



# THE HOLY TRINITY HERALD

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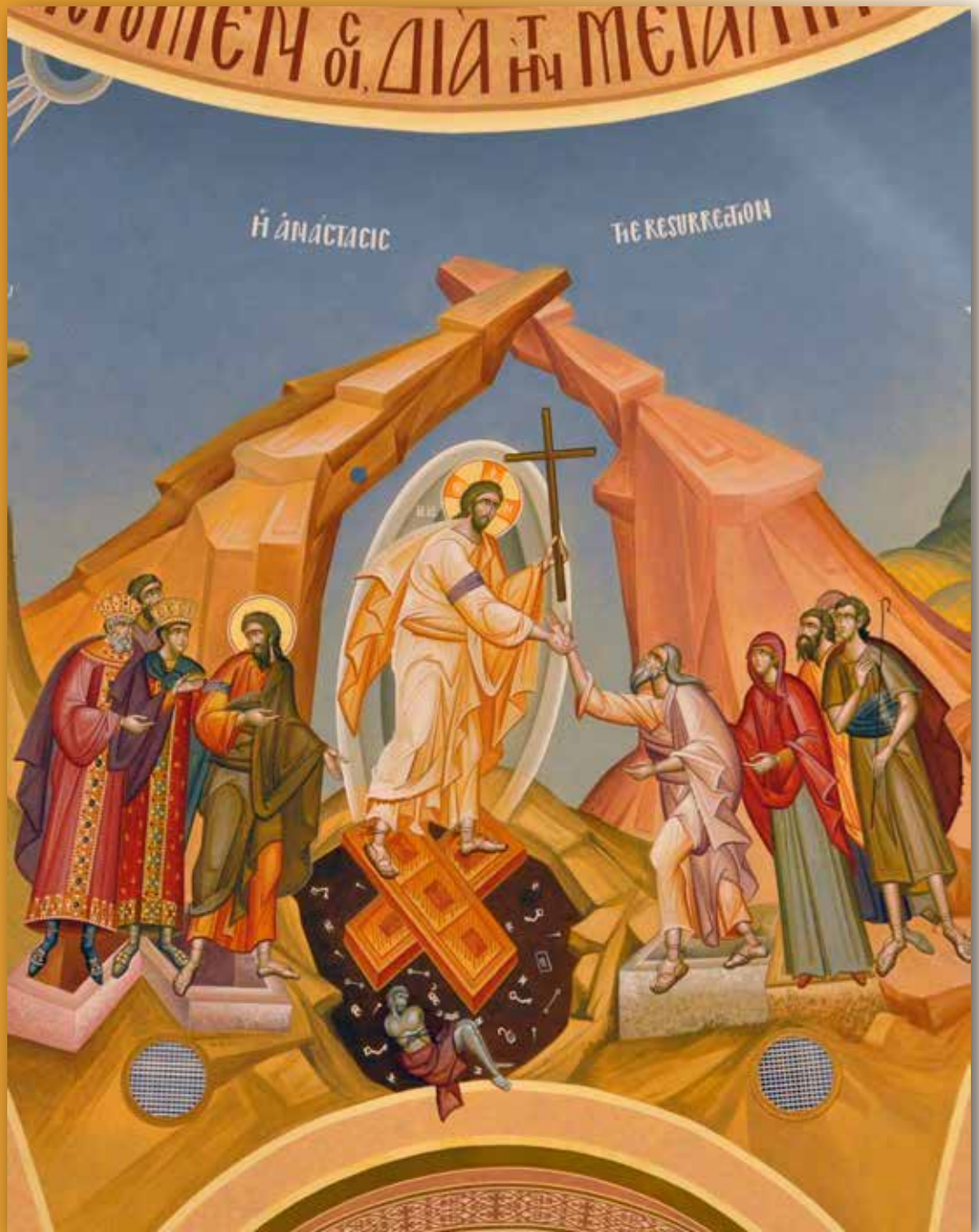
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## QUICK NEWS



Holy Trinity Church School students participate in the first Sunday of Orthodoxy Icon Procession in the new church. Want more photos of the life and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 8-10 or visit our online photo gallery site at [photos.HolyTrinityPgh.org](http://photos.HolyTrinityPgh.org).



## Christ is Risen! Truly He Is Risen!

Icon of the Resurrection in the Dome of the New Holy Trinity Church

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

# THE HOLY TRINITY HERALD

## About the Herald

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

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

#### Clergy

Rev. Fr. John Touloumes, Proistamenos

Rev. Fr. Radu Bordeianu, Assistant Priest

#### 2014 Parish Council

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Dean A. Balouris Marios Kritiotis

George Danis Charles Petredis

Andrew Janis Joyce Athanasiou

Jason Farmakis Stephanie Sedor

Louis Kort Alex Trilivas

Leo Loomis Gerri Valliant

#### Ministries

Please visit the Holy Trinity website at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org) for descriptions and contact information on Holy Trinity Church's ministries, including educations, youth, senior, family and cultural opportunities. There is something for everyone, so please get involved today!



**B**y his great mercy we have been born anew  
to a living hope through the resurrection of  
Jesus Christ from the dead, and to an inheri-  
tance which is imperishable, undefiled, and unfading.

1 Peter 1:3-4

Dear Fellow Sharers of the Joy of our Victorious Savior,

"Christ is risen! Truly He is risen!" This is a familiar, joyous refrain for us in the Church, but this victorious anthem may not be as familiar to others. So, for many years during festival church tours, the Resurrection of Christ has been a pillar of the tour just as it is a pillar and banner of the Faith, the "living hope" without which we have nothing to save us from our fallen human condition. But for all those years, it has only been words that have testified to that miracle. Since the opening of our church, however, the iconography of Dr. George Kordis has made that presentation not only beautiful, but dramatically more powerful and visual. Instead of just saying, "If you want to know what our entire Faith rests on, listen to this," we can now offer, "If you want to know what our entire Faith rests on ... LOOK UP!" Similarly for us who are regularly involved in the life of the Faith, the iconography of the new church has both reinforced and magnified the teaching and celebration of that Faith on a weekly basis, whether in youth sermons, adult messages or special services. That is nowhere more evident than at Pascha, and I hope you are looking forward to it as much as I am.

Imagine the scene: we will, as always, await with great anticipation the light emerging from the darkened sanctuary at midnight, but this year—for the first time in Holy Trinity history—that divinely-illuminated glow will cast its light not only upon the faces of those standing on the *terra firma* of the church floor, but also on the grand and beautiful Resurrection icon as it soars above the darkness and proclaims along with us, "Christ is risen from the dead, by death trampling down upon death, and to those in the tombs He has granted life."

By virtue of that icon alone, we have established an eternal monument as proclaimed by Saint Athanasios (4th century): "Let none presume to doubt... that the Savior has raised His own body, and that He is very Son of God, having His being from God as from a Father, Whose Word and Wisdom and Whose Power He is. He it is Who in these latter days assumed a body for the salvation of us all, and taught the world concerning the Father. He it is Who has destroyed death and freely graced us all with incorruption through the promise of the resurrection, having raised His own body as its first-fruits, and displayed it by the sign of the cross as the monument to His victory over death and its corruption."

So, my beloved spiritual children, as we celebrate the divine and life-bestowing Resurrection of Christ, remember that each proclamation of "Christ is risen!" is a banner of hope and a proclamation of victory that many people around us live without on a daily basis. Maybe that is why people of all kinds, most of which we have never met, just stop by these days and ask to see our church, to spend some quiet time there and, who knows, maybe start to grasp the light and hope we all so desperately need. Why not, then, invite a friend to Holy Week services. If you stand firm in the hope in the Holy Trinity—one God—and the "imperishable inheritance" that awaits through the Resurrection of our Savior Jesus Christ, why not share it with others? If you cannot explain it in words, allow the Church to explain it in worship. It has been doing so for centuries!

I once again thank all those whose love and sacrifice has brought us the opportunity to celebrate Pascha in this beautiful new home. May it plant us even more firmly in our hope for our eternal home!

Herald Personal Sponsor for this Issue:

**Cindy Criss and Sandy Schall**

**in memory of their parents, Tom and Dora Morris**



## LENTEN SERVICES & INFORMATION

### Lenten and Holy Week Schedules of Services

The March issue of *The Herald* contained a complete schedule of services for Lent. A Holy Week is included in this issue and is available online. Please post them in a conspicuous place in your home. Make a family plan and circle the services you are able to attend and place them on your schedule and on your phone's calendar! 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 Soup & Sauces Sales ..... Weekly During Lent

The GOYA is once again offering 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 Gallery during Coffee Hour each week! Thank you for supporting our youth as you strive to maintain and grow your spiritual discipline of fasting during Lent!

### Lenten Coffee Hour Reminder ..... Through Pascha

Please keep in mind that during Lent our Coffee Hours following the Divine Liturgy observe 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.

### Holy Week Books Available

Please be sure to stop by our Three Hierarchs Orthodox Bookstore to pick up your copy of the Holy Week/Easter Service book from Patmos Press. This book contains all of the services for Holy Week and Easter in the original Greek text with the Modern English translation on opposing pages. All paragraphs are arranged to correspond to both languages, making it easy to follow the services in either language. This invaluable book is a great aid in participating fully in the services of Holy Week and are reasonably priced at only \$21.00 each. If you have any questions, please contact Mrs. Lynda Areheart at 412-561-7795.



### Saturday of Lazarus Palm Crosses/Candles ..... April 12

Calling all Holy Trinity Church School students and staff: Your help is needed to prepare some important items for our Holy Week services! Please have your Pascha Passports ready for the Saturday of Lazarus, April 12, for Divine Liturgy followed by the making of the many Palm Crosses needed for Palm Sunday. Younger students will also have the very impor-

tant task of preparing the cupped candles for Holy Friday and Holy Saturday evenings. Divine Liturgy is at 9:30 a.m. followed by a Lenten breakfast and the project. Parents, please be sure to attend with your children and family.

### GOYA Community Palm Sunday Luncheon ..... April 13

The GOYA teen ministry will be hosting their very popular annual Community Palm Sunday Fish Luncheon this year on April 13 for the first time in the new Holy Trinity Center. Please make plans to attend with your family and be sure to buy your tickets in the Gallery after Liturgy during March, because advance purchase is required. See flyer on page 12.

### Invitation to Help Decorate Kouvouklion on Holy Friday

As we celebrate Pascha with the entire world this year, many of us—along with our children—have no school or work on Holy Friday. All ages are invited to come to the church and help with decorating the Kouvouklion (the Tomb of Christ) with flowers immediately following the 9:30am Service of the Royal Hours (the service lasts approximately one hour). Please come to make this one of the cherished first memories of dedicated love and service to the Lord as we honor His Holy Passion in our beautiful new church.

### Make Plans for the Anastasi Dinner ..... April 19

Don't forget to make plans to attend the Resurrection Orthros, Liturgy and Dinner at Holy Trinity Church on Saturday evening, April 19/early morning Sunday, April 20. 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, again for the first time at our new Church! See flyer on page 13.

### Agape Vespers & Paschal Candy Hunt ..... April 20

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the lawn of the new church (weather permitting) on Pascha following the Agape Vespers Service at 12:00 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.

## RELIGIOUS EDUCATION

### Saint Lydia Women's Study Ministry ..... April 2

The Saint Lydia Women's Study Ministry has traditionally met on Thursday mornings, but for the remainder of the season through May they will be incorporated on a trial basis into the Faith & Family Wednesdays nights on the first Wednesday of the month. The April meeting will take place on Wednesday evening, April 2. For more information contact Stacy Dickos 412-298-9409 or saintlydia@HolyTrinityPgh.org

### Church School Lenten Activities ..... April/May

As always, our Church School ministry will be active during Lent and Holy Week. Don't miss these opportunities:

- The readings for the Pre-sanctified Liturgies on the Wednesdays of Lent (followed by covered dish dinners). Students in Grades 5-12 are asked to 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 their talents.
- And, of course, attendance at Lenten services and special Church School Lenten lessons.

Please note: There is no Church School class on Palm Sunday or Pascha. Please plan on attending those services together as a family. Parents: the best way to encourage your children to participate in these important faith and learning experiences is to be there with them. Thank you for the excellent and inspiring models you set!

### Church School Graduation.....May 25

For those planning ahead, please take note that the Church School Graduation celebration will take place on Sunday, May 25. All seniors should plan on being there with their families so we can acknowledge and honor their graduation and accomplishments.

## YOUTH MINISTRIES

### Metropolis GOYA Retreat.....April 5-7

Attention all GOYAns: Don't forget to register for the upcoming Metropolis GOYA Retreat, April 5-7. Paul Abernathy, Director of FOCUS Pittsburgh, will be the featured speaker. Registration is available online at [pittsburgh.goarch.org](http://pittsburgh.goarch.org).

### HOPE and JOY Visit to Monastery.....April 6

The HOPE and JOY ministries will make a pilgrimage to the Nativity of the Theotokos Monastery in Saxonburg, PA, on Sunday, April 6. The group will depart from Holy Trinity Church following Liturgy and Coffee Hour and proceed to the Monastery, where a Lenten lunch and tour will be provided by the sisters. Appropriate attire is requested, including skirts for all girls. RSVP to Nikki Marsh (412-370-8000 or [nmarsh@zoominternet.net](mailto:nmarsh@zoominternet.net)) or Penny Georgiadis (412-935-2383 or [pennygeorgiadis@consolidated.net](mailto:pennygeorgiadis@consolidated.net)).

## PHILOPTOCHOS MINISTRY NEWS

### Philoptochos Hosting IOCC Syrian Relief Dinner... April 5

The IOCC, along with the Holy Trinity Philoptochos, will be hosting a prayer service and dinner at Holy Trinity in support of the IOCC's Syrian Relief activities. The prayer service will begin at 4:00pm and the Lenten dinner/reception will be held from 5:00-7:00pm. Hierarchs from local Orthodox jurisdictions will be in attendance. Tickets are \$50 (adults) & \$20 (children 6-18). See Mark Opacic during Coffee Hour in the Gallery or contact Yvonne Balouris at 724-934-4850 for tickets or more information or purchase tickets online at [www.iocc.org/pittsburgh](http://www.iocc.org/pittsburgh).

**A Note About The Syrian Crisis:** The humanitarian crisis in the Middle East has reached epic proportions. Since the Syrian crisis began, more than 100,000 people have died and over 7 million people have been displaced from their homes

—a situation that, according to the UN, is creating refugees at a rate not seen since the Rwandan genocide nearly 20 years ago. The net proceeds from this event will be used by the IOCC to provide critical food aide, home necessities, shelter and education for the Syrian refugees.

## COMMUNITY NEWS AND EVENTS

### "Faith and Family Wednesdays" Offers Lenten Series!

Now in its third month, this exciting new ministry represents a new phase in the life of Holy Trinity Church. "Faith and Family Wednesdays" are a weekly offering of Holy Trinity ministries that bring to the life of the community a new way to learn, grow, worship and participate in the life of the Church on a regular basis. Each Wednesday features a worship service followed by a series of learning and growing opportunities for adults and children of all interests and ages.

**Schedule for Lent:** The "Faith and Family Lenten Series" evenings start at 6:30pm as always. The Lenten service each week is the Pre-Sanctified Liturgy. Following the service, at approximately 7:30, a light Lenten meal is offered. Volunteers are needed to sign up to bring the main meals, but everyone who attends is asked to please bring a Lenten (non-meat, non-dairy, non-fish) salad, side dish or dessert if possible. The learning sessions go from 8:00-9:00pm. More information can be found on page 11 of this issue of the *Herald*, as well as in the weekly bulletin, so remember to save Wednesdays evenings for Holy Trinity Church!

**Special for Youth - "Lenten Mini-Retreats:"** Why not make it a complete family night? Each week there will be age-appropriate Lenten activities and lessons, crafts and videos. Watch for weekly updates in the Sunday Bulletin.

### Greek Language Classes Moved to Tuesday Evenings

Please note: Adult Greek Language classes have been moved to Tuesday evenings. Contact the Church Office for more information.

### Chapel Iconographer To Complete Work.....April

Our esteemed and talented Saint George Chapel Iconographer, Florin Vlad, will be returning to Pittsburgh in March and April to complete his beautiful work at our Saint George Chapel. The remaining icons and decorative work around the columns



and walls are on the schedule to complete. If you are interested in providing Lenten meals for him during his stay as an expression of our Holy Trinity hospitality, please contact the Church Office at 412-366-8700. Thank you!

### Save Tuesdays in June and July for Festival Cooking!

Mark your calendars NOW for Festival cooking, every Tuesday...June 3 until July 15!



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

## APRIL 2014 – "THE VOICE OF HOLY TRINITY CHURCH"

### CHRIST IS RISEN! TRULY HE IS RISEN!



**Father John  
Androutsopoulos**

#### The Crucifixion Of Christ

"I have longed to eat this Passover with you before I suffer." (Lk. 22:15)

Jesus knew that his time on earth was coming to an end. His enemies were set on his death; even one of his disciples had turned against him. Jesus wanted to spend one last time of fellowship with his closest

friends; he wanted to have one last supper with them. Their meal was to be the culminating celebration of the Jewish Passover, and the first celebration of the Christian Eucharist.

The disciples seemed almost oblivious to the importance of the moment. How can such a group of disciples be the backbone of the Church, when they were still so slow to understand the message of Christ and still so preoccupied with their own concerns? They can be because the Church of Christ does not rest on the strength of human flesh and blood but upon the power of the body and blood of Christ. Jesus gave up his body and shed his blood to redeem us; he gives us his body and blood in the Eucharist as the source of our continuing redemption. This is the mystery of faith that we proclaim during the Divine Liturgy; this is the mystery of our salvation that we enter when we receive the body and blood of Christ; this is the mystery of the body of Christ, the Church.

#### To Bear His Cross

"And they compelled one Simon, a Cyrenian, who passed by, coming out of the country...to bear his cross." Mark 15:21)

This incident has become for Christians of all centuries a symbol of the great company of those who have been forced to carry a cross. He was asked to carry it; he was made to carry it. He was drafted into service and, by a power he could not resist, into being a crossbearer. Getting him to carry this cross was not done out of compassion but because Jesus was too weak to carry His cross. "Simon was probably a visitor in Jerusalem, possibly a Passover pilgrim. He was a passerby and had no connection with the tragedy that was going on. Then suddenly, he was drafted by a power he could not resist, into the hard role of a crossbearer." Dear God, give us the strength to bear a cross when unexpectedly it is thrust up on us.

#### Holy Friday

"He was despised and rejected by men. – Isaiah 53:3. And when they came to the place which is called The Skull, there they crucified him." (Luke 23:33a)

Who crucified Jesus? The Jews? The Romans? "Christ died for our sins, as written in the Scriptures." (1 Corinthians 15:3). We celebrate Holy Friday because we stand within the rays of the Resurrection. Christ has come, given himself upon the cross for our reconciliation, and triumphed over evil and

death. He who denies this falsifies Christianity. The Resurrection is history – our history given to us by God. But the Resurrection is a present reality and a glorious hope. We celebrate the Resurrection because Christ has revealed God's power and his love, power and love which are triumphant over death. We celebrate the Resurrection because we are new creatures in Christ who believe passionately in the future. We look forward in hope.

So, it is appropriate on Holy Friday that we celebrate the act of Christ's self-giving and that we cherish his reminders: "in remembrance of me" and "proclaim the Lord's death until He comes" (1 Corinthians 11:26). "Christ has died, Christ is risen, Christ will come again, Alleluia, Alleluia, Alleluia!" (Alleluia is the Hebrew word for "Praise ye the Lord.")

We praise Thee that our past, our present, and our future are in the hands of Him who said, "I am the resurrection and the life: He that believeth in me, though He were dead yet shall He live" (John 11, 25).

#### The Resurrection Of Christ

"This is the day which the Lord hath made; we will rejoice and be glad in it." (Psalm 118:24)

It is the Day of Resurrection. O people, let us be glorious in splendour. Pascha! Pascha of the Lord! For Christ, our God, hath passed us, who sing the triumphal hymn from death unto life and from earth unto Heaven. (Hymns of Pascha.)

The Holy Church exults today and summons everyone to the celebration of the feast – sinners, and righteous ones; the rich and the poor; the renowned and the ordinary – she calls everyone to be united in her maternal embrace.

Our Easter – unlike the Old Testament Passover, which celebrated the passage of Israel through the Red Sea, is the passage of all of mankind's faithful from death unto life, where Christ leads us. Our Lord Jesus Christ suffered as a mortal, but with His suffering He clothed the mortal with immortality and thereby freed mankind from sin and united him with God. And in unity with God there is no death and there cannot be any death. In the radiant feast of our union with heaven all must be forgiven, all forgotten. "The day of Resurrection; let us be illumined with the solemn feast; Let us embrace one another : Let us say: Brethren: Let us forgive all things to those who hate us, because of the Resurrection." (From the Easter service.)

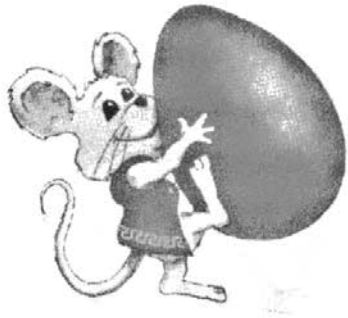
Let us enter into the joy of Him who said "Rejoice". There is no power that can completely overpower the Truth; there is not such barrier which would be able to permanently halt the procession into the world of triumphant Love. What can be more radiant and cheerful than this faith in the ultimate celebration of Truth, Love and Goodness! Enjoy ye all the feast of faith; for Christ is Risen! Truly He is Risen!

*With the Love of the Risen Lord,  
Rev. Fr. John K. Androutsopoulos, Protopresbyter  
(See the back page for Father John's article on the date of Pascha)*

Hello to All My Precious Children!

Christ is risen! Truly He is risen!

This time of year is so..o..o exciting! First of all is Easter: the best time of year! Besides that, spring is here! School is almost over! And the books just keep rolling in as our library grows!



"Just in Case You Ever Wonder" by Max Lucado is a story which explains everything we like to say to our children, grandchildren and Godchildren about how much we love them and, most of all, how special they are to our Heavenly Father. The story wraps all the special children in the warm message of God's love, comfort and protection. My precious little ones, you are indeed little blessings from God. So today, give your family a big hug and tell them how much you love them. This is a great way to spread God's love, for love is the greatest

gift we can give.

Did you know there was a time when I, Spero, did not show love? Yep, it's when my little sister, Zoe, was born. It was because everyone thought she was so..o..o cute and adorable, and nobody paid attention to me. That's when I learned what it means when Jesus tells us in the Bible not to be worried about getting things, but instead we should think of doing what our Heavenly Father says. Jealousy is wanting something you do not have or are not supposed to have, like money, clothes, a game ... or wanting all the attention in a family. Jealousy can do many things to us, including depriving us of the truly good things in life. It robs of us peace, joy and many other wonderful things.

This reminds me of a person in the Bible named King Saul. He was greatly jealous of a boy named David. The people talked about how David was so strong and about how he killed the giant named Goliath. But Saul was jealous of the young boy, David. Not even his son, Jonathan, who was a friend of David, could talk sense into his father. Do you know what happened? King Saul ordered over three-thousand soldiers to find David so he could kill him. But David hid with his friends in the desert. That night, Saul and his men camped on a hill, but when everyone was asleep, David simply walked into Saul's tent and took some of his things. The next day, David stood on a hill across from the King's camp and started yelling at the soldiers, "Why don't you guard the King? I can walk right into his tent and take whatever I want." After that, King Saul and David had a face-to-face meeting. "Why are you chasing me?" asked David. "What did I do to you? Why do you want to harm me?" But Saul responded, "David, you could have killed me. Why didn't you?" "Because you are the King," responded David, "and the Lord has put you here." Instead of being angry, Saul blessed David and they became good friends. Later, David became King. So remember, you should not become filled with jealousy like Saul.

Yiayia says a good way to keep from becoming jealous is to stop and think about how many blessings we have in our life. Gratitude and contentment can chase the little monster called jealousy right out of our life. Also, Yiayia says, the very first person in the Bible to become jealous was Cain. He was the first-born son of Adam and Eve. He worked the soil. Adam's second-born son, Abel, was a tender of sheep. One day they both brought an offering for the Lord. Abel prayed to the Lord to thank Him for all his blessings. But Cain thought his brother was just showing off and he didn't pray to the Lord. Now, God was pleased with Abel's gift, but Cain became angry and jealous of his brother. God said to Cain, "Why are you angry? If you did what was right, your gift would be accepted as well. Cain, be careful of your jealousy, because it will lead you to sin." God warned him, but his jealousy was still burning in his heart. So one day his brother came into the field with him and while they were there, Cain killed Abel. Just like God had warned, the first sin outside the garden was caused by jealousy.

So today, stop and count your blessings. It will help make you more grateful and will chase away the monster of jealousy! Christ is risen!

Love in Christ,  
Spero

*A Greek language offering in celebration of the end of winter and the arrival of spring and the glorious Feast of Feasts, Pascha.*

### ΚΑΛΟ ΠΑΣΧΑ



**Voula Hareras**

**Πότε**, αλήθεια, είχαμε Χριστούγεννα και για πότε έφθασε τό Πάσχα, (ή μεγάλη έορτή των έορτων)

Ο Χριστός στην σύντομη ζωή του στην γή, μέ τις διδασκαλίες του, τά Αχραντα Πάθη του και την ένδοξη του Ανάστασι, μάς δίδαξε πώς νά κερδίσουμε την αιώνια ζωή στον ουρανό, ακολουθώντας τ' άχνάρια του. Ας άνοίξουμε λοιπόν της καρδιές μας και άς έκτελέσουμε τις έντολές του. Για Αγάπη, Συγγώμη, Ελεημοσύνη, και βοήθεια στον συνάνθρωπό μας. Στο περιοδικό "Πρός την Νίκη" διάβασα δυό ωραίες ιστορίες και ένοιωσα την έπιθυμία νά της μοιραστούμε, θά σάς άρέσουν, είναι άρκετά διδακτικές. Καλή Ανάστασι λοιπόν, μέ υγεία, και ό Αναστημένος Χριστός άς δίνει φώτιση στους Αρχηγούς της Γής για Ειρήνη...

Βούλα Χαρερά

### ΕΝΑ ΖΕΣΤΟ ΠΑΠΛΩΜΑ

Ηταν ωραίο τό Άρχιεπισκοπικό μέγαρο στην Άλεξάνδρεια κατά τον 6ο - 7ο αιώνα μ.χ. Άνετη και ή κατοικία για νά ξεκουράζεται από τό πολύμοχθο καθημερινό έργο του Ο Αρχιεπίσκοπος Ιωάννης. Ποιός νά φανταζόταν όμως ποτέ ότι εκεί μέσα ζούσε πάμφτωχα ό μεγάλος Πατριάρχης μέ τόση λιτότητα πού ξεπερνάει την λογική μας.

Άκουμπουσε τό κουρασμένο σώμα του σέ ένα σκληρό κρεβάτι και σκεπαζόταν μέ τριμμένα έλαφρά σκεπάσματα. Υπερβολή, προσωπική έπιλογή, άσκηση, ίσως όλα αυτά. Η αίτία της άσκησης βαραίνει, βέβαια στην ζυγαριά της πράξης του. Δέν συγχωρούσε στον έαυτό του νά ζή άνετα, ενώ υπήρχαν πολλοί φτωχοί στην Αλεξάνδρεια. Δέν ήσύχαζε νά χαίρεται τά άγαθά τού Θεού και νά λησμονεί τούς στερημένους. ένοιωθε υποχρεωμένος έστω, νά συμπάσχει μαζί τους.

Όνόμαζε τούς φτωχούς κυρίους του, γιατί θεωρούσε άποστολή του νά τούς υπηρετεί και νά τούς άνακουφίζει. Καθημερινή μέριμνά του ήταν νά τούς στηρίζει μέ όποιο τρόπο, μέ άνοιχτά και γεμάτα τά χέρια πάντοτε, σκόρπιζε τά δώρα της έλεημοσύνης χωρίς διάκριση σέ όλους.

Γιαυτό βρήκαν κοντά του προστασία, ζεστασιά, τροφή, θεραπεία, πλήθος προσφύγων πού κατέφυγαν στην Αλεξάνδρεια, μετά την κατάληψη της Ιερουσαλήμ από τούς Πέρσες τό 614 μ. Χ.

Εντυπωσιάζει τό τεράστιο κοινωνικό έργο της έκκλησίας από εκείνα τά παλαιά χρόνια ως τις ήμέρες μας. Ασύλληπτο φαίνεται πώς ό Πατριάρχης της Αλεξάνδρειας, πού για την καλωσύνη και τή φιλανθρωπία του όνομάστηκε (ό Ελεήμων) προστάτευε καθημερινά 7.500 πρόσφυγες και φτωχούς. Ζέσταινε τις άπελπισμένες καρδιές τους μέ τή χριστιανική αγάπη. Ωστόσο ποιός νά φανταζόταν ότι στό Αρχιεπισκοπικό μέγαρο ό Πατριάρχης κοιμόταν μέ ένα φτωχότατο σκέπασμα. Κάποιος όμως Χριστιανός από τό ποιμνίο του τό πληροφορήθηκε και τού φάνηκε άπαράδεκτη αυτή ή στέρηση, ο ποιμενάρχης τους μετά τον καθημερινό

μόχθο μέσα στον χειμώνα νά μήν ξεκουράζει στην ζεστασιά τό ταλαιπωρημένο σώμα του.

Σκέφθηκε ότι από καλωσύνη θά δεχόταν τό δώρο του. Τού έστειλε ένα όλόμαλλο, βαρύ, πολύτιμο κλινოსκέπασμα.

Τό πήρε για νά μή τον λυπήσει, μά όταν έφθασε τό βράδυ και θέλησε νά τό χρησιμοποιήσει, δέν κατάφερε νά κλείσει μάτι... ό λογισμός του έμεινε άγρυπνος, πόσοι φτωχοί μπορεί νά έτρεμαν από τό κύο κι' αυτός ένοιωθε τή θαλπωρή από τό ζεστό πολύτιμο πάπλωμα... Δέν τό άντεξε...

Τό πρωί, τό άκριβό κλινοςκέπασμα πουλήθηκε, για νά φθάσει ή άξία του γρήγορα στα χέρια των άπόρων. Τί άπίστευτη σύμπτωση, ό Χριστιανός πού τό είχε δωρήσει περνώντας από την αγορά τό είδε και κατάλαβε... Τό άγόρασε ό ίδιος και τό ξανάστειλε στον Πατριάρχη, μά δέν δίστασε ό Άγιος Ιωάννης ό Ελεήμων νά τό πουλήση και πάλι.

Και όταν και για Τρίτη φορά τό έστειλε, άκούστηκε νά λέει χαριτολογώντας (για νά δούμε, ποιός θά κουραστεί πρώτος, έγώ πουλώντας ή εκείνος αγοράζοντας και έπιστρέφοντάς το σέ μένα).

Αυτά είναι τά..ωραία παιχνίδια της Θυσίας, και της άληθινής αγάπης. Νά μπορούσαμε αλήθεια νά τά μαθαίναμε κάποτε κι' έμείς οί άχόρταγοι...

### ΧΑΙΡΕΤΕ

Ο κυριότερος άρχαιοελληνικός χαιρετισμός, πού ήταν έκφραση τού πόθου για χαρά, χαρά χωρίς τέλος και χωρίς διακοπές. Χαίρε, Χαίρετε, εύχονταν, πρότρεπαν εύγενικά οί άρχαίοι προγονοί μας τό φίλο, τούς γνωστούς, τούς ξένους.

Όμως τό τελευταίο Χαίρε. Τούς έσπαζε τά φτερά του πάνω στις έπιτύμβιες στήλες των αγαπημένων. Και τά πρόσωπα ήταν τόσο θλιμμένα στον άποχωρισμό, για τό χαμένο φώς της χαράς, τού ήλιου και της ζωής...

Χαίρετε, δέν είχε άκόμα φωτίσει, όταν οί Μυροφόρες πήραν τό δρόμο για τον κήπο τού Ιωσήφ. Σκοτάδι κι' έρημιά και πόνος βαθύς, και ό φόβος των Ιουδαίων, και οί λόγχεις των στρατιωτών, και ό λίθος.

Μά πάνω από όλα μιá αγάπη βαθιά και δοκιμασμένη στην όδύνη τού γολγοθά. Και οί γυναίκες προχωρούν μέ τά έπιτάφια μύρα στις άμφορες. Και ώ θαύμα, εκεί στον όλάνθιστο κήπο τού Ιωσήφ ό Ιησούς άπήντησεν αύταίς λέγων

Χαίρετε, Χαίρετε. Ηταν ή θριαμβευτική ίαχή της καινής κτίσεως. Και άπευθυνόταν στις Μαθήτριες, στις Μυροφόρες, στις γυναίκες. Κι' ήταν σάν νά τούς έλεγε μέσ' στην γαλήνη τού καινούργιου πρωινού. Σεις πού δοκιμάσατε όδύνη βαθιά στο σταυρό μου έμπρός, σεις πού ήλθατε νά μου φέρετε τά

Μύρα της άφοσιώσεώς σας. Χαίρετε... Χύσατε φλογερά δάκρυα στο πάθος μου, από δώ και πέρα δέν θά χρειασθή νά ξανακλάψετε για μένα. Τώρα στην χαρά και στην δόξα μου έχετε μέρος.. Χαίρετε.. και δράμετε νά διαλαλήσετε της χαράς τά εύαγγέλια, Χαίρετε... και Χαροποιείτε...

Όταν θά φθάσετε στις τελευταίες λέξεις, θά έχετε καταλάβει γιατί τον αγαπήσαν, γιατί τούς αγαπήσε και γιατί κάθε ψυχή δέν μπορεί νά μεταδώσει στην άλλη σ' όλη του την πληρότητα τό μυστικό της χαράς, πού είναι τό μυστικό της προσωπικής συναντήσεως μέ τον Αναστημένο Θεό, γιατί είναι ό Μόνος, και γιατί έχουμε ανάγκη νά οδεύουμε μαζί μέ τις Μυροφόρες άναζητώντας Τον.









**Scenes from Lent 2014 at Holy Trinity Church.** **Top Left:** Holy Trinity Church School students join His Eminence Metropolitan Savas on the Solea following the Sunday of Orthodoxy Procession with the holy icons. **Top Right:** Later that day, Orthodox clergy from around the Pittsburgh region also join His Eminence Metropolitan Savas on the same Solea following their procession with the holy icons as Holy Trinity Church hosts the annual "Triumph of Orthodoxy" service and the biennial Icon Festival for the Orthodox Clergy Brotherhood of Greater Pittsburgh. **Middle Left and Bottom Left:** Church School students prepare in class then process around the church with their icons. **Middle:** His Eminence Metropolitan Savas delivers the homily to a large crowd of Orthodox Christians from around the Pittsburgh area at the "Triumph of Orthodoxy" service, including the reading of a historic proclamation from the Ecumenical Patriarchate about progress toward an agreement on the forthcoming Great and Holy Synod. **Middle Right:** Clergy carry icons around the church during the Triumph of Orthodoxy. **Bottom Right:** Holy Trinity youth display their Cross projects at the "Faith and Family Wednesday" session following Pre-Sanctified Liturgy. **Bottom Middle:** Dr. Peter Gagianas offers a fascinating and original presentation on "The Medical Aspects of the Crucifixion" at one of Holy Trinity's "Faith and Family Wednesdays." The talk included historical and medical analysis and evidence of the grueling events our Lord Jesus Christ endured on the Cross for our salvation.



**March 1, 2014:** Holy Trinity Church hosts the Penn State “Essence of Joy” Choir for a public concert in the Grand Room at Holy Trinity Center to benefit the Holy Trinity Capital Campaign. The ensemble featured 37 talented singers and a guitar accompanist under the direction of Dr. Anthony Leach. The program included a wide variety of sacred and secular music from African and African-American traditions. Of special note for the Holy Trinity community was the membership in the choir of our own Marielena Balouris (pictured front row of choir, far left). Attendees also brought canned goods and food to the event, which was delivered to the FOCUS Pittsburgh food pantry.



**March 20, 2014:** The Holy Trinity Seniors Ministry held a special health event at which they hosted Tasso Spanos, a nationally-known local Pittsburgh Certified Trigger Point Myotherapist. Tasso studied under Dr. Janet Travell, the first White House physician, and is an expert on pain, the human body and its recovery. He offered not only insights and advice, but actual on-the-spot treatments and pain reduction therapy. Afterwards, the seniors enjoyed a delicious covered-dish Lenten luncheon.



**March 23, 2014:** One of our own Holy Trinity parishioners, General William “Gus” Pagonis, who served in the Army, 1097th Transportation Company, 9th Infantry Division, Dinh Tuong Province, Republic of Vietnam, stands in the Soldiers & Sailors Memorial Hall and Museum Sunday as he is inducted into the Joseph A. Dugan Jr. Hall of Valor for “exceptionally valorous actions” on Jan. 31, 1968, for which he was awarded the Silver Star. General Pagonis retired from the Army with the rank of lieutenant general and was director of logistics during the Gulf War in 1991. Read more at [triblive.com/news/allegheeny/5818622-74/army-war-silver#axzz2xD5BznUt](http://triblive.com/news/allegheeny/5818622-74/army-war-silver#axzz2xD5BznUt)





WORSHIP — BYZANTINE MUSIC — LITURGICAL COOKING — ICONOGRAPHY — OUTREACH PROJECTS

# FAITH <sup>AND</sup> Family *Wednesdays*

**L E N T E N • S E R I E S**

AT HOLY TRINITY CHURCH

Feel like you don't know enough about your Faith? Want to understand the Bible better? Like to learn more about living an Orthodox life? The “Faith and Family Wednesdays” ministry offers guides, teachers and practical experience in all these areas and more. It also provides a great opportunity to spend time around your Holy Trinity family and enjoy worship, fellowship, growth and sometimes just fun! It's a great way to live and learn your faith between Sundays!

## ABOUT THE “LENTEN SERIES”

The best way to start every “Faith and Family Wednesday” is simple: be there at 6:30pm. During Lent that will have you there in time for the Pre-Sanctified Liturgy. Our teens will volunteer to do the readings, and following the service there will be a light Lenten meal at 7:30pm. At 8:00, after the meal, there will be a series of simultaneous learning, growth and activity sessions. All sessions will take place in the various facilities of Holy Trinity Center. A special “Lenten Youth Mini-Retreat Series” will be one of the tracks, so plan on bringing your children.

**Get Involved:** Teens should sign up on Sundays at Church School to read for the Wednesday services, and parents are asked to please sign up to bring main dishes, salads, side dishes or dessert.

## COMPLETE GUIDE THE TO APRIL 2014 “FAITH AND FAMILY WEDNESDAYS”

TRACK	WORSHIP	STUDIES	GROWTH	YOUTH	ORTHODOX LIFE
DATE/TIME	6:30pm	8:00-9:00pm			
<b>APRIL 2</b> First Wednesday of the month	<b>Pre-Sanctified Liturgy</b> Followed by Lenten Meal	<b>Orthodox Book Club</b> Father Radu	<b>Saint Lydia Women's Study Ministry</b> Father John	<b>Lenten Youth "Mini-Retreat Series" Session 4</b>	<b>Art &amp; Architecture "The World of Colors and Light in Icons"</b> Presvytera Loredana
<b>APRIL 9</b> Second Wednesday of the month	<b>Pre-Sanctified Liturgy</b> Followed by Lenten Meal	<b>Bible Study</b> Father John	<b>Orthodoxy 101</b> Father George Callos	<b>Lenten Youth "Mini-Retreat Series" Session 5</b>	<b>Byzantine Chanting</b> Peter Papadakos
<b>APRIL 16</b>	<b>HOLY WEDNESDAY - ATTEND SERVICES - SEE YOU NEXT WEEK!</b>				
<b>... and after Lent, returning to the regular 6:30-8:30pm FFW Schedule:</b>					
TRACK	WORSHIP	STUDIES	GROWTH	YOUTH	ORTHODOX LIFE
DATE/TIME	6:30pm	7:00-8:30pm			
<b>APRIL 23</b> Fourth Wednesday of the month	<b>Paraklesis Service</b> Bring list of names to be offered for prayer	<b>Bible Study</b> Father John	<b>Orthodoxy 101</b> Father Dimitri Callozo	<b>Greek Dance Practice for all youth ages</b>	<b>Wellness Session: Heart Attack and Stroke Awareness</b> Guy & Stephanie Guimond
<b>APRIL 30</b> Fifth Wednesday of the month	<b>Service of the Hours and Holy Confession</b>	<b>SPECIAL "FIFTH WEEK" COMMUNITY SERVICE/OUTREACH PROJECT</b> Watch for details, but show up ready to work!			

BIBLE STUDY — BOOK CLUB — JOURNEY TO MARRIAGE — ORTHODOXY 101 — GREEK DANCE LESSONS

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Sunday Liturgy &  
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COMMUNITY  
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**PALM SUNDAY, APRIL 13, 2014  
FOLLOWING DIVINE LITURGY**

**ADULT "FISH PLAKI" MEALS: \$12**

**CHILD FISH STICKS MEALS: \$8**

**TICKETS WILL BE PRE-SOLD DURING LENT**

**SEE GOYA TABLE IN THE GALLERY AT COFFEE HOUR**

**THANKS FOR SUPPORTING OUR TEENS!**



# **CELEBRATE THE RESURRECTION! PASCHA LITURGY & ANASTASI DINNER!**

**CHRIST IS RISEN! TRULY HE IS RISEN!  
BREAK THE FAST! REJOICE IN THE FEAST!**

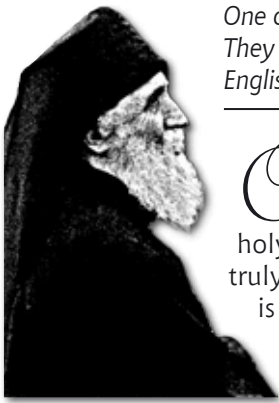
**CELEBRATE TOGETHER WITH YOUR HOLY TRINITY FAMILY!**

**SATURDAY EVENING, APRIL 19  
11:00PM RESURRECTION SERVICE**



**DINNER IMMEDIATELY FOLLOWING  
THE DIVINE LITURGY**

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Elder Paisios

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.

Our Lord Jesus Christ, with His great love and joy which fill the souls of the faithful during His holy feast days, exalts us spiritually and truly resurrects us. All we need to do is participate in these feasts and celebrate them with a spiritual appetite; for once we taste the heavenly wine to which the Saints will treat us, we will become drunk in spirit.

**Question: What must we do to live a spiritual life during these feasts?**

To live through Christ’s feasts in a spiritual way, we must keep our minds focused on the holy days themselves and not on the work that we have to do to prepare for them. We should think about the events of each holy day (Christmas, Theophany, Pascha and so on) and say the Jesus Prayer glorifying God in our heart. This way we will celebrate with reverence every feast day of the Church.

For most people, who live in the world, Christmas is the time to eat [meat], Pascha to eat lamb and the Carnival at the beginning of Lent, the time to throw confetti. But for the true monks, every week is Holy Week. Every Wednesday, Thursday and Friday they experience Holy and Great Wednesday, Holy and Great Thursday, and Holy and Great Friday, that is, the days of the Passion of Christ, and every Sunday is for them Pascha, the Day of the Resurrection. Why must we wait until Holy Week to remember the Passion of Christ? Why should we be like people who live in the world? Can’t we realize what Christ is risen means, without eating lamb? You see, Christ said, “Therefore be ye also ready, for in such an hour as ye think not, the Son of Man cometh.” He did not say, “Get ready right now!” From the moment Christ said, “Be ready!” we must all, but especially monks and nuns, be constantly vigilant and ready.

**Question: How can I find the deeper meaning of these feasts?**

We must study and live through these divine events all the time. When someone studies the events of each feast day, he will be naturally moved to pray with particular reverence. Then, during liturgical services, our mind will be absorbed by the events we are celebrating and we will follow with great reverence the chanting of hymns. When our mind thinks divine thoughts, we get to live through these holy events, and in this manner we are transformed. We think of a Saint for whom we have a special devotion, or of the Saint whose feast day we are celebrating, and our mind rises higher toward Heaven. And when we keep the Saints in mind, they keep us in mind too, and they come to our assistance. This is how we can start a friendship with them, one that will last forever. And so, even though we may live alone, we will actually share our lives with everybody: with

the Saints, the Angels, the whole world. Imagine, being alone, and feeling their company! This is the living presence of the Saints who are God’s children and will reach out to help us, their poor brothers and sisters.

**Question: But what about the traditions that have developed around these feasts?**

If we want to really feel the significance of a feast day, we must abstain from all work. On Holy and Great Friday, for instance, the only thing we should be doing is praying. For people who live in the world, Holy Week is full of chores and obligations. On Holy and Great Friday, they will exchange good wishes “Happy Easter! May you live a long life! May your son find a good bride!” This is so wrong!

On Holy and Great Friday, I will lock myself in my Kalyvi [trans.: hut]. Silence will be of great help to the soul during feast days. It’s very much like the time that follows the reception of the Great Schema, when a monk or nun will spend a whole week in silence to allow divine Grace to fill the soul and to appreciate what has actually taken place. In silence, we get the opportunity to rest a little, to study and pray. When a good thought crosses our mind, when we examine ourselves, or say the Jesus Prayer, we will really come to feel something of the divine event celebrated on that day.

**Question: What about using feast days for other work?**

We should try to the best of our ability, not to devote ourselves to work at the expense of our spiritual life, which should always come first; this way, no matter what job we do, we’ll have the blessing of God. When we don’t get stuck on unimportant details, which would cause no harm if omitted, we will benefit twice as much from whatever good we do, and give to the Saints, whose feasts we celebrate, double the praise they are due.

It’s our spiritual life that must come first, not material things. If we put our work ahead of everything else and put prayer in second place, this means that for us work is more important than prayer. It is pride and irreverence that lie behind this attitude. The work of the spiritually bankrupt cannot be sanctified. If we put spiritual matters first, God will take care of us. If we don’t do our spiritual work and plead with the Saints to help us, who will? What happens is that we end up saying all the time that we believe in God, but in reality we don’t even trust in Him. We will not allow God to be in charge. And so, everything that we do without faith in God has nothing to do with Him; it belongs to the world. It does not have His blessing and for this reason the outcome is never good. The Psalm reads, “Better is a little that the righteous has than the abundance of many wicked.” This is the kind of life that will receive a blessing. But in order to live this way, we must have faith, philotimo and reverence, and put God in charge of our lives.

*Excerpted from “Spiritual Counsels, Vol. 1: “With Pain and Love for Contemporary Man”*





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## ON THE CALCULATION OF THE DATE OF PASCHA

**The date** of the celebration of Pascha (Easter) was defined by the First Ecumenical Council of Nicaea in the year 325 A.D. In this First Ecumenical Council, the entire Christian Church of the East and the West was represented by 318 Bishops; therefore, no authority or Church could oppose or change this unanimous decision, unless through another Ecumenical Council. This Holy Council of Nicaea, in the year 325 A.D., decreed the regulations for the calculation of the date of Easter for the whole of Christianity, so that all Christians might celebrate Easter on the same day every year. These regulations of the First Ecumenical Council are based on the Seventh Apostolic Canon, which reads as follows: "If a Bishop or Priest, or Deacon celebrates the Holy Day of Easter before the vernal equinox, or with the Jews, let him be deposed."

The regulations of the First Ecumenical Council, concerning the calculation of the date of Easter, were handed down to us by the Council of Antioch in 341 A.D., which had received the decision concerning Easter from the First Ecumenical Council. This is also corroborated by the testimonies of Athanasius the Great and St. Epiphanius of Cyprus. These regulations of the First Ecumenical Council are as follows:

1. That Easter must always be celebrated on a Sunday. This was adopted because at that time there were Christians who celebrated Easter on Friday, which is on the day of "Crucifixion", rather than on the day of Resurrection.
2. That Easter must never be celebrated on the same day as the Jewish Passover. This was adopted because, according to the Holy Gospel, Christ was crucified during the week of the Hebrew Passover, and was taken down from the Cross on the eve of the Sabbath, and arose on the following day, after the Jewish Sabbath.
3. That Easter should never be celebrated on or before the vernal equinox of any year. This was adopted because otherwise Easter might be celebrated twice in one year, and when this happened, it would naturally not be celebrated at all in the following year.

It should also be noted here, that Cyril the Patriarch of Alexandria, in his Paschal Circular, stated: "The Ecumenical Council unanimously voted that the Church of Alexandria, because of its noted astronomers, would announce to the Church of Rome every year the date of Easter, and Rome in turn would announce it to the other Churches."

All Christian Churches celebrate Easter on the same Sunday this year. Those dates will coincide again in 2017 (April 16), and after that not until 2025 (April 20).

*Submitted by Father John Antrousopoulos*

Scripture of the Month: "You have made the moon to mark the seasons." (Psalm 104.19)