St. John the Baptist
Greek Orthodox Church
14485 SW Walker Rd.
Beaverton, OR 97006

Change Service Requested

St. John the Baptist
GREEK ORTHODOX CHURCH

The Historical Christian Church

Rev. Father Matthew Swehla, Presiding Priest
Deacon Innocent Duchow-Pressley

July 2020 Newsletter

Vol. XXIII No. 7

ON SIMPLICITY

St. Paisios of Mount Athos

Secular people say, "How lucky are the wealthy people who live in palaces and have all kinds of conveniences." In truth, blessed are those who have succeeded in simplifying their lives and freeing themselves from the yoke of worldly progress, of the many conveniences that have become inconveniences, and have consequently rid themselves of the dreadful anxiety that plagues so many, people today. If man does not simplify his life, he will end up tormenting himself. But if he simplifies it, all his anxiety will go away.

A German man at Sinai told a very intelligent Bedouin boy, "You are intelligent, you can become literate." "And then?" the boy asked. "Well, then you will become a car mechanic." "And then?" the boy repeated. "Then you'll open a car shop." "And then?" the boy asked again. "Then you will grow up and you will hire others to work for you, and you will have your own staff." "In other words," the boy said, "I will pile one headache on top of the other. Isn't it better now that my mind is free of worries?"

Most headaches are the result of all these thoughts we have about doing this and doing that … But if our thoughts were spiritual in nature, we would feel divine consolation and be cured of headaches.

These days I stress simplicity to lay people too, because many of the things they do are not necessary, and they end up being consumed by anxiety. I speak

MANY YEARS! CHRO `NIA POLLA! … for Namedays in July

July 2 - St. John of San Francisco
John Downs
Samantha (Ioanna) Marine
Kirsten (Ioanna) Thienes
Jonathan Smith
Joe (John) Weick
Bryan (John) Wood

July 5 - St. Elizabeth the New Martyr
Lauri (Elizabeth) Chosvig
Bethany (Elizabeth) Downs
Melanie (Elizabeth) Hatch
Elisabeth Jungwirth
Elizabeth McAtee

July 6 - St. Sisoes the Great
Erik (Sisoes) Chosvig

July 12 - St. Paisios the Athonite
Cameron Paisios Peil

July 13 - Synaxis of Archangel Gabriel
Gabriel Egli

July 17 - St. Marina the Great Martyr
Marina Ketrenos

July 18 - Grand Duchess Elizabeth
Halli Elizabeth Peil

July 19 - St. Makrina the Younger
Jennifer (Makrina) Barnes
Cindy (Makrina) Trumpower

July 20 - Prophet Elias (Elijah)
Elias Ketrenos
Ilyana Stoeva

July 22 - St. Mary Magdalene
Maria Armstrong
Meron Negassi

July 24 - St. Christina the Great Martyr
Kristi Maletis
Kristine Wiseman Patzke

July 25 - Dormition of St. Anna, Mother of the Theotokos & St. Efpraxia
Jennifer (Anna) Dunfield
Presvytera Annie Swehla
Janet (Evpraxia) Wehlitz

July 26 - St. Paraskevi the Martyr
Patricia (Paraskevi) Poulos
Paraskevi Whitton

July 27 - St. Panteleimon, Great Martyr
Cody (Panteleimon) Davidson

July 28 - St. Irene Chrysovalantou
Irini Hall

...and Wedding Anniversaries this Month

July 2 Adam & Alison Anderson (5 years)
July 3 Chris & Kristi Maletis (37 years)
Athanasios & Irini Housiadas (3 year)
July 12 Scott & Laurel Soot (23 years)
July 15 Brandon & Erica Wilson (8 years)
July 17 Timothy & Elaine Cremeens (4 years)
July 19 Barry & Agape Ketrenos (51 years)
Matt & Colleen VanSickle (23 years)
Chris & Amanda Black (12 years)
July 20 Fr. Matthew & Pres. Annie Swehla (17 years)
July 23 Sean Crandall & Diane Cherry (29 years)

MEMORY ETERNAL! AONIA I MNIMI! … for Memorials this Month

July 12 Haralambos Pavlatos (9 years)
July 13 Andree Poulos (10 years)
July 20 Robert Limperis (4 years)

to them of austerity and asceticism. I constantly scold them, "If you want to get rid of anxiety, simplify your lives!" …

If Christ were to ask me, "Where should I put you: in a mansion or in prison?" I would reply, "In the dark prison," because a prison would do me good; it could remind me of Christ, the holy martyrs, the ascetics who lived in the holes of the earth. It would remind me of monastic life. The prison would resemble my cell a bit and I would be happy.

But what would a palace of a house remind me of and how would that help me? That is why I find prison cells much more restful than a worldly living room. I even find it more restful than a beautiful monastic cell. I would rather spend one thousand nights in a prison cell, than one day in a plush house. … Even some spiritual people will sometimes not be able to live together, no matter how much space they have available, because they don't have the fullness of Christ in their heart.

The kind of joyful monastic life [that I experienced in my fellow villagers in Pharasa] is unknown today. Most people believe that they should not go into any trouble or be deprived of anything. But if they thought in monastic terms and lived with more simplicity, they could find the peace they are seeking. Instead they are filled with anxiety and despair. They say, "So and so was very successful because he built two apartment buildings, or because he learned five languages and so on. And I do not even own one apartment and I do not even speak one foreign language. Oh, I am good for nothing!" A person with a car thinks, "This man has a better car; I should buy one too." So he buys the better car, but he feels no joy because someone else has an even better one. He buys an even better car but then he learns that others have their own private airplanes and he is unhappy again.

There is no end to this. But a person who doesn't have a car rejoices when he praises God. "Thank God," he says, "even if I do not have a car, I have strong legs and I can walk. How many people are there in the world who do not have legs and cannot take care of their needs and go for walks? I at least have my legs!" …

Ingratitude and greed cause a lot of harm. The person possessed by material things is always possessed by worries and anxiety because he trembles at the thought that he may lose both his belongings and his soul. … All these conveniences beget difficulties.

A family man arrived at my *kalyvi* (monk cell) once. He had family of five. He told me: "Father, we have a car and we are thinking of buying another two. It would help us a lot." I said "Did you think of how difficult this is going to make your life? If you have one car you can easily park it somewhere; where are

you going to put three of them? You will need a garage and an extra tank of fuel. And moreover, you will put your life in danger. It's better to have only one car and limit your outings. You will have time to see your children. You will have peace of mind. Simplifying one's life is the most important thing." "I never thought of that," he replied. …

People's lives are sheer misery because they do not simplify things. Most of the conveniences we have cause difficulties. Those who live in the world often suffocate from abundance. They have filled their life with gadgets and devices but this only makes it more difficult to enjoy it. If we don't simplify things, one convenience will result into numerous difficulties and we will end up miserable.

When we were little, we used to cut off the spool at the end and put a wedge in it, turning it into a nice and enjoyable game for ourselves. Small kids enjoy playing with a toy car much more than their father enjoys his new Mercedes. If one asks a little girl, "What do you want, a doll or an apartment building?" you will see that she will say "a doll." But in the end, small children too get to know the vanity of the world.

– Geronda, what helps when one is trying to grasp the joy of austerity?

- It helps if you can grasp the deeper meaning of life: "Seek first the Kingdom of God and His righteousness and all these things shall be added unto you." (Mt. 6:33). Simplicity begins from there, so does every proper approach of life.

FROM THE PC CORNER

Jon Corazza

My brothers and sisters greetings in the Lord!

The last time I wrote a note, I believe I mentioned something about Christmas in July. While it was meant somewhat tongue in cheek, I never imagined that it could actually come to pass. As a church we received a "small" gift back in June which allowed us, as a body, to begin to gather together. For those of us who have been able to attend it has been a true gift. In my conversations with many of you, however, I know it has left us wanting more. Prior to the governor's most recent change in policy, we were busy planning the protocols for entering Phase 2 by the end of June. Now it appears that that "gift" might have to wait until late July (or later). I must admit, the delay has made me grumble and making me feel like I ought to do something (write letters etc). However, I have forgotten that there is something I/we all can and should be doing, which is prayer.

In our world today there is much to be praying about, so I am asking that we do precisely that. Keep your church clergy and worship staff, church leadership, state and federal leadership, medical leadership all in your prayers. We need wisdom and God's grace especially now.

I want to thank our church technical gurus (Bryan and Danica, et al) for their countless hours of work on giving us the best possible quality for distance viewing. The upgrades which were recently done should help us all.

Praying for Christmas in July.

A QUICK NOTE FROM PHILOPTOCHOS....

We sure hope everyone is adjusting to what feels like a new normal. Some have adjusted well, and others have really struggled. We want you to know, we understand, we care and we are here for you. Here are outreach opportunities your Philoptochos has provided to the parish:

1) Staying in touch with the most vulnerable within our parish.
2) Donating food to our neighbors within the Beaverton School District
3) Distributing boxes of food to more than 3,000 families in Beaverton
4) We donated over 500+ loaves of bread and tons of pastries from Grand Central Bakery to our neighbors in Beaverton.
5) Parishioners were encouraged to celebrate St John the Forerunner's Feast Day on June 24 by sending cards, pictures and donations to the monastery.

Going forward in the weekly emails you will see the section ***Helping Those in Need: Outreach with Philoptochos***. We will use this forum to communicate with the community on how you can partner with the charitable arm of St. John. Thank you for your love, support, and membership.

July

St. John the Baptist
GREEK ORTHODOX CHURCH

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Feast Days Celebrated in July: July 2 St. John of San Francisco July 18 St. Elizabeth the New Martyr July 20 Prophet Elias July 25 St. Anna the Mother of the Theotokos July 27 St. Panteleimon			1 11:00 am Saint Stories with Father - St. John Maximovich	2 8:00 am **Orthros** 9:00 am **Divine Liturgy** 7:00 pm Small Compline & Paraklesis to St. Nikiforos (Readers Service via Zoom)	3 Church Office is Closed	4 5:00 pm **Great Vespers** 7:00 pm GOYA meeting (via Zoom)
5 8:45 am **Orthros** 10:00 am **Divine Liturgy** 11:00 am **Doxology for Independence Day**	6	7 7:00 pm Jr. GOYA Meeting (via Zoom)	8 11:00 am Saint Stories with Father - St. Paisios the Athonite	9 7:00 pm Small Compline & Paraklesis to St. Nikiforos (Readers Service via Zoom)	10	11 5:00 pm **Great Vespers** 7:00 pm GOYA meeting (via Zoom)
12 8:45 am **Orthros** 10:00 am **Divine Liturgy**	13 Fr. Matthew on vacation →	14 7:00 pm Jr. GOYA Meeting (via Zoom)	15 11:00 am Saint Stories with Father - Prophet Elias	16 7:00 pm Small Compline & Paraklesis to St. Nikiforos (Readers Service via Zoom)	17 10:30 am Philoptochos Board Meeting (via Zoom)	18 8:30 am **Orthros** 9:30 am **Divine Liturgy** 5:00 pm **Great Vespers** 7:00 pm GOYA meeting (via Zoom)
19 8:45 am **Orthros** 10:00 am **Divine Liturgy**	20 8:00 am **Orthros** 9:00 am **Divine Liturgy**	21 7:00 pm Jr. GOYA Meeting (via Zoom) 7:00 pm Parish Council Meeting (via Zoom)	22 11:00 am Saint Stories with Father - St. Paraskevi	23 7:00 pm Small Compline & Paraklesis to St. Nikiforos (Readers Service via Zoom)	24 6:00 pm Women's Fellowship (via Zoom)	25 8:30 am **Orthros** 9:20 am **Churching - Pres. Annie Swehla (Maria Katherine Swehla)** 9:30 am **Divine Liturgy** 5:00 pm **Great Vespers** 7:00 pm GOYA meeting (via Zoom)
26 8:45 am **Orthros** 10:00 am **Divine Liturgy**	27 8:00 am **Orthros** 9:00 am **Divine Liturgy**	28 7:00 pm Jr. GOYA Meeting (via Zoom)	29 11:00 am Saint Stories with Father - St. Panteleimon	30 Fr. Matthew on Vacation → 7:00 pm Small Compline & Paraklesis to St. Nikiforos (Readers Service via Zoom)	31 →	1 → Dormition Fast → 5:00 pm **Great Vespers** 7:00 pm GOYA meeting (via Zoom)

Please check the website calendar (www.stjohngoc.org/calendar) for the latest schedule, as events and services sometimes change.

JOURNEY TO ORTHODOXY

Ted (Lawrence) M.

I grew up in an active worshiping family going to church every Sunday under a Protestant tradition (United Methodist). As a young teenager, having completed confirmation classes, I did not feel ready to become baptized. I felt it was too simplistic that I just need to believe that Christ died for me and my sins. When I went off to college I quit going to church except when I visited my parents. I put far more focus on my studies and having fun in the world. Over time I developed a disdain for organized religion. During my junior year, I took a course on the major religions of the world. This was my first exposure to Eastern religion, to which I felt an affinity partly due to the individualistic pursuit of God but also by the acknowledgement of the invisible spiritual realm which was void in my church experience.

Although I made God an afterthought in my life, God had not abandoned me. I had lost my job just before school resumed in fall of my senior year. Yet within a week I found another job: crisis averted. The next week I journeyed 100 miles from home on a motorcycle, my only mode of transportation to the new employee orientation. On the last day of orientation, someone had knocked my bike over while it was parked on the road. I picked it up—now missing a rearview mirror—but the bike wouldn't start. I felt helpless, far from home with no money and my only asset now a huge liability. By God's grace one of the few people still remaining from the orientation was going my direction and had a pickup which could carry my motorcycle too. Furthermore, a new coworker helped me to fix the motorcycle. That gave me a moment of catharsis; I knew without a doubt that God was always watching over me.

Fast forward several years, I had married a Hindu woman I met in school and we have two lovely boys. We shared much in common, yet our cultural upbringings greatly differed contributing to our divorce. She sought to find a private school for our children when our younger boy was just entering kindergarten due to frustration with the public schools. This is where Orthodoxy entered my radar. I discovered Agia Sophia Academy when searching for schools. We both agreed that it would best of all the schools we saw. I liked the idea that my kids would finally get some exposure to Christianity, as I had been quite neglectful in this area of life.

After we decided to enroll, I realized that I knew nothing about Orthodox Christianity. I decided that I should start going to know more for myself. I began with a Vespers service in August, followed by Liturgy the next morning. It was very different from anything I had experienced. The people were very warm and welcoming. Reading along with the prayers and services really helped me digest it all. I could see much deeper meaning now. The affinity I felt for eastern religions was satisfied by Orthodoxy. I knew after a few months that this would be my spiritual home.

I have come understand that, despite all the gifts God granted me, I am helpless without Him. Christ has changed me as I've come to know Him—bringing inner peace and joy. Christ is waiting for each of us wherever and whenever we finally acknowledge His presence to receive His love. All Glory to God the Father, my Lord Jesus Christ and the all-holy Spirit.

Family Promise of Beaverton

FAMILY PROMISE UPDATE

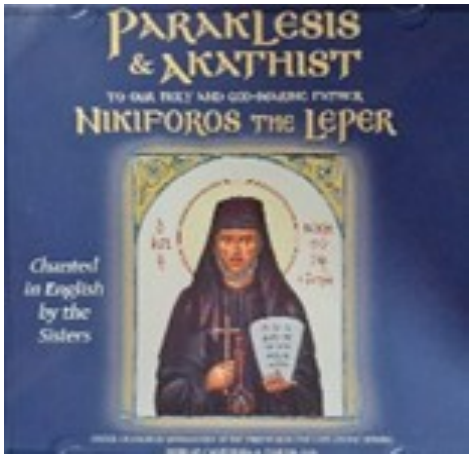
At this juncture, it doesn't look like we will be hosting our Family Promise guests August 23rd-30th but this doesn't mean we can't serve them! Instead, we are being given the opportunity to provide meals during that week! The logistics will come in future communications. Please watch for them.

NEW AND AVAILABLE AT LOGOS BOOKSTORE!

A NEW CD:

Paraklesis & Akathist to our Holy and God-Bearing Father Nikiforos the Leper

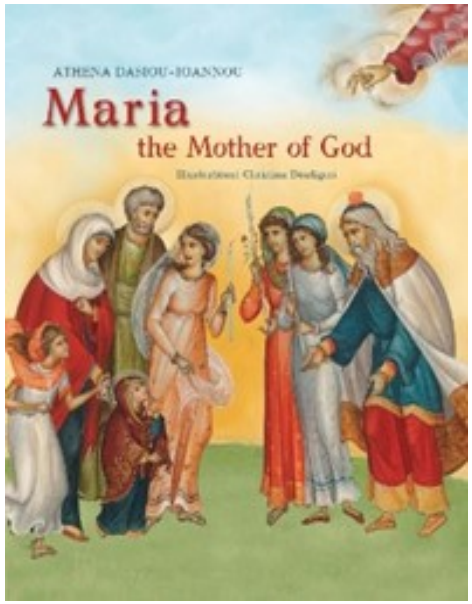
Chanted in English by the Sisters of the Life Giving Spring Monastery, includes 20 offerings



A NEW BOOK:

Maria the Mother of God by Athena Dasiou-Ioannou

A beautifully told and illustrated book for children and adults about the life of the Mother of God, beginning with introducing Her parents, Her Nativity, the Presentation of the Theotokos to the Temple, Her meeting with St Elizabeth, the Annunciation, the Nativity of Christ, the Flight into Egypt, and all of the events that followed in the Gospel, and then culminating with Her Dormition.



From the introduction of the book: "Everything you read in this book, even the things that seem to you like a dream, marvelous, beautiful, amazing and super-natural, are all totally and completely true. This is the story of our sweet Panagia, written here on earth many, many years ago."

ST. JOHN THE BAPTIST MINISTRIES

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Jon Corazza, President
Matthew VanSickle, Vice President
Kathleen Ketrenos, Treasurer
Michael Agrawal, Secretary
Chris Perlmutter, Stewardship
Robert Downs
Barry Ketrenos
Patrice Kuchulis
Joseph Lubliner
Nathaniel Lubliner
Ted Moffitt
Shawn Stebner

STRATEGIC PLAN
Diane Cherry & Maria Souza

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Diane Cherry & Nathaniel Lubliner

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Jennifer Davis, 1st Vice President
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Patrick Barnes & Elizabeth Hatch

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Deacon Innocent & Barry Ketrenos

PROSFORA BAKERS
Deacon Innocent & Church Office

FUNDRAISING
Thomaida Hudanish

MISSIONS & EVANGELISM
Jennifer Rich

NEWSLETTER DEADLINE:
SECOND FRIDAY
OF THE MONTH

LOGOS BOOKSTORE
Agape Ketrenos & Paraskevi Whitton

WELCOME COMMITTEE
Moses (Clayton) Dale

CROSSROADS MINISTRY
Demetri Mirras

YOUNG PROFESSIONALS
Fr. Matthew & Beth Perlmutter

MEN'S MINISTRIES
Brandon Wilson, Robert Crosby & Robert Downs

WOMEN'S FELLOWSHIP
Beth Smith

MOTHERHOOD MINISTRY
Elizabeth McAtee & Meika Wood

MOMS' NIGHT OUT
Sam Marine

ST. KOSMAS HOMESCHOOL CLUB
Amanda Black & Meika Wood

YOUTH MINISTRIES
Beth Perlmutter, *Youth Director*

SUNDAY SCHOOL
Kendall Muzik

GOYA (9th-12th Grades)
Deacon Innocent & Beth Carper

JR. GOYA (6th-8th Grades)
Shannon Rush & Chris Perlmutter

JOY (3rd-5th Grades)
Bethany Downs & Kendal Muzik

HOPE (K-2nd Grades)
Jessie Crosby & Arielle Jungwirth

14485 SW Walker Rd, Beaverton, OR 97006
(503) 644-7444 • www.stjohngoc.org
churchoffice@stjohngoc.org