



# THE HOLY TRINITY HERALD

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HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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## QUICK NEWS



Iconographer Florin Vlad begins work on the ring of Cherubim and Seraphim in the dome of the Saint George Chapel at Holy Trinity Cemetery. The just-completed Pantokrator (right) is a historic development in the life of Holy Trinity Church, being the first icon completed at the Chapel and the first Pantokrator dome icon in the history of Holy Trinity Church. For more photos, see page 9, and for regular online progress updates, visit [photos.HolyTrinityPgh.org](http://photos.HolyTrinityPgh.org).



The Newly-Completed Icon of Jesus Christ the Ruler of All  
Dome of the Saint George Chapel — Holy Trinity Greek Orthodox Cemetery

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



# THE HOLY TRINITY HERALD

## About the Herald

The Herald is the Monthly Newsletter of  
Holy Trinity Greek Orthodox Church

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Holy Trinity Church is a parish of the  
Greek Orthodox Metropolis of Pittsburgh  
([www.odpgh.org](http://www.odpgh.org)) and Greek Orthodox  
Archdiocese of America ([www.goarch.org](http://www.goarch.org))  
under the Spiritual Jurisdiction of the  
Ecumenical Patriarchate of Constantinople.

### Holy Trinity Greek Orthodox Church Parish Administration

#### Clergy

Rev. Fr. John Touloumes, Proistamenos

Rev. Fr. Radu Bordeianu, Assistant Priest

#### Parish Council

Louis T. Loomis, President

Chris T. Balouris Dean J. Balouris

Sondra A. Balouris George Dickos

Anthony Loomis Robert Marsh

John Phillips Nicholas Sarandou

Vasilios Scoumis Alex Trilivas

Gerri Valliant Louis G. Zozos

#### Ministries

Philoptochos ..... Esther Ladakos, Pres.

GOYA.....Pres. Becky Touloumes, Advisor

Choir ..... John Nychis, Director

Over 50.....Stella Athanasiou, Pres.

St. Lydia Study.....Stacy Dickos, Coordinator

Cemetery..... Bill Fiedler, Chairman

Greek School ....Effie Kilantonis, Coordinator

Social Hall.....Kathy Romanias, Coordinator

Bookstore ..... Bill and Linda Areheart



The Lord is our judge, the Lord  
is our ruler, the Lord is our  
king; He will save us.

(Isaiah 33.22)

Dear Brothers and Sisters in Christ,

It was a moment in Holy Trinity history I wish we could have all shared together: Monday, March 19, 2008. I received a call from our iconographer, Florin, who with great joy and thanksgiving called to let me know, "Father John, the Pantokrator is done!" It was more than just an announcement. To re-phrase it in the light of another more famous event, it was "one small step for an iconographer, one giant leap for a community."

Why the significance? Well, it has less to do with painting and more to do with purpose. With the completion of the "writing" of that icon (that is how the Faith refers to process of creating icons), a few important things happened:

- For the first time in the 85-year history of the community, this parish now has joined the centuries-old tradition of Orthodox churches from Jerusalem to Constantinople to Mount Athos to America in adorning a Byzantine-style church crowned by a traditional dome with the icon of Jesus Christ Who is, as the passage from Isaiah says above, our Judge (indicated by the closed Gospel in His hand), our Ruler (indicated by the title of the icon), our King (placed at the highest or ruling spot of the church) and our Savior (indicated by His blessing hand). It is a visible confession that indeed, "Jesus is Lord."
- This is now the first icon completed in the holy task of adorning the interior of the Saint George Chapel. This, as we anticipate progress on our new church project, we have melded the history of dedication and love for our forbears and founders with the enthusiasm of this generation by first presenting this gift of tradition to the chapel in their memory and then moving on toward the new church with an equal dedication toward traditional Orthodox design for this and future generations.
- Finally, we have truly stepped into a more complete and visible form of witness to our own mission: "To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ." May that image be seen even more powerfully in us as "living icons" than it is in the dome!



Be sure along the way to stop by the Chapel and see it for yourself.  
May our Lord grant us all a fruitful Lenten journey.

In Christ,

Herald Personal Sponsor for this Issue:

**In memory of and in celebration of the life of  
Michael G. Manesiotis by his wife, Georgia, and family**

## RELIGIOUS EDUCATION

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

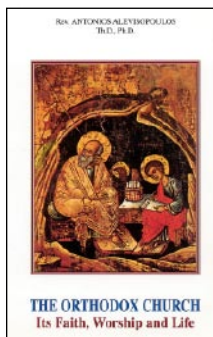
As always, our Church School ministry will be active during the upcoming Lenten season. Among the activities our students will participate in are:

- The Sunday of Orthodoxy Procession with icons on March 16. Remember to bring your icon to Liturgy!
- The readings for the Presanctified Liturgies on Wednesdays, March 12, 26 and April 2 (followed by covered dish dinners). Children, please sign up to read; Parents, join them at the service and please bring food!
- The opening readings for the Services of Salutations on Fridays during Lent for any children who arrive before the service and wish to offer.
- 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 Study . . . . . March 13, 27

The St. Lydia Women's Study Ministry is a place 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. The source text for this year's study is: "The Orthodox Church: Its Faith, Worship and Life" by Fr. Antonios Alevisopoulos. Books are available at the meetings. Remaining dates for the Spring are: Mar. 13 & 27; Apr. 10; May 8. All Holy Trinity women are welcome and invited to bring a friend! 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 Fellowship. . . . . March 4, 18

The St. Nikodemos Men's Study Fellowship is an Orthodox men's fellowship, study and discussion group which meets on the first and third Tuesdays of each month at from 12:00 noon to 1:00 p.m. at the office of TriadUSA, Suite 1600, Three Gateway Center, downtown. The group seeks to provide a regular meeting for working men to discuss issues of faith, work and family. It is open to all interested men and has been centrally located downtown to accommodate easy access for the lunchtime meetings. The remaining dates for Winter/Spring are: Mar. 4, Mar 18, Apr. 1, Apr. 15, May 6 & May 20. Everyone is welcome. Meetings start at 12 Noon and finish at 1:00 pm. For directions, call



Gus Georgiadis at 412-880-4999. The discussion topic during Lent is "Spiritual Life."

## YOUTH MINISTRIES

### GOYA Monthly Fellowship . . . . . March 16

The GOYA will hold its monthly fellowship meeting on Sunday, March 16 10 from 6:30 to 8:30 p.m. GOYAns should watch their email for the location.

### GOYA Retreat . . . . . April 4-6

The annual GOYA Metropolis Spring Retreat will be held at Camp Nazareth in Mercer, PA, on the weekend of April 4-6. Please download information and registration materials from the Metropolis web site at [pittsburgh.goarch.org](http://pittsburgh.goarch.org).

### HOPE and JOY Monthly Gathering . . . . . Third Sundays

The HOPE and JOY ministries for young children hold their monthly gatherings on the third Sunday of each month unless otherwise announced. Please also note the following upcoming events for our young people:

**Sat. March 8, 12p-2:30p: Bowling at Perry Lanes**

**Sat. April 12, 4p: Lenten Mini-Retreat at Treesdale**

### Young Adult Ministry Contact Information Still Needed!

Calling all Young Adults! The Young Adult Ministry (YAM) needs to know how to get in touch with you to let you know what's happening with this newly-energized and active group! If you would like to have information on this ministry sent to you, please send your name and email address to Nicole Fiedler ([nicole@salonika.net](mailto:nicole@salonika.net)).

Attention also all parents! Do you have a college or young adult age child who is not involved with or receiving information about the church and her Young Adult ministries? Please forward his/her contact information to Nicole so they can become informed and involved. Thanks!

## COMMUNITY NEWS

### Spring General Assembly . . . . . March 16

The Regular Spring General Assembly will be held on Sunday, March 16. In addition to the regular reports, information will be provided on the progress and current status of the Chapel iconography, the new church development and the sale of the current property. (Note: No proposal to sell the current church will be voted on here; that requires a Special General Assembly with advance notice when more definite information is available.) It is important for all Holy Trinity members to attend and become information about both the regular and special events in the life of their church.

## SACRAMENTAL LIFE

### Funeral: Penelope Morris

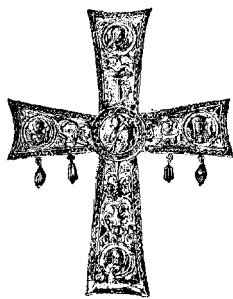
The servant of God, Penelope Morris, fell asleep in the Lord on February 16, 2008. The Funeral service was held at Holy Trinity Church on February 20, followed by interment at Holy Trinity Cemetery. A 40-day Memorial Service is scheduled for March 23. May her memory be eternal!



## LENTEN INFORMATION

### Saturday of Souls Services . . . . . Mar. 2, 9, 16

All Saturdays of the Souls services are held at the Saint George Chapel at Holy Trinity Cemetery, 8941 Ringeisen Rd., McCandless Township. Please be present to honor our departed loved ones this year on Saturday, March 2, 9 and 16. Orthros will begin at 9:00 a.m., followed by Divine Liturgy at 10:00 a.m. and the Memorial Service at the end of the Liturgy.



Please use the memorial names list enclosed in this issue to list your Orthodox loved ones who have fallen asleep in the Lord; and don't just send them in without being there yourself ... if possible, please bring them to experience the beauty and the meaning of the Saturday of Souls in its most appropriate context - at the place where so many of the beloved members of Holy Trinity Church have been laid to rest. Please keep this important tradition alive. Teach your children the importance of prayer for their departed grandparents and loved ones as well by having them write down the names, possibly help with the "kollyva" (memorial wheat) and attend the service as well.

### 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 ... plus they taste great and they are good for you! Please visit the Lenten Soup and Sauces table in Coffee Hour each week! Thank you for supporting our youth as you strive to maintain your spiritual discipline!

### 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 16 - April 20

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.

## 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 10. 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 the Fasting Guidelines on page 12 or speak with Fr. John about specific questions. Please also see Fr. John to set up a time for Holy Confession during the Lenten season. *Kali Metanoia!* (May your repentance be good!)

### Orthodox Studies Forum . . . . . THURSDAYS During Lent

Please note: The Orthodox Studies Forum will move to THURSDAY evening during Lent instead of Wednesdays, due to the Lenten Liturgies of the Pre-Sanctified Gifts. Please note that this will affect the following dates: March 19, April 2 and April 16. See Father Radu for more information.

### Upcoming Lenten Dates . . . . . February-April

Wondering about Lenten and Paschal dates? Here's a helpful guide to some of the important events coming up:

<b>Pure Monday (Lent begins)</b> .....	<b>Mar. 10</b>
<b>Sunday of Orthodoxy</b> .....	<b>Mar. 16</b>
<b>Godparent Sunday</b> .....	<b>Mar. 30</b>
<b>Palm Sunday</b> .....	<b>Apr. 20</b>
<b>Pascha</b> .....	<b>Apr. 27</b>

### TRIUMPH OF ORTHODOXY CELEBRATION AND ICON FESTIVAL

SAINT NICHOLAS ORTHODOX CHURCH  
903 ANN STREET - HOMESTEAD PA 15120

412-461-3264

#### Saturday, March 15, 2008

9:00 AM Liturgy St. Theodore  
11:00 AM Icon Festival  
3:00 PM Lecture  
5:00 PM Vespers

#### Sunday, March 16, 2008

9:00 AM Liturgy  
11:00 AM Icon Festival

4:00 PM **Triumph of Orthodox  
Service, Metropolitan  
NICHOLAS Preaching**

#### Monday, March 17, 2008

10:00 AM - 2:00 PM  
Clergy retreat with Fr. Paul Lazor



Sponsored by the Orthodox Clergy Brotherhood

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



**Father John Androutsopoulos**

## FIRST SUNDAY OF LENT SUNDAY OF ORTHODOXY MARCH 16

The Sunday of Orthodoxy has been observed by our Holy Church for over one thousand years commemorating the final victory of Orthodoxy over the iconoclasts, those who denied paying homage to the sacred icons and sacred objects used by the Church.

The Seventh Ecumenical Council, the last truly Ecumenical one, assembled in 787 a.d. in the city of Nicea. Representatives of all the Patriarchates were present. The Holy Fathers of the Holy Council discussed the basis for the use of icons whose use was forbidden by Emperor Leo the III in 726. The Holy Fathers proved that icons were very necessary for religious teaching and the perfecting of Christian morals.

There was a persecution of those who took a heroic stand in defense of their faith. Many dedicated monks became martyrs for their beliefs. Many bishops were imprisoned and tortured.

The controversy on the use of icons continued and in the ninth century the issue was settled in favor of the use of icons.

It was not until the memorable Sunday in 843 that the Orthodox teaching finally triumphed. On the first Sunday of Lent in the year 843 the veneration of icons was proclaimed in the Cathedral of Hagia Sophia in Constantinople. Throughout the centuries the Church has commemorated "The Triumph of Orthodoxy." Each year the faithful re-affirm their beliefs in the sacred images and relics and pro-claim their belief in the Orthodox teachings.

Today all Orthodox Catholic Churches are richly adorned with icons. They are our "Windows into Heaven." They help make a church a place "where God has His dwelling place among men." Icons are an aid to instruction, to meditation, to prayer. They help raise our thoughts to Christ and His Saints

### What Does The Commemoration Of The "Triumph Of Orthodoxy" Mean To Us Today?

It is a day for us to rededicate ourselves to the task of serving Christ and His Church. It is a day to profess our Orthodox

Catholic Faith, to proclaim that the Orthodox Catholic Church is the ONE, HOLY, and APOSTOLIC Church. It is a day to open our hearts to Christ that He may triumph over our lives.

### THE GIFT OF PATIENCE

Happy is the man who remains faithful under trials; for when he succeeds in passing the test he will be given life, the prize which God has promised to those who love Him. (James 1: 12)

Of all the blessings we receive in our lifetime, the gift of patience is one of the greatest.

During this Lent (which begins on Pure Monday, March 10 this year), we may try to develop this great virtue with the help of God. Here are some help insights into this necessary virtue:

PATIENCE is love at work. Patience is a mother, who loves her small child even after he has spilled a glass of milk on himself and the clean tablecloth.

PATIENCE is a father teaching his teenage son how to drive an automobile without getting angry at him for his every wrong move.

PATIENCE is the man in his wheelchair and the woman in her walker thanking God for their blessings and bearing their hardships with a smile.

PATIENCE keeps out tongues from uttering unkind words, keeps out hands from doing angry deeds, keeps out feet from hasty acts.

PATIENCE is God's restraining hand. Surely it is what God must have in dealing with us every day.

PATIENCE is love expressed in vexing situations. PATIENCE is LOVE IN WAITING or WAITING IN LOVE.

Would you like to know more about Patience? Please read the Book of JOB in the Old Testament.

BLESSED ARE THOSE WHO HAVE THE PATIENCE OF JOB!

May we all of us have a blessed and fruitful Lent.

With His Love,

*Rev. Fr. John K. Androutsopoulos*





Hello, my precious children!

My little sister, Zoe, sometimes asks our Mommy, "Do you love me?" Did you know that Jesus also asked the same question to Saint Peter (John 21:15)? My precious children, this is an important question for us because God tells us that we should love Him "with all your heart, and with all your soul, and with all your strength, and with all your mind" (Luke 10:27).



Also, Jesus says that if we truly love Him, then we will do what He says: "If you love me, you will keep my commandments" (John 14:15). His ways are not always easy, and sometimes your friends will not like them at all. But remember, God can see what we cannot, and His is working everything for our good: "We know that in everything God works for good with those who love him, who are called according to his purpose" (Romans 8:28).

Today, I want to chat with you about respect and disrespect. Do you remember that Cain, the son of Adam and Eve, was the first one to commit the sin of jealousy? He was jealous of his brother Abel's offerings to God. Well, Cain was not only jealous of Abel, he was also disrespectful of God and the way He received their offerings. So even though God told them both bring their best gifts as offerings, Cain was not willing to listen. What does it mean to bring your best gift? We know that Cain was a farmer and Abel was a shepherd. Their sacrifice to God came from their daily work. Imagine what their discussion might have been like.

Abel: "What are you doing there?"

Cain: "This is my offering."

Abel: "Wow, it doesn't look that great. Are you sure those are your best fruits and vegetable?"

Cain: "That is what I'm offering and I don't care if you have a problem with it. Mind your own business."

So, maybe the reason God accepted Abel's offerings but didn't like Cain's was that Cain might have offered the worst of his crops and Abel offered the best of his flocks. And it only got worse from there. Cain got so angry and jealous of Abel that he took him out into the field and killed him!

Have you ever done that thing that your parents call "throwing a fit?" Even if nobody was around to hear you or to be hurt, you are still being attacked by anger. And remember, like God told Cain, "If you do not do well, sin is couching at the door; its desire is for you, but you must master it" (Genesis 4:7). So we must always remember that we displease and disrespect God when we allow ourselves to be taken over by these kinds of fits. They are very dangerous.

As we head into Lent this year, maybe a good thing for all my precious little ones would be to just ask themselves, "How would I rate myself on respect and disrespect?" How we treat others is a good way to find out. Every day we make choices to respect or disrespect our parents, family members, teachers and friends.

Have a blessed Lent! See you in Church!

Love in Christ,  
Spero



Voula Hareras

## ΓΙΑ ΝΑ ΜΗΝ ΞΕΧΝΑΜΕ ΤΗΝ ΙΣΤΟΡΙΑ ΜΑΣ

**Τ**ό 1821 όλοι άνεξερέτως οί Έλληνες μέ άγώνες καί μεγάλες θυσίες μέχρι θανάτου πλήρωσαν μέ τό αίμα τους, γιά νά έλευθερώσουν τήν άγαπημένη τους Πατρίδα πού στέναζε κάτω από τήν άπάνθρωπη σκλαβιά 400 χρόνων.

Όλοι τους είναι άθάνατοι ήρωες καί δέν πρέπει νά τό ξεχνάμε καί νά

περνούν σχεδόν άπαρατήρητα τέτοια ιστορικά γεγονότα.

Θά πρέπει μέ κάθε θυσία νά μάθουν τά παιδιά καί τά εγγόνια μας τήν ένδοξη ιστορία μας καί νά είναι περήφανα.

Σήμερα θά αναφέρω δυό ήρωικά νησιά πού πολέμησαν καί αυτά παλληκαρίσια καί έχυσαν μέχρι σταγόνα τό αίμα τους γιά τήν Ελευθερία τής Πατρίδας των. Καί μέ αυτήν τήν θυσίαν τους κατάφεραν νά συγκινήσουν όλα τά Κράτη καί νά προσφέρουν καί αυτά τήν βοήθεια καί τήν συμπαράστασί τους στόν ένδοξο Ελληνικό Λαό. **ΑΥΤΑ ΕΙΝΑΙ Η ΧΙΟΣ ΚΑΙ ΤΑ ΨΑΡΑ.**

## Η ΚΑΤΑΣΤΡΟΦΗ ΤΗΣ ΧΙΟΥ

ΚΑΝΑΡΗΣ...Ταυτόχρονα μέ τήν άλλη Ελλάδα Επανάστατησαν καί τά Νησιά,πρώτο δέ μεταξύ τών Νησιών ή Χιος. Μάλιστα οί Έλληνες κατώρθωσαν νά έλευθερώσουν τήν Χίο,καί νά

Άναγκάσουν τούς Τούρκους νά κλειστούν σ'ένα φρούριο.

Ο Σουλτάνος θύμωσε μέ τά γεγονότα αυτά καί διάταξε τόν στόλο του νά πλεύση στήν Χίο μέ 7000 στρατό,ό μικρός Ελληνικός στρατός δέν μπόρεσε νά άποκρούση τόν στρατό τού Σουλτάνου. Τότε όλο τό νησί παραδόθηκε στήν καταστροφή ή πόλις της Χίου καί 40 χωριά κάηκαν,άπό τίς 100 χιλιάδες πληθυσμό 23 χιλιάδες έσφάγησαν καί 48 χιλιάδες πουλήθηκαν σάν δούλοι. Οί άλλοι κάτοικοι πού άπόμειναν σκορπίστηκαν στά βουνά καί στής σπηλιές τού Νησιού.

Ετσι τό μυροβόλο Νησί ή ώραία Χίος έρημώθηκε.

Αλλά τό κακούργημα τής Χίου δέν έμεινε άτιμώρητο. Ο Ελληνικός στόλος μέ Αρχηγό τόν Κανάρη,πού ήταν άπό τά ψαρά έφθασε στήν Χίο, ό Κανάρης μέ τόν Πιπίνο άλλο Ναυαρχο άπό τήν Υδρα άποφάσισαν νά κάψουν τόν Τούρκικο Στόλο μέ πυρπολικά Κάθε ένας διάλεξε 20 συντρόφους, ύστερα μπήκαν μέσα σέ δυό βάρκες καί έδεσαν σέ κάθε μιά ένα πυρπολικό.

Τά πυρπολικά ήταν μικρές βάρκες γεμάτες εύφλεκτες ούσιες, όπως θειάφι,πίσσα καί λοιπά,τά κολούσαν στά πλευρά τών μεγάλων Καραβιών καί τά άναβαν. Επαιρναν άμέσως φωτιά καί μετέδιδαν τήν φωτιά στά Κάρabia τά όποια καμωμένα άπό ξύλα άναβαν άμέσως καί γίνοντας παρανάλωμα πυρός. Στό λιμάνι τής Χίου ήταν άγκυροβολημένος ό Τούρκικος Στόλος, μέ δυό μεγάλα πλοία,τήν Ναυαρχίδα καί τήν ύπωναυαρχίδα. Οί

Τούρκοι γιόρταζαν τότε τό Ραμαζάνι. Νήστευαν όλη μέρα, τό βράδυτό είχαν ρίξει στό φαγοπότι καί τήν διασκέδασι. Οί περισσότεροι είχαν μαζευτή στά μεγάλα πλοία. Ο Κανάρης κι' ό Πιπίνος έπλησίασαν μέ τά πυρπολικά των τά πλοία, πρώτος ό Πιπίνος άναψε τό δικό του καί τό προσκόλησε στήν Ναυαρχίδα, σέ λίγα λεπτά οί φλόγες έζωσαν τήν Ναυαρχίδα,ή φωτιά μετεδόθηκε καί σέ πλοίο πού ήταν εκεί κοντά άγκυροβολημένο, ύστερα σέ άλλα πλοία, οί Τούρκοι δέν ήξεραν τί συμβαίνει. Έπεφταν στήν θάλασσα καί προσπαθούσαν νά φύγουν άπό τά πλοία πού δέν είχαν πιά φωτιά.

Σέ λίγο ή φωτιά έφθασε στήν πυριπιδαποθήκη. Η Ναυαρχίδα σάν πυροτέχνημα άνατινάχτηκε στό άγέρα μέ ένα τρομαχτικό κρότο. Ο Κανάρης άπό μακριά άκουσε τόν κρότο καί είδε τίς φλόγες καί είπε [Ω τί ώραία φωτοχυσία] έτσι ό Κανάρης έκδικήθηκε τήν καταστροφή τής Χίου. Οί Τούρκοι έχασαν 2000 Ναύτες καί πολλά πλοία, τά ύπόλοιπα έφυγαν γιά τόν Ελλήσποντο, καί γιά πολύν καιρό δέν τολμούσαν νά βγούν στό Αίγαιο, φοβόντουσαν τά πυρπολικά...

## Η ΚΑΤΑΣΤΡΟΦΗ ΤΩΝ ΨΑΡΩΝ

Υστερα άπό τήν Χίο οί Τούρκοι ήθελαν νά τιμωρήσουν τά ψαρά διότι οί ψαριανοί μέ τά πλοία τους έδιναν πολύτιμες ύπηρεσίες στόν άγώνα, τοτε 30,000 στρατός καί πολλά πλοία έξεκίνησαν έναντίον τών Ψαρών. Οί Ψαριανοί έννοιωθαν τόν κύνδινο μά ήταν άποφασισμένοι νά πολεμίσουν γιά τήν Πατρίδα των.

Ο Τούρκικος στόλος έφθασε στό λιμάνι καί άρχισε τόν κανονιοβολισμό, τέλος όμως άρχισαν νά ύπερισχύουν κατώρθωσαν νά φθάσουν στήν πόλη καί ύστερα άπό φονική μάχη νά πάρουν τά ψαρά.

Οί γυναίκες μέ τά παιδιά τους στήν άγκαλιά έπεφταν στήν θάλασσα γιά νά σωθούν άπό τούς Τούρκους καί πνίγονταν.φωτιά καί σίδερα παντού.

Από τους Ψαριανούς μαχητές μόνον λίγοι άπομείνανε καί κλείστηκαν σέ ένα φρούριο.

Οταν οί Τούρκοι μπήκαν μέσα οί Έλληνες έβαλαν φωτιά στήν πυριπιδαποθήκη καί τό φρούριο άνατινάχτηκε στόν άέρα μέ όλους τούς Έλληνες καί Τούρκους μέσα. Οί Τούρκοι έκαψαν όλο τό Νησί, ψυχή δέν έμεινε ζωντανή.

Πολύ παραστατικά ό Εθνικός μας ποιητής Διονύσιος Σολωμός περιγράφει τήν καταστροφή τών Ψαρών...

*Στων Ψαρών τήν όλόμαυρη ράχη  
Περπατώντας ή δόξα μονάχη  
Μελετά τά λαμπρά παλληκάρια  
Καί στήν κόμη στεφάνη φορεί  
Καμωμένο άπό λίγα χορτάρια  
Πούχαν μείνη στήν έρημη Γή...*

Βούλα Χαρερά



## GOYA Basketball Tournament

**February 15-17:** Two teams of GOYAns, along with Father Radu, coaches and parent chaperones, attended the Metropolis Basketball Tournament in Warren, Ohio. The teams returned with two trophies: First Place for the boys and Second Place for the girls. Thank you to all our dedicated families for the service and sacrifice in providing for our children during these well-attended Metropolis events. Well done, HT!







## Holy Trinity's First Pantokrator Icon!

**Feb. 19:** Iconographer Florin Vlad completes work on the Pantokrator Icon (Jesus Christ "The Ruler of All") in the dome of the Saint George Chapel at Holy Trinity Cemetery. In addition to it being the first icon completed at the chapel, it marks a historic moment in the history of Holy Trinity Church as the first-ever Pantokrator icon in the parish's history, since the chapel is the first domed church structure in the parish's life. Above left: The icon peeks out through the scaffolding which has been erected in the center of the chapel for the dome work. Right: Florin begins sketching the next level, the ring Cherubim and Seraphim. Lower right: Holy Trinity GOYA presents a check to Parish Council members as they donate the icon of Jesus Christ on the main level of the chapel. Watch for regular online updates of the iconography progress at:

<http://photos.HolyTrinityPgh.org>



**Jan. 6:** Frank and Anne Chapas received a special marriage blessing at the conclusion of the Divine Liturgy of Holy Theophany as they celebrate their 65th wedding anniversary. Frank and Anne are also the donors of the Pantokrator icon at the Saint George Chapel, pictured above. May God grant them many years!







**Michael Kritiotis**

Dear Holy Trinity Stewards,

As the 2008 stewardship drive continues successfully thus far through its early months, the 2007 final results have been tallied and showed that the Holy Trinity stewards made strides in responding to the call to improve our pledge levels to a meaningful level so that we can help our Church achieve its mission.

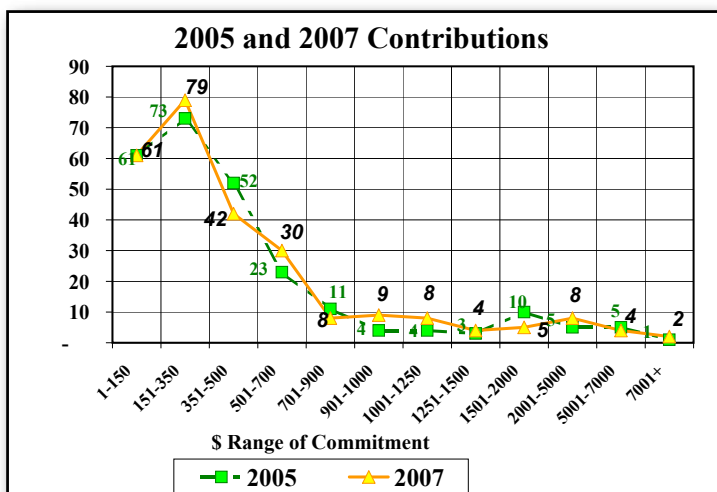
## The Good News: Growth

Below you see various charts and statistics from 2007 and prior Stewardship years. We have been experiencing minor growth in number of pledges, reaching 260 for the first time in 2007. More importantly, commitments on average and in total have also grown, resulting in over \$170,000 contributed last year.



## The Continuing Challenge

With this good news, we must also be mindful that we have a long way to go before we can proudly say that our stewardship covers our Church's routine bills. To be exact, our stewardship offsets less than 60% of the day-to-day expenses. The reason our progress is slow can be found in the last graph. It shows that, in comparison to 2005, very little progress has



been made in 2007 to "move" large numbers of members from the left edge to the center of the graph – or, from the lowest range of giving toward the center. You'll notice that a high number of us (70%, actually) still contribute less than \$500 per year. And, more than half of the parishioners give less than \$350 annually (these are actual dollars given, not merely pledges).

## The Dangers

Even though there are certain cases where this is justifiable as a fair share, most are able to do more. When we hold back and give less to the Church than we would for a few nights out or what we perhaps spend on tips to servers or on a shopping trip, we put several of our Church programs at risk and add to the burden of the few who are willing to make an all-out effort and support the ministries that all of us have available, the Community and the Church that is here for our salvation. Let us please make a conscious effort to see that this trend ends today.

## The Needs

Over the past few years, we used the example of the church needing \$850 per day to keep its doors open. If you are giving less than that and you know that you are able to increase your pledge, consider sponsoring the church for a day! Consider changing your pledge so that we can achieve the goal of putting aside money earned from the festival and other events for the future of the church and not into paying today's bills. What a rewarding experience that would be! Ones who are giving at higher levels also know that it is possible to do better. As St. Paul said, each to our ability and based on what was given to us. Please take a personal and spiritual inventory to follow and renew this discipleship of true giving for what is the center of our Christian lives.

## The Timing

Another way to help with the church budget is to avoid waiting until the end of the year to make your stewardship donations. The Church's expenses are highest in the first six months of the year and can't always wait to be paid later. Therefore, every year, money needs to be taken from the savings account to make up the difference. If at all possible, please make every effort to pay a large part of your 2008 pledge by this Spring.

Year	2005	2006	2007
Total Actual Contributions	\$156,100	\$136,700	\$170,880
Highest Individual/Family Pledge	\$10,000	\$6,000	\$12,000

## The Rewards

Please understand that these remarks were not meant to discourage you, offend or worse, distance you. On the contrary, it is hoped that in a positive way, they provided some guidance in our continued growth as good stewards. The Holy Trinity spirit is vibrant and we have much to be thankful for. But there is so much that we are still called to do, and only together we'll succeed. "Together" means each and every one of us; and that includes you.

Sincerely in Christ,

*Michael A. Kritiotis*  
Stewardship Chairperson



Throughout the history of the Church, teachers, hierarchs and spiritual guides have drawn many analogies to help us understand the role of Lent, fasting, prayer and spiritual growth in the lives of Orthodox Christians. Each has its own merits and is helpful in our life in Christ. The following article was published in "Life Transfigured," a journal from Holy Transfiguration Orthodox Monastery in Ellwood City, PA. In addition to the many helpful, daily examples it presents, this spiritual guidance also leads us into Lent with an understanding that we are not heading toward a moment of perfection or achievement, but rather a season and a lifetime of our soul as a "work in progress." So do not be despondent when your spiritual work is not complete on any given day. Press on. Remember, you are "open during remodeling!"

## The House of God

Your house is that in which you live and move and have your being. Within it dwells your body, heart and God. This little temple of the wood of the tree needs a strong foundation deeply secured on the rock nestled against the side of the hill from whence cometh Thy help, the One Who made heaven and earth.

## Walls

Your house needs walls to hold up the roof, so that the sun will not smite thee by day nor the moon by night; so that the Psalmist's lone bird on the roof-top will have a place to rest his foot; so that it can serve as Moses' veil worn over his shining face (having received the Ten Commandments), when your life within becomes so radiant the neighbors would think your house afire!

## Lights

Your house needs lamps, chandeliers, lampadas in front of the icons, for you see by the light of your eye and by God Who is Light and in Whom there is no darkness at all.

## Rooms

Your house needs rooms for your family members, for in your Father's House there are many mansions. And for the One for Whom there was no room in the inn — a corner become the center.

## Stairs

Your house needs stairs to ascend and descend from one level to another as the angels call to you.

## Water

Your house needs water, pure and holy, cool as Jacob's well, warm as the Holy Spirit, dew from heaven, gift of tears, an ever-flowing fountain.

## Chimney

Your house needs a chimney to let smoke rise as incense of prayer.

## Windows

Your house needs windows, icons to look in on you from outer sacred space.

## Doors

Your house needs doors through which, even closed, holiness can pass because it is everywhere present, filling all things.

## Beds

Your house needs beds on which to meditate in your heart and be still.

## Kitchen

Your house needs a kitchen where Martha can be concerned about many things, and Mary watch and hear the Word of God.

## Children

Your house needs children like olive plants around your table.

## Trees

And your house needs an oak tree under which you may entertain angels unawares.

## The Builder

"Unless the Lord builds the house, those that build it labor in vain" (Ps. 127:1).



Every Christian house in itself represents an infinitely large house—the universe, heaven and earth, in which the Lord dwells. It is for this reason that one sees in every Christian house representations of the Savior and of the Mother of God, listening to the prayers of those who live in the house and who call upon them.

St. John of Kronstadt  
My Life in Christ

## You!

Your house needs you and the loving care which you provide for the life of the world within, in response to the grace and great mercy of the steadfast love of the Almighty Lord.

# HOW TO FAST DURING LENT AND HOLY WEEK

(Note: All the dates below refer to 2008 specifically. These change each year due to the varying date of Pascha, April 27 this year.)

## Fast Free Pre-Lenten Week: (Feb. 17-23)

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. 24-Mar. 1)

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 (Mar. 2-Mar. 8)

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 9).

## Great Lent and Holy Week (Mar. 10-Apr. 26)

**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 (April 20 this year) 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 spiritual 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 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)*



## TIPS ON MAINTAINING A HEALTHY LENTEN FAST

- 1) Reduce all “empty calorie” foods (i.e., cookies, cakes, candy, soda/pop, etc.) and replace them with nutrient-dense foods, such as whole grains, legumes [Legumes include: chickpeas, beans (black, red and navy), lentils, peanuts, peas, soy and bean sprouts], nuts, seeds, fruits and vegetables.
- 2) Use a variety of fruits and vegetables in meals. Add a vitamin C source to each meal. Vitamin C is highest in fruits and fruit juices, but is also plentiful in red sweet peppers, kohlrabi, broccoli, pod peas, sweet potatoes, cauliflower and kale, just to name a few.
- 3) Provide vitamin D by daily exposure to the sun or by foods fortified with vitamin D (for example, certain breakfast cereals and milk alternatives).

*Note: These are helpful tips, not medical advice! Please consult your doctor for special medical needs. There is also plenty of vegetarian/fasting info on the Internet.*





# HOW TO EAT APPROPRIATELY ALL YEAR ROUND!

Even when we are not fasting, what and how we eat still provides an opportunity to live and express our Orthodox Faith and piety.

## How Should We Conduct Ourselves During Meals?

The following spiritual guidance has been excerpted from Chapter 6 of "How to Live a Holy Life," by Metropolitan Gregory of St. Petersburg (1784-1860), published by Holy Trinity Monastery in Jordanville, NY. It is provided here as a balance to the article on fasting on the previous page and for helpful instructions to make sure we are both thankful and appropriate whether or not we are fasting on any given day.

### Prayer

Never begin lunch or dinner, or finish them, without fervent prayer to the Lord God as, unfortunately, very many Christians of our time do. One cannot but marvel at how these Christians have reached such a condition of soul that they can both start a meal and finish it without a fervent prayer to the Lord God. For it is precisely the Lord God Who supplies us with all our food. Granted, we ourselves also worked to obtain our food, but what would all our work amount to if the Lord God did not give us His blessing—if, for example, He did not bestow the proper warmth, moisture, wind and sun on the fields and gardens that we have cultivated and sown? Absolutely nothing, as, of course, everyone knows. Besides, it is precisely the Lord God who furnishes our food with nourishing properties, and our bodies with an ability to use these nourishing properties for our bodily health.

### Moderation

Our meals should always be moderate. All the saints, who customarily watched strictly after themselves, say with one voice: 1) that very little is needed for satisfaction of our bodies; 2) that our bellies by themselves almost never know moderation; 3) that our bellies sometimes demand food even when they have had more than enough, and 4) that therefore to maintain moderation it is best to cease consumption of food when the urge to eat has still not completely subsided. St. John Chrysostom gave an excellent rule for observing necessary moderation in food: "Eat just enough to alleviate your hunger." Another holy teacher said "You should not eat whatever you want, but eat what you have, and in a way that after eating and drinking, you still feel an urge for food."

### Overstuffing

At meals, especially dinner, never consume food immoder-

ately or to excess. Our food is a gift from God, and all gifts of God, being divine, should be received reverently, decorously, with the fear of God, and consumed only for the purpose for which they are given. Our food is given to us for not for satiety, but for satisfaction. Satiety is extremely harmful for our body, because stomach disorder, corruption of the blood, various diseases of the body, and premature death are in great part a result of excess or intemperance. Doctors, experience, and the Spirit of God attest to this. For excess of meats bringeth sickness. . . by surfeiting have many perished, says the Wise One (Eccles 37:33,34).

### At the Table

During lunch and dinner never say anything sinful. Because to insult God at the same time as you are eating His gifts, when it is especially necessary to feel and show gratitude to God, is the vilest ingratitude. But unfortunately, during lunch and dinner many carry on the most impious conversations: they defame, condemn, mock each other, especially absent neighbors, tell suggestive jokes, give themselves up to ludicrous behavior, speak disrespectfully of the faith, of various sacred subjects relating to the faith, and so on. Such conduct over lunch and dinner is extreme ingratitude to the Lord God. Guard against it in every way possible.

### Our Daily Bread

Whoever consumes his lunch and dinner thus, that is, moderately and with gratitude to the Lord God, is acting as duty demands, in a righteous and God-pleasing manner. Perhaps in his home there will not be abundance, but at the same time there will never be complete poverty. The Holy Prophet David says, I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread. On the contrary, the righteous man often finds himself even in such a position that He is ever merciful, and lendeth (Ps. 37:25,26), that is, every day he sustains the poor and provides them with something. And so, whoever does not have his daily bread should examine himself attentively and dispassionately to determine whether he prays for his daily bread to the Lord God before his lunch and dinner and whether he labors for his daily bread.



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An update on the news and activities of our local Holy Trinity chapter of the Philoptochos Ladies Society, a national philanthropic ministry of the Greek Orthodox Archdiocese of America. and the Parish Council. " Want more information? Visit their web site at [www.Philoptochos.org](http://www.Philoptochos.org) or contact a local member.

### February/March 2008

#### Just Because Luncheon Postponed

To all the ladies of Holy Trinity and their lady friends: Due to illness of the "Purse Lady," our "Just Because Luncheon" and purse party has been postponed. We have rescheduled it for May 4th. Mother's Day is May 11th. This is a good time to think of buying your mother a great purse or wallet. Please make plans to come to lunch and buy a purse.

#### Cookbooks

Our new cookbook, "A Greek (And Not So Greek) Cookbook," is still available. Don't forget to buy one for a gift (birthday, shower, house warming or just because). They are only \$15.00. We will even ship it for you if you have someone out of town to send it to. Contact Joyce Countouris at [philoptochos@holyltrinitypgh.org](mailto:philoptochos@holyltrinitypgh.org) to order.

#### Lenten Luncheon

Our annual Lenten Luncheon will be held on the Third Sunday of Lenten, March 30th, in conjunction with Godparent/God-child Sunday. We try to have a variety of foods to satisfy every ones palate. Dear Ladies: Please bring a large covered Lenten dish to church (non-meat, non-fish, non-dairy) for the event. If you have any questions as to what to bring, please call Esther at 412-761-3977 or see her in church.

#### New Building Fund Donation

At the January 27th meeting of the Philoptochos it was voted that we would give the New Building Fund \$100.00 a month. Instead of giving \$100.00 a month over the year, however, we have decided to donate \$1,200.00 as a lump sum each year. The 2008 donation was made and the church received it on February 11th.

#### Easter Bake Sale

We are selling pans of delicious, homemade spanakopita, baklava, and Easter bread. They will be prepared in time to deliver them to even your non-Orthodox friends who may be celebrating Western Easter. The prices are as follows:

##### Spanakopita

9" x13" pans: \$20.00 each

Individual triangles: \$1.00 each

##### Baklava

9" x 13" pans: \$20.00 each

Individual pieces: \$1.25 each

Bread - \$6.00 a loaf

All orders must be received and prepaid by March 2, 2008. Order can be picked up on Saturday, March 15, 2008 from 9:00a.m. until 2:00p.m. at Holy Trinity Church Hall.

You may place your order by phone 412-761-3977 or by E-mail: [philoptochos@holyltrinitypgh.org](mailto:philoptochos@holyltrinitypgh.org). Note: the proceeds from this fund raiser goes to the new building fund. Thank you for your support.

#### Stewardship

Ladies, this is just a reminder that the 2008 Stewardship is due. Please see Kay Balouris or Esther Ladakos to fulfill your 2008 commitment.

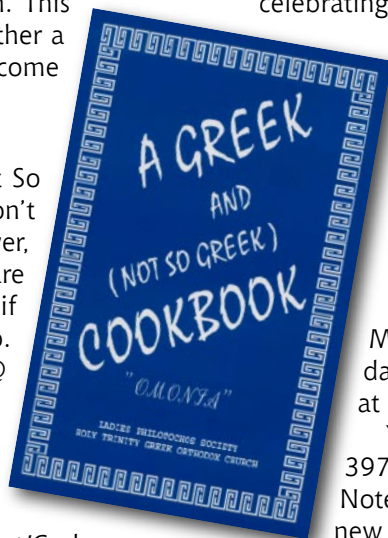
#### Upcoming Events

EASTER BAKE SALE - Deadline March 2

LENTEN LUNCHEON - MARCH 30

PASCHA BREAD SALE

Sincerely,  
Esther Ladakos  
Philoptochos President



#### The History of Philoptochos (...continued from [www.Philoptochos.org](http://www.Philoptochos.org))

Spyros Skouras of Twentieth Century Fox spearheaded the activity of the Greek War Relief. He arranged for a premiere benefit of the famous film, "Gone With the Wind" with the ladies engaged in the myriad of details for this event; a special "Tag Day" was initiated by the Philoptochos throughout the U.S. with the ladies soliciting contributions on street corners, restaurants, super markets and other business establishments, including the neighborhood theatres; many events and programs were organized with proceeds sent to the Greek War Relief; and "knit a sweater for a soldier" was a popular project. Sewing Centers were set up with the valuable assistance of the Council of Hellenic-Jewish Clothing Manufacturers which was headed by Joseph Josephs, providing hundreds of articles of clothing for children and adults in Greece. Heading this project was Mrs. Agatha Vernicos of London, as chairman, Mrs. Sophie Hadjiyanis and Mrs. Katy Vlavianos were co-chairmen, and the secretary was Mrs. Despina Vrachopoulos.

The activity of the Greek War Relief continued for several years. With the entry of the U.S. in the war following Pearl Harbor, the Ladies Philoptochos devoted long hours to selling War Bonds, to the American Red Cross under the leadership of Dr. George Papanickolaou, who later developed the famous "Pap" test to detect cancer of the uterus in women, and offering hospitality to soldiers on leave prompting the American Government to praise the efforts of the Philoptochos.

(To be continued...)



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412-364-1545

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## Holy Trinity Greek Orthodox Church



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## Why We Venerate Holy Objects and Images



On the first Sunday of Lent, the Orthodox Church celebrates the restoration of the holy icons as proclaimed by the Seventh Ecumenical Council (787 A.D.) following the Iconoclastic Controversy, which sought to remove these holy images from the Church. Additionally, this issue of *THE HERALD* celebrates the completion of the first icon, the Pantokrator, at the new Saint George Chapel at Holy Trinity Cemetery. In observation of both these events, it is good to refresh our understanding of the holy images and their proper use. This helps us become more enlightened Orthodox Christians in worship and better witnesses for the Faith to others.

*If* you sincerely love your friend, or your king, or especially your benefactor, if you should see his son or his servant, do you not embrace him, or if you see his staff or his throne, or his crown, or his house, do you not salute them? If you thus honor a benefactor or the emperor, how much greater should be the honor you give to God! Again I say, Would that you had made images according to the law of Moses and the prophets, and each day worshipped the God and Master who commanded them. Therefore when you see Christians bowing down before the cross, know that they bow down to Christ crucified, and not to the wood... [The Cross and the images of the saints] are not our gods, but are like books which lie open in the churches in the sight of all. We venerate them, and thus are reminded of the honor we owe God. He who honors the martyr honors God to whom the martyr bore witness; he who venerates the apostle of Christ worships Him who sent the apostle. He who falls at the feet of Christ's mother most certainly gives honor to her Son. There is no God but one: He who is known and adored in Trinity.

*Leo, Bishop of Neopolis (7th c.) as cited by St John of Damascus (8th c.) in his defense of the holy images*

Scripture of the Month: "To Him be honor and eternal dominion." (1 Tim 6.16)