



# 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

May 2005

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

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ENCLOSED**

## *Remembering Archbishop Iakovos 1911-2005*



*His Eminence Archbishop Iakovos, primate of the Greek Orthodox Archdiocese for 37 years, fell asleep in the Lord on April 10, 2005. The special insert in this issue honors his life, ministry and legacy. May his memory be eternal!*

## Father John's Message

### THE HOLY TRINITY HERALD

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#### Publication Schedule

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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  
to the  
Glory of God  
in memory of  
Steve  
Karavolos  
by his family.  
May his memory  
be eternal!



What is this? I see both light and the spring-time of  
souls.  
For indeed the winter of decay has past, and all things  
thrive under the bright clear sky,  
For the clouds of despair have been dispersed.  
And the bridegroom appears in august beauty, Rising  
from the dead He despoils the graves,  
And He radiates light and scatters the darkness.  
And the ruler of corruption is slaughtered like a beast  
And the bolts of the tomb are ground into dust.  
And the dead live, and again send forth breath.

The mouth which collapsed is once again opened,  
And drawn out of his tomb the dead man speaks,  
He is stretched taught and miraculously fills to bursting.  
And souls that were hitherto confined in their coffins and which dwelled  
beside their bodies,  
Now, being freed from the shadows and the gloom and from the stench of  
death therein,  
Run unhindered to places in Eden.

*Excerpted from "On the Day of the Resurrection"  
by Manuel Philes, Court Poet of Paleologan Emperors Andrinikos I & II  
Thirteenth Century*

Dear Brothers and Sisters in the Risen Christ,

What a glorious and sometimes surprising way the Lord has of bringing  
together all things to reveal His truth! The above epigram, written around  
800 years ago, was translated and explained by a former schoolmate of mine  
from seminary, Nicholas P. Constas. It was published back in 1995 in a  
beautiful volume entitled, "Studies in Honor of Archbishop Iakovos."

This week while putting *The Herald* together, I was also preparing for Pascha,  
arranging the historic groundbreaking of the Saint George Chapel at Holy  
Trinity Cemetery and reflecting on the recent falling asleep of our beloved  
former Archbishop Iakovos, all the while praying for a way to bring about a  
message of dramatic clarity and truth about how interconnected and illumi-  
nating all those issues and events are.

Turning to the book above, which I had not opened for years, I cannot  
describe the joy, chills and spiritual wonder I felt when I found the above  
poem on the Resurrection. If that wasn't enough, when I opened the inside  
front cover, the greeting and signature below brought tears to my eyes: it is  
from Archbishop Iakovos to my family. I extend it to all of you.

I cannot say more, other than to thank God for sharing this magnificent  
synaxis of His glory with me and allowing me to bring it to you. What  
it is all for? Please, take a quiet  
moment and read the poem again.  
It is about you. It is about me. It  
is about our Archbishop and all  
our departed loved ones. It is the  
answer to death. It is the key of  
life. Open the door. Christ is risen!

To Fr John, George, Maria  
and kids  
with fraternal love  
for the Holy Trinity  
Christians 1995

## News & Events

### EDUCATIONAL MINISTRIES

#### No Church School Palm Sun., Pascha . . Apr 24, May 1

Please remember that there is no Church School class on the great feasts of Palm Sunday (April 24) and Pascha (May 1), 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.)

#### Agape Vespers & Paschal Candy Hunt . . . . . May 1

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. It is an especially good way for those with small children who are not able to attend the midnight service to share in a special celebration of Pascha with their little ones.



#### St. Lydia's Orthodox Women's Fellowship . . . . . May

The St. Lydia Women's Study Fellowship is a ministry for women to share in fellowship and to study scripture, the Orthodox Faith and family life in today's world. The meetings take place every other week on Thursday mornings at 9:30 a.m in Wexford. This year's theme is "Growing in Christ." For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925. A complete schedule is also located on our web site, www.HolyTrinityPgh.org. Topics for May are:

- May 5..... Christian Spiritual Maturity
- May 19..... Yead-End Lunch

#### St. Nikodemos Men's Study Fellowship . . . . . May

The St. Nikodemos Men's Study Fellowship will meet on April 12 from 12:00 noon to 1:00 p.m. at the office of TriadUSA, Suite 460, Two Gateway Center, downtown. For directions, call Gus Georgiadis at 412-880-4999. The facilitator for April is Fr. John Touloumes. The topics are: "The Resurrection Here and Now" (May 10) and "Faith and the Workplace" (May 24).

#### GOYA Fellowship Night . . . . . May 11

The GOYA will hold its monthly fellowship night on Wednesday, May 11 from 7:00 to 8:30 p.m.. Location

is to be announced. These casual meetings provide and opportunity for discussion, time with friends, questions for Fr. John and other GOYA matters as needed.

### WORSHIP LIFE

#### Holy Week Schedule of Services

The previous issue of *The Herald* contained a complete schedule of service for Holy Week. Please post it in a conspicuous place in your home. Circle the services you are able to attend and place them on your schedule. Talk about them and make plans with your family. As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us." Holy Week provides us a special time to be with Him. See you there!

#### Make Plans for the Anastasi Dinner. . . . . April 30

Don't forget to make plans to attend the Resurrection Liturgy and Dinner at Holy Trinity Church, Saturday evening, April 30/Sunday May 1. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to break the fast and celebrate the feast in our church hall. We will be serving lamb, "avgolemono" soup, bread, cheese and olives and "paximadia." Free-will offerings will be accepted to help cover the costs of the meal.

#### Upcoming Liturgical Dates. . . . . May

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..

- Saint George the Great Martyr..... May 2
- Theotokos the Life-Giving Fountain ..... May 6

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

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

### COMMUNITY LIFE

#### Festival Cooking . . . . . Starting in May

A complete schedule is enclosed in this 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.

## Stewardship Chairman's Update

The other day, I was listening to the Dave Ramsey radio program on the way home. Ramsey hosts a call-in show for people seeking sound financial advice ("financial peace university", is his trademark name). A deeply spiritual man, he was transformed by his own past sins, personal bankruptcy and long road back to solvency. His closing remark at the conclusion of each show: "The way to financial peace is to walk with the Prince of Peace, Jesus Christ".

Well, this one particular caller sounded young and upset. He volunteered that he had been married for a couple of years and the couple had about \$100,000 in student loans (were MBAs), which they were determined to pay off. They also owed about \$30,000 on their car. They had recently started their own business, began to do well, but wanted ideas to pay off the debts as soon as possible.

Ramsey hates parting with money and carrying debt. So, he first suggested they sell the car! "You can't owe 30 grand on a car when you want to be debt free" he said in his direct and to-the-point southern drawl. "Just sell the stupid car and get started on paying off your loans!"

This was so obvious, I began to wonder then what this man's point of calling really was... Maybe, I thought, he knew what he had to do but wanted to hear it from someone else —preferably an expert. Maybe he wanted his wife to hear it (!)... But then, it came out. His voice suddenly turned low and agonizing and he said: "Dave, the other thing I need to ask you—we aren't tithing, Dave, and we feel really strongly about it. How can we commit to it when we have all these other responsibilities?"

I could hear Ramsey taking a deep breath before his microphone. He answered in a beautiful, eloquent, yet simple way; one that all faithful stewards feel deeply about but few can express. I'll try to remember how he put it, but I'm sure I'll paraphrase:

"My friend, I'm not the one you should ask whether you

should tithe", he started. "That's something you must feel and understand deeply. Only you can say what feels right. The question I can try and answer for you is this: Why does God want us to tithe, or give in general? God doesn't want us to tithe if we are going to get in financial trouble. God doesn't want us to be greedy or foolish with our money, either... Why does God want us to tithe? Will he love us more if we do? Will he love us less if we don't? I don't think so. You could be tithing consistently and still go to hell! If one of our children misbehave, do we love them less? No – we try to set them straight.

"So, again... Why does God tell us to tithe? Because He wants us to be Giving People. He wants us to be like Him -- He gave us everything; He gave us His own Son! He knows that people who become Giving People are Better People. They make better husbands, wives, teachers, doctors, bus drivers. And they suddenly become more successful, more blessed. You don't just give money when you give to your church! You give a part of yourself to God and say 'I want to be like You, I want to give something back. You gave us everything; I'm giving a little portion'"... What a powerful answer!

Even though here at Holy Trinity we don't stress tithing but instead opt to entrust our parishioners with their individual sense of fair share, these are honest Christian words that should come as a wake-up call. The ultimate giving event for the human race is upon us! Jesus' passion and death is God's proof of his unending love for us. What He calls on us to do in return is to be His people, faithful and responsible in the continuation of His Church until He summons us to be with Him again. It's a burden we all choose to accept with our love, volunteerism and stewardship.

May this Easter season, and every season, finds us as Giving People. We'll surely be blessed in the end.

Have A Blessed Easter. Καλή κι ευλογημένη Ανάσταση!

*Mike Kritiotis, Stewardship Chairman*

## 2005 Holy Trinity Stewards

*Thank you to the following faithful stewards who have submitted their pledge cards for the 2005 pledge year during the past month. Please join them in their support for the ministries of Holy Trinity and submit your pledge card today! Remember, a current, signed pledge card is required each year as part of maintaining your membership in good standing at Holy Trinity Church.*

Ms. Georgia Anargyros  
Mr & Mrs Michael Andromalos-Dale  
Rev. Fr. & Pres. John Androustopoulos  
Mr & Mrs Frank Chapas  
Mr Thomas Chapas  
Miss Penny Cocheres  
Ms. Cynthia Criss  
Drs. George Dimitriou & Maria Tranto  
Mr & Mrs John Fekos  
Miss Georgeann Festas  
Mrs Anna Festas  
Mr Harry Geanopoulos

Mr & Mrs Nicholas Geanopoulos  
Mr. John and Dr. Alexandra George  
Mrs Penelope Komninos  
Mr John Manolakis  
Mr & Mrs Thomas Morris  
Mr & Mrs Gust Passadis  
Danielle Nicole Zagnacky

*Accidentally omitted from last listing:*

Mr. & Mrs. George Georges  
Mr & Mrs Anthony Panagiotou

**DON'T FORGET TO BUY HOLY TRINITY SCRIP CARDS EVERY WEEK! SEE THE SCRIP DESK AT COFFEE HOUR. USE THEM FOR ALL YOUR SHOPPING. IT'S LIKE MAKING A "FREE" DONATION EVERY WEEK!**

## Gheronda's Corner

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



**Father John  
Androutsopoulos**

### The Solemn Festival: Pascha/Easter

## CHRIST IS RISEN! TRULY HE IS RISEN!

### What is the Festival of Pascha/Easter?

It is the celebration of the day on which our Lord and Saviour Jesus Christ rose from the dead. "Jesus, having risen from the grave, as He foretold, has given to us Eternal Life and the Great Mercy" (from the Orthros of the Resurrection).

### The Holy Gospel Of The Divine Service Of The Resurrection is According To Mark, Chapter 16:1-8:

THE GOSPEL: "And when the Sabbath was past, Mary Magdalene, Mary, the mother of James, and Salome, bought spices, that they might go and anoint Him. And very early on the first day of the week, they came to the tomb, when the sun had just risen. And they were saying to one another, "Who will roll the stone back from the entrance of the tomb for us?" And looking up they saw that the stone had been rolled back, for it was very large. But on entering the tomb, they saw a young man sitting at the right side, clothed in a white robe and they were amazed. He said to them, "Do not be terrified. You are looking, for Jesus of Nazareth, who was crucified? He has risen, He is not here. Behold the place where they laid Him. But go, tell His disciples and Peter that He goes before you into Galilee; there you shall see Him, as He told you." And they departed and fled from the tomb, for trembling and fear had seized them; and they said nothing to anyone, for they were afraid.

### The Explanation Of The Gospel

The crucifixion was past, the Sabbath had drawn to a close. This Holy Gospel shows us the devotion of the three holy women, whose love for Jesus did not end with His death, as they sought to honor Him after death by offering the spices for His anointment.

We also can anoint Christ by assisting those in spiritual or temporal need. How acceptable the devotion of the three women was to God, was shown by the fact of an angel being sent to comfort them.

### The angel said, "He has risen!" (Mark 16:6b)

Our Church proclaims these words today because they gather up in three words all that God has said to us in the Old Covenant and the New.

The meaning of life is disclosed in these words. They call us away from all cringing before evil and death. Christ's victory has overcome the power of evil and death. Eternal life becomes a present reality, not a vague, future hope.

We celebrate the Resurrection because Christ has revealed God's power and His love, power and love which are triumphant over death. We celebrate the Resurrection because we are new creatures in Christ who believe passionately in the future life. We look forward in hope.

The angel expressly commanded the women to go and tell His disciples and Peter of the resurrection of Christ. This should be a cause of great consolation for penitent sinners, because it proves that God does not despise a humble and contrite heart.

St. Augustine remarks: "The day of Christ's resurrection caused life for the dead, pardon for sinners, joy for the heavens."

### Forgive To Obtain Forgiveness

Jesus said, "But if you forgive not men their trespasses, neither will your heavenly Father forgive your trespasses." He also said, "Blessed are the merciful, for they shall obtain mercy." It is clear that forgiveness and mercy from God depend on our own willingness to extend mercy and forgiveness to our fellowman. If we withhold mercy and forgiveness, then God withholds it from us. Jesus told Simon Peter to forgive 490 ..... times, if someone came asking forgiveness. Forgiveness is important in our approach to God as repentance. Love must precede true forgiveness. It is easy to forgive those we love.

Beloved, let us remember Christ's prayer from the Cross for His crucifiers: "Father forgive them; for they know not what they do." He prays for all of His enemies!

May the Risen Lord on this most radiant Feast of Pascha fill our hearts with joy and grant each and everyone in our family at Holy Trinity good health and many, many years! Kalo Pascha—Happy Easter!

Christ is risen! Truly He is risen!

*With the love of the Risen Lord,  
Rev. Fr. John K. Androutsopoulos*

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



Happy, Happy May! Happy Easter! Happy Mommy's Day!

Hi! It is me, Spero! I just love spring with all of the beautiful colors and flowers. I also love my Mommy, Yiayia's, Thea's, and Nouna. I want them to have a very special day and this year they get to share their special month with Jesus, because we celebrate Pascha on May 1st! I am so..o..o glad because that makes it more special for them and I am glad for these wonderful women that care for me. (Hey, my precious little ones, shh! Don't tell the grown ups! I cannot wait to get my red egg. Do you know what to do with your red egg on Pascha? Meet me in the hall for the dinner and I will share that with you!)

The other day while I was lying on the church lawn I looked up in the puffy clouds in the sky and wondered about Jesus' return to earth. I asked myself this question, "Will I be ready for His return?" Yiayia always says that Jesus loves me and that I can trust Him to keep every promise that He makes. However, there is one promise that Jesus made that has not happened yet! The promise is that He will return to earth again one day!

Jesus told His disciples, "When I return every one will see me on the clouds of the sky, I will come with power and glory and will send all of my angels with loud trumpets to gather all of my people from every direction". I can only imagine how awesome it will be to hear the sound of those trumpets and watch the sky open and see Jesus with millions of angels. Yiayia also tells us little ones that know one knows when Jesus is coming back, not even the angels or Jesus himself. Only our Heavenly Father knows this.

Yiayia said that, "it will happen as with the flood of Noah's day, when it is least expected." One of my favorite parables that I hear every year during the Bridegroom service is the Parable of the Ten Virgins, which Jesus told his disciples in Matthew 25. They knew that the Bridegroom would be coming but no one knew when He would arrive. They brought their lamps with them so that they could wait for Him. Yet, only five of them brought extra oil. The Bridegroom was very late and they all became tired and fell asleep. At midnight, a voice cried out here is the Bridegroom come and meet Him. The ten quickly woke up and trimmed the wicks on their lamps. They needed the light on the dark path to follow him. Nevertheless, five discovered that they did not have enough oil. "Please give us some of your oil," they demanded of the others "for our lamps are going to go out." "No," the others replied, "if we give you some of our oil we will not have enough to survive the night." So, the Five Foolish Virgins went to buy more oil and while they were gone, the Bridegroom arrived and everyone went into the house and the door was closed. The Five Foolish Virgins arrived and pounded on the door but the groom would not let them in because they had not been ready.

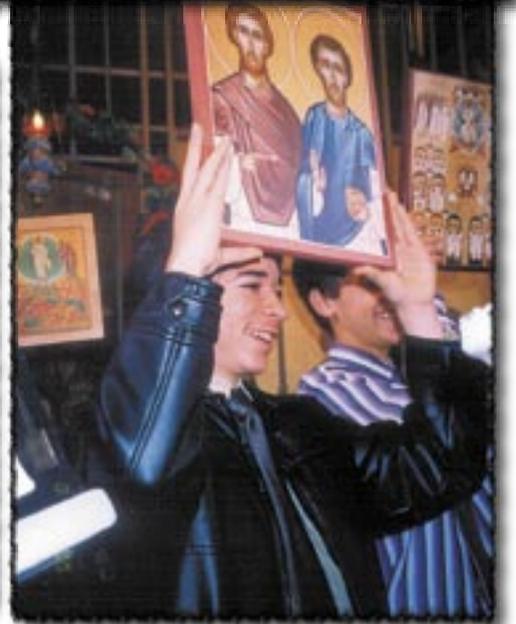
Yiayia tells us little ones to always be ready for Jesus return. Expect Him at any hour or any day and remember never stop praying and never give up on doing what is right. She says we are ready for Jesus return when we ask for forgiveness everyday and go to the sacrament of confession but most of all putting our trust in him.

Well this is the last issue with me until Church School in September. But that's only in class. I REALLY look forward to seeing you in church! (I'll look for your little feet under the pews!) Be safe and have fun!

Love in Christ, Spero

## Community Life Photo Journal

As the "Our Worship" article on page 13 states, "above all, the Church is a worshipping community of believers," and here at Holy Trinity Church, worship is indeed the central focus of this community's life. Below are scenes from Lent: The Procession of the Holy Icons on the Sunday of Orthodoxy on the first Sunday of Lent; the Veneration of the Holy Cross on the Third Sunday of Lent; and a impromptu shot of the ever-diligent Parish Council performing their duties during the holy services. As it says in Psalm 24: "One thing have I asked of the Lord, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the Lord, and to inquire in his temple."



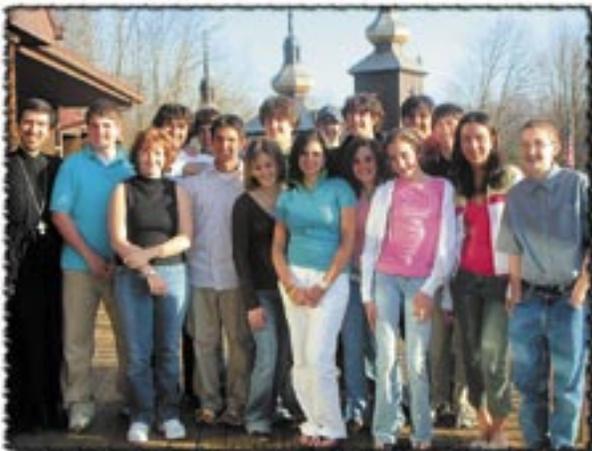
## Community Life Photo Journal



"All together now!" A rare moment in GOYA Basketball Tournament history happened at the Warren, OH, tournament in March when all four teams and all their chaperons found themselves together in one gymnasium. Pictured here are the Boys Senior team, Boys Junior team, Girls Senior team and Girls Junior team, along with the many parents, chaperons and Holy Trinity fans. Thank you to everyone for a great basketball season! To God be the glory!



Spring is everywhere at Holy Trinity Church! Top left and right: Father John and parent volunteers with over two dozen 8-12 year-olds at the annual JOY Lenten Mini-Retreat, held this year at the community center at Treesdale. The theme for the event was "God's Holy Protection." Below left: Representing the largest number of youth from a single parish at the event, the Holy Trinity teens gather on the deck of Camp Nazareth's lodge for a photo at the annual Metropolis GOYA Spring Retreat. Father John attended to help with confessions and to speak to the young people about the repose of His Eminence Archbishop Iakovos of blessed memory.



Finally, to the right, our local resident plant expert and "green thumb" Amelia Stamoolis displays some of the many amazing oranges she has cultivated in the office lobby. Imagine ... right here in downtown Pittsburgh!



## Community Life Photo Journal



**Holy Trinity Church Hosts Orthodox Clergy Brotherhood's Bi-Annual Sit-Down Lunch for over 220 Homeless & Needy People**



In continuing our obedience to the Lord's scriptural call to serve the "least of these our brethren," parishioners of Holy Trinity Church once again opened the arms of hospitality to host the bi-annual sit-down lunch for the homeless, a continuing project of the Orthodox Clergy Brotherhood of Greater Pittsburgh. Pictured here with various volunteers from other Orthodox Christian parishes of the area are the following Holy Trinity parishioners: (top left) Joyce Athanasiou and Father Michael Kallaur, president of the Brotherhood; (top right) co-chair Julie Kritiotis and Andrew Georgiadis; (bottom right) Angeliki Scoumis and the food servers; (bottom left) co-chair Mike Kritiotis.



### Holy Trinity Office Remodeled by Parishioners



Leo Loomis puts some finishing touches on the work that he and other Holy Trinity parishioners (George Georges, Nick & Chris Sarandou) offered in the complete remodeling of our church office. Everything from carpets to walls to ceilings were redone. Thanks to everyone who lent a hand, their talents and their time. Well done, everyone!

## The Cultural Side • Η Πολιτιστική Πλευρά



**Voula Hareras**

### ΤΟ ΠΑΣΧΑ ΤΟΥ ΓΕΡΑΣΙΜΟΥ

Ηταν ένα ωραίο πρωινό του Απριλίου όταν το πλοίο (Ελλάς) ερριξε αγκυρά στο λιμάνι του Πειραιά. Ο κόσμος έτρεξε στην σκάλα για να κατεβεί. Ο Γερασίμος με μια βαλιτζά στο χέρι βγήκε κι αυτός – επιτελούς έπειτα από τούσα χρόνια, πατούσε στη γη που γεννήθηκε, και θα αξιώθη να καμή Πάσχα με τους δικούς του. Μια βάρεια συγγινηση του επνιγε τον λαιμο. Κυτάζε γυρω όλα γνωριμα, αν και εχουν περασει χρονια. Είναι σχεδον οπως τα αφυσε να το ξενοδοχειον (η Κεφαλλήνια) του πατριωτη του, το Παναγι απο το Ληξουρι. Πηγε επιασε ένα δωματιο για την νυχτα και βγηκε παλι να δυο δρομους πιο κατω το ταβερνακι του εξαδελφου του (η Επτανησος), μπηκε, χαρες, φιλια, δακρυα και ερωτησεις. Ο Γερασίμος ομως δεν μπορούσε να περιμενη ήταν ανυ πομονος ηθελε να φθαση το γρηγοροτερο στο χωριο του να καμή Αναστασι με τους δικους του. Γιαυτο τον παρακαλεσε να του πη ποτε φυεγη το καραβι για Κεφαλλονια.

Αυτος τον καθησυχασε αυριο πρωι φυεγη (Ο Γλαρος) και θα φθασης συντομα μην ανυσυχης, το Μεγα Σαββατο θα εισαι στο χωριο υσυχος πλεον πηγε στο δωματιο του να ξεκουρασθη. Ξαπλωσε, αναψε ένα τριγαρο και τον πλημμυρισαν οι θυμισες. Την αμερμη παιδικη του ηλικια στο χωριο. Τα ονειρα που επλαθε όταν ήταν νεος, για το μελλον του, του ξενητεμο του, τους κοπους και τις θυσιες που περασε στον ξενο τοπο.

Ο Γερασίμος ειχε γεννηθη στην Κεφαλλονια το 19—. Ο πατερας του φτωχος ανθρωπος με δυο τρια χωραφια, και μερικα ζωα, με δυσκολια τα καταφερνε να θρεψει 5 παιδια και δυο αυτοι επτα ανθρωποι. Ειχε και την χηρα Μανα του που δυστυχως δεν μπορούσε να προσφερη βοηθεια, ήταν παραλητη χρονια. Ετσι ο Γερασίμος ως πρωτος στην οικγενεια βοηθουσε απο μικρος. Στα χωραφια, φυλαγε τα ζωα, η φυλαγε τα αδελφια του όταν οι γονεις του ήταν ολημερης στα χωραφια. Όταν ομως εγινε παλληκαρι καταλαβε οτι δεν θα μπορούσε να ζηση ετσι και η βοηθεια στην οικγενεια μεγαλητερη αν δουλευε στην θαλασσα ετσι μπαρκαρισε στην αρχη σε εν καικι. Μετα σε μεγαλο πλοιο και όταν επιασαν Αμερικη. Ο Γερασίμος με έναν φιλο του τον Βαγγελη βηκαν στην Νεω Φορκ, και εκαμαν μια συμφωνια οτι θα δουλειουν για 5 χρονια, να τα μαζεψουν και να πανε πισω στην πατιδα να καμουν δουλεια εκει, να αποκτησουν οικογενεια αυτο αλωστε ο Γερασίμος το ειχε υποσχεθη και στην αγαπημενη του Μαρια, όταν με δακρυα στα ματια χωρισανε (καμε υπομονη Μαρια μου, 5 χρονια είναι, αυτα θα περασουν). Δυστυχως τα 5 χρονια περασαν, περασαν και αλλα 5, και αλλα. Μα αυτα που σχεδιαζουμε δεν

ερχονται ποτε οπως τα θελουμε.

Ο Γερασίμος και ο Βαγγελης επεσαν στην σκληρη δουλεια, οτι εβγαζε ο Γερασίμος τα εστελνε σχεδον όλα στον πατερα του, να ανακουφισει τις αναγκες της οικογενειας που όλα και μεγαλωναν. Πηγαίαν απο πολιτεια σε πολιτεια, δουλειαν σε μπογιες, σε σιδηροδρομικες γραμμες, σε εργοστασια σιδηρου. Ολο αυτο το διαστημα μαζεψε μερικα χρημματα, και μαζυ με τον φιλο του τον Βαγγελη ξανα γυρισαν στην Νεα Υιορκη και ανοιξαν ένα ρεστωραν. Δεν ήταν ομως τυχερος ο φιλος του Βαγγελης, μια μερα πηγαίοντας στην δουλεια, τον κτυπησε αυτοκινητο και πεθανε. Ο Γερασίμος εκλαψε τον χαμο τον αγαπημενου του φιλου και μονος πλεον δουλευε μερονυχτα.

Ο πατερας ολο ζηταγε γιατι τωρα μεγαλωσαν οι κορες και επρεπε να προικισθουν. Ο Γερασίμος της ταχτοπησε ολες, εχασε ομως την Μαρια του που απογοητευμενη, να περιμενη παντρευτηκε αλλον. Δεν της κρατησε κακια ομως, μαλον ενοιωθε ντροπη που δεν τα καταφερε να κρατησει τον λογο του. — Τωρα ομως τελειωσαν τα ψεμματα αυριο θα φθαση στο χωριο του, και οπως υπολογιζει, θα είναι ακρβως στην Αναστασι εκει — Χαραματα σηκωθηκε μπηκε στο πλοιο. Και να αγναντευει το αγαπημενο του νησι.

Φθανουν στο Αργοστολι, απο τους πρωτους κατεβηκε, περνη αμεσως ένα ταξι για το χωριο, νυχτωσε για τα καλα τωρα, το χωριο ερημο θα είναι ολοι στην εκκλησια του λει ο ταξιτζης. Ο Γερασίμος πνιγεται απο την συγγινηση κατεβαινει και να μπαινει στην εκκλησια όλα οπως και πρωτα οπως τοτε τιποτε δεν αλλαξε, ακομα και οι δικoi του στην συνηθισμενη τους θεσι. — Τωρα θα βγη ο Παπας να πη το Χριστος Ανεστη. Θεε μου, τι συγγινηση είναι αυτη που τον πνιγη. — Ο Γερασίμος το βραδυ του ΜεγαλουΣαββατου εκλεισε ενωρις το ρεστωραν και πηγε στο δωματιο του για να ξεκουρασθη, για να ντυθη αργοτερα να παιει στην Αναστασι στην εκκλησια της ενοριας του στην Αστορια.

Τον πηρε ομως ο υπνος και στο ονειρο του εζησε το πολυποθητο ταξιδι του γυρισμου στο χωριο του. Ξυπνησε απο την δυνατη συγγινηση, ανοιξε τα ματια, κυταζε τους τεσσαρους τοιχους του δωματιου και αναστεναξε πικρα και μουρμουρισε.

Τωρα πλεον είναι αργα για σενα Γερασιμε, γερασες εχασες τους γονεις σου χωρις να τους δης, εχασες τα καλητερα χρονια της ζωης σου, εισαι γερος καταμονος και ουτε εχεις πλεον την ψυχικη δυναμι για τιποτε απο οτι πιστευες να καμεις. — Τα ματια του βουρκωσαν, εβαλε το κεφαλι στα χερια του και εκλαψε σαν μικρο παιδι. —

Σας ευχομαι καλο Πάσχα και η Αναστασις του Χριστου μας να φερη Ειρηνη στον κωσμο.

Βουλα Χαρερα

## The Cultural Side • Η Πολιτιστική Πλευρά



Maria Kraniou

## THE GREEK "MEZE"

When you think of food served at night spots, chances are you don't picture yourself chomping on whole, deep-fried anchovies – heads and all. Then again, these days, maybe you do.

Greek meze dishes – little snacks that range from dips and olives to meatballs and seafood – are showing up on more and more menus, and even taking center stage at some eateries. The newly-opened New York City restaurant En Plo features a downstairs ouzerie (ouzo bar), serving a wide variety of traditional mezethes (meze dishes) along with the strong anise-flavored spirit. And Beantown's Meze Estiatorio, mentioned in Boston Magazine's 2004 list of the city's best restaurants, serves more than 20 mezethes. The small plate craze is showing no sign of abating.

The word "meze" describes a form of socializing as much as a group of dishes. Drinking without eating is looked down upon in Greece. People gather in ouzeries in the early evening not just for drinks, but also for mezethes to tide them over until dinner at 10 or 11 p.m. Athens's hip bars are crowded until late at night, and the meze served there can be anything from a simple snack to a drawn-out social meal.

Meze is eaten throughout the Eastern Mediterranean, and Greek mezethes share common flavors with the Turkish, Middle Eastern, and North African varieties (nearly 400 years of Ottoman rule left a strong mark on the entire area). But this style of eating can be traced to ancient Greece – Plato's writings include descriptions of symposium spreads that would not be out of place in an ouzerie today.

Greek mezethes generally have robust or spicy flavors to stand up to strong drinks. The hallmarks of Greek cuisine since antiquity – olives, fresh vegetables, spit-roasted or grilled meats, dried and fresh fruit, oregano, mint, yogurt, and honey – figure prominently. Meze in seaside areas includes dishes like wood-grilled squid and octopus, while the mountainous inland regions are known for pies stuffed with meat and cheese. And these days in Athens's ouzeries, you'll also find nontraditional ingredients like lemongrass, as well as reinventions of old classics – tzatziki foam, anyone?



## A GLOSSARY OF MEZE TERMS

**ANTHOTYRO** – There's a lot more to Greek cheese than feta, including this soft, mild variety that's similar to ricotta. Other popular Greek cheeses include Graviera, made from sheep's or cow's milk, depending on region; Kasseri, a mild cheese that's great for melting in creamy sauces and savory pies; Kefalotiri, a hard, sharp table or grating cheese that's floured and pan-fried to make saganaki; and Manooria, a mild sheep's milk variety similar to ricotta salata. When choosing feta, "Go for Greek" if you want flavor of authentic sheep's milk feta, rather than cow's milk varieties, which can be overly crumbly and salty.

**OLIVES AND OLIVE OIL** – The importance of olives and olive oil in Greek culture and cuisine is immense. Olive oil figures into nearly every recipe, and it's used liberally as a condiment and a sauce. Greek olive oil is generally extra-virgin, with a deep green color, rich, fruity, flavor; and intense aroma – a perfect match for flavorful mezethes.

**OUZO** – The classic meze drink, anise-flavored ouzo is one of many Mediterranean spirits (grappa being another) distilled from wine residuals, including pits, seeds, and skins. Like its cousins Ricard and Pernod, ouzo is flavored with anise, and served with water on the side, which turns the drink cloudy-white when added. Other meze potables include tsipouro (also known as Raki), similar to ouzo, and retsina, a strong-tasting white wine flavored with pine resin. Though considered an acquired taste by many, retsina is worth a try and is considered one of the few wines that can stand up to garlicky mezethes.

**PASTOURMA** – A spicy cured beef product rubbed with fenugreek, pastourma is a meze classic, both on its own and in many recipes. Does the name sound familiar? Indeed, Alan Davidson's Oxford Companion to Food traces the deli favorite pastrami to the same source, saying, "The name probably derives through Yiddish from Romanian or Armenian pastrama, a type of wind-dried beef."

**YOGURT** – Greek yogurt, which is strained and traditionally made from whole milk, is much thicker and richer-tasting than most American varieties. Fage Total Greek Yogurt is a good brand found in the U.S. You can also drain your own: using full-fat yogurt, put double the amount you need in a colander lined with cheese cloth; set over a bowl and let it drain for two or three hours at room temperature or in the refrigerator.

## 2005 Saint John Chrysostom Oratorical Festival

*Each year, the Archdiocese Department of Religious Education coordinates a national speaking program called, "The Saint John Chrysostom Oratorical Festival," to give young people an opportunity to learn about and speak about their Orthodox Christian faith. This year, our parish was represented at the Metropolis level by Victoria Andromalos-Dale. Below is the text of her speech. Thank you, Victoria, for sharing your touching personal story and for representing Holy Trinity Church with such faith and talent!*

*Victoria's Topic: When the Three Youths were in the furnace, (Daniel 31-30), they chanted the hymn of Azarias, "Let us praise the Lord, and highly exalt Him, above all forever." We chant this hymn on Saturday of Holy Week. How can their story of faith be applied to our lives?*

**D**o you remember when you believed in Santa Claus? You'd wake up and go to church, and couldn't wait to come home and see those presents under the tree. As small children we "believed" in Santa. We didn't try to be Santa Claus, or do as he did, or live as he lived. We just thought he was there. For some people, believing in Christ is similar to how they believed in Santa as a child, in that they merely acknowledge his existence. But as Orthodox Christians, to believe in God is not merely acknowledging his existence, but actually putting on his image, for we are living icons made in his likeness. No better example is found than that of the Three Youths. When faced with the ultimate human sacrifice, their lives, they were not willing to trade heavenly treasures for earthly pleasures. They knew they would rather live for eternity in the Kingdom of heaven. So steadfast was their faith in the Lord that, they did not collapse under the pressures of the world around them and the cruel reign of Nebuchadnezzar. They knew God was with them and they had faith that they would be cared for if they did His will, as opposed to what others had willed for them.

Even through life's challenges and sufferings, we should look at them as opportunities to express and act upon our faith. Although this is hard, we have learned from the Three Youths that with God, nothing is impossible. God has given my family the opportunity to understand his boundless love for us. Almost four years ago, my mother underwent several surgical procedures, which lead to life threatening complications. At age 14 I was taken aside in the hospital and told by the doctors, who at that time thought I was much older, that my mother would probably not live much longer. I really felt alone, desperate, and abandoned. I began to think, "How could God do this to me?" But as time went on, God opened my eyes to those who had opened their hearts. I was raised to believe that my church family would always be there for me should things get difficult, but I never realized that they would literally be there standing in my kitchen with food for

my family, prayers for my mother, and ears to listen to my problems. They didn't just wish my mother would get well, they had faith and acted upon it seeing to the material needs of our bodies and the spiritual needs of our souls.

When I look back on it, these past few years have made me much stronger. When told my mother was going to die, my faith was rocked and I was tempted into non-belief I didn't think anyone or anything could possibly make me feel better. I walked around with blinders on my soul and failed to see the whole picture. I never realized that this trying experience could actually be a spiritual gift for the entire family. Unlike the presents that Santa left under the tree, God's gifts to us are, as said in Matthew 6:20, "stored up where moths and rust cannot destroy and robbers cannot break in and steal." Because of the wonderful examples of my brothers and sisters in Christ, I feel better prepared to offer my help to someone else who is in need and share the gifts that God has given me.

We commemorate the Three Youths on Great and Holy Saturday and celebrate their acts of faithfulness and its reward. When commanded to bow down and place another God before our Lord, they stood in obedience to the first commandment, and as a result were lead to the fiery furnace. They knew at a young age that faith must be acted upon to be truly defined. Their reward was with God, not with a golden image, for they chanted, "Let us praise the Lord, and highly exalt Him, above all forever."

Even though our daily battles with temptation may not be to the degree that it was for the Three Youths, we can still learn from their strength, remember their story, and act upon our faith just as they did. They looked at the furnace as an opportunity to show their faith and share God's gifts. Dealing with my mother's sickness and ongoing recovery was my furnace. All I could see was what I thought was a tragic and horrible ending. But with God, and the help of my friends and family, I learned that my furnace has become a forge through which my soul has been tempered. Thank you.



## Our Worship - Part 1

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 Church is *People* — God's People

Above all, the Church is a **worshipping community of believers** who share a common faith, hope and love for God. The collective experience and aspirations of God's People are revealed through the Church's

#### WORSHIP

The Church's **liturgical, festal and sacramental worship** gathers God's People into a united community which

- **affirms** its common faith in God's transforming love for us;
- **shares** its faith and fears, joys and sorrows through fellowship; and
- **publicly** proclaims the Good News of Jesus Christ while rendering thanks to God for His many blessings.

#### THE LITURGICAL CYCLE

The Church possesses a cycle of worship services which

- revolves around the celebration of the Church's most important service, the Eucharistic Divine Liturgy;
- enables us to set aside a certain portion of each day to praise and thank God, and
- serves as a constant reminder that in all things God must be glorified.

#### THE MOST COMMONLY CELEBRATED LITURGICAL SERVICES INCLUDE THE FOLLOWING:

##### THE DIVINE LITURGY

The Divine Liturgy, during which the faithful gather to hear the Word of God and to receive the Body and Blood of Jesus Christ, is the highlight of the Church's worship. All worship finds its reference point in the Eucharistic Liturgy.

##### COMPLINE AND NOCTURNS

Are night services serving as reminders that God must be praised at all times. Nocturns (the Midnight Service) are rarely served in parish settings.

##### VESPERS

Begins the liturgical day. This evening service

- Reminds us of the coming of Christ into the world as the "Light who enlightens all," and
- Relates the most important elements of God's plan for the salvation of His people.

##### MATINS (ORTHROS)

Is the Church's morning service. At Matins we:

- Proclaim the glory of Jesus Christ,
- Learn, through the various hymns, more about God's plan for His People, and
- Prepare most directly for the celebration of the Divine Liturgy.



##### THE HOURS

Are short services consisting of prayers and readings primarily taken from the Old Testament book of Psalms. There are four Hours:

- The First Hour (6 AM) is often celebrated after Matins.
- The Third (9 AM) and Sixth Hours (Noon) are often prayed before the Divine Liturgy
- The Ninth Hour (3 PM) may be celebrated before Vespers.

Each of the Hours carries with it a particular theme, thereby reminding us of the many deeds Jesus Christ accomplished for our salvation.

Other lesser Hours called the **Mesoria** or **Inter-Hours** and the **Typica** may be served during the Fasts.

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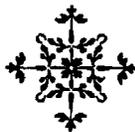
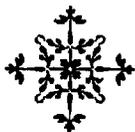
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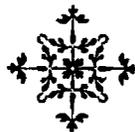
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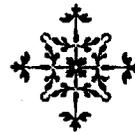


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## THE HOLY LIGHT OF THE RESURRECTION OF CHRIST



This pilgrim's story relates the spiritual ecstasy of witnessing the miraculous light of the Resurrection at the Holy Sepulchre, the Tomb of Jesus Christ (pictured here). May we all have that same joy wherever we celebrate this life-giving feast!

*The sound of footsteps inside the first chamber of the Holy Stone startled me. For a brief moment, I noticed the silhouette of the Patriarch, who bent down in order to enter the space of the Life-giving Tomb. My excitement had reached a fearful peak; yet I was so immersed in an endless silence that I could hardly hear my own breath.*

*Suddenly came the sound of a soft whistling. It was similar to a fine breeze of wind. And immediately, an unforgettable sight, a blue LIGHT filled the entire Tomb. That blue LIGHT, was going round and round exactly as a strong whirlwind, whose force uproots the tallest trees, grasps them, and carries them off. The restless blue LIGHT gyrated about with lightning speed and then the movements slowed down.*

*Within that LIGHT I saw very clearly the Patriarch. Drops of perspiration trickled down his face. As he was kneeling, he placed his finger at the opening in the Holy Book where the 'candle' was. In the meantime, he placed on the Tomb four bundles, each containing 33 candles. When the mysterious LIGHT changed to a steady glow the Patriarch opened to the 'candle' page and he began to read the prayers.*

*The then somewhat calm blue LIGHT, began again, in uneasy movement. It was an unimaginable and indescribable whirling, stronger than the first. Immediately it began to change into an all-white LIGHT, as at the Transfiguration of Christ (Mathew 17:2). Gradually the all white LIGHT began to take the form of a disc, brilliant as the sun, and stopped motionless precisely over the head of the Patriarch. I saw the Patriarch take in his hands the bundles of candles. He raised them and waited. He was awaiting the arrival of the elusive LIGHT from God. As he raised his hands slowly, not quite reaching the height of his head, instantaneously as if he were touching a lighted furnace, the Holy Kantili and the four bundles of candles lit. In an instant that bright disc vanished before me.*

*My eyes filled with tears. I felt shivers in my spine while my whole body was burning. I had the feeling that untamed flames of an incandescent furnace enveloped me. My entire body was soaked in perspiration, while my mind, heart, and soul seemed paralyzed at the heavenly revelation of the Holy LIGHT.*

From "I Saw the Holy Light" by Archimandrite Savva Achilleos