

Orthodox Spiritual Life: Fathers and Sons

4th Annual Men's Ministry Retreat – 2018

The Men's Ministry of Holy Trinity invites men of all ages to its annual retreat, led by Fr. Tom Tsagalakis

“Glorify Your Son, that your Son also may glorify You”

Date: October 19th – 21st, 2018

Time: 5:00 PM Friday through 11:00 AM on Sunday

Place: Camp Angelos (32149 SE Stevens Road, Corbett, OR 97019)

Suggested Contribution: \$50 per “adult” (includes all meals and materials)

Fr. Tsagalakis will focus on building, better understanding, and learning from relationships between fathers and sons using an Orthodox perspective.

- Participants will examine how to build trust, overcome feelings of anxiety, fear and anger by “changing how we look at things”.
- Intergeneration outdoor activities include archery, fishing, & basketball.



Fr. Tsagalakis serves as the priest of Holy Apostles Greek Orthodox Church in Shoreline, WA. He grew up in San Jose at Saint Nicholas' GOC. A former adjunct professor at Seattle Pacific University (SPU),

he maintains a private practice in marriage and family therapy. Fr. Tom received his undergrad degree from San Jose State University and a master's degree in divinity from the Holy Cross School of Theology in Brookline, MA. He also holds a master's degree in marriage and family counseling from SPU. He is married to Presvytera Pat. They have two grown children.

To sign-up for the retreat, send an e-mail to Nicholas.D.Triantafillou@outlook.com & Sphout@comcast.net

Friday, 10/19	5:00 PM	Arrival
	6:00 PM	Social time, introductions
	7:00 PM	Dinner
	8:00 PM	Discuss the “Invisible Warfare”
	9:00 PM	Fireside
Saturday, 10/20	6:15 AM	Time by Bank of Sandy River*
	8:15 AM	Worship/Breakfast
	9:00 AM	Reflection on being men.
	10:15 AM	Habits that feed our souls as men
	11:00 AM	Activity / Discussion
	Noon	Lunch
	1:00 PM	Overcoming fear and anxiety
	2:00 PM	Discussion
	2:45 PM	Social Break and Outdoor Activity
	3:30 PM	Becoming men who love more deeply
	4:15 PM	Activity / discussion
5:00 PM	Vespers	
6:00 PM	Dinner	
7:00 PM	Evening Youth Led Session	
9:00 PM	Social Break & Fireside Chat	
Sunday	6:15 AM	Time by Bank of Sandy River*
	8:00 AM	Liturgy
	9:00 AM	Breakfast and Cleanup
	10:30 AM	Depart

* Fishing and Archery: Optional

4th Annual Men's Ministry Retreat

Orthodox Spiritual Life | Fathers and Sons

The Men's Ministry of Holy Trinity invites men of all ages to its annual retreat being held at Camp Angelos on October 19th through the 21st. Father Tom Tsagalakis will lead and facilitate discussions focused on the relationships between Fathers and their sons.

One of the most meaningful and impactful relationships of men's lives is that between father and son. Our relationship with our father has informed what we understood it means to be a man, including how to relate and connect with others. It is often a challenging relationship, but one that always benefits from attention.

At this retreat, Father Tom Tsagalakis will examine how to build trust, overcome feelings of anxiety, fear and anger by changing how we look at "things". He will help us recognize the invisible warfare that is ongoing, how it affects dynamics within our families. He'll better equip us to find peace, joy and a sense of harmony, while building deeper and warmer relationships.

Father Tom grew up in San Jose at Saint Nicholas' Greek Orthodox Church. He currently serves as the Proistamenos of Holy Apostles Greek Orthodox Church in Shoreline, WA. In addition to being the father of two grown children and husband to his Presvytera Pat, he is recognized for his private practice in marriage and family therapy (in Seattle) and his professional experience and credentials.

The event is open to all men, older and younger, starting with high school age boys. There will be opportunities to learn as well as to play both indoors as well as outdoors. Those interested will be able to learn and practice archery, play basketball, and (conditions permitting) to fish off the banks of the Sandy River for Salmon.

The following are a few quotes, including one from Gary Chapman's *"A Teen's Guide to the 5 Love Languages; How to Understand Yourself and Improve Your Relationships"*, that are indicative with aspects of what Fr. Tom will be touch on upon during the retreat. One or more of these quotes may touch a chord within you:

"When we are no longer able to change a situation, we are challenged to change ourselves."

"The salvation of Man is through love and in love." - Viktor Frankl

"And you, fathers, do not provoke your children to wrath, but bring them up in the training and admonition of the Lord." - Ephesians 6:4 (OSB)

"Without being fluent in the love <αγάπη> languages, our relationships will suffer, causing friction with those closest to us – our friends, parents, siblings, boyfriend or girlfriend, mentors, coaches, and so on."

The retreat kicks off soon after 5 pm on Friday October 19th and will run through 10:30 am on Sunday.

The suggested contribution is \$50 per adult. To sign up send email to Nicholas.D.Triantafillou@Outlook.com.

Note: Sunday Services will be held at Camp Angelos starting at 8 am.

The Men's Ministry began meeting, at our Parish, in 2015. Its mission is to bring together the men of our community to help one another grow in our relationship with God and each other. Our goals include:

- Growing closer to God by increasingly integrating our Faith into our lives;
- Serving the Church, the Church Community and the broader community outside of Holy Trinity;
- Becoming examples of Faith-driven lives through engagement with our families, Church and communities; &
- To build relationships with each other through fellowship and fun.

The Men's Ministry holds monthly meetings often centered on a Church or prayer service. After the service we often share a meal together. One of our priests (usually) attends these meetings and leads us in a discussion focused on a faith or spiritual topic. Following this discussion, we hold a business meeting to review past or prepare for upcoming service projects. If you would like to become involved or attend meetings (even periodically) please share your e-mail address with Steve Phoutrides at SPhout@ComCast.net.