

## Holy Cross Inter-Seminary Senior Retreat

Holy Cross had the blessing to host an Inter-Seminary Senior Retreat September 28-29, 2012. The senior class of Holy Cross, St Vladimir's, St Tikhon's and Holy Trinity Seminary joined for fellowship, prayer and to hear the address of Father Ireneus Steenberg. Father Ireneus is an Archimandrite in the Russian Orthodox Church Abroad currently living in San Francisco, CA. He is the principal of St John of San Francisco Orthodox Academy, the Dean and Founder of the Sts Cyril & Athanasius Institute for Orthodox Studies and a

Visiting Professor at Santa Clara University. Fr Ireneus received his Masters and Doctorate from the University of Oxford and has published dozens of books, book contributions and articles in Church History and Patristics. He has translated several liturgical and Patristic texts and also several books of the Old Testament for the Orthodox Study Bible. In addition to Father Ireneus' impressive curriculum vitae, he founded Monachos.net which serves as a resource on Orthodox theology, Patristics and monasticism.

In the first session, Father Ireneus discussed three categories of sins he has encountered in hearing confessions: fear, the enslavement to false "freedom" and the skepticism that binds the heart to doubt. In discussing fear, he showed how even Adam was afraid of God's wrath and His mercy in the Garden. Many of us fear the unknown, we fear both solitude and community. We are also afraid to have faith. He said that hate is not the opposite of love, fear is its opposite. It was Peter's fear of Christ's crucifixion which caused Christ to call out, "Get behind me Satan!" The priest, indeed all those working with the Church, must show people a way out of their fear. Secondly, he discussed the false vision of freedom in today's world. Often, we see freedom as the elimination of any barriers to our own will, to be restrained by no one. Father Ireneus described this as a "crushing slavery" since the most precious thing is our ability to give up our own will. Lastly, he discussed the skepticism which binds the heart to doubt. There is often the temptation to try to prove something, a temptation into which priests often fall. Some things however simply surpass explanation and their mystery must not be reduced to a rational answer. The priest must be there to help others live in the mystery instead of helping to explain it away. The process of overcoming fear is the transformation of a life. For this reason, a priest must not try to answer the fear, but over time help them have a conversion of heart. Father Ireneus compared this to taking dietary supplements which must not be taken all at once, but little by little for the transformation towards health.

The next morning, Father Ireneus provided a list of wisdom he has learned from his namesake, St Ireneus of Lyons. First, one must receive the Christian life. St Ireneus received the faith from Polycarp who had been a disciple of St John the Evangelist. This is an active relationship, not simply an

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## Resurrecting and Restoring Our Relationships | a Reflection

I had the pleasure and the honor of attending the marriage retreat in September led by Father Tom and Presvytera Pat Tsagalakis from Kenmore, Washington. The theme of the retreat was "Resurrecting and Restoring Relationships." While this was a marriage retreat put on by the Married Student Association (MSA), I felt, as did many others, that the discussions and lessons being taught were valuable lessons from which any individual, married or not, would have benefited.

Attendees were told to prepare for "discussion, humor, fresh insight, and new strategies to restore and resurrect our relationships," and we were not let down. Father Tom led discussions with a no-nonsense attitude, encouraging us to get down to the nitty-gritty, all the while showing sincerity, sympathy, humor, and providing us all with new insight and inspiration. Presvytera Pat touched us all with her beautiful voice, her kindness, and her own personal experiences that we all could relate to.

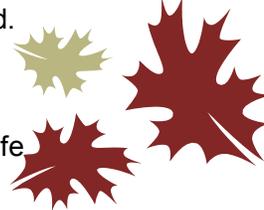


Together, they were a team that displayed for us a beautiful example of a marriage in which both partners support and encourage each other. They led us through activities that opened our eyes to a new way of viewing relationships, not just with our spouses, but also with our friends, family members, and brothers and sisters in Christ.

Since the retreat, I found my mind wandering back to discussions and experiences from that weekend. Already I have found many lessons I learned to be useful and meaningful. I am grateful for the time they took out of their busy lives to visit our campus and enrich those of us who were able to attend.

-Natalie Mott  
Holy Cross Seminarian Wife

Pictured left, Father Tom & Presvytera Pat Tsagalakis.



# Message from Your Student Government Association

Dear Brothers and Sisters,

I pray the new students have found comfort in their new home and everyone has found joy and gladness as we have begun this academic and liturgical year. I am very excited for this year, many of the branches of the SGA have great plans for the year.

This year the Executive Board plans to continue revitalizing the lower level of Polemanakos Hall with the rest of the SGA, the Alumni and the Administration of the school.

We also have a great dialogue in progress with several administrators to improve campus life for all members of our community. At our last meeting the SGA nominated Ms. Christiana Thanos for a Doctorate in Humanities and His Beatitude Archbishop Anastasios of Tirana and All Albania for a Doctorate in Theology, formal recommendations will soon be submitted to the Deans of Hellenic College and Holy Cross.

Καλή Δύναμη,  
Andrew John Pavlakos  
President, SGA



# HCHC Intramurals

HCHC Intramurals are back again! From September to November we will be having Flag Football, consisting of a Men's and Women's league. We have 6 Men's teams which have been distributed to maximize the equality of the teams on the field every Saturday morning as well as building community, rather than rivalry. We also have 2 Women's teams.

At the Columbus Day Break, Team 3, captained by Yianni Sarris, is undefeated at 2-0, while Team 1 (Yianno Pantazelos), Team 6 (Joshua Pappas), The Red Sea Splitters (Demetri Constantine) and Team 2 (George Bryant) are all tied up at 1-1, leaving Team 5 (Alexey Petrides) in last place, but not too far back at 0-2. With 2 games left on the schedule who knows what can happen!

The Women's standings are a bit confusing as it seems that we have lost the Wives' team, so a fresh start to the season should offer some more excitement as the only two remaining teams, Boom Roasted and the Fab Five will be battling it out for a championship.

All together we have 50 Students involved in Flag Football and we initially had 5 spouses involved too, which is roughly 25% of the entire community! I would also like to give a special shout out to the referees who all volunteer and work very hard at being unbiased and efficient, without them this would not be impossible.

We are going to try something new this semester, by adding a mid-November Coed Volleyball Tournament, which seems to be very promising and looking like it is going to be tons of fun. In the Spring Semester we hope to continue our 3-on-3 Basketball Season and Coed Indoor Soccer.

-Andrew Athanasiou, Athletics

# Campus Activities Board

The Campus Activities Board (CAB) has started off this year with a bang. After a fun filled orientation weekend, we had the annual Fall Panigiri which included great food, fun, and dancing. Thanks to all of you who were able to come and offer your help, appetite, and (most importantly) parea! We look forward to a similar celebration in the spring.

As far as upcoming event go, CAB has much planned for this month. On **Thursday, October 11th**, we will have our third meeting. All are welcome to join us for November/December planning, and other odds and ends. **CAB Apple Picking** will be held on **Saturday, October 13th**. Please

join us for fellowship, apples, and doughnuts. Looking a little further down the road, CAB will host our **Fall Fest on Saturday, October 27th**. This fun-filled event will include many fall activities. More details to follow.



Keep your eyes peeled for other events for the month of October. We will be sure to send reminder emails for all of our events. If you have any questions, comments, ideas, or anything to offer CAB-related, feel free to contact Michael Kallis at [mkallis@hchc.edu](mailto:mkallis@hchc.edu).

newsletters@hchc.edu

► continued intellectual act. Father Irenaeus also spoke about love, the paramount example of the Christian life. He then provided some helpful advice to those preparing for the Holy Priesthood. He said it is much more important to be obedient to one's superiors rather than correct. This builds humility and obedience. Additionally, the priest must not be afraid to speak with the authority of the Fathers. They must preach with this authority to say, "This is the Gospel, this is what God says." Furthermore, the greatest of truths are the simplest and so are the greatest men. As Christians, we must be like clay and not like rocks so that God might shape us according to His will.

The retreat was a great opportunity for those of us in our last year in our respective seminaries to reflect on our time in school and on the direction in which God is carrying us. Father Irenaeus was an excellent speaker who kept the attention of his hearers and really demonstrated the love of a pastor for his flock. He made sure to get to know some of the seminarians and contextualized his talks with his hearers in mind. This was most certainly a great experience for me as I had the opportunity to spend time with Father Irenaeus in offering the School's hospitality and get to know, albeit only briefly, those with whom I hope to serve Christ and His Church.

-Sam Williams, Holy Cross Seminarian



Pictured above, Inter-Seminary Retreat participants with Father Irenaeus.

