



# THE HOLY TRINITY HERALD

1923 · EIGHTY-TWO YEARS OF MINISTRY · 2005

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

July-August 2005

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

Volume 13 – Issue 6

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

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**IMPORTANT NEWS  
ABOUT THE NEW  
CHURCH PROPERTY IN  
THE VISION COMMITTEE  
REPORT, PAGES 12-14**



During the first fifteen days of August, Orthodox Christians throughout the world enter a season of fasting and prayer in honor of the Falling Asleep of the Theotokos. The icon above is a mosaic found over the South Door of Hagia Sophia (the Cathedral of the Holy Wisdom) in Constantinople and is one of the most significant historic icons in Orthodoxy. On the left and the right, the Emperors Justinian and Constantine the Great are offering to the Mother of God a model of the Great Church and of the Imperial City, for which she was known to be the Protectress. It is a reminder of the long-standing tradition of honoring the Theotokos as the Birth-giver of God and as our constant intercessor before the Lord for our salvation in her Resurrected Son, Jesus Christ.

## Father John's Message

### THE HOLY TRINITY HERALD

Parish Newsletter of  
Holy Trinity  
Greek Orthodox Church  
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#### Publication Schedule

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

This issue of the Herald  
is sponsored by the

Nicholas G.  
Hanna Family

in memory of  
their brother,

Harilaos

May his memory  
be eternal!



Dear Brothers and Sisters in Christ,

The contrast could not be more stark. The picture below contains two monuments: the first is a traditional Ten Commandments monument found on the State Capitol grounds in Denver, Colorado, like the one found across the street from Holy Trinity Church on the lawn of the National Aviary and in other parks and buildings throughout the country; the second is the "Freethought Alternative" sponsored by the Freedom from Religion Foundation, a group whose view of the foundations of

this country states: "Our Constitution was very purposefully written to be a godless document, whose only references to religion are exclusionary."

In the life dictated by such a world view, there are no commandments because there is no God (or, as they would put it, no god). What is left, then, is their "alternative" statement of truths: "There are no gods, no devils, no angels, no heaven or hell. There is only our natural world. Religion is but myth and superstition that hardens hearts and enslaves minds."



**Take your choice: Which rules do YOU want to live by?  
Which kind of country will we leave our children?**

We live in a country in which people are supposed to be free to practice their religion or no religion at all, so that fact that a certain segment of the population chooses not to believe is not the issue; we may reach out to them with the revealed truth of God in a spirit of love as we should, but they are free to reject it. But the same freedom does not seem to apply to practicing Christians any longer. In fact, the gauntlet or oppression around Christianity has closed another step tighter with the latest very confusing ruling of the Supreme Court regarding the Ten Commandments.

Make no mistake, this will neither save nor condemn us; our faith and salvation are not, thank God, dependent on the government's approval or endorsement. But in battles which increasingly bear witness that this country, founded on religious freedom, no longer wants to even officially acknowledge the existence of God, those who oppose not only "The Faith" but faith at all will have succeeded in transforming this country into an officially atheist state ... while we sat back and watched. It's not the first time it's happened. I wonder if they saw it coming ... in pre-Bolshevik Russia? ... in pre-Communist Cuba? ... in pre-occupied Greece? ...

Well, in the words of Alfred E. Neuman, "What me, worry?"

## News & Events

### WORSHIP LIFE

#### Weekday Liturgies ..... July/August

Please take note of the following upcoming liturgical dates. Unless otherwise indicated, Orthros starts at 8:30 a.m., followed by Divine Liturgy at 9:30 a.m..

**Ss. Cosmas and Damian ..... Fri. July 1**

**The Prophet Elias ..... Wed. July 20**

*This service will be held at the Nativity of the Theotokos Monastery in Saxonburg, PA.*

**St. Paraskevi..... Tue. July 26**

**St. Panteleimon ..... Wed. July 27**

**Paraclesis Services (See below) ..... Aug. 1-15**

**The Transfiguration of the Lord ..... Fri. Aug. 5**

*As indicated below, this is a 6pm Vespers Liturgy.*

**Koimissis Vespers..... 7:00 p.m., Aug. 14**

*Vespers at Aliquippa and Oakmont parishes*

**Koimissis Liturgy ..... Mon. Aug. 15**

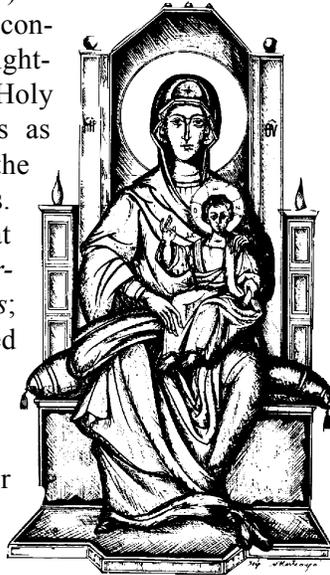
**Beheading of the Forerunner ..... Mon. Aug. 29**

#### Paraclesis Services ..... August 1-15

Holy Trinity will, as usual, offer a schedule of Paraclesis to the Theotokos Services during the first fifteen days of August in preparation for the feast of the Falling Asleep (Koimissis) of the

Theotokos. We will also continue the practice of highlighting various ministries at Holy Trinity on given evenings as we invoke the prayers of the Theotokos upon our efforts.

Again, please remember that *all parishioners are encouraged to attend all services*; these specially designated evenings are a way for us to gather together as faithful members of various ministry groups and ask for the Lord's blessings and the Panayia's prayers regarding our particular involvement in the life of the Church. Here is the schedule:



#### August 2005 Paraclesis Services

Mon. Aug. 1 ..... 6 pm

Wed. Aug. 3 ..... 6 pm: Church School Staff

Mon. Aug. 8 ..... 6 pm: Youth & Family Night

Wed. Aug. 10 ..... 6 pm: Parish Council

Fri. Aug. 12 ..... 6 pm

#### Transfiguration Vespers Liturgy ..... Aug. 5

This year we will celebrate the Great Feast of the Transfiguration of our Lord and Savior Jesus Christ with a Vespers Liturgy on Friday, August 5 at 6:00 p.m. Please keep in mind that those preparing for Holy Communion should, in addition to their regular preparation, abstain from food and drink from noon.

Orthros and Divine Liturgy for the feast of the Transfiguration will also be held at the Monastery of the Holy Transfiguration in Ellwood City, which celebrates its nameday on this feast.

*In keeping with the wonderful tradition of the Blessing of the First Fruits, it is customary to bring a tray of washed grapes or fruit on that day, which will be blessed at the end of the service and distributed to those in attendance.*



#### Koimissis Vespers & Liturgy ..... Aug. 14/15

Our sister parishes of Koimissis churches in Aliquippa and Oakmont invite us to join them for their feast day Great Vespers on August 14th at 7:00 p.m., followed by a lenten reception.

Because the feast falls on a Sunday, Orthros and Divine Liturgy for the Falling Asleep of the Theotokos will be held at those parishes *as well as at Holy Trinity Church* on August 15, with Orthros starting at 8:30 a.m., followed by Divine Liturgy at 9:30.

### SACRAMENTAL LIFE

#### Baptism: Ava Christina Kourkoutis

The servant of God, Ava Christina Kourkoutis, daughter of Steve and Sonya Kourkoutis, was received into the Holy Orthodox Christian Faith through Baptism on May 28, 2005. The Godparents were Chris T. and Chrysoula Balouris. Congratulations, and may God grant her many years!

#### Baptism: Keilyn Velina Pagonis

The servant of God, Keilyn Velina (Christina) Pagonis, daughter of Robert and Kristin Pagonis, was received into the Holy Orthodox Christian Faith through Baptism on June 18, 2005. The Godparents were Theodore and Irene Kukunas. Congratulations, and may God grant her many years!

#### Baptism: Samuel Castellano

The servant of God, Samuel Castellano, son of John and Jennifer Castellano, was received into the Holy Orthodox Christian Faith through Baptism on June 25, 2005. The Godparent was Angela Grieser. Congratula-

## News & Events

tions, and may God grant him many years!

### Baptism: Luke and Alexander Tomalski

The servants of God and twin brothers, Luke Themistocles and Alexander Lee Tomalski, sons of Eric and Penny Tomalski, were received into the Holy Orthodox Christian Faith through a Double-Baptism on June 26, 2005. The Godparents for Luke were Chris T. and Chrysoula Balouris. The Godparents for Alexander were Munish and Athena Grover. Congratulations, and may God grant them both many years!

### Recent Deaths

The servant of God, Gerald Littler, husband of Louise (Kish) Littler fell asleep in the Lord on June 19, 2005. Burial was at Coraopolis Cemetery. May his memory be eternal!

The servant of God, Freda Kish, wife of Steve Kish, fell asleep in the Lord on June 24, 2005. Burial was at Coraopolis Cemetery. May her memory be eternal!

### Upcoming Memorials

**July 10:** Demetrios Danis (6 months).

**July 17:** Katherine Hartig (1 year) and James Hartig (2 years).

**July 31:** Sarah Scopelitis (3 months).

### 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.

## COMMUNITY LIFE

### Festival Dates . . . . . August 31-September 4

Don't forget to keep August 31-September 4 free to work at, eat at, bring your friends to and enjoy the Holy Trinity Greek Festival. Please don't wait until the last minute to help: please show up for cooking now and sign up to help at the Festival as soon as the sign-up boards appear at Coffee hour.

Also, please take flyers (including the annual Pittsburgh Summer Greek Festivals Guide) to your friends, family and places of work. They are available on our web site, [www.HolyTrinityPgh.org/festival](http://www.HolyTrinityPgh.org/festival). Don't

forget, word-of-mouth is the most powerful form of advertisement, so get the word out today!

### Festival Cooking . . . . . July, August

An complete schedule for Festival Cooking was enclosed in the last issue of *The Herald*. Please note the dates on your schedule and step up to your place as a Holy Trinity steward. Everyone is invited and asked to help. Bring a friend and pack a snack. Call Joyce Athanasiou (412-322-6002), Paula Valliant (412-487-3977) or Kay Balouris (412-766-1263) for information on specific dates. Most importantly, keep in mind that each of us has an important part in this very large labor of love. Please don't wait for a phone call: consider yourself invited!

## REGIONAL NEWS

### Spotlight on Music . . . . . October 29

The Greek Orthodox Metropolis of Pittsburgh Ladies Philoptochos Society's "Spotlight on Music" is pleased to announce an evening of music and fun. All proceeds will benefit the Camp at Mount Tabor. Mark your calendars for Saturday, October 29, 2005, at the University of Pittsburgh's Bellefield Auditorium (across from St. Nicholas Cathedral in Oakland). All organizations are encouraged to attend.



Join those groups that have already scheduled this event as autumn outing. Tax deductible tickets will be available through the Philoptochos at a donation of \$15 advanced purchase and \$20 at the door. Student tickets are \$10. A reception will be held at St. Nicholas Cathedral following the concert. All groups - Philoptochos, GOYA, Senior Citizens, Choirs, JOY, YAL, Greek Schools and other regional and educational groups are invited to this historic event. Let us all come together to celebrate and to help our children and our Holy Orthodox Faith.

### Greek Day at Kennywood . . . . . July 26

Greek Day at Kennywood is scheduled for Tuesday, July 26, this year. In addition to the Kennywood attractions, there will be Greek food and dance performances at the pavilion behind the Old Mill Stream ride. Discounted "FunDay" passes for all ages under 55 are available for \$18 (regularly \$28.95); Age 55+ "FunDay" passes are \$10 (regularly \$14.65) through the Presentation of Christ ("Ypapanti") Church by calling Theodora Stupakis at 412-824-9188.

## Community Life Photo Journal



### GOYA Helps Local Needy in Millvale Rebuild from Floods

Over the past two years, the GOYA has sent mission teams to help the poor and needy in Mexico. This year, the work was done right here in Pittsburgh! On May 16, a large group of GOYAns and other family members (pictured below) reported to a Hosannah Industries work site in Millvale, where assistance was provided in recovering the the devastating floods of last year. Thanks to the Valliant family for coordinating this worthwhile philanthropic outreach. The note below was received from Ken Gryger, the Case Work Manager. The team worked on five sites and did Thoroseal preparation, pressure washing and basement cleanout.

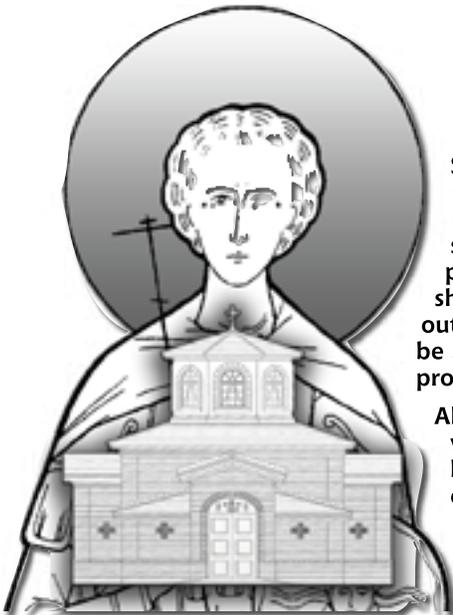


*"Your group from Holy Trinity was one of the best to work with we've ever experienced. Thank you for your leadership and for blessing us with your fellowship and hard work this weekend. Thanks on behalf of the Millvale Assistance Team (MAT), United Methodist Disaster Response, Hosanna Industries and residents of Millvale."*



# Saint George Chapel Construction Photo Journal

## Saint George Chapel at Holy Trinity Cemetery Construction Proceeds at Dramatic Pace: Projected Completion in August See Photos Below!



Since the Ground-breaking and Laying of the Foundation Service on April 23, work has progressed rapidly at Holy Trinity Cemetery on the Saint George Chapel. Photos from the work site have been posted on the Holy Trinity web site on a regular basis ([www.HolyTrinityPgh.org/chapel](http://www.HolyTrinityPgh.org/chapel)). The progression of photos below and on the next page follows the construction from the first shovel to this week's final exterior brick work. Though additional work remains outside, such as sidewalks and landscaping, the majority of the progress will be seen on the interior from this point through the projected completion of the project in August.

Although the building itself is being completed as presented to the community without fundraising and will be fully paid when opened, many people have been asking about contributing to the chapel project. Once the building is complete and bids have been received from iconographers and woodworkers, information will be made available to the public concerning the future interior plans and costs for various interior items, which will be part of a long-term, comprehensive plan to properly complete this sacred work in an appropriate Orthodox Christian Byzantine style.

April 25: The stone laid at the "Laying of the Foundation" service was placed in the center of the excavation before the cement foundation was poured.



April 26: Workers use a combination of heavy equipment and good old shovels to fill the footers with cement.



April 29: As the concrete blocks are laid, the shape of the building begins to quickly appear. The view here is looking over the altar (the curved section) into the church.



May 3: After only a few days, the concrete block work is done and the entire footprint of the chapel is now clearly displayed. Next up: crushed stone, the wall sections and the steel supporting the dome.

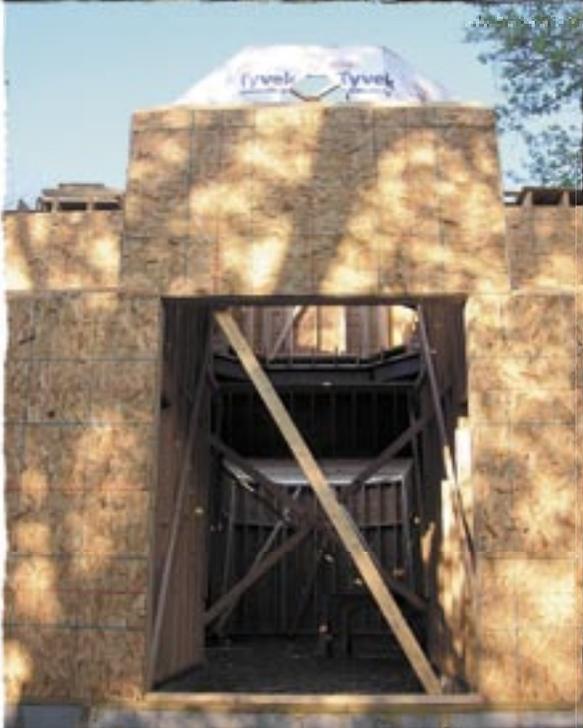
## Saint George Chapel Construction Photo Journal



May 9: The crane arrives to set the steel beams in place that will form the center of the chapel and provide support for the dome. And then, three days later...



May 12: The frames for the walls are put into place and quickly covered by sheets of wood. Whew! Things are really moving now!



May 17 (left): Looking in what will become the front door, with the dome starting to take shape on top. May 21 (below): The exterior skin is nearly complete and ready for the bricklayers to begin. The Cross-shaped holes are for glass-block windows, which will add security, light and even a small touch of Pittsburgh to the chapel!



June 2 (left): The bricklayers begin at the front right corner. June 20 (above): The southeast walls are the first to be completed. The curved section to the right is where the altar will be located, facing east according to tradition.

## Gheronda's Corner

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



**Father John  
Androutsopoulos**

### LIFT UP YOUR HEARTS

Beloved brothers and sisters in Christ,

"Lift up your hearts." This is a familiar exhortation in the Divine Liturgy when we join in an act of sheer praise to God. Beginning "Holy, Holy, Holy," we are encouraged to be joyful and to praise God.

This praise to God is proper not only during the Liturgy but at other times. Sometimes we come upon moments of discouragement. We have the "blues". As Christians people we can lift up our hearts. They may be sad, but we can still lift them up unto the Lord.

We may be happy and things may be going well for us. We can lift up our hearts with joy to the Lord, and happiness will be all the better.

Perhaps we are perplexed and do not know what decision to make. It will help to lift the whole problem up to the Lord.

Than as a constant attitude we do well to keep our hearts lifted up to Him. He merits our heartfelt praise. When we recognize that by right, God has the first place in our lives, we see our lives in clearer perspective.

"Lift up your hearts"—Whatever your mood or situation.

### "The spirit of man is the candle of the Lord."

(Proverbs 20:27)

A Candle may be small, but no darkness can put out the light of even the smallest one. Neither can the influence of our lives be put out. The spirit in our hearts can be such as to signify to Christ that we want Him to come into our hearts. Now is a good time to let Him know there is room in our hearts for Him. Let Him make our Spirit truly the candle of the Lord.

### Why Do We Go To Holy Liturgy?

1. To gather in the House of our heavenly Father and realize that we are really brethren, members of the same family.
2. To offer to God our common worship and especially the most holy sacrifice of the Eucharist.
3. To thank God for all His graces and His manifold gifts to us.

4. To make known to God our needs, our problems, and our requests.
5. To be united with the Church triumphant in heaven and with all our brethren departed in Christ.
6. To sanctify by the grace of the most Holy Sacrament our thoughts and our desires, our intentions and our plans concerning our work.
7. To have Christ dwelling in us and acting through us.
8. To get strength and courage for the hard fight.
9. To see every good works of ours flourish and bring abundant fruit.
10. To be knit together in an unbroken union with Christ and in Christ our Lord.

Beloved, God continually gives us blessings day by day. What do we give Him in return? Remember that God calls us to use the talents He has given us in Christ-like love and service.

### Marks Of A Good Christian

He moves his Church membership when he moves to a new place He pays his debts to God and man, regularly and cheerfully. He regularly attends his Church's services. He knows, believes, and practices the New Testament teachings. He strives for the Holiness of God, and for peace with all men. He loves the Word of God and reads it regularly. He knows whom he has believed and prays to his God daily. He is kind, friendly, spiritual, and seeks good for all. He knows how to return good for evil and to turn the other cheek. He is always ready and eager to FORGIVE and FORGET.

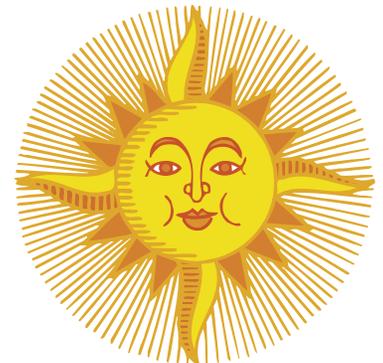
### Vacation Time

"Remember the Sabbath Day to keep it Holy" applies to vacation Sundays as well as the rest of the year.

We expect God's grace in summer as well as in winter. Has He not a right to our all year round devotion?

Have a Blessed Summer!

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



## The Cultural Side • Η Πολιτιστική Πλευρά



Voula Hareras

### Η ΑΝΟΙΞΗ

Ὁ οὐρανός τ'άστέρια, τὸ  
φεγγάρι  
Οἱ θάλασσες καὶ οἱ  
ὠκεανοὶ  
Δέν ἔχουν τὴ δική σου  
χάρη

Ἄχ, ἀνοιξη, αἰθέρια, γαλανή

Σοῦ ψάλουν προσευχοῦλες τὰ πουλάκια  
Κάθε πρωὶ ὅταν ναζιάρικα ξυπνάς  
Σοῦ στέλνουν εὐωδιές τὰ λουλουδάκια  
Ὅταν βασίλισσα στό ἄρμα σοῦ περνάς

Μονάκριβη του χρόνου θυγατέρα  
Σέ ἔκανε δῶρο ὁ Θεός σ'ὅλη τὴ γῆ  
Ἄχ, ἀνοιξη, ἡ νύχτα σου, κί'ήμερα  
Στοῦ διψασμένου εἶναι ἀστείρευτη πηγὴ

Ἄνοιξη Θεία φωτεινὴ καὶ μυρωμένη  
Εἶσαι γιὰ μένα ὅτι εἶναι ἡ ζωὴ  
Ἄχ, ἀνοιξη χιλιотραγουδισμένη  
Εἶσαι τοῦ Σύμπαντος ἡ πιό γλυκειὰ πνοή.

♦ Βουλα Χαρερα

### ΩΡΑΙΟ ΚΑΛΟΚΑΙΡΙ

Ἰούνιος... Ἐννοιες... Μελέτες, δουλειές...  
Τέλος.

Καί μέ τούτο τὸ τέλος, μιὰ ὁμορφὴ ἀρχή.  
Ἀρχὴ γιὰ ξεκούραση καὶ ξεγνοιασία. Καί  
μία ἀρχὴ νὰ χαρεῖς τὴν ὠραία ψυχαγωγία  
πού δίνει ἡ φύση.

Αλήθεια, ξέρεις νὰ χაίρεσαι τὴ φύση? Να  
βλέπεις τίς ἀπειρες ὁμορφιές, τίς ποικίλες  
ὁμορφιές πού ἀπλώνει γύρω σου ἡ φύση.  
Ἄπό τὸ φτερό μίας πεταλούδας ὡς τὸ  
ἀνθοπέταλο ἑνὸς λουλουδιοῦ...

Ἀπ'τὸ φλοῖσβο στό ἀμμουδερό ἀκρογιάλι  
ὡς τὴν ὀρμὴ ἑνὸς καταρράχτη... ἀπ' τὴν  
ἀλελειωτὴ ἀπεραντοσύνη τοῦ ὀρίζοντα  
ὡς τὰ μύρια χρώματα τῆς Ανατολῆς...  
Ἀπὸ τοὺς γλυκοὺς καρπούς στά χτήματα  
ὡς τὰ λαμπερά ἀστέρια στίς ἐκτάσεις τοῦ  
οὐρανοῦ.

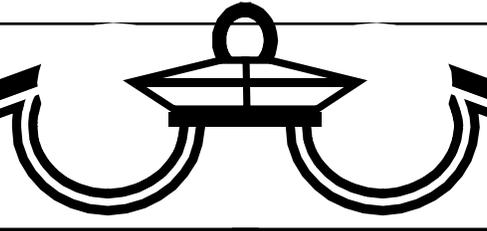
Ἅλα ἀπολελοῦν ἕνα κόσμο ὑπέροχο  
γύρω σου. Ἅλα ἀπὸ τὸν Θεὸ πλασμένα.  
Ἅλα γιὰ τὸν ἄνθρωπο καὶ ὅλα, ἀφορμὴ γιὰ  
χαρούμενη ἐνασχόληση. Θαυμασμό, καὶ  
ἀπόλαυση.

Ἄφορμη γιὰ νὰ δοξάσουμε τὸν  
Δημιουργό – πόσο ἀλήθεια θὰ πρέπει  
νὰ τὸν εὐχαριστοῦμε γιὰ τὰ μεγάλα καὶ  
γιὰ τὰ ελάχιστα πού ἀπολαμβάνουμε  
στον κόσμο γύρω μας. Ἐάν τὸ θελήσεις  
λοιπὸν θὰ παρατηρεῖς τὰ κάλλη γύρω σοῦ,  
διαβάζοντας ὠφέλημα βιβλία μαζεύοντας  
τοὺς ὠριμοὺς καρπούς, ἐάν καταγίνεσαι  
λίγο καὶ μέ τὸν κήπο, μέ τὰ δροσερά  
μπάνια στὴ θάλασσα καὶ μέ καλὴ παρέα,  
θὰ περάσεις ἀξέχαστο καλοκαίρι. Καί  
μάλιστα τώρα πού ἔχεις ἐλεύθερο καιρὸ  
καλλιέργεισε καὶ τῆς καρδιάς σοῦ τὴν φύση,  
μέ τὴν ἀγάπη καὶ τὴν γνωριμία τοῦ Θεοῦ,  
πού θὰ ἔχεις ὑστερα χρόνον νὰ ἀσχολεῖσαι  
μέ ὅλα αὐτά.

Κυρίως ἀπόφευγε τὰ βλαβερά καὶ  
σκοτεινά πού μάς τριγυρίζουν. Ἐ τότε  
Ναί, θὰ ἔχεις καλὸ καλοκαίρι πράγμα πού  
ὀλόψυχα τὸ εὐχομαι σέ ὅλους σας.

Καλὴ ἀντάμωσι τὸν Σεπτέμβριο!

♦ Βουλα Χαρερα



# HOLY TRINITY CHURCH CLASS OF 2005

Please join us in celebrating the talents and God-given gifts of the students from Holy Trinity Church who are graduating from high school and college this year. We also thank God for the families, relatives and community which have nurtured them in the rich soil of the Holy Orthodox Faith. May God be with them!



**Victoria Andromalos-Dale**  
Western PA Cyber Charter School

Victoria graduates high school early and has already accumulated over 30 college credits from CCAC. She has been an active participant in Church School, GOYA and represented Holy Trinity Church in the 2001 St. John Chrysostom Oratorical

Festival National finals, placing third. She has extensive dancing, acting and singing experience and would like to be a Radio City Rockette. She plans to attend Shadyside School of Nursing.



**Nicholas Balouris**  
Upper St. Clair High School

Nick Balouris served for 2 years on the Upper St. Clair Crew Team, during which he received several awards for both individual races and four-man boats. He has served as GOYA Vice-President and is currently President. He will attend California University of Pennsylvania

and plans on pursuing a career in architecture.



**Peter Dickos**  
North Allegheny High School

Peter Dickos attended St. Nicholas Cathedral until he was 13, then became an active participant in many Holy Trinity ministries:

Church School, Acolytes, Greek dancing and the Festival. Among his GOYA activities are: Vice-President, basketball team, volleyball team, camp and retreats. He has also been involved in the Junior Classical League (the Latin Club), Student Council, National Honors Society and tennis team. He will be attending Duke University in North Carolina in the fall.

**Chelsea Balouris**  
Shaler Area High School

Chelsea is graduating from Shaler H.S. after performing as a majorette there for 4 years. She is also a member of the Spanish Honor Society and Junior Achievement. She has been a baton twirler for 12 years and has been on



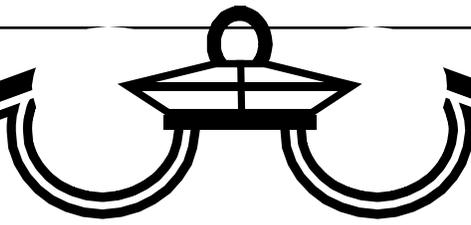
the GOYA Girls Basketball team for 5 years. She will be attending the University of Pittsburgh, Johnstown Campus.

**George Geanopulos**  
Mt. Lebanon High School

George Nicholas Geanopulos has graduated with honors from Mt. Lebanon High School.



He is the son of Nicholas and Sophia Geanopulos and the grandson of Athanasia Geanopulos and Chrissie Georgiadis. He will be attending Slippery Rock University in the fall.



# CONGRATULATIONS TO OUR GRADUATES!



**John Paras**  
North Hills High School

John has been a member of the North Hills Football Team for two years, played in the Symphonic band for four years and has graduated North Hills High School as an honors student. He is an active member of Holy Trinity Church, a member of GOYA, and serves in his church as an Acolyte. John will be attending Duquesne University in the fall, hoping to major in a field of business. He is the recipient of two scholarships and the Presidential Merit and Provost Merit Awards.



**Eleni Valliant**  
Hampton High School

Eleni has been very active in the music program as the Band President, Drum Major and Music Honor Society Vice-President. She was also Crew Team Captain for the past two years. She has done mission and philanthropic work at Project Mexico in Tijuana and Hosannah Industries in Pittsburgh, for which she received a Rotary Club scholarship. Her extensive GOYA involvement includes basketball (all-time girls' high scorer!) and serving as Recording Secretary. She is looking forward to attending the College of Wooster in Wooster, Ohio.



**Angela Houmis**  
California Western School of Law

Angela received her B.A. from Penn State and has now completed her law degree at California Western School of Law. She was on the Dean's List for multiple semesters and received the Academic Achievement Award in Mediation Advocacy. She is also a member of the Women's Law Caucus.

Well done, good and faithful servants of the Lord! May the Holy Trinity bless, protect and guide you always in all you do!

**Jerry Trilivas**  
North Hills High School

Jerry is graduating from North Hills with honors and will be attending Georgia Institute of Technology with a major in Management. He is a sports enthusiast who enjoys fishing, swimming, basketball and bowling and is thankful to enjoy them after having conquered a major health crisis in his junior year.



**Anthony Loomis**  
Robert Morris University

Anthony has graduated from Robert Morris University with a Bachelor of Science degree in Computer Science. At Robert Morris, Anthony was a member of the Intramural Sports Program for 4 years and received



the honor of Intramural All-American. He is now working for Dynavox Systems doing product support. He plans to continue on for graduate studies in the future.

# Vision Committee Update: New Church Property Update

*A comprehensive update on the important work of the Vision Committee, which has been working for the past five years to fulfill the direction of the Holy Trinity General Assembly to identify potential new locations for Holy Trinity Church.*

## Where We Have Been: 2000 to the Present

Identifying a suitable parcel of land for the future of Holy Trinity has been an exhaustive process over more than four years.

On November 5, 2000 *the General Assembly voted overwhelmingly (two to one) to accept the Vision Committee recommendation* presented earlier that year regarding the future of Holy Trinity. That historic vote set in motion a series of activities in conjunction with the commitment to build a new community. The motion also required *the identification and location of a new site.*

The Vision Committee spent an immense amount of time evaluating properties throughout the northern suburbs. Numerous real estate firms were utilized, and individual agents were mobilized in an effort to ensure that all available options were evaluated. *More than 100 potential sites were considered* but none met the requirements of access to I-279 North and usable acreage to meet the current and future needs of our community.



The November 2000 General Assembly Mandate: Find a new church location



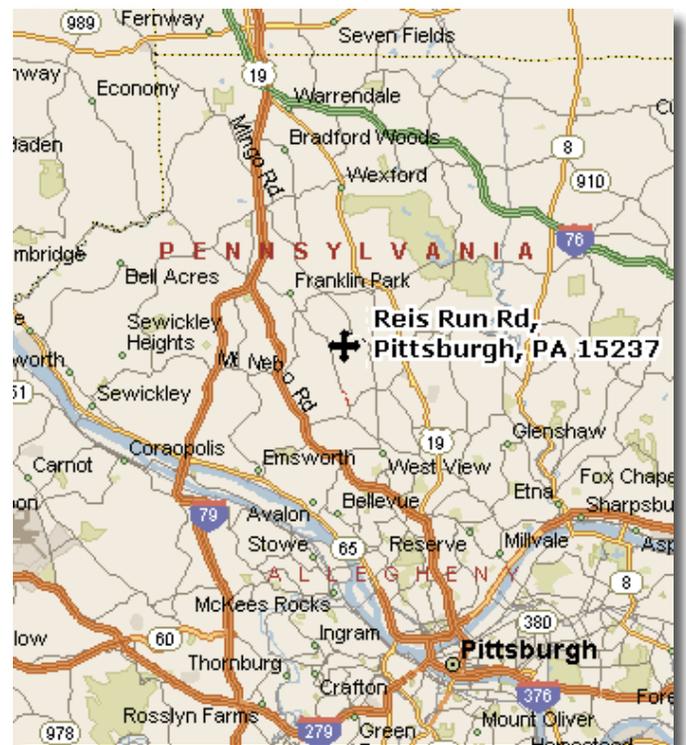
September 2002: Renowned Byzantine architect Christ Kamages during one of a number of meetings with the Vision Committee. After meetings and information-gathering sessions with the community, a "kit of parts" was developed to give the committee a clear set of requirements for the new property, including a minimum size of 10 buildable acres.

Over time, potential sites were dismissed either because the price was well above our target of \$500,000 or the parcel did not meet our requirements. In late 2002, for example, the committee identified a site later named the "Field of Dreams," due to its expansive, flat layout. While the community was supportive of this location and enthusiastically participated in a tour of the property, we were eventually not able to acquire the surrounding parcels and would have been locked into a site with no expansion or growth opportunities, something the Vision Committee was not willing to recommend to the community. This option was abandoned, but the experience highlights the difficulty the committee faced in this endeavor.

## Where We Are Today: Property Found!

Nearly three years, many properties, numerous meetings and many prayers later, the Vision Committee believes its exhaustive search on behalf of the Holy Trinity Community has finally concluded with the right property.

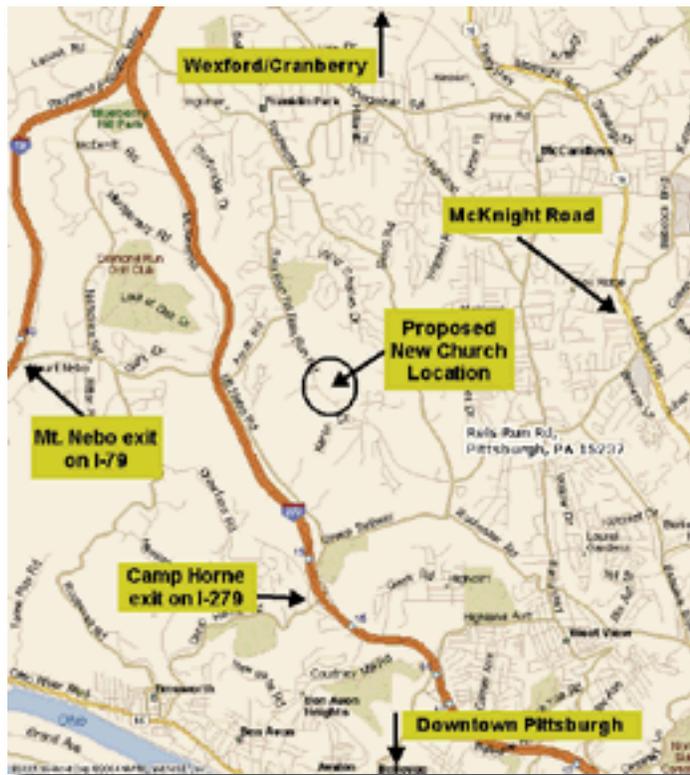
After preliminary consultation with the Parish Council, a preliminary agreement of sale was signed on the



A look at the proposed location within the Pittsburgh region. Based on the demographics of our current parish membership, the potential for future growth in the expanding I-279 corridor and respect for the placement of sister parishes, it places Holy Trinity in a central and advantageous place.

## Vision Committee Update: New Church Property Update

*An update on the progress of the Vision Committee's work to find a new property as directed by the Parish General Assembly*



A closer look at the location of the Reis Run property, its proximity to well-known landmarks and access from key points. It is easily accessible from I-279 (Camp Horne exit), I-79 (Mt. Nebo exit) and McKnight Road/Rt. 19.

morning of the Feast Day of the Holy Spirit, which is the nameday of our parish. The property comprises nearly 31 acres of land on Reis Run Rd. near the Camp Horne Rd. exit of I-279 North in Franklin Park Borough (a Pittsburgh address). The agreement sets in motion a timetable and action plan for the comprehensive evaluation and determination of the suitability of this property for our new community. It is the view of the Vision Committee that the Reis Run Rd. property will be ideal for the Holy Trinity community. The acquisition price is below our original target and there are enough usable acres for both our current needs and those of future generations.

### How Much: Land and Money?

Although we as a community are looking at the land as a single property, there are actually two proposed agreements of sale for two side-by-side pieces of land, which we would merge together as one deed. One is for approximately 17 acres of land currently owned by the Tree of Life Cemetery; the other 14 acres is adjacent and owned by an out of town physician. Together, these parcels provide nearly 800 feet of frontage along Reis Run Rd. about 1800 feet of depth. There will be enough land for our current requirements and those of future generations at Holy Trinity. The combined purchase price is \$455,000, or an average of under \$15,000 per acre.

### Where Is It?

The property is easily accessed from a number of directions:

- From Pittsburgh heading up I-279 North, it is less than 5 minutes off the Camp Horne Rd. exit. Make a right at the bottom of the ramp; take the first left onto Mt. Nebo Rd.; follow Mt. Nebo to the first traffic light; turn right onto Arndt Rd.; at the top of the hill, turn right onto Reis Run Rd.. The property is on the left, traveling 1/2 mi. south on Reis Run Rd., adjacent to the Tree of Life Memorial Park.
- From the upper North Hills area, take Rt. 19 South to Ingomar Rd./Yellow Belt. Turn right on to West Ingomar Rd. for 3.7 miles. Rd. becomes Reis Run Rd. Follow 1/2 mile to the property on the left.
- From McKnight Rd., turn on Babcock Blvd./Green Belt at Northway Mall. Follow to top of hill at Route 19/Perry Highway. Turn right, then immediately turn left to follow the Green Belt down to next light. After light, Rd. becomes Reis Run Rd.. Property is 1.4 miles ahead on the right.
- From I-79, take the Mt. Nebo Rd. exit and follow Mt. Nebo Rd. about 1-1/2 miles to Arndt Rd.. Turn left at light on Arndt Rd.; follow to top of hill; turn right onto Reis Run Rd.. Property is 1/2 mi. on left.



A panoramic view of a small portion of the Reis Run Road property taken in May, 2004. The gentle slopes and foliage are found throughout the lot.

## Vision Committee Update: New Church Property Update

*An update on the progress of the Vision Committee's work to find a new property as directed by the Parish General Assembly*



Members of the Parish Council and Vision Committee take a walk through the Reis Run property in May of 2004. The map shows the topographical layout of the land, with its elevations and hills; options are discussed as to where to best place the church, community center, parking and roads.

### The Current Status of the Agreement

Offer letters were submitted to the respective property owners more than one year ago and negotiations since then have focused on ensuring that the specifics of the agreements met the terms and conditions of the Vision Committee and the Holy Trinity community. One important aspect of the terms in each agreement is that the due diligence and ultimate purchase must be done simultaneously: the approval of each property is contingent upon the approval of the other at the same time.

Why has a sales agreement already been signed? This allows the soil testing, zoning questions and other necessary issues to be answered prior to bringing it to the General Assembly for approval.

### The Process From Here: Testing, Meetings, Vote

The process now will involve a thorough and complete analysis and review, including both Parish Council consideration by late July and Special General Assembly consideration by mid August. In addition, a series of environmental studies are required to determine if the property is appropriate for our purposes. All this must be timed in accordance with the purchase agreements timelines.

The purchase agreements for nearly 31 acres of land along Reis Run Rd. include a series of contingencies designed to protect Holy Trinity and ensure the properties will meet our requirements. Specifically, there are eight contingencies that must be met before the properties will be purchased.

### THE EIGHT STEPS NEEDED TO PURCHASE

1. Parish Council approval
2. General Assembly approval
3. Metropolis approval
4. Access to utilities
5. Sewage permit
6. Environmental examinations
7. Franklin Park Borough Zoning and Planning Commission approvals
8. Acquisition of the adjacent property

In the event any one of the contingencies are not met in a timely manner, Holy Trinity has the right to terminate the agreements *without any financial obligation*. The entire due diligence process is expected to take 180 days or six months.

### Watch for Information Coming Soon!

*An important provision in the purchase agreements for Reis Run Rd. properties is approval of the Holy Trinity General Assembly. A Special General Assembly is expected to set for sometime in mid August. In advance of that meeting, a series of after-Liturgy coffee discussions will be scheduled. The community will be invited to learn more about the properties and the due diligence process. Aerial maps and other photographs will be available along with discussions about utilities, environmental tests, and zoning. Tours will also be arranged. Please watch for information. Everyone's input is needed and all questions will be answered.*

### How Close Is It?

**Distances to the Reis Run property from areas of significant Holy Trinity parish population:**

**McKnight Road (North): 4 miles**

**McKnight Road (South): 5 miles**

**Bellevue: 6 miles**

**Allison Park: 7 miles**

**Wexford: 7 miles**

**Fox Chapel: 13 miles**

**Gibsonia: 15 miles**

**Cranberry Township: 15 miles**

**Distance to new property from downtown Pittsburgh/current Holy Trinity Church: 10 miles**

## 2005 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
- Katherine M. Balouris, for the health of her family
- Archie & Mary Selevos
- Paul & Sally Hionedes, in memory of Jim Hartig and for the health of the entire congregation
- Theologia Gambieris, in memory of John Rigas
- Constantine & Diane Balouris, in memory of Nouno Demetrios Danis
- Theologia Rigas, in memory of John Rigas
- Nick, Joy, Margo & Ted Loomis, in memory of Mary Kokoros

### 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 ..... Gus, Penny, Andrew, Maria & Christian Georgiadis, for the health of George & Mary Kalodikis
- Processional Icon for Palm Sunday ..... Peter & Mary Panos, in memory of the Panos & Peters families
- Bridegroom (*Nymphios*) Icon ..... Sophia Regas, in memory of John Regas & Demetrios Danis
- Holy Wednesday Holy Unction Supplies..... Helen DeMoss, in memory of John DeMoss & for the health of his family
- Lent and Holy Week Wine for Holy Communion ..... Gregory Pappas, in memory of Chris Pappas
- Prosforon (Offering Bread)..... Joanne Pappas, Martha Lambou, Evdokia Danis, Katherine Balouris, Mary-Magdalene Welsh, Theologia Rigas and Chrysoula Balouris
- Crucifix Wreath of Flowers..... Dr. & Mrs. Mark, Michael, Katie & Becca Georgiadis, for the safe return of our service men & women
- Crucifix Candles..... Charles & Melanie Black, in memory of Mary Mihalopoulos, Nicholas & Eugenia Roomeliotis
- Rosewater and Rose Petals ..... Gus, Penny, Andrew, Maria & Christian Georgiadis, for the health of Peter & Mary Georgiadis
- Flowers for the Epitaphion..... Holy Trinity Offering Trays, Envelopes, plus the following:
- James Statheas, in memory of Steve & Demetra Statheas
  - Bob & Harriet Navarro, in memory of Catherine, James & Andrew Karras and for the health of their family
  - Betty Dickos, in memory of Frank & Fannie Dickos
  - Kelly Manning, in memory of Nellie & Catherine Learos
  - Angie Roman, in memory of Gus Roman
  - Stella Kourakos, in memory of her departed loved ones
  - Mr. & Mrs. Gust Passadis
  - Gabe & Johanna Cocheres, for the health of their families
  - George & Canella Lalikos, in memory of their beloved parents
  - Carol D. Anestis
  - Mary J. Kourakos, for the health of her son, Peter
- 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..... Irene Karavolos & Fanny Kostos, in memory of their beloved father, Steve Karavolos
- Resurrection Processional Icon 2..... Olga Regakis, for the health of Helen Stepp & Theodora Kaloxyhos
- Resurrection Banner Ribbons ..... Chrissie Georgiadis, in memory of George Georgiadis
- Priest's Resurrection Candle ..... Georgia Manesiotis, for the health of her family and our parishioners
- Bay Leaves/Petals for Holy Saturday ..... Elaine Georgiades, in memory of Koula Roomeliotis
- Lilies ..... Holy Trinity Offering Envelopes, plus the following:
- Judith Fulton, in memory of her parents, Robert and Bella (Fortes) Fulton
  - Tessie Frankos, in memory of her beloved daughter, Tessie Frankos
  - Constance Fries, for the health of the Fries family and friends
  - Nicholas & Antigone Hanna, in memory of their beloved parents
  - Peter J. Kourakos, in memory of James, Emily and Stella
  - Steve & Anthoula Pefanis
- Pentecost Processional Icon..... Father John & Presvytera Becky Touloumes & family, in memory of their fathers



## Mid-Year Stewardship Update

Dear Stewards of Holy Trinity Church:

In keeping with our pledge to keep you informed, we are pleased to provide an update on this year's stewardship drive, some of the highlights and the committee's next steps.

### This Year's Progress

The figures here represent the pledged amounts on commitment cards as of June 5, 2005. This is an important point because many times our pledges tend to be conservative and several actual contributions eventually exceed pledges. As we move closer to the end of the year, we will keep you informed on the progress of actual contributions vs. pledges as well.

*The numbers thus far are very encouraging.* As we have been reporting to you through the posters around the church, *we now have 220 pledges totaling \$134,000 for an average pledge of \$609—the highest ever for our church.* We remain very hopeful that actual donations by year's end will reach our goal of \$175,000.

The chart below shows the distribution of our pledges along the various dollar amounts and the number of pledges in each range. A few points of interest:

1. A positive trend is that we are beginning to approach the bell curve we desire for a more balanced and fair stewardship program. The curve was much more "left-heavy" in earlier years, meaning too many members were leaving the majority of the financial burden to too few.
2. Several lower-pledge members (less than \$300, for example) have either reached their total pledge already or are making rapid progress towards it. Many will probably exceed their pledges.

3. Eleven pledges were for zero dollars. However, only two thus far have actually given \$0. The remaining nine have been making contributions. These types of pledges are highly discouraged.

4. We've had a record number of "over \$1,000" pledges and very nice increases from the top pledgers—including the first-ever \$10,000 pledge!

### What we are working on now:

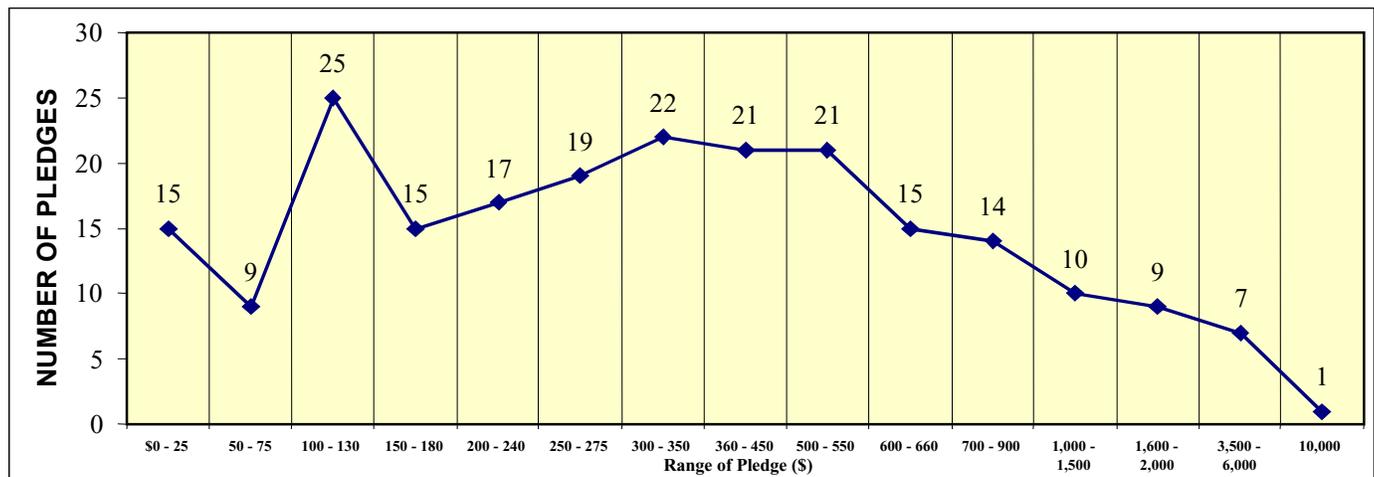
1. We have a record of the parishioners who haven't pledged this year. We also have a list of people who haven't pledged in the past three years. These two groups will receive letters inviting them to join our growing active membership. (So, if you haven't completed your pledge card yet, save the church the stamp and pick one up at the Pangari.)
2. Your semi-annual Stewardship Statement will be sent to you by the end of July. This will give us all a chance to view our account progress and correct any errors to-date.

The progress being made towards our annual pledge becomes increasingly important during the summer months when church income is at its lowest level and expenses are high. Holy Trinity doesn't take a vacation, so please remember to mail in a contribution before you leave for yours.

Thank you for your continued offerings and commitment to the Church. Have an enjoyable and fulfilling summer.

*Mike Kritiotis, Chairman*

*along with Fr. John Touloumes and Stewardship Committee Members: Harry Athanasiou, Chris A. Balouris, Cliff Brubaker, George Dickos*



## Our Worship - Part 3

Part of a special series of educational features designed to provide "continuing education" to our parishioners. Taken from the publication, "Our Worship," which examines and explains the main elements of worship in the Orthodox Christian Church.

### THE EUCHARISTIC ANAPHORA

The central prayer of the Liturgy is the Anaphora or Prayer of Oblation. It is introduced by a brief dialog between the clergy and the people; Then the priest begins the prayer:

- Acknowledging how right it is to give thanks to the Lord for His gifts to us of life and eternal life;
- Thanking God for accepting this Liturgy from us, though He has the praise of the angels, singing: "Holy, holy, holy Lord of Sabaoth! Heaven and earth are filled with Your glory. Hosanna in the highest! Blessed is He who comes in the name of the Lord. Hosanna in the highest!"

#### THE VERY BODY AND BLOOD OF OUR LORD JESUS CHRIST

We believe that our gifts of bread and wine become the actual Body and Blood of Jesus Christ. That which we receive in the Eucharist is not just a "symbol" of His Body and Blood, nor do we partake of it simply as a "memorial meal."

Through the ages, attempts have been made to explain the changing of our gifts into the Body and Blood of Christ through a variety of philosophical arguments. Eastern Christians accept this change through faith.

- In the Gospels Jesus Christ tells us that the bread and wine are indeed His Body and Blood. This is obvious in His words: "This is my Body... This is my Blood." Jesus did *not* say, "This symbolizes my Body" or "This stands for my Blood."
- It is the Holy Spirit who brings about the change. We believe that the "Holy Spirit works in strange ways" and that "the ways of God are not the ways of humankind." It is not possible to explain divine, infinite things in human, finite terms.
- Our Faith is the source of our belief. That which has just been explained is reasonable and, for those who place their faith, hope and trust in Christ, there is no reason to doubt the very presence of Christ's Body and Blood.

Being firmly rooted in our Faith in Christ, there is no need for human philosophies as a means of explaining that which, in fact, is beyond human understanding.

The priest then recounts all that Our Lord has done for us in His plan of salvation. He concludes by relating the events surrounding the last or mystical supper on the eve of Christ's death by restating the Words of Institution which Jesus spoke as He instituted the Eucharist: "Take, eat, This is my Body... Drink of this, all of you! This is my Blood..."

Finally, remembering all that He has done for us, He raises the Holy Gifts and says, "We offer You Your own of what is Yours, in all and for the sake of all." We join in Christ's gift of Himself to His eternal Father.



#### THE EPICLESIS

The priest implores the Holy Spirit to descend upon these Gifts and to change them into the very Body and Blood of Jesus Christ so that they may be for us "for the cleansing of the soul, for the remission of sins, for the fellowship of Your Holy Spirit, for intimate confidence in You, and not for judgment or condemnation."

#### THE COMMEMORATIONS

After the Epiclesis several prayers are recited during which we pray for believers of all ages. The Virgin Theotokos is commemorated, as are the saints, the living and the departed. The Anaphora ends with our solemn "Amen," joining our faith and prayer to that of the priests at the Holy Table.

## Thoughts on the Existence of God

*Secular magazines often like to toy with the subjects of religion and faith. Many are not worth the time it takes to read them. Every now and then, however, someone hits on some points worth pondering. The copyrighted article below is from the June 20, 2005, issue of **Forbes** magazine. The author is an eminent British historian and author. **Although his conclusion completely misses the Incarnation of the Word of God, Jesus Christ, as the defining moment in human history, his arguments against those who deny the basic existence of God to task are of value.** Hope you enjoy this particular author's secular look into the divine mystery. Add his points to your discussion toolkit! +FJT*

**O**f all the fundamentalist groups at large in the world today, the Darwinians seem to me the most objectionable. They are just as strident and closed to argument as Christian or Muslim fundamentalists, but unlike those two groups the Darwinians enjoy intellectual respectability.

Darwinians and their allies dominate the scientific establishments of the West. They rule the campus. Their militant brand of atheism makes them natural allies of the philosophical atheists who control most college philosophy faculties. They dominate the leading scientific magazines and prevent their critics and opponents from getting a hearing, and they secure the best slots on TV. Yet the Darwinian brand of evolution is becoming increasingly vulnerable as the progress of science reveals its weaknesses. One day, perhaps soon, it will collapse in ruins.

### Evolution's Weak Underpinnings

Few people today doubt the concept of evolution as such. What seems mistaken is Charles Darwin's theory of natural selection, whereby species evolve by infinitesimally small stages. Neither Darwin nor any of his followers—nor his noisy champions today—was a historian. None of them thought of time historically or made their calculations chronologically. Had they done so, they'd have seen that natural selection works much too slowly to fit into the time line allowed by the ages of the universe and our own planet. The process must somehow have been accelerated in jumps or by catastrophes or outside intervention.

There are five other weaknesses the Darwinians cannot explain away either. The best summary of these can be found in Richard J. Bird's *Chaos and Life* (Columbia University Press, 2003)...

### No Place for God?

If the theory of natural selection is incorrect, then the Darwinians' view that there is no need or place for God in the universe is itself weakened, though not necessarily overturned. Physics, however, increasingly tends to suggest that there is a God role, particularly with regard to the origin of the universe. We now know this occurred about 13.7 billion years ago, and our knowledge of what happened immediately afterward is becoming increasingly detailed, down to the last microsecond.

Few now doubt there was a Big Bang. We know when it occurred and what followed. But we are just as far as ever from understanding why it happened or what—or who—caused it. Indeed, all calculations about the Big Bang are based on the assumption that nothing preceded it. It took place in an infinite vacuum. There was no process of ignition, or traces of it would have been left. Hence, this fundamental happening in history seems to conflict with all the laws of physics and our

notions of how the universe operates. It was an event without a cause.

It also produced something out of nothing. More: It produced everything out of nothing. The expansion of the universe has proceeded ever since, and all the creative processes involved in it—including Earth and homo sapiens—were written into the laws laid down in that first tremendous explosion. We do not have to believe in an entirely deterministic universe to see that the first microsecond of history foreshadowed everything that has followed over the last 13-plus billion years.

### Nowhere Else to Turn

If the laws of physics cannot explain how and why this event occurred, we must invoke metaphysics. And that means some kind of divine force. I've been rereading what Sir Isaac Newton wrote about God in the second edition of his *Principia* (1713). Newton saw God not as a perfect being—or any kind of being at all—but as a power, what he termed a “dominion.” “We reverence and adore Him on account of His dominion,” he wrote. This power was exercised “in a manner not at all human . . . in a manner utterly unknown to us.” Newton knew God only through His works. “He is utterly void of all body and bodily figure, and can therefore neither be seen, nor heard, nor touched.” Our knowledge of Him is limited “by His most wise and excellent contrivances of things.”

### “...and the Word Was God”

This notion of God as an impersonal power or force, wholly outside the laws of physics, fits with the role assigned him as author of the Big Bang. And since that primal event there has been no need of further intervention by God in the affairs of the universe.

Or has there? I've also been reading Guy Deutscher's *The Unfolding of Language* (Metropolitan Books, 2005) and reflecting on the nature of words. Speech is the greatest of man's inventions and the mother of all others. Yet, in truth, nobody invented it. Its emergence and evolution proceeded in ways that are still almost a total mystery. It is as close to a miracle as anything associated with human beings.

Both the Hebrews and the Greeks, in different ways, believed there was something divine about “the word,” or logos. The Greeks thought the word was the abstract principle of reason exhibited by an orderly universe. The Jews thought it the image of God, the beginning and origin of all things. It is possible, then, that the giving of the word to humanity was the second intervention of the metaphysical force or dominion in the process of history. That, I think, is the conclusion I have come to in these difficult matters. What will be the third, I wonder?

*Paul Johnson*

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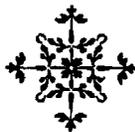
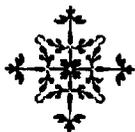
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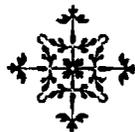
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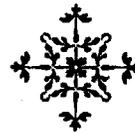


**The Vlahakis Family**

In loving memory  
of my brother,



**Michael**



Louis Manesiotis  
and family

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## FASTING ... AGAIN?!



Well, we are not that far from Lent, just past the Fast of the Holy Apostles and now approaching the first fifteen days of August, the strict fast period in preparation for the Falling Asleep of the Theotokos. If we see all these periods of spiritual “blessings” as “burdens,” our image of fasting can quickly degenerate into the picture to the left: “No, no, no!”

This could not be further from the truth and real purpose of Christian fasting. In fact, the fathers tell us that fasting, when taking out of its spiritual context and purpose, can quickly descend into a worldly and evil practice.

So, this August, take a look at the following “Thoughts to Consider” from a newly-published book, “Five Steps to Spiritual Growth,” by Peter M. Kallelis. Perhaps they will be of help in transforming our experience from one of worldly and physical dejection into one of spiritual direction!

- 1: Fasting must be done for the glory of God and as an expression of honoring Christ, our eyes singly fixed on him. Our intention should be to worship and glorify our Heavenly Father for all the blessings that he bestows upon us daily.
- 2: Fasting and prayer should be intricately bound together. True fasting begins by being in charge of our thoughts, casting off evil, bridling the tongue, cutting off anger, and controlling lust, evil talking, lies, and cursing. The cessation of these is the beginning of a true fast.
- 3: A brief period of fast can be a joyful experience. It is not so much an abstinence from food as it is a feasting on the word of God. Food does not sustain us. It is God who sustains us in all things-when we are connected with him in prayer, as we obey and apply his teachings, and as we walk the path of Christ with honesty, humility, and love.