

THE HOLY TRINITY HERALD

1923 • OUR 78TH YEAR OF MINISTRY • 2001

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

November 2001

www.HolyTrinityPgh.org

Volume 9 – Issue 11

**Monthly Parish Newsletter
of Holy Trinity
Greek Orthodox Church
Pittsburgh, PA**

Fr. John Touloumes, Economist

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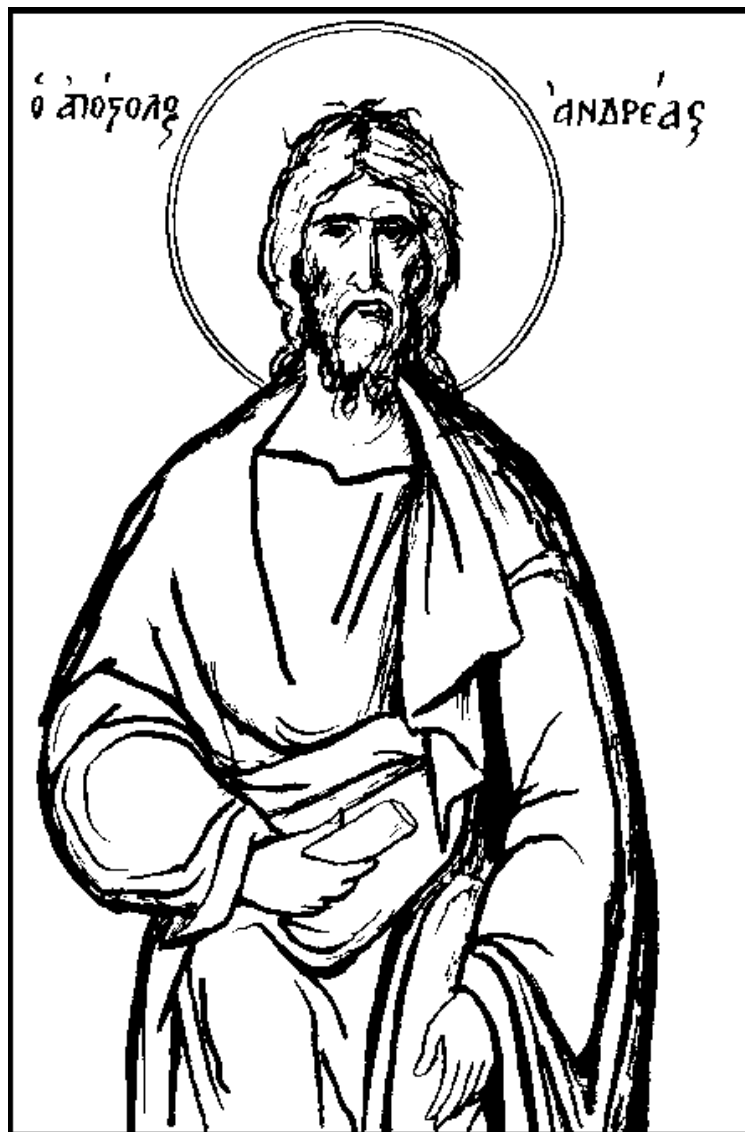
2001 Christmas Card Form

2001 Poinsettias Form

*Find the Herald on the web
at www.HolyTrinityPgh.org.
Just follow the Herald link!*

Saint Andrew the Apostle

Feast Day: November 30



The "First Called" among the Disciples was a fisherman, along with his brother Peter, in the city of Bethsaida. After the Resurrection, Andrew took his mission of spreading the Gospel of Jesus Christ to Greece and Asia Minor. In the city which would under Emperor Constantine become the imperial capital of Constantinople, he ordained Stachys as first Bishop of Byzantium, thereby establishing an unbroken line of 276 Patriarchs down to the present day. Andrew was martyred by being nailed upside-down to an "X" shaped cross. His great cathedral in Patras, Greece, holds his relics.

THE HOLY TRINITY HERALD

Parish Newsletter of
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The Cultural Side

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Maria Kraniou

Publication Schedule

The Herald is published monthly.
The information deadline is the 15th of each
month. If you would like to assist with mailing
the Herald, please contact the church secretary
at 412-321-9282 to volunteer your help.

This issue of the
Herald
is sponsored
in memory of

**Jimmy
Regakis**

by his mother,
Olga Regakis
May his memory
be eternal!

Father John's Message

"Your death for mankind, O Lord, has become the cause of our salvation. For if You had not been laid in the tomb, Paradise would not have been opened for us."

Dear Brothers and Sisters and Christ,

We've all fallen for it one time or another. Whether we are watching a favorite movie, a re-run on television or re-reading an exciting piece of history, just at that dramatic moment when something big is about to happen, our mind plays the old game, "What if it happened differently this time?" Most often, this desire to alter the course of events comes about in order to spare a hero from suffering, a victim from injury or a plan from falling apart. Usually, however, our own ideas of what should happen would actually destroy the entire story, or at least, dramatically alter its author's intent.

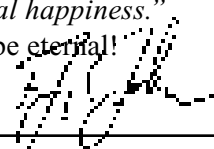
When it comes to death, we also often desire to change both the process and the outcome. Who would not want to spare a loved one from suffering or an innocent one from dying? Yet, as seen in the hymn from the funeral service above, even Jesus Christ, the Only-begotten Son of God, had to endure death in order to destroy death and open the gates of Paradise for us. This is why He foretold various times to His disciples that "the Son of man must suffer many things, and be rejected by the elders and the chief priests and the scribes, and be killed, and after three days rise again" (Mark 8.31). He even chastised Peter for challenging the thought. Yet they still did not fully accept it. Even *after* the Resurrection, when He encountered Luke and Cleopas on the Road to Emmaus, they were still lamenting all that had happened without realizing *why* it had to happen. "Was it not necessary that the Christ should suffer these things and enter into his glory?" (Luke 24.26), He asked.

Likewise it is with us, that in order to enter into the divine glory of Paradise, we must pass through the gates of death, just as Jesus did. But even in the most firm conviction of the Resurrection, there is a sense of human loss and sadness ... for the person we will not see again until the coming of the Lord, the conversations we will not longer share, the laughter we will no longer hear.

I have twice experienced this in the past sixteen months, first with my father, John, in June, 2001, then last week with my brother-in-law, Nick. Both were sudden and unexpected. Both are dearly missed from this life. But if, as the Lord said and the hymn above repeats, they could not have entered Paradise without that passage from this life, then how could any of us ever try to keep them from it? Though hopeful attempts at treatments and care should be made, they eventually run out and we must face the undeniable. To refuse it, that is, to try to "change the ending," would be the ultimate act of selfishness: to rob them of the entrance into eternal life. It is a reconciliation with death that each of us must make through the eyes of faith.

St. Ambrose of Milan brings all these somewhat scattered thoughts together quite well: "*Lord God, we can hope for others nothing better than the happiness we desire for ourselves. Therefore, I pray, do not separate me after death from those I tenderly loved on earth. Grant that where I am, they may be with me, and that I may enjoy their presence in heaven, after being so often deprived of it on earth. Lord God, I ask You to receive Your beloved children immediately into Your life-giving heart. After this brief life on earth, give them eternal happiness.*"

May their memory, and the memory of all our loved ones, be eternal!

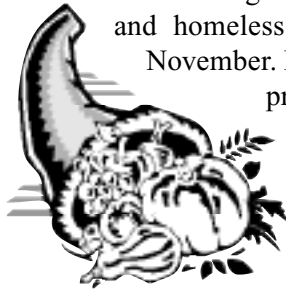


News & Events

EDUCATIONAL MINISTRIES

Church School Food Drive..... November

In keeping with the command of the Lord to help the poor and needy, our Church School students will be collecting food for a local food pantry and homeless shelter during the month of November. Look for the bags which will be provided to the children during Church School class and start filling them as soon as possible. The food will be given to a local shelter which serves people of this area with a proven financial need. Thank you for your generosity and for helping your children understand the importance of meeting this challenge and call.



St. Lydia's Women's Fellowship November

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 about twice a month on Thursday mornings at 9:30 a.m. at a home in the North Hills. New participants are always welcome! The fellowship is enjoyable and the approach is casual, but the subjects are important for today's families. The main source material for studies this year is the book, "Diary of a Russian Priest," which provides scriptural guidance, pastoral direction and spiritual insights into every day life.

Meetings for the remainder of November and December are scheduled as follows: Nov. 8, Nov. 29 and Dec. 13. For further information on this worthwhile and informative group or for directions to the meetings, call Paula Valliant at 412-487-3977.

St. Nikodemos Men's Fellowship November



The St. Nikodemos Men's Study Fellowship meets on the second and fourth Thursday each month from 7:00 a.m. to 8:30 a.m. at the office of TriadUSA, Suite 460, Two Gateway Center, downtown. The group features prayer, Bible study, topics of interest to Orthodox Christian men and how to live our Faith in the working world. It is open to all interested men and has been centrally located downtown to accommodate those who need to be at work early. For directions,

call Gus Georgiadis at 412-880-4999.

Meetings for the remainder of the year are as follows: Nov. 8 & Dec. 13. (Note: There will only one meeting each month in Nov. & Dec. due to the Thanksgiving & Christmas holidays.)

Greek School Committee Invitation

The Greek School Committee would like to invite all interested parents to join the Committee and/or come to a Greek School Committee meeting on Monday, November 12 at 7:00 pm in the Church Library. Your input and ideas are needed to make our Greek School program a worthwhile experience for those attending and an important part of our community's cultural/educational offerings. For information, contact Effie Kilantonis at 412-831-3291.

YOUTH MINISTRIES

St. John Chrysostom JOY Oratorical Festival



New this year! Our JOY-aged children (8-12 year-olds) will have an exciting new opportunity to learn and share their faith this year through a new "entry-level" St. John Chrysostom Oratorical Festival. Instead of the various levels (local, regional, diocese, etc.) and the

judging that the older children use, the JOY version of this event is designed to be a local event which gives the children an opportunity to learn how to prepare a brief speech on their faith and deliver it in a non-competitive environment. There are four topics available for the children to choose:

- My Favorite Saint
- My Favorite Bible Passage
- My Favorite Prayer
- My Favorite Part of the Divine Liturgy

All our JOY-aged children are asked to participate. If you were not able to attend the workshop on October 21, please see or call Faith or Sophia Williard at 412-343-0329.

GOYA Meeting November 11

The GOYA will be holding its monthly meeting on Sunday, November 11, following Divine Liturgy.

GOYA Diocese Fall Retreat November 16-18

The Diocese of Pittsburgh is offering its Fall GOYA Retreats again this year, and Holy Trinity GOYA's goal is to get as many GOYAns as possible to attend! Our

News & Events

designated weekend is November 16-18. The event takes place at Camp Nazareth in Mercer, PA starting Friday evening and ending Sunday after Divine Liturgy. The theme will be "Why Christians Have Hope ... And How We Share It!" The usual registration of \$65 is once again being reduced in half by the GOYA as an incentive for all GOYAns to attend. All Holy Trinity GOYAns can attend for only \$32.50. Please see Eleni Valliant, Marios Kritiotis or Presvytera Becky for more information. Thank you for your help, parents, in making this a successful Holy Trinity-attended event!

GOYA Basketball Practices

The GOYA is holding basketball practices for both boys and girls teams on Thursdays at Oliver High School from 6:30 to 8:30 pm. For information, call Boys Coach George Georges at 412-364-5589 or Girls Coach Presvytera Becky at 412-831-3574.

JOYFest 2001 November 4

This issue of The Herald contains a flyer for another exciting JOY event: JOYFest 2001. This unique program is sponsored by Holy Trinity, Holy Cross and All Saints parishes and offers 8-12-year-olds a day of learning, fun, entertainment and faith-building. Please call Penny Georgiadis at 724-935-2383 by November 1 to reserve a spot for your child. The event runs from 11:00 am to 3:30 pm.

Parents, in addition to bringing your children, your help is needed. In the cooperative effort to host the event, each parish fulfills certain responsibilities, and Holy Trinity's this year is food. Parent volunteers are needed to put together a light lunch for the children that day. Please call Arnette Georges at 412-364-5589 to volunteer.



LITURGICAL LIFE

Paraclesis Service November 7



As we move into what we are told will be a long battle against the evil in this world which would committ acts such as that of September 11, our Paraclesis services resume their regular schedule of the first Wednesday each month at 6:00 pm, but we will continue to offer special prayers at each service for peace in the world and protection of our people and our country during

this time of turmoil. Please join us.

Weekday Liturgies November

Please keep in mind the following festal celebrations during the month of November. Orthros starts at 9:00 am, followed by Divine Liturgy at 10:00 am.

Thurs. Nov. 8.....The Holy Archangels
Fri. Nov. 9.....St. Nektarios the Wonderworker
Tue. Nov. 13 St. John Chrysostom
Fri. Nov. 16..... St. Matthew the Evangelist
Wed. Nov. 21..... Entrance of the Theotokos

COMMUNITY NEWS

Fall General Assembly November 4

The regular Fall General Assembly will be held on Sunday, November 4. An agenda and information on Parish Council elections has been sent to the homes of all Holy Trinity Stewards. Please remember that a signed pledge card and commitment are an important part of maintaing the good standing required to vote in the General Assembly in November, to be placed on the ballot for Parish Council and to vote in the Parish Council elections.

Thanks from Spero

Spero the Orthodox Church Mouse would like to thanks all the children of our parish for their enthusiastic support of the St. Spyridon Library. He also would like to thank those who help make his work possible. According to Spero...

"This last year we outgrew the St. Spyridon Library's first cabinet and we needed a second one just for the children's videos. Thank you to Bill Fiedeler for his donation of time and talents over the summer to build the second one (he built the first one, too!)

Also, have you seen my new book return box downstairs? It's the one that looks like a big hunk of Swiss cheese. It was donated by Nicholas Sarandou. His wife, Jane, is also helping me get organizaed by putting our collection in a computer database.

A special thanks goes to the "anonymouse" helper who types my Herald articles for Fr. John and for Father's help in including my Sunday bulletin articles.

Of course, I cannot forget my special helper, Athena Hodge, who tends to my Cheese Fund and helps me keep things in order every Sunday.

And, of course, thank you to all my precious children who come every Sunday to see me and to check out materials to help you grow in your faith. God bless you all!"

Give Thanks. Give Hope.

THANKSGIVING LUNCHLESS LUNCH



Every year, millions of children go to school hungry, while others have no choice but to drop out in order to survive. You can make a difference by supporting IOCC programs like our new school lunch initiative. Through this program, children are provided hot lunches which not only give them the energy to learn but also encourage them to attend school. Your gift will also help some of the world's most vulnerable people — the elderly, families in need and people with disabilities.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Donation Amount:

☐ \$35 ☐ \$50 ☐ \$100 ☐ \$250 ☐ \$1,000 ☐ \$_____

☐ Enclosed please find my check made payable to IOCC.

☐ Please charge credit card for the amount indicated above:

MasterCard ☐ Visa ☐ AmEx ☐ Discover ☐

Card Number: _____ Exp. _____

Signature: _____

Email: _____



International Orthodox Christian Charities
P.O. Box 630225 • Baltimore, MD 21263-0225
Toll-Free: (877) 803-4622 • Fax: (410) 243-9824
Internet: www.iocc.org

INTERNATIONAL ORTHODOX CHRISTIAN CHARITIES



The Saint Spyridon Children's Library

Hello my dearest precious children, I want to tell you today before anything else that I love you and that God is watching over you. We must reflect on the events of the past few months and know that there is a reason for everything and that God does work in mysterious ways. Never before have so many Americans come together to help each other with such loving and caring and to fight evil not just in America but in other countries. Yes fighting is wrong but just like the walls of Jericho fell so will the walls of evil around the world and the good will prevail.

This month I want to talk about a book called Gladsome Rose by Irene Vondantis Lafakis. This book will answer many of your questions as you grow in your faith. How can we journey to salvation? The path we must choose as Orthodox Christians is not always an easy one. It is treacherous filled with detours, dangerous curves, bumps, dips, speeders and even tragic accidents. Along with this comes heartache. As you walk along you may stumble, pick yourself up and go on to your journey to heaven. There may be times when you blame your Heavenly Father for the things that happen on this journey, but remember Jesus also walked a similar journey and before he died he asked to his Father, "My God why hast thou forsaken Me". He will never desert us and will always be there for us on our journey for we are his children and God has a purpose for everything, even his son dying on the cross to save us. This book is a story about a mother's journey into great faith. When she tells how the greatest spiritual growth in her life happens as a result of her child's death. So after reading this book you will believe there is life after death. As we go forward into the holiday season with all of the festivities around us, do not let us lose sight of the meaning of Thanksgiving and Christmas. Remember to give thanks for what we have and to pray for our fallen heroes.

In Christ, Love Spero

Holy Trinity Church 2001 Stewards

Thank you to the following Stewards of Holy Trinity Church who have submitted their 2001 Stewardship Pledge Card. If you have not yet done so, please submit your 2001 Stewardship Pledge Card today, since the 2002 cards will be mailed soon! Remember, a signed pledge card is required every year as part of maintaining your membership in good standing the Holy Trinity Church, along with your offering of time and talents and your participation in the spiritual life of the Faith.

Mrs. Elizabeth Agapiou
 Mrs. Harriet Amurgis
 Mr. & Mrs. Glenn Andromalos
 Mr. & Mrs. William Andromalos
 Mr. & Mrs. Michael Andromalos-Dale
 Mr. Dino Androutsopoulos
 Rev. Fr. & Pres. John Androutsopoulos
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 Mr. & Mrs. William Chapas
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Miss Anna Zissis
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Mr. & Mrs. Louis Zozos
Mr. & Mrs. George L. Zozos

2001 Stewardship Statistics

Number of Pledges
257

Total Amount Pledged
\$82,000

Average Pledge
\$348

Maximum Pledge
\$5,200

Amount per pledge
raised in 2001 through
Stewardship System
95¢/day

Amount per pledge
needed to cover
2001 budget through
Stewardship System
\$2.16/day

The Cultural Side • Η Πολιτιστική Πλευρά

"The Cultural Side" of the Herald highlights various aspects of Greek culture, history, literary works and current events. This month's column focuses on an educational opportunity called ...



The College Year in Athens is a study abroad program in Greece which offers intellectually demanding, university-level courses focused on Greece and the East Mediterranean world. Whether you are already immersed in Greek studies and thinking about a career in academia, or seeking to fulfill general education requirements, you will find courses designed to help you achieve your academic goals. You will be able to devise a program of studies that helps you gain a deeper understanding of this part of the world and a new perspective on the global environment.

One of the advantages of studying and living abroad is getting to know a culture, a way of life, and a set of values different from your own, and this helps you to reach a new stage of maturity, sophistication and awareness. The Program offers a variety and range of classes that together provide a well-rounded picture of Greece. Students in many majors - from archaeology through European Studies to religion - are able to find a choice of courses each semester that qualify for credit within their concentrations. Students whose disciplines are not covered

requirements often use a semester in Greece to fulfill some of their general education



The academic year 2002-2003 is a significant year for College Year in Athens as it marks its 40th anniversary. This venture has flourished from its four students, five faculty members and a curriculum of six courses in 1962 to a body of about one hundred students per semester, a faculty of almost thirty, and a curriculum consisting of forty-four courses in 2001.

College Year in Athens is a not for profit educational institution based in Cambridge, MA and controlled by a Board of Trustees. It offers this program through the Athens-based International Center for Hellenic and Mediterranean Studies. The language of instruction is English, the faculty is European and American, and the majority of the students come from North America.

Applications may be downloaded from the website at www.cyathens.org. For more information you may contact them at (617) 868-8200 or e-mail at CYAthens@aol.com. You may write to: Alexis Phylactopoulos, Director at 2 Vassileos Constantinou Avenue, Athens, Greece.

- Maria Kraniou

I would like to take this brief space to thank our regular Cultural Side contributors: Maria Kraniou, Voula Hareras and Mike Kritiotis. Their offerings have been informative and interesting. If you would like to see a particular issue covered, please contact them.

- Father John

Gheronda's Corner

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

THE LIFE AND FAITH OF THE THESSALONIANS:

1 Thessalonians 1:2-10

Brethren, we always thank God for you all and always mention you in our prayers. For we remember before our God and Father how you put your faith into practice, how your love made you work so hard, and how your hope in our Lord Jesus Christ is firm. Our brothers, we know that God loves you and has chosen you to be his own. For we brought the Good News to you, not with words only, but also with power and the Holy Spirit, and with complete conviction of its truth. You know how we lived when we were with you; it was for your own good. You imitated us and the Lord; and even though you suffered much, you received the message with the joy that comes from the Holy Spirit. So you became an example to all believers in Macedonia and Achaia. For not only did the message about the Lord go out from you throughout Macedonia and Achaia, but the news about your faith in God has gone everywhere. There is nothing, then, that we need to say. All those people speak about how you received us when we visited you, and how you turned away from idols to God, to serve the true and living God and to wait for his Son to come from heaven—his Son Jesus, whom he raised from death and who rescues us from God's anger that is coming.

Explanation

St. Paul continually prays for the Thessalonians, to whom this epistle is directed, and in prayer thanks God for all the gifts and graces which He has bestowed upon them. He praises them on account of the works of faith which they have performed; for their patience in bravely bearing all trials, encouraged by the hope of heavenly reward, and by the love of God the Father and Jesus Christ.

In order to confirm them still more in the faith and other virtues, and to incite them to still greater perfection, the Apostle reminds them that they had become a model to the faithful in Achaia and Macedonia, where their faith and Christian virtues had been made known.

What Useful Instruction Is Given to Us in this Epistle?

That we should thank God continually, not only for the graces which we have received, but also for the benefits which he has ever conferred on us, and continues to confer on all men. We should remember everybody in our prayer, especially those to whom we are particularly bound.

Finally, we should never be ashamed of the gospel; rather should we prefer to suffer every kind of annoyance than to disobey its precepts, and should rely on the mercy of Jesus Christ, that He may deliver us from the judgment to come.

On the Exercise of Thanksgiving

"In all things give thanks: for this is the will of God in Christ Jesus concerning you all."

What is meant by "thanking God"?

To thank God means to acknowledge His bounties, to esteem them, and to make good use of them.

A Prayer for Thanksgiving

Most bountiful God and Father! I acknowledge that from Your pure goodness, You have given me, Your unworthy creature, whatever of good I possess in body and soul. I confess that Your benefits are great and many, yet in return You do ask of me only that I make good and profitable use of them.

Gladly will I henceforth show my gratitude. Above all I thank You for having created me, and for the grace of redemption by the precious blood and death of Your only Son Jesus. I thank You also for having destined me to be born of Christian parents, to be educated in the Christian faith and for having preserved me therein until now. Again, I thank You for preserving me by your grace from the sins which I might have committed.

In thanksgiving for all this I will henceforth employ all the faculties of my soul, my intellect, will and memory, and the powers of my body, and all Your bounties, according to Your pleasure, for Your glory, for my own and all mankind's salvation. Amen.



Bishop Jeronymos of Tanzania Visits Holy Trinity Church

From Friday, October 12 through Sunday, October 14, Holy Trinity Church hosted an historic first visit from a visiting international hierarch and missionary, His Grace Bishop Jeronymos of Bukoba, Tanzania.

His Grace joined the youth of our parish for a presentation and discussion on Friday evening (after the scheduled hayride was cancelled due to weather). He shared slides and stories of life as a missionary in Tanzania.

He also led us in worship on Sunday morning as the celebrant of the Divine Liturgy, joined by Fr. John Touloumes and Fr. John Androutsopoulos.

Later that afternoon, His Grace joined approximately 100 walkers on the "Walk for Missions" in South Park, an annual fundraiser organized by the Orthodox Clergy Brotherhood of Greater Pittsburgh.



His Grace Bishop Jeronymos and some of the children who gathered on Friday evening in the social hall.



His Grace takes questions about the challenges and blessings of life in the mission field in Africa.



Some First/Second grade students and one of their teachers, Alice Kapnis, present a drawing to His Grace



His Grace presides over Divine Liturgy on Sunday, with Fr. John Touloumes (left) and Fr. John Androutsopoulos (right).



Some of the many people in attendance at Divine Liturgy on Sunday, October 14, 2001, pause at the end of the service for a photo with His Grace Bishop Jeronymos. (Note: Many more were in attendance that day. At the time of this photo, the children and teachers were in Church School class and other were setting up for the reception.)



An exciting event for all Orthodox Youth ages 8-12!

Fun!

FEATURING...

Opening Worship

Presentation: "The Cross: A Sign of Victory and Love"

Workshops

- The Cross and the Flag
- Hymns of Victory
- Victories of the Saints

Lunch

Another Symbol of Victory: The American Flag

Performances: Victories of the Saints

Closing Worship

The world is filled with many images and symbols. With the recent events of September 11th, one of the symbols we see a lot is the American flag. It is displayed as a sign of patriotism and victory and it gives us inspiration and confidence.



As Orthodox Christians, however, there is another and an even greater sign to inspire us, to give us hope and confidence. That sign is the Cross of Jesus Christ. It is called in hymns, "the beauty of the Church, the might of kings, and the assurance of believers."

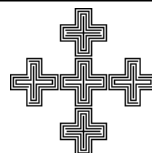
Don't miss this special opportunity to get together with other Orthodox Christian young people of the area to learn about how both these symbols should be respected and honored, but how the Cross brings us the sign of ultimate victory ... Jesus' the victory over death!

It will be a day of solid faith and great fellowship...and you are invited! There will be workshops teaching hymns, stories about the victories of the saints and a chance for you to "play the part" in special re-enactments of the victories of the saints. Bonus: Eagle Scouts will teach us how to use, display and care for the American flag!

The event is free, but you must call to reserve a spot!

Call to reserve your spot by November 1:

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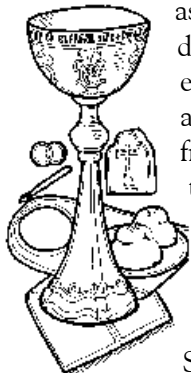
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HOW THANKSGIVING BLESSES LIFE ... AND DEATH

As far as sanctification is concerned, those souls which are free of the body have an advantage over those still living in the flesh. It is true that they receive, through the prayers of the priest and the intercession of the holy offerings, purification and the remission of their sins, just as the living do. But they can no longer sin, and do not add new wrongdoing to the old,



as most of the living do; they are either entirely absolved from all blame, or at least freed for ever from the possibility of further sin. Because of this, they are better disposed for communion With the Saviour, not only than

the majority of the living, but also than they would themselves have been if they were still in the flesh. The very fact of being free from the bonds of the flesh makes them far more worthy to receive the holy mysteries than they could possibly have been if they were still housed in their bodies.

We know that in the next world there are many mansions, so that every degree of goodness may be glorified, and none may go unrewarded by the most just and loving Judge. Thus, those worthy of the greatest rewards, who are perfect, and who inherit perfect blessedness, such as St Paul, enjoy this happiness more purely after death than they did while still in this life? So also, those who are called to a lower position in this place of rest naturally gain more

fruit from the mysteries than they did while they were alive.

We have shown that all peace of soul and the entire reward of virtue, be it great or small, consists only in this Bread and this Chalice, which is partaken of by both living and dead. That is why our Lord himself describes the future happiness of the saints as a banquet; it is in order to show that in: the next life there will be nothing save the Holy Table. Thus, the holy sacrifice of the Eucharist is for the dead as well as the living, and just as the latter, as we have said, receive a twofold sanctification, so do the former. The dead are in no way inferior to the living; rather, they possess certain advantages over them.

Nicholas Cabasilas
"A Commentary on the Divine Liturgy"