



THE HOLY TRINITY HERALD

FEBRUARY 2009

VOLUME 17 • ISSUE 2

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

ST. THEODORE OF TYRON THE GREAT MARTYR- FEB. 17

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QUICK NEWS



Holy Trinity HOPE and JOY children and their parents spent an exciting and adventurous night at the Pittsburgh Zoo on January. They got to visit the kangaroos, pet a lot of live animals and camp out in their sleeping bags in the exhibit hall with the snakes and the meerkats! See page 9 for more photos and an article on the event.



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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About the Parish

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Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh (www.odpgh.org) and Greek Orthodox Archdiocese of America (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

Chris T. Balouris, President

Anthony Loomis Dean J. Balouris

Sondra A. Balouris Yvonne Balouris

George Danis George Dickos

Joanne Germanos Robert Marsh

Nicholas Sarandou Vasilios Scoumis

Alex Trivilas Gerri Valliant

Ministries

Philoptochos Esther Ladakos, Pres.

GOYA Pres. Becky Touloumes, Advisor

Choir John Nychis, Director

Over 50 Club 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 himself will descend from heaven with a cry of command, with the archangel's call, and with the sound of the trumpet of God. And the dead in Christ will rise first.

1 Thessalonians 4:16

Dear Brothers and Sisters in Christ,

In 1991, the NASA Hubble Space Telescope, launched only one year earlier, was in trouble. Problems with three of its six gyroscopes, which are devices used to measure or maintain orientation, were malfunctioning, prompting an emergency repair mission. Without properly functioning gyroscopes, this massive, expensive space explorer would be at risk of not knowing where it was or where it was going. Without re-tuning those vital instruments, the mission was doomed for failure.

Sound familiar? During the pre-Lenten season, we know there is a "mission" on the horizon. As stated in the prayer of the ambon from the Liturgy of the Pre-Sanctified Gifts, it is: "to fight the good fight, to complete the course of the fast, to keep the faith inviolate, to crush underfoot the heads of unseen tempters, to emerge victors over sin and to come, without reproach, to the worship of Your Holy Resurrection." Yet no matter how hard we try to stay in good operating condition, constant maintenance is needed. Like the hobbled Hubble, sometimes, the "gyroscopes" of our life fail to operate properly, too. To dive energetically into the Great Fast without "checking the instruments" for the mission can also leave us not knowing where we are or where we are going.

There is a place we can run a quick check. For two Saturdays in the Pre-Lenten season and the first Saturday of Lent, the long-standing tradition of the Orthodox Church has been to offer the "Saturdays of the Souls" Liturgies and Memorials, during which we commemorate those who have already "completed the mission." At Holy Trinity Church, we have had the special blessing of being able to offer those services not just in a church, but in a sacred temple right in their midst, since February, 2006. Now, with the progress of the iconography, we are able to stand in that holy place and truly tune our "gyroscopes" as we see clearly where we are ("left until the coming of the Lord") and where we are going ("caught up together with them in the clouds to meet the Lord in the air.").

Between now and then, the Church offers many maintenance plans: prayer, fasting, almsgiving, works of mercy, forgiveness and, most important of all, love. So, standing in the midst of the panorama of the Resurrection and Second Coming in the dome of the chapel, surrounded by the sacred relics of our loved ones, may our hearts and souls be put back on track. As the old Greek saying goes, "Where we are, they have been, and where they are, we will be." May none of be caught off guard or off course. In the words of Saint Paul, "Let us not sleep, as others do, but let us keep awake and be sober" (1 Thess. 5:6).

Have a blessed Pre-Lenten season. Enjoy the fast-free weeks! Gird yourselves for the mission ahead. And, during this month of Valentine's Day, extend the love of Christ not just to those who love you back, but to everyone He sets before us!

Herald Personal Sponsor for this Issue:

**Happy Birthday to my beloved son, +Jimmie Regakis
I Love You! From your mother, Olga**

RELIGIOUS EDUCATION

St. Lydia's Orthodox Women's Fellowship . . February 5, 19

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 Stacy Dickos, 8130 Brittany Place, Pittsburgh (412-367-0925). This year's topic for study is the Gospel of St. John, using the Study Guide "The Gospel of John: Beholding the Glory" by Lawrence Farley. A complete schedule is available online at www.HolyTrinityPgh.org.

St. Nikodemos Men's Fellowship. February 5, 19

The St. Nikodemos Men's Study Fellowship is an Orthodox men's fellowship, study and discussion group which meets on the **FIRST AND THIRD THURSDAYS** 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. The topic for this year is "Practical Wisdom." It is open to all interested men and has been centrally located downtown to accommodate easy access for the lunchtime meetings. For directions, call Gus Georgiadis at 412-880-4999. The remaining dates for 2009 are: Feb. 5, Feb. 19, Mar. 5, Mar 19, Apr. 2, May 7 & May 21.

Orthodox Studies Forum (New Room!) February 4, 18

Now in its third year, the Orthodox Studies Forum is designed for adults who are interested in learning more about the Orthodox Christian Faith. It is led by Father Radu Bordeianu and is for both those who have been Orthodox all their lives and want to learn more as well as those seeking to embrace Orthodoxy from another background and grow further in their faith. The group meets on the first and third Wednesday of each month from 7:00-8:30 p.m. at La Roche College, 9000 Babcock Blvd., Pittsburgh. The room is in the Palumbo Science Center, Room SC102. Parking is available next to the building. *(Please note the change of room.)*

YOUTH MINISTRIES

GOYA Monthly Fellowship February 8

The GOYA will hold its monthly fellowship meeting on Sunday, February 8, from 6:30 to 8:30 p.m. The location is to be announced.

GOYA Hoagie Sale February 8

The GOYA is currently pre-selling hoagies for delivery on Sunday on February 8. Please support our teens in this effort, which helps raise funds for the various events of the GOYA, outreach projects, trips and the Metropolis basketball tournaments. Thanks!

GOYA Community Valentine's Lunch February 15

The GOYA will host its annual Valentine's Lunch on Sunday, February 15, following the Divine Liturgy. Please see the flyer in this issue of The Herald for details. Thank you for supporting our youth!

HOPE and JOY February

The HOPE and JOY ministries will have hold a snowtubing outing during the month of February. More information will be posted in the bulletin soon.

WORSHIP LIFE

Saturday of Souls Services February 21, 28, March 7

All Saturdays of the Souls services are held at the Saint George Chapel at Holy Trinity Cemetery, 8941 Ringeisen Rd., McCandless Township. The Memorial Service is held 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 even better, be there yourself to experience the beauty and the meaning of the Saturday of Souls in the place where they have been laid to pious rest. Please also consider preparing and bringing "kollyva" (memorial wheat) for use during the service as well.

SACRAMENTAL LIFE

Funeral: Father David Sedor

The servant of God, Father David Sedor, fell asleep in the Lord on January 22, 2008. The Funeral service was held at the Holy Trinity Church on December 27, followed by interment in Binghamton, NY. A 40-day Memorial Service is scheduled for February 15. May his memory be eternal!

Funeral: Theologia Rigas

The servant of God, Theologia Rigas, fell asleep in the Lord on January 1, 2009. The Funeral service was held at Holy Trinity Church on January 5, followed by interment at Holy Trinity Cemetery. A 40-day Memorial Service is scheduled for February 8. May her memory be eternal!

Upcoming Memorials

February 22: Penelope Morris (1 yr.), Tula Stavros (1 yr.).

COMMUNITY NEWS

Hall Coordinator Position Open

The church is in need of a Hall Coordinator. This position requires coordinating hall rentals, communicating with the customers and the caterer. Other responsibilities include attending events and coordinating set-up and clean-up. Strong communication and organization skills are required. If you are interested in setting up an interview or would like to know more about the position, please contact the church office at 412-321-9282 and leave a message for Bob Marsh or Gerri Valliant.

Festival Cooking To Start This Month! . . Feb. 5, 12, 19, 26

The Pastry Cooking Team is getting an early start this year because there will be two festivals to cook for! These cooking dates will be in addition to the regular after-Pascha Thursday sessions. The dates are as follows and all will go from 4:00pm to 9:00pm: February 5, 12, 19 and 26. For information, contact Joyce Athanasiou at 412-322-6002. Thanks for your help in support of Holy Trinity community!

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



Father John Androutsopoulos

Pre-Lent: A Time For Spiritual Renewal

The Sundays of Preparation

Before Great Lent begins this year (on Monday, March 10, 2003), our Holy Orthodox Catholic Church tries to prepare us for this time of spiritual renewal. For four Sundays prior to the Great Fast, we are prepared for this great spiritual experience. The

Church, through the Gospel lessons, guides us along the path of repentance.

The Sunday of the Publican and the Pharisee

The first Sunday of the Triodion is the Sunday of the Publican and Pharisee (February 8th). From this parable we learn the power of humble prayer and humility.

The Sunday of the Prodigal Son

The second Sunday of Triodion (Feb. 15th) offers us the Parable of the Prodigal Son, perhaps better titled the "Parable of the Loving Father." It is a picture of repentance (the younger son), of love, of forgiveness and of envy (the elder son). From this parable we learn that for the repentant soul, spiritual joy is never too late to be found; the Church always welcomes those who sincerely repent of their evil ways and seek to walk the path of righteousness again.

Meatfare Sunday

The lesson from the third Sunday of the Triodion, Meat Fare Sunday, is the Last Judgment (Feb. 22nd). It reminds us of the terrible day of Last Judgment when all who have lived from the beginning of man will face the righteous King and Judge. We are also reminded of our need to perform acts of virtue, to be compassionate, merciful and charitable.

Cheesefare Sunday

On the fourth Sunday of the Triodion (Mar. 1), Cheesefare Sunday /Forgiveness Sunday and the last Sunday before the Great Lent, the theme is the lost Paradise and ways to regain it: to forgive, to observe the laws of fasting humbly and to "lay up treasures in heaven and not on earth."

A Call for Renewal

This pre-Lenten period of four Sundays is a time of invi-

tation to each of us. The Church calls each of us to make good use of the coming time for spiritual renewal. The Church offers us these Gospel lessons as examples of God's great mercy. The Church encourages us to be repentant and implores us to obey God's Commandments if we desire to be reconciled with Him,

Let us accept humbly the invitation which the Church extends to us. Let us deny ourselves, take up our cross and follow Him, as He commanded us to do -thus we will receive from Him the Divine Grace which He has in store for those who are faithful to Him and His Holy Church.

How Can We Prepare Ourselves?

1. Set a Goal

First of all set a goal for yourself - a spiritual goal. Then through daily prayer, fasting, repentance, confession, Holy Communion and continuing thoughtfulness strive to reach this goal.

2. Attend Services

What else can we do during this period of preparation? To reach your spiritual goal, resolve to participate in the services of the Church. The Divine Liturgy on the Lord's Day is a solemn obligation.

3. Pray

Pray and meditate daily. Prayer and meditation are food for the soul. Read the Holy Scriptures and think about what you have read. Also, read other spiritual books. You will find inspiration and spiritual uplifting in reading religious books. (See the back page of this issue of *The Herald* for tips on prayer.)

4. Give

Give: give of yourself and of your material resources. How can you give of yourself? Visit the sick, the aged and the lonely. Volunteer to undertake Church projects; with God's help they are easy and rewarding.

5. Resolve

Resolve to raise your contributions, your Sunday offering to the Church. Give up a pleasure or an entertainment so that you can do this.

Every Orthodox Christian is called upon to prepare himself for the Great Lent, which this year begins on Monday, March 2. Amen.



With His love and blessings,

Rev. Fr. John K. Androutsopoulos

Hello, my precious children!



Happy February!

A lot happens during the month of February. School gets cancelled because of snow. Valentine's Day reminds us to express our love and care for others. And on the Orthodox calendar, God starts working with our heart in another way: preparing us for Lent with some really good Bible readings. We hear these for a bunch of Sundays in a row, called "Pre-Lenten Sundays."

One of those lessons is about Zacchaeus, the short tax collector guy that Jesus visited by surprise one day. That visit changed his life and some pretty big ways. We all learned a song about it at camp and Church School. It goes like this:

*Zacchaeus was a wee little man, and a wee little man was he.
He climbed up in a sycamore tree, for the Lord he wanted to see.
And as the Savior passed him by, He looked up in the tree,
And he said, "Zacchaeus, you come down from there;
For I'm going to your house today, for I'm going to your house today"
Zacchaeus came down from that tree, as happy as he could be,
He gave his money to the poor, and said: "What a better man I'll be."*



Zacchaeus thought he could do whatever he wanted before he met Jesus and not worry about it. But Yiayia says, "The eye of the Lord is everywhere, watching the wicked and the good" (Proverbs 15.3), so we know that God is always watching us and expects us to do the right thing. Zacchaeus, like a lot of tax collectors in those days, used to cheat people out of their money by collecting more than he was supposed to and keeping the extra for himself. What this really meant was that Zacchaeus looked at the citizens he was supposed to be serving like slimy bugs at the bottom of a pit, and there was nobody to stop him. He was like the neighborhood bully who takes anything he wants from you.

One day, however, he heard that Jesus was coming to Jericho and wanted to see him, but he was very short and had to climb up into a sycamore tree. As Jesus passed by, he looked up at Zacchaeus told him he was going to visit him at his house today. The people didn't understand why Jesus would keep company with such a bad man, but Jesus did it to show us He came for everyone, including us. It was hard for Zacchaeus to understand at first, but then he heard in his heart what Jesus was saying and changed his life. He became a respected and honest man with a whole new life.

So, my precious children, remember that a sign of real love is when other want what is best for us. That's wht Jesus came to show us: what is best for us, ow to love our neighbor and how to love our Heavenly Father. It's best for us because it shows God where our true heart is.

Love in Christ,
Spero



HOLY TRINITY GREEK ORTHODOX CHURCH

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

Reverend Father John Touloumes, *Economos*
Reverend Father Radu Bordeianu, *Assistant Priest*



302 West North Avenue · Pittsburgh, PA 15212-4626 · 412-321-9282 · Fax: 412-321-7272 · www.HolyTrinityPgh.org · office@HolyTrinityPgh.org

CLERGY

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Home: 515 Diablo Drive, Bethel Park, PA 15102 Home: 412-831-3574
Assistant Priest: Rev. Fr. Radu Bordeianu, *Presbyter* (Email: FrRadu@HolyTrinityPgh.org)
Home: 415 Tyburn Drive, Wexford, PA 15090 Home: 724-933-0117

CHURCH OFFICE AND COMMUNITY CENTER

Administrative Assistant: Josephine Stofko (E-mail: office@HolyTrinityPgh.org) 412-321-9282
Regular Office Hours: Monday-Friday, 9:00 a.m.-4:00 p.m.
Hall Booking Coordinator: T.B.A. - Call Church Office 412-321-9282

PARISH COUNCIL 2008

President: Chris T. Balouris 412-260-5893
Vice-President: Vasilios Scoumis
Sondra A. Balouris
Dean J. Balouris
Yvonne Balouris
Secretary: Anthony Loomis
George Danis
George Dickos
Joanne Germanos
Treasurer: Alex Trivilas
Robert Marsh
Nicholas Sarandou
Gerri Valliant

PARISH ORGANIZATIONS AND MINISTRIES

Choir: John Nychis, Director 724-941-6248
Chanters: George Pantelakis, Protopsalti 724-378-8282
Philoptochos: Despina (Esther) Ladakos, President 412-761-3977
Over 50 Club: Stella Athanasiou, President 412-322-4080
St. Lydia Women's Bible Study & Fellowship: Stacy Dickos, Coordinator 412-367-0925
St. Nikodemos Men's Bible Study & Fellowship: Gus Georgiadis, Host 724-935-2383
Youth Ministries
YAM (Young Adult Ministry): Anthony Loomis 412-563-2323
GOYA (Grades 7-12): Maria Georgiadis, Pres. ... 724-935-2383 / Presv. Becky Touloumes, Advisor 412-831-3574
JOY (Grades 3-6): Yvonne Balouris 724-934-4850
HOPE (Grades K-2): Penny Georgiadis 724-935-2383
Greek School: Effie Kilantonis, Coordinator 412-831-3291
Cemetery Committee: Bill Fiedler, Chairman 412-364-1545
Vision Committee: Gus Georgiadis, Chairman 724-935-2383
Capital Campaign Committee: Jim Balouris, Chairman 724-934-4850
Holy Trinity Scrip Program Coordinator: Kathy Romanias 412-934-3915

ARCHDIOCESE AND METROPOLIS

His Eminence Archbishop Demetrios of America 212-570-3500
Greek Orthodox Archdiocese of America, 8-10 East 79th St., New York, NY 10021 Web Site: www.goarch.org
His Eminence Metropolitan Maximos of Pittsburgh 412-621-5529
Greek Orthodox Metropolis of Pittsburgh, 5201 Ellsworth Avenue, Pittsburgh, PA 15232 Web site: www.odpgh.org
Rhea Ballas, Metropolis Youth Ministries Coordinator (same address as Metropolis) 412-621-8543

PARISH REPRESENTATIVES TO ARCHDIOCESE AND METROPOLIS ORGANIZATIONS

Archdiocese Presbyters Council Father John Touloumes, Secretary
Metropolis Sisterhood of Presvyteres Presvytera Becky Touloumes, Coordinator
Metropolis Council Father John Touloumes
Metropolis Philoptochos Board Stella Athanasiou
Metropolis Youth Commission Stacy Dickos, Theanne Gagianas, Presvytera Becky Touloumes, Father John Touloumes

A selection of commentary on contemporary Orthodox Christian life from selected authors from throughout the Orthodox world.

Why Do You Go to Church?

If a pollster came up to you today and asked the question, “Why do you go to church?” what answer would you give? Some answers might be, “I want to see my friends; My parents built this place; I’ll feel guilty if I don’t go; It’s where the Greeks gather together; My kids need to go to Sunday School; I like to go to church; I feel uplifted by the worship and inspired by the message; It’s the one constant in my crazy, ever-changing world; It helps me grow in my relationship with God.” Another answer can be found in the Gospel reading for the commemoration of the Holy Apostle and Evangelist Matthew 9:9-13. We hear Jesus say to the tax-collector Matthew, “Follow me!” (v.9). Christ is saying that to each and every one of us, “Follow me!” And to follow Jesus, the path leads through the doors of the church and a Divine Liturgy later, right back out those same doors.

Radical Change

However, following Christ is not just about going in and out of a building at a certain time. It’s about coming out of one lifestyle and entering another. Jesus says later in verse 13, “I have come to call, not the righteous, but sinners.” In the Luke passage it adds, “to repentance.” Jesus is calling sinners to repentance. I come to church because I’m a sinner and Christ has called me to repentance-to a radical change in lifestyle towards purity and holiness. I come to church because I cannot change without His help, without your help. Isn’t that what we pray in the First Prayer before Holy Communion? “I believe Lord and I confess that You are the Christ, the Son of the living God, Who came into the world to save sinners, of whom I am the first.”

Surrounded By Sinners

Now some people refuse to go to church because they see it as a house full of liars, hypocrites, gossipers, slanderers, adulterers, snobs and they are right. It is! What they do not see is Jesus sitting at the Eucharistic dinner with all these sinners. What they also do not see is their own sinfulness behind the smoke screen of self-righteousness. I’m not a liar, I’m not a hypocrite, I’m not a slanderer, I’m not a gossip and so on. Well if you’re not any of those, what are you because you are some kind of sinner?

Proclaiming Christ

Answering the question, “Why do I go to church?” implies some understanding of the purpose of the Church. How would we answer this question, “What is the Church here for?” The answer: to keep, practice and proclaim the Orthodox Christian Faith pure and undefiled; to proclaim the Gospel; to sanctify and educate the faithful; to enhance their spiritual life and add to their numbers. St. Paul’s Epistle to the Romans (10:11-11:2) summarizes this quite well. “How are they to call on One in whom they have not believed? And how are they to believe in One of whom they have never heard? And how are they to hear without someone to proclaim Him? And how are they to proclaim Him unless they are sent?” (v.14-15). Thus, the Church prepares and sends people to proclaim Christ, so others can hear and believe. This is accomplished through our programs, staff, ministries and volunteers.

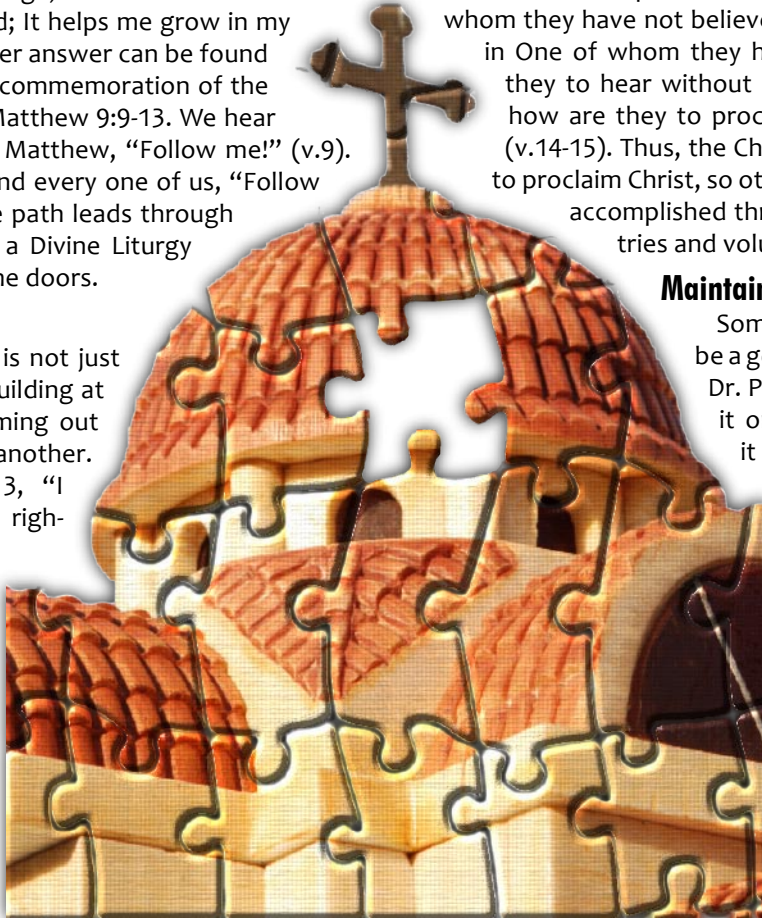
Maintaining Our Faith

Some say, I don’t need the Church to be a good person. I can watch Oprah or Dr. Phil. I can read some books about it or view a DVD lecture. However, it seems the Church is becoming the only place to hear the truth about how God wants us, commands us, to live our lives. Recent research says that infidelity between men and women has increased over the last fifteen years. So has the spread of sexually transmitted disease among teenagers. With our recent financial crisis, we see that greed is not on the decrease either. To our credit, many people in society see these trends as problematic. Unfortunately, the solutions we seek are purely humanistic or mechanistic in origin. Subsequently, they lead to moral relativism that does not reflect the true nature of our humanity and how we relate

to one another. That’s why things keep breaking down. The assault on the traditional definition of marriage and the sanctity of life in the womb are just two examples of this problem.

Let’s regularly ask ourselves, “Why do I go to Church? What is the purpose of the Church? Am I following Christ as a repentant sinner or do I constantly question and second-guess Him as one who is righteous?” Let us sit down together at the Lord’s Supper to hear the proclamation of those who have been sent that we may believe and follow Christ, wherever He leads us.

Source: Fr. Richard Demetrius Andrews/www.OrthodoxyToday.org



Following Christ is not just about going in and out of a building at a certain time.



Vasilopita Celebration

January 11, 2009: Holy Trinity Philoptochos hosted the annual Vasilopita celebration following the Divine Liturgy. A special collection tray was passed to raise funds for the support of the Saint Basil Academy of the Archdiocese in Garrison, NY. Representatives from all parish organizations and ministries were called forward to receive a slice from the "Saint Basil's Bread." Other pieces were received by the most senior member, newest member, youngest child and others.



December 28, 2008: Father John and Father Radu officially installed the 2009 Holy Trinity Parish Council. Pictured from left to right are: Vasilios Scoumis, Alex Trilivas, Anthony Loomis, Sondra Balouris, George Danis, Yvonne Balouris, Father John, Father Radu, Dean J. Balouris, Nick Sarandou, Gerri Valliant, Chris T. Balouris and Robert Marsh. Not pictured: George Dickos, Joanne Germanos.

Parish Council Installation



Pittsburgh Zoo & PPG Aquarium

"If I Could Sleep with the Animals!"

January 9, 2009: Move over, Doctor Doolittle! Our HOPE and JOY groups had their own animal adventure as they participated in a very successful outing on a recent snowing weekend in January. The group, which included not only children by parents and Father Radu, too, enjoyed an private visit to the Pittsburgh Zoo, where they had the opportunity to see and pet many live animals and take part in a wonderful educational program offered by the zoo staff. They visited the kangaroo cage and learned about the many interesting animals that were brought in their room by the zookeepers. After the staff offered an instructive scavenger hunt and an exciting "animal olympics," Fr. Radu brought it all into the perspective of the Faith and spoke about God's creation, helping the young ones appreciate that the Bible tells us that is is "very good" (Gen. 1:31). He also spoke about the how Jesus has the ultimate dominion over creation, how human behavior can have an impact on nature that is not always good and what we can do as Christians to help our modern ecological crisis. The children participated extensively in the discussion. Following the bed-time story, the children curled up in their sleeping bags right next to the snakes! Many thanks to all the participants and their chaperones, Father Radu and our HOPE and JOY coordinators, for hosting the event .. and staying for the duration!

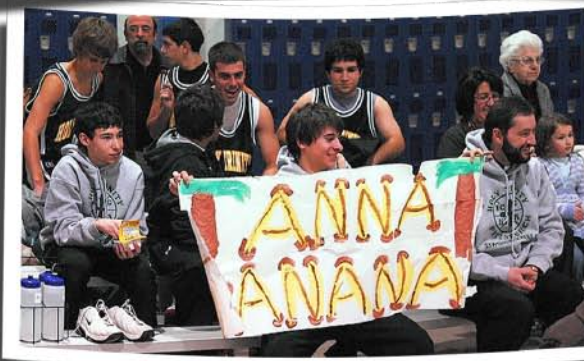




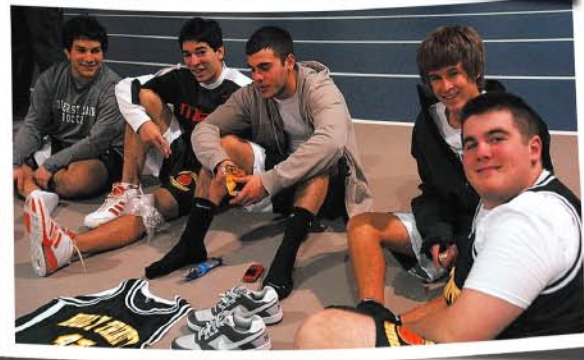


December 21, 2008: Holy Trinity Church School offered another unique, entertaining and inspiring Christmas Pageant in celebration of the Nativity of our Savior. Using the theme, "Christmas Icon," all the children of the Church School participated in singing, acting and reading. The program featured talented performers from the Holy Trinity community using a format based on "American Idol," complete with our own good-humored judges. It concluded with a traditional presentation of the Birth of Christ and the singing of the Orthodox Nativity hymn.





January 16-18, 2009: Holy Trinity GOYA participated in the Metropolis Basketball Tournament in North Royalton, Ohio, with great success. Coaches and parents accompanied three teams for a weekend of sports, fellowship and worship. Our Girls team and the Boys Junior team both captured First Place in their brackets and the Boys Senior team took Third Place in their division. Many thanks to our teams, their coaches and all the parents for representing Holy Trinity so well, both on and off the court! One tourney down, two to go!





Ionian Village

83 St. Basil Road, Garrison, NY 10524 • www.ionianvillage.org ph: 646-519-6190

Exciting Opportunity For Holy Trinity Teens This Year!

Attention Holy Trinity parents and teens: This year, Holy Trinity parents will be able to send their teens all the way to Greece under the care of Father John and Presvytera Becky, who will be attending Ionian Village this summer for the Summer Travel Camp session, June 26- July 16. This is a great opportunity for your children to experience Greece and learn about the faith and history of Orthodoxy, accompanied by your own priest. Interested? Visit the Ionian Village web site at www.ionianvillage.org for information and an application and speak to Father John. Brochures are available in the church office. This is a life-changing experience for teens that creates life-long memories and relationships. What do they do there? Look:

Activities and Programs

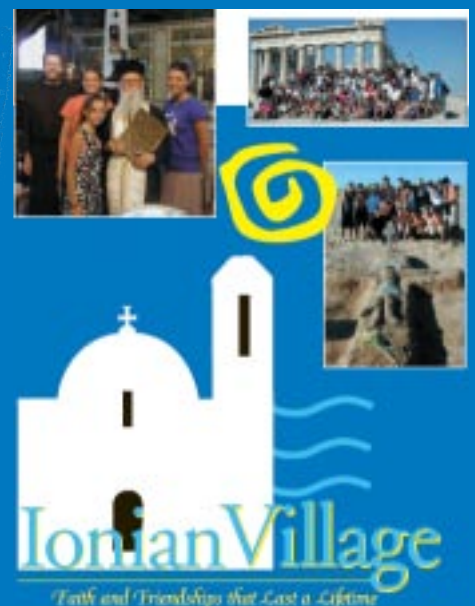
Arts and Crafts Athletics Olympics Music and Greek Culture Aquatics Orthodox Life

Typical Daily Camp Schedule

8:00 am Morning prayer service and breakfast
 9:00 am Activities and Sessions
 11:00am Community swim at the beach or pool
 1:00 pm Lunch followed by siesta
 3:00 pm Activities and Sessions
 5:30 pm Supervised free time for sports, crafts, or just relaxation
 7:30 pm Evening prayer service and dinner
 8:30 pm Evening activities

Historic and Religious Sites Visited

- * Ancient Olympia
- * Zakynthos (St. Dionysios)
- * Kefalonia (St. Gerasimos)
- * The Village of Kalavrita
- * Meteora (Monasteries)
- * Aegina (St. Nektarios)
- * Athens (Acropolis)
- * Monastiraki, Plaka, Mitropolis
- * More!



Our Archdiocese and Metropolis and their institutions and ministries offer many opportunities for young people and young adults to participate in faith and fellowship experiences both domestic and abroad, educational and missionary. Here are a few to consider:

Hellenic College & Holy Cross
Greek Orthodox School of Theology

in celebration of the
40th Anniversary of Hellenic College

come&see
Scholarship

80% off tuition

for all 2009 new students

at Hellenic College

& Holy Cross *

* Subject to then-current Hellenic College Terms and Conditions.

For information contact:
Gregory Floor, Director of Admissions
617-850-1285
866-424-2338
gfloor@hchc.edu
www.hchc.edu

Hellenic College
40
years

Teenagers whose
lives are changed

Teenagers who change
the lives of others

High School Junior & Seniors - Apply Now for Summer 2009

CrossRoad is a ten-day Orthodox Christian summer program in which participants focus on Christ and His calling for their lives. As a CrossRoad participant, you'll explore your vocation through:

- mini-classes taught by Orthodox Christian professors
- visits to Orthodox Churches in the Boston area
- community outreach projects
- excursions around the Boston area

Due to overwhelming interest, CrossRoad now offers two sessions!

CROSSROAD June:	June 20 - 30, 2009
CROSSROAD July:	July 7 - 17, 2009

Application deadline is March 1, 2009. Applications may be downloaded at the CrossRoad website: www.crossroad.hchc.edu or call 617-850-1309 for more information.

Through grants from the Lilly Endowment Inc., Leadership 100, and generous donors, each accepted applicant receives a full scholarship and is only responsible for travel costs to/from Boston.

CROSSROAD
ORTHODOX YOUTH TAKE THE CHALLENGE

www.crossroad.hchc.edu

OCF

Orthodox Christian Fellowship

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for 9 exciting ways
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2009. It's not too late to apply ... but do it quickly!

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2009

REALBREAK
OCF Orthodox Christian Fellowship

2009 METROPOLIS OF PITTSBURGH SUMMER MISSION TRIP OPPORTUNITIES:

PROJECT MEXICO	YOCAMA NATIVE AMERICAN MISSIONS
July 21-27: Rosarito, Mexico	June 12-20: New Mexico (Navajo Tribe)
Project Innocent Orphanage/Homebuilding	July 20-28: Montana (Blackfoot Tribe)

See Father John for information on participating in any of these exciting trips!

METROPOLIS OF PGH. SUMMER CAMP: CAMPERS AND COUNSELORS WANTED!
JOY - Session 1: June 21-27; Session 2: June 28-July 4 / GOYA - Session 3: July 5-July 11; Session 4: July 7-17



Vickie Bellios

Σωτήριον Σάλωσμά

Αρχή Σοφίας φόβος Κυρίου.

Βασίλευε στα πάθη σου, εφ' όλης της Ζωής σου.

Γη και πηλός και σκώληκας είσαι και μην καυχάσαι.

Δίδε παντού και πάντοτε, το χρήμα μη λυπάσαι.

Εικόνα είσαι τον Θεού, μιμήσου τον ΧΡΙΣΤΟ σου.

Ζηλεύσον και μη ζήλευε, κανένα στον καιρό σου.

Ημαρτες, μετανόησον, κλαύσαι πικρά και θρήνηι.

Θρέψε πτωχόν, ντύσε γυμνόν, συγχώρησις να γίνει.

Ιδες το σφάλμα του αδελφού, κρύψε το, σκέπασέ τον.

Καλόν είδες φανέρωστο, και εις δόξαν Θεού πέστο.

Λέγε ολίγα, κα πολλά άκουε, να μανθάνεις.

Μην επαρθείς, μην υψωθείς, και την ψυχή σου χάνεις.

Να νικάς πάντα το κακόν, εσύ με το καλό σου.

Ξένον πτωχόν να δέχεσαι, αυτόν ως αδελφόν σου.

Ολος αν γίνεις του Θεού, ο ουρανός δικός σου.

Πτώχεια, νόσοι, πειρασμοί, μεγάλο όφελός σου.

Ράντιζε με δάκρυα, κάποτε την στρωμνήν σου.

Σπούδαζε όσο δύνασαι να σώσεις την ψνχήν σου.

Το «Πάτερ ημών» τέκνον μου λέγετο και συχνάκις.

Υβρίστηκες, υπέμεινε, ως ο ΧΡΙΣΤΟΣ πολλάκις.

Φεύγε και την καταλαλιά και τας αισχρολογίας.

Χαίρε και τούς Χαιρετισμούς λέγε της ΠΑΝΑΓΙΑΣ.

Ψαλμούς και ύμνους και ωδάς, διάβαζε κατά μόνας.

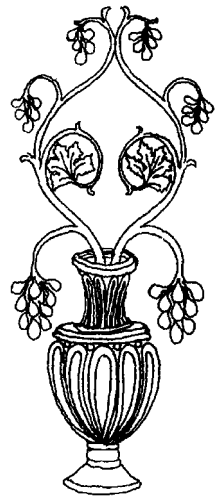
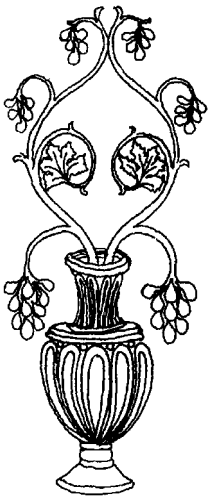
Ως αρεστά εις τον ΧΡΙΣΤΟΝ εις πάντας τους αιώνας.

Τα όπλα Σωτηρίας...του Ανθρώπου:

Εκκλησιασμός—Νηστεία—Προσευχή—Μετάνοια

Εξομολόγησις—Θεία Κοινωνία, εις άφεσιν αμαρτιών και εις ζωήν αιώνιον!

Αντιγραφή Vickie Bellios



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 or contact a local member.

Philoptochos Report: February 2009

We are one month into a NEW YEAR. This is our chance for a new beginning. We discard our old habits for new healthy habits.

2008 Fundraising Success & Philanthropic Support

2008 was a good year for our Fund Raisers. We have four major fundraisers a year; they are 1) The Lenten Luncheon; 2) The Mothers' Day Tea; 3) The Turkey Fund Raiser; 4) The Prepaid Bake Sale. The money collected from these fundraisers went to many worthy causes. See below for a list of the charities, institutions and ministries we supported last year.

Vasilopita

The Annual Vasilopeta Celebration was held on Sunday, January 11, 2009. The Vasilopita tray collected \$215.00 and the Coffee Hour tray collected \$33.00. A check in the amount of \$500.00 will be sent to St. Basil's Academy.

Members And Stewardship

Your Stewardship for 2008 and 2009 must be paid by the end of March. This is an Election Year and if your Stewardship is not paid you will not be able to vote.

Daffodil Luncheon

The Philoptochos Societies of Akron, Canton, and Massillon will host this years annual Daffodil Luncheon on Saturday, March 28, 2009. The proceeds support the area Special Care Fund and the Metropolis Emergency Care Fund.

Dates To Keep In Mind

Lenten Luncheon - March 29

Godparent Sunday - March 29

Thank You Notes

Many thank you notes have been received from the recipients of gift cards and the Angel gifts.

Next Meeting

The next meeting will be held on Sunday, January 25, after church. Please meet in the Library. New members are welcome always.

Submitted respectfully,
Esther Ladakos
Philoptochos President



Charities and Philanthropies Supported by Holy Trinity Philoptochos in 2008

National Philoptochos Charities & Programs

- ♥ Membership
- ♥ St. Photios National Shrine
- ♥ St. Basil Academy
- ♥ St. Basil Sisterhood
- ♥ St. Basil Graduation and Awards
- ♥ Cardiac Fund
- ♥ Missions Program
- ♥ OCMC Support a Mission Priest
- ♥ Hellenic College/Holy Cross
- ♥ HC/HC Scholarships
- ♥ International Orthodox Christian Charities
- ♥ Retired Clergy Association
- ♥ Cancer Fund
- ♥ Ecumenical Patriarchate
- ♥ Patriarchatal Soup Kitchen
- ♥ National Sisterhood of Presvyteras
- ♥ UNICEF
- ♥ General Medical Fund

Metropolis Of Pittsburgh

- ♥ Membership
- ♥ The Illuminator
- ♥ Emergency Fund

- ♥ Nativity of Theotokos Monastery
- ♥ Saint Gregory Palamas Monastery
- ♥ Holy Protection Monastery
- ♥ Saint Theodore the Studite Monastery
- ♥ Saint Mary of Egypt Monastery
- ♥ Special Care Fund
- ♥ Metropolis Home
- ♥ The Camp at Mt. Tabor

Our Own Local Charities

- ♥ Holy Trinity Building Fund
- ♥ Holy Trinity Cemetery Fund
- ♥ The Caring Foundation
- ♥ Women's Shelter
- ♥ Salvation Army
- ♥ Children's Hospital
- ♥ Metropolis Summer Camp
- ♥ Three Hierarchs Eastern Orthodox School
- ♥ HelleniCare
- ♥ Holy Trinity Festival
- ♥ MEFGOX (Mid-East Choir Federation)
- ♥ Local Needy Families
- ♥ Allegheny Valley School
- ♥ Zoe for Life.

Thank You | 2008 Nativity Flowers Donor List

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

DONORS

COMMEMORATIONS

Anonymous.....	For the health of their family
Victor Amurgis.....	In memory of Harriet and William Amurgis
Lynda Manos Areheart.....	For the health of and in honor of Mary Magdalene Welsh
Harry, Joyce, George & Andrew Athanasiou.....	In memory of George Bertos
Harry, Joyce, George & Andrew Athanasiou.....	In memory of George Athanasiou
Harry, Joyce, George & Andrew Athanasiou.....	For the health of their family
Anthony & Helen Balouris.....	For the health of their family and friends
Chris & Kathy Balouris.....	For the health of Father John & Presvytera Ethel Androutopoulos
Chris & Kathy Balouris.....	For the health of Anthony & Helen Balouris
Bessie Cocheres Sicalias.....	For the health and remembrance of the Cocheres family
Cindy Criss.....	In memory of Thomas and Dora Morris
Shea Danis.....	In memory of Demetrios Danis
Mr & Mrs. Frank Erdeljac.....	In memory of Michael & Theologia Alexiades
Bill & Tina Fiedler & Family.....	In memory of Sophie Parikakis, grandparents, aunts, uncles and cousins
Tessie Frankos.....	In loving memory of husband, James, and daughter, Demitria Frankos
Connie Fries.....	For the health of her family and friends
Judith Fulton.....	In memory of her parents, Robert & Bella (Fortes) Fulton
George & Phyllis Geanopulos.....	In memory of Helen Geanopulos
George & Phyllis Geanopulos.....	For the health of Harry Geanopulos
Chrissie Georgiadis.....	In memory of George Georgiadis
Chrissie Georgiadis.....	In memory of William & Penelope Anastos
Gus & Penny Georgiadis.....	In memory of their Dad and Papou, George Kalodikis
Gus & Penny Georgiadis.....	For the health of their parents, Mary Kalodikis and Pete & Mary Georgiadis
Mark & Karen Georgiadis & family.....	For the health of their parents
Tom & Joanne Germanos.....	For the health of our family
Eugenia Graser.....	In memory of Robert Graser
Eugenia Graser.....	In memory of Michael and Mary Patsalos
Andrew, Sofia, Jimmy & Electra Janis.....	In memory of Clifford Geanopulos
Brian & Debbie Jewell.....	In memory of Marsha Booras
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Brian & Debbie Jewell.....	In memory of Samuel Booras
Brian & Debbie Jewell.....	For the health of Jodi Medi
Brian & Debbie Jewell.....	For the health of Kathy Page
James & Bettina Kermes.....	For the health of their family & friends
Vaso Kourouklis.....	In memory of Lucky Kourouklis
Vaso Kourouklis.....	In memory of Stavroula Repana
George & Canella Lalikos.....	In memory of their departed beloved ones
Kelly Manning.....	In memory of all my family
Michael P. Panos.....	In memory of George and Mary Panos
Peter & Mary Panos.....	In memory of Mike and Athena Peters
Marian Pantelas.....	In memory of George Pantelas, Sr.
Marian Pantelas.....	In memory of George & Helen Georges and Paul & Helen Pantelas
Orestes & Arlene Paras.....	In memory of John & Maria Paras and Albert, Rose & Arthur Russell
Pauline Pontikos.....	In memory of Alexander Pontikos
Pauline Pontikos.....	In memory of Nikos, Marianthi & Thomaitsa Papoutsis
Pauline Pontikos.....	In memory of Apostolos & Constantina Tsaktanis
Olga Regakis.....	In memory of all her deceased family, friends and congregation members
Evan & Terri Rigas & family.....	In memory of John & Theologia Rigas
Angie Roman.....	In memory of Gus Roman & departed members of the Roman & Vrahas families
Steve & Electra Roman.....	In memory of their parents and the Amurgis and Roman families
Archie and Mary Selevos.....	For good health in the New Year
Christina K. Sfanos.....	In memory of Michael N. Sfanos
James Steve Statheas.....	In memory of Steve and Demetra Statheas
Kirk & Fran Stephen.....	For the health of Peter & Suzi Podimatis and Vi Stephen
Katina Tanner.....	In memory of Nick Tanner
Mary Magdalene Welsh.....	In memory of her beloved mother, Julia Welsh
George P. Zappas.....	For the health of William P. Zappas
Anthony & Susan Zikos, Yiayia Despina, Tom, Christina & Tim.....	In memory of the departed members of the Zikos & Lutkevich families
Anthony & Aspasia Zissis.....	In memory of their parents

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annual commemora-
tive listing. Contact the
Church Office for
information.*

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Remember Holy Trinity Community Center!

*Call Kathy Romanias at 724-934-3915
for booking information. Thank You!*

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
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Please enclose a donation of at least \$20.00

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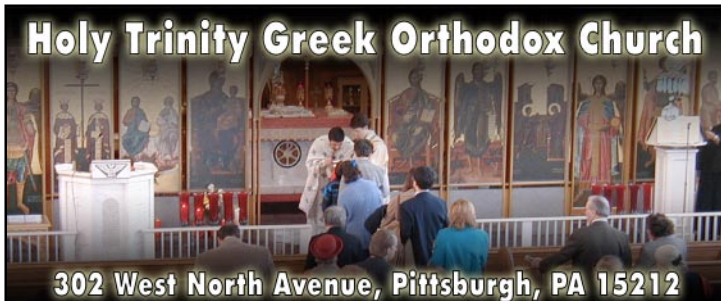
ADDRESS:

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):

Holy Trinity Greek Orthodox Church



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How Not to Pray

One of the blessings of reading the advice of the fathers and spiritual guides of the Church is in finding “how to” advice: how to fast, how to live, how to pray. Here, an experienced elder turns that approach around and offers a few words on how not to pray.

Prayer must be frequent and regular, but not a sterile formality. For then prayer loses its grace and freshness and becomes drudgery, a chore, an imposition. No methodology in prayer can ever force the presence of God. God appears by looking deeply into our hearts, without regard to our stated intentions, our formulations and our petitions. God’s grace is given freely and is not determined by any particular programmatic effort on our part.

The position of the body is not as significant as the condition of the soul. It is not the technique but what is in the heart that counts. It is not the duration but the fervency of prayer that makes a difference. Sometimes the specific words used are of little significance. For even when the words of a prayer are said incorrectly by a pure, simple and pious soul, they can still lead to miracles. Quality of prayer is achieved by concentration of the mind, through silence, which means that fewer words used in prayer can bring one closer to perfection.

Sometimes prayers we consider to be fervent are the worst. Prayers with sentimental tears, nervous tension, a mad effort in self-concentration, an obstinate coercion can lead us to error. Experiences, life influences, divine consolations, signs and revelations are, of course, available, but they are given to the worthy, to those capable of preserving them, to the humble. They are gifts of God and he knows the opportune times when they are to be given. Gifts are from above; we do not give them to ourselves. The only thing we do is prepare and adorn our “home” to be receptive and worthy of these divine treasures.

From “Athonite Flowers” by Monk Moses of Mount Athos

Scripture of the Month: “Rejoice always, pray constantly.” (1 Thessalonians 5.16-17)