoxy and Militant Atheism, 1917-1991	Ch. 8
Dec. 17	Diaspora and Christian Mission: Orthodoxy in the 20th and 21st Centuries	Chs. 7, 9

Seniors Event

On Tuesday, September 18 the Oregon Zoo will host its annual free day for seniors age 65 and older. Seniors can bring in a guest for free and both seniors and their guests will also receive a free train ride!

No lunch will be provided so bring your own or eat at one of the Zoo's restaurants.

No rsvp is necessary – just meet at the Zoo entrance at 10:00 and look for Sandy Somarakis holding the Holy Trinity sign.
Come see why the zoo isn't just for Kids!

Helen of Troy

The Hellenic-American Cultural Center & Museum of Oregon and SW Washington (HACCM) in collaboration with the Classic Greek Theatre of Oregon (CGTO) is proud to bring the award-winning Leonidas-Eftychia Loizides Theatre Group back to Portland for only three performances of the Off-Broadway production of Euripides' Greek Tragedy HELEN OF TROY. Tickets for the performance only are \$30.00 per person (\$25.00 students & seniors 55+). Tickets for the performance and the reception are \$75.00 per person (\$65.00 students & seniors 55+). Advance Tickets Sales: Tel. Portland 503-998-5902 -- Vancouver 360-882-9996, online @

www.hellenicamericancc.org.

Schedule:

Friday, September 28 2012, Noon

Reed College, Portland Or

Friday, September 28 2012, 7.00 PM

Portland Art Museum

Saturday, September 29 2012, Noon, Reed College,

SAINT GEORGE ORTHODOX

CHURCH

35th Annual

Middle Eastern Festival

2101 NE 162nd

September 9th

Noon – 7 pm

Since the time of Christ there have been Christians in the Middle East. Come experience some of our traditions and delicious food.

www.stgeorgeportland.org

Save the Date

Sunday, November 11th,
2012

50 Years of Ministry

Honoring

Presvytera Effy

Stephanopoulos

On her 50th anniversary

A Community Event

Jointly Sponsored by: Philoptochos * Fr. Elias Memorial Committee * Holy Trinity Cathedral -
Look for Information & Ticket Sales in October

Holy Trinity Greek Orthodox Cathedral
3131 NE Glisan Street
Portland, OR 97232

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Change Service Requested

Service Schedule for September

Saturday, September 1: Beginning of the Church Year
Orthros 8:00 am, Liturgy 9:00 am

Saturday, September 8: Nativity of the Virgin Mary
Orthros 8:00 am, Liturgy 9:00 am

Thursday, September 13: Feast of the Holy Cross
Evening Divine Liturgy 6:00 pm,
Orthros 5:00 pm

Friday, September 14: Feast of the Holy Cross
Orthros 8:00 am, Divine Liturgy 9:00 am

Monday, September 17: Feast of St. Sophia
Orthros 8:00 am, Liturgy 9:00 am

Wednesday, September 26: Feast of St. John
* early morning Service, Orthros 6:15 am,
Liturgy 7:00 am

YOUTH CORNER

- * Sunday School Blessing and Parish Fair
Sunday, September 9
- * Greek School begins Tuesday,
September 18
- * GOYA/Youth Bible Study
Saturday, September 8, 6:00 pm
Jr. Goya
Saturday, September 22, 6:00 pm
Sr. Goya
- * Altar Boy Retreat
Saturday, September 15, 3:00 pm

“The Scoop” for your Youth Group

Newsletter from the Dept of Youth Ministry

For more information contact Youth Director, George Demas @ 503-234-0486, ext 34

Chronia Polla!
Happy Name Day!

Sophia Aspros
(St Sophia, Sept 17)

Sophia Damiani
(St Sophia, Sept 17)

Sophia Fraser
(St. Sophia, Sept 17)

Sophia Hatzikos
(St Sophia, Sept 17)

Sophia Kahl
(St Sophia, Sept 17)

Sonia (Sophia) Loosli
(St Sophia, Sept 17)

Stathi Karambelas
(St Eustathios, Sept 20)

Remember the Dates!

(Detailed Information to Follow. Please check your physical mail, emails & Facebook. RSVP ASAP with George Demas for all events.)

“GOYA Together”: (6-12th grades) Vespers or a prayer service, dinner, hangout with a spiritual discussion/social service/social outreach. These events occur 1-2 times each month. Locations, Dates and times will be announced. Get your family involved!

“Game Night: Last Chance Fridays”: (All Ages Welcome) Every last Friday of each month from 6pm-Midnight: Soccer, Basketball, Volleyball, Dance, Video Games, Ping-Pong, Foosball, Board Games, Hang-Out & Snacks.

- **Sept 9, directly after liturgy: “Sunday School Starts!”:** (ALL AGES). As is TRUE Orthodox custom, please note that kids will experience the full liturgy, and then go to Sunday School this year. Let’s pray that we have a great year!
- **Sept 9, 1:30pm-4:30pm, “Hike at Multnomah Falls”:** (9-12 grade) After Divine Liturgy and the first day of Sunday School, we will take Sr. GOYA for a beautiful hike at Multnomah Falls and possibly Oneonta Falls (you will go in water here). Pack your lunch and dress according to weather. Please no two-piece swimsuits.
- **Sept 14, 6pm-Midnight, “Last Chance Friday: Game Night”** (All Ages). Basketball, Volleyball, Soccer, Video Games, Ping-Pong, Board Games, Ice Breakers, & More. No dinner provided but snacks and refreshments. Chaperons needed! Come and have fun!
- **Sept 15 “Jr Goya Social”.** (6-8 grade) Location TBA. BBQ, fellowship, spiritual discussion, hang-out, swimming and new ecclesiastical year kick-off.
- **Sept 22, 6:30pm, “Sr Goya Social”:** (9-12 grade) at the Brown Home (Fr. Jordan). BBQ, fellowship, spiritual discussion, hang-out, swimming and new ecclesiastical year kick-off.



SOPHIA FRASER’S reflection about our Senior Citizens

“I feel that our elders show what we should try to be as we grow up. They show us what will happen when we make the right and wrong decisions. The elders at our church show us what will happen when we believe in Christ throughout our lives, as well a keeping out traditions and heritage alive. Some have been Greek Orthodox since day one, while others have found Christ later in their lives. The parish at our church is my extended family, related by blood or not. I would like to thank all of the seniors for making this community so comfortable for all of the children. We all appreciate it, whether we express it or not.”

GETTING TO KNOW THE HEART OF OUR YOUTH



KATERINA TZAKIS (top left) and **HAYLIEHE BELL** at the reliquary of St. John Maximovitch (top), Life Giving Spring Monastery (left & below), St. Nicholas Ranch (right & below) and at Ascension Church Oakland (Bottom)



Quote for Orthodox Identity: *“The center of Orthodox Spirituality is the heart, within which man’s mind and spirit must inherently operate.” –*

Metropolitan Hierotheos Vlahos of Nafpaktos-

St. Nicholas Ranch Metropolis Camp & St John Maximovitch Pilgrimage

By Katerina Tzakis

This summer I was blessed with the opportunity to go to St. Nicholas Ranch. It was truly a life changing experience. It helped me grow closer in my faith and changed my outlook on life. I was able to experience St. Nicholas Ranch with my close friend Hayliehe Bell.

George Demas drove us all the way to the Ranch, but on the way there we stopped in Oakland and stayed the night at Fr. Tom Zaferes’ home. The next morning we were planning to go to church at Ascension in Oakland so we had to have confession in order to be worthy to receive communion. We had confession with Fr. Tom on Saturday night. I had a feeling of great relief. Before that moment I had not been in confession for about a year. It felt wonderful to let out all the wrongs that I have committed. He helped me gain direction in my spiritual life.

The next morning after liturgy we hit the road to go to St. Nicholas. I had never been to St Nicholas Ranch nor even heard a lot about in, just tidbits, but once I got there, there was so much to see but my eyes laced on the pool. With it being so warm and being in California I knew I would be spending a lot of time in it. After check-in, George Demas helped Hayliehe and I make our way to our cabin. Our counselors were very welcoming and we settled in very quickly. A normal day at the ranch would consist of waking up at 7 o'clock, then we would move out for Orthros service and breakfast. Next, we would go to our daily activities, which ranged from Orthodox Life, theater, swimming, and arts and crafts. Everyone bonded instantaneously, and everyone seemed like family even though some of us just met. St. Nicholas Ranch helped me grow closer to my faith from Orthros and Vespers, going to the monastery next door, and unto our cabin’s 4 hour devotionals. Sadly the week flew by so fast that the next thing I know I was packing up to go back to Oregon.

On the way back we stayed with a very nice and hospitable Russian Orthodox family in San Francisco, the Jajeh family. We went to their church for Divine Liturgy. It was amazing to see the Russian church and how different the service is. The church was set up like a monastery so we had to stand the whole time. Even though my legs were throbbing it was worth it. Later that night we were fortunate enough to go to St. John Maximovitch's uncorrupt body. Seeing his body was breath taking, being that close to his body gave me goosebumps. While I was there we wrote down on a piece of paper our struggles and what we need his help with, then we put the piece of paper under his body. Let's just say he has already answered me and Hayliehe's prayers. We also went to his old home. The feeling of being in that home where he lived is indescribable.

I wouldn't trade that experience for the world. It completely changed my outlook on life. It helped me grow in my faith and gain lifelong friends. There is no way I can pass up going to St. Nicholas Ranch next summer.

Saints of the Month

Youth Page



Patron Saints for Families and Children: St. Sophia & her three children: Faith, Hope & Love

Feast Day: Sept 17th

Please read this beautiful story to your children and pray to them for your help and strength as families!

The Holy Martyrs Saint Sophia and her Daughters Faith, Hope and Love were born in Italy. Their mother was a pious Christian widow who named her daughters for the three Christian virtues. Faith was twelve, Hope was ten, and Love was nine. St Sophia raised them in the love of the Lord Jesus Christ. St Sophia and her daughters did not hide their faith in Christ, but openly confessed it before everyone.

An official named Antiochus denounced them to the emperor Hadrian (117-138), who ordered that they be brought to Rome. Realizing that they would be taken before the emperor, the holy virgins prayed fervently to the Lord Jesus Christ, asking that He give them the strength not to fear torture and death. When the holy virgins and their mother came before the emperor, everyone present was amazed at their composure. They looked as though they had been brought to some happy festival, rather than to torture. Summoning each of the sisters in turn, Hadrian urged them to offer sacrifice to the goddess Artemis. The young girls remained unyielding.

Then the emperor ordered them to be tortured. They burned the holy virgins over an iron grating, then threw them into a red-hot oven, and finally into a cauldron with boiling tar, but the Lord preserved them.

The youngest child, Love, was tied to a wheel and they beat her with rods until her body was covered all over with bloody welts. After undergoing unspeakable torments, the holy virgins glorified their Heavenly Bridegroom and remained steadfast in the Faith.

They subjected St Sophia to another grievous torture: the mother was forced to watch the suffering of her daughters. She displayed adamant courage, and urged her daughters to endure their torments for the sake of the Heavenly Bridegroom. All three maidens were beheaded, and joyfully bent their necks beneath the sword.

In order to intensify St Sophia's inner suffering, the emperor permitted her to take the bodies of her daughters. She placed their remains in coffins and loaded them on a wagon. She drove beyond the city limits and reverently buried them on a high hill. St Sophia sat there by the graves of her daughters for three days, and finally she gave up her soul to the Lord. Even though she did not suffer for Christ in the flesh, she was not deprived of a martyr's crown. Instead, she suffered in her heart. Believers buried her body there beside her daughters.

The relics of the holy martyrs have rested at El'zasa, in the church of Esho since the year 777.

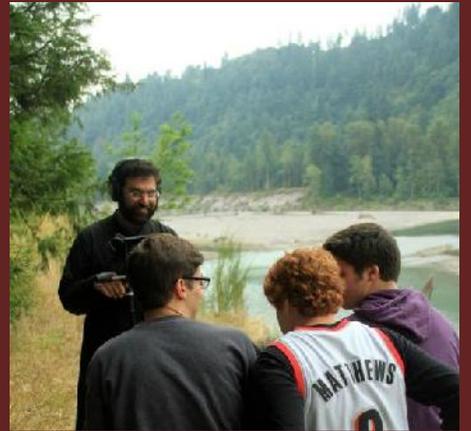
Prayer to St. Sophia & Daughters for help and guidance for family and children

"You blossomed in the courts of the Lord as a fruitful olive tree, holy martyr Sophia; in your contest you offered to Christ the sweet fruit of your womb, your daughters Faith, Hope, and Love. Together with them intercede for us all."

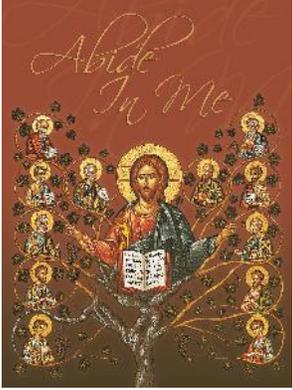
Youth Page



*“He who Loves his brother abides in light, and there is no cause for stumbling in him”
-1 John 2:10-*



Stewardship



*Abide in Me,
and I in you.
As the branch
cannot bear
fruit of itself,
unless it abides
in the vine,
neither can you,
unless you abide
in Me. (John
15:4)*

With Appreciation and Thanksgiving

Eight years ago, Don Ossey made a leap of faith. He was asked by his priest to step up and become Holy Trinity's Stewardship Chairman...for a 3-year term. Don tackled the challenges ahead with vision and determination, fueled by a passion for his faith and for his Holy Trinity community. All who know Don realize this is a leader who 'walks the walk' – and lives a life of stewardship always. He has served Holy Trinity in many capacities over the years and the 'Stewardship Hat' was just one of many responsibilities undertaken for our parish. We thank Don, sincerely, for great effort and accomplishments all 8 years of his '3-year term'!

Meet Your New Stewardship Chairman

Dear Holy Trinity Family,

My name is John Carandanis, and I'll be assuming the responsibility of leading our efforts of accomplishing God's ministries through His Holy Orthodox Church as your new Stewardship Chairman.

I'd like to give you a brief introduction into my life, my family, and some insight as to why I've humbly decided to accept this vital position.

To start, let me share a little bit about my beginnings. I was born and raised by my two loving parents, Perry and Jane Carandanis along with my wonderful brother Theo. I grew up in Portland attending Holy Trinity, and I have a very strong connection with this parish. My mind is filled with many fond childhood memories of Sunday school, church camp, GOYA and YAL events, as well as the Sacraments of Baptism, Marriage and even the Funerals for many of my family members. After graduating OSU (Go Beavs!), I moved to Tri-Cities, WA to work at the Hanford site and remained there for almost ten years, until I met and fell in love with my beautiful bride, Cheri. Since then, life has been a wild ride! Cheri and I found ourselves moving to Sacramento, CA in order to fulfill her obligation at Travis Air Force Base. I'm proud to share with you that Cheri served six years active duty in the United States Air Force as a Critical Care Air Transport Nurse. She was deployed to Afghanistan after 9-11, and served there for the first six months of our marriage. That was the longest six months of my life! After she served her commitment, we decided to separate from the military life and begin our family. We moved to Damascus, OR



John and Cheri Carandanis, Demetri and Noah

in 2004 and God blessed us with Noah (8yrs) and Demetri (6yrs). Today, our two sons have answered God's call to serve in His Holy Altar, and we are thrilled to watch them grow in our glorious Faith! Outside of church, Noah and Demetri are two very "active" young boys and are involved in taekwondo, soccer and basketball. Cheri is currently working on her Master's Degree in Nursing while staying home to meet the needs of the family. She is very involved with our children's education and serves on the PTO board. It wasn't long after graduating college that I began my career in the pharmaceutical industry with Abbott Laboratories as a sales representative where I remain today after 14 years. Our favorite thing to do is spend time together as a family whether it's going camping, playing board games or just watching a movie!

As Cheri and I experience the joy and challenges of raising an Orthodox family in a modern, fast paced world, we understand how life's demands can overshadow what our faith requires of us. We began to pray and ask God to place us in a position of service within our community in order to increase our accountability to our faith. We quickly realized that whatever God called us to do would be something outside of our comfort zone, and so we ask for your prayers and support.

I approach this position with great humility and my heart carries a sincere desire to serve God and you, my brothers and sisters. My family and I are imperfect, but we offer you the best of what we have; our love, our commitment, and our service. We are in this together, and I look forward to working with all of you who have a sincere desire to increase their faith through the act of giving

"For where your treasure is, there will your heart be also"
(Matthew 6:21).