

Dynamis

November 2007

“...since the kingdom of God is not just words, it is power.” 1CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL + PORTLAND + OREGON

Retreat, Silence, Prayer

When the great Desert Father Abba Arsenius prayed to God to learn the way of salvation, he heard a voice speaking from within that said, “Flee, be silent, pray always.” There is a sense in which the entire life of the contemplative Christian is contained within these few words. We are called to *flee*, though not in the sense of running away from something unpleasant or difficult. As Henry Nouwen, one of the great spiritual writers of the twentieth century, states, “Solitude is the furnace of transformation. Without solitude we remain victims of our society and continue to be entangled in the illusions of the false self.” There is a sense in which all of us need from time to time to disengage, to retreat, in order to recover our most authentic selves. But in order to do this, we need to do more than simply “get away.” We are also called to *be silent*, cultivating stillness within ourselves, lest we go away from our daily routine only to discover that we have simply carried the disquiet within our hearts to our new place. And we need to *pray*, opening ourselves up to the presence of God, who ever grants us the gifts of joy, healing, and wholeness.

Throughout this our Centennial Year of celebration and thanksgiving, we have witnessed and participated in many magnificent events. We have marked our centennial anniversary with the presence of our Archbishop Demetrios and our Metropolitan Gerasimos. We have been elevated to the status of a cathedral by our Metropolitan in another profoundly beautiful event. And we will close the year with a wonderful concert by Fr. John Bakas and the Men’s Chorale, which will end our Centennial Year on a festive note of joy and celebration.

But at this time, my brothers and sisters, I am convinced that we need a space for retreat, silence, and prayer. After a year of work and intense activity, it is time for us to reflect deeply upon the question, “What did it all mean?” When water with dirt in it is stirred up, the water quickly becomes cloudy and opaque, but if it is allowed to sit quietly for a time, the dirt settles and the water becomes clear and transparent again. This is true of our inner life as well. And there is an important personal lesson for me in this. In reflecting on my own experience, it seems to me that overconnectedness is perhaps a kind of crisis of the modern priesthood. As priests, we are more connected than we have ever been, through our cell phones and Blackberries, text messages, the internet and

email. And yet this hyperconnectivity leaves us with an ever-diminishing space for cultivating an authentic self, the ground of all true ministry. Ironically, the more and more we offer ourselves, making ourselves constantly and unfailingly available, the less and less we actually have to offer that is of any substance or value. As another of the Desert Fathers says, “If you leave the door to the bathhouse constantly open, all the warmth escapes.” What priest today has time to flee, to be silent, or to pray?

For this reason, I would like to propose that we as a community set aside the next six months as a special time for retreat, silence, and prayer. During this time, I suggest that we abstain as much as possible from major events and new campaigns, and that we cultivate our attention to the “one thing needful,” focusing on what is truly of essence in our lives both as individuals and as a community. This six month period will take us through Great Lent, including our Retreat of Silence on Clean Monday, March 10, as well as through Holy Week and the Paschal season.

Retreat, silence, prayer: this is God’s invitation to us as we seek a deepened self-understanding and a renewed sense of our mission. We have celebrated much and celebrated well; let us now take time to reflect, so that the path towards the future God has planned for us may become clear.

With Deep Love in the Lord,



Fr. Paul Schroeder
Proistamenos

October 26, 2007

✠Saint Demetrios the Great Martyr

Rev. C. Paul Schroeder
Holy Trinity Greek Orthodox Cathedral
3131 NE Glisan Street
Portland, OR 97232

Dear Father Paul and Esteemed Members of Holy Trinity Cathedral,

May the grace and peace of our Lord Jesus Christ be with you all!

What a joyous weekend we celebrated at the newly named Holy Trinity Cathedral! You and your entire parish are to be commended for planning a most thoughtful and prayerful series of events to commemorate this sacred occasion.

The honor bestowed on your parish to be elevated to a Cathedral did not come without years of hard work. As we most recently celebrated the 100th Anniversary of Holy Trinity, it was quite apparent that the history of this parish has shown vision, enthusiasm, and a true desire to serve the Lord and spread our Orthodox faith. It is this legacy of your parish that led to the decision to elevate your Church to a Cathedral. You now have an even greater responsibility to sustain and expand your programs and ministries, as well as serve as a beacon of our Orthodox faith in the Pacific Northwest. As the Lord commanded, ***“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”***
Matthew 5:16

May God grant you His abundant blessings, and may all that you do glorify His holy name!

With Love in Christ,

Holy Trinity Greek Orthodox Cathedral

3131 NE Glisan St., Portland, OR 97232

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All numbers without prefix are (503)

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Choir Director, <i>Kelly Thorsell</i>	381-4100
Choir President, <i>Dennis Constantine</i>	517-6188
Daughters of Penelope	
<i>Katherine Karafotias</i>	644-5175
Dynamis, <i>Gail Morris</i>	234-0468
Ethos Bookstore, <i>Christina Koutures</i>	234-0468 ext. 25
Junior GOYA (ages 11-14)	
<i>Kathy Damiani-Harris</i>	513-4904
<i>Vic & Mari Tymchenko</i>	639-1882
Senior GOYA (ages 15-18)	
<i>Tom and Lori Avgerakis</i>	635-1087
Greek Dance, <i>Katherine Ossey</i>	282-6219
Greek Festival, <i>George Apostolou</i>	360-546-1224
Greeters Ministry, <i>Ann Mallos</i>	255-0609
<i>Carolee Peterson</i>	925-1524
Hellenic-American Cultural Center,	
<i>Mari-Lou P. Diamond</i>	635-2711
HOPE & JOY (ages 5-11)	
<i>Athena Pascal</i>	768-4410
<i>Christina Geists</i>	293-8056
Justice & Human Rights, <i>John Lingas</i>	292-0451
Maids of Athena	
Philo House Thrift Shop	232-3992
Philoptochos, <i>Stacey Gianopoulos</i>	635-7836
Philoptochos Cookbook, <i>Helen Stratikos</i>	666-8815
St. Nektarios Ministry, <i>Kim Miller</i>	249-0903
St. Photios Fellowship, <i>Dn. David Cole</i>	287-0475
Stewardship Chairman, <i>Don Ossey</i>	282-6219
Sunday School, <i>Kathy Harris</i>	513-4904
<i>Mari-Faye Karambelas</i>	524-7063
Vacation Church School, <i>Dina Khoury</i>	224-5524
Young Adult League, <i>Jacob Gorny</i>	449-7720

Dynamis

Dynamis is the monthly newsletter of the Holy Trinity Greek Orthodox Cathedral, 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, or typed copy to the church. If you do not use a computer, please fax submissions to 503-236-8379.

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 - _ of back cover	\$225
Quarter advertising section-1/8 of last page	\$125



HELLENIC-AMERICAN
CULTURAL CENTER

of Oregon and SW Washington

Festival 2007 brought a new addition to the 56th Annual Portland Greek Festival. It was the addition of the Hellenic-American Cultural Center & Museum! Thousands of festival attendees visited the center while attending the festival. This gave the visitors an opportunity to learn more about the Portland Greek community and their ancestors. They experienced the museum with its current exhibits, viewed historical videos and experienced the newest exhibit, *The Costumes of Greece*, complete with historical presentations by the members of the Holy Trinity Dance Troupe. It was a magical weekend. You could feel the excitement in the air. The visitors were riveted. They were inquisitive and impressed. A few hundred school children visited the HACCM on Friday. Other teachers viewed the center throughout the weekend and then inquired on how they might be able to schedule class visits for their students. Thank you to the committee members, the Board of Directors, and to every volunteer whose hard work and countless hours made the weekend such a huge success. Our mission is being realized.

We are *Honoring our future by preserving our past.*

First CUSINA Classes Held at Holy Trinity

by Presvytera Elizabeth Schroeder

After many months of preparation, CUSINA is now reality! As I write this, in just a few hours we will have our



Volunteers and participants at first Cusina class

third of six classes, and it has been a success! The participants are willing and able, and a lot of fun to be around. The teachers of the class, chefs from participating Greek restaurants in town, have been wonderful. It feels like getting together with friends and cooking together. I know that this couldn't be the success it is without the help of many to all the people who have made this happen. Fr. Paul says that good preparation is an objective sign of love, and I think we are definitely showing these people love.

Volunteers are always welcome! Come and meet Mikie, who is a mom of six kids, who knows how to do a task while constantly being interrupted, and Jorge, whose first language is Spanish, but who loves to come to cooking class because it gives him something meaningful to do and a sense of belonging. It's a fun group of people all doing something very basic— cooking good food.

"By entering these doors today..."

"Who is this King of Glory?" a young voice projected from inside the church. The voice responded to a forceful blow on two newly dipped and glistening heavy metal doors. The drama unfolded with three strikes of the Prelate's staff as Metropolitan Gerasimos of San Francisco commanded the "eternal gates be opened" when Holy Trinity's elevation to Cathedral status took place on Sunday, October 21. The "gates" did open to him and he entered. The clergy and altar boys followed as did the Cathedral Choir, leading the congregation in the hymn of the Church, "Evlogitos..." They processed into the edifice, resplendant with new mosaic floor embellishments at the Solea and the Narthex.

Before the glorious entrance, before the proud procession, however, the address of his Eminence to the congregation made very clear, quoting Christ's words in Luke, that the leader should be "like one who serves." The Metropolitan acknowledged the honor of the Elevation in recognizing the many accomplishments of the community in its history, but he emphasized that the honor of servitude and the refusal of exaltation brought the only true badge of glory, the Cross, "the mark of willing sacrifice." He continued, "By entering these doors today, you will be proclaiming to the world your readiness to serve as a beacon of the Orthodox faith to the entire Pacific Northwest."

The procession of the congregation originated in the tent-covered courtyard, where the Hierarch, the clergy and the choir of chanters lead by the Protopsaltis of the Metropolis had chanted the Orthros service. They exited the tent and assembled at the steps of the entrance where Metropolitan Gerasimos exulted in the dry cool morning, noting the lack of rain as a sign of God's approval.

A chilly, wet and early autumn bluster had greeted his Eminence and other visiting dignitaries as they arrived in Portland Friday for Holy Trinity's Elevation weekend. Among the guests were an assembly of the Metropolis Council, the first ever convened in Portland, on Saturday, October 20; members of the Northwest regional meeting of Philoptochos; and Dr. John Klentos, Associate Professor of Orthodox

Christian Studies at Berkeley's Graduate Theological Union.

Dr. Klentos, who composed the elements and the text of our Cathedral dedication rite, presented a lecture Friday evening on the history of cathedrals in the Orthodox tradition and how the Elevation would proceed. Dr. Klentos brought together components from the Great Entrance of the Liturgy, the knocking on the doors from the consecration of a church and the actual consecration of our Bishop's Throne. Members of the lecture audience commented that the presentation set the tone and perspective for a greater appreciation of the service.

The weather continued to whip and rain on the city as Hierarch, clergy, chanters and faithful gathered for 7:30 a.m. Orthros and Liturgy on the Feast of Saint Gerasimos, Saturday. After the service, locals and Californians alike braved the trek to the Annex as the community gathered there to congratulate the Metropolitan on his nameday at a coffee reception. The celebration of his Eminence's feastday continued at an elegant gala evening dinner at the home of Maria and Isidoros Garifalakis. The event benefited the Metropolitan's own Health and Wellness Center project; generous donors raised many thousands of dollars.

Following Sunday's Hierarchical Liturgy, the events of Cathedral weekend concluded with a hearty brunch and the opening of a time capsule from 1952. Afterward, as parishioners dispersed and filed by the church steps, three historic marks on two grand metal doors brought contemplation on the meaning of Cathedral.

OUR PEOPLE

Baptisms:

September 9, 2007: Michael Gustafson, son of Stephen Michael Gustafson and Vasiliki Stratigouleas Gustafson. The Godparent is Eleni Stratigouleas.

September 23, 2007: Mia Catalina Hunt, daughter of Stephen Mark Hunt and Demetria Corvallis Hunt. The Godparents are Gary and Christina Geist.

Wedding:

October 20, 2007: John James Brochis and Jamie Marie Johnson. John is the son of Jim and Debbie Brochis and Jamie is the daughter of Jerry and Kelly Johnson. The sponsor was Chad Scott.

Funerals:

August 13, 2007: Virginia Langus, who reposed on August 5, 2007. Virginia was born in Portland, attended Jefferson High School and the University of Oregon. She was a member of Philoptochos and a past president for 2 years. She chaired the Greek Festival in 1958. She is survived by her daughter, Diane Langus Brooks, her brothers, John Economus and Dan Economus and her sister, Sophia Leventis and one grandchild. Remembrances to Philoptochos Society of Holy Trinity.

August 21, 2007: Thomas G. Kiriakedis, who was born on October 21, 1924 in Portland and reposed on August 17, 2007. He is survived by his wife, Esther, their daughter Deborah Christy, sons Gus Kiriakedis and Thomas Kiriakedis, Jr., his sister, Christina Papadakis and six grandchildren.

September 19, 2007: Akaterini (Keti) Hobbs. Keti was born in Thebes Greece on October 31, 1949 to Eleni Makropoulos and Sotirios Sofos. She passed away at her home on September 16, 2007 at the age of 57 years. She moved to Portland in 1960 and attended Shattuck Grade School, Lincoln High and graduated from Portland State College. She is survived by her husband, Dalton Hobbs and three daughters, Evthokia Hobbs, Eleni Hobbs and Nikoletta Hobbs, and her mother and father, Sotirios and Eleni Sofos.

October 1, 2007: Samuel George Chinakos. Sam was born July 4, 1919 in Spokane, Washington, the son of George and Anastasia Chinakos. He was raised and educated in Camas, Washington. He married Katherine Mirras on October 18, 1948 in Vancouver, BC. They moved to Portland in 1948 and have lived here since. He served in the US Navy, worked as a timber cruiser and was an entrepreneur. Sam passed away in Portland on September 25, 2007 at the age of 88. He is survived by his children: George Chinakos, Anastasia McGowan, Maria Miller, John Chinakos and Sam Chinakos, Jr. and his beloved grandson, Nicholas S. Chinakos.

October 2, 2007: Sophia Nicklos, who was born on October 14, 1915 in Milwaukee, Wisconsin. She passed away on September 28, 2007 in Gresham. Sophia is survived by her daughters, Zoe Nicklos and Carol Sarandos and sons Nick Nicklos and Dennis Nicklos, 5 grandchildren and 8 great-grandchildren.

We as a family would like to thank the Clergy and Holy Trinity Parish for their prayers and support during the time of our loss. During this difficult time your comforting thoughts and prayers have helped us through this emotional time. It is times like this when we truly realize how important God and friends are in our lives.

The Family of Sam Chinakos Sr.

October 9, 2007: George Stavrakis, who was born on December 16, 1937 in Detroit, Michigan and passed away on October 3, 2007 in Portland.

October 17, 2007: Doris J. Langus, born March 10, 1922 in Vandalia, Missouri and who passed away on October 11, 2007 in Portland.

Stewardship

“\$590,000?” “\$670,000?”
“\$870,000?”
“\$450,000?”
“\$387,000” “\$625,000”
“\$780,000” “Huh?”

If you were asked today, “What is the 2007 Budget amount for Holy Trinity?”, would you know the answer? A recent informal polling of some members of the community revealed that many of us still have no idea. Some of the answers were downright twentieth century!

The correct answer is \$870,000! We are fortunate that \$370,000 of that amount comes from outside income, i.e. festival, rents, etc. This leaves us with approximately \$500,000 to be funded by stewardship...the blessed giving of treasure.

The good news is that stewardship giving during the first nine months of 2007 has been right on target and we have met **64%** of our goal. This figure is on track historically, and now, as we enter the final *eight* weeks of the year, we are called upon to finish the job completely.

In our Church lives, the season of Advent is quickly approaching...very soon now we will be celebrating the Presentation of the Theotokos to the Temple and, of course, the Nativity of our Lord. In our secular lives, the season for tax deductible contributions is coming to a close. These are all good reasons to increase our generosity and, for the first time in a long time, reach our goal in total.

**30th Annual Camp Angelos Dinner
Dance at Riverside Golf & Country
Club
Sunday, November 11th, 2007**



New Wellness center at Camp Angelos

Tickets:

\$125.00 per person

\$250.00 per couple

Enter to win in our raffle drawing:

1st prize: \$2500.00

2nd prize – SAS airfare for 2 to Greece

3rd prize: \$1000.00

**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, approximately \$55,000 has been awarded to numerous local and national agencies. Recent recipients included the 'Wheels to Walk Foundation' (an organization that helps individuals obtain needed medical equipment) and the St. Nektarios Fund (an organization that provides scholarships for deprived students in African nations).

The Committee is once again looking for potential funding recipients. Do you know of a local, national or international group 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.

Holy Trinity's Philoptochos and the Philanthropy Committee express sincere gratitude and appreciation to the committee's outgoing Chair, Mari Lou P. Diamond. Thank you, Mari Lou for your exemplary leadership, commitment, and vision! Current committee leader, Sophia Kondoleon, is available for your questions and suggestions for future gift recipients (503.635.5652)

Philoptochos invites all members to attend the Fall 2007 General Assembly Dinner meeting on Tuesday, November 13, 2007 at 6:00 PM at church. The meeting will feature the "Annual Budget Approval" plus other interesting items. Come and enjoy an evening of fellowship and fun. Call your circle leader for a reservation. Cost is \$10.00

WORDS TO LIVE BY

A wonderful essay written by George Carlin: What a difference a sad event in a person's life makes. GEORGE CARLIN'S wife died recently. Isn't it amazing that this comedian of the 70's and 80's could write something so very eloquent and so very appropriate?

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less.

We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life.

We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, over-weight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete...

✦ Remember; spend some time with your loved ones, because they are not going to be around forever.

✦ Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

✦ Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

✦ Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

✦ Remember to hold hands and cherish the moment for someday that person will not be there again.

✦ Give time to love, give time to speak! And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

George Carlin

Submitted by George Anthony because it reflects the true human spirit, an inward condition of the mind and spirit, not in an outward set of circumstances. WORDS TO LIVE BY. Hope this inspires.



AHEPA



&

Daughters of Penelope Christmas Social

Date: **Sunday, December 2nd at 5:30pm**

(no-host social hour)

Location: Windows Skyroom,
Red Lion Hotel-Convention Center

Price: \$35 if purchased before
Nov 27th /\$40 at the door



Choice of Broiled Lamb Chops,
Seafood Ravioli or
Vegetarian dinner
Appetizer, Rolls, Dessert, Coffee/Tea

Door Prizes

For tickets, call:

Vana Amanatidis-503-250-3598

Eleni Anadiotis-503-235-9787

Elizabeth Franklin-360-694-0940

HOLY TRINITY GREEK ORTHODOX CATHEDRAL
3131 N.E. GLISAN STREET
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