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DYNAMIS

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.

Content and length: Church-related organizations maximum 500 words; non-church related and articles by private persons maximum 300 words. 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.

The back cover is reserved for paid advertisements, at these 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

A.G.R.O. (Association of Greek Restaurant Owners and Other Businesses)

The annual AGRO auction took place on October 19th with 175 people in attendance. The organization was established in 1995 for the purpose of raising funds for programs to benefit the youth of our Holy Trinity Cathedral community, the community at large and the foundation of Doernbecher Hospital.

The family of Mario and Veronica De La Rosa from the Kids N' Cancer/Camp Agape and their son, Jacob, joined us that evening and shared their story of Jacob's illness. As emotional as it was, there was also the joy we all felt to know he is now doing well.

(continued next page)



Sue Nichols, the Executive Director of the Doernbecher Children's Hospital presented the AGRO members a "Doernbecher Hero Award" for all the support they have given to the foundation. She commented on how the organization is changing the way children are cared



for in Oregon, SW Washington and beyond. AGRO is helping provide children with the finest medical care available in the most technologically advanced and child-friendly facility in the region. Tremendous strides are being made in research and childhood diseases, whether it is developing new treatments for cancer, treating a traumatic injury or performing a routine exam. Their success is built on supporters such as AGRO.

Our Holy Trinity dance group, Romiosini, entertained us with our wonderful island dances. Needless to say how proud we are of our youth and we feel especially honored that we have been able to give the dance group \$52,894.00 to date for their beautiful and intricate costumes that were made in Greece.

Until our next auction, we thank everyone for their support

Seniors Bingo



Photo by Gus Pappelis

Our Seniors Ministry hosted 45 of their "high rollers" for a wonderful luncheon of pastitsio and Bingo on November 13th. Guests enjoyed a delightful meal and then competed for game prizes in an afternoon of great food and fun. The Senior's activities will continue with their upcoming events: the traditional St. Nicholas Day luncheon and Christmas sing-along on Saturday, Dec. 6th at 12 noon; and the festive Advent dinner and Christmas boat viewing at the Spaghetti Factory on Wednesday, December 10th at 6 pm (transportation from church will be available). If you would like to become a member the Senior's Ministry and receive information about these and other events, please contact the church office so we can get you signed up.

Our People

A very sincere "Thank You" to Fr. Paul, our dear friends, koumbari and extended families who showed concern for me with prayers, phone calls and cards during my recent hospitalizations. You are all very special to me and my family. Thank you. Peter George Psihogios

Birth Announcements:

Georgios Nektarios, son of Deacon Jason and Deaconess Sandra Roll, was born October 28, 2008 in Boston, Mass. Weighing 7 lbs 8 oz and measuring 19" long, he joins his two very happy brothers, Demetre and Theodore. Grandparents are Wayne

and Toula Roll of Tigard, Oregon and Jim and Sylvia Salidas of Sacramento, California.

Matt and Amy Mehas wish to announce the birth of their first baby, a son, Noah Matthew. He was born on November 17 and weighed 8 lbs, 7 oz. and was 19 1/2" long. Proud grandparents are Jim and Ann Mehas and Doug and Judy Feller.

Baptisms:

November 1, 2008: Nicholas Hallett, son of Nez Conrad Hallett, III and Heather Owen Hallett. The Godparent are Lori Thompson and George Kalomiris.

November 2, 2008: George Dimitrios Belesiotis, son of Dimitrios George Belesiotis and Tatiana Shavlovsky Belesiotis. The Godparents are Anastasios and Louiza Kondilis.

Wedding:

November 9, 2008: Michael H. Rouches and Christine Barajas Rouches. Mike is the son of Dan and Donna Rouches and Christine is the daughter of Piedad Barajas and Olga Martinez. The Koumbaro was Demetri Lee.

Funerals:

November 3, 2008: Richard Huszagh, who passed away on October 29, 2008 at the age of 76. He was born on July 1, 1932 in Menominee, Michigan and was one of six children born to Rudolph Le Roy & Dorothea Wickett Huszagh. Richard and Elenie Kostopoulos were married in 1962. He is survived by his wife, Elenie and son, Peter, sister Diane D'Amico and brothers, R. Lee Huszagh and Frederick W. Huszagh.

November 5, 2008: Marion Evangeline Schmidt, who passed away on October 30, 2008 at the age of 86. She was raised and educated in Portland, graduating from Commerce High School. Marion received an Associate Degree from Mt. Hood Community College. She is survived

by her daughter, Karen Schmidt, and sons, James, Jeffrey and Alan Schmidt.

HELLENIC-AMERICAN CULTURAL CENTER & MUSEUM

The HACCM program committee presented a most memorable evening on Saturday, November 15th.



"KAMIKAZE", The World War II documentary by The History Channel featuring our own Aristides Phourides was shown to an audience of over 75 attendees.

During World War II American and Japanese forces engaged in fierce and deadly aerial combats known at "Dogfights." The Japanese aimed to destroy supply, ammunition and fuel ships stationed near an invasion site in Okinawa. Kamikaze suicide missions were deployed by the Japanese.

A young Aristides Phourides was stationed about the USS Laffey DD 724, located closest to Japan, 50 miles north of Okinawa. He was one of the crew members interviewed in this account of the ship's battles of 1945.



Appearing with photographs and a model of the destroyer, Aristides

introduced the film and answered questions.

Model of the USS Laffey DD 724



A huge thank you to the program committee and especially to Aristides for an eventful evening. We came away with a renewed respect for all our veterans.

Photos by Gus Pappelis

"To gather, preserve and share knowledge of the Hellenic-American experience in Oregon and Southwest Washington starting with the earliest immigrants and continuing into the future,"

states one section of HACCM's mission statement. It is supported by the objective "to educate school children, students and adults about Hellenic contributions in the United States." The HACCM board and committees take this objective very seriously and strive to achieve it through a variety of means, be it lectures, workshops, films and exhibits. One avenue that has proven to be most successful is school field trips. During the next several months, education chair, Georgia Liapes, has scheduled four field trips; one from Agia Sophia and three from Centennial Middle School. The Centennial schools bring 160 students for each trip. The students are divided into three groups and each group then experiences a 20 to 30 minutes presentation in the church, in the museum and a power-point lecture on classical Greek art and architecture. The rotation system has proven to be a very successful process. Field trips truly reach out to the greater community and have become a viable HACCM program.

In conjunction with the field trip concept HACCM is working with the World Affairs Council of Oregon. We are contributing to the World Affairs' school cultural boxes and they in turn are encouraging and recommending field trips to the museum. This partnership expands

and strengthens the HACCM educational component for students. "Sharing knowledge" is not limited to the young – the education of adults is also important to the HACCM mission. To this end, the Rebetiko Festival will serve as an educational tool as well as entertainment. Many of us are unfamiliar with Rebetiko so first a few words about this music form. Rebetiko is the name for a type of Greek urban folk music. The sound of the music reflects the combined influences of European and Middle Eastern music. Rebetiko music has sometimes been called the "Greek blues," since like the blues it grew out of a specific urban subculture. Also like the blues, rebetiko progressed from being a music associated with the lower classes to become during the 1960's and later a musical form of wide popularity.

Rebetiko music developed in the communities of Greek refugees from Asia Minor who relocated to large Greek coastal cities. By combining the Anatolian musical modes of Asia Minor and the musical traditions of Greece these refugees created a type of music reflective of their dispossessed condition and their response to it. The basic instruments of the rebetiko are the bouzouki and guitar.

On April 25, 2009 the "Pasatempo" group from Seattle will be conducting a workshop on rebetiko. Young and old are encouraged to bring their instruments and receive instruction on playing rebetiko music. A singing workshop will also be offered. In the evening "Pasatempo" will perform and refreshments and dancing will follow. As you can surmise education is a very viable and important component of HACCM's mission.

Thank you for all your support this past year. The community has been instrumental in the growth and development of HACCM. The board and all committee members wish everyone a

very Merry Christmas and a Blessed New Year. Joan Liapes, Chair

Save the date:

Holy Trinity Cathedral welcomes distinguished Greek historian and scholar, Dr. Theoharis Provatakis, Ph.D., as he visits the Pacific Northwest and presents a series of lectures focusing on Greek history and culture. Dr. Provatakis, a native of Greece and one of the current directors of the Greek Ministry of Culture, has authored numerous books and articles on subjects related to the language, history, art, and traditions of the Greek people. His expertise encompasses the areas of theology, history and archeology. Dr. Provatakis' lecture series begins here at Holy Trinity on Friday, December 19th as he presents *Macedonia: 4000 Years of Greek Presence* at 7pm in our small hall (social hour and hors d'oeuvres begin at 6 pm). The following day, Saturday, December 20th, he presents a series of three seminars at St. Nicholas Greek Orthodox Church in Tacoma, WA: *The Depiction of Christ in Art during the First Centuries of Christianity* at 10 am; *Angels in the Orthodox Art and Tradition* at 1:30 pm; and *Saint Nicholas in the Orthodox Art and Tradition* at 3 pm. Dr. Provatakis then returns here to Holy Trinity at 12 noon on Sunday, December 21st (directly after church) to reprise his lecture, *St. Nicholas in the Art and Tradition of the Orthodox Faith*. His Portland visit is co-sponsored by HACCM, AGRO, and AHEPA.

Oh Christmas Tree, Oh Christmas Tree:

Yes, it is that time of year again. And this year, more than ever, there's a need to focus on the spiritual rather than the material side of Christmas. Embracing our family traditions is one way to do that.

For many of us, the Christmas tree is a big part of our tradition. Where we go to get it? Do we cut it ourselves? Which one should we pick? How long will we argue

about its' size? How much furniture do we have to move to fit it in? Who unpacks the ornaments? Which color lights do we use? White? Multi-colored? Twinkling or static? And most of all in my family....what is our theme tree going to be?

The idea for a theme tree started when my daughter was around eight. She had more than her share of Barbie dolls, given to her from her aunts, her Nouna, her cousins and mom. We decided to do a "Barbie" tree. That meant dressing up Barbie in her finest clothes, tying her hair with raffia so we could dangle her from the tree; and then supplementing our décor with various Barbie paraphernalia. It was a highlight of our Christmas.

The next year we did a "Sports" tree for my son. No, we didn't hang smelly socks, but we did use football, baseball and soccer ornaments, along with homemade goodies. We included medals, pictures and the like.

The following year was our crowning achievement. Since dad is in the butter business, we made a "Butter King" tree. We created ornaments out of our various butter cartons, signs made by the kids saying "Butter men do it better" and "Stamp out margarine." We hung yellow lights. We went to the craft store for yellow putty, which we turned into pats of butter. Using yellow raffia, we hung large pieces of bread along with the butter. That tree is now used at our creamery each year.

The point to my story . . . this year you too can have a theme tree, and better yet, one with a cause. Philoptochos will be sponsoring a theme tree auction on Sunday, December 7th. Each of our circles is creating a theme tree to add joy, fun and ease to your Christmas. The size will be a tabletop version that can be given as a gift, used as a second tree or a singular special one for your enjoyment. And best of all, it raises funds for those in need.

Proceeds will go to the Ways and Means of Philoptochos. Those funds are used to answer the call for help from the many. Join us for this

fun event on Sunday, December 7th in the large hall.

Which theme will you pick?

Stacey Gianopoulos, President,
Philoptochos

Philoptochos Philanthropy Committee Seeks Potential Grant Recipients

The Philanthropy Committee works to distribute funds from the net proceeds of the sale of the *Flavor It Greek!* cookbooks and related *Flavor It Greek!* products to philanthropic projects and organizations. Since 2000, over \$55,000 has been awarded to numerous local and national agencies. Recent recipients included 'Capitol City Medical Teams' (who provide surgical care and prostheses to those in need in Central and South American countries) and 'Bridge the Gap' (an organization that enriches the lives of foster children with music lessons, sports team memberships and other items foster families may not be able to afford).

The Committee is once again looking for potential funding recipients. Do you know of a local, national or international organization that is in need of financial assistance? What causes are you passionate about? Let us know! As parishioners of Holy Trinity, you are encouraged to recommend possible fund recipients. Applications are available in the pamphlet rack just outside the parish office or from Philoptochos Circle Leaders.

Philanthropy Committee leader, Sophia Kondoleon, welcomes your suggestions and recommendations for future gift recipients (503.635.5652).

Why Montessori?

By Elisha Lubliner, Principal and Lead Montessori Teacher

Starting in the 2007 school year, Agia Sophia Academy decided to open a Montessori program to best meet the needs of our burgeoning preschool population. As a teacher with experience in both public and private school as well as in Montessori preschool, the school board asked me to pursue necessary Montessori training. I happily accepted the challenge. A training program in Boston offered a summer program which would prepare me for opening the new classroom in the fall as well as provide American Montessori Society certification. The training was intensive and thorough and I soaked up as much wisdom as possible from the experienced instructors. Returning to Portland in mid-August, I knew it would take a miracle to transform my then empty classroom into a carefully cultivated, thriving Montessori environment; I wondered if I would ever be ready. Within two weeks, with the help of parents, donors and church volunteers, the classroom was ready for the children and our first year of Montessori at ASA began!

As that first year progressed, I often looked back, remembering the empty, bare room and marveled at how God blessed it and brought everything together to become a light, orderly and peaceful environment full of curious little minds. All of the categories of Montessori curriculum were present in our classroom: Practical Life, Sensorial, Mathematics,



Language, Art, Science and Geography. These materials were created following careful, systematic research by Dr. Montessori and this approach has been taught on every continent during the last 100 years. My class, all first year Montessori students ranging from three to six, thrived in the classroom culture and taught me even more about teaching. Now in the second year of our Montessori program, we have a new room twice the size of our original classroom, additional materials, and the ability to enroll up to five more new students. I knew from the beginning that Montessori was one of the best ways to educate young children, but I didn't know how perfectly it would work at Agia Sophia Academy.

With the advent of each new adventure come energy, excitement



and a bit of awe. Those friends, families and donors who helped to start the Montessori Early Childhood Education (MECE) program at Agia Sophia were able to share in part of the adventure with us but the journey is not over! ASA is still a young school and though small, we like to “think big.” It is our dream to not only offer a vibrant and competitive Montessori program, but also to grow the elementary classes and provide a high-quality educational experience through the elementary years. Children face many challenges today: let's help them by providing a strong foundation for their spiritual as well as academic growth. Your support of Agia Sophia

Academy offers the gift of education in a nurturing Orthodox environment to children in the Portland metro area. Please come visit us to see about openings in the Montessori and Elementary classes or call 503-641-4600 to find out how you can best support our school!

Green Christmas Practices Show Goodwill for All

By Jonna Papaefthimiou

Christmas is a time for peace on earth and goodwill to all people. Caring for the home all people share—our planet—demonstrates goodwill for all living things, and for future generations. Having a “green” Christmas doesn't mean giving up presents or eating Tofurkey in the dark. An environmental December full of cedar boughs and home-made treats is more nurturing for people than plastic trees and pre-filled gift baskets.

Setting the Stage: Tree, Lights, Decorations

Beginning with the very practical: if you decorate with few or no outdoor lights, you're on the right environmental track already. But if a bigger light display is important, it may be a good time to switch to LEDs, which use 90% less energy. A reusable tree might seem like a good environmental choice—but it's not. Real trees are non-toxic and grown close to home: Oregon is the Christmas tree capital of the world. In contrast, artificial trees are made overseas and shipped a very long way. They are also made of petroleum and metal components (including PVC and lead); they eventually go to landfills. So, treat yourself to a real and fragrant evergreen from a local farm. Recycle it, and preserve its compost-ability by skipping fake snow and tinsel that's hard to remove.

For Christmas decorations, head outside again: cut some holly, snowberry, and cedar. Then set your kids to work on paper snowflakes and popcorn strings. And maybe put some gingerbread men in the oven. These choices smell better than plastic decorations. They also connect you to the environment more than a trip to the mall.

The Big Deal: Gifts

Gift-giving has become a big part of Christmas. Unfortunately, 40% of the items we buy are in landfills within 3 months. Some gifts do meet practical needs, but for most people, the symbol of giving is most important. With this in mind, there are many ways to enhance this ritual and reduce waste. The best green gifts are simply thoughtful ones—items that are truly useful or meaningful for the recipient. My most memorable gift was a cake knife: in the card, my grandmother said it had cut birthday cakes for my mother and a generation of aunts and uncles. No present could have been more welcome—or more environmentally friendly—than this “recycled” gift. Sports or theater tickets, a massage, or a museum or zoo membership are also generous gifts that make no waste. A first trip

to the Oregon Children’s Theater may be long remembered by a child. An adult with many possessions may welcome a tree planted or library book donated in their honor. Homemade gifts are also wonderful: a jar of jam is higher in thoughtfulness and lower in plastic waste than a Hickory Farms Gift Pack. Likewise, gift certificates for services like babysitting are often most welcome.

Wrap your gifts in recycled or recyclable paper (note: no metallic foil). Real ribbons are prettier than fake bows, and easy to reuse. If you ship your gifts, use real popcorn rather than Styrofoam peanuts.

Finally, non-present rituals like caroling and cooking together nurture the spirit of Christmas while moving away from excessive material consumption. Church services are the heart of Christmas for many people. Wreaths, and greenery. Pack away other decorations to be reused. Save cards and paper for creative reuse.

Recycle what you can’t reuse.

If a gift has replaced a computer, TV, or mobile phone, recycle or donate the old one. Call Metro’s recycling hotline at 503-234-3000 or visit their website at www.oregonmetro.gov for information on how to recycle or responsibly dispose of old electronics, Christmas trees, and almost any other item.

Merry Christmas and Happy New Year to all!

Nativity Play and Christmas Concert

Join us for our Christmas celebration this year on Sunday, December 14th. As usual, we’ll begin with the Nativity Play in the church. This year there will also be a Christmas Concert, which features participation from the entire community.

HOLY TRINITY GREEK ORTHODOX CATHEDRAL
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Cappella Romana will present KONTAKION ON THE NATIVITY OF CHRIST on January 2, 2009 at St. Mary's Cathedral in NW Portland at 8:00 PM. Based on the epic sacred poem in Greek by St. Romanos (6th c.), this setting is based on a mixture of Greek and Russian melodies, sung in English. Also on the program is music by Greek and Greek-American composers, for Christmas and Theophany.

Tickets at www.cappellaromana.org or 503-236-8202. For groups of 6 or more, call Mark Powell at 503-927-9027 or email mark@cappellaromana.org

