

Dynamis

June 2010

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

1 CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL + PORTLAND + OREGON



No Little Saints, No Insignificant Fathers

In June, we honor all the fathers who honestly support their families and raise their children with love for God. Our Church established “All Saints” Sunday to remember all the known and unknown saints of the Christian faith. Our society established Fathers’ Day to honor all the fathers for their positive contribution to the wellbeing of our society.

The saints are the first fruits of the Day of Pentecost. When they welcomed the Holy Spirit into their lives, He changed and renewed them. He filled them with inspiration, faith, and an inner desire to do the will of God. They, in turn, devoted themselves to prayer, to the spreading of the Gospel, and to helping other people, especially those in need. The followers of Christ became a large Christian family with Christ as the head and ourselves as the members.

In its daily services, our Church remembers one or more saints who honored and served the Lord with their lives. Some of them even suffered martyrdom for Christ. We do not know all the names of all the saints, but all of them are important to the Lord and the Church. All Saints Sunday reminds us of this great truth, that we are all significant for God.

The Saints lived in societies like ours. They faced temptations and threats from the people around them, but they did not succumb to the world. Their eyes were fixed on God, and they judged everything according to His will. They did not allow either the “sirens” of old or the modern threats to take them away from their commitment to Christ. They were repeating Saint Paul’s words within themselves:

“I am crucified with Christ. I no longer live myself. Christ lives in me.” The saints were not alone in their spiritual struggle. God was with them. They experienced the presence of the Holy Spirit in their lives. He gave them courage and joy to live victorious Christian lives.

On Father’s Day, we also honor all the fathers for their great contribution to our families. They are unsung heroes who are willing to sacrifice everything for the good of their wives and children. They work long hours and sometimes two jobs to meet the ever-increasing expenses of raising their children and sending them to college. They come home tired, but they still find time to play with their children and team up with their wives to take the children to their extracurricular activities. Since many of the mothers work, the fathers are

also called to do some domestic jobs. The children are learning from these positive examples of their parents; thus the parents become models for their children.

If we have Churches, schools, and benevolent associations, we owe it to our parents, both our fathers and mothers, for the Bible honors them together. Our parents organize and support the Churches with their resources and active participation.

As a society, we owe to much to our fathers, and we pause to gratefully acknowledge our indebtedness to them. But since we also face many problems, we appeal to them to exercise their loving authority and paternal initiative to help create a better environment for our children.



Saints and Fathers! We need both for a better Church and a loving family.

With love,
Fr. John Angelis

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Philoptochos Cookbook, Helen Stratikos666-8815
Senior GOYA (ages 15-18)
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Seniors Ministry, Dean Lampus292-7612
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St. Photios Fellowship, Dn. David Cole287-0475
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Holy Trinity Greek Orthodox Cathedral
3131 NE Glisan St., Portland, OR 97232

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.
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

Parish Council Corner MAINTENANCE

“*Maintenance*”. This word has always denoted something mundane, boring, and not at all interesting to me. The first 4 years that I served on the Parish Council, my position of Recording Secretary kept me busy, and maintenance issues were not very high on my agenda. As my 5th year of service on the Parish Council began, I was elected to serve as 2nd Vice President, whose main emphasis of responsibility is *Maintenance*. During these past few months, my eyes have been opened to the many needs of our Cathedral, the halls, the Annex, and our rental properties. Yes, it is overwhelming, but at the same time I'm pleased that even the smallest improvement, or completed repair is helping to keep our properties, and especially the Cathedral in good condition for many years to come.

I recall the excitement when the “new” Holy Trinity Church was dedicated in 1952 and then the thrill of the Consecration in 1956. The entire Holy Trinity community

continued on page four

A letter received from Metropolitan Gerasimos of San Francisco:

April 29, 2010

✠Martyr Cercyra

Beloved Brothers in the Lord, Father John and Father Dimosthenis,

Christos Anesti!

It was a joy to celebrate the Lord's Resurrection with you and the faithful at the beloved Holy Trinity Cathedral. The journey through Great Lent and Holy Week is always physically and spiritually challenging, but I was uplifted by the prayers and piety of the faithful filling your church to proclaim "Christ is Risen".

I also enjoyed the fellowship we shared at the lovely Paschal meal following the service. This was a wonderful opportunity for me to personally greet everyone, and to be further enriched by the love and hospitality of your community.

May the light of the Lord's Resurrection illumine your path toward salvation in Him!

With Love in Our Risen Lord,

✠Metropolitan Gerasimos of San Francisco

Our People

BAPTISMS:

May 1, 2010: Aidan "Grigorios" Ginos, Jason "Iason" Ginos, Brendan "Nikolas" Ginos and Leo "Leonidas" Ginos. All four boys are the sons of Alexander Zissis Ginos and Carey Ann McAvoy Ginos. The Godfather for the boys is Othon Tzevelakos.

May 8, 2010: Konstandinos Skiadas, son of Miltiadis Skiadas and Christina Garifalakis Skiadas. The Godparents are Apostolis Kosaris and Serafim Apostolou.

WEDDINGS:

May 15, 2010: John Hall and Argero Anasis. John is the son of Hughlon and Darlyn Hall and Argero is the daughter of George and Angeliki Anasis. The Sponsor was Vanda Makris.

May 22, 2010: George Hatiras and Melanie Ann Matthews. George is the son of Ioannis Hatiras and Panagiota Mitsopoulos and Melanie is the daughter of Richard Matthews and Madalene Beveridge.

Congratulations to the newlyweds!

FUNERALS:

May 7, 2010: John George Mastorakis, who fell asleep in the Lord on April 27, 2010 at the age of 73. He was born on May 3, 1936 and lived in Aloha, Oregon.

May 15, 2010: Glenna Marie Zarneke, who fell asleep in the Lord on May 7, 2010 at the age of 60. She was born on March 2, 1950 in Spokane, Washington and was a schoolteacher in the Evergreen School District.

May their memory be eternal

GRADUATE:

Thomas Galanopoulos graduates from Portland State with a Bachelor of Science degree in History.

THANK YOUs:

Beloved Fathers John, Demo and David and all my Holy Trinity friends: Christos Anesti. Thank you so very much for all your prayers, flowers and cards. It's overwhelming to know that I have so many wonderful people praying for me. So far it seems that

they are working. To my sisters in Priscilla circle, thank you for the beautiful flowers and well wishes from you all. God bless you and your families and thank you again. Love, Demetra "Toula" Roll.

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Thank you to everyone for the cards, phone calls and prayers we received on my brother's passing. They were very comforting and I appreciate every one of you. Thank you again.

Pres. Anna Angelis

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The Pazeotopoulos and Hatzipavlou families would like to thank everyone for their thoughts, prayers, love and support during this difficult time in our lives. May God bless you and keep you healthy.

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We wish to extend a heartfelt thanks to Martha Circle members, Philoptochos and the community for the many cards, calls and prayers sent to Mona Gianopoulos. Your kindness helped speed recovery and bear the weeks of treatment.

With gratitude,
Mona Gianopoulos and Family

From Camp Angelos

The AHEC board thanks Pat and Michael Doherty for their Hole-In-One sponsorship at the recent AHEC Golf Tournament. We greatly appreciate your support. Thanks to all those who attended and helped to make it our most successful tournament ever!

Coming up: June 6th – Hope to see you all at the Annual Spring Fling at Camp Angelos. Tickets are available after church by calling Helen Stratikos at 503-666-8815.

(continued from page two)

was so proud, and so thankful to have this beautiful new church and shortly thereafter, a wonderful meeting hall. Now, here we are, in 2010, and I still wonder at the hard work, dedication & determination of our parishioners that made our present “home” possible. Yes, I do mean “home”....Holy Trinity **IS** home....so many of us were baptized, married, and said good-bye to our loved ones here. The most momentous moments of our lives are centered in our “home,” Holy Trinity.

Just as we all maintain our personal homes, there’s a great deal of maintenance that is on-going, “behind the scenes” which is necessary, but not too exciting. For instance: the heating and cooling systems throughout our various facilities, updating electrical and plumbing as needed, and roof repairs to name a few. Along with the needed repairs and maintenance, new projects have been completed in the last several months (you probably have noticed these!):

- Renovation of the church Cry Room and Women’s restroom with a new entrance ramp from the Narthex.
- AHEPA Hall has been painted (\$1000.00 donation from AHEPA to help defray some of the cost).
- Apartment/Office across the street has been painted.
- Kitchen in the Community Center has been painted and new light fixture lenses have been installed.
- New 2-speed exhaust fan has replaced the outdated fan (half the cost donated by the Festival Committee).
- Two wrought iron gates are on order: one to replace the gate at the top of the stairs that leads to the boiler room outside of the church, and one for the top of the outside stairs that lead to the classrooms.

Along with repairs & some cosmetic updating, there is a

long list of future projects, such as:

- Renovate the men’s restroom in the Narthex.
- Reglaze the church’s stained glass windows.
- Renovate the Baptistery room as well as the Sacristy.
- Renovate St. Katherine’s Hall.
- Repair Sanctuary Roof.
- Restore the copper dome.
- Replace the Sunday School flooring
- Paint the interior of the church and halls.

The needed improvements are many; and as with any property when you finish one project, three more come up. Maintenance is forever on-going. Unfortunately our stewardship dollars no longer go far enough to support the upkeep of our Cathedral. Festival dollars are the sole funding source for all maintenance. As daunting as these projects and financial restraints are, we must preserve, protect and continue to improve all that our devoted parishioners made possible over 58 years ago so that their legacy, their devotion, their love for our “home” Holy Trinity may endure for our future generations. We have so much more to do. It is with your love, your devotion, and your support that we can continue to make it all happen.

Ellie Bass

HOME BIBLE STUDY FELLOWSHIP:

Have you thought of attending our Bible Study in your neighborhood? Please call the facilitator of the Fellowship you wish to attend for details. Just because you haven’t attended previously, or regularly, please consider coming when you can!

Northwest Portland:

Location: Lampros Home
503-645-3136

Northeast Portland:

Location: Alternates between Ossey and Hieronymus homes
Ossey 503-282-6219
Hieronymus 503-282-9265

Southwest Portland

Location: Alternates between Lingas and Triantafillou homes
Lingas 503-292-0451
Triantafillou 503-234-8948

Southeast Portland

Location: Murdoch home
503-239-6862

Lake Oswego

Sophia Kondoleon 503-635-5652
Christine Rulli 503-635-4743

Vancouver

Location: Vertopoulos home
360-883-6438

**Tuesday morning Bible Study
Group led by Fr. John Angelis:**
10:00-11:30 AM Tuesdays in the
Conference Room

Join Portland State in Celebrating Hellenic Studies

Please join Portland State University President Wim Wiewel on June 21st at 5pm to celebrate the creation of Portland State’s Hellenic Studies Program and to congratulate E. John Rumpakis, whose generosity will allow PSU to strengthen the relationship between our region and the people, culture, and businesses of Greece and the Greek Diaspora. The celebration will take place at the Simon Benson House, 1803 Southwest Park Avenue (Southwest 9th and Montgomery). To RSVP, call 503.725.3514 or email sfuller@pdx.edu.

Memorial Wheat ~ Koliva

3 pounds sitari, whole
(whole wheat unpeeled)
1 cup flour (browned in pan)
1 ½ pounds walnuts, chopped
1 ½ pounds slivered almonds,
lightly toasted
1 ½ teaspoons salt
2 tablespoons ground cinnamon
2 cups sesame seeds, lightly toasted
¼ cup fresh parsley, finely chopped

1 box white raisins
1 box dark raisins
2 boxes rusk (zwieback), ground
1 to 2 pounds powdered sugar
White Jordan almonds (for cross and
initials of deceased)

Inspect wheat for foreign matter.
Wash in a strainer under warm
running water. Place in a large pot,
cover with water and soak overnight.

Next morning, drain wheat and cover
with fresh water. Add salt, bring to
boil and then simmer for about 4
hours, until tender and what splits in
two. Do not scorch. Add water as
needed. Place cooked wheat in a
colander and rinse under cold running
water to remove starch. Drain
thoroughly. Air dry wheat 8 to 12
hours in a single layer on double
thickness linens placed on a large
table.

Next morning, (the day of the service)
mix together dried wheat, browned
flour, walnuts, slivered almonds,
raisins, spices, sesame seeds and
parsley in a large bowl. Line a large
tray with waxed paper and edge with
paper doilies. Put the light and dark
raisins down first. Next, mound wheat
mixture onto tray; pack and shape
well. Cover the whole mound with the
zwieback (this is what will keep the
powdered sugar dry). Sift powdered
sugar over all at least ¼ inch thick.
Keep on pressing and patting it down.
Make a cross in the center of the
mound using the Jordan almonds. On
either side of the cross, form initials of
the deceased using Jordan almonds.

Other designs may be added as
desired. Yield: A large tray

~Koliva~

*Article & recipe reprinted with permission
from "Flavor It Greek!", the cookbook by
Philotheos Society of Holy Trinity*

In the Orthodox Church, Koliva is
prepared in remembrance of the
departed forty days after death, six
months, one year and as often as a
family desires after the first year. The
family prepares and brings the Koliva
to Church for the Mnimosinon
(Memorial Service), where prayer for
the repose of the souls of the departed
are offered. Boiled wheat (Koliva)
symbolizes the Resurrection. Just as
wheat must be planted in the ground
to take root and bring forth fruit, man



is buried because of death, but with
the promise that one day he too will
be resurrected. The various sweets
added to the Koliva signify that after
Resurrection, life will be sweet and
blissful. Yes, it is a time consuming
process, but it gives you time, as a
family, to talk about the loved one,
work out grief and to pray.

Please make the Koliva as fresh as you
can, especially with the hot weather of
summer, to be sure that people don't
get sick.

Agia Sophia Academy – One Parent's Perspective

by Rachel Daniels

*For what will it profit a man if he gains the
whole world and forfeits his soul? Or what
shall a man give in return for his soul?
Matthew 16:36*

WHY WE CHOSE ASA FOR OUR FAMILY DESPITE COST, DISTANCE, CONVENIENCE, ETC...

I am blessed to have been
raised in an Orthodox household, the
daughter of an Orthodox priest.
While my parents both have multiple
academic degrees and accomplish-
ments, they never pushed us to
achieve academic or professional
success. Instead, we heard, "Whatever
is necessary for your salvation." I was
always struck by this and sometimes
resentful – why didn't I get rewarded
for A's in school? Why didn't my
parents push me to get even better
grades like my friends' parents pushed
them? Why the constant emphasis on
"salvation"!?!?

Now that I am a parent of
three, soon to be four, children, I
understand why.

The most important thing to
us as Orthodox parents – nay, as a
Pan-Orthodox community -- has to be
the right and true upbringing of our
children in the Orthodox faith, to set
before them the ultimate goal of
striving for the salvation of their souls.
This salvific effort affects not only
them and their personal future, but the
future strength and growth of the
entire Body of Christ of which we are
all members from the moment of our
Holy Baptism.

We learn while they are in the
womb that they are exercising their
God-given free will: they kick when
they choose, sleep when they choose,
and will (usually) be born when they
choose. As they grow and develop,
this exercise of their free will grows
stronger and more apparent each day.
As parents, we quickly learn that we
cannot control their will – not then,
not now, and not in the future. What
we can, and must do, is to provide
them with the best environment,
influences, and tools to enable them to

make the best choices possible. Choices, we dearly pray, that will lead to their eventual salvation and union with God.

Education is one of the most powerful tools we can give our children to set them on the right course for their lives. However, an education that is not Christ-centered, no matter how highly acclaimed it may be academically, is poor if it does not nurture their souls and bring them closer to Christ and His Church. At the same time, we do want to equip our children with the tools necessary for success in this life.

By choosing Agia Sophia Academy, we know are providing our children with the very best educational environment we could desire: a high standard of academic excellence, fantastic teachers, stimulating and well-prepared curriculum -- all filtered through the teachings and every day practice of the Orthodox Church. Regardless of which school parents choose, the reality is that on any given school day children spend up to twice as much time being taught and influenced by their teachers and peers as they are by their parents at home. How could we not want and demand that influence be in an Orthodox Christian environment?

WHY THOSE WITHOUT CHILDREN AT ASA SHOULD SUPPORT THIS SCHOOL

I know this decision is not necessarily a simple or easy one, and not all Orthodox families, despite their desire for the salvation and best upbringing for their children, can or will be able to choose ASA. In addition, many have already raised their children or, perhaps, never had children of their own.

I was told by a very wise and spiritual person during my first pregnancy, "Your children are not your own -- they are given to you by God for a time as a blessing and responsibility to raise for His glory." I firmly believe that, while as parents that responsibility weighs most heavily on me and my husband for the

upbringing of our own children, as an Orthodox community we are ultimately *all* responsible for the education and nurturing of each other's children as well, even if we never had children of our own.

If we, as the of the Body of Christ, fail to provide for the youth in our midst the opportunity of a truly Christ-centered education, to have those Orthodox values and practices reinforced each day at school, who are we to blame later when we see the children in our own parishes leave the Church? Those hours of capital campaign to build a new church or fundraising to repair the roof or to commission an iconostasis are wasted if the church is empty. The prayers of a mother avail much, but better we first come together as a Pan-Orthodox community to help raise up the next generation of Orthodox Christians, and even saints, by planting the seed of an Orthodox-based education in them when they are young! What better way to ensure the future strength and faith of our Orthodox Church than by providing this opportunity to the children right here in the Metropolitan Portland area?

We rush to support -- as we should -- Orthodox missionary efforts to educate and teach the Orthodox faith in other countries, to provide charitable outreach to those in need, to live our faith to the fullest each day, so why not do all we can to help this little Orthodox school on our doorstep which offers those very things, and so much more, to our community here?

Arcing and uplifting

There were some chilly days, but hope emerged as Spring also brought downpours of warm rains and rainbows magnificently arced over the verdigris bell tower of Holy Trinity.

The end of first quarter found Stewardship gifts on track toward meeting the parish's goal, pledges up

and projections full of promise for a strong year ahead.

As is suitable for Spring we see the color of blooms pop here and there. Our ministries and programs flourish also with ever growing programs for our youth, a new music ministry for both youth and veterans developing, and a vibrant new fun series for young families with children filling the summer ahead.

We are under the spiritual leadership of two dedicated priests, each possessing unique talents and experience and the continued instruction and service of our energetic Deacon. We are blessed with such spiritual and down-to-earth leadership.

We received notification that Father John and Presvytera Anna will remain with us through 2010. We are fortunate indeed to have their wisdom and guidance and warm presence. Many of us note their confidence and grace as they become more and more a part of our church family. We strain to remind ourselves we should consider them temporary.

We do delight in the young family of Father Dimosthenis. His children spritely explore each corner of their church home and mastered the ways of a new school and a new language as they finish their first school year in Portland. He and Presvytera Magdalene continue to navigate a new culture and the dizzying demands of a vibrant American parish, learning from us, but teaching us also.

Spring brought us also our Feastday, Pentecost, seen as the culmination of the revelation of the Holy Trinity. Pentecost celebrates the establishment of the Church on earth through the preaching of the Apostles and the baptism of thousands who on that day believed in the Gospel message of salvation through Jesus Christ. It reminds us every year of our mission as a parish and community. We have been charged to carry that message among our beloved ones and beyond. Together we can accomplish so much. Shall we not start with the securing of our Stewardship commitment?

HOLY TRINITY GREEK ORTHODOX CATHEDRAL
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Philoptochos

We make a Difference

A Talk On

"HOW THE HOLY SPIRIT MOVES US"

—From Easter to Pentecost—

Sponsored By Holy Trinity Philoptochos

Featuring Fr. John Angelis

Join Us on Wednesday, June 9th

7pm to 9pm

Refreshments will be provided. Cost is \$1.00

RSVP to Stacey Gianopoulos at 503 635-7836 or butterqueen@comcast



PHILO BOARD MEETING - Tues. June 1, 2010

Small Hall - 7:00 p.m. – Last Board meeting before summer break! Next Board meeting is **Tuesday, September 7.**

A note of thanks. Philoptochos deeply appreciates all support and effort of our members and the Holy Trinity community at large. With faith & love in Christ,
Paula D. Diamond - Philoptochos President

PHILOPTOCHOS GARAGE SALE - June 19 (same day as the Laurelhurst Neighborhood Garage Sales) **in the ANNEX PARKING LOT.** If you are cleaning closets, relocating an office, moving or downsizing, please save your

saleable items for the Philoptochos Garage Sale. Small furniture, house wares, kitchenware, accessories and other treasures are great sellers.

Philoptochos Philanthropy Committee Report

Thank you to our Holy Trinity parishioners who recommended this year's grant applicants. Each of the agencies we reviewed is doing tremendous work to serve our community. We offer our heartfelt appreciation to our dedicated cookbook committee led by Georgia Liapes. The work of the Philanthropy Committee is made possible by the sales of the *Flavor It Greek!* cookbook and related products, as the proceeds provide the funds for these philanthropic gifts. Finally, a special thank you to all our parishioners who have helped make these efforts a success by purchasing many *Flavor It Greek!* cookbooks as gifts for family, friends, brides and grooms - this really is one gift that keeps on giving!

Our Grant Recipients

Helping Hands Ministry-\$1,000 - It is the mission of Helping Hands to strengthen the community by enhancing the quality of people's lives through the delivery of goods and services to the poor in the community. Funds will be used to help pay rent, utilities & purchase some food to feed those in need throughout the community.

Foundation for International Medical Relief of Children-\$1000 - FIMRC is an international organization focused on improving children's health in resource-poor settings. Funds would support a maternal child health program in Uganda.

William Temple House-\$1,000 - William Temple House's mission is to restore hope and renew strength in individuals and families in a welcoming and respectful atmosphere. Grant funds will provide emergency food and hygiene to individuals and families in need through William Temple House's food pantry in NW PDX.

Cares Northwest - Cares Northwest provides a safe child-friendly environment for the assessment of children for whom there are concerns of abuse, neglect and/or exposure to domestic violence. Funding will support the Urgent Assessment Program.

Agia Sophia Academy-\$1,000 - Agia Sophia's mission is to educate the mind, body and soul of their students according to the Tradition of the Orthodox Christian faith and the ideals of classical wisdom. A grant request is being made for the tuition assistance program.