

Dynamis

September 2010

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

1 CORINTHIANS 4:20

HOLY TRINITY GREEK ORTHODOX CATHEDRAL + PORTLAND + OREGON



"I have been crucified with Christ. It is no longer I who live, but Christ who lives in me, and the life which I now live..."

Galatians 2:20

As Orthodox Christians, the cross is part of our daily life. We wear a cross around our neck as a reminder of our baptism. When we enter the church we prayerfully light a candle, venerate the icons, and make the sign of the cross. Our parents and grandparents taught us when passing by the church we make the sign of the cross. Many parents when kissing their children good night make the sign of the cross on their son or daughter. The Great Feast of the Holy Cross celebrated on September 14th provides us with an opportunity to meditate on what the Cross of our Lord and Savior Jesus Christ means in our spiritual life.

I would like to thank all of you, especially the council, Philoptochos and youth workers for your philoxenia – hospitality. I want to offer special thanks to Father John for all his spiritual guidance. The words of St. Mark are very appropriate at this time. "Whoever will come after Me, let him deny himself, and take up his cross and follow Me" (8:34). I am so touched by the number of the good people of the Holy Trinity Parish who devote so much of their time and effort for the church. I have witnessed selfless love in a number of you. I have served as a counselor and priest at youth camps for over 20 years. At Camp Angelos last month I witnessed something for the first time. A number of you, parents, grandparents, took time out of your busy schedules to cook for children. A few precious ladies came for a whole day to teach the campers how to make the holy bread – prosfora. St. Matthew reminds us that when Jesus was carrying His own cross to be crucified there was a man named Simon who was compelled to carry His Cross. Take a moment and reflect what Simon experienced. He was ridiculed, but despite all the disgrace, he chose to carry the cross of Jesus. The message of the Cross offers the answer to the meaning of the cross in our spiritual life. A Christian is a person in whom Christ lives. St. Gregory of Nazianzus offered these words, "Let us become like Christ, since Christ became like us."

Some critics will say, "How can Christ live in a sinner?" How many of us have fallen down to the level of putting down the church? It is true, we are all sinners. We pray daily for forgiveness. I often remember the words of a wise bishop, "God's favorite thing is to forgive. He loves to forgive." The cross of our Lord is also a reminder of His love and forgiveness. Jesus entered the lives of sinners and changed their lives. When we make real change in our life, Christ will begin to live in us. It is never too late. St. Mary of Egypt abandoned her life of prostitution and became saint of the church. Jesus began to live in Zacchaeus when he made the most important change in his life. Did Zacchaeus make any excuses? He took responsibility for his actions and truly repented. It is not easy to let go of what is bad in our life and holding us back from God. St. Mark wrote, "whoever loses his life for My sake and the gospels will save it." God is saying to let go of sin. God loves us. We are His most precious creation. It is easy to fall into the trap of living a life focused only on gaining the approval of the world or what society dictates. "What will it profit a man ... gains the whole world and loses his own soul?" We have to start living a life caring more for Jesus and His gospel than gaining approval of the world. Christ said, "Whoever wishes to come after Me." Jesus does not force us to do anything. We must be willing to follow Him. The message of the Cross is "Christ living in me." We are all invited to a very special service. On the Feast of Cross (we will celebrate on Sunday, September 12 & 14). The cross which is normally kept on the holy altar is placed on a tray with basil and flowers. The cross comes out of the altar. The cross leaves the altar by the side door of the iconostasion. We notice the procession is not from the Royal Gates, but the side door. This is a reminder of the humility of Jesus and how we must approach and wear the cross. Let us together truly celebrate the Feast of the Holy Cross with.

Father Jordan

Initiated at the encouragement of Fr. John, Fr. Dimos is an actionable game plan. Our four youth groups are meeting working with Maria Corvallis and Christina Geist to develop

with Father Jordan and Father Dimos in family homes over the next 30 days. At these meetings, our young people will get a greater sense of his vision as well as the opportunity to share their hopes for the programs.

The expected outcome is the formation of a 20-member Youth and Family Council, made up of leaders of our existing youth programs. The intent is to identify opportunities for ways to engage our youth in an increasingly competitive landscape of activities, and to commit to a coordinated effort to feed and support this incredibly important mission. The Endowment Fund is considering ways to support such an investment. There certainly is a new-found energy backed by the ever-present energy of our clergy. It is an exciting time to be involved with the youth of our community. Stay tuned to Big Tent for updates!

Are you on Holy Trinity's Big Tent yet? Go to <https://www.bigtent.com/groups/holytrinity> and sign up. Keep track of news, events and the happenings of our community.

Our People

THANK YOU:

The Souris, Farrier and Markopoulos families would like to extend their appreciation and thank you to all of you who attended the funeral for our beloved mother and grandmother, Irene Markopoulos and for all of your support during this time of loss.

Thomas Spathas and family would like to say thank you to everyone for your prayers and best wishes during my recent surprise surgery. All the calls, cards and messages were very supportive and uplifting to me during this critical time. Recovery is going well and the Doctors tell me that I should be good as new in a few more weeks. I

ask everyone to consult with their medical providers to get a stress test or an echocardiogram as soon as possible... I had had EKG's and passed them with flying colors. It wasn't until I had a stress test that they found my heart problems and I had five bypass surgery. In my case it was hereditary and genetic... I was not a typical candidate for this type of procedure until they discovered the heart blockages. Please get tested soon. Thank you again for all your love and support. Your Brother in Christ, Thomas Spathas

I want to thank you for all of your love, prayers and condolences for the passing of my mom. You have touched my heart and eased my sorrow. Love, Christina Marneris

BAPTISMS:

August 14, 2010: Sotiris Perkins, son of Hunter F. Perkins and Alexandra A. Kacouros. The Godparent is Evangelia Barbas.

August 14, 2010: Angela Essary, daughter of William Essary and Brittany Kacouros. The Godparents are Andrew and Courtney Kacouros.

WEDDING:

July 31, 2010: Voss Bigonovich and Patricia Bjork. Voss is the son of Mike P. and Florence Phelps Bigo and Patty is the daughter of Joseph and Virginia Silverman Krupicka. The Koubaro was Daniel Ruffing.

FUNERAL:

August 12, 2010: Irene Markopoulos, who fell asleep in the Lord on August 6, 2010 at the age of 92. She was born on October 1, 1917 in Kohylou, Andros, Greece. Her father, who had come to Oregon in the 1880's was one of the earliest Greek immigrants in Oregon and earned his living as a

fisherman in Clifton, Oregon. He and his brother owned a fishing boat and would return to Andros to visit his family. In 1939 Irene married Konstantine Markopoulos. They had their daughters, Vasiliki (Farrier), Fotini (Souris) and Katerina. In 1969, Irene followed her father's footsteps and took her daughters to Portland, Oregon to join her siblings, Leonidas Rigas, Areti Vlahakis and Dr. Dimitrios Rigas. Surrounded by her loving daughters, grandchildren, son-in-law and the rest of her family, Irene passed away peacefully to join her husband, daughter, parents and siblings who preceded her in death.

May her memory be eternal

Come Home



Save the Date to "Come Home" on September 18th, 2010 after Vespers! Come Home is an outreach to our community inviting you to listen to inspiring speakers to feed your soul! Fr. John S. Bakas, Dean of St. Sophia Greek Orthodox Cathedral in Los Angeles, California joins us for an uplifting talk on "Building Intimacy with God" and "The Church as a Home for Healing". Fr. John brings with him a wealth of knowledge, charisma, and a love of God that is sure

to exhilarate us all! Tickets are \$5 and will be available at the door.

Alternatively, a check may be mailed to church. Mark your calendars for this opportunity to enrich your faith!

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## Dr. Alexander Lingas Awarded the St. Romanos the Melodist Medallion

On Sunday, July 4 in Atlanta, during the National Clergy-Laity Congress of the Greek Orthodox Archdiocese of America, Dr. Alexander Lingas was awarded the [Saint Romanos the Melodist](#) Medallion.

His Eminence Archbishop Demetrios conferred the award on Dr. Lingas at a Gala Reception (pictured below).

Dr. Lingas is Cappella Romana's founder and artistic director.

The National Forum of Greek Orthodox Church Musicians awards the Medallion of St. Romanos the Melodist to individuals who have made exemplary national contributions to church music in the Greek Orthodox Archdiocese of America.



Among the first [recipients of this award](#) were Dr. Frank Desby (1922-1992) of Hollywood and Dr. Tikey Zes (b. 1927) of San Jose, California, whose works have been championed through performances and recordings by Cappella Romana.

## A Symbolic Camera

For generations of Holy Trinity families, Peter Corvallis was the photographer of weddings, baptisms and other occasions. His career and his company, which include his indefatigable wife Catalina and their daughters, progressed beyond portraits and snapshots to the complete design and planning of environments for events, celebrations and commemorations throughout the Northwest and for the church community.



**Inveterate community photo-historian, Peter Corvallis, finds his successor and passes on the ceremonial camera to Fr. Dimosthenis, a skilled and prolific photographer**

Much of Peter's tireless work happened behind the scenes at gatherings large and small for Holy Trinity and affiliated organizations. A major portion was always offered as a gift toward the good of the community.

On the personal level, too, Peter's generosity abounded: over the years, many people have received surprise envelopes from Peter with photos of loved ones or of special candid moments. Peter understands the power and the importance of the photographic image recording our lives. While he claims now to be turning over his ministry of the camera to Fr. Dimosthenis, no one expects to see Peter relaxing without his eye on a lens.

Fr. Dimosthenis, for his part, now plans to involve the youth of the community in continuing this legacy. It would seem it takes more than one person to keep up the level of production set by a Peter Corvallis.

## Byzantium: Empire of Christ and New Jerusalem

This fall in late October on Wednesday evenings at 7pm a new Adult Christian Education Class will be offered by Fr. Dn. David, covering the 1100-year span of a remarkable culture and people, the Eastern Romans. Much of the Orthodox Faith came out of this civilization and its world view, inspired by the Holy Spirit and guided by saints and sinners. However, many of our faithful know little about this rich heritage. Now is your chance to further your understanding of the civilization in which Orthodox Christianity brought the Gospel to the Gentiles.

Of all the adult classes offered thus far, the earlier "Byzantium and the Crusades" was the most popular, with nearly 40 attendees. Here is another chance to enter the Byzantine World of our ancestors.

Details and syllabus will be printed in the October Dynamis and on the Cathedral website.

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Regular Catechumens Class "The Historic Path of Orthodox Christianity" to begin in October

The annual Catechumen/Inquirers Adult Education Class "The Historic Road of Orthodox Christianity," taught by Fr. Dn. David, will begin in late October on Monday evenings at 7 pm. Details will follow in the October Dynamis and on the Cathedral website.

All are welcome, both inquirer and life-long Orthodox, to deepen knowledge of the Eastern Christian Faith.

HACCM: Join us for our Fall Season

With an extra-boost of energy following our successful GALA last spring, (a heartfelt thank you to all who attended or contributed), HACCM has spent the summer planning some incredible events for all ages. Look for more information on the following events this fall.

Kafenio Exhibit - opens in September: come see how our Kafenio culture has come to life in our museum. Experience the feeling of a by-gone-era and learn of its relevance to our culture.

“Oresteia,” - September 26th (PSU Lincoln Hall): come see this production that has the critics raving. It’s returning from Greece for an on-demand performance.

Tavli Tournament - November 6th (Here): Join us for our first-ever Tavli tournament. Dust-off your boards, get your winning shoes on and join the challenge. Never played? No problem, we’ll have people there to teach you too!

Member News:

We have been approved to have a new, part-time Administrative Assistant to help us with administration and clerical needs. We’re pleased to announce that, **Katherine Karafotias**, has been offered and accepted the position.

We also had our elections and would like to introduce our new officers:

Chairman: Mary Osborn-Vertopoulos
President: Alexandra Andronikos
1st VP: Vanda Makris
2nd VP: Georgia Liapes
Treasurer: Elizabeth Franklin
Rec. Secretary: Vasiliki Vlahakis
Cor. Secretary: Katherine Pappas

And last, but not least....we’d like to welcome three new board

members to HACCM: Elizabeth Franklin, Nick Fkiaras, and Sophia Stamatis. We are looking forward to having your energy and your new ideas with us.

The museum will be open every Wed. from 11 am to 2 pm and during the coffee hour after church. Our email address is HACCMpdx@hotmail.com. Phone number 503-858-8567 and you can find us on Facebook as well.

2010 Holy Trinity Scholarship Recipients

The Holy Trinity Scholarship Foundation and the Holy Trinity Philoptochos are very pleased to announce the recipients of this year’s Holy Trinity and Philoptochos Scholarships. They are:

Lukas Barlas
\$1000 Holy Trinity Philoptochos Scholarship

Nathaniel Penaranda
\$1000 Rhonda Gadinis Memorial Scholarship
(sponsored by Philoptochos)

Anthony Aivaliotis
\$750 Hrestu Memorial Scholarship
\$250 Parish Council Scholarship

Stylios Tsoumas
\$500 Jerry and Mary Martin Scholarship
\$250 Parish Council Scholarship

Andrew Bennett
\$250 Penny Manuel Memorial Scholarship
\$250 Parish Council Scholarship

Damian Soot
\$250 Sakaleris Memorial Scholarship
\$250 Parish Council Scholarship

In addition to their academic work, our recipients this year have a broad range of activities and life experiences both inside and outside of the Holy Trinity community. We are very proud of them and pray that God will bless them

as they continue their academic pursuits.

Kai Se Anoterla!

HACCM PRESENTS GREEK TRILOGY

Last year Leonidas Loizidis, award-winning director and his Greek Theatre Troupe performed “Trojan Women,” a HACCM-sponsored event. This year we’ll get another opportunity to witness ancient Greek culture as the troupe presents “Oresteia”, a trilogy of Greek tragedies by Aeschylus. The trilogy which was the dramatist’s last work includes the story of Agamemnon, Clytemnestra, his wife and Orestes, their son.

The play, again sponsored by HACCM, is part of a two-month tour which begins in New York (off Broadway) in early September. It will be performed in Portland on September 26, 2010 at PSU’s Lincoln Hall Theater. The performance (in English) will give us a chance to enjoy ancient tragedy in a way that was presented by the ancient Greeks.

Watch the Sunday bulletins for more information.

Green Initiative of the Parish Council Update: Greek-American Ethno-botanical Garden + Festival ecology

Join us if you are interested in helping envision, plan, and develop a greener Holy Trinity. We are looking for people who would like to help shape the future of the Parish’s sustainability path in both leadership and support roles. Our first meeting this year is on September 14th, 6:30-8:30PM in the small hall. Subsequent meetings will be on the second Tuesday of every month, same time, same place.

For the September meeting, we will be working on two projects currently in the mill; planning and accepting volunteers for festival recycling and the up and coming ethno-botanical garden. Following is information about both projects.

The garden is centered on creating connectivity between the generations by having parish kids collect stories from the elders about how they have used plants for culinary and medicinal purposes, both in Greece and here in the states. As time and generations pass, this critical aspect of our culture will be lost, unless we decide to do something to retain it. The children will then write about their conversations in Dynamis so that we may all learn from their research.

Some of the stories the kids collect could be from antiquity; for instance, Achilles used yarrow on sword wounds to stem the flow of blood. The plant, which is a perennial native in Greece and in Oregon, is named after the war hero (botanical name, *Achillea millefolium*). Our kids can collect seeds of the plants they learn about from the elders and plant them in the garden to raise awareness of our “roots” while creating a beautiful celebration of our culture. We need adult help in planning and supporting the process.

Here’s a personal story as an example. My grandmother, *εμμανιτισα*, used chopped onions on our injuries, as long as the skin was not broken, to stop potential swelling and bruising. I had forgotten about this until I recently dropped a heavy object onto my leg during a house renovation project. A few hours later, I felt the swelling start and applied chopped onions to the injury, put a wrap around it, and rested for a while. The next morning, there was no bruise, no swelling. If I had not used the onion, I would have had a football sized ball of pain where my shin is. Even ice would not have totally avoided the swelling, although it would have been less smelly! I gladly selected a few hours of having a smelly leg over a week’s worth of pain. And I retained knowledge that Yiayia can no longer impart.

That is one of the many ways our immediate ancestors used everyday

plants to cure everyday ills. Their knowledge is a great resource for us all and a garden based on our cultural practices would be a delightful addition to the church grounds, especially if it fosters connectivity between the generations. GOYA kids are currently growing tomatoes on the site to deliver to home-bound seniors. There are 18 plants that have many tomatoes on them and next year we would like to double the production and add more diverse foods. We would like to enlist as much help as possible to develop the garden into a meaningful, growing part of our parish, into a living botanical museum.

Our second project is to help the festival organizers lighten the event’s ecological footprint. We are working in tandem with the festival committee to recycle this year and will expand, hopefully, to composting and minimizing waste altogether over the course of the next five years. We need help to do it, though. For more information, please contact Nick Giannopoulos (503) 775-5015, Alice Blakeman (503) 239-6862, or Zafiro Papastratakou (503) 318-0800.



St. Nectarios House

OCF House Opening at the U of O St. George Greek Orthodox Church in Eugene is pleased to announce the opening of St. Nectarios House in September. Fr. Jerry Markopoulos and the Parish Council had previously identified a need for expanded ministry to college students in Eugene. Eugene is home to over 40,000 college students, and the parish looked for a way to more effectively connect with both Orthodox students and students interested in finding out more about the Orthodox faith. As you may be aware, ministry to young people has been an increasing focus for the Archdiocese nationwide. The Archdiocese has encouraged all of us to “Keep our Children Connected to Christ.” St. George has taken this call to heart, knowing that the transition from home life to university life can be

a challenging one. Young people entering their college years are often facing challenges to their faith and way of life. We are hoping to provide a connection to Christ for students encountering just these sorts of challenges.

To that end, St. George is opening St. Nectarios House. Having received the blessing of His Eminence, Metropolitan Gerasimos to undertake the project, we have rented a house within four blocks of the University of Oregon. The house will be somewhere that Orthodox Christian Fellowship (OCF) can meet and for students to connect with one another. We also will have 5 young women living in the house, along with the house director. Ann Campbell will be serving as the house director. She has experience with residential life as well as being a graduate of St. Vladimir’s Seminary. She is looking forward to the opportunity to use her skills and knowledge to encourage college students to appreciate their Orthodox heritage and faith. The residential aspect of the house is open to only women at this time, but the wider activities of the house are open to all. We are planning a monthly community service project, a regular Patristics reading group, Readers Services, as well as social events like movie nights.

St. Nectarios, during his lifetime, expressed particular concern for the spiritual and moral well-being of young women. He felt that the direction the young women of a particular culture take will dictate the direction of the entire culture in the future. For this reason we have chosen him to be our patron, relying on his intercessions to sustain us. We further ask for your prayers and support. Ministry to this age group is of great importance and will not be the work of one or two people, or of a single parish, but to succeed at the highest level, we must find strength in the prayers of the wider Orthodox Community. Fr. Jerry Markopoulos, presiding priest at St. George, and Ann Campbell, the house director, will be happy to respond to any questions about the house, its mission, or ways to provide support.

HOLY TRINITY GREEK ORTHODOX CATHEDRAL
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Philoptochos

We make a Difference

Leaders to distribute to circle members. Check with your circle leader or stop by the Church office for your personal copy. Each paid member will receive one complimentary Directory. Second copies are available for purchase by calling Christin Rouches 503-998-5307.

Next Philo Board meeting: Tuesday, September 7, 7:00 p.m. Small Hall.

With faith & love in Christ,
Paula D. Diamond
Philoptochos President

The first annual PHILO MEMBERSHIP DIRECTORY will be made available at the Sept. 7 Board meeting for Circle

From Camp Angelos: Mark your calendar!

When:
November 13, 2010
Where:
Waverly Country
Club
Why:
Camp Angelos'
Annual
Dinner/Dance
Who:
Everyone!
Look for additional
information coming
later!



GREEK OPEN

**15th Annual
Monday, Sept 20th**
1:30pm Shotgun start
Save \$25. On the golf registration fee
if you sign up by Aug 31st
Lamb Chop Dinner & Auction tickets \$50.
Register now
GreekOpen.com
or call Norm 503-703-2953

Supporting
Agia Sophia Academy
ASApdx.org



Dear Friends,

We wanted to let you know about an exciting Metropolis event that Portland has been asked to host. It is the Spirit of Stewardship event, held to honor the unsung heroes and faithful stewards of our Metropolis on the occasion of the Feast Day of Saint Gerasimos. It is a NW regional event scheduled at Holy Trinity on October 23rd, 2010. His Eminence Metropolitan Gerasimos will be in Portland to acknowledge these stewards and celebrate with us. The following is an explanation of this awards program.

The Spirit of Stewardship Awards program for the Greek Orthodox Metropolis of San Francisco is an opportunity to honor the many dedicated individuals who give unselfishly of their time, talents and resources to support the ministries of their local parishes and the Metropolis. Regional events are being held throughout the Metropolis to honor the Feast Day of Saint Gerasimos who was a great steward of Christ and His Holy Church, and also to celebrate the Name Day of His Eminence Metropolitan Gerasimos. These events, the Spirit of Stewardship Awards, are a way to recognize the countless volunteers, "unsung heroes", and faithful stewards who provide immeasurable support to our parishes. As children of God, we receive tremendous blessings from the Lord when we offer our gifts to Him as stewards of the Church.

The proceeds from the spirit of Stewardship Awards will provide for the ongoing development and expansion of the ministries of the Metropolis of San Francisco, including Religious Education, Youth, and Family Wellness, as well as strengthen our parishes as they provide spiritual, educational and cultural programs for the benefit of our faithful.

We are also excited to be able to put our own special Portland touch on this event. We are happy to announce that *Eikona* will be performing a variety concert as a special part of the evening's entertainment. The concert will truly

make the spirit of Stewardship event a premier event for not only Portland but for the entire NW and Metropolis. We are blessed to now have two of the three *Eikona* sisters living in Portland; Presvytera Stacey from St. John the Baptist and Presvytera Marika from Holy Trinity. The third sister, Chrysanthy Therianos will be traveling in to make the group complete. This truly will be a night to remember, so be sure and purchase your tickets soon.

SAVE THE DATE

OCTOBER 23, 2010

Holy Trinity Cathedral, Portland,
Oregon

Reservations required

Call 503-234-0468 for more
information

Tickets: \$50 for Adults, \$25 for
children 12 and under

Dinner
Awards

By His Eminence Metropolitan
Gerasimos

Variety Concert

By *Eikona*



*The Eikona sisters are:
Presvytera Marika Brown,
Chrysanthy Therianos and
Presvytera Stacey Dorrance*

“On this rock, I will build my church,”

was the theme for the 24th year of Holy Trinity Summer Camp at Camp Angelos. Our camp family examined the life of Peter to better understand the foundation upon which the Church is built. Our theme perfectly captures the purpose of why we do camp. We are setting the foundation for our young people, upon which we hope they will build a lifetime journey of faith and fellowship within the Orthodox Church.

production led by the best Camp Fire talent in America! The campers learned how to make prosforo and a Greek dance or two.



We attended daily Matins, evening services and celebrated the Divine Liturgy on Thursday. Thursday was busting at the seams with fun on the

children’s inflatable water rides, Greek Night and star gazing.

The evening ended with devotionals that focused on campers sharing a favorite prayer or hymn.



The week began with a beautiful Blessing of the Waters service along the Sandy River led by Fr. John, Fr. Jordan, Fr. Dimos and Fr. Jerry. Campers settled into their cabins and for a week of fun and spiritual growth. It is difficult to convey how precious it is to walk around the grounds of our beloved camp and watch our clergy share the rich Tradition and Wisdom of our faith. It is also pretty cool to see the priests play a game of basketball or simply have one on one conversation with our kids.

Our week was full of great arts and crafts, terrific sports and simply amazing campfires! This year each evening had a theme: cowboys, safari, etc. Each night is a fabulous



Friday we wrapped up our wonderful week with some of our favorite songs from campfire and words of wisdom from Fr. Jordan and Fr. Dimos. We hope each member of our camp family went home feeling richer in faith and fellowship! I know I certainly drove out of camp with my heart full of great new memories.

Next year is our 25th anniversary and spectacular plans are already underway. Stay tuned for more details.

By Christina Marneris

CAMP AGAPE 2010

It was a beautiful Saturday morning, July 31, 2010, when Camp Agape began. The blue Camp Agape banner had been hung and the steering committee anxiously awaited the arrival of the families. By the end of registration 22 families, totaling 112 campers had joined Camp Agape. It was a very successful, heartwarming, caring week. Activities filled each day, including the ever popular jet boat ride up the Willamette River; the food was delicious and plentiful; spa day provided haircuts and massages; the medical staff was "on-call" day and night; and "buddies" gave the parents a respite each afternoon.



Father John Angelis joins in the festivities of Greek Night



The medical team of Presv. Anna Angelis, Sarah Spathas and Cathy Amen prepare for the families

A huge thank you to all the volunteers for their hard work and commitment to this Philoptochos out-reach ministry. Thank you to the Camp Angelos board for the pristine, well-kept camp. A special thank you to Father John Angelis for attending the camp each day. His compassion and love were felt by all. Also a thank you to Father Jordan Brown who visited with

parents during an afternoon seminar and Father Demosthenis Paraskevaïdis who participated in Wednesday's Greek Day and in the closing ceremonies on Thursday. We so appreciate the support of the clergy; it validates all our efforts.

After Father John's first day at camp, he wrote the following poem. We share this with you for it captures the essence and spirit of Camp Agape so beautifully.



Father John and Father Dimosthenis say a prayer at the Memorial Garden

CAMP AGAPE

We welcome to the beautiful CAMP ANGELOS today,
The families who have suffered the pain of cancer.
The Ladies of "Philoptochos" thought of this gift,
To tenderly soothe the pain of the suffering families.

One by one the families are arriving at the Camp,
To rest and recuperate in the serene Camp for a week.
Philoptochos has paid for all the week's expenses.
It has also showered the children with thoughtful gifts.

The organizers and coordinators of CAMP AGAPE
Are experienced and share with compassion their love.
They are ready to share generously Christ's Love.
As they welcome the families in the spirit of Love.

The families register and the children receive gifts.
Parents and children take together their picture,
To recognize each other as they meet the other families
With whom they will share the life of the camp.

Camp Angelos is located in a beautiful site in Corbett,
In the bottom of a rolling hill covered with trees.
On its western border flows the famous Sandy River.
Salmon and other fish swim in it as they return to hatch.

Sweet singing birds offer their prayers on the trees.
The trees enjoy abundant nutrients and plenty of water.
The rays of the sun pass through the trees and shine.
Their bright light is reflected on the waters of the pond.

When evening arrives, the deer come to drink water.

Camp Agape, continued

Together with the other animals, they glorify God.

He gave them abundant food throughout the day,
And whatever else they need during the night.

The families are by now settled in their rooms.

The children went out to play their games.

The parents enjoy their cool refreshments,
As relaxed they admire their playing children.

We thank the Philoptochos, CAMP AGAPE,
Who brought all of us together with love,
To serve all the children of our benevolent God,
By imitating the example of man-loving Christ.

Christ became a humble human being for us,
So that every person can seek and find salvation.
Out of love Christ offered His life for us on the Cross,
And opened Paradise for us with His Resurrection.

Fr. John P. Angelis
(7-31-10)



Camper Korina celebrates Greek Night

CUSINA: The formerly homeless individuals who participate in Holy Trinity's CUSINA program receive cooking classes, recipes, kitchen tools, and—most importantly for many—the opportunity to eat dinner with friends. This year, a potential partnership with DePaul Industries and local restaurants led by the folks at The Old Spaghetti Factory will give some participants the opportunity for additional training and a paid restaurant internship after they finish CUSINA.

For people working to build a stable life with regular, healthy meals and something to look forward to each week, CUSINA is a gift. For Holy Trinity volunteers, the benefits are probably much greater. We receive not only a good meal and Effy's rizogalo recipe, but renewed



gratitude for the gifts of our own lives.

For me, CUSINA's lesson came in a Christmas card after the first year of volunteering. I sent a holiday card to a participant I had enjoyed meeting: "Merry Christmas—hope you're doing well." He remembered that card all year, and thanked me for it at least a dozen times the following fall. I receive many holiday cards, but his gratitude for one card helped me see all that they represented. Truly, he repaid my gift twelve times over.

This fall, Holy Trinity's CUSINA ministry will begin its fourth year. The weekly cooking classes and dinners will take place Monday evenings from October 11 to November 15 in the Holy Trinity Annex. New volunteers are needed; helping for just a few Mondays supports the program—and is a lot of fun. Volunteer drivers are needed to pick up 1-3 participants and

deliver them to Holy Trinity between 6 and 6:30PM, and to see participants home about 8:30 PM. While some participants are able to take public transportation to Holy Trinity, bus transportation is often very slow in the evenings, and can be especially daunting in wet weather, or for participants who have health issues. I have driven participants each year, and this has become my favorite job. The time in the car created an opportunity for me to connect with several people whose lives have been very different from my own. I am often amazed at how such different experiences have led us both to a place of profound gratefulness.



Volunteers are needed to wash dishes and break down the kitchen set-up on Monday evenings. (CUSINA participants do help clean up, but often have transportation issues that prevent them from staying after the program ends.) Clean-up volunteers are invited to cook and eat with the group as their schedules allow; they are asked to be present to help from 7:30 and 9PM.

Finally, volunteers are needed to set up prep tables and equipment in the Annex after church on Sundays. This task takes 30-40 minutes with three volunteers, and is a great opportunity for parishioners who would like to support this ministry but find weeknight volunteering difficult.

Those interested in volunteering for Sunday set-up may contact Jonna Papaefthimiou at 503-224-2245 or jonna1@gmail.com. Those who desire more information about the CUSINA program and Monday volunteer opportunities may contact Paul Schroeder at (503) 913-7853 or pschroeder@joinpdx.com.