



# THE HOLY TRINITY HERALD

MARCH 2011

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HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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### Also enclosed:

March Parish Calendar  
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Updated Festival Cooking Sched.  
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+ more Lenten & Spring events!

## QUICK NEWS



Parish Council member Jason Farmakis and Joyce Athanasiou take part in the Parish Leadership Synaxis on February 8 along with the leaders of all Holy Trinity ministries. For more photos of February community events, including GOYA Basketball and Valentine's Brunch, see the Community Life Photo Journal on pages 8-11.



Jesus Praying

**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](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 Athanasios

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.....Vas Scoumis, Coordinator

Bookstore ..... Bill and Linda Areheart



**C**ommit your way to the Lord;  
Trust in Him, and He will act.

*Psalm 37.5*

Dear Brothers and Sisters Christ,

There is a theatrical play from the genre known as the "Theatre of the Absurd." According to one expert, it's aim was "the absurd attempt to convey their sense of bewilderment, anxiety, and wonder in the face of an inexplicable universe." The most famous example of this style of theatre was Samuel Beckett's "Waiting For Godot," in which characters pass their time aimlessly waiting for a character named "Godot," who never shows up. "The play seems to end in precisely the same condition it began, with no real change having occurred. In fact, it is sometimes referred to as 'the play where nothing happens.'"

It would be safe to say, I imagine, that almost all of us have been through one of those times in our life when nothing seems to be happening and we're waiting but not sure for what. Likewise, that sense of sitting and waiting has, at times, seemed to been a commonly shared frustration for the members of this community with regard to the new church project. And this is despite the substantial and amazing progress we have seen on many fronts.

Well, two events are about to remind us that we do not live in a theatre of the absurd waiting for "Godot," but in the reality of the absolute, simultaneously waiting for and receiving God, Who is the Alpha and Omega, the ultimate Beginning and the End, the "One Who Is."

The moment in our personal life is the onset of "The Great Fast," Holy Lent, through which the Lord beckons us, "Arise" (Luke 7.14) and "Follow Me" (John 21.19). It is a time that the Lord, through His Holy Church, reminds us, "It is not you who have been waiting for Me, but I who have been waiting for you!" What a patient and loving Lord we have! Even if we have been sitting still or paralyzed by our own inaction, God reminds us that He will act to call us, teach us, lead us, energize us, remind us, forgive us, love us ... and save us.

Likewise, in our community life, the waiting is over and the moment is here. Our Vision Committee and Parish Council have worked with great dedication and faith in representing this blessed community before both God and man, at all times with the full knowledge that they have been vested with trust by the community to be faithful before God and have been charged by God to be faithful to the His will for the community. The upcoming Special General Assembly will provide an opportunity for us all to pray, discuss and decide where the Lord is taking us as "two or three gather in His Name." Regardless of your questions, certainty or doubts, please receive the work that has been offered by these brothers and sisters in Christ on your behalf with godly thanks and personal appreciation to each of them.

Each day when we wake, make the sign of the Cross, offer our prayers and hit the floor with our feet, we trust that God will act in our life that day. Psalm 37 above promises that He will, and we will recognize Him only when we truly trust in Him. May we have the strength and faith to do so during Lent and always, in our own life and in the life of this most blessed Holy Trinity community.

A blessed Lent to all! I look forward to the journey with you!



## RELIGIOUS EDUCATION

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

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

- The Sunday of Orthodoxy Procession with icons on March 13. Remember to bring your icon to Liturgy!
- 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, too! Also, everyone is asked to please sign up to bring food so everyone can enjoy the fellowship after (not just parents - anyone can sign up!).
- 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 . . . . . Break During Lent

The Orthodox Studies Forum will be taking a break during Lent to offer its participants an opportunity to participate fully in the Lenten services on Mondays, Wednesdays and Fridays.

### Saint Lydia Women's Study Fellowship . . . . . March 10, 24

The Saint Lydia Women's Study Fellowship meets every other Thursday at the St George Chapel, 8941 Ringeisen Road (behind Duncan Manor Plaza) in Allison Park. The meeting starts at 9:30 a.m. with coffee and fellowship, followed by the study and discussion promptly from 10:00 to 11:00 a.m. The ministry is open to women of all ages. The current topic of study is "Selected Readings from 'Our Thoughts Determine Our Lives' by Elder Thaddeus of Serbia" Want more info? Contact Stacy Dickos at 412-367-0925 or Saint-Lydia@HolyTrinityPgh.org.

### 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 will hold 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 "Ancient Wisdom for Today's World," which will address topics of contemporary life through the guidance of the early Fathers of the Church. For info, call Gus Georgiadis at 412-880-4999. The dates for the series are: Mar. 8, 15, 22, 29 & Apr. 12). Everyone is welcome!

## YOUTH MINISTRIES

### HOPE and JOY . . . . . March

In addition to parish activities, the JOY ministries will be participating in the Metropolis JOY Lenten Retreat on March

12. See the flier below for details:

## Metropolis of Pittsburgh JOY Lenten Retreat

*Come  
and  
See*



**Saturday, March 12, 2011**

**12:00 Noon - 4:30 p.m.**

**St. Nicholas Greek Orthodox Cathedral  
419 South Dithridge St., Pittsburgh, PA**

**More information & online registration:**

**[pittsburgh.goarch.org/register](http://pittsburgh.goarch.org/register)**

**\$5 per child, \$20 family cap / parent-volunteers needed (gratis)**

**Email: [youth@odpgh.org](mailto:youth@odpgh.org) / Ph: 412.621.8543**

### GOYA Metropolis Retreat. . . . . April 1-3

The Metropolis Youth Ministries office has announced the annual GOYA Spring Retreat, to be held April 1-3 at Camp Nazareth in Mercer, PA. The speaker will be Father Joel Giliham addressing the topic, "What's Love Got To Do With It?" For registration information, visit [pittsburgh.goarch.org](http://pittsburgh.goarch.org). ATTENTION HOLY TRINITY GOYA: Be sure to see the information emailed to you from our GOYA email list to obtain the Holy Trinity discount code BEFORE registering.

## LENTEN INFORMATION

### 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!

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

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

**Pure Monday (Lent begins) ..... Mar. 7**  
**Sunday of Orthodoxy ..... Mar. 13**  
**Godparent/Godchild Sunday ..... Mar. 27**  
**Palm Sunday ..... Apr. 17**  
**Holy Friday (schedule off work & school) ..... Apr. 22**  
**Pascha ..... Apr. 24**

## Saturday of Souls Services ..... March 5, 12

All Saturdays of the Souls services are held at the Saint George Chapel at Holy Trinity Cemetery, 8941 Ringeisen Rd., McCandless Township. The services will be offered this year on March 5 and 12. The Memorial Service is held at the end of the Liturgy. Please use the memorial names list enclosed in the February issue of *The Herald* 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.

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

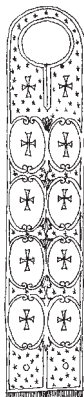
The GOYA will resume its very popular Lenten soup and sauces sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... plus they taste great and they are good for you! Please 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 Coffee Hour Reminder ..... Mar. 7 - Apr. 24

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, Mar. 7. 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 speak with Fr. John or Fr. Radu 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 blessed!)

## COMMUNITY NEWS & EVENTS

### Holy Trinity Hosting Lunch for Homeless/Needy ... Mar. 26

Holy Trinity Church has been the host church of the semi-annual lunch for the area's homeless and needy since its inception in 2003. The Holy Trinity Outreach Ministry is making plans to once again host this event. The date is March 26, 2011. Any and all assistance in the form of volunteers, food, supplies or monetary donations will be gratefully accepted. This time, we are once again trying to expand our outreach by also distributing socks to the guests we will be hosting that day. During this time of the Great Lent, we ask you to please be a part of this philanthropic outreach event and help by bringing packages of athletic or similar type socks to the church—or to the event. Please see Mike or Julie Kritiotis (412-766-5001) or Vas Scoumis (412-996-6505) for more details.

### Special General Assembly

A Special General Assembly has been scheduled for Sunday, March 6, following the Divine Liturgy. The agenda is focused on the sale of the current North Avenue church as well as an unused/undeveloped portion of Holy Trinity Cemetery. Please read the details in the agenda that was mailed or find them on our website at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).

Want to be as informed as possible and have your questions answered ahead of time? Be sure to attend the Vision Committee's Informational Session on Sunday, February 27, during Coffee Hour. Representatives will be there from the Vision Committee and Parish Council to discuss the details of the proposed sales.

### Sign Up For the Holy Trinity Email!

Want to receive the Sunday Bulletin directly via email? Want to keep up to date with the latest Holy Trinity news, including changes of events, changes due to weather, etc.? Go to [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org) and sign up today!

### New Church Office Hours

Please note: effective February 1, the Church Office hours have been changed to Monday-Friday, 9:30am-3:00pm.

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

Please keep in mind over the winter months that the Holy Trinity "Snow Line" is available to check for the cancellation of events in the case of snow or inclement weather. Call the church office after hours, then select option "6" to hear announcements of any cancellations. Keep in mind: snow or other cancellation announcements are also made through our parish email list. Be sure to sign up for them at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org). Also watch the KDKA Storm Center, as Holy Trinity Greek Orthodox Church is registered there as well for weather-related changes in schedule.



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

## March 2011 – The Voice of the Gospel



**Father John Androutsopoulos**

**B**eloved Brothers and Sisters in Christ:

Sun., March 6–Cheesefare Sunday (Forgiveness Sunday). Please read the Gospel of Matthew (6:14-21). In verses 14-15, our Lord Jesus Christ and Savior recommends that we be forgiving and forbearing saying, "If we

forgive our neighbors' mistakes and God will forgive those sins we commit before Him. If we do not forgive our neighbors' mistakes, neither God will forgive our sins."

So my beloved, let us remove from our hearts and soul the hate and reconcile ourselves with Him who cause us to be angry before the sun sets of that day.

### Reconciliation is better than Separation

"Be ye angry and sin not: Let not the sun go down upon your wrath." (Ephesians 4:26).

Why? Because the time of death is unknown, which comes suddenly and unexpected, and then what hope of salvation remains in us? How are we going to stand before God wearing the black dress of hate? "Friend, how did you get in here without wedding clothes?" (He refers to the garment of love). (Matthew 22:12) St. John the Theologian says, "Whoever hates his brother is a murderer, and you know that a murderer does not have eternal life in him." (1 John 3: 15).

Beloved, forgive to obtain forgiveness. To make a mistake is human, but to forgive is divine and makes the faithful imitators of Christ. Jesus said from the Cross: "Father forgive them! They do not know what they are doing." (Luke 23 34)

### The Great Fast

Beloved, tomorrow the Holy and Great Fast begins. Let us remember that today we commemorate the expulsion of Adam from the paradise of bliss. Why were Adam and Eve driven out of paradise? Because of the transgression and their disobedience of the first commandment which God gave to man, and this commandment was fasting. St. Basil the Great calls this commandment the oldest of the law which was given to the Hebrews by God.

Beloved, March 7th marks the beginning of Great Lent. If you are young and healthy, you ought to fast, because fasting is commanded by God and the Church, and the transgressor becomes responsible before God. The 69th apostolic canon imposes a penalty of excommunication to the layman and defrocking to the clergyman who transgress the commandment of fasting. But a sick person may alter the fast as needed.

If you are ill and your doctor orders you not to fast, you owe it to obey your doctor; otherwise you commit indirect suicide.

### A Divine Commandment

Fasting is a divine commandment and necessary, and must be kept without any objections. We have many examples of holy men who were fasting: Moses, Prophet Elias, John the Baptist, Jesus Christ and the apostles lived with prayer and fasting. He who fasts imitates Jesus Christ and follows him. "Because Christ Himself suffered for you and left you an example so that you would follow in his steps." (1 Peter 2:21)

Listen to St. Paul in his second epistle to the Corinthians concerning the fast: "For this reason we never become discouraged. Even though our physical being is gradually decaying, our spiritual being is renewed day after day. (2 Corinthians 4:16). He who does not fast transgresses the commandment of God and consequently commits sin in transgression of the law.

### The Well-Pleasing Fast

But the fast without the abstinence of evil works, sinful desires and disobedience of God's commandments will no way benefit the soul of those who are fasting. Beloved, besides the abstinence of certain foods all the parts of the body must fast:

1. Our eyes must not watch immoral pictures
2. Our ears must not hear gossip and slander
3. Our tongue must not spread gossip and slander
4. Our hands must not take or hold things not belonging to us
5. Our feet must not take us to immoral places.

Let our fast this coming Great Lent be well-pleasing to God. In the last three verses of the Gospel lesson, Jesus is teaching us not to treasure earthly treasures, because these treasures are perishable and temporary, but to treasure heavenly treasures which are imperishable and eternal.

"Faith without works is dead." (James 2:26). A rich land-lord took a tenant to the roof of his house and said, "All the land you can see to the north is mine." Then he turned and said, "All the land you can see to the east and south is mine." The poor tenant looked up and pointed toward Heaven and asked, "How much do you own in that direction?" How much do WE own in that direction?

May the Great Lent of this year be a blessed and fruitful one in the vineyard of our Lord Jesus Christ.

*With love in Christ,  
Rev. Fr. John K. Androutsopoulos  
Protopresbyter*



Hello, my precious children!

Well, here we are again, in "The Great Fast," which we also call "Lent." (It sounds really exciting when we say, "The Great Fast," doesn't it? Kind of like it's a big adventure. Actually, Yiayia says it really is! So



many good stories and readings. Besides, it brings a lot more people around the church to visit me almost every day. I guess is really is a great adventure!

In the book, "Mooki's Secret," by Kari Gibson, we learn a few good lessons that may help us during Lent and all year, too! It's a story about self-acceptance and the gift of trust.

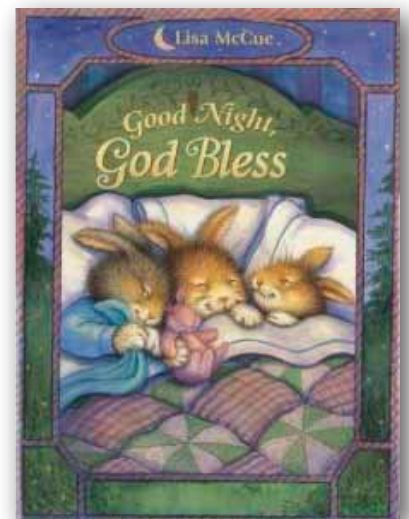
My little ones, have you ever experienced the pain of shame and embarrassment when you feel different in one way or another? (For example, imagine life with these ears and this tail in your people world!)



In this story, the Chompei helps Mooki get past the painful stage of feeling strange, different and ashamed. You will learn to trust our Heavenly Father because of His unfailing love for each of His children. He ultimately transforms each painful experience into something that benefits us. He promises to make all things work for our good. He never leaves us, but promises to give us grace sufficient that benefits us. He promises to give us enough to face the trials in front of us. He will always be there for us. Remember, there is no time limit on God's perfect plan for us. It may take a day or it may take years. We may never fully understand it. But we can completely trust Him to bring joy through it all. You may want to look at the following Bible verses with your parents (they can show you how to look them up): Romans 8:28, Isaiah 61:3, 1 Thessalonians 5:16-18, James 1:2 and Hebrews 12:9-11.

Another book you'll enjoy is "Good Night, God Bless," by Lisa McCue. It is a story of Dozy, Pozy and Rosy's day at the park, or rather, how it fell through. The three little bunnies are very disappointed at first. But then Mama bunny reminds them that sometimes when things don't work out as we want, our Heavenly Father has something better in store for us.

My little ones, you, too, will learn to deal with disappointment and that God always has our best interests in mind, even when things don't seem to work out. Dozy, Rosy and Pozy learn to enjoy the simple pleasures of an ordinary day: playing with fireflies, eating a surprise meal and getting ready for bed. They learn, "We know that in everything God works for the good of those who love Him" (Romans 8:28). It's a great lesson for "The Great Fast" and all year long!



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. Want more information? Visit their web site at [www.philoptochos.org](http://www.philoptochos.org) or contact a local member.

## Philoptochos Report: March 2011

### Vasilopita

On Sunday, January 23, 2011, we honored St. Basil with the Vasilopita Bread. The February issue of the Herald had pictures of everyone who received a slice of bread for their Ministry. Fathers John, John and Radu received the special coin from the main loaf. May God bless them.

### Two Special Ladies

Much of the work of Philoptochos happens quietly in the background as our women selflessly make their offerings of service and love for the church. The Lord rewards us all in secret, but it is also good to know what it takes to keep these vital ministries running. As we have recently celebrated both Philoptochos Sunday and the Vasilopita feast, there are two ladies whose continual support helps keep Philoptochos going.

Kay Balouris has made the Artoclasia and the Vasilopita bread for many years. Stella Athanasiou has made the Kolyva for the Philoptochos Nameday for many years.

Both ladies have never charged the Philoptochos for their time or ingredients. A very belated thank you to these kind and generous ladies for the offerings of love to Philoptochos. May God grant them many years. *Kai tou hronou.*

### Easter Bread

Philoptochos will be making Easter bread for April 25. It isn't too early to think about ordering your bread from now. It would be very nice to buy one for yourself and maybe for a friend or neighbor.

### Lenten Luncheon

The Annual Lenten Luncheon will be held on March 27, 2011. It is held on the same day as Godparent/Godchild Sunday. We will need a great amount of food in order that everyone will be served. The Philoptochos will provide the main dishes and we are asking for others to bring salad, vegetables or dessert capable of feeding 20 servings (Lenten, of course). An advertisement is found in this issue of *The*

*Herald*. Please, ladies, make a special effort to bring a food offering this year. Our parishioners truly look forward to your delicious dishes, and it makes it a nice family day.

### Membership/Stewardship

In every issue of the Herald we keep asking all the young ladies of the Parish to please join the Philoptochos. In order for this chapter to survive we need new members, because those of us who have been members for a long time want to hand over the reins to you the young ladies of Holy Trinity.

### Charities

The donations offered to 52 charities (listed in the last edition) that the Philoptochos supports are made possible by you the Parishioner. Thank you for supporting all of our fund-raisers!

### Undies And Socks

We are still collecting undies and socks for needy children. Please help us to fill the box in the Narthex. All collections benefit the Auberle Center. Thank you.

Respectfully submitted,  
Esther Ladakos, Secretary

## National Philoptochos Seeks to Open a "Center of Philanthropy" Headquarters

### History

The Greek Orthodox Ladies Philoptochos Society celebrates its eightieth year in 2011 as the philanthropic arm of the Greek Orthodox Archdiocese of America. Founded in 1931 by then Archbishop Athenagoras, the organization is now comprised of 27,500 members in 485 Chapters nationwide. As it reaffirms its mission and commitment for the future, Philoptochos seeks to enhance and expand its role of assisting those most in need through its ministries and programs.

At this crossroad in its history and with the blessings of His Eminence Archbishop Demetrios, the National Philoptochos has begun its campaign to establish a permanent home in New York City, the Philoptochos Center of Philanthropy, to serve the worthy and noble causes of this important philanthropic organization.

Philoptochos supports many ministries and programs including Social Services; Health and Education; Emergency Disaster Relief; Orthodox College Students; Programs and Education for Alzheimers, HIV/AIDS, Autism and Cardiac Health; Retired Clergy and Presbyteres, the Aging, Troops Overseas, the Environment and the Family, as well as Saint Basil Academy, Hellenic College and Holy Cross School of Theology and The Ecumenical Patriarchate.

### Philoptochos Center of Philanthropy Questions/Answers

**Why does National Philoptochos have to move?**  
*We are in temporary, rental space with no long term option.*

**Why has National Philoptochos decided to purchase property?**  
*It is essential to have a permanent home to plan for the future and to leave a legacy for those who follow.*

**How was the decision made to establish a Philoptochos Center of Philanthropy?**  
*The 375 delegates of the 2010 National Philoptochos Convention enthusiastically endorsed the National Board proposal to establish the Center.*

**Why establish a Center in New York City?**  
*National Philoptochos is chartered in the State of New York and is an integral part of the Greek Orthodox Archdiocese of America.*

**How will the Center help Philoptochos Chapters and members nationwide?**  
*The Center allows for expansion of services with Leadership Programs, Educational Resources, Knowledge and expertise working with Social Services, Administrative and organizational support and continued guidance, technical assistance, program development and new liaison teams in each Metropolis.*

**When will the Capital Campaign begin and what is the funding goal?**  
*The Campaign began in July 2010 and by December 2010 raised over \$1 Million towards the goal of \$4 Million.*

**What is the role of the Philoptochos Center of Philanthropy?**

*To enhance the Philoptochos mission to aid the poor, and to provide high quality assistance through social services, educational resources and leadership programs on site and to all Metropolises.*

**What services will the Philoptochos Center of Philanthropy offer?**

- National Philoptochos Operations and Administrative Offices
- Social Services Office
- Archives Library
- Information and Referral Hotline
- Advocacy Center for Children, women, families and seniors
- Conference Facility/Media and Technology Center/Video Conference and Webinar Center
- Non Profit Leadership and Resource Center
- Disaster Response Certification/Emergency Financial Assistance
- Workplace/Employee Assistance Network/ Job Search

**How can a Chapter be helpful?**

*Become a Center Steward; Participate in Center activities; Spread the good word about Philoptochos and the Center.*

**How can we contribute?**

*Donate on line at [www.philoptochos.org](http://www.philoptochos.org) or request form from the national office. All contributions large and small are welcome!*



For more information contact:

National Philoptochos Society • 7 West 55th Street, New York, NY 10019 • 212.977.7770 • [www.philoptochos.org](http://www.philoptochos.org) • [Philosny@aol.com](mailto:Philosny@aol.com)





**February 8:** Holy Trinity Church held its historic, first-ever "Parish Leadership Synaxis," a gathering of leaders and representatives from all ministries in the life of the parish. The evening started with a prayer and "Synaxis" address from Father John, then a "Leadership" welcome from Parish Council President Chris T. Balouris and a "Vision" overview of our Parish Mission Statement by Vision Committee Chairman Gus Georgiadis. During the course of the evening, the "Ministry Reports" prepared ahead of time by each ministry were used as a basis for the "1-minute New Member Coffee Hour Introduction," during which ministry leaders were given 1 one-minute role-play to convince a new member to the community (played by Parish Council members!) to get involved in that ministry. The entire group later used



the "Mission Statement Looking Glass Reports" to discuss where each ministry is fulfilling segments of the community Mission Statement's Goals and Objectives and which areas can be strengthened and expanded. Many thanks to all who participated in this exciting evening, the first of this annual new tradition!



## The First Annual Holy Trinity Church Parish Leadership Synaxis - February 8, 2011







**February 11-13:** Holy Trinity GOYA headed out again with a caravan of teens, coaches, parents and priests for the second Metropolis GOYA Basketball Tournament, this time hosted by Ss. Constantine and Helen Cathedral in Cleveland Heights, OH. At the end of a great weekend of sportsmanship and fellowship, our teams brought back a lots of good memories, and the Senior Girls Team also brought back the First Place trophy! Congratulations to all our players and thank you for the parents and community for all their support!





**February 20:** Holy Trinity hosted its annual Community Valentine Brunch following Divine Liturgy. A sell-out crowd enjoyed a great homemade meal served by our enthusiastic and energetic teens. Thanks to the GOYA for hosting the event and to all who stayed for the meal and supported our active GOYA teen ministry!





## 2011 Stewardship Pledges Received | Stewardship Update

*Thank you to the following Holy Trinity stewards who have submitted their 2011 Stewardship Pledge cards! The Stewardship Committee has accepted the challenge of raising the level of Stewardship support substantially this year. Your pledge card is an essential part of it!*

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*2011 Pledge Progress as of February 24:  
191 Pledges; Total: \$160,370; Avg: \$840*

Reflections in modern Greek selected for the season by Voula Hareras.

## 25η Μαρτίου



Voula Hareras

**Η**ρθε καί ό εύλογημένος μήνας Μάρτιος, καί τόν λέγω εύλογη- μένον, γιατί έχει διπλήν εύλογία από τόν Θεό.

Ή πρώτη, κατά έντολή του Θεού έρχεται ό Άρχάγγελος καί προσφέ- ρει τόν κρίνο στην ταπεινή κόρη Μαρία, πού τήν διάλεξε ό Θεός για τίς χάρες της, νά φέρει στόν κόσμο τόν μονογενή του υιό Θεάνθρωπο

καί Σωτήρα μας, Ίησού Χριστόν. Καί αυτή γεμάτη δέος καί ταπεινώση αποδέχεται τό θέλημα του Θεού.

Ή δεύτερη εύλογία είναι πού τήν ίδια μέρα 25ην Μαρτίου 1821, στην Μονή της Αγίας Λαύρας, ό Παλαιών Πατρών Γερμα- νός, κρατώντας τό ιερόν λάβαρο όρκίζει τά ήρωικά παλληκάρια, καί αρχίζει ό μεγάλος άγώνας για τήν έλευθερία της υπόδουλης Πατρί- δας μας, έπειτα από 400 χρόνια άφόρητη σκλαβιά καί τυρανία τών Τούρκων.

Τό σύνθημα Ελευθερία ή Θάνα- τος. Καί πραγματικά μέ ύπε- ράνθρωπους άγώνες καί θυσίες, καταφέρνουν μέ τήν βοήθεια της Ύπερμάχου Παρθένας, καί τόν άφθαστο ήρωισμό τους νά ξανα- μπή στόν διεθνή χάρτη ένα έλεύ- θερο κομμάτι ή Ελλάδα μας.

Καί έλεύθεροι πλέον νά προ- σκυνούν τόν Θεό τους νά έχουν τήν γλώσσα τους τά ήθη καί τά έθιμά τους, χωρίς τόν φόβο καί τόν τρόμο.

Άλήθεια τί ύπέροχο πράγμα 400 χρόνια, καί κράτησαν θρη- σκεία, γλώσσα, πατριωτισμό μέ τό μαχαίρι στό λαιμό, καί άναρω- τίέμαι μέ πόνο, έμείς σέ τούτη τήν εύλογημένη χώρα, τί κάνουμε, πού βρισκόμαστε, τήν άπάντησι τήν άφίνω σέ όλους μας άς βάλουμε τό χέρι στην καρδιά καί θά τήν βρούμε.

Διπλή γιορτή λοιπόν, καί από αυτό έμπνευστικε ό ποιητής μας (βαλαωρίτης) καί λέει σέ ένα στίχο του:

Έχουμε σχόλη ή Παναγιά, καί ή Έλλάς μεγάλη.

Η μιά τό κρίνο δέχεται δάφνης κλωνάρι ή άλλη.

Χαίρε Μαρία άπ' έδώ άκούς χαριτωμένη

Καί καλώς ήλθες από κεί Θεά ξενητεμένη (ή λευτεριά)

Στήν μεγάλη αυτή έθνική επέτειο της 25ης Μαρτίου, ται- ριάζει νά θυμηθούμε καί πάλι τήν προτροπή του ποιητού μας

«Δέν έχω λόγο νά σας πώ παρά μονάχα ένα μεθύστε μέ τό άθάνατο κρασί του 21..»

«Ό ποιητής σέ άλλο του ποιήμα μεγαλόπνοα ύπενθυμίζει..

Όσοι Έλληνες ότi είσθε, μήν ξεχνάτε, δέν είσθε από τά χέρια σας μονάχα όχι, χρωστάτε σέ όσους ήρθαν, πέρασαν θά ρθούνε, θά περάσουν.» (Κ. Παλαμας).

Άν θυμόμαστε καθώς μπήκε ό μήνας της μεγάλης έθني- κής έορτής αυτούς τούς στίχους είναι γιατί φτάνουν παρά- ξένα άκούσματα Οί Εύρωπαίοι μαθητές λένε, δέν κάνουν παρελάσεις, δέν τιμούν μέ σχολικές έορτές παλαιούς έθني- κούς ήρωες καί άλλα τέτοια, παράδοξα... Γιατί στην Έλλάδα συνεχίζουμε τετοιου είδους έκδηλώσεις έρωτούν χωρίς ίχνος ντροπής κάποιου..

Άπορεί όμως κανείς, πρέπει νά διστάζουμε νά κάνουμε κάτι άλλοιώτικο από όσα κάνουν οί ξένοι, μάς έχειμπολιά- σει τόση μειονεξία καί άντιγραφή, άντί για άμιλλα σέ ότi σωστό?

Νά μήν τιμούμε αυτούς πού έθυσίασαν τά πάντα για τό άκριβό τίμημα της λευτεριάς?

Νά μήν κάνουμε παρέλαση μέ μιά τόσο δοξασμένη Σημαία?

Νά μην θυμόμαστε εύγνώμονα τίς μεγάλες μορφές τών ήρώων?

Νά ξεχάσουμε λοιπόν τό θαύμα του 1821?

Εύγενείς ξένοι, πού γνώρισαν καί αγάπησαν τήν Έλλάδα, όμο- λογούν μέ είλικρίνεια, "όπως ό μεγάλος Άγγλος ποιητής Σέλεν. «Πολλοί λαοί άγωνίστηκαν για τήν πατρίδα τους, αλλά οί Έλλη- νες είναι άνυπέρβλητοι, όχι μόνον στους άγώνες για τήν έλευθερία, αλλά είναι καί μεγάλοι ύπηρέτες του Άληθινού, του Ωραίου, καί του Αγίου... Δίκαια καυχόμαστε οί Εύρωπαίοι, ότi είμαστε όλοι μαθητές της Έλλάδας...»

Δέν είναι λοιπόν σωστό διώ- χοντας τήν νωθρότητα καί άπορρίπτοντας συγχρόνους ξενό- φερτους παραλογισμούς νά δεί- χνουμε ότi άνηκουμε στην ίδια φυλή μέ αυτούς πού δημιούργη- σαν ένα λαμπρό πολιτισμό καί είμαστε άπόγονοι μαρτύρων καί

ήρώων, μιάς δοξασμένης Πατρίδας. Περπατήστε μέ καμάρι στην παρέλαση παιδιά, "ας τραγουδήσουμε όλοι τά τραγού- δια της Λευτεριάς, άς πούμε λεβέντικα τόν έθνικό μας ύμνο,

Ψηλά ή Σημαία μας, ψηλά οί καρδιές μας.

Βούλα Χαρερά

Εύχομε σέ όλους καλή Σαρακοστή μέ ύγεια.





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

**Sunday**  
**March 27, 2011**

**Divine Liturgy**  
**Godparent/Godchild Prayers**  
**Holy Communion**  
**Philoptochos Lenten Luncheon**

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

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

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

The Philoptochos will be providing the main courses for the meal. Parishioners who are able are asked to assist by bringing on the items below as their offering of support to Philoptochos and sharing for the day.

**ITEMS REQUESTED — PLEASE CALL TO CONFIRM**

**Vegetables**  
**Salads**  
**Desserts**

All items should be enough to serve 20 people. Lenten please (no meat, fish, dairy). Please call Kay Balouris at 412-766-1263 by Wed. Mar. 23 to confirm your offering.

*Orthodox Christianity is an ancient faith rich in holy tradition and pious practices which express our faith and honor God. Because this inherited wealth can sometimes be overwhelming in its breadth and detail, we as Orthodox Christians face the great challenge and opportunity of a life-long call to learn. The dangerous downside is that sometimes we do things "just because we are told" and not because we understand why. Reverencing a priest's hand is one of those practices. It is a beautiful and inspiring thing to hear parents in the antidoron line after Divine Liturgy reminding their children to kiss the priest's hand when receiving the blessed bread, but it begs the question, "do they know why?" This article is offered to help develop a deeper understanding of that practice for those who honor it.*

One thing is for sure in the Orthodox Church: the way we address and treat our clergy—at least formally—is becoming more and more unique in the Christian world. Step into most Orthodox churches even in the United States and one will still be sure to find many parishioners kissing their priest's hand, referring to him as "Father" and asking for his blessing before a meal or any sort of meeting. This is nearly inconceivable in most non-Orthodox churches where, in some cases, the pastor may not even be a seminary graduate.

Most people are familiar with the statement of Christ not to call anyone on earth "Father" but many forget both the context and the additional statement to call no one "teacher." By saying these things, Jesus was, in fact, castigating the hypocrisy of the scribes and the Pharisees of His time and telling the people not to honor those who forgot what service, humility and justice truly mean. It is important here to note that Christ regularly attended temple or synagogue worship in His day but never criticized the official worship: the vestments, the incense, the liturgical forms or even the majesty of Herod's Temple. His criticism was aimed at hypocrisy and those who sought glory for their position.

On the matter of addressing our clergy as "Father," it is absolutely proper from an Orthodox perspective to say that only God is our true Father since the clergy simply participate in His priestly ministry. It wasn't long after Christ, however, when St. Paul properly discerned the use of the title Father for a spiritual leader. Quite frequently in his letters, he addressed the churches he had created and nurtured as his "beloved children" and referred to himself as their father. Writing his first letter to the Corinthians, he said "For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the Gospel."

In Eastern Orthodoxy, it was the scriptures themselves that originally inspired the treatment of the clergy and the respect for the authorities within the Church. St. Luke gave an account of the Early Church in his Acts of the Apostles noting that "Paul and Barnabas also appointed presbyters in every church. With prayer and fasting, they turned the presbyters over to the care of the Lord, in whom they had put their trust" (14:23). St. Paul, who also referred to himself as a presbyter, wrote in his first letter to St. Timothy that "Elders who do their work well should be respected and worthy of double honor, especially

those who work hard at preaching and teaching" (5:17).

As the Church developed and the sanctity of the Eucharist as the Body and Blood of Christ became more well-known, popular piety led to the kissing of the priest's hand since it had touched the Holy Gifts and been the vehicle by which the Holy Spirit sanctified the bread and wine. So like the veneration of an icon or like the prostrations or "metanoies" (bowing down) that the faithful will perform before a holy object, the kissing of the priest's hand is meant to express love, honor and respect ultimately to God. In the same way, many will ask

for a priest to offer his blessing but, in fact, the blessing is not his but God's blessing. The sign that the priest makes with his hand in the form of Christ's initials (IC XC) shows that, once again, the priest is acting as the vehicle for God to convey His grace to His children. [Editor's note: This is also evidenced at times when the faithful will approach a hierarch or priest and say, "Your blessing!" (Greek: *evlogeite*). An often-used response from the clergy is "May the Lord bless you!" (Greek: *O Kyrios*), acknowledging that the only blessing the clergy has to offer is that of the Lord, Who blesses him to serve.]

From the perspective of the clergy, it is rare that a priest would expect or insist that his hand be kissed. If he did, it would only be out of his own belief in the practice, but the laity should not feel like they have to kiss the priest's hand. At the same time the faithful should realize that a priest ... receives this honor humbly, knowing that the honor is truly not his, but Christ's.

Still, being human, the priest receives the action as a frequent reminder of the "trust" and confidence that are offered him by his flock. Like the fringe that hangs from his vestments and reminds him of the people entrusted to his care, the kissing of the hand is a practice that further unites the priest to his congregation, the father to his children.

So, if we truly desire to perpetuate our Orthodox faith and our very unique and mutually respectful relationship between the clergy and laity, the faithful of the Church would do well to maintain this tradition and perpetuate it for generations to come.

Reprinted from The Hellenic Voice, Feb. 9, 2011

The author, Fr. Chris Stamas is pastor of St. George Cathedral in Springfield, MA.





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## On The Importance of Keeping Healthy and “Well-tuned”

*Lent is perceived as a spiritual journey, but since we are created by God as both physical and spiritual beings, it is the body that will carry the soul on that journey. Here, two famous Church Fathers remind us of the need for good stewardship of the body for the sake of the soul.*



*When the body is ill, the soul is badly affected. In the great majority of cases, in fact, our spiritual capacities behave according to our physical condition; illness lays us low and makes us different, almost unrecognizable from when we are well.*

*You could say that the body has been constructed like a musical instrument. If the strings of an instrument give a feeble or false sound because they are not taut enough, the artist has no way of displaying any particular talent: the defect in the strings defeats all skill. It is the same with the body. It can do a great deal of harm to the soul.*

*The same thing happens with the spirit. It functions through the body to display its skill in a spiritual way. So I ask you: take care that your body stays fit, safeguard it from illness of any sort.*

*I am not telling you to let it waste away or to let it grow fat. Feed it with as much food as is necessary for it to become a ready instrument of the soul.*

*Saint John Chrysostom & Saint Gregory of Nyssa, 4th century*

Scripture of the Month: “Do you not know that your body is a temple of the Holy Spirit within you, which you have from God?” (1 Cor. 6.19)