



THE HOLY TRINITY HERALD

1923 · EIGHTY YEARS OF MINISTRY · 2003

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

April 2003

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

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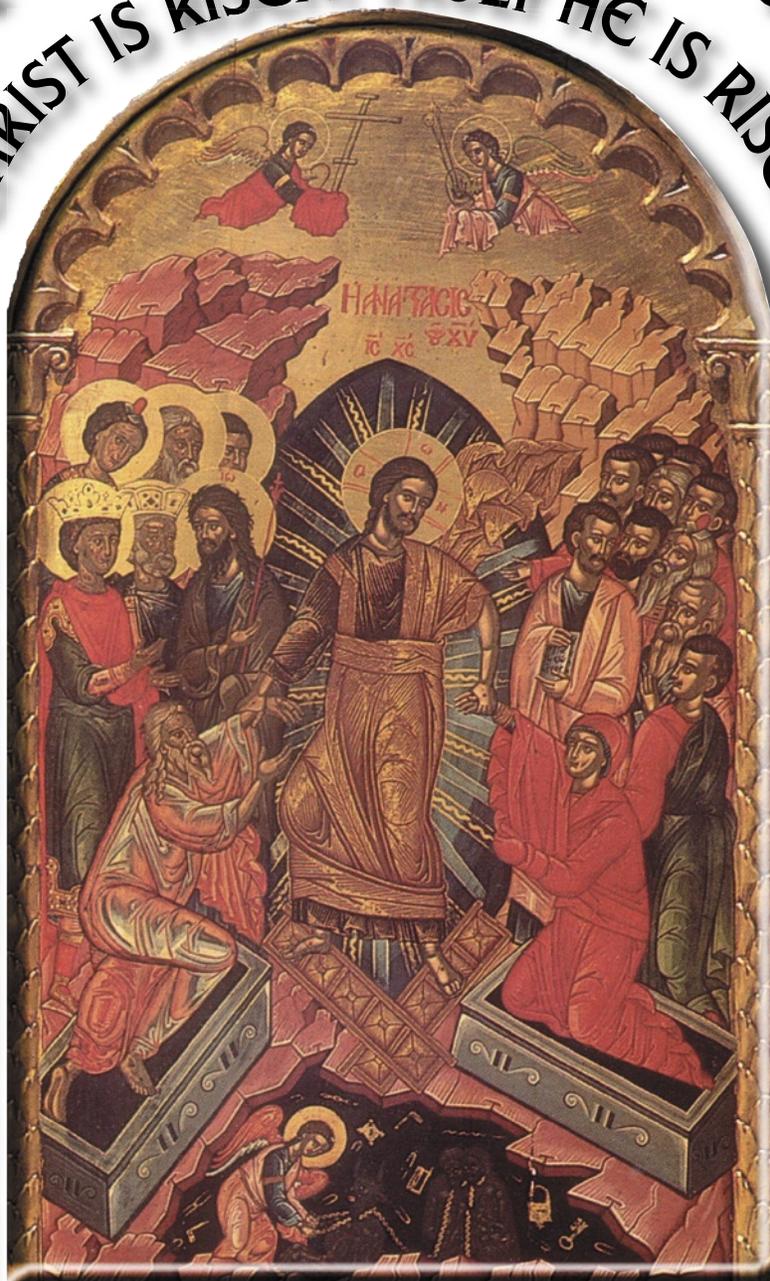
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CHRIST IS RISEN! TRULY HE IS RISEN!



*"Having beheld the Resurrection of Christ,
let us worship the Holy Lord, Jesus."*

Father John's Message

THE HOLY TRINITY HERALD

Parish Newsletter of
Holy Trinity
Greek Orthodox Church
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The Cultural Side

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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 by
Angela Morris
in memory her
beloved husband,
Michael Morris
May his memory
be eternal!



Behold the bridegroom is coming
in the middle of the night;
and blessed is the servant whom He shall
find watching; unworth is he whom he shall
find heedless. Beware, therefore, O my soul,
lest you be borne down down with sleep,
lest you be given up to death and be shut
out from the Kingdom."

[From the Palm Sunday evening
Service of the Biridegroom]

My Dear Keepers of the Vigil,

Attending the many Lenten and Holy Week services, it is a natural experience to be swept up by their beauty: the hymns, the icons, the processions, the prayerful vigils and more. In fact, that is part of the purposeful design and holy wonder of Orthodox worship: in envelopes the whole person in divine awe. It's something no Orthodox Christian should miss, and I pray our Holy Trinity community will fully participate in this Lent and Holy Week.

But beyond the beauty, there is something even more important about our worship: its truth. The hymns and prayers are not there to impress God or exercise literary prowess. They are there to reveal and teach divine truth. This came "home" in a most evident way for Presvytera, my children and myself on Pure Monday. Having completed the Vespers of Forgiveness and gone to bed in anticipation of the beginning of Lent the next morning, we were awakened in the middle of the night with a phone call that our dear friend and *koumbara*, had suffered a sudden, unexpected and what turned out to be fatal medical emergency. Rushing to the aid of the family, it became more and more clear in the midst of the tears, prayers and eventual news of her death that—for her—the Bridegroom had, indeed, come in the middle of the night. It was a hard and emotionally painful truth to accept, but that human difficulty was made all the more manageable by the growing realization that it was in reality the fruits of a divine promise from the above hymn fulfilled: "Blessed is the servant whom He shall find watching." May her memory be eternal!

For each of us, crisis or not, Lent is a time of asking many tough questions; though we don't always care to face them, we sometimes don't have the choice. With numerous deaths of beloved individuals in our community, with the war raging in the Middle East and with heightened terrorist levels at home, now they seem more pressing than ever. Here are just a few of them, related to various days and events of Lent and Holy Week?

- Have I lived a life worthy of God? (Pure Monday)
- Do I give the Lord proper glory? (Palm Sunday)
- Am I prepared for the Bridegroom...tonight? (Holy Monday)
- Have I truly repented and confessed my sins...really? (Holy Tuesday)
- Have I accepted the Cross the Lord has given me? (Holy Friday)
- Do I truly live for the Resurrection? (Pascha)

If you are able to read these questions, you are still here and able to do something about them. Do it. Don't wait. Fast and pray. Direct your life to spiritual things. Attend the holy services. Prepare for an receive the Holy Mysteries often: Holy Communion, Holy Unction and Holy Confession. *Kalo Pascha!*

News & Events

EDUCATIONAL MINISTRIES

Saturday of Lazarus April 19

The children of our Church School will once again attend the Saturday of Lazarus Divine Liturgy on April 19 and prepare the Palm Crosses and cup candles for Holy Week afterwards. Parents, please plan on bringing them and giving them an opportunity to participate.

No Church School Palm Sunday and Pascha

Please remember that there is no Church School class on the great feasts of Palm Sunday (April 20) and Pascha (April 27), but that is so all our children can attend the complete celebration of the feasts with their families. We look forward to seeing all our children throughout the Holy Week and Paschal services as much as possible. (Please note: Church School Mission Boxes should be returned on Palm Sunday.)

Paschal Candy Hunt April 27

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at 1:00 p.m. All the children are invited to come for this beautiful and bright service.

St. Lydia's Women's Fellowship April 10

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

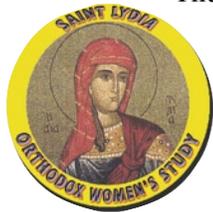
Thursday mornings at 9:30 a.m. at a home in the North Hills. (No meeting April 24 due to Holy Week.) New participants are always welcome!

The fellowship is enjoyable and the approach is casual, but the subjects are important for today's families.

The topic for this year is "Studies of Scripture and Faith in Everyday Life." A complete schedule for the year is now posted on our Holy Trinity web site (www.HolyTrinityPgh.org) under the "Ministries" section. The topic for the April meeting is "How to Deal with Prejudice." 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 March 13, 27

The St. Nikodemos Men's Study Fellowship meets on the second and fourth Thursday each month at the office of TriadUSA, Suite 460, Two Gateway Center,



downtown from 7:00 a.m. to 8:30 a.m. 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. The theme for this year's studies is "God's Promises for Men." A complete schedule for the year is now posted on our Holy Trinity web site (www.HolyTrinityPgh.org) under the "Ministries" section. (No meeting April 24 due to Holy Week.) For directions, call Gus Georgiadis at 412-880-4999.

Lenten Readings for 5th-12th Grade Students

The 5th-12th Grade students of our Church School are again participating in the popular Lenten Readings this year. Students can sign up during Church School to do the readings during the Liturgies of the Pre-Sanctified Gifts on Wednesday evenings and, for the first time this year, during the Services of Salutations on Friday evenings! The readings will be assigned ahead of time and do not need to be memorized. Please see Presvytera Becky for information.

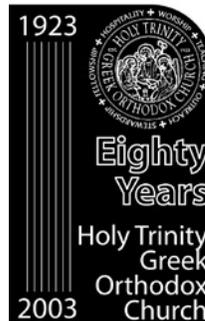
COMMUNITY NEWS

2003 Pledge Cards Due Now

Stewardship Pledge Cards for the year 2003 are now available and have been mailed directly to the homes of our members. Please read the information sent with the card and give dedicated and sacrificial attention to completing and signing your card as soon as possible with an eye toward helping your church reach its Stewardship goal. Last year was our best Stewardship year ever, but the needs of the Church matched and exceeded that growth.

The Challenge: With the upcoming changes and developments in the parish's immediate future and transition years, the financial situation will likely remain a challenge which we will all need to step up to meet. The Stewardship Committee is asking everyone to pitch in by increasing your pledge from last year at least 10% or \$50, whichever is greater.

The Results: Holy Trinity Stewards have responded with overwhelming support! On a year-to-year comparison of individual pledges, the 2003 Pledge Year is showing an average 12% increase this year. Join the trend:



News & Events

complete and return your card today! Thank you, good and faithful Stewards!

Lenten Soup Sales Weekly During Lent

The GOYA will continue its very popular Lenten soup sales this year 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 fundraising support for our GOYA ministry ... and they taste great! Visit the table in Coffee Hour each week!

Lenten Coffee Hour Reminder ... March 16-Apr 20

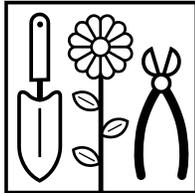
Please keep in mind that during the Lenten season our Coffee Hours following the Divine Liturgy will be observing the Orthodox Lenten fasting schedule. Anyone sponsoring a memorial coffee hour or providing Church School snacks is asked to take care that non-meat and non-dairy items are provided. The Philoptochos and the Church School can provide a list of suggestions for good alternatives. Thank you for helping our community grow in this proper and helpful Orthodox spiritual practice and discipline.

Make Plans for the Anastasi Dinner April 26

Don't forget to make plans to attend the Resurrection Liturgy on Saturday evening, April 26, and the annual Holy Trinity "Anastasi Dinner" following the service. Information is forthcoming.

Cemetery Clean-Up Day May 10

Attention all members of the Holy Trinity community, both young and venerable: please make plans to help with Holy Trinity Cemetery Clean-Up Day on Saturday, May 10 from 10:00 am to 2:00 pm. Help is needed with flower-planting in the circle, debris pick-up, brush-clearing along the fence and maintenance work at your own family's graves. Topsoil will be provided for individual graves needing it. Food and refreshments will be provided for all workers. Please keep in mind that the Cemetery Rules and Regulations allow annual flowers to be planted at graves as long as they are placed no more than one foot in front of the headstone and they are no wider than the headstone. No trees, bushes or other artificial decorations other than vigil lights are permitted. For any questions, please call Cemetery Committee Chairman Bill Fiedler at 412-364-1545. The Committee looks forward to seeing everyone there! (Note: A rain date of May 17 has been scheduled if needed.)



80th Anniversary Weekend June 15 & 16

Make plans from now to take part in the 80th Anniversary Celebration at Holy Trinity Church, June 15 & 16, 2003. There will be special events including the annual Saturday of Souls Liturgy at Holy Trinity Cemetery, an old-fashioned Basketball Tournament (for young and old alike), the Feast Day Vespers and the Feast Day Dance. Pentecost Sunday will feature the Divine Liturgy, Kneeling Service and a Father's Day Coffee Hour. Please plan on being there!

LITURGICAL LIFE

Lenten Fasting and Confession

In addition to the special services being held, please remember that the main focus of Lent is a personal one, with increased attention to our spiritual life through prayer, fasting and Holy Confession. Since spiritual discipline is also required, the Holy Canons of the Church prescribe the guidelines for the Great Lenten Fast, beginning this year on Pure Monday, March 10. Orthodox Christians are called to refrain from eating meat (including red meat, poultry, etc.), dairy (milk, eggs, cheese), fish and other animal products through Pascha. We are also to abstain from wine and olive oil during weekdays (Monday through Friday). Shellfish, vegetables, pastas and the like are permitted at all times. If you have any questions—especially if you are new to fasting or have special health conditions—please see Fr. John with specific questions. Please also see Fr. John to set up a time for Holy Confession. *Kalo Paradiso!*

Holy Week Schedule of Services

This issue of *The Herald* contains a complete schedule of service for Holy Week. Please post it in a conspicuous place in your home. As the Parable of the Wise and Foolish Virgins teaches us, we must always be vigilant and attentive to the Lord's presence in our life, and Holy Week provides many special opportunities to do so. See you there!

Upcoming Liturgical Dates April

In addition to the Lenten services, please take note of the following upcoming liturgical dates. Orthros is at 9:00 a.m., followed by Divine Liturgy at 10:00.

St. George the Great Martyr April 28

This feast is usually on April 23, but is moved to the day after Pascha if it falls during Lent.

Zoodohos Peghe (Lifegiving Fountain) ... May 2

News & Events

BAPTISMS & CHRISMATIONS

Anthony Rigas

The servant of God, Anthony Rigas, son of Evan and Terri Rigas, was received into the Holy Orthodox Christian Faith through the Holy Mystery of Baptism on Saturday, March 1. His sponsor was Theologia Gambieris. May God grant him many years!

Chloe (Despina) and Joanne (Maria) Germanos

The servant of God, Chloe Germanos, daughter of Tom and Joanne Germanos, was received into the Holy Orthodox Christian Faith through the Holy Mystery of Baptism on Sunday, March 23, and given the name Despina. Her sponsor was Raymond Jack. To make that day even more blessed, Despina's mother, Joanne Germanos, was also received into the Holy Orthodox Christian Faith during the same service through the Holy Mystery of Chrismation and was given the name Maria. Her sponsor was Lori Thomas. May God grant them both many years!

FUNERALS

John Chapas

The servant of God, John Chapas, fell asleep in the Lord on February 28, 2003. Funeral services were held at Holy Trinity Church on March 3, followed by internment at Holy Trinity Cemetery. May his memory be eternal! A 40 Day Memorial will be held on April 6. May his memory be eternal!

Gus Anestis

The servant of God, Gus (Constantine) Anestis, fell asleep in the Lord on March 6, 2003. Funeral services were held at Holy Trinity Church on March 10, 2003, followed by internment at Uniondale Cemetery. A 40 Day Memorial will be held on April 13. May his memory be eternal!

Glenn Andromalos

The servant of God, Glenn (Vinkentios) Andromalos fell asleep in the Lord on February 28, 2003. Funeral services were held at Holy Trinity Church on March 5, followed by internment at Holy Trinity Cemetery. A 40 Day Memorial will be held on April 13. May his memory be eternal!



SUMMER CAMP 2003 INFO

ATTENTION SUMMER CAMP PARENTS: THIS IS REALLY IMPORTANT INFORMATION!

Summer Camp 2003 is not that far away! As always, our Diocese has requested each parish to support this important ministry. At Holy Trinity, this takes the form of scholarship grants offered to the campers of our parish, thanks to the generous support of the Philoptochos, the Parish Council and other donors. This program resulted in our best-ever Summer Camp attendance last year, with 30 children attending from Holy Trinity! If you would like to make a contribution toward helping our parish's children attend this important program, please contact Father John.

Important: In order to qualify for the largest discount, parents of children who participate in our Church School ministry and JOY/GOYA ministries must submit a copy of their mailed child(ren)'s camp application(s) to Father John by May 1 to indicate that their child(ren) will be attending. (Only the application part is needed, not the medical form). Late applications will not qualify for the Holy Trinity discount.

The original application(s), payment & medical form(s) must be mailed directly to the Diocese postmarked by May 1 for the best discount (see below). Enclosed a check for the "Net fee" amount listed below and check the "Other Arrangements" box in the financial section of the form to indicate that balance of payment from Holy Trinity is to follow. Once again, here is the list of "discounts" and deadlines (it will really pay to meet the May 1 deadline!):

Postmarked by May 1:

Initial Fee	\$285.00
Less Diocese early registration disc.	-\$15.00
Less Holy Trinity grant	-\$100.00
<u>Net fee if postmarked by May 1</u>	\$170.00

Postmarked after May 1:

Initial Fee	\$285.00
No Diocese discount.....	\$-0.00
No Holy Trinity grant.....	-\$0.00
<u>Net fee if postmarked after May 1</u>	\$285.00

O Christ, our God, when You raised Lazarus from the dead before the time of Your passion, You confirmed the future resurrection of all. We too, like the children of old, carry before You the symbols of Your triumph and victory and cry out to You: "Hosanna in the highest! Blessed is He who comes in the name of the Lord!" (Apolytikion of Palm Sunday)

It's swimmin'!
Don't miss it!
Reserve a table!

PALM SUNDAY

Seventh Annual Community Fish Luncheon
SUNDAY, APRIL 20, 2003
Sponsored by Holy Trinity GOYA

Please plan on attending and celebrating this great Feast Day with your family and the Church. And this year, you're covered no matter what:



Bringing a crowd? Reserve your table ahead of time (min. 8 required).

Can't stay? Carry out is available to take home!



Don't like fish? Pasta dinners will be available, too!

Reservation policy: Pre-paid reservations are not required for individual tickets but may be made to hold an entire table (minimum of 8). Look for the GOYA table in Coffee Hour on Sunday April 6th & 13th.

Community Life Photo Journal

An on-going photo journal of scenes from the active parish life of Holy Trinity



Saint Lydia and Saint Nikodemos Couples Night

Men and women from the Saint Lydia and Saint Nikodemos Study Groups gathered on Sunday evening, March 3, for their annual Couples Night. This event, held for the past number of years, features good discussion, time to relax and a lot of fun with other Orthodox parents. Also picture here is Maria Elderkin of blessed memory, long-time Saint Lydia participant, who fell asleep in the Lord only one week after this event (top left photo, second person from the left). May her memory be eternal!



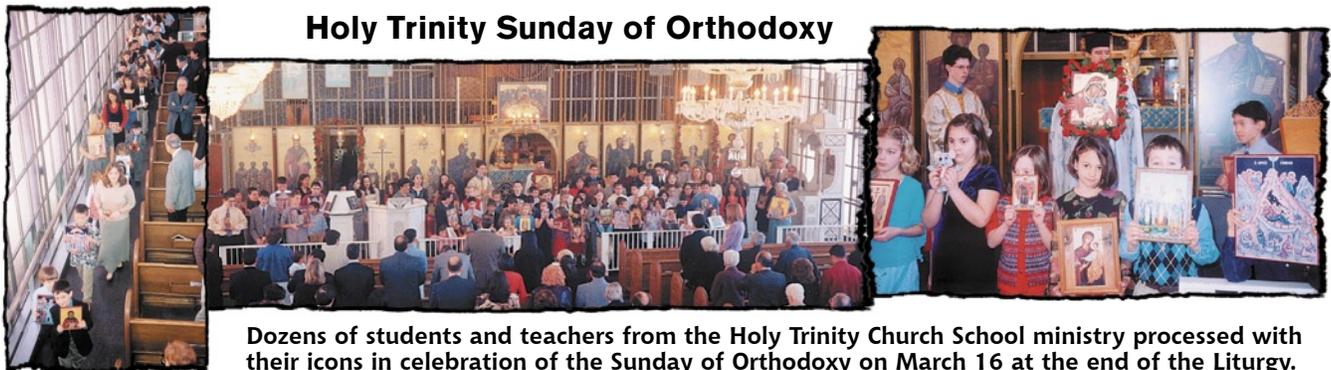
Greek Room March 25th Celebration



On Sunday evening, March 23, various parishioners from Holy Trinity Church participated in the Greek Room's Annual March 25th Celebration of Greek Independence Day and the Annunciation of the Theotokos, representing either Holy Trinity Church or other parishes or organizations. Pictured to the left (clockwise) are the Olympic Dancers, Katie Sarandou and Konstantine Fekos, Yianni and Georgia Gagianas, George Kilantonis and Elaina Balouris, The evening also featured poetry readings by Vickie Bellios and Voula Hareras, pictured below (l-r).



Holy Trinity Sunday of Orthodoxy



Dozens of students and teachers from the Holy Trinity Church School ministry processed with their icons in celebration of the Sunday of Orthodoxy on March 16 at the end of the Liturgy.

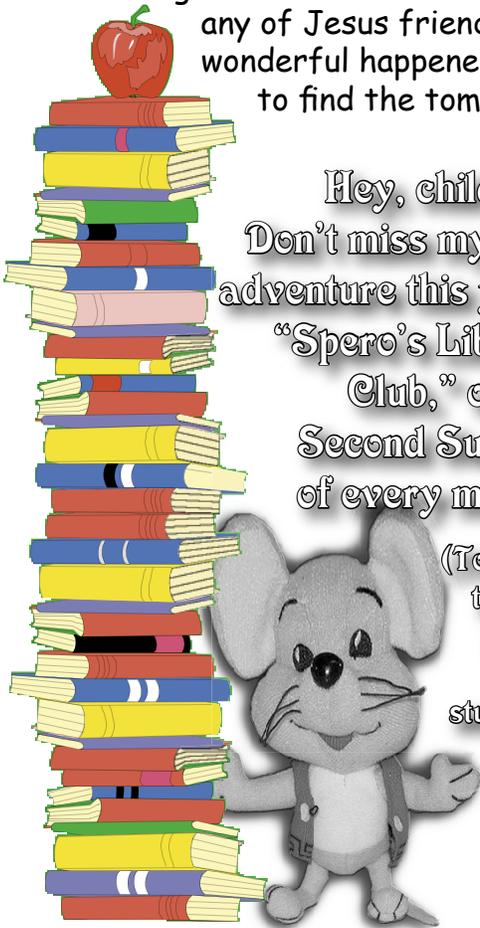
Mouse Tales: The St. Spyridon Church School Library Update

Hello, all my precious children!

It is I, Spero, with the April Update! "Celebrate Jesus" is from the Donutman series and is the recommended video this month. In this video, you will learn the value of faith and hope. You will witness the events in the life of Jesus from His triumphant entry into Jerusalem to His joyous resurrection. This is the foundation to our Faith. On Palm Sunday, when Jesus entered Jerusalem, the children, women, and men cried out "Hosanna blessed is He who comes in the name of the Lord". He was received like a king because He is King of Kings and Lord of Lords. When He spoke to His beloved friends, the Disciples, Jesus knew that he was about to die and would come back to life in three days. He wanted his disciples to have the faith of a little mustard seed, that is, He would tell them a little now, but it would grow into great faith later. Now before Passover came the disciples went to prepare a place for the Last Supper. So, during the Supper Jesus took bread and a cup of wine and lifted it up to them saying "This is my body, which is broken for you; this is my blood, poured for you; do this in remembrance of me". After the Last Supper, Jesus and his disciples went the Garden of Gethsemane where Jesus prayed to His Heavenly Father. While He was in the garden, some soldiers came and took Him away. My children this must have been the saddest day of the Disciples' life, for the One they loved, the one that was so good, was going to die for their sins and ours. But this was all part of His Father's plans. They brought Him to a place up on a hill outside the city called Golgotha where He was crucified for us. The next two nights were the darkest any of Jesus friends knew, but on the morning of the third day something wonderful happened: the myrrh-bearing woman came to anoint His body only to find the tomb empty. An angel appeared saying, "Do not be afraid, He is not here, He has arisen, and go tell His disciples". The women were so..o..o..o excited that they went running through the city to tell his disciples. When Peter heard he went running up the hill and he saw the empty tomb. Jesus was really alive!

Hey, children!
Don't miss my new
adventure this year:
"Spero's Library
Club," on the
Second Sunday
of every month!

(Toddlers
through
Fourth
Grade
students)



Now my little ones I'd like to share with you what Yiayia teaches us. The Easter egg is the symbol of the Trinity and is made of three parts; shell, white, and deep inside is the yolk. God the Father, His Son, Jesus, who rose from the dead for the whole world and the Holy Spirit: three but still one, the Father who made me, the Son who set me free, and the Holy Spirit who brings love to me. So my precious children have a blessed Pascha!

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 CROSS OF CHRIST

*"What proves that God loves us is that Christ died for us while we were still sinners."
(Romans 5:8).*

Dear Brothers and Sisters,

The Cross is our assurance that we are loved by God, because in the death of Christ, death itself has been overcome. Because He underwent death for us we

can now be certain that death is but following Him into the Father's presence. Similarly, our sufferings are not abolished, but they are transformed and given meaning in God's plan. The Cross is the sign of the victory Christ has given us over suffering and death.

The Cross is the center of the teachings of the New Testament. The Cross makes salvation possible. St. John Chrysostom said, "Everything that concerns us is fulfilled by the Cross." Our Holy Churches are crowned with crosses. We bow down before the Cross on many occasions,

The Cross is the symbol of Christianity. The Cross is more than the specific instrument of wood by which the Son of God was most shamefully put to death. The Cross cast its shadow over our Lord's whole life- It was expressed in every part of His life from the manger to Golgotha. There is nothing of Christ's life that can be separated from the Cross. From the very foundation of the world it was the purpose of God to redeem man from his sins. The Cross was part of the plan of God. Jesus knew He was to die on the Cross, as the Cross was an integral part of Christ's life, it must also have a real place in the life of every Orthodox Christian, St. Paul was not ashamed of the Gospel or, the Cross of Christ. He consoled himself in the Cross; "God forbid that I should glory; except in the Cross of our Lord Jesus Christ." (Gal. 6:14)

During this Great Lent our minds and hearts are turned again to His Cross. Let us meditate on the truth that the salvation of mankind was fulfilled on the Cross. The Cross is our banner, the Cross is our Guardian and our Defender given to us by our Lord and Redeemer Jesus Christ..

"Lord, Jesus Christ, we believe that on the Cross You took on Yourself our sins, our sufferings and death. Thank You for having such great love for us."

IN LOVING MEMORY

I would also like to dedicate this column to the memory of Maria Elderkin, who fell asleep in the Lord on Pure Monday, March 10, 2003. Here are a few relevant thoughts from scripture about her sudden death:

The death of a mother (Ps. 35:14) in the midst of life (Jer.15:9); sunset at noon (Jer. 15: 9).

Whatever may be the literal meaning of these words they suggest a departure in mid-life. The sun going down at noon is very suggestive of the unexpectedness of death in the meridian of life, and yet the sun goes down to rise again. In a brief interval he appears again, climbing the Heavens in majesty and strength. God does all things well, and whether the sun of our loved ones departs in the morning, at midday, or in the evening, it will have a glorious rising in that perfect day.

The best thing we can say about a Christian is that he or she is faithful. Our departed sister in Christ, Maria was a faithful Christian. She was faithful to God and His Church and was a beloved wife and loving mother of five children. Jesus said, "Whosoever liveth and believeth in Me shall never die." This is the most glorious promise ever made to humanity. The most hopeful and helpful words about life after death for us are the words Christ spoke to the penitent thief who was dying that day by His side. "Today shalt thou be with me in Paradise." (Luke 23:43). And Jesus said to Maria, "Because you are prepared, I have prepared a place for you: Today you will be with Me in Paradise."

Beloved brothers and sisters in Christ: Heaven is a prepared place for prepared people! Remember that we can judge people by what they love. Our beloved sister in Christ, Maria, loved the Lord, she loved her Church. She loved her pastor, she loved her Bible, she loved prayer, she loved her friends, and above all she loved her family. Yes, she loved all that was finest and best.

An admonition to the Godmothers of Eleni, Alexander, Rebecca, Christina and Emmanuel: remember your duties to your spiritual children, for they have been entrusted to you.

May God bless and comfort her family, husband, parents and all relatives and friends. May you feel the loving arms of Jesus around you and may His peace fill your hearts every day of your life.

*With God's love and blessings,
Rev. Fr. John Androutsopoulos*

The Cultural Side • Η Πολιτιστική Πλευρά



Maria Kraniou

A selection of eclectic wisdom from one of our cultural columnists with a distinctly Hellenic flavor!

GREEK LIFE: IT'S GOOD FOR BOTH MIND AND BODY!

FIRST THE MIND...

A 35-year old Greek, who is a math and computer science professor in the University of Lyon, France is the man with the highest IQ in the world. He is Nikos Ligeros, with an IQ of 189, the highest ever recorded in the world! Nikos is a member of MENSA, a superior intellect organization. He was born in Volos in central Greece, but lives in France, although he states that he is always in Greece.

In an interview with the Athens newspaper Ethnos, he comments, "All the elements I am made of are Greek. It doesn't matter where I live. When I am abroad, my friends call me the Greek consulate. The Greeks are not Greeks because they live in Greece. They are Greeks regardless of where they live." He said that his goal is to create thought, overturn ideas and heal society. He loves people very much and wants to help them, while he feels absolutely normal compared to the rest of the people.

On the education system, he points out that each country should create the right conditions; however, education is a matter of individual initiative. On his future targets, he maintains that the journey is the goal and stresses that what is important is not where we are going to, but the fact that we keep going.

Macedonian Press Agency

... AND NOW THE BODY

Ask Ancel Keys, 96, the secret of his long life, and he's likely to point to tonight's meal: baked cod fillets flavored with lemon juice and a bit of olive oil, steamed broccoli, roasted potatoes, and a glass of white wine. This is quintessentially Mediterranean fare, befitting the man who first promoted the health benefits of the Mediterranean diet.

As a young scientist more than 50 years ago, Keys

showed that among people in countries where fresh fruits and vegetables are plentiful and olive oil flows freely—Greece, southern Italy, southern France, and parts of North Africa and the Middle East—heart disease is exceedingly rare. In countries where people fill their plates with beef, cheese, and other foods high in saturated fat—places like the United States—it's a leading cause of death.

Thanks to Keys' efforts, the Mediterranean diet and way of cooking have become synonymous with good health. The original Mediterranean diet was that eaten by rural villagers on the Greek island of Crete. "The Mediterranean diet was nearly vegetarian, with fish and very little meat, and was rich in green vegetables and fruits," says Keys, who is now a professor emeritus at the University of Minnesota. People living on Crete got more than one-third of their calories from fat, most of it from olive oil, which is rich in monounsaturated fatty acids. They also consumed wine every day.

With a few careful choices, you can still treat yourself to one of the world's healthiest—and most delicious—cuisines. Here are four tips to get you started:

1 Fill your plate with fresh fruits and vegetables. The people of Crete were called mangifolia, which means "leaf-eaters", because they consumed so many leafy green vegetables, foraged from the steep hillsides of the island. Fruits and vegetables are low in calories and fat and very rich in nutrients, including cancer-fighting antioxidants.

2 If you're dining out, look for entrees with plenty of vegetables and very little cream or cheese—a vegetarian pasta tossed in olive oil and a little parmesan cheese, for instance, or grilled fish served with steamed vegetables.

3 When buying bread, choose loaves made with whole grains and flours. Refined foods cause blood sugar levels to spike, because they are so easily digested. Less processed, whole grain ones provide a more sustained level of energy over a longer period, making them more healthful.

4 For dessert, choose something that provides one serving of fruit. Tonight, at his home in Minneapolis, Keys ends his meal with a dessert that perfectly reflects the Mediterranean ideal: baked apple slices, sprinkled lightly with cinnamon and sugar.

Here's to good health and sound minds to all!

Maria Kraniou

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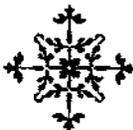
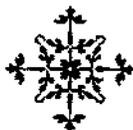
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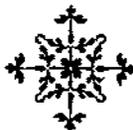
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of their
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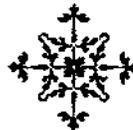


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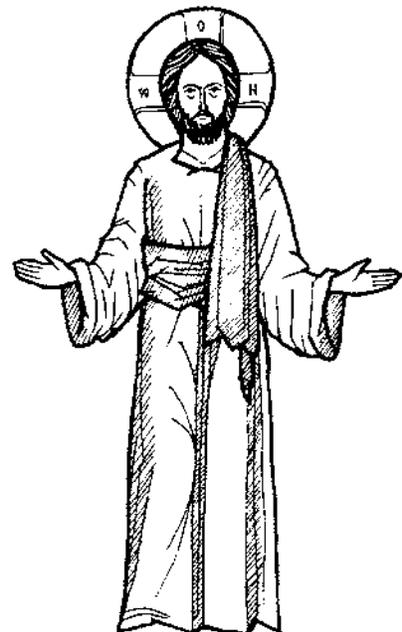
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WHAT GOD WON'T ASK US

- God won't ask what kind of car you drove...
He'll ask how many people you drove who didn't have transportation.
- God won't ask the square footage of your house...
He'll ask how many people you welcomed into your home.
- God won't ask about the clothes you had in your closet...
He'll ask how many you helped to clothe.
- God won't ask how many material possessions you had...
He'll ask if they dictated your life.
- God won't ask what your highest salary was...
He'll ask if you compromised your character to obtain it.
- God won't ask how many promotions you received...
He'll ask how you promoted others.
- God won't ask what you did to help yourself...
He'll ask what you did to help others.
- God won't ask how many friends you had...
He'll ask how many people to whom you were a friend.
- God won't ask in what neighborhood you lived...
He'll ask how you treated your neighbors.
- God won't ask about the color of your skin...
He'll ask about the content of your character
- God won't ask how many times your deeds matched your words...
He'll ask how many times they didn't.



(Reprinted from St. Sophia Church Bulletin, New London, CT)