



Monthly Parish Newsletter
Holy Trinity Greek Orthodox Church
Pittsburgh, Pennsylvania
Fr. John Touloumes, Economist

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THE HOLY TRINITY HERALD

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Our Mission: To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ

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Saint Demetrios the Great Martyr - October 26



In you the universe has found a great champion in time of danger, and a victor who could turn the nations back. As you restrained Lyaeus in the arena, you also inspired Nestor to courage. Therefore, holy great Martyr Demetrios, entreat Christ our God to grant us great mercy.

Father John's Message

THE HOLY TRINITY HERALD

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The Cultural Side

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The Herald
is sponsored in
memory of
Michael
Manesiotis
by his wife, Georgia,
and family.
May his memory be
eternal!



"The poor will never cease out of the land; therefore I command you, you shall open wide your hand to your brother, to the needy and to the poor, in the land."

Deuteronomy 15.11 (Old Testament)

"The poor you always have the poor with you, and whenever you will, you can do good to them."

Mark 14.7 (New Testament Gospel)

"As we have opportunity, let us do good to all men."

Galatians 6.10 (New Testament Epistle)

Dear Brothers and Sisters in Christ,

Of the many observations to be made about the two recent, devastating hurricanes to hit the Gulf coast of the United States, there are two that come to mind when thinking of the scripture passages above: one is the unbelievable political rancor and debate over poverty and who is to blame for it; the second is the magnanimous response of Orthodox Christians around the country through ministries such as the International Orthodox Christian Charities, which have not asked "Whose fault is it?" but rather, "How can we help?" You see, there is a time for political debate in a free country such as ours, but as Saint Paul tells us above, "as we have opportunity, let us do good." So the right thing to do? Help now; talk later.

If anyone desires to see where the hearts ... and wallets ... of the faithful members of Holy Trinity Church are in matters such as these, they need only look at the fourteen large cases of IOCC Health Kits that were offered as gifts of love on Sunday, September 18. And that is in addition to the bi-annual sit-down homeless lunch feeding program our parish has been hosting for the past three years. And that is in addition to the labors of love offered to clean up the flood damage in homes in Millvale this year through the Pittsburgh Project. And that is in addition to the two homes built over the past three years for poor, homeless Mexican families in Tijuana through Project Mexico. And that is in addition to the literally hundreds of brand new Christmas gifts offered over the past years to local needy children through the Philoptochos Christmas Gift Tree.

The list goes on, but it is truly only the Lord who knows the depth of the generosity He has planted in the hearts of our faithful members. Let it be simply enough to know that, as witnessed by both the Old and New Testaments, the poor will always be with us, and we will always be blessed with the abundance and ability to help.

Thank you for your love and care for these, "the least of our brethren." It's not the list of things that count: it's the love. It's not about credit; it's about compassion. After all, as Jesus tells us, "When you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you."

May our loving Lord continue to inspire your hearts to fulfill His commands in all things!

News & Events

EDUCATIONAL MINISTRIES

Church School "Trading Places" Open House . . . 10/16

Parents: When was the last time *you* were in "Sunday School?" Do you know who your children's teachers are? What are they studying? What books are they using? What do they do during a typical class session? And Students: What do all the adults do when you're in class, anyway? Well, the answers to all these questions can be found at this year's Church School "Trading Places" Open House. On Sunday, October 16, the Church School students and Parents will trade places following Holy Communion. Parents will be dismissed to attend a class and meet their children's teachers. Students will remain in the Divine Liturgy for a special session with Father John, who will be speaking to them instead of the parents for the main sermon of the day.



Please note: This is a class day for attendance purposes, so all students should be there! This special opportunity is not a "day off"; please plan on being there with the whole family!

St. Lydia's Orthodox Women's Fellowship . . Oct. 6, 20

The St. Lydia Women's Study Fellowship is a ministry for women to share in fellowship and to study scripture, the Orthodox Faith and family life in today's world. The meetings take place every other week on Thursday mornings at 9:30 a.m. at the home of Jan Petredis in Wexford. New participants are always welcome! The fellowship is enjoyable and the approach is casual, but the subjects are important for today's women and families.



This year's theme is a Bible Study of Saint Paul's Epistles to the Corinthians. The study guide being used is a new publication, "First and Second Corinthians: Straight From the Heart." It approaches the study with an easy-to-understand method intended for all people. For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925.

Help Wanted: Traveling Librarians

The Saint Spyridon Children's Lending Library is looking for a few good volunteers. Help is needed in taking Spero's show "on the road" and bringing age-

appropriate books to the Church School classes on a once-a-month basis. If you are able to lend a hand, even of a periodic basis, please contact Church School Coordinator Stacy Dickos at 412-367-0925 or see a member of the Saint Spyridon Library staff on Sundays after Liturgy. Thank you for helping make this wonderful resource even more valuable and accessible to our children!

YOUTH MINISTRY

GOYA Metropolis Fall Retreats . . . October/November

The Metropolis of Pittsburgh will hold its annual GOYA Fall Retreats on October 14-16 and November 18-20 at Camp Nazareth in Mercer, PA. Teens are free to attend either week, but our Holy Trinity preferred date is the second retreat, November 18-20. Applications are available at the Metropolis web site, www.odpgh.org and are due by October 1 (1st retreat) or November 1 (2nd retreat). The theme will focus on relationships: the relationship of teens with God and how they can be close to someone of the opposite sex while still honoring God and themselves.

GOYA Fellowship Night October 19

The GOYA will hold the first of its monthly fellowship nights for the season on Wednesday, October 19 from 7:00 to 9:00 p.m. These casual meetings provide and opportunity for discussion, time with friends, questions for Fr. John and other GOYA matters as needed. The location is to be announced. For information, contact Presvytera Becky at 412-831-3574.

JOY Apple Harvest Sale October 23

Its back! The JOY youth ministry will hold its Apple Harvest Sale on Sunday, October 23, following the Divine Liturgy. There will be pies, cakes, dipped apples and more. Thank you for supporting the JOY ministry!

Special note to JOY parents: On Sunday, October 16, please plan on picking up your freshly-picked apples to be used in your Apple Sale items. Contact Karen Georgiadis at 724-625-8551 for information on how to help. Thank you!

WORSHIP LIFE

Weekday Services. October

Please take note of the following weekday Liturgies for the feast days in the month of October. Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30.

St. Gerasimos of Cephalonia October 20

St. Demetrios the Great Martyr October 26

News & Events

COMMUNITY LIFE

Fall Community Homeless Outreach. Nov. 19

Holy Trinity Church has been blessed once again with the opportunity to host the "Feed the Homeless" Outreach event. You may remember that in March of 2003, our parish—which so often asks for the support of the community around us for the Festival, Wednesday Lunch, etc.—accepted the invitation of the Greater Pittsburgh Orthodox Clergy Brotherhood and opened our doors to the poor and needy the Lord commands us to serve in His name for a sit-down hot lunch.

Now, returning to that blessing for the sixth time, on Saturday, November 19, the Orthodox Clergy Brotherhood will again sponsor a sit-down lunch for the homeless here at Holy Trinity Social Hall from 11:30 am to 1:00 pm. This philanthropic outreach will be sponsored by various Orthodox parishes in the area, who will bring food and provide volunteers to set up, clean up and serve. In addition to offering the use of our hall, it is important that the Holy Trinity community steps forward to serve. If you would like to help by cooking, serving or donating, please contact Julie or Mike Kritiotis at 412-766-5001. During the Christmas fast when we are called to prayer, fasting and almsgiving, this is truly a wonderful way to fulfill the commandment of Jesus Christ: "As you did it to these, the least of my brethren, you did it to Me" (Mt. 25.40). Thank you for your generosity.

REGIONAL NEWS

Holy Cross Fall Mini-Fair/Yiayia's Attic Oct. 4-6

The Holy Cross Greek Philoptochos is having its

annual Autumn Greek Food Fair and Bake Sale Tues.-Thurs., Oct. 4-6, 2005. Lunch is served from 11:30 to 2:00 and dinner from 4:30 to 8:00. For information, call Holy Cross Church at 412-833-3355.

Walk For Missions 2005. October 9

The Orthodox Clergy Brotherhood of Greater Pittsburgh will once again sponsor its annual Walk for Missions on Sunday, October 9 at 2:00 p.m. (Registration at 1:00 p.m.) at the South Park Fair Grounds. This year's proceeds will benefit the OCMC's team of medical missionaries being assembled to help with the recovery and rebuilding of the hurricane-ravaged Gulf states. Please notify Holy Cross Church at 412-833-3355 if you plan to participate.

Spotlight on Music. October 29

The Greek Orthodox Metropolis of Pittsburgh Ladies Philoptochos Society's "Spotlight on Music" is pleased to announce an evening of music and fun. All proceeds will benefit the Camp at Mount Tabor. Mark your calendars for Saturday, October 29, 2005, at the University of Pittsburgh's Bellefield Auditorium (across from St. Nicholas Cathedral in Oakland). Information can be found on the flyer in this issue.

G.A.P.A. "OXI Day" Celebration October 30

The Socrates-Daphne Lodge of G.A.P.A. will be holding an "OXI Day" celebration at the Presentation of Christ "Ypapanti" Church in East Pittsburgh on Sunday, October 30. In addition to a Trisagion for the fallen heroes of Greece following the Divine Liturgy, a special presentation will be made by Voula Hareras.

Stewardship Information Update

Attention all Holy Trinity Stewards: Please take note of the following important information from both our own Holy Trinity Stewardship program and the new Uniform Parish Regulations of the Archdiocese:

1. Voting members must be Orthodox Christians in good standing both sacramentally and financially with Holy Trinity Church and, according to the UPR, must "be eighteen years of age or over; be current in his or her stewardship and other financial obligations to the Parish, abide by all the regulations herein stated and the Parish Bylaws; and cooperate in every way towards the welfare and well being of the Parish."
2. Regarding Parish Assemblies, the following is from the UPR: "A Parish Assembly consists of parishioners

in good standing of the Parish who have met their stewardship obligations to the Parish in accordance with the Parish Bylaws. A person whose name appears on the Stewardship rolls but who is in arrears in the payment of his/her stewardship obligations may take part in the Parish Assembly by meeting such stewardship obligations on or before the date of the meeting. If a Parishioner is delinquent for more than the current calendar year, he or she may vote at the Parish Assembly only after that parishioner has met the unfulfilled stewardship financial obligations at least thirty (30) days before the Parish Assembly. New parishioners may exercise their vote at Parish Assemblies if they have been parishioners in good standing for at least three months."

Mouse Tales: The St. Spyridon Church School Library Update

Hello, my precious children!

I, Spero, your fa..a..vorite mouse, am back from summer vacation. Boy, did I miss all of you! It is getting time for fall and all of the beautiful colors that it brings. I just love walking through the woods and looking at all of the foliage and God's wonders that He creates for this special season. It never ceases to amaze me that He never gets tired and



never lets us down with the creation of all of this colorful beauty. It sure doesn't sound like asking much in return to simply please Him and try to never let Him down, does it?

We have a new DVD from the series "Hermie and Friends" by Max Lucado. The name of the DVD is "Buzby the Misbehaving Bee." This DVD is all about following the rules. My precious little ones, when your parents or teachers tell you what to do you, please do your best to listen to them. But many times we may wonder why there are so many rules in school and in our house. Why is everyone telling us what to do?

The reason rules are put into place is to keep us safe. In this DVD, Buzby learns that our Heavenly Father's rules are the best to follow when he is kicked out of his hive for not following the rules. Buzby's attitude is that he does not need them. He says, "I am king of the bees, King; that's right ... KING! I will start my own hive—"Buzby's Bee Hive"—and bees will come from all over and say 'this is a marvelous bee hive!'" Now Buzby the misbehaving bee is to bring his mischief to Herman and his friend's garden. They try to teach him the garden's "golden rules." The first rule is to "always listen to God." The second rule is "don't open the gate." The third rule is, "listen to your parents." The fourth rule is, "help others." The fifth rule is, "love others." The sixth rule is "do not hurt another bugs' feelings." The seventh rule is, "do not make a mess." The eighth rule is, "do not cause others to do wrong." The ninth rule is, "no speeding." The tenth rule is, "no loud noise after bedtime." Buzby says that the rules are not for him and breaks one of the garden's golden rules, causing a major problem. However, the ant shows him an act of kindness that changes his life. He learns the hard way that God is the King of everything. He says he is sorry and asks for forgiveness. But most of all Buzby learns that following the rules is cool. God gives us Ten Commandments so that we know how to live and love. He is not trying to take away our fun. He wants our lives to be joyful, happy and to treat others with kindness. God's rule is a way to say, "I love you!"

Also included in this video is a bonus cartoon based on Proverbs 3:5-6. It says "Trust in the Lord with all your heart and lean not on your own understanding in all your ways acknowledge Him and He will make your path straight." These are words to remember.

God wants us to strive everyday to follow the rules and listen to our parents because they know how to take care of us. Have a great School year!

Love in Christ, Spero

Gheronda's Corner

Part of a regular series of contributions by our resident "Gheronda" (respected elder clergy), Father John Androutsopoulos



Father John
Androutsopoulos

THE CHURCH: THE BODY OF CHRIST

"Now you are the body of Christ and members in particular."

(1 Corinthians 12:27)

St. Paul says the Church is Christ's body on earth, and that we are individually parts of it. Since Christ is the head of the Church, then the indi-

vidual members are its hands and heart, its tongue and its feet. Jesus submitted to the will of God. He became a sacrifice for sin in order that each of us might be freed from the penalty of sin and experience the joy of eternal life. The Church of Christ also has a mission to fulfill to the world as the body of Christ. It must undergo sacrifice to make effective the purpose of Jesus. He commissions us to present Him in bringing the kingdom of God to a needy world.

Christ's Church is made up of individuals who are being made more and more pure in the stream of a strong faith and an active life in Christ. Each, joined to others, does his part to lift the burden of the world, and to bring others into the sunshine of God's love to the fountain of life, that they too may be pure.

For the blood of Christ—the life of Christ—to be of value to our day, it may mean that His followers will likewise have bleeding hearts full of sympathy and tenderness. The Church needs its Golgotha to win the world for Christ.

The Church is not bricks and stone; it is the body in which Jesus continues to live. We who love and trust and obey Christ make up the Church. We are organically part of Him, His life-blood throbs through us, and He directs and controls us with infinite wisdom and love. The Church is as necessary to Christ as He is to the Church, for the head and body possess the same divine fire.

Life is lived at its best only when our spiritual fires

are re-kindled and set aglow by the habit of Church attendance. The Church is the sanctuary of divine manifestation.

The supreme duty and privilege of the Church is to witness for Him. It would be a good thing to examine ourselves and see if we are fulfilling our high destiny in the earth. St. Paul wrote to the Ephesians, "We must lovingly hold to the truth and grow up into perfect union with Him who is the head- Christ himself."

THROUGH FAITH

"I am the door: by me if any man enter in, he shall be saved, and shall go in and out, and find pasture."

(John 10: 9)

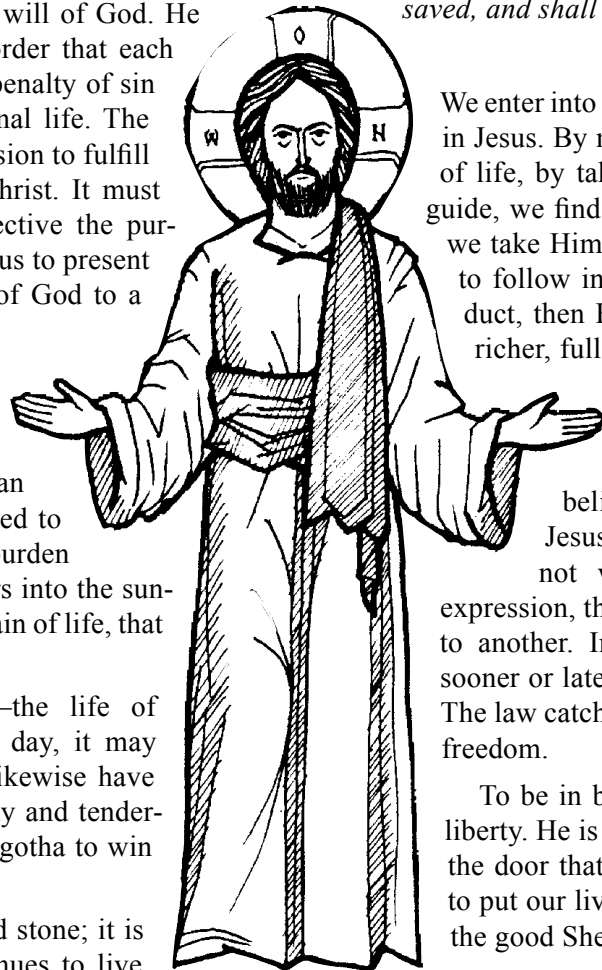
We enter into the kingdom of God through faith in Jesus. By making the way of Jesus our way of life, by taking the truths He taught as our guide, we find in Him the door of salvation. If we take Him, His life and spirit, as examples to follow in our business and everyday conduct, then He becomes for us the door to a richer, fuller life. He is the door that makes it possible for us to go in and out and find pasture.

Some people, however, believe that to link their lives with Jesus limits them. Because they do not want their desires denied full expression, they go on from one false freedom to another. In exercising this freedom, they sooner or later trespass on the rights of others. The law catches up on them and they lose their freedom.

To be in bondage to Christ is to have true liberty. He is the door, not of confinement, but the door that leads to true freedom. We need to put our lives under the care and keeping of the good Shepherd.

We begin to comprehend the importance of Christ who came to deliver us from evil and give us a spirit like His own. We find ourselves possessed of a true spirit, a good spirit, through acceptance of Christ and His way of life.

*With His love,
Rev. Fr. John K. Androutsopoulos*



Parishioners in the News

Georgiadis making winning a habit

By David McElhinny, Editor, The Cranberry Journal
Wednesday, August 31, 2005

With a mop of blonde hair, a sun-browned face and a million-dollar smile, Christopher Georgiadis looks like your average All-American kid.

However, looks can be deceiving as Christopher's peaceful, nine-year-old features veil the iron-willed determination of an elite athlete.

On Aug. 13, Christopher, an Adams Township resident who is active in many sports, participated in his first triathlon, the Children's Advocacy Center Youth Triathlon at Westminster College.

The event drew 125 competitors ranging in age from 5 to 14. While he was a complete novice to the sport, it didn't show.

Christopher shredded the waters in the 50-meter swim, furiously churned out a top time in the 1-mile bike ride and posted the fastest time of the day in the 10-and-under division of the 1/2 mile run with an effort of 3:41, breaking the tape with an overall winning time of 10:20, capturing first place in his age group.

"It felt really great," said Christopher. "I didn't really expect to win because there were so many other kids there and it was my first race."

While Christopher made the grueling race look easy, his parents had the difficult task of watching without being able to help guide their son through the event.

"As parents it was hard because you couldn't help the kids at all as they made the transition between stages," said Christopher's father, Steven Georgiadis.

"After he got out of the pool and jumped on the bike, we were laughing because he never even took his goggles off. He was just so focused on the race."

Although it was his first triathlon victory, it cer-

tainly wasn't the first time Christopher stood on top of the podium.

Just one week earlier, Christopher won the 9-and-under age group at the St. Barnabas Medical Center 5K with a time of 22:49. Two weeks prior to that, he captured a victory in the 10-and-under age group in the Thorn Hill Country Line 5K with a winning effort of 23:01.

In fact, it seems that Christopher doesn't know any other position than first. Last summer, at the age of 8, in the first 5K of his life, he won the 12-and-under division of the Adams Apple 5K with a time of 24:37.

"I sometimes get a little bit nervous before races, but I really like being in them."

It was last year when Steven began to notice his son's incredible endurance as the two would go out on runs together to help keep Christopher in shape for swimming, where he is so accomplished that his bedroom is shrouded in ribbons, medals and trophies.

"When we started going out on runs together, we'd finish three miles and he'd be asking 'what now'. He was ready to do some more."

For the past three years, Christopher has been training hard in the swimming pool at Oxford Athletic Club, an activity he believes has helped him in other sports.

"I think my swimming training has helped me big time. It helps with my endurance and stretches me out."

Christopher keeps a rigorous schedule. In addition to getting in some road work and training as part of the swim team, he also plays football, basketball and baseball in the Mars Youth programs.

"I really like to keep busy," said Christopher.

However, the hectic pace he keeps doesn't hurt him in the classroom where he has had straight A's his entire life. "We are very structured at our house and I feel that is very important for children," said Steven.

In the coming years, it is safe to say that the name Christopher Georgiadis will be seen a lot as his drive, determination and skill make him an athlete to keep your eye on.

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Community Life Photo Journal: 2005 Festival

The 33rd Annual Greek Festival at Holy Trinity Church was held from August 31 through September 4, 2005. With the exception of a gloomy Wednesday, the weather could not have been better. Thanks to good planning, hard work by many volunteers, good support from the Pittsburgh community and, above all, the blessings of almighty God, this year's festival came within about 1% of the all-time financial record set last year. Lots of new ideas were launched: an expanded tent and vendor area, new food items, a new dedicated fax/carryout line, loukoumathes outside and more. Many thanks to everyone who supported, helped, worked, contributed and attended this great community event. Glory to God!



Community Life Photo Journal: 2005 Festival



Dancers everywhere! The Holy Trinity Dancers and Olympic Dancers (pictured together above) provided entertainment throughout the week, with nightly Greek dance performances. Thanks to all for their help!



Community Life Photo Journal: 2005 Festival



Clockwise from top left: GOYAns staff the Gyro supplies prep room; Nick Sarandou and his salad team; Pastry chairperson Joyce Athanasiou and her helpers in "Pastry Heaven"; the littlest of our Junior Dancers with their teacher, Stella Athanasiou; the beautiful Greek island mural prepared by parishioner Susan Zikos. Bottom two photos: Troy Polamalu, famed safety with the Pittsburgh Steelers, and his wife, Theodora, who is Greek on her mother's side, was poses graciously with George and Maria Touloumes (left) and the Holy Trinity dancers (right). The Polamalu's spent an entire evening enjoying food, music and people at the Holy Trinity Festival. Thanks for the special visit, Troy and Theodora!

Community Life Photo Journal: 2005 Festival



Food and finale: Tent Chairman Harry Athanasiou displays one of the new food items this year: the Grilled Chicken Salad, "Greek Style." Mike Kritiotis readies himself for a delicious meal; Alex Trilivas hard at work in the kitchen; Emmanuel Aravakis mans the grill under the tent; and finally, wrapping up the entire event, Parish Council President George Georges presents thank you's and acknowledgements to the Festival Chairmen, Leo Loomis and Lou Zozos, as well as to the various area chair-people who worked to hard to make it a success.



The Cultural Side • Η Πολιτιστική Πλευρά



Voula Hareras

Μιά Μαρμάρινη Πλάκα

{Τό κείμενο πού ακολουθή είναι φιλολογικό, καί τό έγγραφο γιά αὐτές τις Μάνες πού ἔχασαν τά βλαστάρια τους, σέ ἓναν πόλεμο πού δέν ἔγινε γιά ἰδανικά, ἀλλά γιά συμφέροντα.}

Αἰσθανομαι τήν παγωμένη ὑγρασία νά μέ διαπερνά ὁλόκληρη ὅπως βρίσκομαι καθισμένη στό γρασίδι, κί ἀναρωτιέμαι ἀραγε εἶναι ἀπό βροχή ποτισμένο ἢ ἀπό τά δακρυά μου.

Κοιτώ μιά μαρμάρινη πλάκα καί ἐπάνω γραμμένο τό ὄνομά σου, λεβέντη μου μοναχογυέ μου. Γεννηθεῖς τό 1980 – Πέθανε 2004 – πέθανε; ὄχι δέν πέθανες, δέν μπορεῖ νά ἔχεις πεθάνει, ἐσύ εἰσουν γεμάτος ζωή, ὁμορφιά, νιάτα, ἡ ζωή σου χαμογελοῦσε γεμάτη ὑποσχέσεις καί ὄνειρα.

Κοιτώ τήν μαρμάρινη πλάκα, γίόκα μου, καί σάν κινηματογραφική ταινία περνά ἡ ζωή μου.

Καί ἐγώ καί ὁ πατέρας σου, παιδιά ἀκόμα ζήσαμε τήν φρίκη τοῦ Δεύτερου Παγκοσμίου Πολέμου, καί τήν ἀκατανόμαστη περιπέτεια τοῦ μισητοῦ ἐμῆλιου σπαραγμοῦ.

Απορφανωμένοι, τσακισμένοι, σμίξαμε τήν τύχη μας, καί ρίχνοντας μαύρη πέτρα πίσω μας, στή γῆ πού πρωτανοίξαμε τά μάτια μας, ἤρθαμε νέοι γεμάτοι ὄνειρα {στή γῆ τῆς Ἐπαγγελίας}.

Ξένοι μέσα σέ ξένους, χωρίς γλώσσα, σκληρή δουλειά, βάσανα, κλαίγαμε τά πρώτα χρόνια γιά νά γυρίσουμε πίσω. – Εἶναι σκληρή ἡ ξενιτιά γυῖε μου – Δέν ἀντέχαμε τό ξεριζωμό, λέγαμε, γιατί δουλεύουμε παιδιά δέν ἔχουμε, ἀφου δέν μας ἀρέσει ἄς πάμε πίσω.

Μά νά! Ἀπρόοπτα ἐπειτα ἀπό χρόνια ὁ ἥλιος ἤρθε, καί ἐδίωξε τά σύννεφα γιατί ἤρθες ἀπρόσμενα ἐσύ, Ἥλιε μου, τώρα κλαίγαμε ἀπό χαρά, ἡ ζωή ἀλλάξε, ἔγινε τραγουδι. Σέ κράταγα στήν ἀγκαλία μου, μάτια μου, καί κράταγα ὅλον τόν κόσμο. Συγγενεῖς, φίλους, πατρίδα, ὅλα τά βρήκαμε σέ Σένα μονάκριβε μου, καί τό παραξένο,

ἀγαπήσαμε καί τούτη τήν ξενιτιά, τήν πονέσαμε τήν κάμαμε κομμάτι δικό μας, βγάλαμε ἀπό τό λεξιλόγιο μας τήν λέξη ξενιτιά καί λέγαμε {ἡ δεύτερη πατρίδα μας} καί πολλές φορές μπερδεύομαστε ποιάν ἀγαπάμε πιό πολύ.}

Τά χρόνια κυλάνε, βλαστάρι μου, σέ καμαρώνουμε, ἡ ζωή γεμάτη ὅλα φωτεινά.

Μιά μέρα ἐρχεται τό ἀσχημο μαντάτο ὁ πατέρας σου σκοτώθηκε στή σκληρή δουλειά του... Δυστύχημα..Νόμιζα πώς θά πεθάνω, μά ἐνοιωσα τό χέρι σου στόν ὦμο μου, γίόκα μου, καί πῆρα θάρρος γιά τή ζωή; εἶχα ἐσένα ἐπρεπε νά ζήσω.

Πηγες σκολεῖο γεμάτος ὀρεξη γιά μάθηση. Θέλεις νά προχωρήσεις τά Οἰκονομικά λίγα γράφτηκες στό στρατό γιά βοήθεια σκολεῖου, ἀγωνιζόσουν νά ἔχεις ἓνα καλύτερο αὐριο.

Σου γιόρτασα ἀγόρι μου τά 20 χρόνια σου, λίγο πρὶν ἐρθεῖ τό μῦννημα νά φύγεις...ἐφυγες...σέ φίλησα, μέ φίλησες, καί δέν σέ ξανάδα, Ἥλιε μου. Φῶς μου.

Σέ φέρανε στό κιβώτιο σκεπασμένο μέ τή σημαία τῆς γῆς τῆς Ἐπαγγελίας! Τιμὴ μεγάλη ἐπεςες μαχόμενος στό Ἰράκ! Κάθομαι καί κοιτώ τήν πλάκα, γλυκό μου παιδί, καί εἶμαι ἔρημη, πονεμένη, βρεγμένη. Ὁχι δέν εἶναι ἀπό τήν βροχή, εἶναι τά δακρυά μου πού κυλοῦν ἀσταμάτητα.

Θέλω νά φωνάξω μέ ὅση δύναμι ἔχω, θέλω νά ἀνταμώσω ὁ σπαραγμός μου τόν θρήνο χιλιάδων μανάδων, συζύγων, ὀρφανῶν, παιδιῶν, πού δέν πρόφθασαν καλά καλά νά γνωρίσουν πατέρα.

Νά ἐνωθοῦν οἱ φωνές μας, νά φτάσουν μέχρι τόν Θεό μέ τό ἐρώτημα, Γιατί Θεέ μου, γιατί; ποιά ἰδανικά ἐξυπηρετῇ τούτος ὁ ἀφανισμός. Κοιτώ τήν πλάκα μά δέν μιλῶ, γίόκα μου.

Μόνον περιμένω, πότε θά ρθῶ κοντά σας, ἡ ζωή δέν ἔχει νόημα χωρίς ἐσας...

Καί οὔτε θέλω πλέον πατρίδες καί ἡ Πρώτη καί ἡ Δεύτερη τό ἴδιο φαρμάκι μούδωσαν...αστέρι μου...

Βούλα Χαρερά

The Cultural Side • Η Πολιτιστική Πλευρά



Maria Kraniou

(Continued from last issue)

A few months ago, while sitting in a doctor's office and browsing through a National Geographic magazine, I came across a fascinating section on ancient Greece. It contained information on Olympic history, archaeology, tourism, mythology, among other topics. I'd like to share some of the facts that I found to be interesting.

Maria Kraniou

Ancient Greece and Giants

Ancient Greeks believed in giants – mythic heroes and semi-human creatures many times bigger than ordinary folk. Atlas, the Cyclops, and the Titans were among them, but possibly the greatest of them all was Pelops. Poets envisioned him as a handsome interloper from the east, with a shoulder blade made of ivory. After winning a rigged chariot race, Pelops was said to have founded the Olympic games as a way to honor the gods for his victory. He also reigned over Greece's southern peninsula – the Peloponnese, whose name means "Pelops's island." At the peninsula's northwest corner stood Olympia, a religious complex that was the site of the Olympic games and of a shrine that claimed a relic of the mighty giant himself – his massive, ivory-white shoulder blade. During the Trojan War, the relic was reportedly shipped to the walls of Troy, as a talisman to bring the Greeks victory.



Greek writers, from the 5th century B.C. historian Herodotus to the 2nd century A.D. travel writer Pausanias, chronicled sightings of other bizarre remains of giants. Immense, disarticulated skeletons appeared along unstable shorelines, and huge, jumbled bones poked from weathered hills and cliffs.

Today most scholars shelve stories of giant bones under fiction. But Adrienne Mayor, a folklorist and historian of early science, takes the Greeks at their word. "Since the 19th century," Mayor says, "modern paleontologists have discovered rich bone beds of giant, extinct mammals in the same places the ancient Greeks reported finding the bones of heroes and giants." She thinks what the Greeks actually found were isolated fossil bones of creatures like the southern mammoth, a relative of the woolly mammoth. With no other way to explain the bones, the Greeks may have conceived them to be skeletal remains of giants.

Archaeology

The new Athens subway system could be called a tunnel through time. Ancient treasures unearthed during Metro construction, which began in 1992 and is still a work in progress, are now displayed in several of the city's Metro stations, including Syntagma Square. The artifacts, some of which were replicated for exhibit, span Athenian history from the Neolithic period, around 6500 B.C., through the modern era, and include marble and bronze statues, pottery, cobbled roads, aqueducts, inscriptions, and a mass grave from the plague years of 430 to 420 B.C.

Some stations were literally dug by hand to avoid damaging relics, more than 50,000 of which have been found so far. Such excavation takes time and money – some 50 million euros, or over 60 million U.S. dollars to date.

Greek Tourism Statistics and Information

Tourism's contribution to the Greek economy: 15%	Total population of Greece: 11 million	Number of tourists in 2002 14 million
Rank among the world's most popular destination countries in 2002 15th	Number of Greek islands: About 2,000	Percentage of hotels in Greece located on islands: 59%

Our Worship - Part 5

Part of a special series of educational features designed to provide "continuing education" to our parishioners. Taken from the publication, "Our Worship," which examines and explains the main elements of worship in the Orthodox Christian Church.

THE COMMUNION OF THE FAITHFUL

After the clergy have received Holy Communion, the priest brings forth the chalice and invites the faithful to partake as well "for the remission of sins and life everlasting."

Food is essential for a healthy life. No one would think of eating only once a month or once a year — in fact, that would be downright ridiculous. By the same token, the Eucharist is essential for proper spiritual health. Christ's Body and Blood is that food which, from the very beginning of our Christian life, is essential for a healthy spiritual life.

So important is the regular and frequent reception of the Eucharist that Christ once said, *"I am the bread of life ... This is the bread that comes down from heaven for a man to eat and never die. I myself am the living bread... if anyone eats this bread he shall live forever. ... Let me solemnly assure you, if you do not eat the Flesh of the Son of Man and drink His Blood, you have no life in you"* (John 6: 48, 50-51, 53).

Hence, just as we must regularly eat our daily meals for continued physical health, so too we must regularly eat of Christ's heavenly food for continued spiritual health.

Who May Receive?

Sharing in the Eucharistic table is the ultimate sign of the Church's unity in faith and love. This is why anyone from another Church tradition who does not share our common faith should not approach for Communion. Likewise those who are conscious of seriously violating the Christian way of life should not approach before asking for the forgiveness of their sins in the Mystery of Repentance.



After Communion —

The Divine Liturgy swiftly concludes with:

- **Thanksgiving:** In two hymns, a litany and prayer we express our joy and gratitude that we have been made sharers in the Eucharistic banquet.
- **Dismissal:** The priest comes out of the holy place for the final prayers of blessing. He may present the hand cross to be kissed and/or distribute the antidoron or blessed bread, the remainder of the Proskoronas offered by the faithful which was not consecrated. Although not the Eucharist, it serves as a reminder that Christ is the nourishment of the life we have received in Him. All are welcome to receive this bread, even if they have not partaken of the Eucharist.

The Eucharistic Liturgy is

- The **common action** of God's people, by which He alone is praised, worshipped and glorified;
- The very **revelation of God's** eternal, timeless and spaceless Kingdom in this world of time and space;
- The ultimate way to say **thank you** to God for all He has done for us;
- A deepening of our **common union** with the Father, Son and Holy Spirit
- The **basis of our daily lives**, when we allow the Liturgy to affect all that we do; and
- The ultimate **transformation of our individual actions** into common actions by which the Lord God is continually praised henceforth and forevermore.

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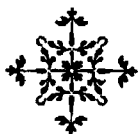
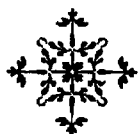
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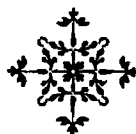
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of their
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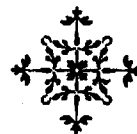


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LOVE IN ACTION: GET WELL GREETINGS FROM HOLY TRINITY KIDS



His Eminence Metropolitan Maximos, a beloved figure to the children of Holy Trinity Church, recently took a fall at the Metropolis headquarters. To encourage him during his recovery, the "Holy Trinity Kids" got together to make cards to send to him. Here is a selection of our children's "love in action." Good job, young people!