

## Where Greek Letters Meet Healing: Theodora Miller's Creative Path

By Paula Kalamaras, HPS VP

On March 7, 2026, the Hellenic Preservation Society (HPS) hosted Greek-American artist Theodora Miller at a **Grammata Art Workshop and Luncheon** at Sts. Constantine and Helen Cathedral Fellowship Hall. Aspiring artists came from all over to hear Ms. Miller's inspirational story of recovery from a severe brain injury and her rise to international acclaim as an artist. From the delightful lenten lunch provided by Caterology, to a fun and creative workshop interpreting Greek letters as individual art projects, Theodora provided a fascinating journey through her own Hellenic experience in a program that helped her audience bring out their own creativity. A silent auction of many of Theodora's works, as well as paintings by our own local artists (Jean Porter, Presvytera Christina Callos, Prokopios Hliatzos, and Helen Collis), was well received and several attendees went home with original art.

For over a year, from the moment that Helen Collis contacted Ms. Miller until today, HPS's event committee headed by Renee Sadler and Jean Porter worked with Ms. Miller and their HPS committee to ensure that this event would prove to be a stellar example of HPS's Mission to *"Present a unified voice of the Hellenes that will promote the Greek experience through programs, presentations and cultural collections."* And wow, did Theodora Miller deliver!

While guests were dining, committee chair Jean Porter introduced HPS President Dean Peters, who gave an interesting talk on the etymology of alphabets and their ancient Phoenician and Classical origins. Then he introduced Ms. Miller's presentation. Tracing her evolution from her traumatic brain injury to changing the course of her life in pursuing art full-time, she shared the five *ethos* - **ηθος** - that have guided her in both her personal and artistic life. These **ηθος** comprise character, custom, or habit reflecting her deeply held beliefs that answer some of life's most compelling questions and allow her to be surprised by joy.

Her five **ηθος** are: Guided by curiosity, faith in divine timing, celebrating life's sacred moments together, looking back to look forward, and creating to transform. Her purpose of incorporating these values has led her to artful living and provided an excellent guide for everyone who hears her story.

After we heard her inspiring speech, Ms. Miller led everyone in a creative session, and we began practicing what Theodora taught. The workshop focused on Greek letters illustrated with art supplies, black acrylic paint, and colorful dried acrylic chips. Theodora guided the group on how to create a work of art using Greek letters in abstract and artistic ways. There was so much laughter and excitement as everyone started tapping into their creative juices and made take-home art.

The day wrapped with winners of the silent auction announced. Everyone had a chance to chat with the artist, and everyone went home with reminders of a very special day. Thanks to Theodora Miller for sharing her story and leading our workshop with humor, creativity, and talent. We hope you come back to Cleveland soon and remain part of our Hellenic family!

You can find and order art from Theodora at <https://www.theodoramiller.com/>