



GOYA Saco Retreat by Alexander Connor

A few Sundays ago some of the GOYA members--Myself, Anastasia, and Christopher-- along with Anna traveled up through the snow to Saco, Maine. We visited the beautiful St. Demetrios for a day long retreat with some familiar faces from the Metropolis of Camp where many of us attend in the summer. When we arrived, we were met by the Mike Sintros, a director at the camp, and some of our past councilors. After a few introductory “ice-breakers” to get to know each other we began our discussion of a few Saints and the Monastic life. To follow this up we took a short hike through the woods behind the church, we were in after all. Trekking through the snow, Mike taught us about survival in the woods. We quickly learned to start a fire and build a shelter while also appreciating the beauty around us. After getting back we shared who our favorite saints were and some stories we enjoy about them. This discussion turned back again to the monastic life. It was interesting for me, someone who has been to a monastery before, albeit awhile ago, to hear the perspective of someone who has never been. It really is a beautiful time. We wrapped this discussion up and began to make small prosphora that the church would offer in the liturgy the next day. A well-prepared dinner of spaghetti, garlic bread, and Greek salad followed. Although there were more events planned for later in the evening, we had to depart to get home. We said our goodbyes to the friends we made that day and headed back out into the snow. We returned home with the news of a Patriots victory.

