



# 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

March 2004

[www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org)

Volume 12 – Issue 3

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

## Inside This Issue

- 2 Father John's Message
- 3 News & Events
- 5 Parish Council Update
- 6 Refreshing Our Spirit  
Through Fasting
- 7 "Mouse Tales:" The Saint  
Spyridon Library Update
- 8 Community Life Photo Journal
- 10 "Gheronda's Corner"
- 11 The Cultural Side  
Η Πολιτιστική Πλευρά
- 12 Godparent/Godchild Sunday
- 13 Palm Sunday Luncheon
- 14 Christmas Poinsettia Donors

## Special Inserts

Holy Week Schedule of Services  
Holy Friday Names Form  
March Parish Calendar

**GENERAL ASSEMBLY AGENDA  
FOR MARCH 7 MEETING**

## The Mystical Supper - Holy Thursday



Receive me today, O Son of God, as a partaker of Your Mystical Supper, for I will not speak of Your mystery to Your adversaries, nor will I give You a kiss, as did Judas; but as the thief, I will confess to You: Remember me, O Lord, When You come into Your Kingdom.

*Communion Hymn of Holy Thursday/Institution of the Mystical Supper*

**BUILDING TOWARD  
THE FUTURE**  
*starting TODAY*

## Father John's Message

### THE HOLY TRINITY HERALD

Parish Newsletter of  
Holy Trinity  
Greek Orthodox Church  
302 W. North Avenue  
Pittsburgh, PA 15212  
Phone 412-321-9282  
Fax 412-321-7272  
www.HolyTrinityPgh.org

A Parish of the Greek Orthodox Diocese of  
Pittsburgh and the Greek Orthodox Archdiocese  
of America under the Spiritual Jurisdiction of the  
Ecumenical Patriarchate of Constantinople.  
For information, visit: [www.goarch.org](http://www.goarch.org)

#### Editor

Father John Touloumes, Economos  
Church: 412-321-9282  
Home: 412-831-3574  
E-mail: [fit@HolyTrinityPgh.org](mailto:fit@HolyTrinityPgh.org)

#### Production

Josephine Stoffko, Parish Secretary  
E-mail: [office@HolyTrinityPgh.org](mailto:office@HolyTrinityPgh.org)

#### The Cultural Side

Michael Kritiotis      Voula Hareras  
Maria Kraniou        Vickie Bellios

#### 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  
celebration of  
the life of  
**Michael  
Manesiotis**  
by his wife, children  
and grandchildren.  
May his memory  
be eternal!



**In the beginning was the Word, and the Word  
was with God, and the Word was God....In him  
was life, and the life was the light of men.  
The light shines in the darkness, and the  
darkness has not overcome it.**

**John 1.1,4-5**

Dear Brothers and Sisters in Christ,

As the Paschal season approaches, it brings with it  
spring and the lengthening of days. Instead of the  
daylight "going out" before we leave for work, the  
sun seems to take a slower arc through the sky and  
we have a chance to enjoy that subtle segue into dusk, surrounded by the  
gentle spring air. It is that very same experience of being lulled into comfort  
as the light wanes that we, as Christians in America, should be paying atten-  
tion to at this very moment, not seasonally, but spiritually.

This slow transition from a life illuminated by divine guidance to a life dark-  
ened by ungodliness has happened most notably over the past three decades  
with the loosening of public morals, the breakdown of self-censorship in the  
media, the anti-life abortion culture, the violence-and-sex-dominated music  
industry (remember the Superbowl?) and the boldness of special-interest  
groups promoting agendas which are at best contrary to and at worst hostile  
to godly life, not just as defined by traditional Orthodox Christianity, but by  
most religious beliefs, both Christian and non-Christian.

This agenda has now found its ultimate expression in the anarchical demands  
of activist judges, mayors, politicians and special-interest groups who have  
pulled the gloves off in this battle and declared: "No more operation in the  
shadows; no more working behind the scenes. The full frontal assault is on."

The very foundations of our society and the definitions of family life as we  
know it, centered around the God-ordained institution of marriage between  
a man and a woman, are for the first time in human history being threat-  
ened on a large scale. We, as Christians, are making a grave mistake by our  
silence. It is time to speak out. The current movement toward "same-sex  
marriage" is not an issue of human rights, homosexual rights or civil rights:  
it is a matter of "God is right." The joint declaration of Orthodox Bishops in  
America can be found on the back page of this issue of *The Herald*, and it  
lays out quite clearly the most basic Christian stand on the issue, theologi-  
cally, scripturally and morally. Please read it. You will need to know it.

God established marriage at the beginning of creation; He further sanctified  
it through the first public miracle of Jesus at the wedding of Cana. If we are  
not willing to defend this God-given foundation of our faith and our society  
for fear of being called names or ridiculed, or if we will not put the effort  
into learning to defend this most basic home of life, we have already given  
way to the darkness and given away the inheritance of our children, and it  
will not stop there. This is just the biggest breach in the wall to date.

Where, then, is hope? During the Liturgy of the Pre-Sanctified Gifts during  
Lent, the priest comes out of the Holy Sanctuary and stands at the Royal  
Gates with a lighted candle and the censer, proclaiming, "The light of Christ  
illuminates all!" It is that same light spoken of by St. John at the beginning  
of his Gospel, which is precisely the reading used at the Resurrection Divine  
Liturgy and which humbly empowers us and which we have the God-com-  
manded responsibility to share with those living in darkness.

Have no fear! "The darkness has not overcome." Defend your  
faith; have love for everyone—even those seeking falsehood  
in the name of equality and compassion—but stand up for the  
truth of Christ! Kalo Pascha! Have a blessed Pascha.

## News & Events

### EDUCATIONAL MINISTRIES

#### Church School Lenten Activities . . . . . March

As always, our Church School ministry will be active during the upcoming Lenten season. Among the activities our students will participate in are:

- The readings for the Presanctified Liturgies on Wednesdays, March 17 & 24 (followed by covered dish dinners)
- The opening readings for the Services of Salutations on Fridays during Lent.
- The annual Mission Box project in support of Orthodox missions worldwide.
- And, of course, attendance at Lenten services and special Church School Lenten lessons.

Parents: please encourage your children to participate in these important faith and learning experiences. Thank you!

#### Saturday of Lazarus . . . . . April 3

The children of our Church School will once again attend the Saturday of Lazarus Divine Liturgy on April 3 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, Pascha . . . Apr 4, 11

Please remember that there is no Church School class on the great feasts of Palm Sunday (April 4) and Pascha (April 11), 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 11

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 . . . . . March 11

The St. Lydia Women's Study Fellowship is a study of 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. The fellowship is enjoyable and the approach is casual, but the subjects are important for today's families. For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925. A com-

plete schedule of dates and topics can be found on our web site at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org). For January, the topics are as follows:

March 11: The Mystery of Innocent Suffering; The Suffering of the Innocent One.

March 25: Annunciation Liturgy; lunch afterward

#### St. Nikodemos Men's Fellowship . . . . . March 9, 23

The St. Nikodemos Men's Study Fellowship is an Orthodox men's fellowship, study and discussion group which meets **on the second and fourth Tuesdays of each month at from 12:15 to 12:50 p.m.** at the office of TriadUSA, Suite 460, Two Gateway Center, downtown. The group seeks to provide a regular meeting for working men to discuss issues of faith, work and family. It is open to all interested men and has been centrally located downtown to accommodate easy access. They are currently studying different issues of contemporary life and faith, as well as the Epistles of St. John. The topic for March 9 will be "Forgiveness." For directions, call Gus Georgiadis at 412-880-4999. A complete schedule of dates and topics can be found on our web site at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).

### YOUTH MINISTRY

#### GOYA Fellowship Night . . . . . March 8

The GOYA will hold its monthly fellowship meeting on March 8 at the Church. The meeting will start with the service of Great Compline at 6:00, which all GOYAnS are asked to attend, and be followed with the fellowship meeting at 7:00 p.m. These informal gatherings give our teens a chance to discuss issues, ask questions and spend time with Father John on a personal level. All teens are invited.

#### JOY Lenten Mini-Retreat . . . . . March 13

The JOY ministry (8-12 year-olds) will be hosting its annual Lenten Mini-Retreat on Saturday, March 13 from 2:00-5:00 p.m. at the Treesdale Community Center in Gibsonia. Information has been mailed directly to the JOY families. If you need more information or would like to make reservations, call Karen Georgiadis at 724-625-8551.

#### Metropolis GOYA Fall Retreat. . . . . March 26-28

The Metropolis of Pittsburgh will be hosting its annual Lenten GOYA Retreats at Camp Nazareth in Mercer, PA, on the weekends of March 19-21 and March 26-28. The designated Holy Trinity week is March 26-28 (but our teens are free to attend this first weekend if they are not able to attend the second). The

## News & Events

theme for the retreats is “Built On the Rock” (Matthew 7.24). As always, the Holy Trinity GOYA will pay half the cost of any Holy Trinity teen who registers by the deadline. See Presvytera Becky for details or visit the Metropolis web site at [www.odpgh.org](http://www.odpgh.org) and look under “Youth Office.”

### COMMUNITY NEWS

#### 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 fund-raising support for our GOYA ministry ... and they taste great! Visit the table in Coffee Hour each week! Thank you for supporting our GOYA!

#### Lenten Coffee Hour Reminder . . . . . Through Pascha

Please keep in mind that during the Lenten season our Coffee Hours following the Divine Liturgy will be observing the Orthodox Lenten fasting schedule. (see pages 6 and 10 for more information on fasting). 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 10

Don't forget to make plans to attend the Resurrection Liturgy on Saturday evening, April 10, and the annual Holy Trinity “Anastasi Dinner” following the service. Information is forthcoming.

### LITURGICAL LIFE

#### Upcoming Lenten Dates . . . . . March/April

Please take note of the following upcoming dates in the Lenten liturgical life of the Church. Times for the services can be found on the special calendars mailed with the last and current issues of *The Herald*. Please post them in a prominent place in your home to help you with your Lenten committment!

- Godparent Sunday ..... Mar. 14
- The Annunciation of the Virgin Mary .... Mar. 25
- Saturday of Lazarus ..... Apr. 3
- Holy Week ..... Apr. 4-10
- Pascha ..... Apr. 11

# SUMMER CAMP 2004 INFO!

**ATTENTION SUMMER CAMP PARENTS:  
THIS IS REALLY IMPORTANT INFORMATION!**

Summer Camp 2004 is not that far away! As always, our Metropolis has requested each parish to support this important ministry. At Holy Trinity, this takes the form of parish grants offered to the campers of our parish, thanks to the generous support of the Philoptochos, the Parish Council and other donors (see below). This program resulted in our best-ever Summer Camp attendance last year, with 31 children attending from Holy Trinity (one of the highest parishes in the Metropolis!).

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 April 1** to indicate that their child(ren) will be attending. (Only the application page, *not* the medical form). **Late applications will not qualify for the Holy Trinity discount.** (Please note: our “Holy Trinity” weeks this year are Week I for JOY and Week V for GOYA.)

The original application(s), payment & medical form(s) must be mailed **directly to the Metropolis postmarked by April 1** for the best discount. Enclose a check for the “Net fee” amount listed below and check the “Parish Scholarship” 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 April 1 deadline!):

#### **Postmarked by April 1:**

Initial Fee .....	\$290.00
Less Metropolis early reg. discount.....	-\$20.00
Less Holy Trinity grant .....	-\$100.00
<b><u>Net fee if postmarked by April 1 .....</u></b>	<b><u>\$170.00</u></b>

#### **Postmarked after April 1:**

Initial Fee .....	\$290.00
No Metropolis discount .....	\$-0.00
No Holy Trinity grant .....	-\$0.00
<b><u>Net fee if postmarked after April 1 .....</u></b>	<b><u>\$290.00</u></b>

*Attention donors: If you would like to make a contribution toward helping our parish's children attend this important experience, please contact Fr. John.*

## Parish Council Update - January 2004

*This abbreviated review of the Parish Council minutes is provided as a way of keeping our Holy Trinity parishioners informed of the active work of the Parish Council. Want to get involved? Contact any Parish Council member. Thank you to our Parish Council secretary, Bill Fiedler, for providing these condensed minutes for the Herald.*

### Call to Order

The regular monthly meeting of the Parish Council of Holy Trinity Greek Orthodox Church was held on Tuesday, January 13, 2004, in the Church Library. The meeting was opened with a prayer by Fr. John.

### President's Welcome and Correspondence

Parish Council President George Georges indicated that the Metropolis of Pittsburgh has sent a letter stating that we are in full payment of our 2003 assessment for \$22,180.00 and are listed in good standing.

### Approval of Minutes of December 9, 2003 & January 4, 2004

Unanimously approved.

### Father John's Report

Fr. John thanked all the players, coaches and parents for their participation in the recent Metropolis basketball tournament in Canton, OH. Our GOYA won the Sportsmanship award.

### Financial Update

Alex Trilivas and Mike Kritiotis presented the 2003 preliminary Income/Expense Statement. Stewardship income was up and expenses were being held, enabling 2003 to be a break-even year.

### Committee Reports:

**Catering/Hall:** Dr. Christ Balouris said that Evan Kaparakos is using Richard Stofko as our "person-in-charge" during events. Evan is projecting a better year in 2004 than last year, which has been reflected in the 2004 budget.

**Cemetery:** Chairman Bill Fiedler said the front entrance has a water drainage problem. The Town of McCandless has requested we correct this. The stone wall on either side of the entrance needs repaired, cleaned and re-pointed.

**Festival:** Leo Loomis said baking for this year's festival will start in March now that we have the new freezer.

**Social:** Dr. Christ Balouris said that the New Years dance was very nice but attendance was a little disappointing. Net proceeds were modest at \$117.55.

**Maintenance:** Harry Athanasiou reported that the small (old) freezer broke and all food had to be thrown out. Repairs cost about \$500 and he will get a price installing "low-temperature" alarms on both freezers.

**Stewardship:** Christ Balouris said we will need to key on Stewardship, Vision and Festival involvement. We need to stress increasing Stewardship donations and to do it earlier in the year.

**Vision:** George Dickos related that the Vision Committee is still negotiating with Dr. Kao on his parcel of land on Reis Run Road as well as the adjacent land belonging to the Tree of Life Cemetery.

### Old Business / New Business

The monthly By-laws review was postponed until next month so new Council members can get copies of the work done to date.

**New Parish Council Member Handbook:** All members will take an item of responsibility and write a procedure for it in their area of experience.

**Scrip Fundraising Program:** Christ Balouris will follow up with Lou Zozos about the Scrip program that he presented last month and tell Lou to go ahead and set it up for a February launch.

**Memorials:** The Parish Council will hold a Trisagon for Holy Trinity Great Benefactor, James Paras, every year, and a full Memorial, with koliva for major anniversaries (10, 15, 20, etc.). In other circumstances when there are no family members present for a Memorial service, the Parish Council will take their place in the front pew.

**GOYA Funding:** Council suggests that the GOYA continue with their plans to contribute the funds where they choose. The Parish Council will continue to fund youth activities and asked the Finance Committee to adjust the GOYA line budget number accordingly.

Respectfully submitted,  
William J. Fiedler Jr., Parish Council Secretary

## Refreshing Our Spirit Through Fasting

Health experts in recent years have praised the benefits of fasting, but for Orthodox Christians, fasting is nothing new. It is rooted in the Old Testament; it was practiced by the early Christians; it was codified in the Holy Canons of the Church; most importantly, it was validated and sanctified by our Lord Jesus Christ Himself. Yet despite all that, it is sadly not a part of the active faith of many of our people today. Think it only amounts to “giving up” food? Tempted to dismiss it as “optional”? You won’t after you read the inspirational passages below, drawn from “Orthodox Prayer Life: The Interior Way,” by Matthew the Poor.

Fasting by itself is not a virtue. It is nothing at all. Without prayer, it becomes a bodily punishment that induces spiritual dryness and bad temper. The same is true of prayer; without fasting, it loses its power along with its fruits.

*Matthew the Poor*

Fasting does not humiliate the flesh, but refreshes the spirit.

*Matthew the Poor*

After His baptism, the Spirit led him into the wilderness and He fasted for forty days and forty nights...And if the Lawgiver Himself fasts, who among those who keep the law has no need of fasting?

*St. Isaac the Syrian*

Fasting is not a deprivation from certain kinds of food, but a voluntary abstinence from them.

*Matthew the Poor*

Fasting calms the impulses of the flesh and quenches the fire of passion; it curbs the prattling of the tongue. Thus, it substantially prepares us for the work of prayer and the release of the spirit from slavery to the flesh. In this way, fasting allows the spirit to contemplate the truths of eternity and the age to come.

*Matthew the Poor*

There can be no knowledge of the mysteries of God on a full stomach.

*St. Isaac the Syrian*

Fasting does not fetter or imprison the senses; it releases them from all that hinders the contemplation of God.

*Matthew the Poor*

Fasting does not imply confinement or restriction, but aims at joy and magnanimity of heart.

*Matthew the Poor*

When you fast, do not look dismal.

*Gospel of St. Matthew, 6.16*

Do not labor for the food which perishes, but for the food which endures to eternal life.

*Gospel of St. John, 6.27*

We may liken fasting to a burning coal and prayer to frankincense. Neither has value without the other, but together, the sweet savor of their incense fills the air.

*Matthew the Poor*

Fasting does not seek to repress the appetite for food. It renounces this appetite and, in renunciation, elevates it to relish the love of God.

*Matthew the Poor*

When a man begins to fast, he straightway yearns in his mind to enter into conversation with God.

*St. Isaac the Syrian*

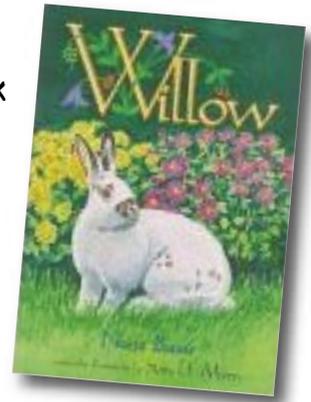
Fasting, vigil . . . are God’s holy pathway and the foundation of every virtue.

*St. Isaac the Syrian*

## Mouse Tales: The St. Spyridon Church School Library Update

Hello, my Precious Children!

It is I, Spero. I am here to tell you a story about a little creature like myself. Her name is Willow, and she is found in a book of the same name by Norm Bomer. Willow is a little bunny that wasn't very happy. She simply felt sorry for herself. She wanted more than anything to be free; you see she was in a hutch. Sure she had plenty of food, a safe hutch, play time in the yard, and a very loving family. But Willow still wanted to be free, just like other wild bunnies. She wanted to be free to stay out all night if she wanted, free to go where she wanted and free to eat the berries and nibble the grass when she wanted. Willow is a lot like us, isn't she?. Sometimes, we get tired of the rules at home, forgetting that they are for our own protection. We want the same freedoms as Willow, to go where we want, when we want. Well, when Willow's hutch is left open one night, she gets her chance to escape ... freedom at last! Willow learns that wishes sometimes come true in unexpected ways. In this story about the true meaning of freedom, Willow quickly learns a very valuable lesson that she won't soon forget. It is a lesson for all children to learn. Despite the rules, there is freedom at home. Freedom tied with the strings of love!



I also have a teaching for today and it is about losing someone that you are close to or someone you really love. It is about God's promise, "I will give you life forever". Have you ever had a Papou or Yiayia that has died? Or perhaps a young friend? It makes you feel very, very sad. Do you know that everyone feels sad and may even cry when someone that they are close to has died? The Bible tells us that even Jesus cried when his good friend Lazarus died. Think about how Jesus' friends—the disciples—felt when he was crucified. They were very, very sad. The disciples were also very scared after Jesus died. But we cannot blame them for feeling afraid. They knew that those that hate Jesus might arrest and kill them too. So they hid behind locked doors.

Stop and think! Do you think any of the disciples expected Jesus to come alive in three days? NO! They did not even expect him to rise from the dead. They knew He was crucified and died on the cross, that His body had been buried in the tomb and a huge stone had been placed in front of it to seal it. We must all remember Jesus wants us to live with you in your heart. He wants you to live with Him in heaven. He died and came alive so that we could live with Him forever. Our Heavenly Father is the giver and creator of all life. So think about the new life that He has waiting for us in heaven. Just as He raised His Son from the dead, He will also raise to a new life all those that put their trust in Jesus. So, my little ones, when someone you love dies, Jesus says "I am the resurrection and the life and he who believes in Me lives, even though he dies" (John 11:25).

Have wonderful, happy and Blessed Pascha!

Love in Christ, Spero

## Community Life Photo Journal

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

### GOYA Rounds Out Metropolis Basketball Tournament Season In Pittsburgh (Feb. 6-8) and Canton (Feb 20-22)



The Holy Trinity GOYAs completed the 2004 Metropolis of Pittsburgh Basketball season with the final two tournaments in Pittsburgh and Canton, Ohio. Over 75 GOYAs, parents and coaches participated in the events. Pictured on top (l-r): Boys B Team, with Coach George Georges; Boys A Team, with Coach Leo Loomis; Girls Team, with Coach Presvytera Becky Touloumes (not pictured: Coach Paul Balouris); Middle row (l-r): Andrew Athanasiou heads down the court; "GOYAs in training" Christian and Rebecca Georgiadis; Coach Leo Loomis prepares to send in subs;

Bottom row (l-r): The Girls team gets psyched to win; Coach George Georges gives play instructions to the Boys B Team; Presvytera Becky reviews strategy with a very enthusiastic Christina Zikos. Thank you, GOYAs, parents and coaches, for a job well done!



See these photos and more in full-color at our website: [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org)!

## Community Life Photo Journal

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

### JOY Children Gather to Prepare Dinner for Local Northside Homeless Shelter



On Sunday, February 8, the 8-12-year-old children of the Holy Trinity JOY ministry gathered to honor the Lord's lesson from the Sunday of the Last Judgement: "As you did it to one of the least of these my brethren, you did it to me" (Matthew 25.40). They did this by preparing a meal for the poor and homeless men of the Pleasant Valley Shelter, located a few blocks from the church on Brighton Avenue. The food was donated by the JOY families and the effort was organized by JOY Coordinator Penny Georgiadis. "Well done, good and faithful servants!"



### GOYA Season Trophies Presented at Valentine's Breakfast

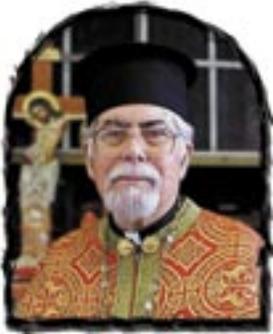


The GOYA sponsored its annual Valentine's Breakfast on Sunday, February 15, at which time trophies were presented to the three GOYA Basketball teams for the first two tournaments of the season. Clockwise from top left: All team members group photo; Girls Team Sportsmanship Trophy (Canton); Boys B Team first-ever trophy - 1st Place Consolation Bracket (Holy Cross); Boys A Team Sportsmanship Trophy (Holy Cross).

See these photos and more in full-color at our website: [www.HolyTrinityPgh.org!](http://www.HolyTrinityPgh.org!)

## Gheronda's Corner

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



**Father John  
Androutsopoulos**

### THE GREAT LENT (FAST)

#### The Question About Fasting

Some people said to Jesus, "The disciples of John the Baptist fast frequently and offer up prayers, and the disciples of the Pharisees do the same; but your disciples eat and drink." Jesus answered, "Do you think you can make the guests at a wedding party

go without food as long as the bridegroom is with them? Of course not! But the time will come when the bridegroom will be taken away from them, and they will fast in those days." (Luke 5:33,34,35, Matthew 9:14-17, Mark 2:18-22)

The forty days of Great Lent (The Great Fast) commemorate the forty days Jesus spent in the wilderness and the forty hours He was under the power of death. During the Passion Week (also called "Holy Week" or "Great Week"), the Church commemorates the suffering and death of our Lord Jesus Christ. These are days of more rigorous prayer and fast. Christ referred to these days as "the days when the Bridegroom shall be taken away from them, then shall they fast in those days" (Luke 5:35).

Great Lent is a period of self-denial and self-examination. It was instituted by our Lord, and every Orthodox Christian should observe it reverently.

In the Gospel by St. Luke we are told that if we would follow Christ, we must deny ourselves (Luke 9.23, Matthew 16.24 and Mark 8.34). Self-denial means to keep away from everything which stands in the way of our salvation. our prayers and our faith are strengthened by self-denial.

Let us utilize every moment of this Holy period of Great Past to examine the condition of our soul and to put ourselves right with God. Let us approach the Lord often with prayer, fasting, alms-giving, repentance and Holy Confession, as well as forgiveness (as we are taught by the Lord, we must forgive to obtain forgiveness), faith and good works, hope and love. Let us also approach the Lord often in the Sacrament of Holy Communion.

During the Holy Liturgy, the *prepared* are invited with these words: "With the fear of God, with faith and love draw near." By receiving Holy Communion. our

soul will be cleansed, our faith will be strengthened, and we will receive His love that we may more fully love our God, our neighbor and our enemies.

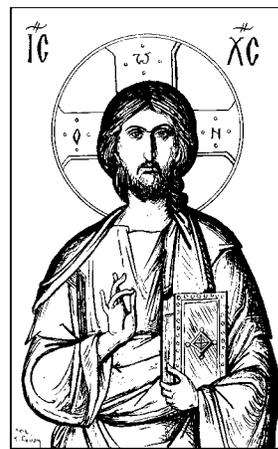
#### Saint Athanasios On Fasting

St. Athanasios gives us an important advice for the Holy period of the Great Lent: "Repentance is not the bending of knees, but self-restraint from sin, with self-abasement and mortification, and tears of sorrow, and prayer to God to forgive us what we have done amiss; for this is signified by the very word itself, which means to turn the mind from evil to good."

#### The Struggle Between Right and Wrong - Between Evil and Good

*"Hold fast that which is good."*  
(2 Thessalonians 2.15)

In this confused and tragic world, the eternal struggle between right and wrong, between evil and good, goes on everywhere. Sometimes it looks as if the forces of good are being or will be defeated. However, let us



remember that in this endless conflict between light and darkness God Himself is on the side of right. He calls us to fight on His side.

God does not promise easy service or increase of the things of the world. He has made it plain that holding fast to that which is good is the most glorious thing in this world. Those whose hearts are aflame with love for Christ discover that their greatest

grief is to grieve God. They learn that their chief desire whether by their living or by their dying, is to please God by their Spiritual Possessions.

#### Spiritual Possessions

There are such things as spiritual possessions as well as intellectual possessions and material wealth. Virtues practiced are our spiritual possessions and they constitute the assets we need for the hereafter. Let us apply some of our ambitions to gathering spiritual wealth, We will certainly be wealthy for an eternity.

*Have a blessed Lenten Season!*  
*Rev. Fr. John K. Androutsopoulos*

## The Cultural Side • Η Πολιτιστική Πλευρά



Maria Kraniou

## LENTEN TASTES OF GREECE

*As I was browsing through my March 2004 issue of Cooking Light Magazine, I came across the following article entitled, "The Lenten tastes of Greece". Since I found it to be interesting as well as relevant to us, I would like to share it with you and offer a Lenten recipe*

*at the end. For more recipes, see the March issue, pp. 172-180.*

In many religious traditions, Lent is the season to give up meat. Those who follow the Julian calendar and the Greek Orthodox faith observe Lent this year from February 23 through April 10.

In addition to Lent, dozens of other religious days without meat dot the Greek calendar. Many Greeks avoid meat and dairy on Wednesdays and Fridays, and there are meatless fasts in June, August, and December. (Some fasts also forbid wine and olive oil). In a religious culture that allows meat only about 76 days of the year, vegetarian

meals are central to the country's cuisine. Greeks have raised vegetarian cooking to an art form.

With its generous use of peppery olive oil and pungent herbs, Greek vegetarian cooking results in rich, hearty dishes. A typical Lenten lunch in a Greek home is simple yet as sustaining as any meat-and-potatoes meal. Spring greens called *horta*, gathered in the nearby mountains, cook in olive oil, then pair with rice or beans, or are stuffed in rich phyllo pastries studded with currants and pine nuts. New potatoes, fresh peas, and wild artichokes are slowly braised in olive oil. Big butter beans, or *gigantes*, are combined with a generous splash of olive oil, parsley, onions, carrots, and tomatoes and baked to creamy perfection.

Greeks also make purees of lentils, chickpeas, and eggplant - herb -seasoned spreads laced with olive oil - to top slices of coarse peasant bread or pita. It's easy to make a meal of this kind of Greek mezzes - little plates of food - designed for sharing in tavernas, and accompanied by a simple local wine or a glass of ouzo.

*Cooking Light Magazine*

### Braised Baby Artichokes and New Potatoes

4 cups water, divided  
3 Tbs. fresh lemon juice, divided  
12 baby artichokes (about 1-1/2 pounds)  
(o.k., so I use frozen artichokes!)  
1 cup chopped carrot  
2 cups thinly vertically sliced onion  
1-1/2 cups fresh green peas  
3 Tbs. extra virgin olive oil (*Note: for strict fast, substitute vegetable oil*)



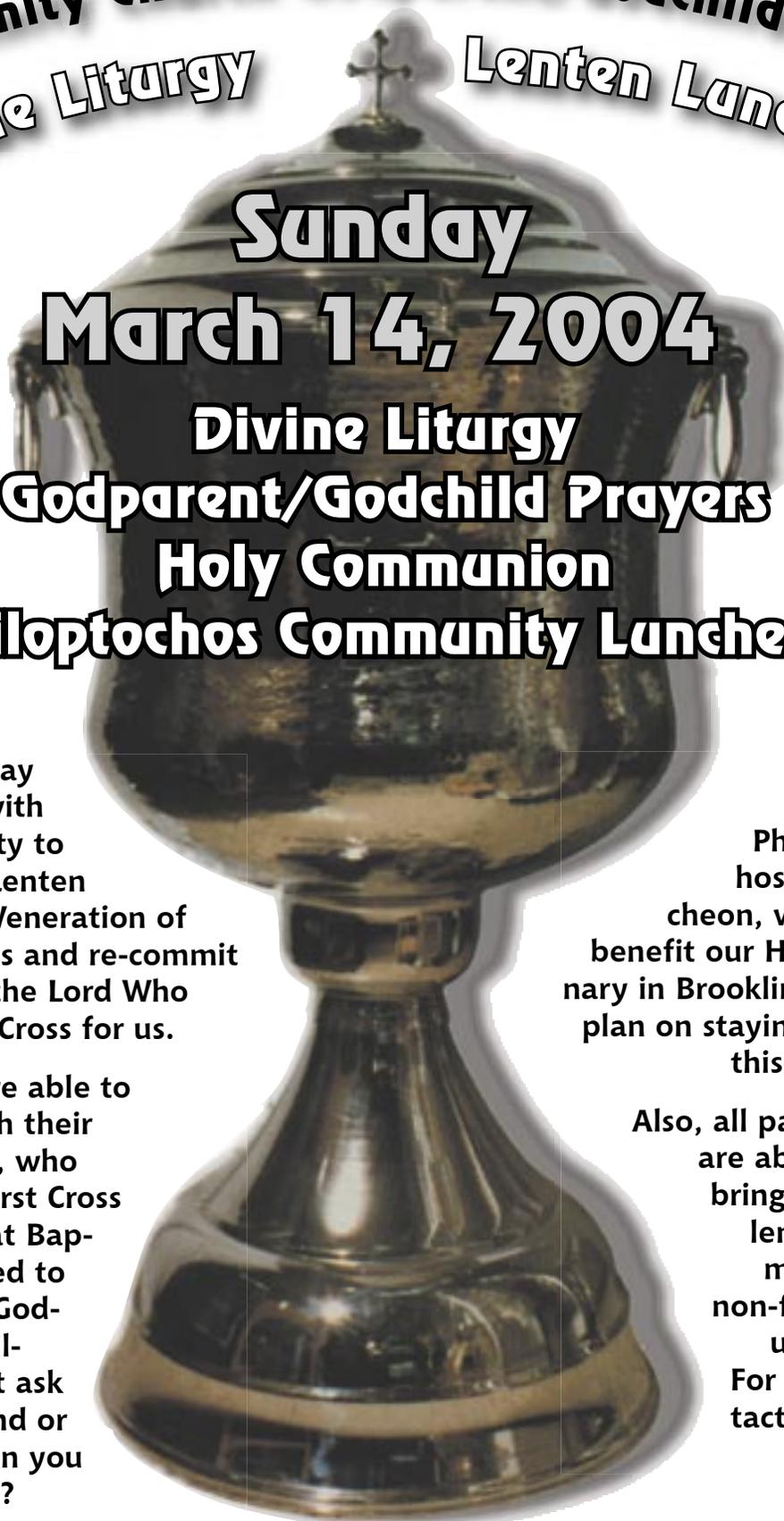
2 1/2 cups small red potatoes,  
quartered (about 1 pound)  
2 Tbs. chopped fresh dill  
2 Tbs. chopped fresh mint  
1 tsp. salt  
1/4 tsp. freshly ground black pepper

Combine 2 cups water and 1 tablespoon juice in a large bowl. Cut off stem of each artichoke to within 1 inch of base; peel stem. Remove bottom leaves and tough outer leaves, leaving tender heart and bottom. Cut each artichoke in half lengthwise; place in water mixture, tossing to coat.

Heat oil in a large nonstick skillet over medium heat. Add onion; cook 5 minutes or until tender, stirring frequently. Add remaining 2 cups water, peas and carrot; bring to a boil. Drain artichokes; add artichokes and potatoes to the pan. Cover, reduce heat, and simmer 45 minutes or until artichokes are tender. Uncover; cook 3 minutes. Stir in dill, mint, salt, and pepper. Remove from heat; stir in remaining 2 tablespoons juice.

Yield: 6 servings

**Holy Trinity Church Godparent/Godchild Sunday**  
**Divine Liturgy** **Lenten Luncheon**



**Sunday**  
**March 14, 2004**  
**Divine Liturgy**  
**Godparent/Godchild Prayers**  
**Holy Communion**  
**Philoptochos Community Luncheon**

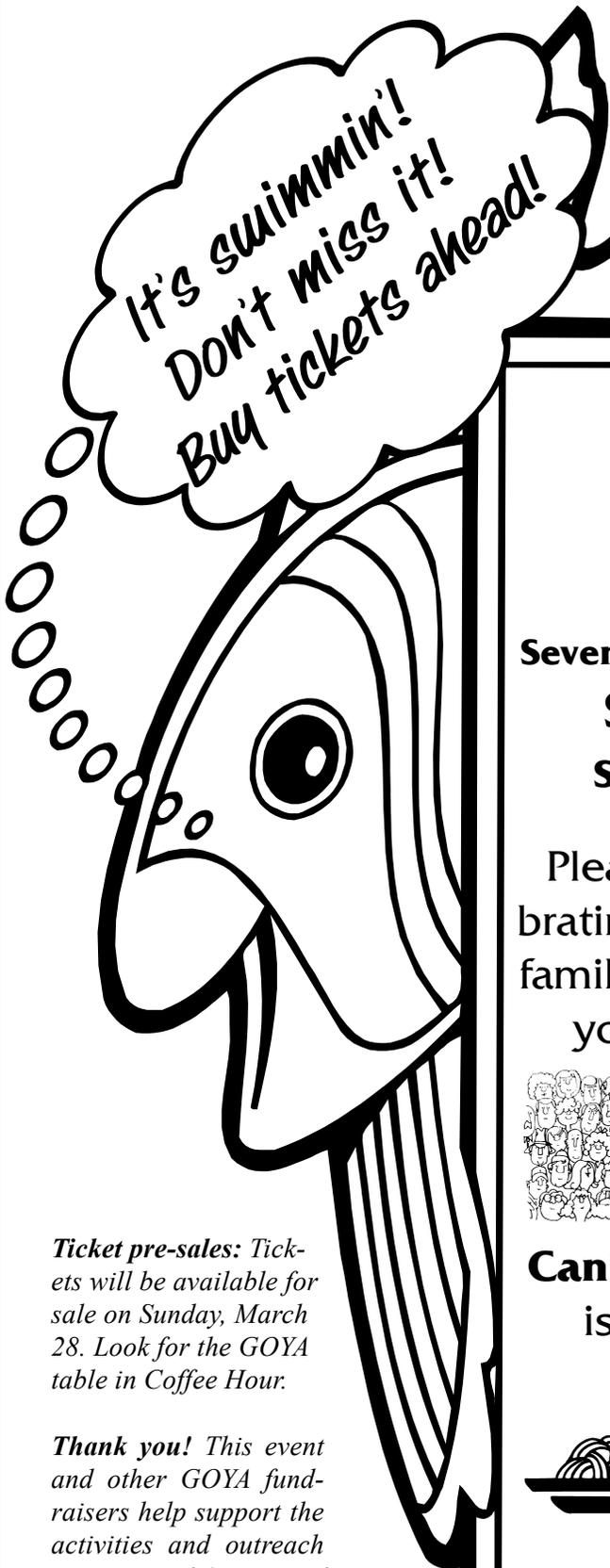
This special day provides us with an opportunity to observe the Lenten Feast of the Veneration of the Holy Cross and re-commit ourselves to the Lord Who took up that Cross for us.

Those who are able to celebrate with their Godparent(s), who placed that first Cross on our neck at Baptism, are asked to do so. If no Godparent is available, why not ask a special friend or relative to join you for this event?

On this day each Lent, the Philoptochos also hosts a lenten luncheon, whose proceeds benefit our Holy Cross Seminary in Brookline, MA. Please plan on staying and enjoying this feast together.

Also, all parishioners who are able are asked to bring a covered dish lenten item (non-meat, non-dairy, non-fish) to contribute to the meal. For questions, contact Tine Fiedler at 412-364-1545.

*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)*



# PALM SUNDAY

**Seventh Annual Community Fish Luncheon  
SUNDAY, APRIL 4, 2004  
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?** Buy your tickets ahead of time and just walk right in!

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



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

***Ticket pre-sales:** Tickets will be available for sale on Sunday, March 28. Look for the GOYA table in Coffee Hour.*

***Thank you!** This event and other GOYA fundraisers help support the activities and outreach ministries of the teens of our parish. Your support is greatly appreciated!*



## 2003 Nativity Flowers Donor List



Many thanks to the following parishioners and friends for sponsoring the beautiful poinsettias for the decoration of the church during the Christmas holidays. May the Lord remember them and those whom they have honored!

### DONORS

### COMMEMORATIONS

Anonymous	
Harriet Amurgis .....	In loving memory of my husband, William Amurgis
Carole Anestis .....	In memory of Gus Anestis
Carole Anestis .....	In memory of Maria Anestis
Mr. & Mrs. Harry Athansiou .....	For the health of our families
Mr. & Mrs. Harry Athanasiou & sons .....	In memory of George Athanasiou
Anthony & Helen Balouris .....	In memory of our loved ones
Bill & Sophea Chapas & Family .....	In memory of John W. Chapas
Gabe & Johanna Cocheres .....	For the health of our families
Miss Betty Dickos .....	In memory of Frank & Fannie Dickos
Frank & Katina Erdeljac .....	In memory of Michael & Theologia Alexiades
Judith Fulton .....	In memory of my parents: Robert & Bella (Fortes) Fulton
Tessie & Demitria Frankos .....	In memory of James Frankos
Anna Festas .....	In memory of Peter Festas and Kalliope & Steve Alexander
Connie Fries .....	For the health of Fries family
Penny & Gus Georgiadis .....	In honor our parents, Mary and George Kalodikis
Penny & Gus Georgiadis .....	In honor of our parents, Mary & Pete Georgiadis
Dr. & Mrs. Mark Georgiadis .....	For peace in the Middle East
Mrs. Eugenia Graser .....	In memory of Robert Graser
Mrs. Eugenia Graser .....	In memory of Michael & Mary Patsalos
Catherine Hartig .....	In memory of Walter & James Hartig
Catherine Hartig .....	In memory of Anthony & Stella Paterakis
Brian & Debbie Jewell .....	In memory of Marsha Booras
Brian & Debbie Jewell .....	In memory of Maria Elderkin
George & Scarlet Karpakis .....	In honor of the 50 <sup>th</sup> Wedding Anniversary of John & Pat Karpakis
Dr. & Mrs. James Kermes .....	For the health of and memory of friends and family
Irene Karavolos & Fanny Kostos .....	In loving memory of our father, Steve Karavolos
Achille & Vasiliki Kourouklis .....	For the health of our family and in memory of our brother, Nikolas
The Kritiotis Family .....	For the health of family and friends
Anthony Lakes .....	In memory of our departed loved ones
George & Canella Lalikos .....	In memory of our beloved departed loved ones
Greg & Susan Manesiotis .....	In memory of Audrey & Victor Mus
Greg & Susan Manesiotis .....	In memory of Michael Manesiotis
Kelly Manning .....	In memory of Nellie & Catherine Learos
Helen & Stanley Morris .....	For the health of our family
Bob & Harriet Navarro .....	In memory of Michael, Catherine and James Karras
Bob & Harriet Navarro .....	For the health of the Navarro Family
Michael Panos .....	In memory of deceased Peters & Panos Family members
Peter & Mary Panos .....	
George & Rhea Pantelakis .....	In memory of our loved ones
George P. Pantelas .....	In memory of the parents of George and Marian Pantelas
Orestes & Arlene Paras .....	In memory of John & Maria Paras
Orestes & Arlene Paras .....	In memory of Albert & Rose Russell
Olga Regakis .....	For the health for Eleni & Theodora
Angie Roman .....	In memory of Gus Roman
Electra Roman .....	In memory of William Amurgis
Joan E. Roman .....	In memory of John G. Roman
Joan E. Roman .....	In memory of Mrs. Metexia Roman
James Steve Statheas .....	In memory of Steve and Demetra Statheas
Anthony & Aspasia Zissis .....	In memory of our Parents
Dr. & Mrs. Anthony Zikos	

Community Banking  
at its best.

**NorthSide  
Bank**

Main Office Allegheny Professional Building  
100 Federal Street 490 East North Avenue  
231-6900 231-3500

**Thank You**

to these patrons and  
businesses for sponsoring this  
issue of the *Herald*. If you would  
like information on becoming a  
*Herald* patron, please contact  
the church office. To become a  
Personal Sponsor on special  
occasions, see the form below.



61 ARCH STREET, SUITE 102  
CARNEGIE, PA 15106



**Samuel William Spanos**  
CFP, CFM  
First Vice President  
Resident Manager  
Wealth Management Advisor

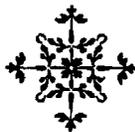
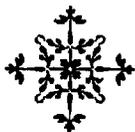
Private Client Group  
446 Third Street  
Beaver, Pennsylvania 15009  
724 773 8701  
800 813 5191  
FAX 724 775 7050  
sspanos@pclient.ml.com

**STEPHEN M. BRADY  
FUNERAL HOME**

412-321-0495

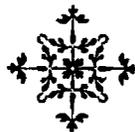
920 Cedar Avenue, Pittsburgh, PA  
Expert **Pre-Need** Planning & Funding

In memory  
of their  
beloved  
ones

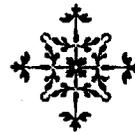


**The Vlahakis Family**

In loving memory  
of my brother,



**Michael**



Louis Manesiotis  
and family

**EYE PHYSICIANS AND  
SURGEONS, LTD.**

**Christ A. Balouris, M.D.**

*Comprehensive Ophthalmology*

Downtown ..... Center City Tower 412-281-5876  
N. Hills ..... Pgh. Office and Research Park 412-364-5282  
Fox Chapel St. Margaret Medical Arts Bldg. 412-784-9060  
Shadyside ..... Aiken Professional Building 412-621-9060

**Holy Trinity Greek Orthodox  
Cemetery**

**McCandless Township, North Hills**

Serving the needs of our community since 1945. Please,  
consider Holy Trinity Cemetery in your estate planning.,  
Many lots are available at the very reasonable price of  
\$500 each.

Contact Cemetery Chairman Bill Fiedler  
412-364-1545

**HERALD PERSONAL SPONSOR FORM**

**Please enclose a donation of at least \$20.00**

NAME:

PHONE:

ADDRESS:

I/we wish to sponsor a *Herald*. Please include the following message:

- In memory of...  For the health of...  In thanksgiving for...  In honor of...  To the Glory of God...  
 other: ( )

(list names or further information here):



NON-PROFIT  
ORGANIZATION  
U. S. POSTAGE  
**PAID**  
PERMIT NO. 1463  
PITTSBURGH, PA

## SCOBA STATEMENT ON THE MORAL CRISIS IN OUR NATION

**As** members of the Standing Conference of the Canonical Orthodox Bishops in the Americas (SCOBA), representing more than 5 million Orthodox Christians in the United States, Canada and Mexico, we are deeply concerned about recent developments regarding "same sex unions." The Orthodox Christian teaching on marriage and sexuality, firmly grounded in Holy Scripture, 2000 years of church tradition, and canon law, holds that marriage consists in the conjugal union of a man and a woman, and that authentic marriage is blessed by God as a sacrament of the Church. Neither Scripture nor Holy Tradition blesses or sanctions such a union between persons of the same sex.

Holy Scripture attests that God creates man and woman in His own image and likeness (Genesis 1:27-31), that those called to do so might enjoy a conjugal union that ideally leads to procreation. While not every marriage is blessed with the birth of children, every such union exists to create of a man and a woman a new reality of "one flesh." This can only involve a relationship based on gender complementarity. "God made them male and female... So they are no longer two but one flesh" (Mark 10:6-8).

The union between a man and a woman in the Sacrament of Marriage reflects the union between Christ and His Church (Ephesians 5:21-33). As such, marriage is necessarily monogamous and heterosexual. Within this union, sexual relations between a husband and wife are to be cherished and protected as a sacred expression of their love that has been blessed by God. Such was God's plan for His human creatures from the very beginning. Today, however, this divine purpose is increasingly questioned, challenged or denied, even within some faith communities, as social and political pressures work to normalize, legalize and even sanctify same-sex unions.

The Orthodox Church cannot and will not bless same-sex unions. Whereas marriage between a man and a woman is a sacred institution ordained by God, homosexual union is not. Like adultery and fornication, homosexual acts are condemned by Scripture (Rom 1:24-27; 1 Cor 6:10; 1 Tim 1:10). This being said, however, we must stress that persons with a homosexual orientation are to be cared for with the same mercy and love that is bestowed by our Lord Jesus Christ upon all of humanity. All persons are called by God to grow spiritually and morally toward holiness.

As heads of the Orthodox Churches in America and members of SCOBA, we speak with one voice in expressing our deep concern over recent developments. And we pray fervently that the traditional form of marriage, as an enduring and committed union only between a man and a woman, will be honored.

(August 13, 2003)

*Archbishop Demetrios, Metropolitan Herman, Metropolitan Philip, Archbishop Nicolae,  
Metropolitan Christopher, Metropolitan Joseph, Metropolitan Nicholas, Metropolitan Constantine, Bishop Ilia*