

# *Dynamis*

February 2012

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

1 CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL + PORTLAND + OREGON

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## Stewardship or S+ewardship?

ORTHODOX CHRISTIAN STEWARDSHIP

by Father Harry Pappas

Unfortunately, when most of us hear or read the word “Stewardship,” we instinctively think of it spelled as “\$tewardship,” a code word for giving money to church. It may be politely asked for. It may be clothed in pious language. It may be linked to giving of time and talents. But, in the end, stewardship still means, for most of us: “I must give some of my money so that we can operate the church.”

However, we may have not yet learned to spell this key word as “S+ewardship.” The Bible from beginning to end identifies what we now call stewardship as *a way of life centered on God*. And for Christians, this means discipleship centered on *Jesus Christ as Crucified and Risen Lord*. The cross thus dramatically signifies both our identity as *disciples of Christ* and our calling to *a life of sacrificial giving* directed toward God, others, and all creation.

Many people know how to raise money. There are professional experts who work full time. There are more opinions and ideas than parishes know what to do with. And, in fact, raising funds has become a favorite American pastime for public and private schools, political parties, charitable organizations, and legions of athletic and recreational activities. Who needs another fund-raising campaign when we are already inundated with them!

But while there are legions of experts, opinions, and efforts, how many of us are genuinely committed to Christ and the Church and have learned a sound teaching about stewardship based upon Holy Scripture?

In the Old Testament, our Hebrew ancestors based their very existence upon what God had first done for them: through the promises given to the patriarch Abraham, the sacred covenant at Sinai given through Moses, and messianic kingship through David. Since God was their Creator, Savior, and King, ancient Israel worshiped him regularly and on special feast days. They considered the very land upon which they lived as a precious gift from God, and not the result of their own hard work or of their pious virtue. This meant that all products of their livelihood ultimately belonged to God. The biblical tithe (10%) meant that the first and best portion of these material assets were to be returned to God for support of the sanctuary or temple, the ordained ministers, and various human needs (including charity). The rest (90%) was not to be used as each person decided,

but rather according to the will of God through each person’s family, home, and vocation. Further, as emphasized by the prophets like Amos and Isaiah, the people of God were to seek justice and righteousness in all their relationships –through business, commerce, legal courts, government, and society. In particular, ancient Israel was to protect, support, and advocate for the poor, oppressed, and weakest members of society.

In the New Testament, Jesus Christ affirmed this Old Testament stewardship as a way of life based upon God’s gracious salvation and his natural gifts through creation. He clearly approved of worship, of tithing, of seeking justice and righteousness in all human relationships, and of service especially to the poor, oppressed, and needy. However, Jesus went way beyond these in offering himself as the perfect steward of God’s gracious gifts by his voluntary suffering and death on a cross. In this event, he exemplified that true sacrifice for the sake of others has absolutely no limits. The one who truly loves God and passionately seeks the truth is called to die to self, take up the cross of unjust suffering, and be prepared to live and even die for others, especially those who are hardened in sin and blinded by ingratitude.

In the Church, everyone is called to be a disciple of Christ. This involves conversion – and inward turning of mind and heart toward Christ – and a conscious and deliberate commitment to follow the Lord, no matter what the cost. And true Christian stewardship springs very naturally from such faith and obedience, since it recognizes God as the origin of life, the giver of salvation, and the source of all blessings, visible and invisible. The deeper the conversion and commitment to Christ, the deeper the thanksgiving for these spiritual and material gifts that we have received, and the greater the readiness to use them to show our love for God and those around us.

Jesus Christ sets the true standard of Christian stewardship by which we can measure ourselves. Our stewardship of the good news of salvation should be shown in the following ways:

- *Creation* - joyful appreciation for the wonder and beauty of nature; protection and preservation of the environment; bringing the gifts of creation to the Church for blessing (altar bread, wine, fruits, oil, incense, etc.); development of the material world through holy work (physical labor, professions, arts and sciences); respect for and protection of the sanctity of human life from conception to death.
- *Vocation* - fulfillment of our God-given calling in life as married or single people, adult or child, working or retired,

clergy or laity, to extend the love and truth of God in Christ to those around us.

• *Church* - becoming active participants in working out our salvation as members of the Orthodox Church through the Christian nurture of children, regular worship and fellowship; spiritual formation through on-going education; service to one another and to the poor, sick, and needy; cooperating to make our parish a vibrant source of faith and work; and supporting Metropolitan, Archdiocesan, and international ministries that link us to the worldwide Church.

In a culture that frequently encourages us to focus on ourselves, Jesus Christ challenges us to reorient our priorities according to the Kingdom of God breaking into this world. The antidote to greed and selfishness, even when it is masked by religious piety, is genuine repentance and conversion toward Christian stewardship as a new way of living. And what joy there is now for those who turn toward God, learning and living as stewards of the manifold grace that has been offered to us through Christ in the Church!

*Fr. Harry Pappas is Pastor of Archangels Greek Orthodox Church in Stamford, CT.*

**I**t is February and if you are like most people, you have already broken the New Year's Resolutions you made last month. This year I will reach my ideal weight, I'll take better care of my health, I will spend more time with my family and so on. The first weeks of the year the gyms are full of enthusiastic first time athletes, the grocery stores have record sales for diet foods and the self-help gurus are busier than ever. However, the statistics show that very few people are successful in achieving their resolutions. So come February the gym crowds vanish, the excitement fades away and life goes back to its usual unforgiving pace.

In today's society the resolutions people set are secular. The whole idea is essentially "New year, new you." But, according to Wikipedia the practice of New Year's resolutions have religious foundations, which partially came from the Lenten practices of improvements in our spiritual life. But how many of us in January resolve to make improvements in our spiritual life?

What if we resolve in this new year to live lives more consistent with our faith than ever before; to pray more consistently and sincerely, to be more steadfast in our worship, to be more sacrificial in our giving, to be more charitable in our evaluation of others, and to allow the grace of God to transform our hearts, our lives, and relations with others?

One of the problems with new year's resolutions is that they're often simply unrealistic. Statistics show that the people who have the most success in making changes in their lives more permanent are those that make small goals and enlist the help of others. Sweeping life changes are unrealistic and set up us up for discouragement and

ultimately failure. The "don't go it alone" advice, makes us accountable to someone else and forces us to comply with the new guidelines we have set.

**"Now you are the body of Christ and each one of you is a part of it."** (1 Cor. 12:27)

Likewise, an important aspect of our spiritual struggle is to not isolate ourselves from the community of the Church. The Church is our main support system in our spiritual endeavors. Receiving the Sacraments brings us all close together with God and through Him, with our brothers and sisters. We are all together in this great work of redemption and we can greatly help each other in achieving our personal spiritual goals. But we need to remember to take it slow and ask for help.

At the end of the month, Great Lent will be upon us. What better time to "resolve" to make improvements in our spiritual life? To reset the course of our lives away from the cares of this life and orient it toward our Lord and Saviour Jesus Christ. If we do this, then we are sure to enjoy a positive and peaceful year, no matter what challenges it may bring.

With faith and love in Christ,  
Christina Geist

### **Holy Trinity Greek Orthodox Cathedral**

**3131 NE Glisan St., Portland, OR 97232**

**503-234-0468 [www.goholytrinity.org](http://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 11<sup>th</sup> of the current month. Deadlines will be strictly adhered to.

**Dynamis Editorial Guidelines** How to contribute:  
Email to: [Gail@goholytrinity.org](mailto: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

## Maintenance Report for PC Executive Meeting December 5, 2011

Purchased small radiant heater for \$90.00 to place in Fr. Jordan's office.  
Elevator: Our regular technician that handles the maintenance for the elevator came out on Nov. 17<sup>th</sup> to check the oil level as well as the elevator functions. He found that the oil level had dropped ½ inch since the festival. They will continue to monitor the oil levels for the next few months.  
New Vestment Bureau purchased for Fr. Demos from IKEA: The bureau is located in the sacristy area between the clergy hallway and the altar. Andy Rouches & Jimmy Koliias were kind enough to put the bureau together.  
Bookshelf for Fr. Demos' office on order.  
Outside stairs on NE Glisan St. leading to boiler room: Parts of old boiler and old candle making apparatus have been removed and the staircase has been power washed and cleaned. Looks much better!!  
Accurate Heating: Completed cleaning of rainni heat exchangers.  
TXV valve completed Nov. 11<sup>th</sup>, and temp. controls have been set for the Winter months in the church and St. Katherine's Hall and A/C fans have been turned off.  
The Chanter Stand has been repaired by Mark Lundgren. This is the same gentleman that made the iconostasis at St. John's. A new light will be installed by David Medill (the sexton) shortly with Fr. Jordan's approval.  
Sound System: We need to purchase a new sound system. The one we currently have does not work properly; therefore, it is necessary to continuously rent the equipment from Corvallis'. Tom Spathas and Taso Kondilis have been asked for recommendations.  
Portland Masonry: Brick work: Dean Lampus is meeting with Telly on Wednesday, December 7<sup>th</sup> to review what we can afford in 2012.  
Jimmy Koliias: Painting projects: Door leading into St. Katherine's Hall from the parking lot ~ both inside & outside.  
Area above gymnasium now being used as storage area for Philoptochos.  
Baptistery Room: Received complaint from Sophia Stamatis regarding the condition of the Baptistery room. Have advised her that the repair/remodel of this room is one of the projects that have been delayed due to lack of funds. Hopefully, this can be completed in 2012.  
Cathedral window sills: Bubbling of certain window sills in the church: Steve Hunt has been contacted and will be coming over to see what needs to be done, and to give us an estimate.  
Steve Hunt came by this afternoon. He agreed that this "bubbling" problem is caused by the fact that the stained glass windows need to be re-sealed. Until the windows can be re-sealed, he can only do a "temporary fix". He will submit an estimate to us later this week.  
Custodian Hours: Shane Cook's hours have been adjusted in order to help Bob and Gail as well as our evening security problems. His schedule is pretty flexible, depending on various needs during the week due to unexpected events, i.e. funerals, etc. Fr. Jordan has approved this change.

*Compiled by Ellie Bass*

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**T**hank you to Jim Koliias, Andy Rouches and John Lampros for giving of their time and talent in various maintenance projects in the church halls & Annex. Jim is involved in the on-going project of touching up the wood in the St. Katherine & St. Dimitrios Hall. Andy helped with plumbing and storeroom projects. John comes in faithfully every Monday morning and cleans and freshens up the Altar area and candle stands. Thank You!

## *Our People*

### **Funerals:**

January 14, 2012: Markos Alexandros Koumentis, born on January 3, 1930, and fell asleep in the Lord on January 11, 2012 at the age of 82.

January 16, 2012:

Nikoleta J. Maroutsos, born April 9, 1918 and fell asleep in the Lord on January 13, 2012 at the age of 93.

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## **Father-Daughter Dance is**

**Saturday,**

**February**

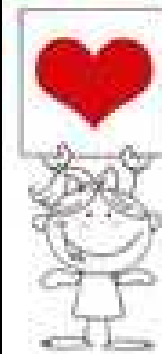
**11, 2012**

**7:00**

**St. Dimitrios**

**Hall**

**Call Nick Mallos for  
tickets and  
information**



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## **Blankets for the Needy**

Every year around Christmas, the Holy Trinity community allocates \$2000 to purchase and distribute brand-new blankets to the needy. This year 167 blankets were donated to the following organizations: Salvation Army Family Center, Raphael House, Portland Rescue Mission, Letty Owings Center Medical Teams International, JOIN. Several of these organizations cater to mothers and children and they are very appreciative of the warmth these blankets provide during the cold weather. A special thanks again to Jim Zumwalt of JC Penney for handling our order.

The Festival Disbursement Committee

# RENEW YOUR FAITH COMMITMENT!

2012 Lenten Adult Christian Education at Holy Trinity Greek Orthodox Cathedral

## COME, JOURNEY TOWARDS CHRIST! THE FAITH, DOCTRINE, AND WORSHIP OF THE HOLY ORTHODOX CHURCH

**Purpose:** This course is a perfect chance for a quick review of our Orthodox Faith and Practice during this year's Lenten Journey of Spiritual Renewal. It is designed for all adults, from Sunday school teacher to adult leader to inquirer to visitor, who would like a review of the Ancient, Apostolic, and Holy Orthodox Faith.

**Time:** Mondays, 7:00-9:00pm

**Location:** Parish Hall at Holy Trinity Greek Orthodox Cathedral

**Instructor:** Fr. Deacon David B. Cole (Email: dndavid@goholytrinity.org)

**Texts:** *Orthodoxy 101* (Fr. Evagoras Constantinides, 2006) Very Easy (a breeze!)

*The Orthodox Church* (Abp. Kallistos Ware, 1997) Intermediate (used in class)

*The Orthodox Church: An Introduction to its History, Doctrine, and Spiritual Culture* (Fr. John McGuckin, 2011) Intermediate-Advanced (excellent, new, detailed)

**Supplemental Texts:** *The Orthodox Church A to Z* (Grubbe, 2003)

*Blackwell Dictionary of Eastern Christianity* (2001)

*The Orthodox Church: 455 Questions & Answers* (Harakas, 1988)

### Course of Study:

Date	Topic	Reading in Ware
13 Feb.	Source of Faith: Tradition and Scripture	Ch. 10 (11)
20 Feb.	God, His Church, and Theosis	Ch. 12 (11)
27 Feb.	Earthly Heaven: Liturgy and Sacraments I	Chs. 13, 14
5 Mar.	Earthly Heaven: Liturgy and Sacraments II	Chs. 13, 14
12 Mar.	Tour of Cathedral: Architecture of God's House	-----
19 Mar.	Feasts, Fasts, and Private Prayer	Ch. 15
26 Mar.	Orthodoxy and the Reunion of Christians	Ch. 16
2 Apr.	Final Question and Answer in Church	-----

**Note to Catechumens:** The two traditional times on the Church's liturgical calendar for the reception of converts are either Holy Theophany on Jan. 6 or Holy Saturday, at the end of Holy Week and just before Holy Pascha. These classes are designed with this tradition in mind, so that catechumens may be received into the Church either time, once they have completed both the fall and spring sections and met with the priest. Holy Week begins this year 8 April evening and ends Holy Saturday 14 April. Holy Pascha is Sunday 15 April.

## New Exhibit for the Hellenic-American Cultural Center & Museum

Mark your calendars for 1 pm on Sunday, Feb. 19th for the unveiling of the newest exhibit, "HELLAS, Footprints in Time".

This exhibit will feature the recent generous donation by Elaine Pappas-Suarez, who collected and rescued a variety of art objects during her eleven years as an exporter living in Greece from 1969-1981. Ms. Pappas has gifted her Greek collection to our museum so that these objects, which range from antiquity to modern times, may be viewed by our community, school children and visitors and may be enjoyed for future generations. Items include: pottery, sculptures, coins, clothing, textiles, Karaghiozi items, weaving, jewelry,

etchings, fossils, wood block prints, liturgical articles, linens, brass, lithographs, tools and architectural elements.

A reception honoring Ms. Pappas-Suarez will be held immediately following the opening on Feb. 19th in the St. Demetrios Hall. The exhibit will be open through 2012 and we will continue to invite local schoolchildren, senior citizens groups and the community-at-large to view and appreciate the contributions by Hellenes.

## Daughters of Penelope Troy Chapter #32 Annual Scholarship Luncheon February 5, 2012

Holy Trinity Cathedral Hall

Following Sunday Services

Plump Gyros

Meat, Chicken or Vegetarian

(Choice of condiments: lettuce, tomatoes, onion, feta, tzatziki or ALL)

Fruit Salad, Baklava, Coffee

Adults or Children \$8.00 each

Raffle with drawing at the luncheon

HARA dance group to perform

## Triodion begins February 5<sup>th</sup>:

*"And two men went up to the temple to pray, one a Pharisee and the other a tax collector."*

*Luke 18:10*

The Church spends a whole month teaching us about prayer and fasting before we begin the Great Lent journey to Holy Week. The four Sundays before Great Lent are in a way a kind of spiritual "prep school." I remember two friends in HS who both had dreams of attending one of the academies. John had a desire to be at

Annapolis, and Ted from the youngest age had a calling to be at the Air Force Academy. Both were good students, strong leaders, good athletes and respected by their classmates and teachers. They did not get accepted. Instead of throwing in the towel, they chose to attend the academy prep school. It was an incredibly difficult year. Over 40% of the prep school students drop out. John and Ted not only completed the year, but were accepted in the fall as freshmen. They both graduated, became officers and pilots. They have served our country for over 20 years. The prep school in a very special way opened the door for them.


The Triodion is our “spiritual prep school” that opens the door to the most important spiritual journey. Great Lent can change a person’s life. The first Sunday of the Triodion is the Sunday of Publican and the Pharisee (Luke 18:10-14). The message is about prayer, and how prayer will only flow from a humble heart. Jesus told the story about the self-righteous Pharisee and a contrite Publican praying in the Temple. The Pharisees were an ancient and one time outstanding sect among the Jews. They had the reputation for strict observance of their faith. The original meaning of “Pharisee” was at first a positive one. They were given the name “Pharisee” because the people thought they were living holy and righteous lives. Eventually their name and reputation grew to become negative. According to Jesus they “did all their works to be seen of men” (Matt 23:5) and became hypocrites.

The Pharisee went to the temple to pray, but was doing everything but praying. Prayer is praying to God. The Pharisee was praying to himself. His prayer was self-centered. He begins by giving thanks. This is a good start, but unfortunately a short one. The Pharisee begins to give thanks, and immediately criticizes the tax collector who also was in the temple praying to God. What was his

prayer missing? Repentance and humility had no part in his prayer. The Pharisee boasts about all the good he has done. He criticizes the publican and fails to recognize his sins. His prayer was lost because he allowed himself to become proud. The fathers teach us how pride is in our souls. Pride is hiding and waiting to bring us down, and destroy the potential of good in all of us.

The Publican “tax collector” truly prayed to God. His prayer was a sincere appeal and filled with trust in God. The Desert Fathers wrote, “Better a man who has sinned, if he knows that he sinned and repents, than a man who has not sinned and thinks himself as righteous.” The tax collector did not simply confess his sins and stand humbly before God. He prayed for God to help him. Unlike the Pharisee, the tax collector filled with trust in God, had the desire to change, and knew he could not do it by himself.

How do we pray? How do we live? The Pharisee was standing, and the tax collector was kneeling with his head bowed down. On Sundays, we stand together, kneel together and sing together. The Pharisee refused to stand, bow or pray with the Publican. Instead, he stood above him and criticized him. His prayer digressed to a condemnation of one man. Sadly, some people in the church always find someone or something to criticize. Those with critical eyes are diverting attention from their own sins. The example of the Publican is the one we must follow. His humility saved him. He confessed. He prayed “Lord have mercy on me.” And He spoke this parable to some who trusted in themselves that they were righteous, and despised others” (Luke 18:9)



## 23rd Annual AHEPA

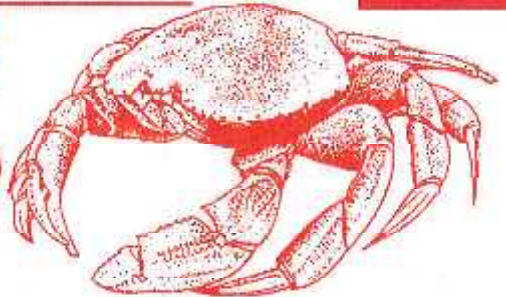
**FRESH  
DUNGNESS  
CRAB**  
Cleaned

Spaghetti  
Salads · Rolls

Beer · Wine  
Pop · Coffee

Ice Cream

# All You Can Eat CRAB FEED



## Saturday

### February 25th, 2012

Holy Trinity Greek Community Hall  
3131 N.E. Glisan - Portland

**WHITE** Tickets Serving: 4:00pm to 6:30pm

**GREEN** Tickets Serving: 7:00pm to 9:30pm

## For Ticket Information Call:

### Tom or Lori 503-635-1087

## **Orthodox Spirituality Topic: The Heavenly Banquet: Understanding the Divine Liturgy**

**Wednesday, February 1, 7:00 pm**

**Wednesday, February 8, 10:00 am**

**Wednesday, February 15, 7:00 pm**

**Wednesday, February 22, 10:00 am**

The class is led by Father Jordan and held in the Conference Room.

The Divine Liturgy is the center of Orthodox Life. The Liturgy is the sacred rite by which the Orthodox Church celebrates the mystery of the Eucharist. The Liturgy celebrates the words and actions of the Lord Jesus Christ at the Last Supper. This is a wonderful opportunity to discuss the meaning of the liturgy and how we can actively participate in the liturgy. The class will focus on the theological, spiritual and historical meaning of the Eucharist. The class is open to everyone. There are morning and

### **Feast Days & Services for February**

Thursday, February 2: The Presentation of Jesus

8:00 am – Orthros

9:00 am – Divine Liturgy

Friday, February 10: St. Haralambos

8:00 am – Orthros

9:00 am – Divine Liturgy

Saturday, February 18: Saturday of the Souls

8:00 am – Orthros

9:00 am – Divine Liturgy

Saturday, February 25: Saturday of the Souls

8:00 am – Orthros

9:00 am – Divine Liturgy

Monday, February 27: Clean Monday ~ Great Lent begins

6:00 Compline Service

evening times to accommodate work and school schedules.

# “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



## Theo Geist (7<sup>th</sup> grade)

My name is Theo Geist. I go to Robert Gray middle school and I'm in the seventh grade. I enjoy walking to school, and building model planes. My favorite subjects in school are math, and science. My favorite sport is lacrosse and I look forward to every spring season. I have a dog named, Otis, and my favorite college football team is the Oregon ducks. I love going to Sunday School every Sunday and I enjoy church. My favorite part of being in the church community is all of the fun activities and events that go on in our church. I like serving in the Altar and my favorite church time is holy week and Pascha.

*Your patron, St Theodore's was a gifted General in the military, and his Apolytikion says, "with the weaponry of faith didst thou arm thyself wisely and didst utterly destroy all the hordes of the demons." Since the Church is not talking about physical swords and spears, what are these weapons that he used against the demons and are they as important as physical weapons? Can simple people like us use these weapons or are they only available to high ranking officials like St. Theodore?*

Yes I think that anyone could use those spiritual weapons, like belief in God.

## Remember the Dates!

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

- **“Goya Together Night” is EVERY 1<sup>st</sup> & 3<sup>rd</sup> SATURDAYS of each month at Holy Trinity from 5-8pm (Vespers, Dinner, Spiritual Discussion/Activity/Social Outreach & Hang-out). This night is subject to change when other Youth or other major community events are scheduled. Join us, and please bring your friends from outside our church community!**
- February 4, 5-8pm, “Goya Together Night”: Vespers, Dinner, Spiritual Discussions, hang out and Youth planning.
- February 11, 7pm, “Father-Daughter Dance”: The Annual Dance is coming upon us. Please contact Nick Mallos for details at 971-563-0246.
- February 14-16, “FDF”: Anatoli (6<sup>th</sup>-8<sup>th</sup> graders) performs for the Metropolis of San Francisco at the FDF competition in Anaheim, CA. We support you and hope you have fun and manifest those amazing gifts!
- February 25, Hope/Joy (k-5 graders) “Game Night”: The annual “Crab Feed” starts the night off at 4pm, then Vespers with the community. We will have areas set for the children downstairs to bring their favorite games. Parents are welcome!
- March 3, 5-8pm, Goya Together Night: Vespers, Dinner, Spiritual Discussions, hang out and Youth planning.
- March 16-18, Seattle Lenten Retreat “Amazing Race”: The race is on again! We will join our Christian brothers & sisters in Seattle this year as we race to both gain salvation during Lent and piously compete in an Amazing Race style journey around downtown.

## Chronia Polla! Happy Name Day!

(If we forgot anybody for the month of February, our apologies)

- Theo Geist (St. Theodore the General, Feb 8)

### Quote of the Month (For our Orthodox Identity)

*“What if my parents command me to do things that are wrong? you might ask. Well, even when a parent does wicked things himself, he usually doesn’t force his children to imitate him. However, St. Paul has left us a provision in this case by saying, ‘Obey your parents in the Lord,’ that is, whenever they tell you to do what is pleasing to God”*

*-St. John Chrysostom (On children obeying parents)-*

## Getting To Know The Heart Of Our Youth



**Alexis Buhler (8<sup>th</sup> grade)**

My name is Lexi Buhler and I'm fourteen. I'm an eighth grader at the International School of Beaverton. My interests include playing sports, skiing, reading, and hanging out with friends. I play soccer for Bridemile Soccer Club and I play basketball for the Beaverton Metro team. At church I participate in Sunday school and Greek dance. My orthodox faith is very important to me; I enjoy the time I spend at church with my family and friends. I like staying connected to my faith through various church activities such as Sunday school, dance, and camp.

*To fulfill righteous acts and to prove His kenosis (self-emptying love), Christ was presented to God the Father in the Temple as a child (God-man). His parents also offered an animal sacrifice according to Jewish law. Since we don't offer animals to our Church, what is important for families or individuals to present to God everyday, and how will you personally keep this offering going in your daily life?"*

When I think about what is important to present to God everyday and how I will keep this offering going personally in my life daily, I remember the only thing we are really asked by God, and that is to be active in our church. I can personally keep this offering going by having good church attendance, involving myself in church activities, and living a good Christian life.



**Julia Karambelas (8<sup>th</sup> Grade)**

I'm Julia Karambelas and I am 13 years old and in 8th grade at the International School of Beaverton. I dance at a studio in Hillsboro, Also I am on a swim team and I play volleyball. I love listening to music and just hanging out with my friends. I really enjoy being at church, all my friends there are like another family that I have that I share so many experiences with. At church I attend Sunday school and Greek dance which I do with some of my closest friends which makes even more fun.

*To fulfill righteous acts and to prove His kenosis (self-emptying love), Christ was presented to God the Father in the Temple as a child (God-man). His parents also offered an animal sacrifice according to Jewish law. Since we don't offer animals to our Church, what is important for families or individuals to present to God everyday, and how will you personally keep this offering going in your daily life?"*

God sacrificed himself to save us, so think that any way families and individuals can contribute an offering to God is good. Small ways you could contribute as an individual is that you can attend church, praying and just bringing God into your everyday lives. I use this in my daily life by believing in God and going to church practically every Sunday. Also I encourage the rest of my family to attend church as well.

"Don't think that it isn't necessary for a child to listen to the Scriptures; the first thing he will hear from them will be, 'Honor your father and mother,' and immediately you will begin to reap your reward. Don't say, 'Bible reading is for monks; am I turning my child into a monk?' No! It isn't necessary for him to be a monk. Make him a Christian! Why are you afraid of something good? It is necessary for everyone to know Scriptural teachings, and this especially true for children. Even at their age they are exposed to all sorts of folly and bad examples from popular entertainments. Our children need remedies for all these things!

St. John Chrysostom  
(On children obeying their parents)



## *Reflection on the Orthodox College Conference at St. Nicholas Ranch, Dunalp, CA.*

By **Athan Spathas**

Athan Spathas (far left, University of Oregon Student), Seraphim Ramos (Hellenic College Seminarian) and George Demas (Youth Director) after morning prayers at the Life Giving Spring Monastery Cross.

*This winter break I was blessed to have an incredible experience in fellowship with George Demas, Seraphim Ramos, and many other members of our (national) Orthodox community. The primary destination was the OCF (Orthodox Christian Fellowship) college conference at the St. Nicholas Ranch in Dunlap, CA. I had heard of the ranch consistently throughout the past years, but surprisingly, this was the first opportunity for me to actually see it for myself. It was a great blessing to be able to visit the resting place of Metropolitan Anthony (of beloved and blessed memory), who was always such an inspiration, and to see the St Nicholas Ranch, including the Monastery (of the Theotokos the Life-Giving Spring) he founded. The conference was only a few days long, but filled with activities, prayer, and a lot of great lectures given by clergy members, such as Metropolitan Jonah (the audio is actually available online to anyone who would like to hear him for themselves at: <http://www.ocf.net/wikis/programs/college-conference-west-audio-recordings.aspx>).*

*Both before and after the conference, we were able to take a detour into the bay area, and visit St. John Maximovitch of Shanghai and San Francisco. Seeing his remains at the Holy Virgin Cathedral was quite miraculous in and of itself, but we were also fortunate to be able to visit his place of residence (which is also where the orphanage was founded). In addition, we visited the Old Cathedral of the Holy Virgin (where St. John presided until the new church was completed), and were received warmly by Father James, who gave us a tour and an explanation of the background of the church. Our final stop before we headed home was to visit Metropolitan Gerasimos, who blessed us with his presence (busy though he is) as we enjoyed our final meal in California. I am deeply gracious to all those who helped make this trip a success, (particularly to Father Zaferes and his family in Oakland, who were amazing hosts to us even when we extended our trip), and I thank God most of all for allowing me to be present for this pilgrimage we made to California. I didn't know what to expect from the conference in the first place, but it was much more than I hoped for: it was not only the conference that exceeded my expectations, but all of the other detours we made as well. It was an incredible and spiritual experience, and I couldn't be gladder I went.*

*“As Great Lent begins, let us hasten to forgive each other all hurts and offenses. May we always hear the words of the Gospel for Forgiveness Sunday: if ye forgive men their debts, your heavenly Father will also forgive you; if ye forgive not men their debts, neither will your Father forgive your debts (Matthew 6:14-15)”*

*-St. John Maximovitch (A Word on Repentance)-*



# Amazing Race

# SEATTLE

# GOYA Retreat

- Who** All Teenagers in grades 7 through 12
- What** Join Orthodox teens from Seattle & Portland on an Amazing Race style journey around Seattle.
- Where** St. Demetrios, Downtown Waterfront & Pike Place Market
- When** Friday, March 16th to Sunday, March 18th.
- Cost** Rate: \$100 by Friday, March 1, 2012.  
*No registrations accepted after March 1st.*  
*Scholarships available for those in financial need.*
- Time** Meet at Holy Trinity after school on Friday (Time TBA) to carpool to Seattle. We will return to Holy Trinity by 6 p.m. on Sunday.
- Please Bring** Sleeping Bag, Pillow, Bible, Digital Camera, Flashlight, Toiletries, Warm Clothes & Clothes for Liturgy. Cell Phones are allowed on this retreat.

### Volunteers Needed!

Parents and Young Adults are needed to chaperone during the retreat. If you are available to help or have any questions please contact:  
George Demas at 503-234-0468 or  
gdemas3@yahoo.com

Completed Registration Form and fees are due by  
March 1, 2012.

NO LATE REGISTRATIONS ACCEPTED  
*Registration Form will be available at Holy Trinity and hopefully online at*  
[www.holytrinity.com](http://www.holytrinity.com).