



# THE HOLY TRINITY HERALD

1923 · EIGHTY-THREE YEARS OF MINISTRY · 2006

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

March 2006

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

Volume 14 – Issue 3

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

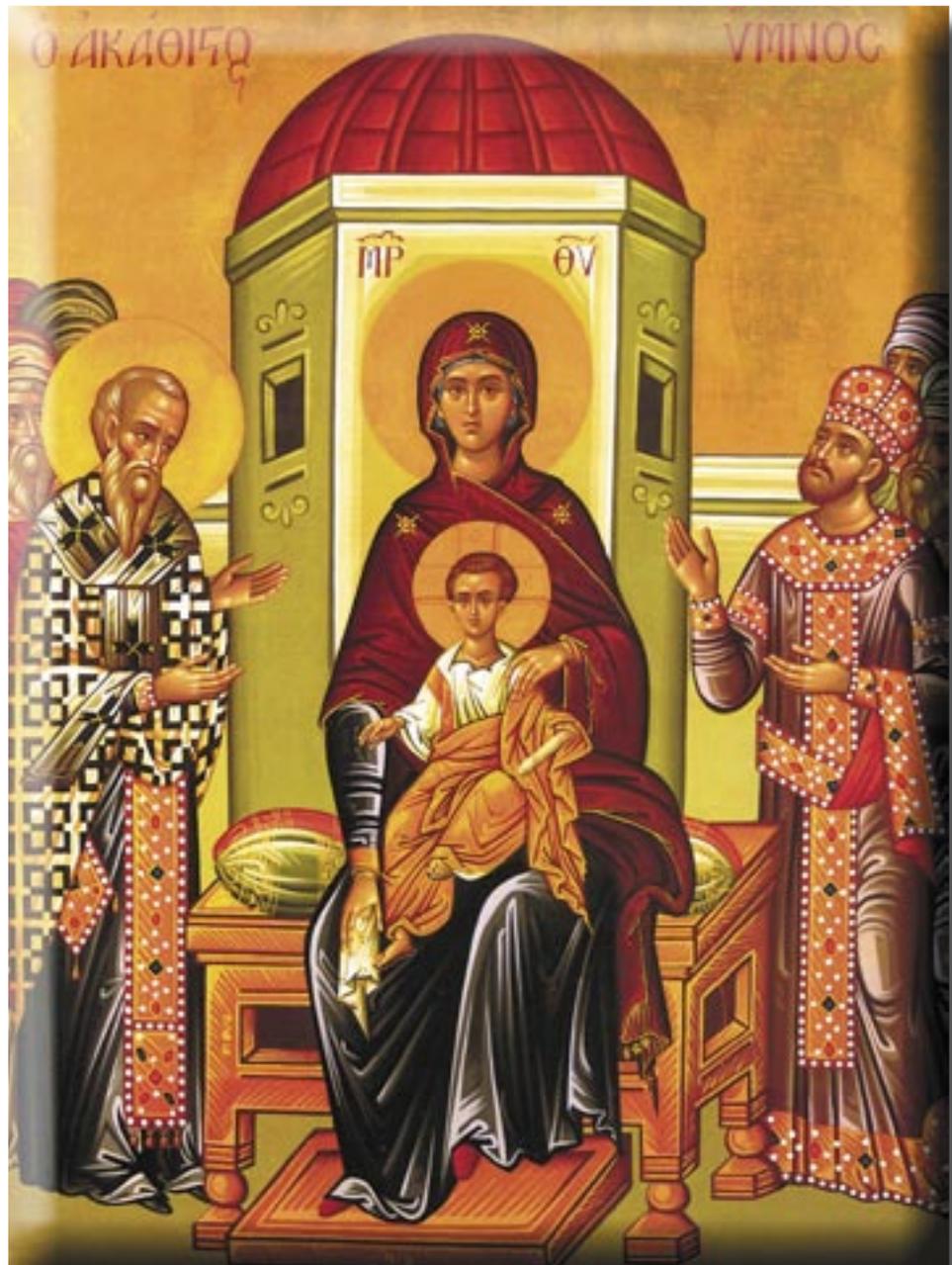
## Inside This Issue

- 2 Father John's Message
- 3 News & Events
- 5 Lenten Events
- 6 Fasting Guidelines
- 7 Godparent/Godchild Sunday
- 8 Mouse Tales: The Saint  
Spyridon Children's Library
- 9 Gheronda's Corner
- 10 The Cultural Side  
Η Πολιτιστική Πλευρά
- 17 Our Worship - Part 9
- 18 Holy Trinity Stewards
- 19 Herald Sponsors
- 20 "Lord, Make Me What I  
Should Be"

## Special Inserts

March Parish Calendar  
Schedule of Lenten Services  
Paschal Donations Form

**SPECIAL SECTION:**  
Holy Trinity GOYA  
Basketball Tournament  
Coverage - Pages 12 to 16



An angel of supreme rank was sent down from Heaven to say to the Theokos: "Rejoice!" And perceiving You to take bodily form at the sound of his bodiless voice, O Lord, he was astounded and he stood crying out to her such salutations: "Rejoice, through whom joy is to shine forth; rejoice, through whom the curse is to vanish...Rejoice, for you are a throne for the King; rejoice, for you hold the One Who holds everything!"

From the Service of the Akathist Hymn to the Theotokos

## Father John's Message

### THE HOLY TRINITY HERALD

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

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

#### Editor

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

#### Production

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

#### The Cultural Side

Michael Kritiotis      Voula Hareras  
Maria Kraniou        Vickie Bellios

#### Publication Schedule

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

This issue of  
**The Herald**  
is sponsored in  
memory of Jimmy  
Regakis

“Happy Birthday  
to my beloved son,  
**Jimmy Regakis**”

All our love,  
Your Mother, Olga,  
family and friends



*Pay at least some attention to your soul; this is a command of God and the Holy Fathers. Everything will pass, death is at our heels, and even so, we haven't the slightest thought of what we have to offer at the Judgement and of the sentence which will be passed on us by the Righteous Judge, Who knows and remembers our every movement—even the most subtle—of both our soul and body from our youth unto our death.”*

Abba Nikon (Letter to a Spiritual Child)

Dear Brothers and Sisters in Christ,

With all the attention paid to the Supreme Court over the past few months, I am reminded of trips to Washington and the impressive buildings there. It is sometimes overwhelming and distracting, and it is easy to get caught up in the magnificence of the architecture and forget about just what happens in those places. But for someone being called in to testify—or even worse, as a defendant—at the Supreme Court, the grandeur would certainly be swept away by a dramatic realization: “There is a judge up there who will be making decisions about me which may have profound effects on my freedom and my life!” Our thoughts would turn quickly from marble to mercy and focus only on that!

Likewise, as we approach the grandeur and beauty of the Lenten season in the Orthodox Christian Faith, it is easy to become caught up in the beauty of the experience: the Lenten colors, the incense, the beautiful icons and hymns. But when we allow these to become our focal points instead of tools for spiritual growth, we risk losing sight of the same fact mentioned above: there is a judge up there—in fact this time it is the Supreme Judge, not a Supreme Court judge—who will be passing judgement on us all with profound effects on not just this life, but eternity!

We Orthodox Christians tend to recoil at even the mention of the thought, lest we find ourselves in the fire and brimstone of a Protestant revival. But god's judgement is not something that belongs to Calvinists or Lutherans or Baptists; it belongs to Him as proclaimed over and over in His Holy Word. This is proclaimed for both others and ourselves in Psalm 7: “The Lord judges the peoples; judge me, O Lord, according to my righteousness and according to the integrity that is in me.” And likewise, drawing from the Book of Psalms, on Holy Saturday morning, at the end of the Lenten season, we stand at the precipice of death, staring into the darkened tomb of Christ and shout: “Arise, O God, and judge the earth! For You shall call all nations to Your inheritance.”

Perhaps it is good, then, to take a moment to ponder on the simple advice from Abba Nikon above: “Pay some attention to your soul.” Maybe that is enough to propel us through the entire Lenten season. If in the services, in our prayers, during our almsgiving, in helping others, while reading scriptures and “doing” all the things we associate with Lent we manage to at least “pay some attention to our soul,” our time will have not been wasted on the passing days of this life, but we will have better prepared for that day in the next life when we will stand before the Righteous Judge of the Universe—Who sent His Only-Begotten Son to save us.

Have a blessed Lent! See you in church .. and for Holy Confession!

## News & Events

### EDUCATIONAL MINISTRIES

#### Church School Lenten Activities . . . . . March, April

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

- The Sunday of Orthodoxy Procession with icons on March 12.
- The readings for the Presanctified Liturgies on Wednesdays, March 15, 22, 29 and April 5 (followed by covered dish dinners).
- The opening readings for the Services of Salutations on Fridays during Lent.
- The annual Mission Box project in support of Orthodox missions worldwide.
- And, of course, attendance at Lenten services and special Church School Lenten lessons.

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

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

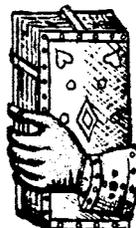
The St. Lydia Women's Study Fellowship is a ministry for women to share in fellowship and to study scripture, the Orthodox Faith and family life in today's world. The meetings take place every other week on Thursday mornings at 9:30 a.m. at the home of Jan Petredis in Wexford. New participants are always welcome! The fellowship is enjoyable and the approach is casual, but the subjects are important for today's women and families. Meeting dates this month are Feb. 9 & 23.

This year's theme is a Bible Study of Saint Paul's Epistles to the Corinthians. The study guide being used is a new publication, "First and Second Corinthians: Straight From the Heart." It approaches the study with an easy-to-understand method intended for all people. For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925.



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

The St. Nikodemos Men's Study Fellowship is an pan-Orthodox Christian men's fellowship, study and discussion group which meets in the 4th floor Conference Room of Two Gateway Center, downtown. The group seeks to provide a regular meeting for working men to discuss issues of faith, work and family. The group will be host-



ing a special Lenten study series, "Our Father: A Spiritual Journey for Men" on the Tuesdays of Lent (except March 21) from 12 noon to 1:00 p.m. See the next page for more information.

### YOUTH MINISTRY

#### GOYA Fellowship Night . . . . . Feb. 27

The GOYA will hold its February fellowship night on Monday, February 27 from 7:00 to 8:30 p.m. at the home of the Dean and Diane Balouris in Hampton Township. These casual meetings provide and opportunity for discussion, time with friends, questions for Fr. John and other GOYA matters as needed.

#### Metropolis GOYA Fall Retreat. . . . . March 31-April 2

The Metropolis of Pittsburgh will be hosting its annual Lenten GOYA Retreat at Camp Nazareth in Mercer, PA, on the weekends of March 31-April 2. As always, the Holy Trinity GOYA will pay half the cost of any Holy Trinity teen who registers by the deadline. See Presvytera Becky for details or visit the Metropolis web site at [www.odpgh.org](http://www.odpgh.org) and look under "Youth Office."

#### JOY Lenten Mini-Retreat . . . . . April 2

The JOY ministry (8-12 year-olds) will hold its annual Lenten Mini-Retreat at the Treesdale Community Center on Sunday, April 2, from 3:30 to 7:30 p.m. All JOY families will receive a direct mailing with information. Please don't forget to call Karen Georgiadis at 724- 625-8551 to confirm your child's attendance and to offer to bring a snack or drink.

### COMMUNITY LIFE

#### Snow Line. . . . . 412-321-9282, Option "6"

Please keep in mind over the winter months that the Holy Trinity "Snow Line" is available to check for the cancellation of events in the case of snow or inclement weather. Call the church office after hours, then select option "6" to hear announcements of any cancellations.

#### Philoptochos Meeting . . . . . March 19

The Philoptochos will hold a meeting for all members on Sunday, March 19, following the Divine Liturgy. Everyone is asked to attend to help plan the Lenten Luncheon to be held on Godparent Sunday (March 26).

### LENTEN NEWS AND EVENTS

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

Please take note of the following upcoming dates in

## News & Events

the Lenten and Paschal liturgical life of the Church:

<b>Pure Monday (Lent begins)</b> .....	<b>Mar. 6</b>
<b>Sunday of Orthodoxy</b> .....	<b>Mar. 12</b>
<b>Godparent Sunday</b> .....	<b>Mar. 26</b>
<b>Palm Sunday</b> .....	<b>Apr. 16</b>
<b>Pascha</b> .....	<b>April 23</b>
<b>St. George Chapel Feast Day</b> .....	<b>April 24</b>

### Lenten Soup & Sauces Sales . . . Weekly During Lent

The GOYA will resume its very popular Lenten soup and sauces sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... and they taste great! Visit the table in Coffee Hour each week!

### Lenten Schedule of Services

This issue of *The Herald* contains a complete schedule of service for Lent. 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." Lent provides us a special time to be with Him. See you there!

### Lenten Coffee Hour Reminder . . . March 12-April 23

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

### Godparent/Godchild Sunday . . . . . March 26

Holy Trinity Church and Holy Trinity Philoptochos will host their annual Godparent/Godchild celebration on Sunday, March 26. No classes will be held on that day to enable students to stay in church for the entire Divine Liturgy with their Godparent(s). Are your child's Godparent(s) not able to attend? Don't let them miss out for that reason. Choose someone special to be with them on that day to stand in for their Godparent.

Following the service, which will include a renewal of our baptismal commitment, the Philoptochos will host its annual Lenten Luncheon in honor of this day and in celebration of the Veneration of the Holy Cross on the third Sunday of Lent. Parishes across the Arch-

diocese are asked to use this day to remember the needs of our seminary, Holy Cross School of Theology, in Brookline, MA. Proceeds from that day will benefit the school, which is the only source our Archdiocese has in this country for the education of our future clergy.

*Question:* "I thought the Archdiocese directed that Godparent Sunday should be scheduled on the first Sunday of February? Why do we celebrate it now?"  
*Answer:* While that is true, we are in a somewhat unusual situation in Pittsburgh, having so many parishes so close to one another with many relationships between families from those parishes. Rather than force our parishioners to choose which parish to attend on that day (which inevitably creates difficult personal situations for families), the Pittsburgh parishes have each chosen their own time of year so as not to conflict with each other's Godparent Day. Holy Cross retains the February date, Holy Trinity always uses the third Sunday of Lent and St. Nicholas has chosen September. Now you know!

### Lenten Fasting and Confession

In addition to the special services being held, please remember that the main focus of Lent is a personal one, with increased attention to our spiritual life through prayer, fasting and Holy Confession. Since spiritual discipline is also required, the Holy Canons of the Church prescribe the guidelines for the Great Lenten Fast, beginning this year on Pure Monday, March 6. Orthodox Christians are called to refrain from eating meat (including red meat, poultry, etc.), dairy (milk, eggs, cheese), fish and other animal products through Pascha. We are also to abstain from wine and olive oil during weekdays (Monday through Friday). Shellfish, vegetables, pastas and the like are permitted at all times. If you have any questions—especially if you are new to fasting or have special health conditions—please see Fr. John with specific questions. Please also see Fr. John to set up a time for Holy Confession. *Kali Metanoia! (May your repentance be good!)*

### Lenten Lecture Series at Holy Cross

The enclosed flyer highlights a daytime Lenten lecture series being held at Holy Cross Church featuring the notable and respected Father Thomas Hopko. Anyone able to attend is highly encouraged to place this series on their schedule. We are especially blessed to have Father Thomas in the area, now that he has retired from his position at Saint Vladimir's Seminary. No need to travel around the country to hear him: he's right across town!



## Lenten Events and Information



### “Our Father: A Spiritual Journey For Men”

The Saint Nikodemos Men’s Study Fellowship announces a special Lenten study series.

Five Tuesdays during Lent, 12:00pm-1:00pm

Dates: March 7, 14 & 28; April 4 & 11

Two Gateway Center, Fourth Floor Conference Room

**“Our Father:** Here we find the meaning of love ... here faith opens into trust, and dependence yields to freedom, intimacy, and ultimately unfolds as joy.”

(Fr. Alexander Schemann)

This Lent, make a dedicated offering of time during the work day for prayer and spritual growth as part of your Lenten commitment.

Each session will begin with a brief Lenten prayer service, followed by teaching and discussions on the Lord’s Prayer, using commentaries by ancient Christian writers Tertullian, Cyprian and Origen, as well as contempotary Orthodox Christian authors, including Father Alexander Schmemann and Elders of Mount Athos.

The St. Nikodemos Men’s Study Fellowship is an pan-Orthodox Christian men’s fellowship, study and discussion group which meets at Two Gateway Center, downtown. The group seeks to provide a regular meeting for working men to discuss issues of faith, work and family. It is open to all interested men and has been centrally located downtown to accomodate easy access for the lunchtime meetings.

### THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH PRESENTS THE TRIUMPH OF ORTHODOXY CELEBRATION AND ICON FESTIVAL MARCH 11-12, 2006



Holy Cross Greek Orthodox Church, 123 Gilkeson Road, Mount Lebanon, PA

#### Saturday - March 11, 2006

9:30 AM Liturgy  
11:00 AM Opening of Festival  
1:00 PM Lecture by Iconographer Cheryl Pituch  
3:00 PM Lecture by Fr. Gregory Wolfenden  
5:00 PM Vespers

#### Sunday - March 12, 2006

12 PM - 4 PM Icon Festival Displays  
2:00 PM Lecture by an Iconographer  
5:00 PM Triumph of Orthodoxy Service  
Bishop THOMAS of the Antiochian Diocese of Oakland PA and the East will preach.

#### New: Special events for the 2006 Icon Festival!

- 1) Icon crafts for children during Icon Festival display session
- 2) Icon Class with Iconographer, Mark Kinan. Produce your own icon. Space limited to first 20 registrants. Cost of \$150.00 includes instruction and all materials. Call St. George at 412.681.2988 to make your reservation.

## Lenten Events and Information

### FASTING GUIDELINES FOR LENT AND HOLY WEEK

(Note: All the dates below refer to 2006 specifically. These change each year due to the varying date of Pascha, April 23 this year.)

#### Fast Free Pre-Lenten Week: (Feb. 12-18)

The week of the Publican and the Pharisee—which is the beginning of the Triodion Period—is a fast-free week, which means no fasting the entire week (even Wednesday and Friday of this week are fast-free).

#### Meatfare Week (Feb. 19-25)

Meat Fare Week is the week that follows the Sunday of the Prodigal Son. During this week, the normal Wednesday/Friday fast prevails on these two days. All other foods are permitted the other days of this week.

#### Cheesefare Week (Feb. 26-Mar. 5)

Cheese Fare Week is the week that follows Meat Fare Sunday. During this week, there is abstinence of meat and meat byproducts the entire week, but dairy products (milk, eggs, cheese, etc.), fish, olive oil and wine are allowed the entire week (up until sundown of Cheesefare Sunday, March 13).

#### Great Lent and Holy Week (Mar. 6-April 22)

**Weekdays:** During this time, the Holy Canons indicate abstinence of meat, meat byproducts, dairy products, fish, olive oil and wine. There are two exceptions to the above: Fish is allowed on March 25 and on Palm Sunday due to the celebratory nature of those great feasts.

**Saturdays and Sundays:** During Great Lent, olive oil and wine are permitted (Except on Holy Saturday - a strict fast is kept on this day.)

**All Days:** Shellfish (shrimp, crab, scallops, etc), fruits and vegetables, grains, etc., are permitted throughout this period on all days.

#### General Notes

As with all rules of fasting, which are designated by the Holy Canons of the Orthodox Church, you are instructed to seek counsel from your Spiritual Father/Parish Priest for your personal guidance on fasting.

Fasting is not effective or even spritual if it is an empty physical exercise; it must be accompanied by prayer, almsgiving, reading of Holy Scripture and other related books and attendance at church services. We should strive to attend as many Lenten Services as possible.

It is also recommended that you participate in the Sacrament of Confession at the onset and/or during this period of Great and Holy Lent. Any questions should be directed to your Spiritual Father/Parish Priest.

Remember, true fasting is not meant to be a set of rules making for a dismal life; rather, it frees us from the slavery of sin since the fast from certain foods & their quantity harmonizes with spiritual fasting - a fasting from sin and passions. We should also remember that it is as important to fast with what *comes* out of our mouth as well as what *goes into* it. God does not need our fasting and we do not “earn” blessings or any other other gift of God by fasting; rather, it expresses our desire for a more pure state of communion with Him.

#### From Hymns of the Church

“Let us begin the fast with joy. Let us give ourselves to spiritual efforts. Let us cleanse our souls. Let us cleanse our flesh. Let us fast from passions as we fast from foods, taking pleasure in the good works of the Spirit and accomplishing in them love.” (Forgiveness Sunday Vespers)



### QUICK AND EASY LENTEN CHOCOLATE CAKE

#### INGREDIENTS

3c flour  
2c sugar  
6 Tbs cocoa powder  
1 tsp salt  
2 tsp baking soda  
3/4c vegetable oil  
2 tsp vanilla  
3 Tbs vinegar  
2c warm (not hot) water

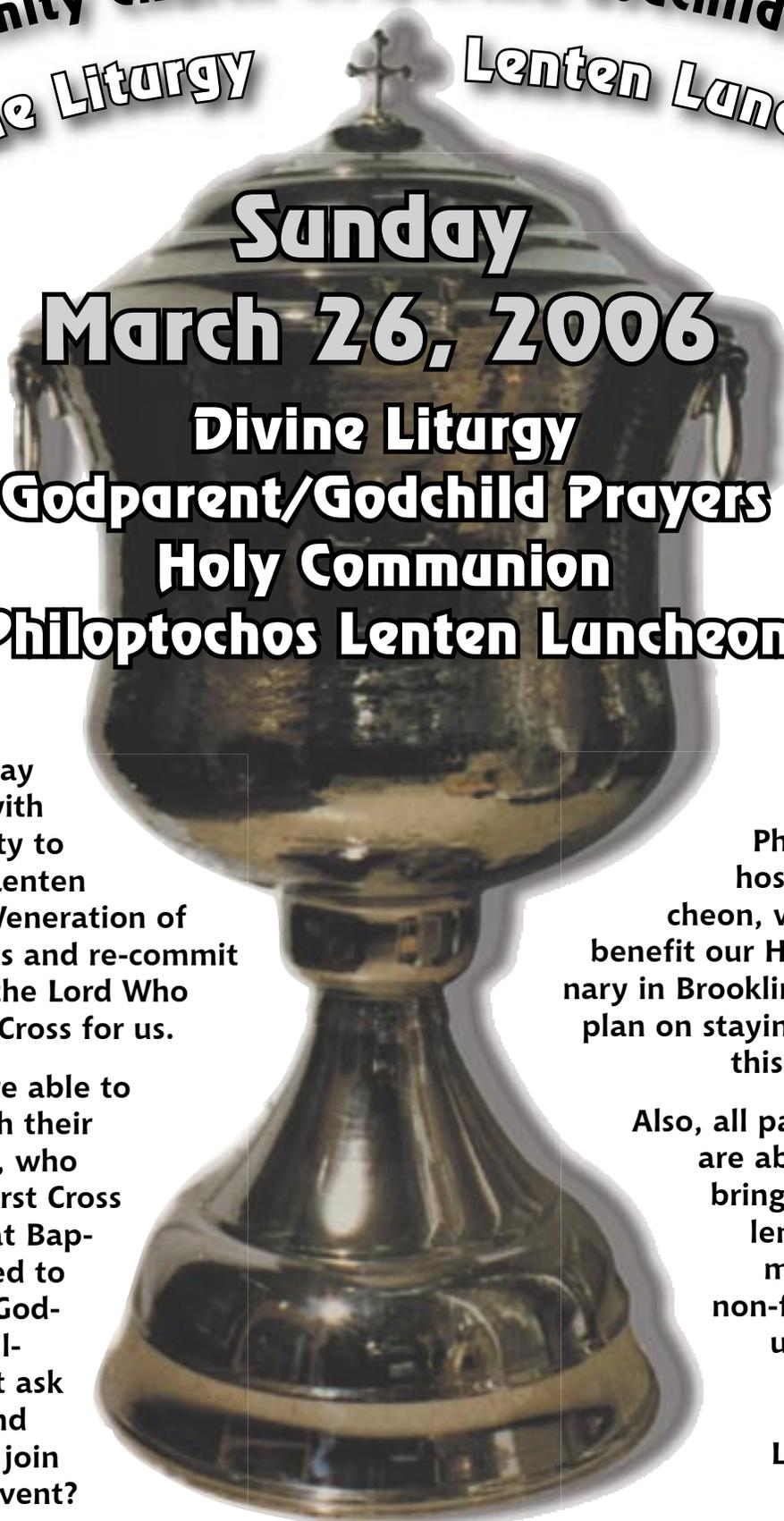
#### DIRECTIONS

Mix all ingredients together. Batter will be thin. Pour into a greased 9"x13" pan or a bundt pan. Bake at 350 degrees for 40-45 minutes. Do not overcook.  
  
(Hint: Use plain bread crumbs instead of flour to dust the inside of a bundt pan and it won't stick!)

Submitted by Angie Roman



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



**Sunday**  
**March 26, 2006**  
**Divine Liturgy**  
**Godparent/Godchild Prayers**  
**Holy Communion**  
**Philoptochos Lenten Luncheon**

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

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

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

Also, all parishioners who are able are asked to bring a covered dish lenten item (non-meat, non-dairy, non-fish) to contribute to the meal.

For questions, contact Esther Lakados at 412-766-3977.

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

Hello my precious children! It's is I, Spero!

I'm here to chat with my precious children about our Heavenly Father's promise to us: "I will give you a home in heaven".

I asked Yiayia about this wonderful idea, and she told me this: Jesus tells us in John 4:23, "In my Father's house are many rooms and I am going there to prepare a place for you. I will come back and take you to be with me, that you also may be where I am."



March begins with "M"!

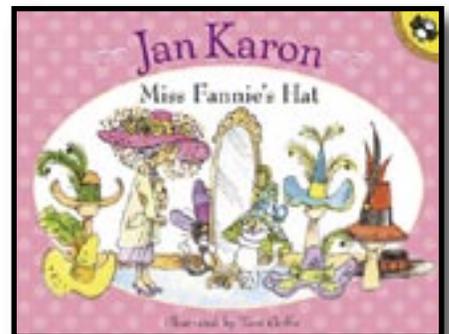
"Wow, Yiayia", I said, "I wonder what heaven really looks like?" She said that there were some people in the Bible that actually saw a glimpse of heaven. Isaiah, 6:1-10, says that the Prophet Isaiah saw the Lord sitting on a throne, above Him were Seraphim each with six wings, with two wings they covered their faces, with two wings they covered their feet, and with two they flew and called to one another 'Holy, Holy, Holy is the Lord almighty, the whole earth is full of His glory.' In Daniel 7:9-14, the Prophet Daniel saw in a dream the Son of man coming with the clouds of heaven where he was lead right up to God and given authority, glory, and a kingdom. His kingdom will never be destroyed. Also, Saint Stephen, the first martyr, before he died by being stoned, saw a vision of heaven. He

told every one that he saw Jesus standing at God's right hand and that can be read in Acts 7:54-60. Yiayia says that the last one is right about his vision of heaven.

Saint John, the most beloved and youngest of Jesus twelve disciples, was ordered by the Roman rulers to stop teaching about Jesus. But, John would not stop. John was exiled to the island Patmos where God gave him a heavenly vision which he wrote in the book of the Revelation.

My precious ones, here are some things to remember: Our Heavenly Father is the one who decides when it is time to take each of us to His home in heaven. So, when you experience the death of a loved one, remind yourself that the real home is in heaven where God will wipe every tear from their eyes, where there will be no more death, or mourning, or crying or pain and that is found in Revelation 21:4. When I think of Heaven, it is a special gift from our Heavenly Father given to each of us who put our trust in Him.

While I'm at it, my little sister, Zoe, wants me to share her favorite story with you. I read it to her all of the time, and boy, I cannot wait for her to be able to read to herself! This is the story about Miss Fannie's Hat's by Jan Karon. Miss Fannie has lots of hats with each of them reminding her of something special. She wore her green hat in the flood of 1916, her brown hat feels like her grandmother's cow, and her famous pink straw hat with silk flowers is the one she wore on Easter Sunday 35 years ago. One day, her preacher asked her to donate one of her famous hats to the church auction. Hmmm! Decisions, decisions, which one should she part with? Read the book to find out the answer. This book teaches us how to not be selfish and the rewards that it can bring. Read Matthew 10:40-42, we are told to always be kind and help others. This also means others that are different from us! Remember, every time that we help another person, Jesus says that it is like helping Him!

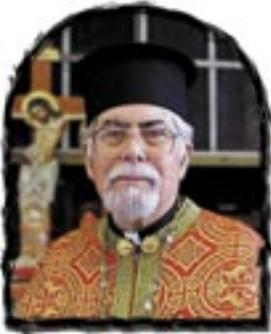


Please remember Godparents Sunday make sure that I see you are all there! In Christ,

Love in Christ, Spero

## Gheronda's Corner

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



**Father John Androutsopoulos**

### The Time of Repentance

*From that time Jesus began to preach, saying, "Repent, for the Kingdom of Heaven is at hand." (Matthew 4:17)*

Beloved brothers and sisters in Christ,

We are approaching again the Great Lent; the time of repentance, the time of reconciliation with God. Repentance

is the beginning and also the condition of a truly Christian life.

When Christ Himself came to the world opening the era of the New Testament of the New Christian life, His first preaching was a proclamation of repentance; Jesus Himself declared that He came to the world to "call sinners to repentance." The whole teaching of Christ on earth begins with repentance.

His Apostles, too, were sent to the world namely to preach repentance. The Church of Christ has until this day, preached repentance as an absolutely indispensable means for salvation. Repentance is the gate of entrance and return to the Church of Christ.

We all have need of repentance and we must all know what repentance is. Great Lent gives us the answer. The Church has set apart seven weeks as a special time of repentance and calls each Orthodox Christian to a spiritual effort. Great Lent is indeed a school of repentance to which each of us must go every year in order to refresh the understanding of our faith.

### The Pre-Lenten Sundays

Four Sundays preceding Lent are dedicated to some aspect of repentance. Thus the Church prepares us for Great Lent and invites us to meditate on its meaning and significance:

### Pharisee and the Publican

The Sunday of the Pharisee and the Publican teaches us that humility is a condition of repentance.

### Prodigal Son

The Sunday of the Prodigal Son teaches us that another condition of repentance is the return to God. We must not only acknowledge and confess our sins, but we must have the desire to change our life and make the decision to go back to God.

### Meat Fare

The theme of Meat Fare Sunday is the Judgment. We are

reminded that a Christian lives under Christ's judgment. The parable of the last Judgment tells us how we may evaluate ourselves as Christians in our actions, attitudes and our treatment of our fellow men.

### Forgiveness

The Sunday before Lent is Forgiveness Sunday. We are taught that our fast' must not be a hypocritical one, and that the condition for real fasting is that we have forgiven each other as God forgives us.

The Church prepares us for Great Lent and now we should be ready to deepen our spiritual life. The "spiritual checklist" at the left provides some good hints.

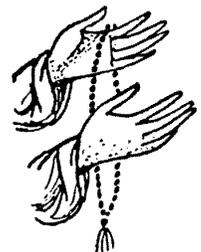
### A CHECK LIST FOR GREAT LENT

Great Lent is a time of:

- ✓ More intensified prayers; More strict fasting;
- ✓ More acts of charity;
- ✓ More Church-going;
- ✓ More reading of Holy Scriptures;
- ✓ More thorough examination of the conscience;
- ✓ More preparation for and more frequent reception of Holy Communion;
- ✓ More disciplining of the mental powers;
- ✓ More practicing of virtues;
- ✓ More resisting of temptations;
- ✓ More shunning of sin;
- ✓ More emulation of good deeds.

Check daily and see how you measure up!

Thus we learn the meaning of repentance and as our Lord Himself said that to repent means to turn from darkness to light, and from the power of Satan, to God, that we may receive forgiveness of sins, and inheritance among them which are sanctified.



*May this Great Lent be a blessed one!*

*With His love,*

*Rev. Fr. John H. Androutsopoulos*

## The Cultural Side • Η Πολιτιστική Πλευρά



Voula Hareras

ΘΑ 'ΡΘΕΙ  
Η ΛΕΥΤΕΡΙΑ

'Ε, παπούλη, φώναξε ό  
'Αγγελής στον μπάρμπα  
Μανωλιό, πού καθόταν  
συλλογισμένος στη ρίζα τής  
φλαμουριάς. Κύτταξε τί σου  
φέρνω!... 'Ενα λάφυρο, ένα  
τούρκικο φέσι!...

Πηδώντας έφτασε κοντά  
του και στριφογύριζε στο δάκτυλο τό λάφυρό του,  
χασκογελώντας.

'Αντάμωσα, παπού, τόν 'Ισμέτ,  
τού Χασάν τό γιό. Σάν μ'είδε  
κ'έκανα τό σταυρό μου, μέρα πού  
είναι σήμερα, γιά νά μάς στείλει ό  
Θεός τή Λευτεριά, άρχισε δυνατά νά  
γελάει.

'Εσύ, ραγιάς γεννήθηκες και  
ραγιάς θά πεθάνεις, μου είπε. 'Η  
'Ελλάδα σου, έχει σβήσει γιά πάντα.

Κλείσε τό στόμα σου, άπιστε,  
τού φώναξα όρμη. 'Η 'Ελλάδα ζει  
και θά ζήσει. Κι'ή Λευτεριά θα'ρθεί!  
Σκιαχτήκε ό 'Ισμέτ, παπού, από τό  
βρόντο τής φωνής μου, πρασίνισε,  
κιτρίνισε κι'άρχισε νά τρέχει. 'Ετρεχε  
σάν κυνηγημένος και τού έπεσε τό  
φέσι του.

Τί σκιαχτήκες έτσι και τρέχεις σά  
λαγός, όρέ. Γύρνα τό φέσι σου νά  
πάρεις, τού φώναξα γελώντας. Μά,  
πού αυτός! 'Ετρεχε, σά λαγός. Πήρα  
τό φέσι κι'ήρθα νά σέ βρώ, παπού.

Ό γερο κλέφτης χαμογέλασε  
μ'έλπιδα. Χτύπησε τόν 'Αγγελή στην  
πλάτη και ξανάγινε συλλογισμένος...

Παπούλη, τί συλλογιέσαι; Ρώτησε  
τότε ό 'Αγγελής.

Τί συλλογιέσαι και γυαλίζουνε τά  
μάτια σου; Κύτταξε! 'Ηρθανε πάλι  
τά χελιδόνια! Νάτα! Νάτα!

Ό μπάρμπα Μανωλιός έπιασε  
ανάμεσα δυό του χούφτες τό  
κεφαλάκι τού 'Αγγελή. Τό σήκωσε ψηλά, ψηλά, όσο  
μπορούσε και τό έστησε άπέναντι στά γέρικά του  
μάτια πού γυαλίζανε.

Τή Λευτεριά, λεβέντη μου, τή Λευτεριά!  
μουρμούρησε.

'Ω παπού! Θα'ρθεί ή Λευτεριά! Θα'ρθεί! 'Ετσι,  
όπως μάς τόχες πει τόσες φορές, θα'ρθεί κάποια  
λουλουδισμένη άνοιξη στην σκλαβωμένη γή μας!  
Θά έρθει μέ τά χελιδόνια!...

Ναί, 'Αγγελή. Θέ νά 'ρθει μέ τήν άνοιξη και τά  
χελιδόνια! Χρόνια και χρόνια τώρα τήν προσμένουμε...  
'Ως 400 χρόνια!...Μά θα'ρθεί!...

'Εε, 'Αγγελήρη! Μήν είδες τόν παπούλη σου,  
όρέ!...

Ό πατέρας! 'Εδώ είμαστε πατέρααααα! φώναξε  
δυνατά ό 'Αγγελής και άρχισε τρέχοντας νά  
σκαρφαλώνει στην πλαγιά.

Σέ λίγο, νάτοι κι'οί τρεις  
άγκαλιασμένοι, πατέρας, γιός και  
έγγονός, κάτι λένε και κλαίνε!

...και πού λέτε, συνέχισε ό πατέρας,  
σάν σήκωσε ό Δεσπότης στην 'Αγια  
Λαύρα τό Λάβαρο τής Λευτεριάς και  
κήρυξε τήν έπανάσταση, γονατίσαμε  
όλοι και κιστήκαμε... 'Ελευθεριά ή  
Θάνατος!

'Επειτα κοινωνήσαμε τό Σώμα και  
τό Αίμα τού Χριστού μας. Πήραμε  
δύναμη, ζωστήκαμε τ'άρματα και  
βγήκαμε στον άγώνα!... Ζήτω ή  
Λευτεριά!...

Τά μάτια τού μπάρμπα Μανωλιού  
τού γέρο κλέφτη, άστραψαν τούτη  
τή φορά! πέταξαν σπιθες!

'Ακου το, 'Αγγελή μου, άκου το  
και κλείσε το μέσα στην καρδιά σου.  
Τούτη ή μέρα θά γραφτεί μέ χρυσά  
γράμματα στην ιστορία.

Ό 'Αγγελής στριφογύρισε στο  
δάκτυλό του τό φέσι τού 'Ισμέτ.

'Εε, 'Ισμέτ, φώναξε γελώντας,  
σάν νά τόν έβλεπε μπρός του. Τί λές,  
θα'ρθεί ή δέ θα'ρθεί ή Λευτεριά;

'Εβγαλε τό σουγιαδάκι του και  
χάραξε προσεχτικά στής φλαμουριάς  
τή φλούδα...25 Μαρτίου 1821! Μέρα  
τής Λευτεριάς!

'Ενα σμήνος χελιδόνια έσχισε  
τό γαλανό ούρανό. Αυτή τή φορά  
έφερναν στά φτερά τους τή

Λευτεριά!

Τή Λευτεριά πού τή χαιρείται σήμερα κάθε  
'Ελληνόπουλο.

ΣΤΩΝ ΨΑΡΩΝ ΤΗΝ  
ΟΛΟΜΑΥΡΗ ΡΑΧΗ...

(24 'Ιουνίου 1824)

Στών Ψαρών τή ράχη  
τήν όλόμαυρη,  
περπατά ή δόξα  
όλομόναχη!  
Ψάχνει γιά δαφνόφυλλα  
και σμυρτιές  
στις καψαλιασμένες  
τις έρημιές.

Μήτε φύλλο εύρίσκει  
μήτε κλαρί!  
Θυματήρι έγίνηκε  
τό νησί  
κι'έκαψε τ'άρώματα  
τ'άκριβά,  
κι'έμεινε μιά ξέρα  
μιά έρημιά!

## The Cultural Side • Η Πολιτιστική Πλευρά



**Maria Kraniou**

### The Origin and Spread of the Olive Tree

The origin of the olive tree is unknown. It is said to have appeared in prehistoric times, before humankind, and to have originated in southern Asia Minor where there are now abundant forests of wild olive trees. It appears to have spread from Syria towards

Greece by way of Anatolia, although other theories claim it originated in the Mediterranean basin.

Some hypotheses claim it to have originated in Lower Egypt because mummies from the 20th Egyptian Dynasty have been found with crowns made out of olive branches, but this only proves that, in effect, the olive was known by the Egyptians of that era.

The claim that the olive tree originated in Europe could arise from the Greek myth about the fight between Pallas Athene and Poseidon for control of Athens. Athena and her uncle Poseidon were both very fond of a certain city in Greece. Both of them claimed the city and it was decided that the one that could give the finest gift should have it. Leading a procession of citizens, the two gods mounted the Acropolis. Poseidon struck the side of the cliff with his trident and a spring welled up. The people marveled, but the water was as salty as Poseidon's sea and it was not very useful. Athena's gift was an olive tree, which was better because it gave the people food, oil and wood. Athena named her city Athens.

In the 16th century BC, the Phoenicians spread the olive throughout the Greek Islands, and, in the 14th to 12th centuries BC, to the Greek mainland, where its cultivation increased and gained great importance. In the 4th century BC, Solon issued decrees regulating the planting of olive trees.

From the 6th century onwards the olive tree spread throughout the Mediterranean Basin, reaching Tripoli and Tunis, the island of Sicily and from there to southern Italy. It is said that it may have arrived in Italy during the period of Lucius Tarquimus Priscus (616 to 578 BC), legendary King of Rome, although others claim that it arrived in Italy three centuries before the fall of Troy (at least 1200 BC). The Romans extended its cultivation throughout their occupied territories on the Mediterranean coast, and by the time they arrived in northern Africa, the Berbers already knew how to graft wild olive trees.

It was introduced in Marseilles around 600 BC and spread from there to the whole of Gaul. The olive tree made its appearance in Sardinia in Roman times, while it is said to

have been brought to Corsica by the Genoese long after the fall of the Roman Empire.

Olive growing was introduced in Spain during the maritime domination of the Phoenicians (1050 BC) but did not develop to a noteworthy extent until the arrival of Scipio (212 BC) and Roman rule (45 BC). After the third Punic War, olives occupied a large stretch of the Baetica valley and spread towards the central and Mediterranean coastal areas of the Iberian Peninsula, including Portugal. The Arabs brought their varieties with them to the south of Spain and influenced the spread of cultivation so much that the Spanish words for olive "aceituna", oil "aceite" and wild olive tree "acebuche" and the Portuguese words for olive (azeitona) and for olive oil (azeite), have Arabic roots.

With the discovery of America (1492), olive farming spread beyond its Mediterranean confines. The first olive trees were carried from Seville to the West Indies and later to the American continent. By 1560, olive groves were in production in Mexico, then later in Peru, California, Chile and Argentina where one of the plants brought over during the Conquest - the old Arauco olive tree - still lives to this day.

From delicate, light and flowery to fruity and full-bodied, there is a perfect olive oil for every taste and every use. Selecting different oil for each purpose is a healthy way to add flavor to food. The particular flavor, color and aroma of each olive oil is determined by the type of olive, and the climate and soil conditions in which it was grown. Color alone is not an indication of flavor.

### Grades of Olive Oils

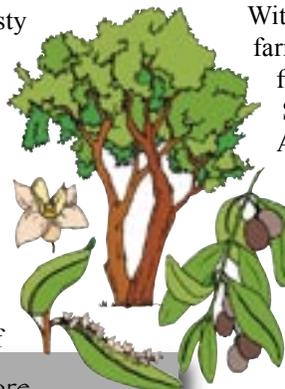
Imported olive oil is available in four grades: Extra Virgin Olive Oil, Virgin Olive Oil, Olive Oil and Olive Pomace Oil.

Extra virgin olive oils and virgin olive oils are from the first pressings with no heat or chemicals used in the process. They are the most flavorful and aromatic.

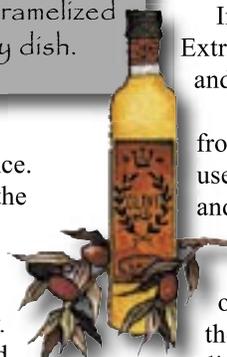
Olive oil and olive pomace oil are the common names for a blend of refined olive oil and virgin olive oil. Blending gives the oil the flavor, aroma, color, and antioxidants of virgin olive oil.

As a general rule, cook with olive oil; season or drizzle with extra virgin after food is cooked. Store any olive oil in airtight containers away from light and at room temperature. Stored this way, olive oil will keep longer than all other edible oils, up to two years or longer. Storing in the refrigerator will cause olive oil to cloud, but this will disappear when the oil returns to room temperature.

*Sources: The International Olive Oil Council USA  
Encyclopedia Mythica*



**B**efore grilling vegetables brush generously with olive oil. It's great for moisture retention in the food and provides a mouth-watering caramelized finish to any dish.



# Holy Trinity 2006 Metropolis Regional Basketball Tournament

**Holy Trinity GOYA and Community Host Metropolis Regional Basketball Tournament: February 17-19, 2006  
Holy Trinity "Home Teams" Win Three First Place Trophies and and One Third Place Trophy!**

*It's been four years since Holy Trinity Church hosted a Metropolis Basketball Tournament .. in fact, back then, it was still called a "Diocese!" Much has changed since then: teens have grown and graduated, new members have joined, new coaches have been added ... but one thing hasn't changed: Holy Trinity Church is still a place where guests and participants are welcomed with the warmth and grace that has come to be known as "Holy Trinity Hospitality."*

*These tournaments are part of the overall youth ministries of the Greek Orthodox Metropolis of Pittsburgh and represent only one aspect of the Metropolis programs, which include Summer Camp, Teen Retreats, the St. John Chrysostom Oratorical Festivals, Greek Dance Festivals, Orthodox Campus Fellowship and more. They provide a positive environment in which our teens can grow in fellowship and faith with other Orthodox Christians. The Metropolis basketball program operates, like all Metropolis ministries, under the spiritual leadership of His Eminence Metropolitan Maximos, and the supervision of the Metropolis Youth Commission and Youth Office. Over the years, an extensive set of of rules and guidelines have been developed to provide a beneficial environment and emphasis on sportsmanship and Christian fellowship, even on the court.*

*We are thankful to the Metropolis for giving us an opportunity to host this event. Our teams will be travelling to Camp Hill on the weekend of March 3-5 to participate in the last tournament of the year. We congratulate them and wish them continued success in their games, but most of all in their calling to represent the finest that Holy Trinity Church has to offer!*



**Senior Boys Team - Third Place**



**Junior Boys Team - First Place**

## THE HOLY TRINITY "HOME TEAMS"



**Senior Girls Team - First Place**

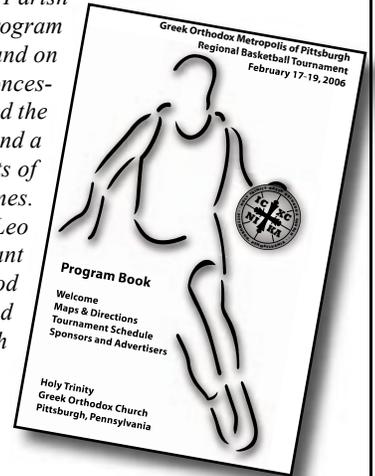


**Junior Girls Team - First Place**

# Holy Trinity 2006 Metropolis Regional Basketball Tournament

**Heartfelt thanks for all the members of the Holy Trinity family whose offerings of love made it possible**

*Words cannot adequately express the thanks due to the hard-working and selfless parents, volunteers, Parish Council members and supporters whose offerings, blessed by God, made this tournament possible. The Program Book received many ads from businesses and families and was distributed widely during the tournament and on Sunday. It is essential in assuring the financial viability of such events. The volunteers who staffed the concession stands, manned the clock tables at games, set up and cleaned up the hall, registered the players, cooked the many offerings of food and hospitality and performed so many other essential tasks made the entire weekend a truly hospitable and well-organized event. And pulling it all together, many thanks go to the tireless efforts of our Tournament Chairperson, Steve Hodge, and our dedicated GOYA Advisor, Presvytera Becky Touloumes. God bless you all! All this is, of course, in addition to our faithful and dedicated coaches, Paul Balouris, Leo Loomis, Chris Loomis, George Georges, Steve Hodge, and Presvytera Becky Touloumes, whose constant encouragement and support of our teen athletes is a reminder that in Christ, we are all winners. May God continue to bless this youth ministry with His abundant love and set His divine and protecting hand upon our young people, both on and off the court!*



## Tournament Supporters

- Joyce and Harry Athanasiou
- Christo J. Balouris
- Chris and Chryssoula Balouris
- Diane and Dean Balouris
- Sandy and Paul Balouris
- Yvonne and Jim Balouris
- Kathy and Christ Balouris
- Marianne and Reggie Bonfield
- Gabriel Cocheres
- Helen Demoss
- Joy and Nick Loomis
- Luci and Leo Loomis
- Maria and Chris Berexa
- John Dakis/Universal Produce
- Sophia and George Danis
- Stacy and George Dickos
- Katina and Frank Erdeljac
- Debbie and John Fekos
- Tina and Bill Fiedler
- Carol and Deno Fiffas
- Angie and Brian Fitzpatrick
- Theanne and Peter Gagianas
- Arnette and George Georges
- Penny and Gus Georgiadis
- Karen and Mark Georgiadis
- Joanne and Tom Germanos
- Pennie Hareras
- Voula Hareras
- Sally and Paul Hionedes
- Debbie and Brian Jewell
- Kentucky Fried Chicken
- Effie and Gus Kilantonis
- Presvytera Louella Kostopoulos
- Maria and Dimitri Kranioi
- Julie and Mike Kritiotis
- Anthony and Chris Loomis
- Nikki and Bob Marsh
- Georgia and Tom Mitrakos
- Maria Nychis
- Donna and Tony Panagiotou
- Mr. & Mrs. Peter Panos
- Pam and John Phillips
- Kathy Romanias
- Frances and Kirk Stephen
- Lori and JT Thomas
- Penny and Eric Tomalski
- Presvytera Becky and Father John Touloumes
- Paula and Gerri Valliant
- Mary Magdalene Welsh
- Anthony and Susan Zikos
- Julie and Lou Zozos

*(plus all the Program Book sponsors!)*

## Some Scenes from the Hard Work of the Other "Holy Trinity Home Team!"



# Holy Trinity 2006 Metropolis Regional Basketball Tournament



## The Gallery of the Visiting Teams Participating in the Holy Trinity Tournament

*A total of 29 teams from 9 parishes, including our own, participated in the Metropolis Regional Basketball Tournament from February 17-19, 2006. There were 16 boys teams and 13 girls teams; 17 senior teams and 12 junior teams. They played a total of 41 games over three days. A total of 237 GOYA teens attended the event, along with their chaperons, coaches and clergy. Pictured here are all the visiting teams. Our own Holy Trinity teams are featured on the previous page.*

# Holy Trinity 2006 Metropolis Regional Basketball Tournament

Highlights from the games and events of the Holy Trinity Tournament held on February 17-19, 2006



# Holy Trinity 2006 Metropolis Regional Basketball Tournament

Highlights from the games and events of the Holy Trinity Tournament held on February 17-19, 2006



## Our Worship - Part 9 (Orthros - continued)

*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.*

Having beheld the resurrection of Christ, let us worship the Holy Lord Jesus, the only sinless one. We venerate Your Cross, O Christ, and Your holy resurrection we praise and glorify. For You are our God, and we know no other than You!

After hearing the Gospel of victory over death, what can we do but rejoice? We sing the verse above and various post-Gospel hymns. Then we offer intercessions to the Risen Lord who is in our midst to hear our prayers and to receive our praises.

With hearts ablaze, each of us makes a personal response to the resurrection. First the priest and then the faithful venerate the Gospel Book from which we just heard the Glad Tidings that our Savior is Risen from the Dead.

### THE CANONS

Now the Canons (Odes or special Hymns) are sung. These songs of the God-fearing of the Old Testament are used to declare that God has fulfilled His long-awaited promises in Christ, the Lord of Life.

Here if there is a Vigil, the priest and faithful may partake of the bread and wine. On Feast days our foreheads may be signed with Holy Oil as a sign of the healing and illumination that comes from the saving power of the Risen Christ. After each of the faithful has been blessed, the priest blesses everyone with the Gospel book, enters the sanctuary through the Royal Doors, and closes them.

At the beginning of Matins we heard, "God is the Lord..." Now we hear another exclamation from in front of the Royal Doors, "Holy is the Lord our God!" This declaration intensifies our sense of awe, for the Almighty power of God has been revealed to us in the glorious resurrection of Christ.

### THE PRAISES

The Church can never stop praising the greatness of God nor wondering at the mystery of the Resurrection. So we now sing one of the great Hymns of Light. This hymn leads into the Psalms of Praise (148-150) with special verses. Then the Royal Doors are opened once again and we sing the Great Doxology (or Hymn of Praise at the break of dawn). The Day has now come! The Light of Christ, risen from the dead, now shines forth in the world. We are now sent forth with this Light to bear it into the whole world!

### The Canticle of Mary



A dramatic moment happens after the 8th Ode, when the Deacon or Priest who will cense the whole temple stops in front of the icon of the Mother of God on the iconostasis. "The Theotokos and Mother of the Light," he intones, "Let us magnify her in song!" Then the **Canticle of Mary** is sung in veneration of the Theotokos. The Mother of God is worthy of the highest honor, for she was the willing means by which the "Light of Light" and "true God of true God" assumed our human nature to deify it by His grace.

## 2006 Holy Trinity Stewards

*Thank you to the following faithful stewards who have submitted their pledge cards for the 2006 pledge year as of this publication. 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.*

Mr. & Mrs. Mark Adamczyk	Mrs Athanasia Geanopoulos	Mr & Mrs Peter Panos
Mr & Mrs Victor Amurgis	Mr & Mrs George Georges	Mr & Mrs George Pantelakis
Mrs Harriet Amurgis	Mrs Chrissie Georgiadiis	Mr & Mrs George Pantelas
Ms. Georgia Anargyros	Mr & Mrs Elias Germanos	Mr. & Mrs. George P. Pantelas, Jr.
Mr & Mrs William Andromalos	Mr & Mrs Thomas Germanos	Mr & Mrs George Papadopoulos
Ms. Marjorie Andromalos	Mr & Mrs John Giannoutsos	Mr. Stylianos Papakirk
Mrs Carol Anestis	Mr. & Mrs. Spiros Giannou	Mr & Mrs Orestes Paras
Mrs Stella Athanasiou	Mr. & Mrs. Burnice Gollihue	Mr & Mrs Eleftherios Parikakis
Mr & Mrs Alvin Backeris	Mrs Eugenia Graser	Mr. James J. Patsilevas
Mrs Marie Backeris	Mrs Sophia Grivas	Mr & Mrs Steve Pefanis
Mr & Mrs Anthony Balouris	Mr. & Mrs. Costas Hadjipanayis	Mr. & Mrs. Charles Petredis
Mr & Mrs James T. Balouris	Miss Pennie Hareras	Mr. John S. Petropoulos
Mr & Mrs. Chris T. Balouris	Mr & Mrs Paul Hionedes	Mr. & Mrs. Peter Phaturous
Mr. Dean J. Balouris	Mr. & Mrs. Steve Hodge	Mr. & Mrs. Joseph P. Phaturous
Mrs. Anastasia Barron	Ms. Tina Houmis	Mrs Pauline Pontikos
Mr. & Mrs. Gus Bellios	Mr. & Mrs. Carlo Iasella	Ms Rania Pontikos
Mr & Mrs Reggie Bonfield	Mr & Mrs Andrew Janis	Mrs Olga Regakis
Dr. Dennis Bossick	Dr. Kristina Johnson	Mrs Stavroula Repana
Mr. & Mrs. Michael Bounos	Mr & Mrs Gus Kalaris	Mrs Anastasia Rigas
Mr. & Mrs. Stefanos Bounos	Mrs Alice Kapnisis	Mrs Theologia Rigas
Mr. & Mrs. Robert Brewer	Mr & Mrs James Kermes	Mrs Angie Roman
Mrs Sophia Bridoux	Mr & Mrs Stavros Komitopoulos	Mr. Bill Roomeliotis
Mr. & Mrs. Clifford E. Brubaker	Mr. E. Takis Kontoulis	Mr. Christopher Sarandou
Mr. & Mrs. Sam Castellano	Mr & Mrs Peter Kostopolos	Mr. Vasilios Scoumis
Mr & Mrs Charles Chapas	Miss Stella Kourakos	Mrs Chrissy Sfanos
Mr & Mrs William Chapas	Mr Peter Kourakos	Mr & Mrs Emmanuel Sideris
Mrs Helen Chapas	Mrs Mary Kourakos	M/M Charles Siebott & Irene Karavolos
Mr & Mrs Steve Charis	Miss Elenie Kourouklis	Mr James Statheas
Mr Gabriel Cocheres	Mr & Mrs Achille Kourouklis	Mr George Stavropoulos
Mrs Johanna Cocheres	Mr. Marios Kritiotis	Mr. & Mrs. Kirk Stephen
Mrs. Elenie Cocheres	Mr & Mrs Michael Kritiotis	Mr & Mrs Nicholas Tanner
Mr. & Mrs. Steve Condos	Mr & Mrs George Lalikos	Mr. & Mrs. James G. Thiros
Mr & Mrs George Danis	Mr & Mrs Konstantine Lambou	Mr & Mrs James Thomas
Mr. & Mrs. Evan Danis	Mrs Helen Leoleos	Mrs. Penny Tomalski
Mrs Evdoxia Danis	Mr Thomas Levendos	Fr. John & Presbytera Becky Touloumes
Mrs Angeline Davis	Mr Gerald Littler	Mrs Georgia Touloumes
Mrs Fedra Dedousis	Mr. Anthony Loomis	Ms. Anastasia Tsouris
Mrs. Helen DeMoss	Mr. Chris Loomis	Ms. Eleni Valliant
Mr. Dean Dickos	Mr & Mrs Louis T. Loomis	Miss Harriet Valliant
Miss Betty Dickos	Mr & Mrs Nicholas Loomis	Mr & Mrs Gerri Valliant
Mr. Peter Dickos	Mr. & Mrs. Gregory Manesiotis	Mr Peter Valliant
Mr Bryan Elderkin	Mrs. Georgia Manesiotis	Mrs Katherine R. Warren
Mr & Mrs Frank Erdeljac	Mrs Kelly Manning	Miss Mary Magdalene Welsh
Ms. Nicole Fiedler	Mr. and Mrs. Robert Marsh	Mrs Julia Welsh
Mr. & Mrs. William L. Fiedler	Mr & Mrs Mino Mitaras	Mr & Mrs Marcus Zamagias
Mr. Louis Fiffas	Mr. & Mrs. Tom Mitrakos	Mr. Demo Zamagias
Mr. & Mrs. Brian Fitzpatrick	Mr. & Mrs. Gregory Morris	Mrs Effie Zamagias
Mr. & Mrs. John Franciscus	Mr & Mrs Stanley Morris	Mr & Mrs Peter Zikos
Mrs Tessie Frankos	Miss Maria Nychis	Miss Anna Zissis
Miss Diana Fries	Gen. & Mrs. William Pagonis	Mr & Mrs Anthony Zissis
Mrs Constance Fries	Mr. & Mrs. George Paleos	Mr & Mrs Louis Zozos
Mr & Mrs Thomas Geanopoulos	Mr & Mrs Anthony Panagiotou	Mr. & Mrs. George L. Zozos
Mr. & Mrs. George Geanopoulos	Mr Michael Panos	

*This space available  
for your business or  
annual commemora-  
tive listing. Contact the  
Church Office for  
information.*

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



61 ARCH STREET, SUITE 102  
CARNEGIE, PA 15106



**Spanos Group**  
Samuel William Spanos, CFP, CFM  
First Vice President  
Senior Resident Director  
Wealth Management Advisor  
Jo L. Shane, CFP, CFM  
Financial Advisor  
Todd C. Todorich, CFM  
Financial Advisor  
Robert M. Lewis, CFM  
Financial Advisor

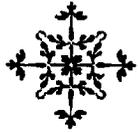
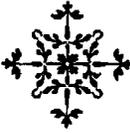
**Global Private Client Group**  
446 Third Street  
Beaver, Pennsylvania 15009  
724 773 8701  
800 813 5191  
FAX 724 775 7050  
[http://fa.ml.com/  
The\\_Spanos\\_Group](http://fa.ml.com/The_Spanos_Group)

**STEPHEN M. BRADY  
FUNERAL HOME**

412-321-0495

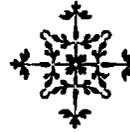
920 Cedar Avenue, Pittsburgh, PA  
Expert **Pre-Need** Planning & Funding

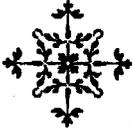
In memory  
of their  
beloved  
ones

**The Vlahakis Family**

In loving memory  
of my brother,



**Michael** 

Louis Manesiotis  
and family

**EYE PHYSICIANS AND  
SURGEONS, LTD.  
Christ A. Balouris, M.D.**

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

**Holy Trinity Greek Orthodox  
Cemetery**

**McCandless Township, North Hills**

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

Contact Cemetery Chairman Bill Fiedler  
412-364-1545

**HERALD PERSONAL SPONSOR FORM**

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

NAME:

PHONE:

ADDRESS:

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

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

(list names or further information here):



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

## “LORD, MAKE ME WHAT I SHOULD BE”

*During Lent, we are all called to a deeper and more dedicated prayer life, but what approach should we take?*

*Here is some advice from Metropolitan Anthony Bloom, whose book, “Courage to Pray,” guides us.*

**If** we remembered that every encounter with God and every deep encounter with man is a judgment, a crisis, we would seek God both more wholeheartedly and more cautiously. We would not be bitter if this encounter did not immediately take place. We would approach God with a trembling heart. In this way we would avoid many disappointments, many useless efforts, because God would not give himself to us if we could not bear the encounter.

He prepares us for it, and sometimes by a long wait. The Gospel gives us examples of the attitude we should imitate. Luke shows us ten lepers seeking to be cured. They come towards Christ and stop a little way off because they know they are impure. And in their misery they cry to the Lord with all the faith and hope they are capable of but without going up to him. And the Lord does not take one step towards them. He simply commands them to go and show themselves to the priests. He promises them nothing. He sends them to their cure. And this cure is granted them in their faith, hope and humble obedience.

We may also remember the example of St Peter who realized his master's godhead through his words and the miraculous draught of fishes, and fell at his feet crying, 'depart from me for I am a sinful man, O Lord'. The vision of the holiness and glory of God did not lead him to seek an intimacy with it which he could not bear. He asked the Lord to go away. But the Lord decided to stay.

We have also in the gospel the story of the centurion who asks the Lord to cure his servant and when the Lord says he will come, the centurion replies, 'Lord I am not worthy that you should enter under my roof, say but the word.' A total faith and perfect trust, such great humility which should shame us because we do not feel our own sinfulness enough, we do not feel ourselves unworthy enough to ask the Lord not to trouble himself at the same time believing that he can do everything for us.

But this is a basic attitude. Unless we give up seeking a tangible shining presence of the Lord, we are going towards our own judgment. If the Lord comes to us, we should receive him with great joy and humility. But let us be careful not to seek mystical experience when we should be seeking repentance and conversion. That is the beginning of our cry to God. 'Lord make me what I should be, change me whatever the cost.' And when we have said these dangerous words, we should be prepared for God to hear them. And these words of God are dangerous because God's love is remorseless. God wants our salvation with the determination due to its importance. And God, as the Shepherd of Hermas says 'does not leave us till he has broken our heart and bones'.