



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

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THE HOLY TRINITY HERALD

1923 · EIGHTY-ONE YEARS OF MINISTRY · 2004

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

June-July 2004

www.HolyTrinityPgh.org

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Saint Paraskevi the Venerable Martyr - July 26



Saint Paraskevi was born in the second century and received her name because of the day on which she was born ("Paraskevi" means "Friday" or "Day of Preparation"). She did not hide her Christian faith and was eventually arrested by Emperor Antoninus, and sentenced to die in a vat of boiling oil. To the amazement of those who witnessed the event, including the Emperor, this saintly woman was unharmed by the oil and simply walked out of the cauldron without even a blister. When the Emperor claimed that the oil must not be hot enough, she dipped her hand into it and splashed it in his eyes, blinding and scalding him. At his pleading, the saint prayed over him and restored his sight. For this, she has become the patron saint of those with ailment of the eyes.

**BUILDING TOWARD
THE FUTURE**
starting TODAY

Father John's Message

THE HOLY TRINITY HERALD

Parish Newsletter of
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The Cultural Side

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month. If you would like to assist with mailing
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The Herald

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Sponsor Form on the
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cover of this issue.



We mustn't despair when we struggle and continuously see nothing but the slightest progress. We all do nearly nothing, some a little more, some a little less. When Christ sees our little effort, He gives us an analogous token, and so our nearly nothing becomes valuable and we can see a little progress. For this reason, we mustn't despair, but hope in God.

Elder Paisios (1924-1994)

Dear Brothers and Sisters in Christ,

There was a song from a generation ago by Nat King Cole called, "The Lazy, Hazy, Crazy Days of Summer." Although we don't hear it on the radio very much any more, it is still a tempting thought: "School's over, meetings are done, sports have wrapped up; time to just kick back and relax! Church? What do you mean, there's no church in the summer ... is there?"

Indeed, there is. If we have not found ourselves in the company of the Body of Christ, it is because we who choose to leave Him ... until we need Him. Sometimes we even make the mistake of thinking we have built up some sort of "credit" that we can use to just coast through the summer. It's sort of like frequent flier points for attending church. Or perhaps we can count that June wedding as "church" for the week.

Yet our good and loving God never leaves us. In fact, Jesus Himself says at the recently-celebrated Feast of the Ascension, "Behold, I am with you always, even to the close of the age" (Matthew 28.20).

It doesn't take much, brothers and sisters, to stay in constant motion toward God. He honors every effort. The guidance from the Elder Paisios above reminds us that without God, no effort we make in this life counts for anything. It is from Him that we derive any good that we do and the ability to do it.

Thousands of sharks die each year by getting caught in fishing nets. It is not because they are hauled in and killed; it is because they lose forward motion. A shark must remain in constant motion to keep the fresh, oxygen-rich water flowing through its gills or it dies. Imagine, drowning in the very environment where moments before it felt safe and at ease.

One of the ways we maintain a constant motion toward the Lord in worship. We move towards Him and He receives us. We bow down in His presence and He raises us toward Heaven. We offer Him our prayers, our time and our love; He offers us His Holy Body and Blood and the promise of eternal life.

This summer, don't get caught in the net of spiritual apathy and drown. Be with Christ in His Holy Church. Leave your suit, tie and fancy clothes at home if you want (Remember, however, no short or t-shirts; ladies, please wear skirts). Let's not take God's house or presence for granted. He is waiting for us.

News & Events

EDUCATIONAL MINISTRIES

Vacation Church School August 2-6

Holy Trinity, All Saints, St. Nicholas and Holy Cross Churches are again combining to sponsor the annual Orthodox Christian Vacation Church program at Holy Cross. The program runs Monday through Friday, 9:00 am - 12:00 noon. The theme for the year is "The Miracles of Jesus." This is a great alternative to video games and television, because it's more fun and it feeds the hungry souls of our beautiful children. If you have children between age 3 and 8th grade, please make the effort to enroll them and get them there. Many parents spend hours on the road every week running back and forth to athletic practices; this trip is even more worthwhile!



A registration form was included in the last *Herald* and can be obtained from the church office. The early registration fee is only \$12 if registered by June 30, after which it goes up to \$15 until July 15 and \$22 thereafter. Contact Father John at Holy Trinity Church or Father Michael at Holy Cross Church (412-833-3355) for further information. Staff volunteers are also needed to assist in running the program. A staff meeting will be held on Tuesday, June 15 at 7:00 p.m. at Holy Cross.

See You This Summer!

Throughout the country in schools and colleges, graduates and continuing students are saying goodbye to their schools, teachers and friends. In these cases, the end of classes means the end of being anywhere near the school until September.

But don't forget, the last day of Church School class does not mean the last day of Church for the summer! Please be sure to plan to attend services together as a family throughout the summer. God does not take a summer vacation; we are always in His care, so we shouldn't forget about Him, either!

Also, if you are looking for a nearby church to attend on vacation, visit the Archdiocese web site parish directory at www.goarch.org and click the Parish Directory link. You can search by the name of the parish, city or even clergy name and you can choose how many miles to search from any given zip code.



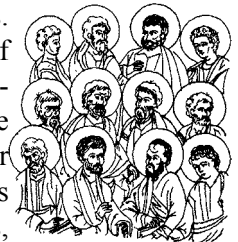
LITURGICAL LIFE

9:30 Regular Divine Liturgy Hours... Now in Effect

Don't forget, regular 9:30 Divine Liturgy hours have resumed. Orthros is held at 8:30 a.m. and Divine Liturgy starts at 9:30 a.m. for both Sunday and weekday services through October. Please set your clocks and your personal schedules to be there on time.!

Fast of the Holy Apostles June 7-28

Don't forget, each year on the Monday after All Saints Sunday, the Church asks us to prepare for the Feast of the Holy Apostles Ss. Peter and Paul through the Fast of the Apostles. This is a variable-length fast, lighter than both the fasts of Lent and August 15. For an explanation of fasting by His Eminence Metropolitan Maximos, visit the Archdiocese web site at www.goarch.org and click on the "Our Faith" section.



BIRTHS

Sfiroudis

Congratulations to Jim and Eleni Sfouridis on the birth of their daughter, Sophia, on April 28, 2004. May God grant her many years!

Thomas

Congratulations to Jim and Lori Thomas on the birth of their daughter, Jewel, on May 12, 2004. May God grant her many years!

Reminder: In order to have a birth listed, the family must contact the office during office hours with the information and request that the birth be listed in the *Herald*. Thank you for your cooperation!

BAPTISMS

Gia Castellano

The servant of God, Gia (Γεωργία) Castellano, daughter of John and Jennifer Castellano, was received into the Holy Orthodox Christian Faith through the Holy Mystery of Baptism on May 22, 2004. The God-mother was Georgia Castellano.

WEDDINGS

Andriotis

The servants of God, Eugene Andriotis and Vasie-Leigh Chames were united in the Holy Mystery of

News & Events

Marriage on April 24, 2004. The celebrant for the wedding was His Eminence, Metropolitan Maximos, assisted by Father John and other clergy. The sponsor was Christine Smith. (Vasie-Leigh is our current Metropolia Youth Ministries Coordinator). Congratulations and may God grant them many happy and blessed years!

Castellano

The servants of God, John and Jennifer Castellano, were united in marriage in the Holy Orthodox Church on May 13, 2004. The sponsor was Louise Castellano. Congratulations, and may God grant them many happy and blessed years!

FUNERALS & MEMORIALS

Anthony Lakes

The servant of God, Anthony Lakes, fell asleep in the Lord on April 24, 2004. The Funeral service was held on April 27, followed by interment at Holy Trinity Cemetery. May his memory be eternal!

Upcoming Memorials

Memorial or Trisagion services have been scheduled for the following souls during the coming weeks:

June 6: James Paras (3 years)

June 13: Jim Hartig (1 year); Georgia Kukutsis (63 years)

July 18: Irene Krist (1 year)

Note About Scheduling Memorials

In order to have Memorial or Trisagion services listed in the *Herald* or the Sunday Bulletin, it is necessary to contact Father John well ahead of time. Because of the *Herald* publication schedule, advance notice of at least **8 weeks** may be needed for information to be listed there. Lists of names and years commemorated should be submitted in writing to help eliminate errors. Sunday Bulletin listings will include a notice on the week before and the week of the service if advance notice of at least **3 weeks** is provided. Thank you for your cooperation in this matter.

PARISH NEWS

Father John at Project Mexico June 23-July 3

Father John will be away from June 23 to July 3 to participate in our parish's 2004 Project Mexico Mission Trip. If you need pastoral assistance at that time, please contact the church office and arrangements will be made. You may also contact Father George Livanos at All Saints Church at 724-745-5205.

FESTIVAL NEWS

Festival Dates September 1-5

Don't forget to keep September 1-5 free to work at, eat at, bring your friends to and enjoy the Holy Trinity Greek Festival. Sign up over the summer to help. Please don't wait until the last minute.

The hours for the Festival at Wed.-Thu. 11am-8pm; Fri.-Sat. 11am-9pm; Sun. 11am-7pm.

Festival Cooking June & July

A complete cooking schedule for all remaining dates is included in this issue of *The Herald*. Please note the times you will be able to make and mark them on your calendar now.

Pastry cooking starts at 4:00 p.m. and continues into the evening (it's quicker if *you* show up!). Everyone is invited and asked to help. Bring a friend and pack a snack. Call Joyce Athanasiou (412-322-6002) or Julie Kritiotis (412-766-5001) for information.

Food cooking (tiropita, spanakopita and pastitsio) starts at 9:00 a.m. on Tuesdays and Fridays and goes until 2:30 p.m. Contact Kay Balouris at 412-766-1263 for information.

Also, **dolmathes** will be prepared on Thursdays and Fridays, July 15, 16, 22 & 23 at 9:00 a.m. Call Paula Valliant at 412-487-3977 for information.

HT Community Update June 20

Following Divine Liturgy on Sunday, June 20 (Father's Day), there will be a brief informational meeting during coffee hour to bring the community up-to-date on our progress with Stewardship, the Festival and the new church property search. Snacks will be served and Parish Council and Vision Committee members will be available for questions. Please plan on attending and getting up-to-date on the needs and progress of your community. Thank you!

REGIONAL NEWS

Greek Day at Kennywood July 27

Greek Day at Kennywood is scheduled for Tuesday, July 27, this year. In addition to the Kennywood attractions, there will be Greek food and dance performances at the pavillion behind the Old Mill Stream ride. Discounted "Ride-All-Day" tickets are available for \$18 (regularly \$28.95) and General Admission tickets for \$6 (regularly \$8) through the Presentation of Christ ("Ypapanti") Church by calling Theodora Stupakis at 412-824-9188 before July 20.

Gheronda's Corner

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



**Father John
Androutsopoulos**

LOVE ONE ANOTHER

1 John 3.11-18

The message you heard from the very beginning is this: we must love one another. We must not be like Cain; he belonged to the Evil One and murdered his own brother Abel. Why did Cain murder him? Because the

things he himself did were wrong, and the things his brother did were right.

So do not surprised, my brothers, if the people of the world hate you. We know that we have left death and come over into life; we know it because we love our brothers. Whoever hates his brother is a murderer, and you know that a murderer does not have eternal life in him. This is how we know what love is: Christ gave His life for us. We too, then, ought to give our lives for our brothers! If a rich person sees his brother in need, yet closes his heart against his brother, how can he claim that he loves God? My little children our love should not be just words and talk; it must be true love, which shows itself in action.

EXPLANATION

There are many people, who, blinded by self-love, imagine that they love God, if they only go to church often and read some pious prayers, while in their heart they hate their neighbor, and are ready to injure him, if occasion should offer.

These unfortunates are not aware that their prayer is an abomination before God, Who says through His Apostle, St. John: "Whosoever hates his brother, is a murderer (1 John 3,15.) They are also liars, for, "if any man say I love God, and hates his brother, he is a liar" (1 John 4.20). For he cannot love God, whom he has not seen, if he does not love his brother, whom he has seen. (v. 21) The command that Christ has given us is this: whoever loves God must love his brother also. The proof of the love of God is given by the love of our neighbor.

HOW CAN WE KNOW THAT WE REALLY LOVE OUR NEIGHBOR?

By the works of charity. If a rich person sees his brother in need, yet closes his heart against his brother, how can he claim that he loves God? (1 John, 3.17). Thus, the rich man in the gospel gave evidence that he had no charity, because he refused his aid to poor Lazarus.

FIND MEANING IN LIFE

"We love, because God first loved us." (1 John 4.19) Every person is interested in getting the most out of life and in finding meaning in it. It is commonly agreed that the great enemies to Christians today are the flesh, the world and the devil. Also, fear, anxiety, hatred, bitterness, jealousy, envy, greed, lust, prejudice, and so the list runs on.

On the other side of the picture, more and more we are coming to see that love, kindness, courage, faith, hope trust, and the like are really the great benefactors of mankind. Love, in all of its deeper meanings, is the greatest single factor for good in life. A loving Christian tends to be a healthy Christian. A joyous person radiates good cheer, and "a cheerful heart is a medicine." With love and joy goes health,

But how can we be freed from the enemies of our spiritual life? How can we rid ourselves of hatred, envy, jealousy, fear? How can we replace

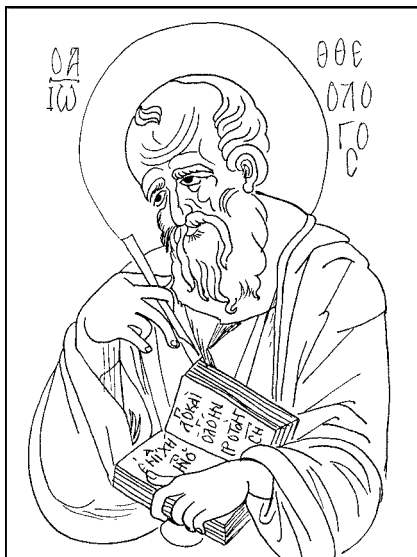
love for hate, joy for fear, and goodwill for jealousy?

We read in the scripture that "perfect love casts out fear." And this love has only been fully manifested in the life and person of Jesus of Nazareth. He alone has shown us how to love.

The great loving Christians and Fathers of our Church which we have known in our Church have been those who were devoted to Jesus Christ and committed to Him. They have lived so close to Him that His love was manifested in their lives.

May The Love Of Christ Will Be Manifest In Our Lives.

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



The Cultural Side • Η Πολιτιστική Πλευρά

A Greek language offering in honor of Mother's Day and in remembrance of the Fall of Constantinople in 1453



Voula Hareras

Μανα κραζει το παιδακι
Μανα ο νιος και Μανα ο γερος
Μανα ακους σε καθε μερος
Αχ τι ονομα γλυκο!...

Πραγματικά τιποτε δεν
είναι πιο γλυκο απο το
φιλι της Μανας προς το παιδι
της. Η Μανα αγαπα το παιδι
της απο την ωρα που θα το
γεννηση μεχρι να κλειση

τα ματια της, το τελευταιο που θα σκεφτη το
παιδι της, και ακομα απο τον ουρανο προσευχεται
για αυτο. Τυχεροι οσοι εχετε την Μανουλα σας
αφιερωσετε λιγη ωρα απο την ημερα σας να την
σφιξετε στην αγκαλια σας και να της πητε, ποσο
την αγαπατε, τιποτε αλο δεν ζητα η Μανα, και οσοι
δεν την εχετε, κυταξτε φηλα και νοερα στείλτε της
ενα φιλακι, η ψυχουλα της θα το δεχτη με χαρα.
Κυριακη 9 Μαιου ημερα της Μητερας, Ευχομαι
σε ολες ανεξερετως της Μανουλες χρονια πολλα
χαρουμενα και με υγεια.

Βουλα Χαρερα

Ο Μαρμαρωμενος Βασιλης

Την αυγη της 29ης Μαιου 1453, ημερα Τριτη,
επεσε στην ορμη της μαχης μαζί με τη Βασιλευουσα
ο τελευταιος αυτοκρατορας Βυζαντιου. Ο ηρωικος
Κωσταντινος ΙΑ ο Παλαιολογος. Η 29ης Μαιου
η ημερα της αλωσεως ηταν η 55η ημερα απο την
εναρξη της πολιορκιας της Πολεως. Την αποφραδα
εκεινη μερα ο ηρωικος ηγεμονας συμπληρωνε 49
ετη ζωης, μηνες 3 και ημερες 20.

Κανεις δεν εμαθε που τον εθαψαν. Ο εμμετρος
θρηνος της Αλωσεως διατυπωνει με πικρια και με
βαθυ στοχασμο το εναγωνιο ερωτημα:

*Ω Κωνσταντινε βασιλευ, Δραγαζη το πινομι,
ειπε μου, που ευρισκεσαι, εχαθης, εκρυβηθης,
ζης η και απεθανες επανω στο σπαθι σου*

Ομως για την ψυχη του Ρωμηνου ο Δραγαζης
δεν πεθανε, δε χαθηκε, δεν κρυφτηκε. Οι
ηρωες—κι ο Κωνσταντινος ηταν ο θρυλικος
ηρωας που σφραγισε με το αιμα του τη δοξα της
λαμπρης αυτοκρατοριας, η οποια την ημερα της

αλωσεως συνεπληρωνε ζωη 1,123 ετων—επεσε
ως εκουσιος ηρωομαρτυρας καθως μαχοταν
στην πρωτη γραμμη με το σπαθι θρυμματισμενο
στα χερια. Και ετσι, οπως γραφει ο ιστορικος
Φραντζης ελαβε τον του μαρτυριου στεφανον, μη
θελησας προδουναι τοις ανομοις τα βασιλεια, μητε
θελησας αποφυγειν, ενω μπορούσε...

Δικαια λοιπον ο λαος, που ποτε δεν πιστεψε
οτι ο βασιλης του πεθανε η χαθηκε η κρυφτηκε,
τον εμαρμαρωσε! *Εκει που ενας Αραπης σηκωσε
το σπαθι του να χτυπησει τον βασιληα, λεει ο
θρυλος, ηρθε αγγελος Κυριου και τον αρπαξε και
τον πηγε σε μια σπηλια βαθια στη γη κατω, κοντα
στη Χρυσοπορτα. Εκει μενει μαρμαρωμενος και
καρτερει την ωρα, να ρθει ξανα ο αγγελος να τον
ξεμαρμαρωσει.*

Ο θρυλος αυτος εκφραζει και αποκορυφωνει
τους μυστικους ποθους και τις ελπιδες του
Γενους. Διοτι η μορφη του Κωνσταντινου ζη
στο γεματο ελπιδες ονειρο των Πανελληνων,
ενσαρκωνοντας τους ακαταλυτους ποθους μας.
Αλλωστε ο μαρμαρωμενος βασιλης σηκωθηκε
απο τοτε οχι λιγες φορες. Αναδυθηκε και ερrane
με χρυση βροχη τους γιγαντομαχους του 1821,
τους Βαλκανιομαχους του 1912–1913 στην
Ηπειρο και στη Μακεδονια, τους αδουλωτους
λιονταροψυχους των Βορειοηπειρωτικων βουνων
του 1940–41, τους ατρομητους εφηβους της
Κυπρου του 1955–1959.

Σε πεισμα των οποιων απαισιοδοξων, θα
σηκωθεί κα παλι για να ρανει οσους η Ιστορια θα
ταξει να ελευθερωσουν την αλυτρωτη ακομη γη
μας.

*Βουλα Χαρερα
Προς Την Νικην
Μαιος 2004*



The Cultural Side • Η Πολιτιστική Πλευρά



Maria Kraniou

HOLLYWOOD'S 2004 BIG FAT GREEK MOVIES

Film critic Nigel Andrews sees the latest revival of ancient epics pointing to a new era of Hollywood empire-building and audience escapism.

Maria Kraniou

Has Hollywood gone Greek again, decades after its last sustained cycle of ancient-history fancy-dress parties? In *Troy* and *Alexander the Great*, two much-puffed blockbusters coming this year, the ancient world will live anew.

Troy has the advantage of starting from a work of literature, Homer's *Iliad*. *Alexander the Great*, written and directed by Oliver Stone, will be raw history plus any bits of legend that have stuck to this story of a fourth century BC Macedonian Greek, who at 33 had created the largest empire the world had then seen.

Both movies took off as bankable propositions from the out-of-the-blue success of *Gladiator*. Before *Gladiator*, ancient-historical epics had been as extinct as the Minotaur. You had to go back to *Ben-Hur* or *The Fall of the Roman Empire*. Yet today, these films or their heirs are back. Big is beautiful. Old is new. And *Troy*, opening this month and starring Brad Pitt (as Achilles), is already the most anticipated film in the early

summer schedule.

The main set for *Troy*, built at Fort Ricasoli, Malta, was one of the largest in Europe since *Cleopatra*. For *Alexander the Great* there were 20,000 costumes, 9,000 arrows, 3,000 shields, 20 armor-clad elephants – and one Oliver Stone (*Platoon*, *JFK*, *Born on the Fourth of July*), with the will, skill or hubris to put all these together.

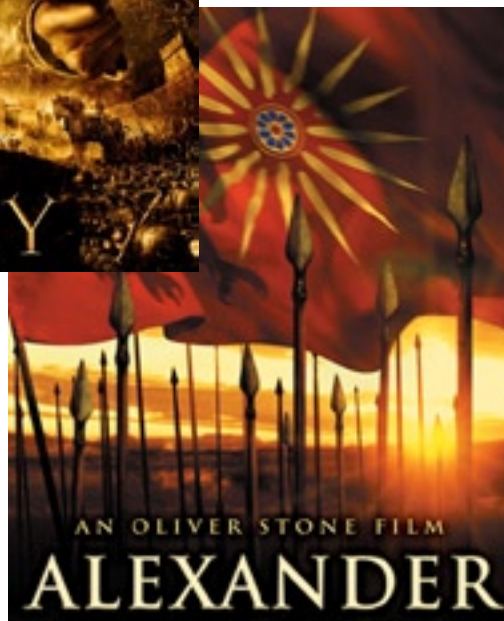
These films may be a response to real and recent wars, or to the tarnished utopianism of nation-building and regime-changing. The siege of *Troy* was a campaign dubious of motivation, brimming with geopolitical nerve (or foolhardiness) and turning tragic with bloodshed and longevity. Alexander's conquests were a headlong overrun of capitulating kingdoms pursuing a ruthless, ultimately impossible dream of homogenizing the world into one creed and culture.

Glory and tragedy can be symbiotic. So can honor in the field and dishonor. Both films' stories reflect on a question as pressing today as in the age of Achilles or Alexander. Where exactly is the dividing line between self-interested conquest and warfare waged with the hope of creating a better, more just, or more harmonious world?

Troy and *Alexander the Great* are not just tributes to Homer and history, but ballads to Hollywood. When "It cannot be done" is answered by "It can be done", when lands and landscapes can capitulate to a mastering will, when art's wooden horse can infiltrate reality and unleash its hidden armies, then

we are not just talking of ancient civilizations but of modern cinema. Hollywood knows all about empire-building—though the territory it covets is not the world's lands but its imaginations—and it may well be starting a new phase of conquest.

Nigel Andrews
Film Critic
Financial Times



Holy Trinity Parishioners in the News

Recently, two of our most "legendary" parishioners, Gus and Stella Kalaris, were featured in the Weekend section of the Pittsburgh Post-Gazette in an article highlighting some of the city's best street food. It is, of course, not the first time the Kalaris family has been put in the spotlight. Over the years, their landmark "Gus & Yiayia's" Northside iceball stand has been featured on the Today Show, in Whirl Magazine and in every local newspaper. They have even had a visit from Wheel of Fortune's Vanna White. Congratulations, Gus and Stella, on many years, and may God grant you many more.

Know of another Holy Trinity parishioner in the news? Please submit it to the Church Office for a future edition!



Gus
and
Stella
Kalaris

That familiar striped umbrella by the park on West Ohio Street can be seen for blocks and it means good weather and sweet treats have returned to Pittsburgh.

Pittsburgh Post-Gazette

From ethnic lunch trucks to the corner hot-dog stand, the city is full of flavor

Friday, May 7, 2004

By Sarah Billingsley
Pittsburgh Post-Gazette

North Side legends

One cannot discuss street food without mentioning Gus and Stella Kalaris, the king and queen of the cart. Or, rather, the grandfather and grandmother ("Yiayia" is Greek for "grandmother") of the street vendors. They are Gus and Yiayia of the orange cart with a striped umbrella parked on the shady side of West Ohio Street, near the tennis courts. They've been there forever, since "your dad was a lad," as the saying reads, though 1934 is long before my father was born.

Gus and Yiayia's, as if you don't know, serves popcorn, peanuts, ice balls and nostalgia. Their prices haven't changed as long as I can remember—maybe they never will. A bag of peanuts is \$1. Popcorn—butter drizzled on from a tiny oil can—is \$1. It's salty and hot. Ice balls, depending on size, are 75 cents, \$1 or \$1.50.

The balls are hand-scraped with a special shaving tool into little cups, then doused with the syrupy flavoring of your choice. I like root beer, but once I let Gus pick, and he gave me the North Side special: banana, orange and cherry. He told me that a guy comes and orders this every night, and the kids seem to like it. I liked it. It tasted of an icy cold childhood treat: Fruit Stripe gum.

Holy Trinity Church School Completes 2003/2004 Year



Toddler Class
Teachers: Joanne Germanos and Yvonne Balouris



Pre-School Class
Teachers: Effie Kilantonis and Katine Erdeljac



Kindergarten Class
Teachers: Karen and Leslie Georgiadis



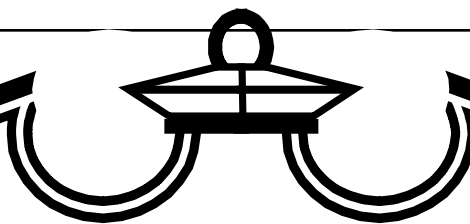
First/Second Grade Class
Teachers: Sophia Danis and Georgia Beckas



Third/Fourth Grade Class
Teachers: Penny Georgiadis and Jane Sarandou



Fifth/Sixth Grade Class
Teachers: Joyce Athanasiou and Pam Philips



HOLY TRINITY 2004 HIGH SCHOOL GRADUATES

Please join us in celebrating the talents and God-given gifts of the students from Holy Trinity Church who are graduating from High School this year. As we thank them for letting their light shine so brightly, we also thank God for the families, relatives and community which have nurtured them in the rich soil of the Holy Orthodox Faith.



George Athanasiou

Central Catholic High School

George has served as an active member of Holy Trinity GOYA over the years, holding various offices over the past four years. He is currently the GOYA President. In addition to his participation in Holy Trinity's Church School ministry and serving as an Acolyte, George has shared his time with St. Nicholas Cathedral with their Food Festival and Holy Cross at Vacation Church School. This summer, he will take part in Holy Trinity Church's mission trip to Project Mexico, and in September he will begin the program in Religious Studies at Hellenic College. He hopes one day to be ordained a Priest.

John Balouris

Shaler Area High School

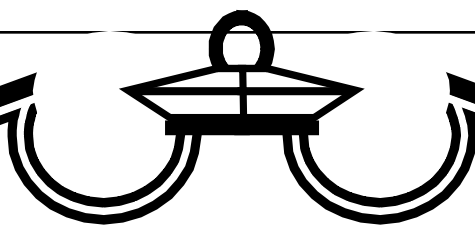
John graduates from Shaler as an honors student. He has volunteered time to serve in the Special Needs Program at Community College of Allegheny County. John is an accomplished track athlete. Among his awards, he has been a three-time state qualifier in cross-country and he currently holds the third all-time record in Shaler history for the 1600m run, with a time of 4:20. He is an active participant at Holy Trinity Church as a Church School student and a member of GOYA, where he has played on the basketball team. John will be attending St. Francis University in the fall.



Dean Dickos

North Allegheny Senior High School

Dean has been active at North Allegheny as a member of the cross-country team, a pianist in the high school orchestra and as founder of the school's Habitat for Humanity chapter. He is a scholarship recipient of the National Honor Society. Dean has also been actively involved at Holy Trinity Church as a Church School student, Acolyte, GOYA member and officer and St. John Chrysostom Festival participant. Along with his father, George, he was the first Holy Trinity Project Mexico missionary in 2002, and he will return again this summer. He will attend the University of Richmond in the fall as a Bonner Scholarship recipient.



HOLY TRINITY 2004 HIGH SCHOOL GRADUATES



Marios Kritiotis

Schenley High School

Marios is a three-year letterman for Schenley varsity soccer, a team which won the city championship in 2003. He is also a four-year member of the Ski Club as a snowboarder. His leadership and community service earned him the Northside Leadership Conference scholarship this year. Marios has participated in all aspects of life at Holy Trinity Church: Church School, GOYA, Basketball, Acolyte, Greek Dance and the Holy Trinity Greek Festival, among others. He is currently the GOYA Activities officer. He will be attending Slippery Rock University in the fall, majoring in Political Science.

James Thomas

North Hills High School

Jimmy has actively participated in the CAD (Computer-Aided Design) Club and the Spanish Club. He has received the schools highest honors and the mathematics excellence award. Jimmy is also listed in the National Honor Roll, the Who's Who Among High School Students and has participated in the Westinghouse Science Honors Institute. He has attended Holy Trinity Church School, served as an Acolyte and played GOYA volleyball and basketball. He will be attending the University of Pittsburgh in the fall, majoring in Engineering and Physics. He hopes to move on to graduate school and become a professor.



Thomas Zikos

North Allegheny Senior High School

Tom is a member of the National Honor Society, through which he served as a tutor at Hosack Elementary School. He also participated in Spanish Club and served as a Chemistry Lab assistant. Tom volunteers at Allegheny General Hospital and Passavant Hospital. At Holy Trinity Church, Tom has participated in Church School and GOYA, where he played on the basketball team and participated in many other activities. He will be attending the Penn State Honors College, majoring in either Chemistry or Biochemistry. After graduation from Penn State, he hopes to attend either graduate school or medical school.

Well done, good and faithful servants of the Lord! May the Holy Trinity—the Father, the Son and the Holy Spirit—bless and protect you always and lead you to even greater things as you walk the path of salvation in Jesus Christ!

Holy Trinity Church School Completes 2003/2004 Year



7th-9th Grade Class
Teachers: George Dickos and James T. Balouris



10th-12th Grade Class / Teachers: Presvytera Becky Touloumes, Peter & Theanne Gagianas



The Saint Spyridon Library Award Recipients
Staff: Mary-Magdalene Welsh, Steve and Athena Hodge, Lou Kort and Theresa Zamagias



Greek School Students with their teacher,
Effie Kilantonis

Holy Trinity 2004 Graduates and Their Parents Recognized



Graduates and parents honored together. L-R: Harry, George and Joyce Athanasiou; Sandy and John Balouris (Paul not pictured due to traveling); George, Dean and Stacy Dickos.

L-R: Jim and Jimmy Thomas (Lori not pictured due to new baby!); Michael, Marios and Julie Kritiotis; Dr. Anthony, Tom and Susan Zikos. "Honor your father and mother ... that it may be well with you and that you may live long on the earth." (Ephesians 6.2-3)



Community Life Photo Journal

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

Spotlight on Music: Holy Trinity Choir / The Four Coins

Below Left: His Eminence Metropolitan Maximos made a pastoral visit to Holy Trinity Church on May 16. At the end of the service, he joined in the photograph of the Holy Trinity Choir for the forthcoming MEFGOX Choir Convention album. Below right: On the other side of the musical spectrum, Fr. John received the special treat of a photo with the

Four Coins on May 8. The four gentlemen have been on a reunion tour, recalling their days as four young Greek boys from Canonsburg who travelled around the country and the world during the 1950, 60's & 70's with their rock and roll harmonies.



Warm Weather Brings Out Gardeners at St Lydia's and Holy Trinity Cemetery!

Participants in the Saint Lydia Women's Fellowship gathered for Divine Liturgy on the Feast of the Ascension, then spent the afternoon planting a memorial garden in memory of Maria Elderkin, one of the founding members of the group. The garden is located at Holy Cross in Mount Lebanon, where she was a member.



Holy Trinity Cemetery Clean-up Day



Laborers of love for our loved ones! Our annual Holy Trinity Cemetery Clean-up Day was held on Saturday, May 15. Pictured here are some of the dedicated servants of Christ who volunteered their time before it started to rain around mid-day. "Thank you" to them and to Bill Fiedler, our Cemetery Committee Chairman, for all their help with this important project.



See these photos and more in full-color at our website: www.HolyTrinityPgh.org!

Parish Council President's Update

May 19, 2004

Dear Holy Trinity Parishioners,

On behalf of Father John and the Parish Council, I would like to thank all of those who are Stewards of Holy Trinity and the support you have shown, and remind those who still need to sign a card that it's never too late to renew/become a member in this exciting time of our parish. (See the enclosed Stewards list and letter from the Stewardship Chairman.)

As many of you know, the Social Hall was remodeled a number of years ago and has been used often for social events of the Church, festival and as a rental facility. As with any building which is in constant use, there is also maintenance that must be performed. The maintenance committee has done an excellent job over the years; however, we find ourselves in a position that requires a little more than the normal maintenance.

The Parish Council has made a commitment to fixing walls/ceilings, painting, etc. to key areas (all of which are essential to operation and well-being of the building) so that we may enjoy our beautiful facility at Church functions, be in a position to increase rentals, and we do not find ourselves in need of all major repairs all at once. Recently, as you may have noticed, all of the dark brown chairs have had the seat cushions replaced and the leaky roof was repaired. The stained ceiling tiles will be replaced once the maintenance committee is sure the roof has been repaired properly.

This years undertaking for general repairs of the facility are as follows:

- Social Hall..... approx. cost: \$8,000 - \$9,000
 - a) Wall/ceiling repairs to the hall/foyers (from years of use and water leaking thru the roof)
 - b) Painting of hall, left & right foyers (from years of use)
 - c) The hallway back to the kitchen (from years of use)
- Kitchen..... approx. cost: \$3,000
 - a) Floor replacement (from water leak this past winter)
- Outside..... approx. cost: \$4,500 - \$6,000
 - a) Concrete repairs (Facing church, on right side from the hall to the church's front steps)
 - b) Small parking lot enlargement (removal of the stumps, leveling the area that has sunk and paving all of it)
- Electrical repairs approx. cost \$1,200
 - a) To repair the dimming system of the hall lights

There are a number of Stewards who have already begun donating treasures, time, and talents towards these endeavors. I would like to extend this offer to the rest of the Parish in order to help facilitate this effort. Any donation towards these improvements/repairs is welcome and greatly appreciated. The goal is to have a well-maintained facility which we can all be proud of.

Always remember, "Together, there is no limit to what we can accomplish".

Respectfully,



George M. Georges, Parish Council President
and the Members of the Holy Trinity Parish Council

"Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it."

Lou Holtz

Holy Trinity 2004 Stewardship Update



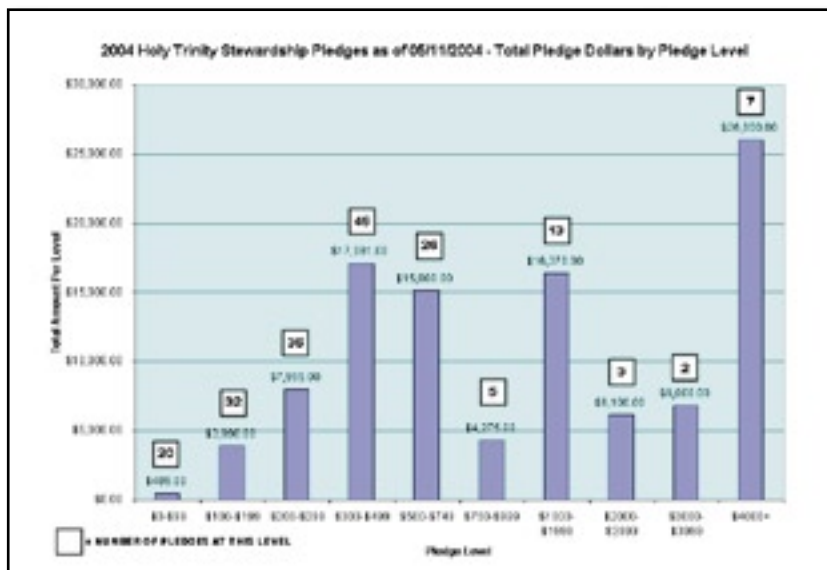
May 17, 2004

Dear Holy Trinity Parishioners,

We are nearly 5 months through the 2004 pledge year and the response thus far has been very encouraging. At this same point in time during calendar year 2003 we had an average pledge of \$439.00 vs. our 2004 average pledge of \$553.00. However, we have only received 188 signed pledge cards thus far as compared to 208 signed cards one year ago. Please get your cards into the church office soon or call so that our secretary, Josie, can send you a new packet of information. You may increase or decrease your pledge at any time during the year.

As some of you may recall from our last informational meeting, our Stewardship program has continued to grow: from \$85,740 in 2000 to \$128,000 in 2003. In 2003, we had a total of 242 signed pledge card stewards with an additional 33 donors without a signed pledge card. In 2003, 110 out of the 242 stewards gave \$200 or less.... with 200 out of 242 giving \$500 or less. *We can and we must do better.* We have set a pledge goal of \$160,000 this year. Our objective is to use our Festival income to “feed the poor, clothe the naked and give shelter to the homeless” and other ministry-related goals...in other words, the type of things that as Orthodox Christians we must do if we are truly going to grow in faith and in love. We cannot survive as a Church if we are only willing to pledge less than \$10.00 per week to OUR church. Please consider your own personal financial situation and consider giving at least 2% of your household income to support *your Holy Trinity Church*

The Parish Council is working hard to make sure that all of your donations are spent wisely. Elsewhere in this issue, you can read a letter from the Parish Council President about the need that we have to maintain and improve our existing facility. This, too, will require our willingness to become active Stewards. There are factors, however, that are out of our ability to control. Many of you may not be aware that the heating bill alone for the months of January and February totaled nearly \$11,000! Each and every item in the budget is discussed at length on a monthly basis with the goal of being good stewards with your hard-earned money. But ultimately it is how we manage the treasures that are entrusted to us by God that determines if we are truly good stewards in the Christian sense.



Please be generous with your church and if we are truly blessed by God then your generosity will come back to you tenfold.

Sincerely,

Christ A. Balouris
Stewardship Chairman

Left: Our Stewardship is growing, but everyone at every level must offer their best to get where we need to be.

2004 Holy Trinity Stewards

*Thank you to the following faithful stewards who have submitted their pledge cards for the 2004 pledge year.
Please join them in their support for Holy Trinity Greek Orthodox Church and submit your pledge card today!*

Mrs Harriet Amurgis
Mr & Mrs William Andromalos
Mr & Mrs Michael Andromalos-Dale
Rev. Fr. & Pres. John Androutsopoulos
Mrs Carol Anestis
Mr & Mrs Harry Athanasiou
Mrs Stella Athanasiou
Mr & Mrs Alvin Backeris
Mr & Mrs Dean Backeris
Mr & Mrs Van Backeris
Mrs Marie Backeris
Dr & Mrs Christ A. Balouris
Dr & Mrs Constantine A. Balouris
Mr & Mrs Anthony Balouris
Mr & Mrs James T. Balouris
Mr. & Mrs. Paul Balouris
Mr & Mrs. Chris T. Balouris
Mr. Dean J. Balouris
Mrs. Katherine Balouris
Mr. & Mrs. Gus Bellios
Mr. Panagiotis Bitaxis
Mr & Mrs Reggie Bonfield
Mr. & Mrs. Michael Bounos
Mr. Nicholas Bouris
Ms. Nikole Bournias
Mr. William Brennan
Mrs Georgia Brennan
Mr. & Mrs. Robert Brewer
Mrs Sophia Bridoux
Mr. & Mrs. Clifford E. Brubaker
Mr. & Mrs. Sam Castellano
Mr & Mrs Charles Chapas
Mr & Mrs Frank Chapas
Mr Thomas Chapas
Mr & Mrs William Chapas
Mrs Helen Chapas
Dr. Gregory Cherpes
Col. Thomas Cocheres
Mr & Mrs Steve Cocheres
Mrs Johanna Cocheres
Ms. Rebecca Coeffe
Mr & Mrs Andrew Countouris
Mr & Mrs Demetrios Danis
Mr & Mrs George Danis
Mrs Angeline Davis
Mrs Fedra Dedousis
Mr. Lucius Delany

Mrs. Helen DeMoss
Miss Betty Dickos
Mr. & Mrs. George Dickos
Drs. George Dimitriou & Maria Tranto
Mr & Mrs Frank Erdeljac
Mrs. Penny Fakles-Bossick
Mr & Mrs John Fekos
Mrs. Melissa Ferrari
Mrs Anna Festas
Ms. Nicole Fiedler
Mr & Mrs William Fiedler
Mr. William L. Fiedler Jr.
Mr & Mrs Constantine Fiffas
Mr. & Mrs. Brian Fitzpatrick
Mr. & Mrs. John Franciscus
Miss Demitria Frankos
Mrs Tessie Frankos
Miss Diana Fries
Mr. John Fries
Mrs Constance Fries
Dr & Mrs. Peter Gagianas
Mr & Mrs Markos Gambieris
Mr Harry Geanopulos
Mr & Mrs Nicholas Geanopulos
Mr. & Mrs. George Geanopulos
Mr. Gregory Geanopulos
Mrs Athanasia Geanopulos
Mr & Mrs Nicholas Gelis
Mr. John and Dr. Alexandra George
Mr & Mrs George Georges
Mr. and Mrs. Mark Georgiadis
Mr & Mrs Gus Georgiadis
Mr & Mrs Steven Georgiadis
Mr & Mrs Elias Germanos
Mr & Mrs John Giannoutsos
Mr Kosta Giannoutsos
Mr Spiros Giannoutsos
Mrs Shirley Gollihue
Mrs Eugenia Graser
Mrs. Angela Grieser
Mrs Sophia Grivas
Mr. & Mrs. Guy Guimond
Mr & Mrs Nick Hanna
Miss Pennie Hareras
Mrs Voula Hareras
Mrs Catherine Hartig
Mr & Mrs Paul Hionedes

2004 Holy Trinity Stewards

(continued from previous page)

Mr. & Mrs. Steve Hodge
 Ms. Tina Houmis
 Mr. & Mrs. George Hulse
 Mr. & Mrs. Carlo Iasella
 Mr & Mrs Raymond Jack
 Dr. Kristina Johnson
 Mr & Mrs Homer Johnson
 Mr. & Mrs. David Jones
 Mr & Mrs Gus Kalaris
 Mr & Mrs Evan Kaparakos
 Miss Voula Kapnisis
 Mrs Alice Kapnisis
 Mrs Kelly Karavolos
 Mr & Mrs James Kermes
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 Mrs Mary Kourakos
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 Dr & Mrs Dimitris Kraniou
 Mr. Jonathan C. Kratsas
 Mr & Mrs Michael Kritiotis
 Mrs Despina Ladakos
 Mr & Mrs George Lalikos
 Mr & Mrs Konstantine Lambou
 Mrs Helen Leoleos
 Mr & Mrs Louis T. Loomis
 Mr & Mrs Nicholas Loomis
 Mr. & Mrs. Gregory Manesiotis
 Mr. & Mrs. Louis Manesiotis
 Mrs Kelly Manning
 Mr & Mrs Frank Mikan
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 Mr & Mrs John Nychis
 Mr Michael Panos
 Mr & Mrs Peter Panos
 Mr. & Mrs. Chris Panos
 Mr & Mrs George Pantelakis
 Mr & Mrs George Pantelas
 Mr & Mrs Stefan Papadopoulos

Mrs. Joann Pappas
 Mr & Mrs Orestes Paras
 Mr & Mrs Eleftherios Parikakis
 Mr & Mrs Gust Passadis
 Mr. John S. Petropoulos
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 Mrs Pauline Pontikos
 Ms Rania Pontikos
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 Mrs Stavroula Repana
 Mr. & Mrs. Evan Rigas
 Mrs Anastasia Rigas
 Mrs Theologia Rigas
 Mrs Angie Roman
 Mr. Bill Roomeliotis
 Mr. & Mrs. Nicholas Sarandou
 Mr. Vasilios Scoumis
 Mr & Mrs Archie Selevos
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 Dr & Mrs Antonios Zikos
 Mr & Mrs Peter Zikos
 Miss Anna Zissis
 Mr & Mrs Anthony Zissis
 Mr. & Mrs. George L. Zozos

2004 Paschal Donations

Thank you to the many parishioners and friends who offered donations for Lent and Holy Week through the envelope system. Thank you also to the following donors of special flowers and items used during this holy season:

Salutations to the Theotokos Services

Flowers for the processional and iconostasion icons of the Theotokos

- Anonymous
- Mr. & Mrs. Chris Schall
- Nick, Joy, Margo & Ted Loomis, for the health of their family
- George & Canella Lalikos, in memory of their departed ones.
- Mr. & Mrs. Thomas Morris
- Cynthia Criss

Lenten, Holy Week & Resurrection Services

- Iconostasion Flower for the Holy Archangels Anonymous
- Processional Flowers for the Veneration of the Cross Holy Trinity Philoptochos
- Annunciation Iconostasion Icon Chris & Kathy Balouris
- Annunciation Processional Icon Kelly Manning, in memory of Nellie & Catherine Learos
- Processional Icon for Palm Sunday Mary K. Kourakos, in memory of Stella Jaffurs
- Bridegroom (*Nymphios*) Icon Flowers..... Irene Karavolos & Fanny Kostos, in memory of their father, Steve Karavolos
- Holy Wednesday Holy Unction Supplies..... Sarah Scopeletis
- Lent and Holy Week Wine for Holy Communion Theologia Rigas, in memory of John Rigas
- Prosforon..... Joanne Pappas, Martha Lambou, Evdoxia Danis, Katherine Balouris, Mary-Magdalene Welsh, Theologia Rigas
- Crucifix Wreath of Flowers..... John & Toulia Giannoutsos; Sophia Regas, in memory of John Regas
- Crucifix Candles..... Charles & Melanie Black, in memory of Mary Mihalopoulos, Nicholas & Eugenia Roomeliotis
- Rosewater and Rose Petals for Holy Friday Deno Georgiadis family, in loving memory Koula Roomeliotis, our loving mother, yiaia & wife
- Custom Wood Display Case for new Epitaphion Icon Cloth..... Pauline and Rania Pontikos, in memory of Alexander Pontikos, Apostolos Tsaktanis & Marianthi Papoutsis
- Flowers for the Epitaphion..... Holy Trinity Offering Trays, Envelopes, plus the following:
- Betty Dickos, in memory of Frank & Fannie Dickos
 - Steve & Anthoula Pefanis & family, for the health of their family
 - Gabe & Johanna Cocheres, for the health of their families
 - Bob & Harriet Navarro, in memory of Catherine, James & Michael Karras and for the health of their family
 - Pauline Diamond, in memory of her Uncle Deno and Aunt Clara Papaps
 - Katherine Balouris, for the health of her family
 - Van & Karen Backeris
 - Gust & Katherine Passadis
 - Frank & Katina Erdeljac
 - Archie & Mary Selevos
 - Chrissie Georgiadis, in memory of George Georgiadis
- Decoration of the Epitaphion..... Holy Trinity Philoptochos and other Holy Trinity Women & Youth
- Palms for Palm Sunday Thomas Geanopulos and family
- Sheet for Burial Shroud Athanasia Geanopulos
- Resurrection Eggs Katherine Balouris, in memory of Themistocles Balouris
- Dying and Preparation of the Red Eggs..... Holy Trinity Philoptochos
- Resurrection Processional Icon 1 Tom & Georgia Mitrakos, in memory of Yiayia Anna Paragivdakias
- Resurrection Processional Icon 2 Dr. & Mrs. Mark Georgiadis, for the health of their uncles
- Resurrection Banner Ribbons Chrissie Georgiadis, in memory of George Georgiadis
- Priest's Resurrection Candle 1 Georgia Manesiotis, for the health of her family and our parishioners
- Priest's Resurrection Candle 2 Olga Regakis, in memory of Jimmy Regakis
- Bay Leaves/Petals for Holy Saturday Andrew, Maria & Christian Georgiadis, for the health of their grandparents
- Lilies Holy Trinity Offering Envelopes, plus the following:
- Judith Fulton, in memory of her parents, Robert and Bella (Fortes) Fulton
 - Bessie Cocheres Sicalias
 - Michael Panos, in memory of Connie & Patsy Tsalas
 - Peter J. Kourakos, in memory of Amelia Margaritakis
 - Stella Kourakos, in memory of Stanley, Irene, George, Chris & Marie Kourakos
 - Helen DeMoss, in memory of John E. DeMoss and for the health of his family
 - Georgia Holm, in memory of her parents and brother, Mr. & Mrs. George Vlahakis and William & Walter Vlahakis
 - Bill & Sophea Chapas & family, in memory of John W. Chapas
 - Aristoula Selevos, in memory of her husband, Nicholas Leonidas Selevos
 - Harilaos Nicholas Selevos, in memory of his uncle, Harilaos Leonidas Selevos
 - Agatha Selevos Fagan, in memory of her father, Nicholas Leonidas Selevos
 - Kristen Selevos Fagan, in memory of her grandfather, Nicholas Leonidas Selevos
 - Harilaos & Dimitra Selevos, in memory of their fathers, Nicholas Selevos & Harilaos Michon
 - Agatha Selevos Fagan, in memory of her grandmother, Ourania Kostoula
 - Angie Roman, in memory of Gus Roman
 - Anthony Lakes, in memory of their loved ones
 - Burnie & Shirley Gollihue, for the health of Burnie
 - Demetrios & Evdoxia Danis
- Agape Service Candy & Treats..... Mr. & Mrs. Thomas Germanos, for peace in Iraq
- Paul & Sally Hionedes, in memory of Jim Hartig and for the health of the entire congregation

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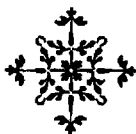
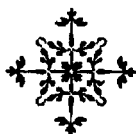
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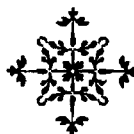
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of their
beloved
ones

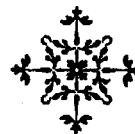


The Vlahakis Family

In loving memory
of my brother,



Michael



Louis Manesiotis
and family

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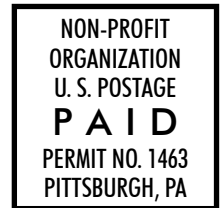
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HOW THE PRAYERS OF THE SAINTS HELP US

If a person does not [put forth a sincere effort in his spiritual life, then asks for] the prayer of the saints, then the prayer of the saints is of no benefit to him. If they lead an ascetic life and pray for him, while he leads a life of waste and wantonness, then to what avail is their prayer for him? Then the saying is fulfilled, "When one builds and another tears down, what do they gain but hard work?" (Sirach 34.28).

Indeed, if it were possible for such a thing to happen, namely for saints to pray for someone and he would be saved (while the person is not even a little careful), then nothing would prevent them from doing this and saving the entire world. Rather, if a sinner labors even a little, he certainly is helped by the prayers of the saints. For the Apostle says, "The prayer of the righteous is powerful and effective" (James 5.16). Therefore, when a saintly and righteous person prays for someone, the sinner should also contribute all that is possible through repentance...for the sinner is entirely incapable of repaying one's debts alone. Moreover, the sinner contributes little, while the prayer of the saints contributes much.



*From the "Letters from the Desert" of Saints Barsanuphius and John
Father John Chryssavgis, translator*