



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

March 2024  
Volume 32 | Issue 3

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## PHOTO OF THE MONTH



The Girls Team shines with team spirit and Greek pride as they receive their trophy icon during the Basketball Tournament hosted by Holy Trinity. See more photos on pages 12-17.



## The Annunciation of the Theotokos (March 25)

Today is the crowning of our salvation and the revelation of the mystery before all ages. For the Son of God becomes the son of the Virgin, and Gabriel proclaims the grace. Wherefore, we also cry out with him, "Rejoice, you who are full of grace, the Lord is with you."

THE NEWS MAGAZINE OF HOLY TRINITY GREEK ORTHODOX CHURCH, PITTSBURGH, PA



Father John Touloumes  
Proistamenos

Now in our 101st year!  
1923-2024

**OUR VISION**  
Faith. Family. Community.

**OUR MISSION**  
The mission of Holy Trinity  
Greek Orthodox Church is  
to proclaim and live the Or-  
thodox Christian Faith in its  
fullness as faithful members  
of the Body of Christ.

**I will meditate on your precepts and fix my  
eyes on your ways.**

**Psalms 119.15**

My beloved Holy Trinity family,

Whew! What a “season” it has been. And by that I don’t mean fall or winter. I’m referring to it in the larger “seasons of life” sense. Here at Holy Trinity Church, a major “season” in the life of this blessed community started last year with the arrival of the iconographers and continued through the completion and Consecration of the Church, the Centennial and finally just two weeks ago the hosting of over 500 guests for the Metropolis Basketball tournament. Looking back, it sometimes seems it was non-stop from the beginning to the end.

I continue to stand in amazement at the love, dedication and sacrifices that the members of this community offer in making those accomplishments and truly everything that happens at Holy Trinity Church possible, all by the grace of God.

Of course the life of the Church goes on as we continue to bring the Good News of Jesus Christ to the world. It is what we do. It is why we are here: worship services, ministries, education, outreach and more. None of which would be possible without the continued energy and efforts of so many wonderful stewards and volunteers.

Now, however, with Lent just around the corner, it’s time to recharge. To head inward. Everyone knows that if you don’t give your cell phone a rest and plug it in to recharge every night, you’ll be disconnected from the world. In the same way, if we don’t do the same with our personal and spiritual lives, we run the risk of becoming depleted and disconnected from God and others.

Our 2024 Lenten theme, “Lent With Intent” is both an invitation and a challenge to make that recharging and restoration deliberate. Your soul needs it. Your relationship with the Lord deserves it. And it all starts by setting our priorities and our heart aright. The quote from Psalm 119 above is a statement of intent before God. Likewise the prayer discipline advice from Elder Aimilianos won’t happen by accident. This year I invite you to enter “Lent With Intent.” Open your hearts and your schedules. Let God fill them with His grace. A blessed repentance to us all!

With paternal love in Christ our Lord,

**If, then, you want to pray without distractions, you have to follow this path. Don’t focus on things, or on what you’re doing, or what you’ve achieved, or think you’ve achieved, or on what lies ahead, or what happened and what didn’t happen. Instead, proceed immediately to the point of departure to the knowledge of God, namely, spiritual reading and contemplation. These alone will guide you to undistracted prayer, which will come to you by itself; it will be given to you by the grace of God.**

**Elder Aimilianos of Simonopetra**

**BECOME WHAT YOU WERE MADE TO BE. THIS YEAR, EXPERIENCE**

# LENT WITH INTENT

**INTEND TO PRAY, FAST, GROW, SERVE, ATTEND.**

*"What can I offer the Lord for all He has done for me? I will lift up the cup of salvation and call on the name of the Lord. I will keep my promises to the Lord in the presence of all His people." (Psalm 116.12-13)*

## WORSHIP LIFE

### Weekday Services - March

In addition to regular Sunday Orthros at 8:30am, and Divine Liturgy at 9:30am, the following weekday services will be offered this month. Please see the online parish calendar at [HolyTrinityPgh.org/calendar](http://HolyTrinityPgh.org/calendar) for updates. (HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Sat. Mar. 9 Saturday of the Souls** (SG)
- **Sat. Mar. 16: Saturday of the Souls** (SG)
- **Sun. Mar. 17, 6:30pm: Forgiveness Vespers** (SG)  
*This service opens a beautiful and solemn entry into the sacred season of Lent. It is the best way to begin your Lenten journey of repentance and renewal.*
- **Lenten Weekday Services**  
*See the Lenten Schedule of Services for complete information on weekday services from March 18 on.*

### Saturdays of the Souls..... March 9, 16, 23

Preceding the start of Lent and during the first week of Lent, the Church offers the "Saturdays of the Souls" at St. George Chapel to commemorate those who have fallen asleep in the Lord. Orthros is at 8:30am followed by Divine Liturgy at 9:30am and the Memorial Service. Download the names form at [HolyTrinityPgh.org/documents/worship](http://HolyTrinityPgh.org/documents/worship) to submit names for commemoration and be sure to attend and commemorate your departed loved ones. **Important: Is in our Orthodox Christian tradition to offer "kollyva" (memorial wheat) during the memorial prayers. If you are able to bring a dish or small tray for the service and to be shared with the faithful afterwards, please do! We cannot lose this beautiful and theologically significant tradition. Thank you!**

## LENTEN NEWS & EVENTS

### 2024 Lenten Theme: "Lent With Intent"

Each year we offer a theme for Lent which builds on our Orthodox Christian tradition in a way that helps us grow

and connect with Christ in today's world. This year the theme is "Lent With Intent," taken from Psalm 116.12-13: "What can I offer the Lord for all he has done for me? I will lift up the cup of salvation and call on the name of the Lord. I will keep my promises to the Lord in the presence of all his people." During the Lenten journey, you will hear lessons on the many opportunities the Church provides as we restore our relationship with God and His Holy Church, through which we find true peace in Him Who is our peace, Jesus Christ.

### Lenten and Holy Week Schedules of Services

This issue of *The Herald* contains a complete schedule of services for Lent. A Holy Week schedule will be included in the April issue. Both are also available online at our website. Please post them in a conspicuous place in your home. Make a family plan and circle the services you are able to attend and place them on your schedule and on your phone and computer calendars! As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us." He has planted the desire for His peace in our hearts and souls. Let's let nothing keep us from it.

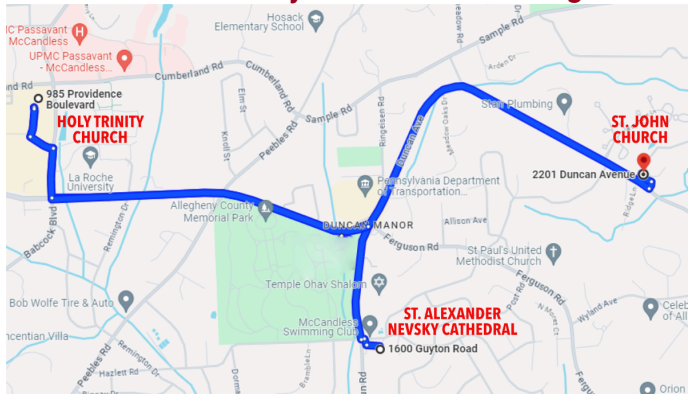
### Sunday of Orthodoxy .....March 24

This will be a special day for many reasons:

- **Sunday morning Divine Liturgy:** will be presided over by His Grace Andrei of Cleveland of the Romanian Orthodox Episcopate of the Orthodox Church of America, who will also be the speaker for the Vespers later Sunday afternoon.
- **Church School Icon Procession:** The students and staff of our Church School ministry will participate in the Sunday of Orthodoxy Icon Procession at the end of the Liturgy. Parents, please be sure to have your children bring icons that day, and please put their name on the back of the icon to ensure it doesn't get lost.
- **Sunday of Orthodoxy Celebration:** Holy Trinity Church has the honor of hosting the annual Sunday of Orthodoxy celebration sponsored by the Orthodox Clergy

Brotherhood of Greater Pittsburgh. Presided over by His Grace Bishop Andre of Cleveland, the service of Great Vespers of the Annunciation will feature clergy from Orthodox jurisdictions followed by the annual Procession of the Holy Icons and a Pan-Orthodox Choir singing the hymns of the service under the direction of Fr. Tom Soroka. Following the service, light refreshments will be served during fellowship time. Local representatives from Orthodox philanthropic ministries will be there with information on how to get involved. Also, icons and other Orthodox Christian gifts and handmade items will be available to purchase.

### "North Hills Orthodoxy" Presanctified Liturgies



There are now three Orthodox Christian parishes in our North Hills neighborhood, growing the presence of Orthodox Christianity together: Holy Trinity, (Greek Orthodox Archdiocese), St. Alexander Nevsky Cathedral (Orthodox Church of America) and St. John the Baptist (Carpatho-Russian Diocese). In the desire to provide a greater fellowship among our parishes and communities, we will be sharing in three Wednesday Presanctified Liturgies this Lent. The dates and locations are as follows:

- **Wed. March 27, 7:00pm** - St. Alexander Nevsky Cathedral, 1600 Guyton Rd., Allison Park
- **Wed. April 3, 6:30pm** - Holy Trinity Church, 985 Providence Blvd., Pittsburgh
- **Wed. April 10, 6:00pm** - St. John the Baptist Church, 2201 Duncan Avenue Allison Park.

All our parishioners are invited to attend all the services. What a wonderful way to build Orthodox fellowship and a stronger connection among our North Hills sister parishes. Each service will be followed by a Lenten meal. (Note: the remainder of the Lenten Presanctified Liturgies will be held on Wednesday evenings as usual at Holy Trinity Church: March 20, April 17 and April 24), followed by a Lenten meal and presentation.

### Godparent/Godchild Sunday ..... April 7

Holy Trinity Church will celebrate its annual "Godparent/Godchild" Sunday as is our tradition on the Third Sunday of

Lent. To make this a full spiritual family event, we are asking everyone to do invite their Godparents and Godchildren to join us. To assist with that, there are invitations with envelopes available in the Narthex and at the church office window. Please take one, sign and address it and send it to the one who sponsored you for your Baptism or Chrismation and ask them to join you for this special celebration and for the Philoptochos Lenten Luncheon afterward. If they already entered the joy of eternal life, they will be with us spiritually and in memory, so celebrate for them here!

### Lenten Soup Sales

Holy Trinity GOYA is once again offering its very popular Lenten soup sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... plus they taste great and they are good for you! Please visit the Lenten Soup Sales table in Gallery during Coffee Hour each week! Thank you for supporting our youth!

### Lenten Hospitality Hours

Please keep in mind that throughout Lent our Hospitality Hours following the Divine Liturgy observe Orthodox Lenten fasting practices. Any families or ministries hosting a Memorial or Ministry Hospitality Hour and any families hosting providing the Church School snacks are asked to take care that non-meat and non-dairy items are provided. The Hospitality Hour and Church School ministries can provide suggestions if needed. Thank you for helping our community grow in this proper and helpful Orthodox spiritual practice and discipline.

### Lent: A Good Time for Holy Confession

In addition to the special services being held in this holy season, please remember that one of the main focuses of Lent is increased attention to our spiritual life through prayer, fasting and ... Holy Confession. Orthodox Christians should participate regularly in the gift of Holy Confession, and Lent provides a good reminder to do so. Through this Holy Mystery we receive the gift of God's divine forgiveness (John 20.23) as promised by the Lord. We also receive the opportunity to share our deepest concerns and receive counsel and encouragement toward spiritual growth. If you would like to receive this blessing during Lent—or any time —please speak with Fr. John or Fr. Radu to set up a time for Holy Confession. *Kali Metanoia!* (May your repentance be good!)

### Upcoming Lenten Dates

- Meatfare Sunday (Last day of eating meat): Mar. 10
- Cheesefare Sunday (Last day of eating dairy): Mar. 17

- Pure Monday (Lent begins): Mar. 18
- Sunday of Orthodoxy: Mar. 24
- Godparent Sunday/Philoptochos Lenten Luncheon: Apr. 7
- Saturday of Lazarus/Palm Cross/Candle prep: Apr. 27
- Palm Sunday: Apr. 28
- Holy Week: Apr. 28-May 4
- Holy Friday (schedule off work & school): May 3
- The Great and Holy Pascha: May 5

## RELIGIOUS EDUCATION NEWS

### Sunday of Orthodoxy Icon Procession .....March 24

Church School students will once again participate in the annual Procession of the Holy Icons at the conclusion of the Divine Liturgy on Sunday, March 24. All students should bring an icon of their patron saint or other favorite icon to hold in the procession that day. Be sure to have the name of the student on the back of the icon to identify it!

### Readers for Presanctified Liturgies.....Wednesdays

All teen students are asked to sign up for readings for Presanctified Liturgies during five of the six Wednesdays of Lent: March 20, April 3, 10, 17 and 24. At least 8 readers are needed for each service. This is a great way for our young people to contribute to the services and the worship life of our church as active participants.

## YOUTH MINISTRY NEWS

### GOYA Meeting .....March 17

The GOYA teen ministry will be holding its monthly meeting on Sunday, March 17, in the Conference Room following Church School. All teens are invited to attend.

## COMMUNITY NEWS & EVENTS

### New "Active Older Adults" Ministry Events



Holy Trinity Church is pleased and thankful to offer a new ministry, "Holy Trinity Active Older Adults." This group is designed to engage the 60+ members of our community for fun and interesting activities such as get-togethers and day trips. See the flyer of events on

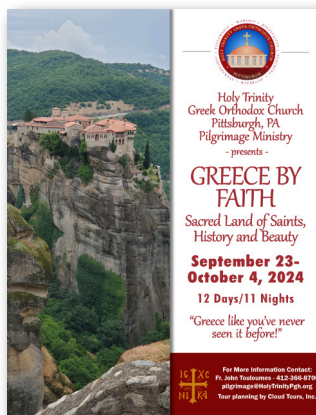
page 18. The first upcoming event is the AOA Paint Party to be held at Holy Trinity Church on Thursday, March 14.

### Hospitality Hour Hosts Needed

Thank you to everyone who has stepped up to host our reformatted "Hospitality Hour" following our Sunday Divine Liturgies. There are a number of available Sundays in the Spring. Remember a loved one. Celebrate a special event.

Share your hospitality with the community. Contact Stacy Dickos at 412-298-9409 or email her at [hospitality@HolyTrinityPgh.org](mailto:hospitality@HolyTrinityPgh.org) to reserve.

### 2024 Pilgrimage: "Greece By Faith" .... Sep. 23-Oct. 4



The Holy Trinity Pilgrimage Ministry is pleased to announce its 2024 Pilgrimage: "Greece By Faith." Many people visit Greece for its beautiful beaches and picturesque islands, and some still have family ties there, but how about seeing Greece through the eyes of faith? Explore it through its Orthodox Christian heritage as we visit famous sites such as

Kefalonia (St. Gerasimos), Aegina (St. Nektarios), Meteora (monasteries), and of course we'll visit the Acropolis and many other cultural and historic sites. Whether it's your first trip or you go often, you haven't seen Greece like this before! Think of it as "Ionian Village for Adults!" For information, visit [HolyTrinityPgh.org/2024-greece](http://HolyTrinityPgh.org/2024-greece).

**Important: This trip is filling up! Holy Trinity parishioners are given first priority through the March 11 reservation deadline, after which the trip will be open to others. Deposits are being accepted on a first-come, first-served basis, so if you're interested, don't wait!**

### 2024 "Stewardship Independence" - Pledge Today!

Thanks to the dedication and offerings of so many faithful stewards, Holy Trinity Church 2023 was a record Stewardship year. It is, however, still not where we need to be. The Stewardship ministry is raising awareness that even with that level of support, we still are not doing everything we can to keep our church opening and ministering without outside financing. We can and must do better, and we invite all Holy Trinity Stewards to make a 2024 "Stewardship Independence Pledge" this year. The results so far are promising and demonstrating a love for this community that is truly inspiring. Remember, you and your family are an essential part of the effort as part of the Holy Trinity family! To make your pledge, visit [HolyTrinityPgh.org/pledge](http://HolyTrinityPgh.org/pledge). Please also remember that every active steward and member of Holy Trinity Church already has a Realm account. You may access your account by visiting [HolyTrinityPgh.org/realm](http://HolyTrinityPgh.org/realm) and click "Sign in". Never logged in? Just enter your email address and click "Forgot Password" and enter your email address. Still can't access? Send a message to [realm@HolyTrinityPgh.org](mailto:realm@HolyTrinityPgh.org). ❖

# What Are YOU Waiting For?



There was a man in Jerusalem called Symeon, who was righteous and devout. He was waiting for the consolation of Israel, and the Holy Spirit was on him. It had been revealed to him by the Holy Spirit that he would not die before he had seen the Lord's Messiah." (Lk. 2.25-26). In the Name of the Father and the Son and the Holy Spirit. Amen.

Waiting. Waiting. Waiting. According to a Timex survey, Americans wait an average of 20 minutes a day for the bus or train, 32 minutes whenever they visit a doctor and 28 minutes in security lines at airports. Another survey by Time Magazine reports that most Americans spend 13 hours annually waiting on hold for customer service. And an Atlantic Magazine survey says that commuters spend 38 to 50 hours each year waiting in traffic. So, other than entering the Narthex this morning and getting in the best waiting line of the week at the candle stand (a worthwhile wait, if

I must say!), how much of your precious time have you spent waiting for things for this week?

Perhaps an even better question than "how much are you waiting?" is the larger question of "What are you waiting for?" Not this morning, not today, not this week and not for something small or inconsequential. Larger than that. In your heart. In your soul. What are you waiting for at this time in your life right now? And what makes it worth living for every day as you wait?

Allow me to share one man's story. We are currently in the days following the celebration of the Feast of the Presentation of the Lord in the Temple at 40 days old. For the first time in our new church, I can actually point to the icon of that feast here in the front, as it was completed after the feast last year by our iconographers. In it you see the Theotokos, the Virgin Mary, holding the infant, our Lord Jesus Christ, in her arms. Behind her is Joseph her betrothed. And reaching out his arms in prophetic anticipation is the Elder Symeon...the man who was waiting. According to the Gospel of the feast, he had been promised by God that he would not leave this life without beholding the Messiah. All Israel was waiting in general. But he was told by

God he personally would actually see Him. So he waited. With faith. With hope. And he was rewarded.

Who was this old man, and why did he have a reason above and beyond the general expectations of the people of Israel that this long-awaited day would not only come, but would come to him? According to Orthodox tradition, the respected Symeon was one of the seventy scholars who came to Alexandria to translate the scriptures into Greek. The project was commissioned by the Egyptian King, Ptolemy, who wished to include the wisdom of all the ancient religions of the world in his celebrated library at Alexandria. To this day that Septuagint translation (pre-dating the birth of Christ) remains the official Greek translation of the Old Testament used by the Orthodox Church.

So here's what happened to Symeon during that project. According to St. Nikolai Velimirovich, "Symeon was performing his task conscientiously, but when he was translating the book of the Prophet Isaiah and came upon the prophecy: 'Behold, a virgin shall conceive, and will give birth to a son' (Isaiah 7:14), he became confused and took a knife to remove the word 'virgin' and to replace it with the words, 'young woman,' and translate

it into Greek. At that moment, however, an angel of God appeared to Symeon and restrained him from his intention, explaining to him that the prophecy is true; that the prophecy is correctly written. The messenger of God also said that Symeon would be convinced of it personally for, according to the will of God, he would not die until he saw the Messiah born of the Virgin. The righteous Symeon rejoiced to hear such a voice from heaven, left the prophecy unchanged and thanked God Who was making him worthy to live and to see the Promised One." That was indeed worth waiting for. And having it happen was the fulfillment of the deepest longing of the heart and soul of this faithful man of God. As it was promised by God.

Now, back to the question for today. What are we waiting for? What are you waiting for in your life right now? What are the deepest desires of your own heart and soul, planted there by God Himself? And what is our role in bringing them to fruition? Understanding them where we are today in our life allows us to make the choices and set the priorities that help us reach for the deeper meaning of that God-given life, discern His purpose for our being, and embrace who we are in God's plan and how He has equipped us to fulfill it for His glory.

We could hear today's Gospel and think, "Well, some day, at the end, the Lord will make it all clear," but as you may recall from last week's message, nobody is guaranteed a tomorrow. So we need to put both effort and purpose into our waiting today. Then, embracing the reality that there is something worth waiting for, the question becomes how are we waiting? With casual indifference or with active engagement?



Allow me to give you some different ways of waiting simply based on various translations of the Nicene Creed we have used over the years. At the end of the statement of faith, the last sentence says in Greek, "Προσδοκῶ ἀνάστασιν νεκρῶν, καὶ ζωὴν τοῦ μέλλοντος αἰῶνος." As we adapted to life in America over the past 100 years as an Archdiocese, the translation of that phrase has gone through a few changes. An older version many of us grew up with said, "I await the resurrection of the dead and the life of the age to come." It was adequate, but not really intense. Sounded more like waiting for a bus or an elevator. Later it was changed to "I expect the resurrection of the dead." Again, it did the job and implied a bit more anticipation, but wasn't really powerful enough. Too passive. Finally, today we have come to use "I look for the resurrection of the dead." You may say this is all just words, but the transition from "awaiting" to "expecting" to "looking for" moved us from sitting around passively to actively keeping watch and preparing. Perched at the peak every day like a park ranger on the ridge. Hand over brows and leaning into the possibilities. What an exciting life!

But it can also be frustrating, not clearly knowing the plan every day. Be assured, the Lord is still there in the joys and the sorrows, in the victories and the struggles through which He

purifies and strengthens us, sometimes opening doors and other times closing them, for He wastes nothing – no opportunity, no words, no time. So look for it. But don't just look out. Look in. As one of the desert fathers wrote, "If the inner person is not watchful, the outer person cannot be watched" (Sayings of the Desert Fathers, 132). Symeon believed and hung his every breath on the promise of God. That is only possible through a faith that not only believes in God but loves God and believes He loves us more. Even so, whatever it is we are waiting for may not come easily. We might even think we're on the wrong track when things get tough. But Elder Symeon of Thessaloniki reminds us that "God Himself arranges obstacles. He does this precisely so that we will find Him in truth." He goes on to remind us that in the end, "we leave this world and what have we done? Only God knows...but he wants us to know too...and He wants us to do what is needed for us to become holy" (Timeless Truths, 112-13).

In closing, this is not one of those messages that gives you an answer all wrapped up with a pretty bow. Rather, it begins and ends with the same question: what are you waiting for in your life? And how are you waiting? As a casual observer or as an engaged participant? As a passive reader or as an active co-author with the true Author of our life? Like the Elder Symeon, we need to wait actively, always discerning God's presence and pursuing His peace. Know that He will allow every desire to be tested to keep us well grounded. And be assured that above all, like Symeon, the Lord wants to be received in our arms and in our heart with joy, with love and with thanks for His great and abundant mercy. Amen.

Delivered February 4, 2024 ❖

We are getting there together! The Stewardship Committee is excited to continue our ascent up "Stewardship Independence Mountain."

While we're off to a strong start, there's still plenty of way to go! We can do this! That means it's time to review your personal Stewardship pledge goals to ensure you fulfill them by year's end, or sooner if possible.

We know there are still parishioners who have yet to fill out a pledge card. That's okay, we have good news! There's still time to fill out your pledge card! You can do it one of two ways:

#### 1) PLEDGE USING A CARD:

Use the physical paper card that was mailed to your home (or pick up a new one at the church) and return it through mail or drop it in the offering tray on Sunday.

#### 2) PLEDGE USING REALM:

Use Realm through your desktop or mobile app ([holytrinitypgh.org/pledge](https://holytrinitypgh.org/pledge)). Simply fill out the online form and make one click (or tap, if you're mobile) - and you're done! It's really that easy.

#### WHERE WE STAND TODAY

We have about \$256,000 to go, so if we all pick up the pace and get moving we can definitely move all the way up the mountain!

If you have any questions, please reach out to George Mellis or Andrew Fournaridis on the Stewardship Committee. See us in person or email us using the addresses to the right. We're here to help and make stewardship easy and accessible for everyone. For more information, visit [HolyTrinityPgh.org/stewardship](https://HolyTrinityPgh.org/stewardship). ❖

# The Climb!

## Join Us In Making Our Ascent Towards Holy Trinity's First Stewardship Independence!



**QUESTIONS? CONTACT US! WE'RE HERE TO HELP!**  
**Stewardship Questions:** [stewardship@HolyTrinityPgh.org](mailto:stewardship@HolyTrinityPgh.org)  
**Realm Questions:** [realm@HolyTrinityPgh.org](mailto:realm@HolyTrinityPgh.org)



## INTRODUCING “ACTIVE OLDER ADULTS!”

We are pleased to announce a new ministry serving an important and valued part of our community: Holy Trinity “AOA” (Active Older Adults)! Thanks to the dedicated efforts of John and Tasy McCann, this new ministry has been busy planning some fun and interesting events and trips for members of our community who are 60 and over. Here are some of the things they have planned. Hope you plan on attending!

To reserve, email [AOA@HolyTrinityPgh.org](mailto:AOA@HolyTrinityPgh.org) or call 724-612-9145.

**Thursday, March 14. Time TBD.**  
An AOA “Paint Party” at the church with wine, appetizers and desserts.

Hosted by an engaging artist who will help each of us create a masterpiece to take home. Date 3/14. Cost about \$36. Please let us know ASAP if you would like to attend by emailing or calling.



**Monday, April 8**  
See a Total Eclipse of the Sun!  
A Truly Rare Opportunity!

A chance to view a total solar eclipse April 8th in Erie PA. A total solar eclipse is occurring which may be the last one in our lifetime. We will travel to Erie for the best viewing site. This rare event will last only 2 minutes 46 seconds. Price will be the cost of the bus and lunch. Please let us know if you are interested ASAP.

**April 17 - The Flight 93 Memorial, “Tower of Voices”, Patriot Park And Quecreek Mine Rescue Site**

The Memorial and Tower serve as visual and audible reminders of the heroism of the forty passengers and crew of 9/11 United Flight 93.

There are no other chime structures like this in the world. Call or email ASAP. Cost approx. \$150.

### The Frick Pittsburgh Museum and Mansion Café - May 8

A treasure collection right here in Pittsburgh. The Art Museum contains collections of Vermeer, Monet, Rembrandt Titian, Whistler, El Greco and Ingres.

The Mansion (The Clayton) was the home of Henry Clay Frick family from 1882-1905. This 23 room mansion reveals the lifestyle of the Family who lived here in Pittsburgh. Tour and then dine at the Café. Approx. \$100. Call or email to reserve.



Other events and trips we are planning include: a Pittsburgh Pirate game; an AOA picnic; a Wine Tasting Party; a Cooking Demonstration; a trip to the Sight and Sounds Theatre in Lancaster. We welcome both participants and helpers to plan. Please contact us by email or phone as indicated above or see us after Liturgy at Hospitality Hour. (Financial assistance is available if costs are a problem.)

## LENT WITH INTENT: UNDERSTANDING THE LENTEN SERVICES

### Forgiveness Vespers

**Description:** The first service of Lent, it combines a Solemn Vespers of Lent with a special “Forgiveness Service” at the end.

**When & Where Offered:** 6:30 pm on the first evening of Lent (March 17 this year) at St. George Chapel.

**Special Features:** Kneeling in repentance during the changing of the colors from the bright gold and white of the Resurrection to the solemn purple of Lent, listening to the deeply moving hymn preparing us for both Lent and for our final encounter with the Lord,

**Why You Should Attend:** To start out the spiritual journey of Lent on the right foot. Attending this service marks a clear start of Lent both in our soul and on our schedule.

**I/My family will be there:** ☐ Mar 17



### Great Compline

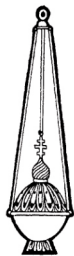
**Description:** Used only during Lent, this larger version of the Compline or “After Dinner” service contains many special penitential prayers and hymns.

**When & Where Offered:** 6:30 pm on the Monday evenings of Lent at St. George Chapel.

**Special Features:** The chanting of the beautiful Lenten hymn, “Lord of the Powers, be with us, for in times of distress, we have no other help but You, Lord of the Powers, have mercy on us!”

**Why You Should Attend:** At Holy Trinity Church, all those who attend are able to participate in the many readings of this service if they desire. This is a great way to start each week as we re-enter the depths of Lent following Sunday’s bright celebration.

**I/My family will be there:** ☐ Mar 18, ☐ Apr 1, ☐ Apr 8, ☐ Apr 15, ☐ Apr 22



### Presanctified Liturgy

**Description:** Every Sunday or feast day Divine Liturgy is resurrectional and celebratory in nature, which is “out of harmony” with the solemn and penitential character of Lent. Rather than exclude any form of Liturgy during the weekdays of Lent and deny the faithful the ability to receive Holy Communion—the “food of immortality,”—in the seventh century the Church approved the use of the Liturgy of the Presanctified Gifts as a way of offering the Holy Gifts between Sundays during Lent. It is typically an evening service which comprises the solemn Lenten Vespers with the distribution of Holy Communion

at the end. This year we will be sharing three of the six Presanctified Liturgies with our sister North Hills Orthodox parishes to grow our inter-Orthodox fellowship.

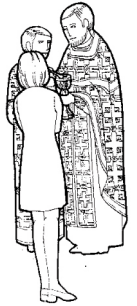
**When & Where Offered:** 6:30 pm At Holy Trinity on Mar. 20, Apr. 3, Apr. 17 and Apr. 24; 7:00pm at St. Alexander Nevsky Cathedral on Mar. 27; 6:00pm at St. John the Baptist on Apr. 10.

**Special Features:** The Entrance with the *consecrated* Holy Gifts, which is accompanied by a special hymns. *Many Psalms and other scripture readings for the service are done by the Church School students (grades 5-12).*

**Why You Should Attend:** Provides a mid-week spiritual guidepost which encourages us to prepare both spiritually and physically for Holy Communion, thus deepening our awareness of Lent and strengthening us in our struggles.

**I/My family (including our children) will be there:**

☐ Mar 20, ☐ Mar 27, ☐ Apr 3, ☐ Apr 10, ☐ Apr 17, ☐ Apr 24



### Salutations to the Theotokos

**Description:** The Akathist Hymn is a beautiful treasure of theological poetry set to music in honor of the Most Holy Theotokos. Its main hymn, “O Champion General” (“*Ti Ipermacho*”) commemorates the rescue of the Byzantine imperial city of Constantinople from attack, which the faithful attributed to the intercessions of the Mother of God. The first four Fridays each contain only one segment of the larger poem and are called “Salutations,” from the greeting of the Archangel Gabriel to the Theotokos. The “Akathist Hymn” refers to the entire service with all the stanzas and is offered on the fifth Friday of Lent.



**When & Where Offered:** 6:30 pm on the first five Fridays of Lent at St. George Chapel.

**Special Features:** The poetic proclamations of respect and love intoned by the priest on behalf of the faithful as he stands in front of the icon of the Theotokos.

**Why You Should Attend:** With these services, there is a sense of “being there” when that first proclamation was made by the angel as the hymn says: “An angel, and the chief among them, was sent from heaven to cry to the Theotokos, ‘Rejoice!’”

**I/My family will be there:**

☐ Mar 22, ☐ Mar 29, ☐ Apr 5, ☐ Apr 12, ☐ Apr 19

# THE “1-2-3-4” CALENDAR OF 2024 LENTEN FASTING

 <p><b>PRE-LENT</b></p> <p><b>FEB 25-MAR 3, 2024</b> The week of the Publican and the Pharisee—which is the beginning of the Tri-odion Period—is a fast-free week, which means no fasting the entire week (even Wednesday and Friday of this week are fast-free).</p>	 <p><b>MEATFARE</b></p> <p><b>MAR 4-10, 2024</b> Meat Fare Week follows the Sunday of the Prodigal Son. Normal Wednesday/Friday fast prevails on these two days. All other foods are permitted the other days of this week, and Sunday is the last of meat until Pascha!</p>	 <p><b>CHEESEFARE</b></p> <p><b>MAR 11-17, 2024</b> Cheese Fare Week follows Meat Fare Sunday. During this week, there is abstinence of meat the entire week, but dairy products (milk, eggs, cheese, etc.), fish, olive oil and wine are allowed the entire week.</p>	 <p><b>LENT</b></p> <p><b>MAR 18-MAY 4, 2024</b> During Lent we abstain from meat, dairy, fish, olive oil and wine. Fish is permitted on March 25. Wine and oil may be consumed on Saturdays and Sundays. Shellfish, fruits, vegetables and grains are always permitted. (Think “vegan”)</p>
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**“Let us begin the fast with joy. Let us give ourselves to spiritual efforts. Let us cleanse our souls. Let us cleanse our flesh. Let us fast from passions as we fast from foods, taking pleasure in the good works of the Spirit and accomplishing in them love.”**

From the Vespers of Forgiveness Sunday

## FASTING: WHERE IS IT IN THE BIBLE?

“Scripture contains myriad instances of fasting, most of which are total fasts from food and drink: Christ’s total fast in the wilderness (Luke 4:1–2), David’s for the life of his ailing child (2 Sam. 12:13–23), Esther’s for her people (Esther 4:16) and Nehemiah’s fasting and imploring God to save Israel (Neh. 1:4). In Scripture, fasting is a means of repentance and of crying out for God’s attention and help. But fasting doesn’t necessarily require total abstention from food: it can also mean the simple avoidance of meat and dairy, as in the case of Daniel (Dan. 10:3). John the Baptist (Matt. 3:1–4), as a consumer of locusts and honey, was not strictly a vegan, but through his ascetic diet and lifestyle often causes him to be considered the father of monastic fasting traditions. These Scriptural examples set the precedent for Christian traditions of abstaining from animal products, particularly during Lent.”

From “Christianity Today,” Feb. 24, 2020

## FASTING: DO NOT JUDGE!

“Two visitors, looked with disapproval on the Elder who was boiling milk being careful not to let it overflow or burn. Eventually one of them couldn’t stand it anymore and said to him: ‘Elder Paisios, we are in the first days of Lent, we have a strict fast, and you are boiling milk to drink?’ The saint was silent. He did not respond. He took off the pot because the milk was boiling. Next, he went to the cell, brought six small, old, porcelain cups, arranged them in a row and carefully filled them. The two pious people saw all this with disgust, because they were thinking that because there were six people visiting and six cups, the monk therefore would dare to offer them milk during these days of strict fasting. Elder Paisios took the filled cups one by one and placed them on a wooden tray and left them on the ground, at the edge of a bush. A few minutes later a viper appeared cautiously and later five baby snakes—her children. The snakes came, slowly reaching the cups, and gently began to drink their morning milk...”

Translated from From “Aghoritikes Mnimes”



Sportsmanship Recipients: Holy Saints/Koimissis



Divine Liturgy - Basketball Tourna



Acolytes from All Participating Parishes



ment - Sunday, February 18, 2024







**A HEARTFELT THANK YOU!**

Many thanks from our Holy Trinity GOYA to all the parishioners, parents, donors, volunteers, Parish Council members, committee members and everyone who contributed to the success of the Holy Trinity Tournament in any way. It is through your contributions, efforts, love, and prayers that our GOYA and entire community can welcome all our guests with such warmth and generosity. May our Lord richly bless each of you!






## Local Outreach Opportunity #1: Help NHCO With Personal Care Collection Items Drive

Personal hygiene items are a necessity and can be an expense that many low-income families cannot afford. Since Supplemental Nutrition Assistance Program (SNAP) benefits cannot be used to purchase personal care items, North Hills Community Outreach collects these items and gives them to families and individuals who use their food pantries. The current drive runs through April 4. It's a perfect way to offer a meaningful gift to a neighbor in need. You can order items from their Amazon Wishlist by clicking the QR Code at right and have them sent directly to the NHCO office. Donations can also be dropped off at any of NHCO's three offices Monday–Friday, 9am–4pm. The Allison Park location (1975 Ferguson Road, Allison Park, PA 15101) also accepts donations the first Saturday of every month between 9am–noon. Another option is to bring your items to Holy Trinity and drop them in the collection bin located in the Gallery. We are collecting new full-size items including shampoo, conditioner, disposable razors, shaving cream, lip balm, toothbrushes, toothpaste, dental floss, body lotion, deodorant, shower gel & bars of soap.

## Local Outreach Opportunity #2: More Dates Now Available to “Feed the Homeless” at Pleasant Valley Emergency Shelter

Our neighbors at Pleasant Valley informed us that our help is still needed to provide and serve dinner to the men who count on this ministry, located on the North Side near our old church, for a hot meal. With a small bit of your time and treasures, you can feed 30+ homeless people. You have generously filled the original dates we were given, but now several more became available, both weekday and weekend evenings through the year. Meals can be dropped off curbside or—better yet—you could stay and personally serve on site. You will not forget this rewarding experience, and those you help will not forget you! It's easy to sign up: go to [ncm.corsizio.com](http://ncm.corsizio.com) to register directly for a date that fits your schedule. Or see Holy Trinity Outreach Coordinator Mike Kritiotis today, email [outreach@HolyTrinityPgh.org](mailto:outreach@HolyTrinityPgh.org) or call 412-518-0588. Detailed instructions are found on their website at [nhco.org](http://nhco.org), or can be emailed to you.





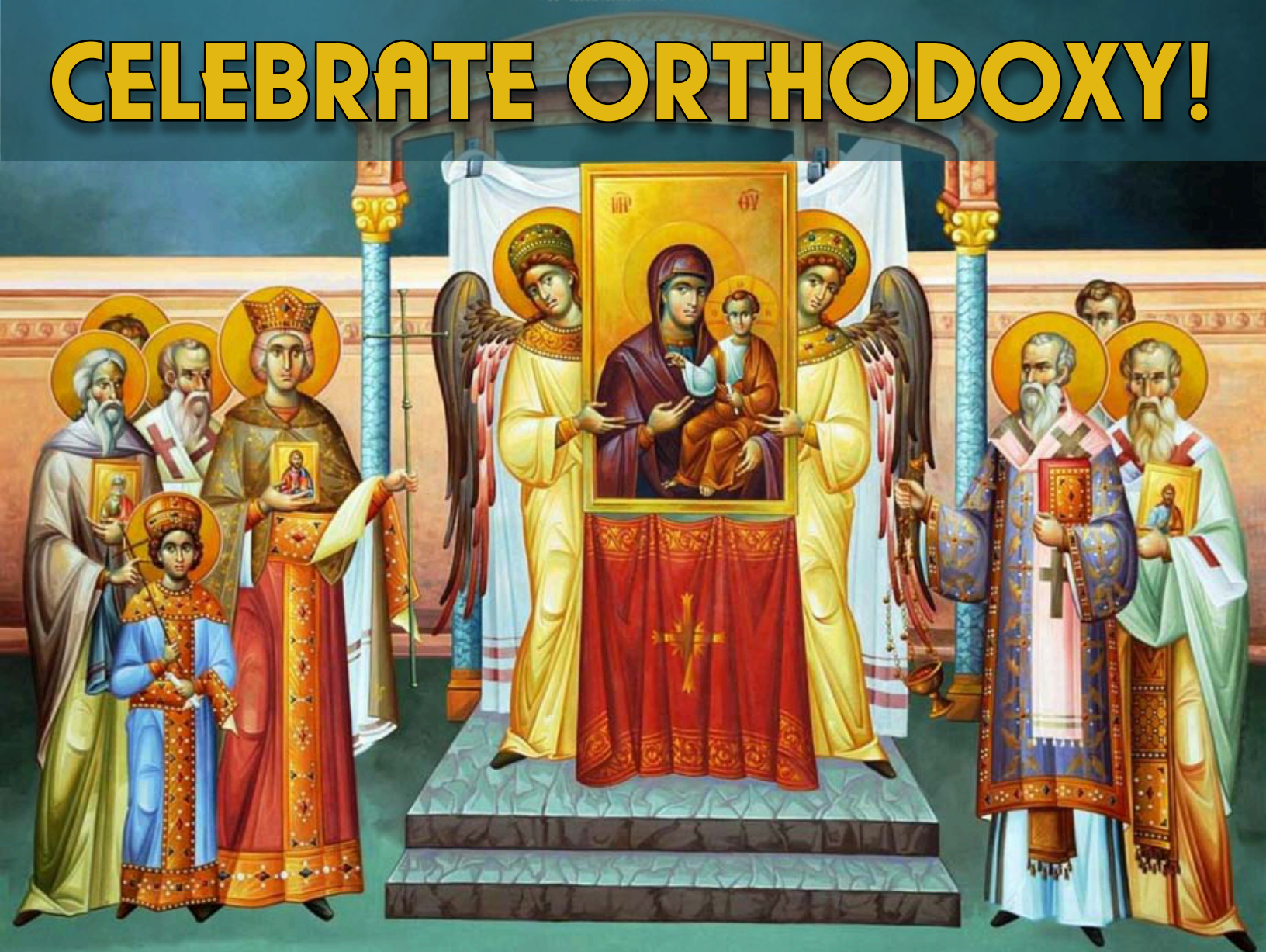
**NORTHSIDE COMMON  
MINISTRIES**  
An Affiliate of Goodwill of Southwestern Pennsylvania

## Pleasant Valley Emergency Shelter

**A Personal Story**

Mike came to Pleasant Valley Emergency Shelter from Michigan after unsuccessfully looking for work for two years. He stayed at the shelter while his wife and kids stayed with friends back in Michigan. After just a few weeks, he landed a job! After a couple of months, he had enough money saved to get an apartment. Just a couple of months later, he was able to bring his family to Pittsburgh so they could all live together again. Life-long Steelers fans, they now call Pittsburgh home.

# CELEBRATE ORTHODOXY!



THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH INVITES YOU TO THE PITTSBURGH AREA

## GREAT VESPERS OF THE ANNUNCIATION AND PAN-ORTHODOX SUNDAY OF ORTHODOXY CELEBRATION

Sunday, March 24, 2024 at 4:30 PM  
Holy Trinity Greek Orthodox Church  
Pittsburgh, PA 15237

Celebrant and Homilist: His Grace Bishop Andrei of Cleveland  
Romanian Episcopate of the Orthodox Church in America  
Featuring the Pan-Orthodox Choir of Pittsburgh

Great Vespers will be followed by fellowship and Lenten refreshments.

# SUNDAY, MARCH 24, 2024

# You are Invited to



**MAY 21, 2024 | ACRISURE STADIUM**

A football themed fundraising event by the  
Neighborhood Resilience Project

In collaboration with Troy and Theodora Polamalu, we are thrilled to announce details for **The Resilience Bowl**, our football themed fundraising event at Acrisure Stadium

## Become a Sponsor

- Levels range from \$2,500 to \$50,000
- For sponsorships and tickets email [kabernathy@neighborhoodresilience.org](mailto:kabernathy@neighborhoodresilience.org)

## Ticket Sales

- General attendee tickets \$50
- VIP Reception tickets \$300

## Schedule of Events

**5:00 PM: Guests Arrive**

**5:15 PM: Opening Ceremony**

**5:20 PM: Obstacle Course on Field Opens**

**6:45 PM: Obstacle Course Closes**

**7:00 PM: Celebrity Flag-Football Game Begins**

**7:45 PM: Award Ceremony**

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**Reservation & Sponsorship**

**Deadline: April 28**

**No Refunds available after May 4  
or mail reservations to:**

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**Greek Orthodox Metropolis of Pittsburgh  
5201 Ellsworth Ave, Pittsburgh, PA 15232**

**Please make checks payable to:**

**'Greek Orthodox Metropolis of Pittsburgh'**

**Banquet Co-Chairpersons:**

**Archdeacon Ryan:**

**412 621 5529**

**[rgzikowski@pittsburgh.goarch.org](mailto:rgzikowski@pittsburgh.goarch.org)**

**Marianne Stearns:**

**412 600 2159**

**[mstearns@nauticom.net](mailto:mstearns@nauticom.net)**



# **10<sup>th</sup> ST. PHOTIOS AWARDS BANQUET**



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**[pittsburgh.goarch.org](https://pittsburgh.goarch.org) | 412 621 5529  
contact: [lhenry@pittsburgh.goarch.org](mailto:lhenry@pittsburgh.goarch.org)**

# Orthodox Faith and Holy Life

**The Orthodox faith is a revelation from above with three components: the Giver is God; the gift is the grace of the Holy Spirit; and the receivers are those who believe.**

**M**an, as a creature made in the image of God, has the potential to know God. In the Old Testament, man is defined as a deep heart that requires “a noetic and divine sensation.” According to Job, he is also identified the “target of God,” as God visits man from morning to evening and from evening to morning and makes him the target of His loving care. The New Testament reveals that the ultimate purpose of man’s reation is to become the dwelling place of Divinity, the temple of the living God. By following in [Christ’s] footsteps, we can attain unto the perfection that God has foreordained for us.

## **Geronda, how does God “target” us?**

By His coming upon earth, He united His glorious and immortal divine nature with man’s fallen and wounded human nature and planted within it immortatlity and life. Christ is unity, light, peace and salvation; Christ is all in all. He is “the Alpha and the Omega, the first and the last,” the Creator of Heaven and earth and the Redeemer of our souls.

## **What tools do we have to work toward that promised life within us?**

The Lord has not left us orphans but has granted us the means to attain our destiny. He las left us the inheritance of His name. It is the only name under Heaven through which we are given the opportunity to work out our salvation. He also revealed to us His life-giving word, which is not at the

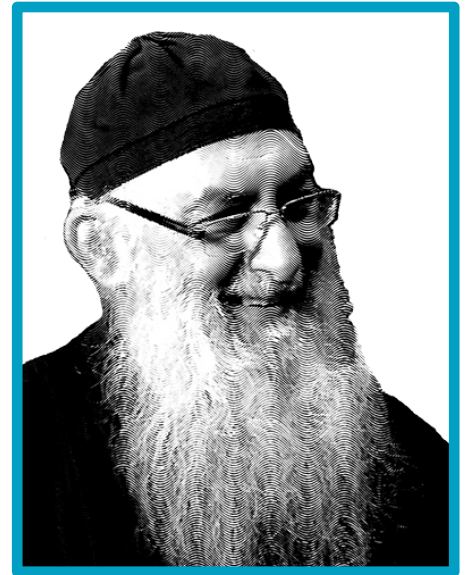
measure of man, nor was it invented by him. His Gospel is a divine revelation, and “His word is a light unto our paths.”

Christ addresses His call to man: “Follow me.” Whosoever straightaway abandons everything for the sake of being His disciple and follows Him with fidelity and self-emptying love on the way of His Cross is incorporated into the One, Holy, Catholic and Apostolic Church. He is united with the Church, which bears the fullness of grace, in the Mystery of the Body and Blood of Christ.

## **How does the Orthodox Christian Faith speak to us of this truth?**

In the Orthodox Church, the light of Tradition, the word of the Lord, His Name, His commandments, His Sacraments and, above all, the Divine Liturgy, depict the image of the countenance of Christ, the image of His indescribable humility and His ineffable glory.

The Orthodox faith is a revelation from above. The revelation of faith has three components: the Giver, the gift and the receiver. The Giver is God; the gift is the grace of the Holy Spirit; and the receivers are those who believe, the Saints and the disciples of the Saints. The Orthodox faith presupposes the taking up of the Cross and the crucifixion of reason and psychology, which attracts grace and illumination, thus sealing the truth of revelation.



Archimandrite Zacharias of Essex

**Geronda, this sounds much harder than some churches that make life in Christ sound easy.**

If Christ as Man walked a path of self-denial before He found rest in His Kingdom, we also, as His images, must walk the same path of the Cross, of self-emptying and suffering, before we reach the common resurrection. We accept involuntary suffering with full confidence in God’s good providence. Moreover, in obedience to the Church, we also undertake voluntary suffering either by fasting or by keeping the commandments. This strengthens us to know the selfless love of Christ; and in response we give Him our most tender love, which befits the Prince of our salvation, the personal and living God.

By the act of fulfilling the commandments, man descends into the abyss of humility where he meets Christ. On the day of the Second Coming, when the voice of the Lord makes Heaven and earth tremble, only those whose image was refashioned in His likeness will endure...proving them worthy of the Lamb. ❖

Excerpted from  
*Alive from the Dead:  
Homilies on Great Lent*

## THE HOLY TRINITY

**HERALD***Faith. Family. Community***About the Herald**

The Herald is the Monthly Newsmagazine of  
Holy Trinity Greek Orthodox Church

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**About the Parish**

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Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh (pittsburgh.goarch.org) and the Greek Orthodox Archdiocese of America (goarch.org) under the Spiritual Jurisdiction of the Ecumenical Patriarchate of Constantinople.

**Parish Administration  
Clergy**

Rev. Fr. John Touloumes, Proistamenos  
Rev. Fr. Radu Bordeianu, Assistant Priest  
Deacon Matthew Palamara, Deacon

**2024 Parish Council**

Anthony Balouris, President (pcpresident@HolyTrinityPgh.org)

Alexander Anetakis  
Andrew Fournaridis  
Ashley Bournias  
George Danis

Evan Danis  
George Dickos  
Tom Germanos  
George Mellis

Dean Passodelis  
Michael Passodelis  
Chris Sarandou  
Jeanne Willow

**Ministries**

Please visit the Holy Trinity website at HolyTrinityPgh.org for descriptions and contact information on Holy Trinity Church's ministries, including spiritual life, education, youth, senior, family and cultural opportunities. There is something for everyone, so please get involved today! Everyone is welcome!

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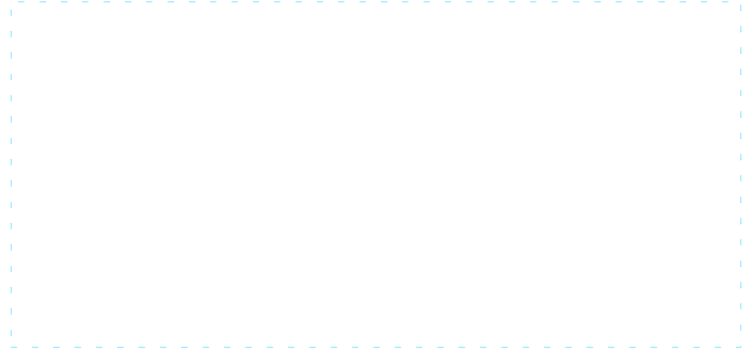
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## THE LENTEN PRAYER OF SAINT EPHRAIM

***O Lord and Master of my life,  
do not give me the spirit of laziness,  
idle curiosity, love of power and vain talk. (bow)***

***But grant me, Your servant,  
the spirit of moderation,  
humility, patience, and love. (bow)***

***Yes, Lord and King,  
grant me to see my own faults  
and not to judge my brothers and sisters. (bow)***

***For You are blessed forever. Amen.***