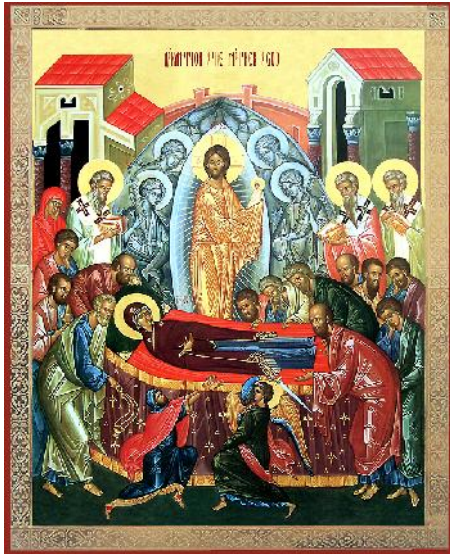


August 2013

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

1 CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL, 3131 NE Glisan St., Portland, Oregon, 97232 503-234-0468



Mother of Life

On August 15 Orthodox Christians celebrate the Feast of the Falling Asleep of the Theotokos (Koimesis or Dormition). Highlighted by the Fast of the Dekapentavgoustos (August 1-14), this great feast honors the Virgin Mary through whom the mystery of the incarnation took place.

According to tradition, the burial of the Theotokos took place in the village of Gethsemane. Just before her death, all the Apostles miraculously gathered from the corners of the world to bid farewell to Mary. People and angels joined the solemn procession and sang her praises. But soon after her burial the tomb was discovered empty, a sign that her body had been "assumed" (taken up) into heaven. This is why the feast is sometimes called "Assumption," a tradition which the hymns celebrate but which the Church has never affirmed as a dogmatic teaching.

As we commemorate the death of the Theotokos, we marvel at the paradox of the falling asleep of the one who, by giving birth to Christ, was the Mother of Life. In the words of one of the hymns:

O marvel! The fountain of life is laid in a tomb; the grave becomes a means of ascent to heaven! Rejoice, Gethsemane, holy chamber of the Mother of God! As for us, the faithful, let us cry out with Gabriel, the chief of the angels: "Hail, O woman full of grace, the Lord is with you, the Lord who, because of you, bestows great mercy upon the world."

Vesper Hymn

Feast of the Falling Asleep of the Theotokos

The Virgin Mary is honored by Christian tradition as the greatest person among the Saints for several reasons.

a) *Mary conceived, carried in her womb, and raised up as a child the Lord and Savior of the world.* Elizabeth acknowledged Mary as the "mother of the Lord" and

Elizabeth's own baby jumped with gladness in the Lord's presence (Luke 1:43-44). Mary said: "My soul magnifies the Lord . . . henceforth all generations will call me blessed" (Luke 1:46, RSV). The mystery of the incarnation, the fact that the invisible God became visible, is the cause of the greatest joy for the world. Therefore, Christians throughout the centuries have rightly blessed and praised Mary for her unique role as "Theotokos" (Mother of God) in the history of salvation.

b) *Mary is an example of faithful obedience to God's plan.* "How can this be?" she asked the angel when she first heard that she was to give birth to Jesus. But, when the angel explained that "the Holy Spirit will come on you, and God's power will rest upon you," she replied: "I am the Lord's servant; may it happen to me as you have said." (Luke 1:34-35, 38). As the Christ-child was being raised up, Mary was sensitive to the mysteries of his growth and she "treasured all these things in her heart" (Luke 2:51). At the death of Jesus, she was at the foot of the Cross (John 19:25). During the days after the crucifixion and resurrection, she was a prominent member of the small community who prayed together and waited for the gift of Pentecost (Acts 1:14). In all these things the Virgin Mary served as a model of faith and obedience.

c) *Mary intercedes for our salvation as the spiritual mother of Christians.* The elder Silouan (d. 1938), a monk of Holy Mountain, wrote: "We cannot fathom the depth of the love of the Mother of God . . . The fuller the love, the fuller the knowledge of God. The more ardent the love, the more fervent the prayer." Silouan tells of his own experience of spiritual conversion through the gentle but soul-piercing love of the Theotokos while praying before her icon:

In the Spirit I know the most pure Virgin. I never beheld her, but the Holy Spirit allowed me to know her and her love for us. Had it not been for her compassion I should have perished long ago; but she was minded to come to me and show me, that I might not sin. This is what she said: "I find your ways ugly to look upon." And her words, soft, quiet and gentle, pierced my soul. More than forty years have passed since then but my soul can never forget those sweet words . . . Truly she is our advocate before God, and the very sound of her name gladdens the soul. But all heaven and earth too rejoice in her love.



The Dormition of our Most Holy Lady the Theotokos and Ever Virgin Mary is celebrated on August 15.

The Dormition fast begins on Saturday, August 1st and ends on the 14th. We will have several Paraclesis Services during this holy season. Please see the schedule below.

What is the Service of Paraclesis?

The Paraclesis is a beautiful service that sings the praises of the Theotokos. Its composition is attributed to the monk Theophilos. In its essence, this service seeks the protection, guidance and comfort (Paraclesis) of the Mother of God. We call upon the Panayia for intercession because she is the greatest of all the Saints. Having dedicated her entire life to the pursuit of holiness and by being the Mother of Jesus Christ, she has acquired the favor of God. She now continually stands in vigilant prayer asking her son and our God to grant us Salvation.

Her constant prayer is quite effective for our Salvation because Christ is quick to listen to His mother's appeal (see the Wedding in Cana, John 2:1-12). The Panayia seeks to help those who have found misfortune by directing them towards Christ. "Do whatever He tells you," she told the servants at the wedding. Having run out of wine, a symbol of joy, the Theotokos brought the servants to Christ – the One Who gives joy. The Lord said to His mother, "my time has not yet come," teaching us that the fullness of God's revelation would not come until after His Resurrection. The Theotokos, however, was eager for the attendants of this wedding banquet – who represent all people- to share in the joy that God has brought to her. By interceding to her son, thirty stone jars of water were turned into wine. Her plea was the catalyst that set into motion Christ's first miracle. Her supplication, thus, inaugurated all of Christ's subsequent miracles, which He performed in order to bring us to Salvation. This scene from the life of the Theotokos as recorded in Holy Scripture teaches us to approach the Panayia as a great intercessor before our Lord. We thus abide by Holy Scripture when we approach the Theotokos seeking her favor. The Paraclesis Service as found in the Orthodox Church continues this profound and ancient tradition of asking the Theotokos for health, peace and salvation which is found in Jesus Christ.

Please list the names of the living Orthodox Christians for whom you wish the Panayia to intercede. Return this form to Father Jordan to have those names mentioned during the Paraclesis Services on:

Thursday, August 1 and 8 at 6:00 pm
Friday, August 2 and 9 at 6:00 pm
Monday, August 12 at 6:00 pm
Tuesday, August 6 and 13 at 6:00 pm
Wednesday, August 7 at 6:00 pm

ALPHABETICAL LISTING

Adult Education, Dn. David Cole

dndavid@goholytrinity.org

Agia Sophia Academy, Elisha Lubliner 641-4600
 A.G.R.O., Saki Tzantarmas.....777-1415
 AHEC, American Hellenic Educational Center
 John Melonas282-0277
 AHEPA, Thomas Spathas.....515-7203
 Altar Boys, Gary Palumbis869-5819
 John Anasis.....531-0402
 Camp Angelos, Mary Jo..... 695-5888
 Daughters of Penelope, Jacki Dickinson.....971-327-7172
 Dynamis, Gail Morris 234-0468
 Endowment Fund, Mike Diamond222-1988
 Ethos Bookstore, Christos Efthimiadis849-2550
 Greek Festival, Katherine Ossey 282-6219
 Greek Folk Dance, Helen Tzakis891-4351
 Greek School, call church office.....234-0468
 Email: griekschool@goholytrinity.org
 Greeters Ministry, Anastasia Mallos.....255-0609
 HACCM (Hellenic-American Cultural Center & Museum)
 Nick Fkias..... 644-1455
 Alexandra Andronikos.....665-5722
 HOPE & JOY (ages 5-11), George Demas..... 234-0468
 Junior GOYA (ages 11-14), George Demas.....234-0468
 Justice & Human Rights, Alex Christy636-8326
 Orthodox Spirituality, Fr. Jordan 705-7929
 Philo House Thrift Shop, Nancy Doulis287-3484
 store..... 232-3992
 Philoptochos, Sophia Kondoleon.....635-5652
 Philoptochos Cookbook, Helen Stratikos666-8815
 Senior GOYA (ages 15-18), George Demas234-0468
 Seniors Ministry, Dean Lampus329-0873
 St. Photios Fellowship, Dn. David Cole 287-0475
 Stewardship Chairman, John Carandanis.....685-6164
 Summer Youth Camp
 Fr. Dimos and George Demas 234-0468
 Sunday School, Dawn Damiani.....667-8844
 Vacation Church School, Dina Khoury224-5524
 Youth Director, George Demas234-0468

NEWS FROM AHEC:

AHEC has just closed on the purchase of the adjacent 20 acres of land that includes the lake and waterfall. This purchase will provide us with a much needed alternative ingress and egress to the camp. We look forward to improving and developing the property in the near future. This acquisition could not have been done without the expertise and direction provided by Dave Saxe, Brett Carson, John Marandas and Peter Gadinis. Thanks to you all!

Our golf tournament and fish camp have just concluded, they too were a huge hit! Thanks to all who made these events so successful. Additional details in the next Dynamis issue. Upcoming events at Camp Angelos include Camp Agape, GOYA Camp and the Holy Trinity picnic.

As always we appreciate your thoughts and comments.

FESTIVAL BAKING SCHEDULE 2013

August 3	Bougatsa
August 13	Dolmathes
August 19	Koulourakia
August 23	Keftethes
August 27	Kourabiethes
September 3 & 4	Baklava
September 9 & 10	Pasta Flora
September 28 (8am)	Diples
October 3 (8am in St. D. hall)	Pastitsio

Baking times begin at 9am, unless otherwise noted and are at the Annex.

Dates are subject to change. Please check the weekly bulletin or church office 503-234-0468

Baptisms:

May 25, 2013: Dawson Andrew Sly, son of David Andrew Sly and Raejean Kimberley Romo Sly. The Godparent is Georgina George.

May 26, 2013: Steven Merrill Carpenter. His Godparents are Don and Katherine Ossey.

June 1, 2013: Demetra (Maizie Jean) Ward, daughter of Bryce Ward and Maggie Langlas Ward. Her Godparent is Angela Wade.

June 2, 2013: Steven Estes. His Godparent is Antony P. Stratis.

June 16, 2013: George John Chanouzas, son of John Chanouzas and Juliane Meissner Chanouzas. The Godparent is Spyros Kollias.

July 29, 2013: Mary Ariana Pazeotopoulos, daughter of John and Petra Brozova Pazeotopoulos. The Godparent is Elena Phoutrides

Weddings:

May 25, 2013: David Medill and Konstantina Nikolopoulos. The sponsor was Gary Palumbis. David is the son of Delmar and Jacqueline Medill and Konstantina is the daughter of Alexandros Nikolopoulos and Franziska Schon.

June 15, 2013: Dimitrious Moustakas and Argyro Foudoulis. The sponsor was Dimitrios Paraskevopoulos. Dimitrious is the son of Nikolaos Moustakas and Voula Kalpos and Argyro is the daughter of Michael and Vassiliki Foudoulis.

June 29, 2013: Steven Estes and Vasiliki Souris. The sponsor was Zoey Stoumbos. Steven is the son of Mark and Marsha Estes and Vasiliki is the daughter of John and Fotini Souris.

June 30, 2013: Mark Gregory Romenenko and Elizabeth Mae Hettick. The sponsor was Andrej Romanenko. Mark is the son of Walter and Margaret Louise Romanenko and Elizabeth is the daughter of Daniel Joseph Hettick, Sr. and Shirley Ann Osborne.

July 13, 2013: John Peter Maletis and Daria Serdiuk. The sponsor was Joana Marschman. John is the son of Ed and Cyndy Maletis and Daria is the daughter of Oleg Serdiuk and Natalia Verbyska, both of Ukraine.

July 20, 2013: Nebiyu Kendie Yohannes and Mastewal Abraham Yimesgen. Nebiyu is the son of Yohannes Desye and Endayehu and Mastewal is the daughter of Abraham Yimesgen Abebe and Kokeh Belete Seyoum.

Funerals:

April 3, 2013: Peter James Gregos, who fell asleep in the Lord on March 29, 2013 at the age of 89.

May 7, 2013: Christina Koutures, who fell asleep in the Lord on May 2, 2013 at the age of 95.

July 10, 2013: Katherine Tom (Katie) Lockie, who fell asleep in the Lord on July 3, 2013 at the age of 83.

July 18, 2013: Pearl Lampros, who fell asleep in the Lord on July 13, 2013 at the age of 97.

The Order of Ahepa

would like to congratulate the recipient of the 2013 Plato Award, **Nick Hanches**. Nick was honored at the annual



Plato Awards dinner at the Old Spaghetti Factory on Monday, June 3 for his achievements as an educator, as well as for his work with the Greek American community. It was our great pleasure to recognize his accomplishments and we are grateful for his years of service that have benefited so many people.

Thank you! I would like to thank everyone for the cards, trays of cookies, telephone calls and warm thoughts after the death of my father. My mother, my sister and my family were truly overwhelmed by the generosity and thoughtfulness of the people in the Holy Trinity community.

Gail Morris

“What’s Your Alibi?”

By Eleni Vokos Marschman

Let’s examine the evidence so far.

In “Just the facts ma’am” we learned that our annual operating expenses are approximately \$996,000. In 2012 we only received \$484,000 in stewardship gifts. We have approximately 562 giving families and that the median average per family was a dismal \$299 per year. We learned that in order to fund our operating budget through stewardship each family would need to give \$1,750 per year.

In “Book ‘em Danno” we learned that the highest number of stewards gave the lowest in stewardship gifts: over 320 families giving between \$1 and \$500. The article questioned whether or not we are all giving our best gift based on our ability to give. That we hide behind the veil of confidentiality because we have not shared stewardship giving information.

What is the verdict? Are we guilty? If so, of what exactly? Clearly it is an apathy (disinterest/lack of concern) toward the needs of our church.

So the question is . . . what is YOUR alibi? Fill in the blank: “I don’t give more in stewardship because _____”.

The priests get paid too much.
The Parish Council spends too much.
The Parish Council does not manage expenses well.
There’s no transparency in budgeting and spending.
The church has a lot of money.
The church has a big endowment fund.
I don’t want to sign a pledge card.
The Festival pays for everything.
I work at the Festival, that’s my stewardship.
I volunteer in a ministry, that’s my stewardship.
The same people make all the decisions.
Other people with deeper pockets give a lot, I don’t have to.

Do one of these fit? I’m sure I’ve missed a few. We’ve heard them all. I could rebut each of them, but quite frankly I’m tired of answering the same old excuses. And that is all they are. None of them apply to the actual reason that we give to the church to begin with. See 2 Corinthians: 9 “He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 7 So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.” What better reason is there than that.

The sentence? We are sentenced to clearing our hearts, minds and souls from these feeble excuses. Give freely. Give with a glad heart. Our beautiful church will continue to thrive and you will likewise be richly rewarded.

Sports shouldn't sideline worship

By Tanya Connor

The priest told his son he couldn't play football because games were held Sunday mornings.

"Why don't you do something about it?" challenged the 10-year-old. The father did. He raised the issue at his ecumenical clergy meeting – and learned others too were concerned.

So he drafted a letter asking that Sunday mornings be kept free for worship and rest. He and 16 other area clergy signed it. They sent it to newspapers and informed their congregations and others about it.

This is the story Father Luke A. Veronis, pastor of Sts. Constantine and Helen Greek Orthodox Church in Webster, tells about his role in the letter writing campaign.

In addition to the Orthodox pastor and six Catholic priests, clergy signing the letter are leaders of Methodist, Baptist, Congregational, Episcopal and Assembly of God congregations, among others.

"Many people complain of hectic schedules," says the letter.

"The stressful spirit of going 24/7 has become the norm for too many, even starting from a young age.

In the Judeo-Christian tradition that helped form our Western and American society, the idea of a 'Sabbath,' or day of rest, has always played a significant role that positively affected our lifestyles. Our faith traditions reminded us that one day a week was supposed to be different from the others."

In recent decades school and sports programs have "crept into the Sunday morning schedule...turning an opportunity for peace and rest into just another busy and stressful day,"

the letter says. Youth and parents are forced to choose between sports and church.

"A pattern of public insensitivity to the religious traditions of our churches has emerged, while at the same time many community leaders are talking about the importance of supporting 'family values' by providing moral education of youth through family and religious life," the letter says, quoting a Massachusetts Council of Churches statement of concern.

"For the health and well-being of our society, as well as taking into consideration the many people who desire to worship in our churches on Sunday mornings, we would like to appeal to all public officials, leaders of public and private sporting leaguers and events, and townspeople in general, to keep at least Sunday mornings free from various activities," the letter says.

"That decision is long overdue," said letter-signer Msgr. Anthony S. Czarnecki, pastor of St. Joseph Basilica in Webster.

Youth must be taught that there is a time for everything, and that no one thing should be overdone, he said. He said they need to spend time with their families and form their identity from Church teaching and participation in Sunday liturgy. If people are not exposed to the Gospel, the toxic culture forms them, he said.

Pastors speak with one voice to local authorities, and are responsible for informing their own congregations, he said. He said he planned to display the letter in church and the parish bulletin and talk about it at Masses and with parents from the basilica's school.

Father Veronis said he is sending the letter to coaches and people in charge of sports leagues.

"Whether the leagues will listen to us or not, it can encourage the parents

who are struggling with this," he said. They'll know they are not alone.

"I'm trying to offer a witness to my children" – about standing up for their beliefs, he said.

He said he informed his son's basketball coach that he hoped nothing would be scheduled for Sunday morning, and the coach said games would not be held then. The priest said he also received positive responses from parents who, like him, have children at St. Anne Elementary, one of the Catholic schools in Webster.

Stories were published in the area newspapers and Father Veronis said an interview with him was to be aired on Charter TV, Channel 3 this past week.

Father Michael J. Roy, pastor of Sacred Heart of Jesus Parish, and Father Paul F. Campbell, pastor of St. Anthony of Padua Parish in Dudley, told the ecumenical clergy group they too had talked about the Sunday morning scheduling problem, Father Veronis said.

"We were glad," he said. "The Catholic Church makes it a little more difficult for the rest of us" by offering Masses Saturday evenings as well as Sunday mornings.

Father Roy and Campbell approached area Catholic priests about signing the letter and other members of the ecumenical group contacted other clergy, Father Veronis said.

He said he read the letter at church and preached about it in his children's sermon by telling the story depicted in the movie "Chariots of Fire." The story is of Eric Liddell, who forfeited a possible medal by refusing to run the 100-meter race on Sunday in the 1924 Summer Olympics in Paris. He won a gold medal and broke a world record in the 400-meter race, and won a bronze medal in the 200-meter race.

Msgr. Louis R. Piermarini, pastor of St. Roch Parish in Oxford, said he spoke about the letter at Masses. "I decided it's so important I'm going to haunt them every week," he said of his parishioners. "It's not just about the church, but about family."

(continued next page)



Another letter-signer, Father Joseph F. Szwach, pastor of St. Andrew Bobola Parish in Dudley, said he is in full agreement and would

We're certainly going to disseminate it," said Father Joseph A. Marcotte, pastor of St. Louis Parish in Webster.

Father Veronis said the clergy group did not agree to a proposal to have laity sign the letter, but he will bring that up again.



• Philoptochos Past Presidents Luncheon aboard Portland Spirit in June

↑ Pictured (L to R): Pres. Effy Stephanopoulos, Fr. Dn. David Cole, Katherine Pappas, Katy Vokos, Eleni Marschman, Meropi Courogen, Paula Diamond, Ann Mehas, Stacey Gianopoulos, Effie Karambelas, Fr. Jordan Brown, Pres. Marika Brown, Georgia Liapes, Ellie Bass, Pres. Magdalene Paraskevaidis.

Philoptochos
We make a Difference

RECENTLY, Philoptochos....

- Planted a third rosebush **in honor and in memory of mothers – and all the special women in our lives** - for Mother's Day. As you enter the church driveway, notice the beautiful blooms to your left in the brick planter.
- Received almost \$450 from **generous parishioners** on Pentecost Sunday for our annual collection. These funds help make possible our many and varied philanthropic efforts. Thank you!
- Collected \$740 for the **Pennies & Prayers ministry**. This is a **record amount** and we are especially thankful for the participation, this year, of our Sunday School directors, teachers and students. Great job! These gifts help support mission activity, parish growth and education of the faithful in our Metropolis.
- Donated \$500 to the **Tucson Fire Fund** to help in rebuilding efforts at St. Demetrios GO Church in Arizona.

UPCOMING...

- 19th annual **Camp Agape** at Camp Angelos (Aug 3 – Aug 8). This year we expect 26 families with 115 campers! As always, there will be a variety of activities to entertain and uplift the adults and

- children alike. The parents especially appreciate the **'Buddies'** – our own young people who volunteer each year to help watch over the children - so that their parents have some adult time.
- Visit the **Philo House Thrift Shop** in early September and see the new display for **Rhonda's Corner** – fun accessories and always interesting items. (Your gently used items in good repair are much appreciated!)

DID YOU KNOW.....

The **Philo House Thrift Shop** is a ministry of Philoptochos since 1979. During these 33 years, it has been an important source of income for Philoptochos projects and a source of affordable items for its Burnside area customers. The Philo House, with the guidance of our clergy, also provides free thrift to those in need.

Are you interested in fashion and merchandising? Do you like organizing displays or helping customers make their selection? Are you available one or two days a month? If you'd like to learn more about the Philo House and how you might become a part of this team, please contact Mary Aspros at 503.254.6044.

HACCM -

Our newest exhibition, "Master Penworks of Tom Stefopoulos," opened on June 8th with a buffet reception for nearly 100 people. Those who attended marveled at the quality of work by this 20th century artist who was responsible for the artwork on the Lovejoy columns. This exhibit features his pen art from the 1930s through the 1960s, including artifacts from his life. The exhibition will be on display through April 2014. Don't miss this unique opportunity right here in our museum. Museum hours are Tuesdays from 11 am to 3pm, Saturdays from 2 to 5 pm and Sundays from noon to 1 pm.

HACCM continues its Summer Film Comedy Series - On Friday, July 26th was a repeat showing of "The Policeman of the 16th Precinct." Our next film will be "The Villa of Sins," a 1964 film in Greek with English subtitles, to be shown on Saturday, August 10th at 7 pm in St. Dimitrios Hall. It's the story of a minister of the Greek government who gets caught with the wife of an employee and is taken to the police station. What follows is how he tries to keep this incident from being leaked to the press. Join us for a Saturday of comedy on August 10th. Admission is free.

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

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Change Service Requested

Service Schedule for August

Thursday, August 1: The Procession of the Cross
7:00 am Divine Liturgy
6:00 pm Paraclesis
Friday, August 2: 6:00 pm Paraclesis
Monday, August 5: 6:00 pm Great Vespers
Tuesday, August 6: Feast of the Transfiguration
8:00 am Orthros, 9:00 am Divine Liturgy
6:00 pm Paraclesis
Wed., August 7: 6:00 pm Paraclesis
Thursday, August 8: 6:00 pm Paraclesis
Friday, August 9: 6:00 pm Paraclesis
Monday, August 12: 6:00 pm Paraclesis
Tuesday, August 13: 6:00 pm Paraclesis
Wed., August 14: 6:00 pm Great Vespers
Thursday, August 15: The Dormition of the Theotokos
8:00 am Orthros, 9:00 am Divine Liturgy
Thursday, August 29: The Beheading of St. John the Baptist
8:00 am Orthros, 9:00 am Divine Liturgy

Youth Corner

August 2 - 3

Altar Boy Retreat & Monastery trip

August 18 - 23

Camp Angelos Summer Youth Camp

August 27

GOYA Fellowship-Adventure Park at
Mt. Hood

September 7 ~ 5:00 pm

Family Night

September 8

First day of Sunday School

September 28, 3:00-6:30 pm

Altar Boy Acolyte Orientation

August, 2013

Youth Page

Παναγία Μαζί Μαζί!

“The Scoop” for your Youth Group

Newsletter from the Dept. of Youth Ministry

To get involved and to receive more information contact Youth Director, George Demas @ 503-234-0486, ext 34

Chronia Polla!
Happy Name Day!

Maria Apostolou
(Panagia, August 15)

Mary Doherty
(Panagia, August 15)

Patty Karafotias
(Panagia, August 15)

Maria Kasapakis
(Panagia, August 15)

Maria Sahuon
(Panagia, August 15)

Alexander Paskill
(St Alexander of
Constantinople, August 30)

Alexandros Simotas
(St Alexander of
Constantinople, August 30)

Remember the Dates!

- August 2-3, “Altar Boy Retreat-Paintball & Monastery”, ages 10+: The Altar Boy Ministry led by Gary Palumbus will be traveling to Splat Action Paintball Park in Molalla, Oregon for a great day with the boys! We will then travel for an overnight trip to our beloved monastery and experience the divine services and conduct a service project afterwards. Please contact George Demas for details and costs if you are interested and if you also are thinking of becoming in Altar Boy/Server. Gdemas3@yahoo.com
- August 18-23, “Camp Angelos 2013”, ages 9-16: We are looking to knock your socks off with some unexpected and extremely exciting activities at our Greek Orthodox Youth Camp. Many of our energetic, creative and beloved locals like Margaret Maletis, Christine Whitton, Nick Stoumbos, and Perry Gadinis as well as some Archdiocesan seminarians and students from Hellenic College/Holy Cross are planning to make this the most passionate and memorable year for our kids. It is going to be awesome!!! Plus, they will help deepen our children’s experience of “Following Christ!” Registration forms are available at the church office or online at www.goholytrinity.org. (Please sign and mail the Registration, Guidelines and Medical forms!!!) For further information please contact Camp Spiritual Advisor, Fr. Jordan Brown or Camp Directors, Fr. Dimosthenis or George Demas at (503) 234-0468. +Παναγία Μαζί Σας!!!
- August 27, “GOYA Fellowship-Adventure Park at Mt. Hood”, grades 6-12: Details & Family Costs TBA via email! Save the date please! It will be so much fun!
- September 14, “Youth Council Meeting at Holy Trinity after the feast of the Holy Cross”: ~~this second meeting~~ is for all parents and youth. It will establish a Youth Council (parents and youth) to view the 2013 activities and goals and fill in volunteer spots where everyone can use their gifts and take ownership of their Faith and its activities. Questions, ideas, thoughts, concerns are encouraged and will be accepted. The Parents and Youth will be asked to sign up for leadership roles for different events and activities and will work together with the clergy and youth director of Holy Trinity. Please join us for this most important date!!!

Quote of the month for our Orthodox Identity

—Geronda, is this perhaps too difficult for someone living in the world?

—No, there are laymen who live very spiritually—even like ascetics—with their fasting, their services, their prayer ropes, their prostrations—even with children and grandchildren. On Sunday they go to church, receive Holy Communion, and then return home again to their “cell,” just like the hermits who go to the *Kyriakon* on Sunday, and afterwards keep silence in their cells.

Glory to God! There are many such souls in the world. As a matter of fact, I know a certain family man who says the Jesus prayer unceasingly, wherever he is, and has continuous tears at prayer. His prayer has become self-activating, and his tears are sweet; they are tears of divine rejoicing. I also remember a certain worker on the Holy Mountain—Yanni was his name—

who worked very hard, doing the work of two men. I had advised him to start saying the Jesus Prayer while working, and slowly but surely he grew accustomed to it. He came to me once and told me that he felt great joy when he said the prayer. “Dawn is breaking,” I told him. Soon after I learned he had been killed by two drunks. How saddened I was! A few days later a certain monk was looking for a tool, but he couldn’t find it because Yanni had put it somewhere. That evening Yanni appeared to him in his sleep and told him where he had left it. He had attained such a spiritual state that enabled him to help others from the life hereafter.

How simple spiritual life is! If one loves God, if he acknowledges His great Sacrifice and benefactions and if he forces himself with discernment in imitating the Saints, he will quickly become holy. He attains humility and an understanding of his own wretchedness and his tremendous ungratefulness to God.

-Elder Paisios of the Holy Mountain-

**GETTING TO KNOW
THE HEART OF OUR YOUTH:
Graduating Seniors in High School Version**

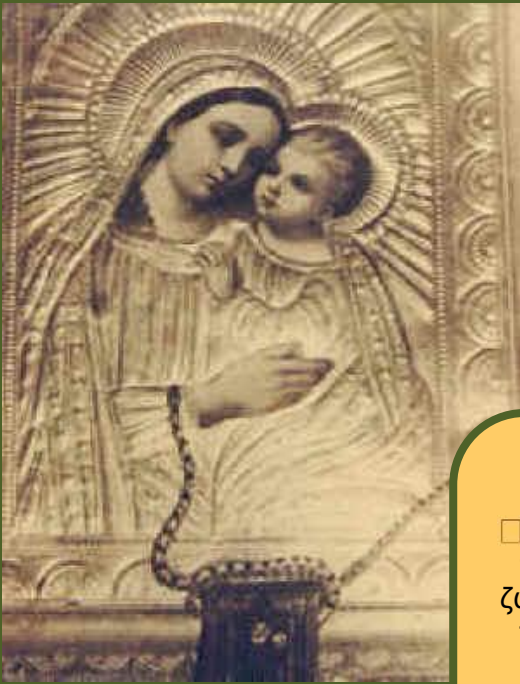


Miles Rouches

I am Miles Rouches, a soon to be senior at Glencoe high school in Hillsboro, Oregon, as of now. I do not know what I want to study in college, but I am definitely going to go on to college, and though I do not know what college I want to go to, I want to stay on the west coast when I leave for college. I have a twin brother, Mason, an older sister, Madeline, and a stepsister, Vanessa. My dad, Michael, is married to my stepmother, Christine. My main hobby and interest would have to be running. I started running track in 8th grade and cross country as a freshman and my interest in it has seemed to increase every year. I hope to run cross country and track for whichever college I attend. In school my interests are sciences, such as biology and chemistry, and history, so I may study one of those subjects in college. I have attended Holy Trinity since I was born and I have been involved with the church for a long time, mostly through youth activities and service in the altar. My favorite thing about the faith is that it feels right and that no other church can say that they are doing things the same way as the early Christians did except for us. Throughout college I plan to attend an Orthodox church in whichever city I end up in.

How does the feast day of Dormition in Kefalonia show us our Orthodox Identity?

The Miracle on the feast of the transfiguration is truly amazing. For those of you who do not know of the miracle, every year during the feast of the transfiguration, snakes appear in the a chapel in the small village of Markopoulo during the feast of the Transfiguration. During the services, these snakes have naturally formed crosses of their heads and tongues and they venerate the icons and the Gospel. The miracle on the feast day shows our Orthodox identity by revealing the divine will of God to have the snakes come every year to the chapel, and it shows that we are the true faith because nothing like this happens for any other faith or Christian denomination, revealing that we are the true faith. This inspires me to live a more Christian life because I would hope to be able to see further beauty in the miracle if I had a deeper understanding of Christ.



Κοίμησις Θεοτόκου
Κεφαλονιά
Dormition of the
Theotokos of Kefallonia
Feast Day: August 15
Orthros & Liturgy Aug 15 at 8am!

Απολυτίκιο:

✠χος α΄

✠ν τ✠ Γεννήσει τ✠ν παρθενίαν ✠φύλαξας, ✠ν τ✠ Κοιμήσει
τ✠ν κόσμον ο✠ κατέλιπες Θεοτόκε· μετέστης πρ✠ς τ✠ν
ζωήν, μήτηρ ✠πάρχουσα τ✠ς ζω✠ς, κα✠ τα✠ς πρεσβείαις
τα✠ς σα✠ς λυτρουμένη, ✠κ θανάτου τ✠ς ψυχ✠ς ✠μ✠ν.

Tone 1

In birth, you preserved your virginity; in death, you did not
abandon the world, O Theotokos. As mother of life, you
departed to the source of life, delivering our souls from
death by your intercessions.



The following excerpt is from the study titled *"The Holy Snakes of the Virgin Mary: Examining the Mysterious Annual Appearance of Snakes in Kefallonia"* by John Sanidopoulos:

The Annual Appearance of the Snakes of the Panagia in Kefallonia, Greece

"In the middle of the month a horde of non-venomous snakes, unknown to science, embellished with black crosses upon their heads and skin like velvet, had wriggled out of apparent nothingness at Markopoulo. They had filled the streets with their writhing and creeping, had approached the silver icon of the Virgin, had installed themselves upon the bishop's throne, and at the end of the service had disappeared as quietly and unaccountably as they had come."

Such is the description of the annual appearance of the Holy Virgin's snakes given by De Bernieres. It is a common description, yet not entirely true on certain fine points. One case in point is that De Bernieres chronicles this event to 1940, yet as was pointed out earlier, there was no such appearance in 1940. Another issue is whether or not these snakes are venomous; whether they are unknown to science or known; whether or not they appear only in Markopoulo or any place else on the island; and whether the crosses on the head and tongue of the snakes are black in color or, as reported by others, white. These are only a few of the typical contradictions and outdated information I encountered in my research that needed clarification. (Continued on next page)

As a sign posted on the bell tower written in both Greek and English informs the visitor, the snakes of the Holy Virgin make their annual appearance at Dormition Church between the Feasts of the Transfiguration of Christ and the Dormition of the Theotokos from August 6th to the 15th. As the days close in towards the Feast of the Dormition, so do the number of snakes increase, until finally they disappear at the close of the Feast not to be seen until the same time next year. Where they come from and where they go after the Feast is unknown.

Though Markopoulo is most famous for this phenomenon, it is not the only village in Kefallonia where this occurs. A little further up Mt. Ainos is another small village called Arginia. During this same time, from August 6th to the 15th, snakes appear in that village church as well with similar type festivities, since the church there is also dedicated to the Feast of the Dormition of the Theotokos. The church is built next to the village's natural water spring. In fact, many of the pictures of the snakes posted on the internet and circulated are the ones that make their appearance in Arginia. Scientists who have tried to unravel the mystery of the snake's appearance believe the wet damp route that runs from the fresh water spring in Arginia down the ravine to Markopoulo is a migratory path for the snakes, though there is no evidence for this. It could just be that they have their nests there year around.

The church of Markopoulo is built in the depths of a ravine. The bell tower on the other hand stands away from the church next to the street. It is very old with a strong foundation, grey in color and eroded by time, full of holes at its base. The style is Venetian, and the bells are unique to the island, jumping when they ring. It has been observed the snakes first emerge through the holes created for the bell ropes and those at its base. For this reason, some consider it a miracle the bell tower did not collapse during the great earthquake of 1953, being that it is from where the snakes emerge.

In olden times it used to be the snakes would enter the church during the service on their own and slither towards the wonderworking icon of Panagia Fidousa. On the way, faithful pilgrims would pick some up to venerate them and place them on their bodies for a blessing. Some would go to the bishop and crawl up his episcopal staff, and during the Gospel reading they would crawl up the arm of the clergyman, rest on the pages of the Gospel book, and even bow their head until the reading was over. As one local priest, Father Ioannis Messoloras has explained:

"Today you don't see as many snakes crawling around on the ground. The pilgrims simply pick them up before they reach the church, but in earlier days when there were more snakes and less pilgrims they had plenty of time to crawl into the church and honor the icon."

"The snakes used to be more numerous than today, especially before the Second World War, I don't know why. Some years they did not appear at all. These were bad years, such as the year in which the Germans exterminated all the Italian soldiers that before had been their allies. It has always been a bad sign if the snakes do not appear."

The excited tourists prevent the full experience of the miracle from being realized these days. Today, it is common on the 6th of August to see the locals search for the snakes throughout the night with flashlights. Before the snakes even enter the church, the faithful take them and bring them to the icon and to the bishop as well. The locals say they do this to prevent them from being trampled on by the excited and numerous crowd that is unfamiliar with them, and also of course to receive a blessing. Whereas in the olden days the snakes preferred to stay in proximity to the icon, today the faithful prefer to handle them, since they are harmless and serene, and be photographed with them. When the service ends, it is customary that wherever the snakes are picked up from initially, there they are returned. This is repeated every day until the 15th.

Pilgrims are always amazed how friendly the snakes are and how at home they are in the church amidst the crowd. The snakes have no fear during these days. They are small in size (no more than three feet in length), adorable, calm, harmless, and bear four mysterious dots in the shape of a cross on their head as well as the tip of their narrow tongue. Some wrap around the wrists, shoulders and chest of young and old alike, where few even allow them to enter their sleeves and escape through the other side. Others decorate the icons of the church, the crucifix, and even the bread offerings used during the services, with their presence. And, as mentioned earlier, they climb up the bishop as well as the priest who reads the Gospel as if they also are participating in the celebration. The atmosphere is reminiscent of the Garden of Eden, when the first formed man and woman lived peacefully with all the wild animals.

To prepare the visitors for this close interaction, the villagers say: *"They will crawl to your chest, but by the Holy Virgin's power they will not harm you. You will hold them in your hand and they will lick you like cats."* As it is also written in a famous verse sung by the villagers concerning a man who strongly desired to commit suicide because his heart was broken, but remembered the benevolence of the snakes: *"I call upon the snakes from Markopoulo to eat me, but they are the Holy Virgin's and so they only caress me."*

Appreciation Luncheon, Sunday, August 11th

Father Dimosthenis, our assistant priest, will be assigned as Proistamenos of the St. Nicholas Greek Orthodox Church located in San Jose, California. He will begin his new assignment on September 1, 2013. Please join us on August 11th. There will be a special luncheon in honor of Fr. Dimosthenis and his family. Father Dimosthenis and Presbytera Magdalini have been a great blessing to the cathedral of Holy Trinity. Their presence and service has been appreciated by all. Please join us after church services for the opportunity to offer our appreciation to Father Dimosthenis.

Sunday School Start Date September 8th

DIVINE LITURGY 10:00 AM,
Special Sunday School Blessing
Class ends at 12:15 pm

Family Night, Saturday, September 7th, 5:00 pm

We invite all youth, parents, Sunday school teachers and youth workers to a great evening of fellowship. Please join us at 5:00 pm for evening prayer, vespers. There will be games and activities for the youth in our community center and gym. A summer menu is planned for dinner! Cost: free will offering. This is wonderful time to meet friends and rekindle old ones.

Altar Boy Acolyte

Orientation Saturday, September 28, 3 pm -6:30 pm

Father Jordan will be leading a workshop for all current and new Altar boys on Saturday, September 28. Serving in the Holy Altar is a blessing. It is very important for all altar boys to attend this workshop. We will go over acolyte responsibilities and duties. If you have any questions, please contact Gary Palumbis, 503-869-5819 or John Anasis, 503-531-0402. We will meet in the church. We will have dinner for the altar boys after Saturday vespers in the small hall.

Sunday Divine Liturgy Time Change

Beginning Sunday, September 1, the Sunday Divine Liturgy will begin at 10:00 am. The Sunday Orthros Service will begin at 8:45 am.

Attention College Students

Please contact the church office or Father Jordan with your college information. We want to keep in touch with our students. Parents please help us out! The OCF, Orthodox College Fellowship, is a wonderful ministry that works hard to keep our college students close to the church. Retreats, college conferences, and mission trips for students are offered throughout the year. It is very important that we have the contact information of our college students. Please send Father Jordan your college contact information. questions, frjordan@goholytrinity.org

Bible Study/Adult

Education Wednesday 9 am and Wednesday 7:00 pm

Beginning in September, Father Jordan will be leading both a morning, and evening Bible Study. The morning Bible Study will be offered on Wednesdays, 10:00 am. Class will take place in the conference room. Prior to class, the church will be opened at 9:00 am for morning prayers. Father will be offering the same study in the evening for those

unable to attend the morning study. The evening study will begin at 7:00 am in the conference room. Prior to class, the church will be opened at 6:00 pm for the Paraclesis service. We will study the scriptures, services and saints of the church. The class is open to all adults. If you have any questions, please contact Father Jordan @ frjordan@goholytrinity.org. Our first Bible Study will begin on September 7th. Bible Study will be offered every Wednesday am/pm, September thru early December.

Sunday School Teachers/ Youth Workers Workshop

Saturday, September 7, 9 am – 11 am
Teaching our children the Orthodox Faith is a great blessing and huge responsibility. We will be offering a special workshop for our teachers on September 11. If you are interested, and personally feel a special calling to help serve our youth, please contact Father Jordan or Dawn Damiani, Sunday School Director. Parents are invited to participate in this workshop.

Adult Education

Have you ever wondered....

- Why are there so many different Christian groups in the world today?
- What is the relationship between Orthodox Judaism and Orthodox Christianity?
- Who was the Buddha, and do Buddhists worship him?
- Where did the "Spiritual, but not Religious" movement come from?
- When did the split between Orthodox Christianity and Roman Catholicism occur?
- How does Orthodoxy survive and thrive in an increasingly anti-religious world?

These and many other questions about Orthodoxy and the "World Religions" will be discussed and answered in a series of classes led by Paul Colwell. The first class is Saturday, September 14, 4:00 pm in the Conference Room.

Please mark your calendars for
Holy Trinity's
Annual Community
Picnic



Lunch will be
delicious lamb
chops, potatoes,
salad and beans.

Plus, face painting,
balloons and
music!

Join us on
August
25th
12-5pm



Summer fun

The Seniors luncheon at the
Somarakis house in Vancouver on
Thursday, July 11.

The Seniors were treated to a
stupendous lunch of lamb chops,
beans, salad, spanakopita and cake
all hosted by John and Sandy
Somarakis!



The Limnes picnic on July 21, 2013 at Camp Angelos



Photos by Peter Corvallis