

November 2014

"... 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

The Christian Family

The Christian family is God's Church at home, which St. Paul mentions in his Epistle to the Romans as the "kat'oikon ecclesia." Father and Mother are its priests and the children its members. The parents' love for each other and for their children will influence them for the rest of their lives. The children learn by words but especially by example. With tears of gratitude we recall what our parents taught us and did for us when we were young.

We experienced Christ's love for us in the loving embrace of our mothers. We understood God's care and protection in the strong arms of our father. We learned how to pray by standing with our parents before the family altar.

The Church is an extension of the family altar. The one who finds and experiences God at the family altar will be very comfortable in the communal gathering of God's people. God's love for us and our love for our fellow man create the fellowship in our parish and among the people around us. God's laws have strongly protected the family; in addition, they have threatened severe retribution for those who undermine the holy institution of the family.

Indeed the family is a strong and yet fragile institution because it respects the freedom of each one of its members. It wants each member to grow in freedom and develop his or her God-given talents and gifts. For this reason, it needs our understanding and continuous support and love.

St. John Chrysostom wrote this about the family:

Let the Christian husband consider his wife the most precious thing on earth; and let the wife think of her husband as the most cherished possession in the world. For when discord comes into the family it affects the entire community... The Christian parents should consider their children more valuable than any gold. Work with

your children, follow them carefully and make every effort to adorn their souls with virtue; mold their lives into living images of God... Where do your children go? Who are their friends? God will not forgive your indifference if you neglect them....

We are the parents of today. The Bible teachings and the writings of the Fathers of the Church apply to us. We have the privilege and the social

responsibility to raise our children with love and respect for God and His teachings. We begin in our home and we bring our children to God's home, His Church, to expand and reinforce what we have begun to teach them.

Our Sunday School, Greek School, youth programs, and Church fellowship serve this purpose. Come regularly to Church with your children and participate in the sacraments with them. Your example will speak louder to them than all the teaching in the world. As parents, you are the most important persons in their lives.

With love

Fr. John Angelis



ALPHABETICAL LISTING

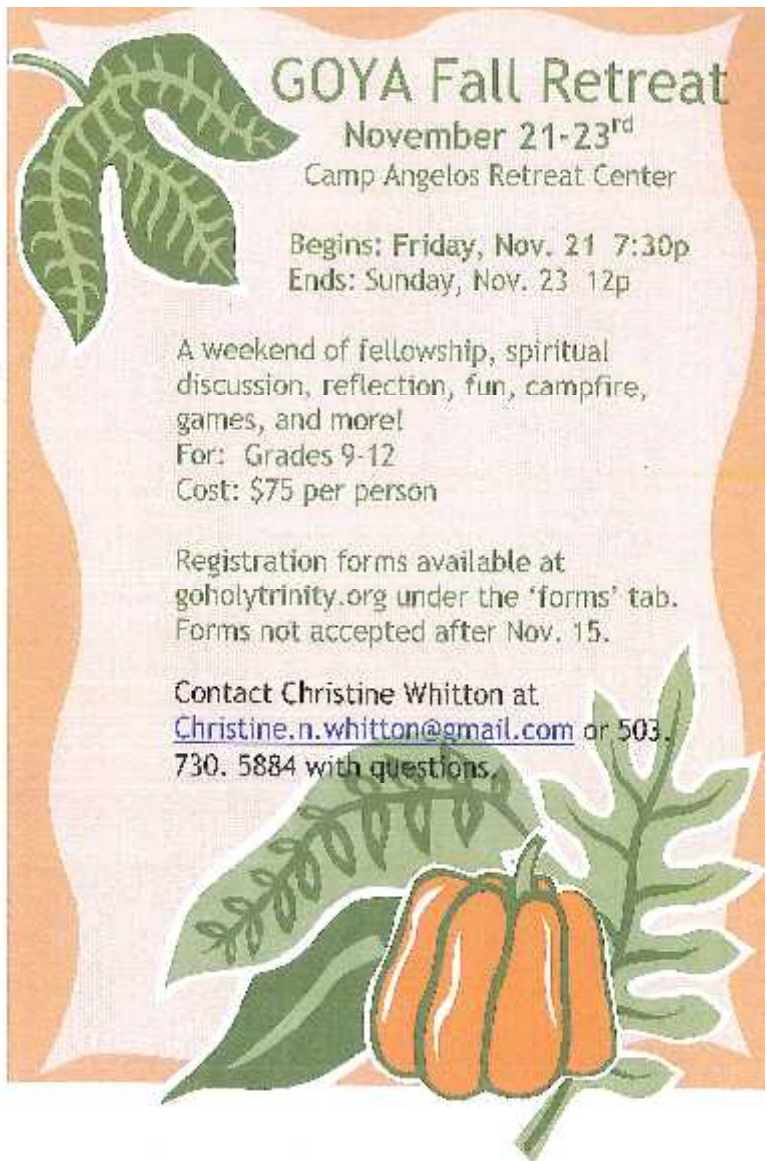
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 Agia Sophia Academy, Elisha Lubliner 503-641-4600
 A.G.R.O., Saki Tzantarmas..... 503-777-1415
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 John Melonas503-282-0277
 AHEPA, Thomas Spathas503-515-7203
 Altar Boys, John Anasis.....503-531-0402
 Camp Angelos, Mary Jo..... 503-695-5888
 Daughters of Penelope, Jacki Dickinson.....971-327-7172
 Dynamis, Gail Morris503-234-0468
 Endowment Fund, Mike Diamond 503-222-1988
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 Greek Festival, Katherine Ossey 503-282-6219
 Greek Folk Dance, Helen Tzakis503-891-4351
 Greek School, Katerina Iconomou503-997-5459
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 Greeters Ministry, Anastasia Mallos.....503-255-0609
 HACCM (Hellenic-American Cultural Center & Museum)
 Nick Fkiaras.....503-644-1455
 Alexandra Andronikos.....503-665-5722
 Justice & Human Rights, Alex Christy 503-636-8326
 Orthodox Spirituality 503-234-0468
 Philo House Thrift Shop, Nancy Doulis503-287-3484
 store.....503-232-3992
 Philoptochos, Sophia Kondoleon.....503-635-5652
 Philoptochos Cookbook, Helen Stratikos503-666-8815
 Seniors Ministry, Dean Lampus503-329-0873
 St. Photios Fellowship, Dn. David Cole503-287-0475
 Stewardship Chairman, John Lampros.....503-645-3136
 Sunday School 503-234-0468
 Vacation Church School, Dina Khoury503-224-5524
 Youth Ministry, Christine Whitton503-234-0468
 * Hope & Joy (ages 5-11)
 * Junior Goya (ages 11-14)
 * Senior Goya (ages 15-18)
 * College Ministry, OCF
 * Young Adult Ministry
 * Summer Youth Camp

CATHEDRAL STAFF

Clergy

Father John Angelis, Dean 206-678-6360
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GOYA Fall Retreat
 November 21-23rd
 Camp Angelos Retreat Center

Begins: Friday, Nov. 21 7:30p
 Ends: Sunday, Nov. 23 12p

A weekend of fellowship, spiritual discussion, reflection, fun, campfire, games, and more!
 For: Grades 9-12
 Cost: \$75 per person

Registration forms available at goholytrinity.org under the 'forms' tab. Forms not accepted after Nov. 15.

Contact Christine Whitton at Christine.n.whitton@gmail.com or 503.730.5884 with questions.

*A huge thank you to the following people:
 Steve and Sophia Kosaris for hosting the Jr. Goya
 kick-off.*

*Tom and Kim Spathas for hosting the Hope/Joy night
 at their home.*

*Anna Stratis, Koula Fkiaras, Helen Tzakis, and Fotini
 Souris for all of their help with the Greek Dance
 costumes for Festival.*

Thank you to all!

Funerals

September 29, 2014: **Michael Jim Kondos**, who fell asleep in the Lord on September 25, 2014 at the age of 74. The family requests that donations be made to Holy Trinity Cathedral.

October 21, 2014: **Elli Mantei**, who fell asleep in the Lord on October 17, 2014 at the age of 85.

October 24, 2014: **Bobby Polizos**, who fell asleep in the Lord on October 20, 2014 at the age of 21. The service was held at Zeller Chapel of the Roses.

Baptism

September 13, 2014 (at St. John the Baptist in Las Vegas, Nevada), **Alexis Athena Pitts**, daughter of Athena and Anton Pitts. The Godparent is Christina George.

October 18, 2014: **Helen Sophia Papaefthimiou**, daughter of Nicholas Papaefthimiou and Jonna Beth (Anderson) Papaefthimiou. The Godparent is Theodora Rellos.

Weddings

Correction!!! Deepest apologies from the office regarding the wording of the announcement for Peri Tzantarmas and Dan Oliver's wedding last month!! Peri is the daughter of Saki Tzantarmas and Denyele Scott. We are sorry, Peri!



Christmas Breads and Holiday Sweets

Philoptochos will hold our annual Christmas Baked Goods Sale on December 21st after Liturgy. We will offer for sale, freshly baked loaves of Christopsoma along with luscious holiday treats. Stock up for Christmas and New Years and don't forget to tuck away a Hostess Gift or two. All proceeds support Philoptochos philanthropies and social services.

2015 Membership

All Holy Trinity parishioners are invited to join Philoptochos! Your support and participation are most welcome and appreciated. Current members please renew your membership this month and receive your Membership Card. For more information, contact Jo Anne Finicle (503.481.5424) or Sophia Kondoleon (971.533.9800)

HACCM News

Festival visitors: The museum overflowed with guests during this year's Festival. Over 1,000 people came to visit during the three-day weekend. People were intrigued by the artistry of Tom Stefopoulos and a look back at our ancient Greek culture with the Hellas, Footprints in Time exhibit. This year we collected comments from our visitors. here's an example: "Great exhibit," "The museum is absolutely fabulous! It's great to educate us all with this wonderful Greek Heritage"; "I'm glad we came upstairs! The eclectic nature of the exhibits reminded us of the indispensable role Greece has played in human culture!"; "A great Portland secret. Beautiful artifacts."

Several Holy Trinity members visited the Oregon Jewish Museum on Saturday, October 11th. Chrysanthie Voreas led the small group who toured the current exhibit – "100 Years of Sephardic Life in Portland/Vancouver area." From various reports, the exhibit was fascinating.

Thank You, ΕΥΧΑΡΙΣΤΩ

Dear Parishioners and Friends,

With the blessing of God we completed the annual Food Festival of our Cathedral. God granted us three beautiful, sunshine days. We enjoyed the blessing of the beautiful weather and the visit of thousands of people who came to: enjoy our foods, pastries and beverages; listen to Greek music; see our graceful dancers perform traditional dances; be inspired by our melodious Choir and also the famous Cappella Romana; see the inspiring iconography and pray in our beautiful Cathedral; learn more about the Orthodox Faith; visit our beautiful museum; and purchase Greek handicrafts and Greek cooking products.

Our fellow Americans yearn to see authentic Ethnic traditions. They come to enjoy genuine hospitality, authentic Greek Food, pastries and beverages as they have seen them in Greece or read in their books and magazines. They are tired from their daily technological routine and they seek to find an outlet, to enjoy something authentic, inspiring and satisfying. This experience YOU provided! Each one of you in your particular station and booth. You welcomed our visitors with a smile and you served them with joy.

As your interim Priest, I want to thank each one of you for your invaluable contribution to our Food Festival. You worked for many days and hours before the Festival to prepare all the necessary Foods and Pastries; you worked tirelessly and joyfully during the festival and many of you came after the Festival to clean and put everything in their place.

Just to say a mere Thank you, ευχαριστώ, does not suffice. May God bless each one of you abundantly and reward you for your genuine service to our Cathedral Parish and to our Portland Community at large. God bless you!

Most appreciative,
Fr. John Angelis.

Philoptochos
We make a Difference

Philoptochos General Assembly Luncheon

Our semi-annual gathering will be Sunday, November 9th, following Divine Liturgy (1:00–3:00) at The Old Spaghetti Factory. The luncheon will include a brief meeting with time to socialize. Order your entrée that day from the chef's selections. Beverage, dessert & gratuity included for \$18. Space is limited and paid reservations by November 4th to reserve your seating; please mail or drop off your reservation to the Cathedral office.

Fasting in the Orthodox Church

Fasting, like dieting or exercising, might seem difficult in the beginning, but it produces sweet fruits at the end. From our childhood we might carry in our memory different views and experiences about fasting. At times we might wonder and ask ourselves, "Why do we fast?" "What is the meaning and purpose of fasting?" "What do the Bible and Church say about fasting?"

Times of Fasting:

People fasted both in Old and New Testament times. Moses fasted for forty days before he received from God the Ten Commandments. The fast for Christmas is in remembrance of Moses' fast and a spiritual preparation for Jesus' birth.

Jesus fasted for forty days in the desert. There He defeated the devil and exposed his cunning temptations. After that, Jesus came to Galilee and began His preaching: "Repent, for the Kingdom of God is at hand." The fast of Great Lent is in remembrance of Jesus' fast and is our spiritual preparation for Easter.

The fast of Holy Week helps us identify with the suffering of our Lord and appreciate His sacrifice for our salvation. Jesus shed His Precious Blood on the Cross, defeated our arch-enemy, the devil, and liberated us from his tyranny.

Wednesdays and Fridays are also fasting days. On Wednesdays we remember Jesus' betrayal by Judas, and on Fridays we remember Christ's suffering on the Cross.

What is the Meaning and Purpose of Fasting?

Our Church invites us to enter the fasting periods of the year with "joy and gladness." Fasting is a discipline, a means to an end; that is why it also

has exceptions, like when we are ill, travelling, or when a woman is expecting a baby or nursing. Through fasting, we come closer to God, and we realize He is our true sustenance.

Fasting is a spiritual discipline that benefits both our body and spirit. With fasting, we tame our passions and cleanse them so we may serve the Lord and not merely our selfish desires. For our body is a temple of the Holy Spirit and not a den of unruly passions and desires. Our Lord gave us the desires and passions in order to empower us to reach our true goal in life. The devil seeks to corrupt us, distort our desires and passions and turn them against our Creator.

With fasting, we gain control over our bodies and our passions and make them instruments of the Holy Spirit. But in order for fasting to be effective and accomplish its goal, it needs to be combined with other spiritual disciplines of our Church, such as fervent daily prayer, almsgiving, abstinence, introspection, repentance for and confession of our sins, receiving Holy Communion, and reading daily the Holy Bible.

How Fasting Works Together with the Other Spiritual Disciplines:

With our desires and passions under control, we pray fervently to God as He taught us in the Holy Bible. What we save from eating expensive foods, we give to the needy as almsgiving. We examine our lives in the presence of God's holiness and, in contrition and repentance, we seek God's forgiveness in the sacrament of Holy Confession. We feed our spirit with God's Bread of Life. We approach the Holy Chalice regularly and receive Holy Communion. God's gifts sustain us in our spiritual struggle to do His holy Will. We also feed our spirit daily with the reading of the Holy Bible.

Our Saints, along with fasting, used all of the above disciplines and,

with God's grace, became golden vessels of the Holy Spirit. Thus they reached their true goal in life, theosis, the acquisition of the Holy Spirit. As the saints imitated Christ in their lives, we are also invited to follow Christ, by imitating their example.

With Love,
Fr. John Angelis

THANK YOU

We wish to thank AHEPA for sponsoring the delicious luncheon for the Celebration of October 28, 1940, "The 'OXI', NO, DAY." Many of our Parishioners and Friends attended the D. Liturgy and participated in the Celebration. The Greek School Students with their Teachers marched into the Hall, carrying the American and Greek flags; The students sang the Greek and American anthems and recited their Greek poems. Fr. John spoke on the meaning of the "OXI" Day. Our Dancers performed traditional Greek Dances. We all enjoyed the celebration and offered a prayer for all the people who restored to us our freedom from the powers of Axis.

Ethos Bookstore

Located in the
Stephanopoulos
Community
Center.

Open Monday-Friday
10:00 am - 2:00 pm and for one
hour after Liturgy on Sundays

Books, Candles, CDs,
Incense, Jewelry, Items for
Baptisms & Weddings, Gifts

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Camp Angelos 17th Annual Lamb/Salmon Dinner

Sunday, December 7, 2014

2:00 PM Appetizers 3:00 PM Dinner

Tickets - \$75 per person

RSVP: Mary Jo Brobeck 503-585-5888

email: maryjo@campangelos.org

Reserved seating available with payment - Credit Cards Accepted

Camp Angelos, 32149 SE Stevens Rd, Corbett, OR 97019

Upcoming Youth Events:

Sr. Goya (Grades 9-12)

Sat, Nov. 1 6:30pm

Fireside Chat with St. George Soyo at Hadeed Home.

Nov. 21-23 *Goya Fall Retreat*

Sun, Dec. 21 6pm

Christmas Party

Jr. Goya (Grades 6-8)

Sat, Nov. 15 6:30pm

Food, Fellowship, and campfire! At the Hunt Home.

Sun, Dec. 21 6pm

Christmas Party (with Sr. Goya)

Hope/Joy (Grades 1-5)

Sat, Dec. 20 6:30pm

Christmas Party

Please contact Christine.n.whitton@gmail.com
with questions or if interested in receiving the
weekly youth e-newsletter.

Youth News



Anatoli Dance Group (Above)



Hara Dancers at Festival! (Above)



Goyans on a beach trip to Tillamook (Above/Below)



Junior Goyan Kick-Off at the Kosaris Home!



Paradosi dancers at Festival! (Above and below)



Photos by Christine Whitton

