



# THE HOLY TRINITY HERALD

MARCH 2010

VOLUME 18 • ISSUE 3

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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Also enclosed:

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### IMPORTANT NOTICE:

**MARCH 14, 2010  
SPRING GENERAL ASSEMBLY  
NOTICE & AGENDA ENCL.**

## QUICK NEWS



GOYA Seniors gather for one last photo as they finish out their GOYA basketball "career" at the Metropolis Basketball Tournament in Rocky River, Ohio, the last of the season. L-R: Leeza Tselepis, Elaina Balouris, George Touloumes, Ale Zozos and Alexanra Valliant. For more photos, see the Community Life Photo Journal on pages 8-14.



**The Annunciation of the Theotokos · Feast Day: March 25**

Icon from the Monastery of Saint Paul · Mount Athos

**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

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

Chris T. Balouris, President

Anthony Loomis Alex Trivilas

Jason Farmakis Yvonne Balouris

George Danis George Dickos

Troy Geanopoulos Joanne Germanos

Louis Kort Andrew Athanasiou

Vasilios Scoumis Gerri Valliant

### Ministries

Philoptochos ..... Kay Balouris, 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..... Laura Triantafillos, Coordinator

Bookstore ..... Bill and Linda Areheart



**“Always and in all matters believe yourself to be in need of learning, and throughout your whole life you will be shown to be wise.”**

**St. Isaac the Syrian**

Dear Brothers and Sisters in Christ,

Here we are, starting the third week of Lent. This may be a bit disorienting for those of us in Western Pennsylvania, as the month of February brought us both the all-time record monthly snowfall of over 40 inches and the beginning of Lent! Nonetheless, we remain undeterred as we continue the march forward toward both the newness of earthly life in spring and the promise of a new, eternal life at Pascha. May God grant us the joy of both!

In addition to the usual services and our increased attention to personal prayer during Lent this year, Holy Trinity Church is also offering a number of learning opportunities: the Monday evening Orthodox Studies Forum (studying the Jesus Prayer/Way of the Pilgrim); the Tuesday afternoon St. Nikodemos Men's Study (discussing "How to Live a Holy Life" by Metropolitan Gregory); the Wednesday evening Lenten topics following the Divine Liturgy of the Pre-Sanctified Gifts; the Friday evening accounts of miraculous and famous icons of the Theotokos following the Service of Salutations; and, of course, our on-going Church School ministry for children and teens.

Why all this and why now during Lent? According to St. Isaac in the quote above, the continual pursuit of learning is a life-long calling, and there is certainly no better thing to learn about than God and our relationship to Him and His world, and no better time than the holy season of Lent when our heart and mind are constantly presented to God. This pursuit of learning is also affirmed in the Book of Proverbs, one of the most-read books during this season: "Give instruction to a wise man, and he will be still wiser; teach a righteous man and he will increase in learning. The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is insight" (Prov. 9.9-10).

During Lent this year, Father Radu and I offer you an invitation: come and grow in the knowledge of the Lord. These are not matters we offer from our own wisdom, but rather they are shared from the collective wisdom and spiritual insights of the Church over many generations. Accompanied by regular attendance at the Lenten services, this type of learning is an important path toward a closer, more intimate understanding of our Faith and relationship with God, the "fountain of wisdom and tower of strength."

Please also look ahead into Holy Week and make plans for yourself and your family to fully participate in this walk of grace. The footsteps you take will place you alongside many generations of faithful Orthodox Christians; you will not only reap the spiritual joy and blessings for your own soul, you will be an important part of this generation's calling to receive what we have inherited in the Church and pass it on to future generations "unsoiled and undefiled."

May our merciful Lord grant you a blessed walk through the remainder of Lent, a repentant spirit, a confessing heart and an illumined mind.

"Kali metanoia" (a blessed repentance) and "Kali Anastasi" (a good celebration of the Resurrection).

Herald Personal Sponsor for this Issue:

**In memory of Themistocles Balouris**  
**(†2002)**



## RELIGIOUS EDUCATION

### Church School Lenten Activities ..... March

As always, our Church School ministry will be active during the upcoming Lenten season. Don't miss these opportunities:

- The readings for the Presanctified Liturgies on the Wednesdays of Lent (followed by covered dish dinners). Children, please sign up during Church School to read at the services; Parents, join them at the service and please bring food so everyone can enjoy the fellowship after.
- 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 in support of Orthodox missions.
- 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!

### Orthodox Studies Forum ..... Mondays During Lent

Now in its fourth 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 Bordenianu. The group meets usually meetings on the first and third Wednesday of each month at La Roche College, but during Lent this year the group will hold a special half-hour study series on Monday evenings following the 6:00 pm Great Compline service at the Saint George Chapel, 8941 Ringeisen Road, located at Holy Trinity Cemetery. The topic will be "The Jesus Prayer" using the classic book, "The Way of the Pilgrim." Everyone is invited. The study will go from 7:00-7:30.

### Saint Lydia Women's Study Fellowship ..... Mar. 11, 25

Now in its 11th year, 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. This year's topic is The Divine Liturgy. The meetings take place every other week on Thursday mornings at 10:00 a.m. This year there is a new location: the Saint George Chapel, 8941 Ringeisen Road, located at Holy Trinity Cemetery.

New participants are always welcome: married, single, wives, mothers, working or retired, everyone is welcome! The fellowship is enjoyable, the approach is casual and discussion-oriented. The gathering starts promptly at 10:00am with an hour of study and prayer, followed by a half-hour of women's fellowship. 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 or visit [www.HolyTrinityPgh.org/stlydia](http://www.HolyTrinityPgh.org/stlydia). (Special note: on March 25, the study will be preceded by 8:00am Orthros and 9:00 am Liturgy for the Annunciation of the Theotokos.)

### St. Nikodemos Men's Fellowship. . . Tuesdays During Lent

The St. Nikodemos Men's Study Fellowship is an Orthodox

men's fellowship, study and discussion group. It is holding a special Lenten Study Series on the Tuesdays of Lent 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 special series is "How to Live a Holy Life" by Metropolitan Gregory of St. Petersburg. For info, call Gus Georgiadis at 412-880-4999. The remaining dates for the series are: Mar. 2, 9, 16 & 23.

## YOUTH MINISTRIES

### HOPE and JOY ..... March 6, 21

The HOPE and JOY ministries will participate in two Lenten events: the Metropolis Regional JOY Lenten Retreat at Holy Cross on March 6 and our own Lenten Mini-Retreat on March 21. Information will be sent to the parents directly.

### GOYA Community Palm Sunday Luncheon. . . . . March 28

The GOYA will host its annual Palm Sunday Community Fish Luncheon on March 28. Everyone is invited to attend and enjoy a delicious fish meal. Pasta will also be available.

## COMMUNITY NEWS

### Spring General Assembly. . . . . March 14

Please plan on staying after Divine Liturgy on Sunday, March 14, to attend the Regular Spring General Assembly. General Assemblies review parish life and hear reports on important parish matters. This meeting will also include an important update on the plans for the new church project. It is important that all members attend, as these meetings are quite important in the day-to-day life of the parish. Please remember, to vote at an assembly you must be a member in good standing as defined in the Uniform Parish Regulations. This includes, but is not limited to, having a signed 2010 Holy Trinity Stewardship Pledge card submitted. An agenda is enclosed.

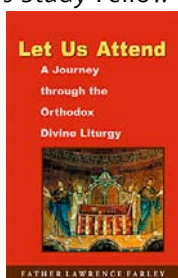
## LENTEN/PASCHAL INFORMATION

### 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

The February issue of The Herald contained a complete schedule of service for Lent. If you cannot locate yours, it is also available on our web site, [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org). Please be sure it is posted 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



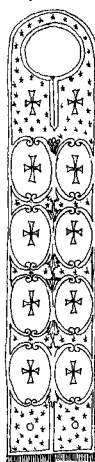
your family. As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us." Lent provides us a special time to be with Him. See you there!

### **Lenten Coffee Hour Reminder . . . . . Feb. 21 - Mar. 28**

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, Feb. 15. 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 10 or speak with Fr. John about specific questions. Please also see Fr. John or Fr. Radu to set up a time for Holy Confession during the Lenten season. *Kali Metanoia!* (May your repentance be good!)



### **Upcoming Lenten Dates . . . . . March-April**

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

**Godparent Sunday (Lenten Luncheon) . . . . . Mar. 7**  
**Palm Sunday (Community Fish Luncheon) . . . . Mar. 28**  
**Holy Friday (schedule off work & school) . . . . . Apr. 2**  
**Pascha . . . . . Apr. 4**

### **Lent & Holy Week Schedule of Services**

This issue of The Herald contains a complete schedule of services for Holy Week. Please post it in a conspicuous place in your home. Circle the services you are able to attend and place them on your schedule. Talk about them and make plans with your family. This can also be found on our web site, [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).

### **Make Plans for the Anastasi Dinner . . . . . April 4**

Don't forget to make plans to attend the Resurrection Liturgy and Dinner at Holy Trinity Church, Saturday evening, April 3/Sunday, April 4. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to break the fast and celebrate the feast in our church hall. We will be serving lamb, "avgolemono" soup,

bread, cheese and olives and paximadia. Free-will offerings will be accepted to help cover the costs of the meal.

### **Agape Vespers & Paschal Candy Hunt . . . . . April 4**

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at 1:00 p.m. All the children are invited to come for this beautiful and bright service. It is an especially good way for those with small children who are not able to attend the midnight service to share in a special celebration of Pascha.

## FESTIVAL NEWS

### **Festival Cooking . . . . . Through August**

A consolidated schedule for Festival Pastry Cooking and Food Cooking is enclosed in this issue of The Herald. Please note the dates on your schedule and step up to your place as a Holy Trinity steward. Everyone is invited and asked to help. Bring a friend and pack a snack. Call Joyce Athanasiou (412-322-6002) regarding pastry preparation, Paula Valliant (412-487-3977) for moussaka, Kay Balouris (412-766-1263) for pites and pastitsio. Harry Athanasiou (412-322-6002) for souzoukakia, or Jim Balouris (724-934-4850) for souvlakia.

### **"Spring Festival" Dates . . . . . May 20-23**

Holy Trinity Church will hold a four-day "Spring Festival" this year from Thursday-Sunday, May 20-23. Remember, no matter how many days the festival lasts, it still takes a lot of work, so please be ready to offer your help. Thanks! Watch for info to come.

### **"Summer Festival" Dates . . . . . September 2-5**

Don't forget to also keep Thursday-Sunday, September 2-5, free to work at, eat at, bring your friends to and enjoy the Holy Trinity Greek Summer Festival. Please don't wait until the last minute to help: please show up for cooking now and sign up to help at the Festival as soon as the sign-up boards appear at Coffee hour.

## MEMORIALS

### **Upcoming Memorials**

March 7: Nicholas Haniotakis and John Piso; March 14: Antonia (Vlahakis) Karras.

## REGIONAL EVENTS

### **Series of Talks on the Beatitudes of Christ . . . . March 20**

The third in a series of talks on the Beatitudes of Christ is being offered by Father Demetrios Carellas on Saturday, March 20, from 3:00 to 5:00 pm at the Three Hierarchs Eastern Orthodox School (THEOS), 1819 Ellsworth Avenue, Heidelberg, PA 15106. A free-will offering will be taken to benefit the school, which is in need of a new roof. THEOS is a private, non-profit religious school registered with the State of Pennsylvania that is committed to educating the whole child for a holy life, believing that healthy spiritual formation and high educational ideals are essential to a Christ-centered life.



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



**Father John Androutsopoulos**

## ON THE ANNUNCIATION OF THE THEOTOKOS, THE EVER-VIRGIN MARY (MARCH 25)

### The Troparion Of The Feast:

**T**ODAY is the beginning of our salvation, and the manifestation of the mystery from the

ages; for the Son of God becomes the Son of the Virgin, and Gabriel proclaims grace. Wherefore, do we shout with him to the Theotokos, Hail, O full of grace. The Lord is with thee.

### A "Second Pascha"

The Feast of the Annunciation is a second Pascha (Easter) in our Holy Orthodox Church. It always adorns and brightens the touching atmosphere of the Great Lent, offering a wave of joy into the souls of the faithful. Joy for the unconceived movement of the Infinite God, Who became man in the virginal womb of the All Holy Theotokos.

### Conceived By The Holy Spirit

At the Feast of the Annunciation we celebrate the day on which the Archangel Gabriel announced to Mary that she was chosen to conceive and bring forth the Son of God. The Church celebrates this feast in commemoration of the fact that the Son of God was conceived by the Holy Spirit in the virginal womb of Mary, or in other words, that He, the Son of God, through the power of the Holy Spirit, took the nature of man from the Virgin Mary, thus becoming man and able to redeem us by suffering and death.

PLEASE READ the Gospel reading of the Feast (Luke 1.24-38) This Gospel reading walks us through these marvelous events.

### Explanation Of The Gospel Reading

Receiving the most astounding salutation from the angel, and learning the will of the Most High that she was to be the Mother of the Son of God, and consequently the Queen of heaven and earth, Mary most blessed and most humble, did not exult in selfish pride, but humbled herself still more,

calling herself a handmaid of the Lord. She is chosen Mother of God, and calls herself a servant; this is a virtue rarely found, namely, H-U-M-I-L-I-T-Y.

### Questions & Answers From the Gospel Reading

#### 1) Where did the Blessed Virgin live?

She dwelt in Nazareth, a town of Galilee. There the Eternal Word, that is, the Son of God, became man, taking 'man's nature from the Virgin Mary.

#### 2) Did Mary have a husband?

The Virgin Mary was espoused to the holy, pious and God fearing Joseph, whom Holy Scripture calls "a just man."

#### 3) Is Joseph the father of Christ?

No; he was only his foster father; as becomes evident from the words of Mary to the angel: "How shall this be done, since I know not man?" (Luke 1.34.)

#### 4) Did Christ, then, have no father?

In Christ are two natures, the human and the divine nature. According to His divine nature Christ has a father in Heaven, but no mother; according to His human nature He has a mother on earth, the Virgin Mary; but no father, for Joseph was but His foster father.

#### 5) How, then, was He conceived?

Not by the will of man, nor of the flesh; but Mary the Virgin conceived Him in a miraculous manner (supernatural way) from the Holy Spirit, Who overshadowed her.

#### 6) Why is Mary called "full of grace?"

Because God gave to Her all graces, which men receive only in part.

#### 7) Who said the words: "Blessed art thou among women, and blessed is the fruit of thy womb"?

This was said by the St. Elizabeth, the cousin of the Theotokos, on the occasion of the Blessed Virgin's visit to her. (See the Matins Gospel of the Feast - Luke 1:39 49,56.)

By the intercessions of the Theotokos, O Savior, save us! (REMINDER: Fish is allowed on this Feast Day, even though it falls during Lent.)

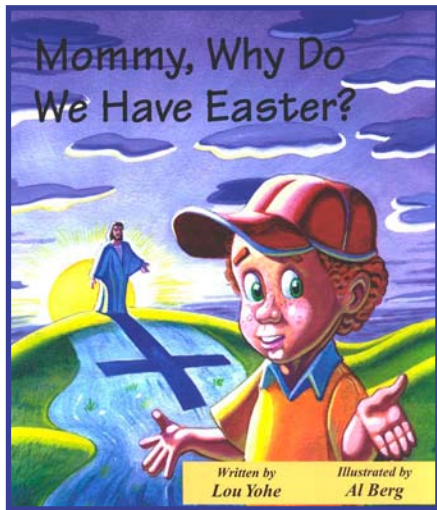
*With His love,*

*Rev. Fr. John K. Androutsopoulos*

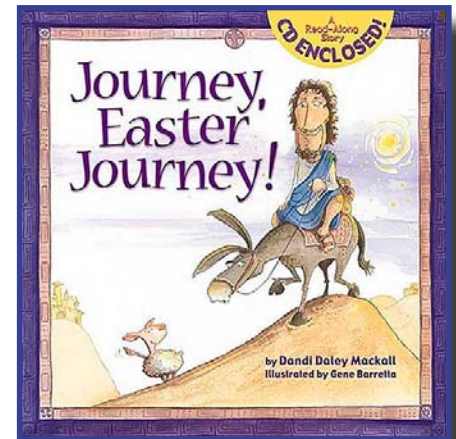


Hello, my precious children!

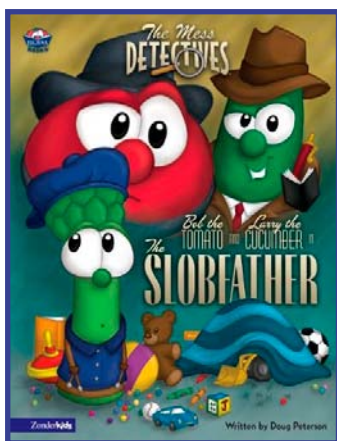
"Mommy, why do we have Easter?" asks little Jimmy when he spies a neighbor across the street decorating her house with bunnies and eggs. He gets very excited and wants to do the same. His mother, however, was not so excited about this. When he asks why not, she explains that the true meaning of Easter is the Resurrection of Jesus. As they talk, Jimmy learns that Easter (which was also call "Pascha") is the most important day and celebration of all for Christians, even more important than Christmas. Easter celebrates Jesus' victory over sin after He died on the Cross and rose from the dead. Suddenly, Jimmy got really excited about Easter, not for bunnies and eggs, but for the true gift of life we have in Jesus. Check out "Mommy, Why Do We Have Easter" by Lou Yohe in my library!



Another great book for Easter is "Journey, Easter Journey" by Dandi Daley Mackall. This story will take my little ones, ages 3-7, on a whirlwind tour of Jesus' life, death and Resurrection. It starts with the birth of Jesus in Bethlehem, then continues through His life in Nazareth, Galilee and finally His sacrifice on Golgotha. It ends, of course, where it begins for us: the glorious victory of Jesus rising from the tomb so we also might share in eternal life with Him.



And finally, since Mommy has us all cleaning up for our big Easter celebration, you might like to enjoy the company of "The Mess Detectives", as brand new Veggie Tales series by Doug Peterson. The Mess Detectives work to uncover messes and help children understand how to use values from the Bible to become clean both inside and out. In the episode titled, "The Slobfather," your favorite veggies, Bob and Larry, are called to the scene of a mess already in progress. They arrive too late for Junior Asparagus, whose room is already a really big mess! As good detectives, they must find the truth: who did it? Junior, or the infamous Slobfather and his gang of slobs. Check it out, and you will not only solve the mystery, but learn some really good things about truth and always being ready for Jesus!



Love in Christ,  
Spero



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.

## Philoptochos Report: March 2010

### Lent

Lent began on Monday, February 15, 2010. We will have our Annual Lenten Luncheon on Sunday, March 7, 2010 after Liturgy. We will, as usual, have a delicious selection of fasting food contributed by our members and other parishioners. We are asking all of the ladies of the community to please bring an entrée, a salad, or a dessert. Thank you for your contribution and generosity.

### Philoptochos Membership/Stewardship

National Philoptochos has requested that each chapter send in their per capita donation by the end of April. Therefore, we are asking you to please pay your Philoptochos Stewardship (\$20.00 per person) as soon as possible so that we may send in our contribution. Thank you.

### In Memory

Betty Clayton (+January 18, 2010): Betty was born and raised in the church. She loved Holy Trinity parish and she loved to sing. She joined the choir at the age of 12 and was a faithful participant until she could no longer attend church. However, every Sunday she continued to sing the hymns of the church even in her room at the nursing home. Many will miss her. May her memory be eternal!

### Pascha Bake Sale

We will be selling Bread and a limited amount of pastries for Easter. Please see the enclosed order form or contact Kay Balouris (412-766-1263).

Respectfully submitted,  
Esther Ladakos



The Metropolis of Pittsburgh  
Philoptochos Society  
Daffodil Luncheon  
**Saturday, April 17, 2010 – 11 am**  
LeMont Restaurant, Pittsburgh, PA  
Proceeds benefit the Metropolis Social Services and  
The Lupus Center of Excellence  
Donation: \$50 per person  
For Information and Reservations contact:  
Mary Doreza 412 371-6721  
Georgia Pandelidis 412 795-6713  
Mary Vasilakis 412 421-2110  
Hosted by The Pittsburgh East Philoptochos Chapters:  
Annunciation - McKeesport, PA  
Holy Dormition - Oakmont, PA  
Presentation of Christ - East Pittsburgh, PA  
St. Nicholas Cathedral - Oakland, PA

### National Philoptochos Donates \$20,000 to Haitian Relief Effort, Issues A Call to Chapters To Support Appeal

National Philoptochos President Aphrodite Skeadas announced that the National Philoptochos Society responded immediately to the appeal of His Eminence Archbishop Demetrios with \$20,000 in aid from the National Philoptochos Society's Emergency Fund.

In a letter to the National Philoptochos throughout the country President Skeadas stated, "It is with great sadness we learned of the loss of human life and devastating destruction following the earthquake of magnitude 7.0 that hit Haiti on January 12, 2010."

"This donation to IOCC, which is working in partnership with the Norwegian Church, will assist to meet the urgent need for safe drinking water and shelter. Water purification equipment that will serve 10,000 people and 500 family tents, as well as other supplies, are being airlifted to Haiti. The aid, valued at more than \$600,000, is expected to reach Port-au-Prince by Saturday, January 16."

Much will be required in Haiti, home to two Greek Orthodox Churches. The tragedy is great and the suffering is widespread. Please open your hearts and offer full support to this endeavor by sending your Philoptochos Chapter contribution to the National Philoptochos Society marked for the National Philoptochos Haiti Disaster Relief Fund at 7 West 55 Street, NY, NY 10019. You may choose to donate through your Chapter's treasury or through a targeted appeal. No dollar amount is too small. (Source: [www.Philoptochos.org](http://www.Philoptochos.org))



**February 5-7, 2010:** Despite record-breaking snow, Teens, parents and coaches from Holy Trinity GOYA attend the last basketball tournament of the season, hosted by St. Demetrios Church in Rocky River, Ohio.





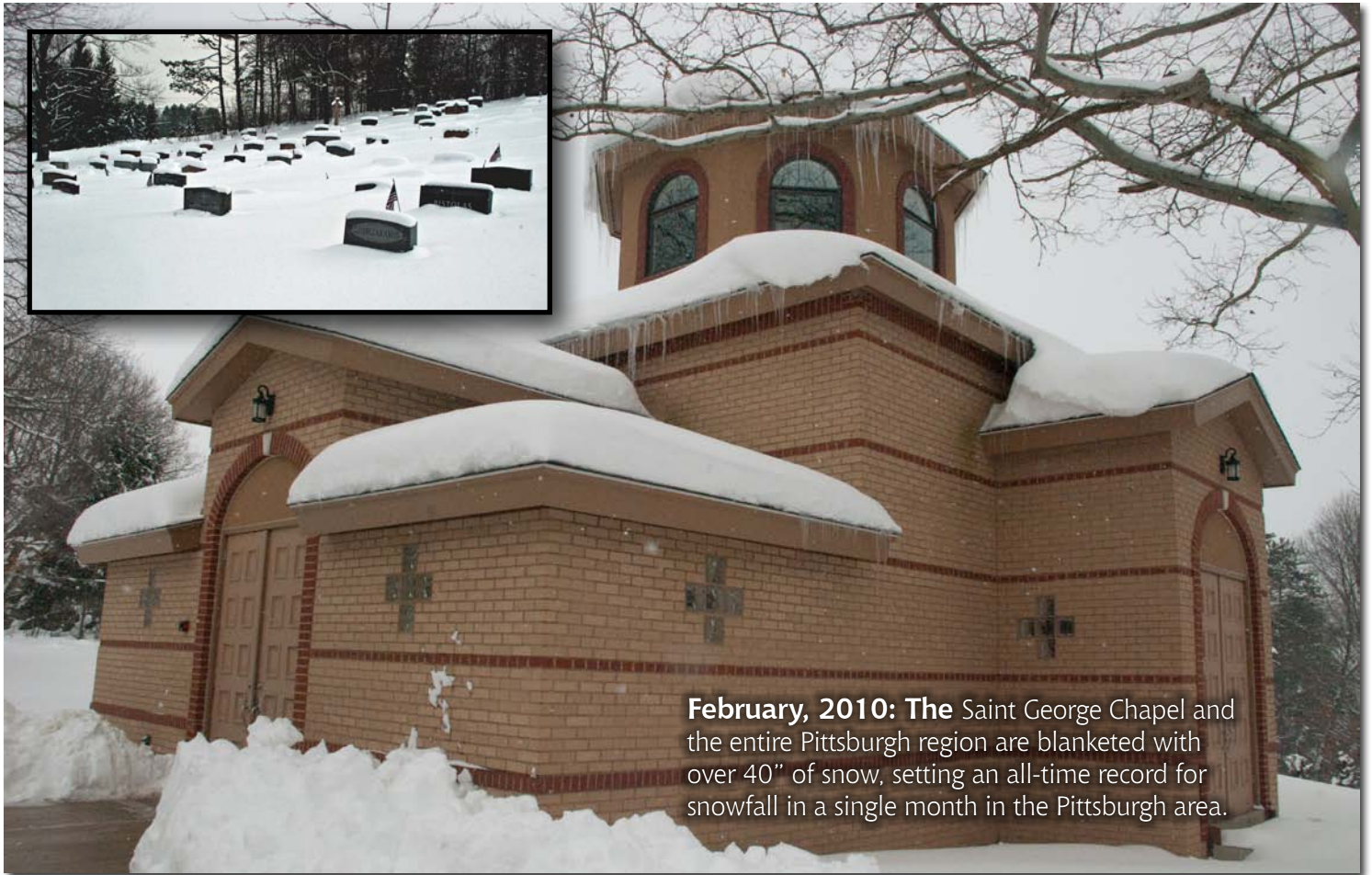




**January 21, 2010:** Church School students and staff participate in the annual procession for the Sunday of Orthodoxy.







**February, 2010:** The Saint George Chapel and the entire Pittsburgh region are blanketed with over 40" of snow, setting an all-time record for snowfall in a single month in the Pittsburgh area.



**February 24, 2010:** Our iconographer, Florin Vlad (pictured above right), and his assistant, Constantine (pictured above left), arrive with 18 standing icons of saints for the Saint George Chapel.



A regular report on the Stewardship ministry of Holy Trinity Church, which provides every member a vital opportunity to become involved in supporting the life and ministries of the Church through their God-given time, talents and treasures.



Dear Brothers and Sisters in Christ,

On behalf of Father John, Father Radu, the Parish Council and the entire Holy Trinity Community, I wish to thank you all for making 2009 another successful year for our parish. The 2009 final statements were mailed to your homes on January 30th.

Thanks to the continuing generosity of our community, Holy Trinity Church was able to exceed our 2009 stewardship fund raising goal of \$170,000. This success was not solely confined to the "Treasures" tenet of stewardship.

Through the efforts of our parishioners who gave of their "Time and Talents", we had two very successful food festivals and a tremendous start to a new event, the First Annual Holy Trinity Golf Classic in memory of Jim Hartig. The Philoptochos supported many philanthropic activities that were listed in the recent *Herald*, and our Outreach Ministry is still sponsoring the Lunch for the Homeless events to aid the less fortunate in our area.

Also thanks to all who participated in our many other ministries of our beloved parish, from Church School to the Choir, JOY and GOYA and the Over 65 club, to the members of the various committees, from the Social to Vision, from the Capital Campaign to the Cemetery, the Finance Committee to the Stewardship Ministry, from Weekly Lunch to Greek School, and to those attending our religious education classes and any activity that I may have failed to mention. In the spirit of the Holy Scriptures, "Well Done, good and faithful Stewards!"

Just as a friendly reminder: if you have not returned your 2010 pledge card yet, please do so as soon as possible. The completed pledge not only confirms your membership for the 2010 calendar year, the information provided allows the Parish Council and the finance committee to plan its budget for 2010. It also aids the chairpersons of the various ministries and committees to coordinate their activities for this year. Most importantly the 2010 Stewardship Theme of "Come and See" invites us to come together in worship and fellowship. The beautiful and spiritually uplifting Orthodox services during Great Lent provides all of us such an opportunity. I look forward to seeing you in church.

Jim Statheas.  
2010 Stewardship Chairperson



### A Reflection on Christian Stewardship



Do I possess the house in which I live? No, it is only on loan to me from God while I remain in that place. Do I possess the clothes I wear? No, they are on

loan to me until they wear out, or until I give them away to someone in greater need. Do I possess this body that you see before you? No, it was lent to me by God when I was born, and he will take it back when I die. Do I possess the mind that is composing the words that I speak? No, that too was lent by God at my birth and will go when I die. So do I possess anything? Yes, I possess the virtues which during my life have grown and flourished within my soul. Inasmuch as I have grown in faith, I possess faith. Inasmuch as I have grown in gentleness, I possess gentleness. These things are immortal; they are divine gifts which God will not take away, because he wants heaven itself to be filled with virtue. And, of course, I possess my soul, in which these virtues have their roots.

St John Chrysostom  
Archbishop of Constantinople



*A selection of original works by Voula Hareras in Greek celebrating Greek Independence Day, March 25, 1821.*



**Voula Hareras**

### 1821 - ΎΨΗΛΑΝΤΗΣ

**Η** 25η Μαρτίου 1821 δέν είναι απλά μιά ημέρα γραμμένη με χρυσά γράμματα στην ένδοξη και ματωβαμένη ιστορία του Έλληνισμού, ενάντια στην δυσκολοβάσταχτη σκλαβιά 400 χρόνων από την Τουρκική τυρανία, αλλά ολόκληρο τό ιστορικό της βιβλίο είναι ένα θαύμα ήρωισμού, με τούς άθαντατους ήρωές που έδωσαν την ζωή τους και τό αίμα τους μέχρι σταγόνα γιά νά είμαστε

εμείς ελεύθεροι, νά έχουμε Πατρίδα, Θρησκεία, Οικογένεια.  
΄Ας μήν τούς ξεχνάμε λοιπόν.

Σήμερα θά πούμε δυό σύντομα λόγια γιά πρωτοστάτες τής επανάστασέως...

Η επανάστασις άρχίζει στην Μολδαβίαν και την Βλαχίαν. ΄Η λεγόμενη φιλική έταίρια άνέθεσε την άρχηγίαν τής επανάστασέως στον Άλέξανδρο Ύψηλάντη, ό οποίος ηταν Στρατηγός στον Ρώσσιό στρατό και ύπασπιστής του Τσάρου τότε.

΄Ο Ύψηλάντης έφθασε στά Βαλκάνια τον Φεβρουάριο του 1821. ΄Ο Άλή Πασάς των Ίωαννίνων βρισκόταν τότε σέ πόλεμο μέ τον Σουλτάνο και ζητούσε βοήθεια από τούς Έλληνες.

΄Ο Ύψηλάντης θεώρησε πώς ήταν κατάλληλη στιγμή νά άρχιση την επανάσταση στά Βαλκάνια. Εκεί υπήρχαν πολλοί Έλληνες. ΄Ηλπιζε επίσης ότι θά έ'χε την βοήθειαν των άλλων Βαλκανικών λαών που και εκείνοι ήταν σκλάβοι στους Τούρκους' όπως και την βοήθεια των Ρώσων.

Κάλεσε λοιπόν όλους τούς λαούς νά ξεγερθούν κατά των Τούρκων. Πολλοί Έλληνες φοιτητές κατατάχτηκαν ως έθελοντές στον στρατό του Ύψηλάντη.

Ο Στρατός αυτός από 500 φοιτητές ώνομάστηκε Ίερός Λόχος, ό Ιερός Λόχος ήταν άνοργάνωτος και χωρίς όπλα.

Μέ τον Ιερόν Λόχον ένώθηκαν και άλλοι Έλληνες ώστε έγινε ένας Στρατός από 5.000 στρατιώτες. Οί Τούρκοι μόλις άκουσαν πώς οί Έλληνες επαναστάτησαν έστειλαν δύο χιλιάδες στρατό. Ο Ιερός Λόχος προχώρησε στό Δραγατσάνι. Εκεί ένας συνταγματάρχης του ίππικού βιάστηκε νά διατάξη επίθεση κατά των Τούρκων, οί οποίοι άν και λιγώτεροι ήταν πραγματικός στρατός. ΄Ο Ιερός Λόχος έπολέμησε μέ θαυμαστήν γενναιότητα, κατακόπηκε όμως από τούς Τούρκους ίππείς, όσοι δέν σκοτώθηκαν διασκορπίστηκαν.

Μέ την μάχην του Δραγατσανίου έσβυσε ή επανάσταση στά Βαλκάνια, Ο Ύψηλάντης έφυγε και πήγε στην Αυστρία. Οί Αυστριακοί τον έρριξαν στην φυλακή και τον αφήκαν ελεύθερο ύστερα από 6 χρόνια, όταν ή επανάσταση τελείωνε. Πέθανε τό 1828, από τά πολλά βάσανα που 'υπέφερε, αλλά είδε την άγαπημένη του Πατρίδα ελεύθερη.

### ΔΥΟ ΑΤΡΟΜΗΤΟΙ ΑΡΜΑΤΩΛΟΙ

΄Όταν ό άρματωλός Θεόδωρος Κομνά Τράκας είδε στην πολιορκία των Σαλώνων νά σκοτώνεται μπροστά στά μάτια του ό γιός του Σταμάτης φώναξε γιά νά δώση θάρρος στά παλικάρια του.- Γάμος χωρίς σφαχτά δέν γίνεται.

Κάποτε άλλοτε πάλι, ό γενναίος άρματωλός Δίπλας όταν είδε τον φίλο του Κατσαντώνη νά κινδυνεύη και τούς έχθρους νά πέφτουν καταπάνω του μόλις άκουσαν τό όνομά

του προχώρησε και μέ τό στήθος μπροστά τούς φώναξε.

Μήν τόν πιστεύετε έγώ είμαι ό Κατσαντώνης, άν σάς βαστά βαρείτε με. Έκείνοι τότε γύρισαν τά όπλα έναντίον του Δίπλα και τόν σκότωσαν.

Βουλα Χαρερα

### ΙΣΤΟΡΙΕΣ ΤΗΣ ΛΕΒΕΝΤΙΑΣ

Καποτε ό Θεόδωρος Κολοκοτρώνης καθόταν κάτω από τά δένδρα του Αστρους μαζί μέ τόν προύχοντα Γεώργιο Σωτηράκη και κάπνιζε τή μακρυνά του τσιμπούκα. ΄Ογέρος του Μωριά ήταν συννεφιασμένος, γιατί είχε δη λείει στό όνειρό του πώς ήταν ντυμένος παπάς και μοίραζε κόλλυβα στά παλικάρια του.

΄Όπως είναι γνωστό, ό Κολοκοτρώνης δέν ήταν μόνο θρησκόληπτος, αλλά και προληπτικός. Πίστευε σάν τούς άρχαίους ήρωες στά διάφορα φυσικά φαινόμενα που την εποχή εκείνη ήταν άκόμα άνεξήγητα. Μιά άστραπή π. χ. Σέ ώρα αίθρίας προμηνούσε μάχη, τό λάλημα ενός πετεινού λίγο μετά τά μεσάνυχτα σήμαινε κακό συναπάντημα την άλλη μέρα, ένα άλογο που κουνούσε τ'αυτιά του, τό φτέρνισμα τό λάκτισμα του άριστερου ποδιού και ένα σωρό άλλα παρόμοια έφερναν άνάλογα μέ τή στιγμή άναποδιές ή καλωσορίσματα.

Έκείνα ώστόσο που ήταν σημάδια αλάνθαστα γιά τόν Κολοκοτρώνη ήταν τά όνειρα. Έτσι όταν μιά μέρα ένας από τούς φίλους του, ό Νικολάκης Πρεβεδούρος, του είπε πώς θά πήγαινε γιά τό Τριέστι, ό γέρος τόν παρακάλεσε νά του βρή και νά του φέρη έναν όνειροκρίτη. Και ό Πρεβεδούρος του βρήκε πραγματικά ένα σέ γλώσσα Έλληνική, ήταν ό περίφημος όνειροκρίτης του Ομπρου ΄Ορφανίδη, που είχε κυκλοφορήσει πριν από μερικούς μήνες στην Ρουμανία, γιά τούς Έλληνες που ζούσαν στις παραδουνάβιες χώρες.

΄Ο Κολοκοτρώνης ένθουσιάστηκε κυριολεκτικά και όπως ήξερε άνάγνωσι και γραφή έπεσε μέ τά μούτρα στό βιβλίο και άρχισε νά τό ξεκοκκαλίζει.

Μέ τον τρόπο αυτόν πίστευε ότι είχε μάθει νά ξεδιαλύνη τά όνειρα και δέν υπήρχε παλικάρι, που νά μήν πάη νά συμβουλευτή άν τύχαινε νά όνειρευτή κανένε παραξενό όνειρο.

Τή νύχτα όμως εκείνη είχε όνειρευτή ό ίδιος πώς ήταν ντυμένος παπάς και πώς έδινε στους συντρόφους του από μιά χούφτα κόλλυβα. Τό όνειρο του φάνηκε κακό και γιά μιά στιγμή είχε σκεφθή νά άναβάλη τή μάχη τής Άρνισας που θά έδινε την έπομένη, του κάκου ό Σωτηράκης προσπαθούσε νά τόν πείση πώς δέν έπρεπε νά σκέφτεται έτσι.

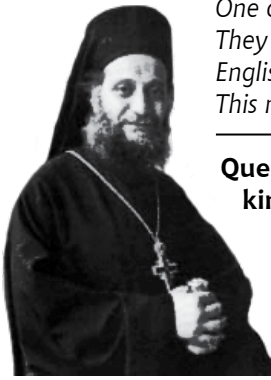
Και στό κάτω κάτω του είπε στό τέλος τό όνειρό σου δέν είναι καθόλου κακό.

Πώς τό ξέρεις ρώτησε περίεργος ό Κολοκοτρώνης, γιατί δέν είναι κακό. Γιατί τά κόλλυβα που μοίραζες ήταν γιά τούς άντιπάλους σου και όχι γιά τά παλικάρια σου,μπορούνε άνθρωποι πεθαμένοι νά τρώνε τά κόλλυβά τους.

Ο γέρος χτύπησε τό μέτωπό του, μπρέ καλά λές φώναξε άφού τά παλικάρια μου ήταν ζωντανά και έτρωγαν κόλλυβα αυτό θά πή πώς ήταν κόλλυβα των άλλων.

Και πρόσταξε νά έτοιμαστούν γιά την μάχη. Δυό μέρες άργότερα ή Άρνισα είχε πέσει στά χέρια τους και ό έχθρος έχασε πολύ στρατό.

΄Ο Κολοκοτρώνης πήρε τότε τόν όνειροκρίτη και τόν πέταξε, καλύτερος είναι ό Γιώργος ό Σωτηράκης είπε, κι' άμα έχω κανένα όνειρο που μέ βασανίζει θά τρέχω νά μου τό ξεδιαλύνη αυτός.



**Elder Aimilianos**

*One of the great blessings of Orthodoxy is the presence, prayers and inspired words of the Holy Elders of the Faith. They have been referred to as "precious vessels of the Holy Spirit." In recent years, many books have been published in English with their writings and talks. This column provides an opportunity for each of us to be blessed by their words. This month we continue, "Spiritual Study," chosen to give us all some motivation to increase our efforts during Lent!*

**Question: Geronda, what are other kinds of "spiritual study" I can read?**

Let's turn now to another category of books, the lives of the saints, the friends of the Church, who have bent down to the breast of Christ, and live within his heart. They are Christ's family,

and we must be with them, close to Christ. Do we know the saints of our Church? They are our brothers and sisters. We are members of the same family. We have the same father, God, and the same mother, the Church. We eat the same food, Holy Communion. We have all come forth from the same spiritual womb, have been nourished on the same milk, dined at the same table. Do we know our siblings, the saints of the Church?

When you read the lives of the saints, you have before your very eyes living translations of the Gospel, and you will be greatly inspired. Little by little you'll get to know them. You'll see how they were born, who their mother was, how they began life, how they poured forth sweat, sacred tears, how they blessed the earth with their precious, warm blood. And that blood was one with the blood of Christ. You'll be inspired, and you'll feel like leaping in the air to reach the heights of heaven. When you read their lives, you'll have the feeling that they're with you, that you can hear them breathing. It's as if we're all sitting around somewhere, and at one point I say: "Let's go for a stroll". And so we walk, and talk, and were all very friendly, just like a family. That's how you'll feel with the saints, when you get to know them, when you read their lives. You'll immediately say to yourself: This saint was a man like me. How did he become a saint? I, too, can become a saint. You see their courage, their love of God, and your heart is set afire, you become inspired, and you want even to surpass them.

**Question: What about the Holy Bible?**

One more type of book, which I purposely left for the end, is the most important of all. Which one is that? Holy Scripture. The New Testament. The Old Testament. Do we read these books? I fear that we don't, especially the Old Testament. But that is precisely where God speaks the most clearly: "Thus says the Lord." God is speaking. And the most uneducated person can read Holy Scripture. If he doesn't understand parts of it today, he'll understand them tomorrow.

I remember when I was still a student, I had gone to a school in order to teach. Young man that I was, I went to speak with the students. Outside the school was a little old lady, who was selling bread. She taught me much, and humbled me much! She was reading:

"What are you reading?" I asked her.

"The Gospel", my child.

"Do you understand it?"

"If I read it twice. I read the passages a second time, and I understand them better than the first. And if I read the whole thing again from the beginning, I understand it all even better."

Her soul was on fire for God, and if you have that fire, God tells you everything. Holy Scripture is the greatest gift which God has given to man. Let's understand that!

**Question: Geronda, is there anything we should do when we read to better understand the Bible?**

Make an effort to find some quiet time, and you'll find that you'll come to know God, that all of your doubts will disappear, all of your troubles. When the sun rises, as the ancients say, it should always find you with a book in your hands. Before reading, though, you should pray, so that God can open your mind and your heart. He can do that.

Whatever you read, make sure you read all of it. Let's say, for example, you're reading the Gospel. Read everything, even that which you think seems superfluous or difficult. Perhaps in some corner of the Gospel, or of the Old Testament, you'll come across a little pearl. But that little pearl, small though it is, will be of greater value to you than a mountain.

Don't try to find in Holy Scripture prescriptions and rules for your life. At the same time, rid yourself of the desire to insert your own thoughts into the text. You should be reading to learn what God says, and God will inspire you. And you should accept whatever God tells you. But perhaps now you're thinking to yourself that all of this is a bit naïve; that such things don't have a place in the modern world. What you say might be fine for people living in monasteries, you'll tell me, but we've got things to do, jobs to go to, problems to deal with. I see. So the Christian life is only for monks and nuns? But what did we say? We open our homes for Christ to enter them."

The notion that it's no longer possible to apply the truths of Christianity to our lives is like nitric acid. I've heard that if you throw a little of it onto a flower, it will shrivel up and die. That's how such a notion affects our life. The Holy Scriptures are for us, the writings of the Fathers are for us, not simply for monks. They have their peace and quiet, they have their safe harbor, they have everything taken care of for them. We're the ones in the middle of the fight, in the middle of the storm, we're the ones pursued by the devil. And it is to us who Christ comes, in the midst of all our difficulties, to provide us with these spiritual weapons, which are called spiritual books. To us he says: "Study these things, and devote yourself to them" (1 Tim 4.15).

*(More next issue: What Spiritual Study Brings Us.)*

*Excerpted from "The Church at Prayer: The Mystical Liturgy of the Heart"*



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## The Lenten Prayer of Saint Ephraim



O Lord and Master of my life,  
do not give me the spirit of laziness,  
idle curiosity, love of power and vain talk.

But grant me, Your servant,  
the spirit of moderation,  
humility, patience, and love.

Yes, Lord and King,  
grant me to see my own faults  
and not to judge my brothers and sisters.

For You are blessed forever. Amen.

Scripture of the Month: "Clothe yourselves, all of you, with humility toward one another." (1 Peter 5.5)