



# THE HOLY TRINITY HERALD

MAY-JUNE 2016 VOLUME 24 • ISSUE 5

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## QUICK NEWS



Holy Trinity parishioners celebrate the premiere of "My Big Fat Greek Wedding 2." Want to see more photos of this event and others in the life and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 8-10 or visit our growing online photo gallery site at [photos.HolyTrinityPgh.org](http://photos.HolyTrinityPgh.org).



**HE IS NOT HERE; FOR HE HAS RISEN, AS HE SAID.  
COME, SEE THE PLACE WHERE HE LAY.**

(MATTHEW 28.6)

**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

#### 2016 Parish Council

George Dickos, President

Dean A. Balouris Michael Passodelis

George Danis Joyce Athanasiou

Andrew Janis Stephen Stearns

Van Backeris Stephanie Sedor

Tom Germanos Alex Trilivas

Marios Kritiotis 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!



**C**ome receive the light, from the  
Never-setting light; and glorify  
Christ who has risen from the dead.

From the Resurrection Orthros

My Beloved Spiritual Children,

Christ is risen! Truly He is risen!

In the liturgical life and hymns of the Church, there are many times we see parallels, when one thing is mentioned in the context of another. Sometimes this is done to contrast a negative and a positive, such as the hymns that include both the treachery of Judas and the faithful offering of the woman who anointed the feet of Christ with oil (Hymn: "He saw the harlot kiss the footsteps of Christ, but deceitfully he contemplated the kiss of betrayal.") Other times it is done to show how one thing "pre-figures" or "foreshadows" another, such as a Joseph of the Old Testament as a "type" of Christ going from suffering to victory (Hymn: "He symbolized in himself the Passion of our Lord Jesus Christ and his consequent great glory.")

Then there are hymns, symbols and actions that take place during Lent that are fulfilled in the Resurrection season. One of the most moving is the offering and raising of the light by the priest from the Royal Gates of the Sanctuary, first during Lent and then again during the Resurrection. The Lenten moment takes place during the Liturgies of the Pre-sanctified Gifts, when the celebrant takes the censer and a single, lit candle and raises it high, first toward the Holy Altar and then toward the congregation, proclaiming, "The light of Christ illumines all!" During the Resurrection service, he also takes the light from the Holy Altar and, this time, emerges into the darkened church with the newly-lit Resurrection Candle, chanting the hymn, "Come receive the light, from the never-setting light; and glorify Christ who has risen from the dead." Those two lights together—which are actually the same light shared in a different context—represent a promise followed by a fulfillment, a struggle ending in a victory, and the journey completed by a destination, Lent leading to Resurrection.

As Orthodox Christians, we are taught by the Church from the very instant of that emerging and victorious Resurrection light that it is not and cannot be an experience of the moment. If we are to be true to the Gospel and the saving work of Jesus Christ our Risen Lord, we must carry that Good News out to the world and for all time. The tone is set when the Church in her wisdom declares that the Resurrection celebration must continue for 40 days with the daily chanting of "Christ is risen!" Although we eventually stop singing that hymn for a time and return to the rest of the liturgical cycle of the year, with its various seasons and emphases, we never truly put the Resurrection light away, for it powers and lights everything we do as Christians.

So when friends, co-workers and even visitors or strangers in your life ask why you do what you do for your faith, for your family, for the community around you, no matter what witness of your faith you provide, underlying it is, "Because Christ is risen." So foundational is that idea in the new Testament that Saint Paul says without it we have nothing to offer: "If Christ is not risen, then our preaching is empty and your faith is also empty (1 Cor. 15.14). That is the witness of the Bible. That is the sure proclamation of the Church. That is our hope, our faith and our promise of life in the "never-setting light." Let it shine in all you do!

Many thanks to the chanters, choir, Parish Council, Spiritual Life ministry and speakers, laborers and contributors of every kind who made this Lent such a beautiful and inspirational experience here at Holy Trinity Church. And special thanks to my beloved brother in Christ, Father George Daskalakis, for being here with us throughout the season during Father Radu's absence. It was a joy and a blessing.

Paternaly yours in the Risen Christ,

**WORSHIP LIFE****Weekday Services ..... May/June**

Please take note of the following weekday Liturgies for the feast days in May and June. Unless otherwise indicated, Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30 at the St. George Chapel (SG).

**Mon. May 2:** St. George the Great Martyr - Feast Day of the Chapel. Metropolitan Savas presiding. (SG)

**Fri. May 6:** The Theotokos the Life-Giving Fountain (SG)

**Thu. Jun. 9:** The Ascension of the Lord (SG)

**Fri., Jun. 24:** The Nativity of St. John the Baptist (SG)

**Wed., Jun. 29:** Ss. Peter & Paul (SG)

**Pentecost/Parish Feast Day Services ..... June 18-20**

Please plan on celebrating Holy Trinity Church's Feast Day weekend by attending the following services:

**Sat., June 18, 8:30am Orthros/9:30am Liturgy:** Saturday of the Souls (SG)

**Sat., June 18, 6:30pm:** Great Vespers of Pentecost (HT)

**Pentecost Sunday, June 19:** Pentecost Sunday Liturgy at Holy Trinity Church, followed by the "Kneeling Vespers" of the Holy Spirit and the Holy Trinity Feast Day Picnic (watch for details coming soon.)

**Mon., June 20:** Feast Day of the Holy Spirit. This is the Nameday Liturgy of our parish (HT).

**Memorial Day Service for Veterans ..... May 30**

The tradition of Memorial Day started in 1866 as local observance of honoring those who died in the Civil War. In 1971, Congress declared Memorial Day a national holiday to be observed on the last Monday of May to honor our heroes who gave their lives in battle. Please join together in front of the Holy Trinity Cemetery War Memorial at 9:30 am on Memorial Day (May 30) as we hold a special ceremony to honor those who have defended our country and given their lives in defense of the United States, the Constitution and the cause of freedom they so cherished. Please note: this service is to commemorate veterans; it is not a general memorial service for all the departed — that will be held according to Orthodox tradition on the Pentecost weekend Saturday of Souls (June 18 this year) with a Divine Liturgy & Memorial at the Saint George Chapel at Holy Trinity Cemetery. May their memories be eternal!

**RELIGIOUS EDUCATION****Church School Graduation Date ..... May 22**

Attention Church School Staff, Parents and Students: Please note that the last day of Church School for this semester will be May 22. Church School Graduation will be held on that day, and all students are asked to attend and sit with their class during Liturgy. Following the service, the Church School will have a graduation celebration and picnic lunch. Attention parents: Help is needed with the picnic. Please visit [www.HolyTrinityPgh.org/events](http://www.HolyTrinityPgh.org/events) to sign up. Thank you!

**SPIRITUAL LIFE MINISTRY****"Faith and Family Wednesdays" ..... May 18**

This educational and inspirational ministry presents 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. The last session of the season will be held on Wednesday, May 18, with a 6:30pm Paraclesis Service and a presentation on "Our Semester in Rome and Around Europe" by Fr. Radu Bordeianu and family.

**"Prayer and Panera" St. Nikodemos Fellowship... May 19**

The Saint Nikodemos Men's Fellowship meets on the Third Thursday of each month for morning prayers and Christian fellowship. The group meets at Holy Trinity Church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then move up the hill to Panera for 30-45 minutes of coffee and breakfast and conversation on living as a Christian man in today's world. Change up your morning. Give it a try!

**YOUTH MINISTRIES****HOPE and JOY Community Gardening Day ..... May 14**

The Hope and Joy Children's Ministries would like to invite everyone in the community to join them on Saturday, May 14, from 9:00am-2:00pm for a gardening day at Holy Trinity Church. We will be cleaning up the property, planting vegetables and herbs in the community garden, planting the Easter lilies along the main road, adding bushes to the front entrance beds, planting in the wetland area, and making stepping stones for the garden paths. This is a great opportunity for meeting new people, getting community service hours for high school students, and helping to make our Church beautiful. Lunch will be provided. Bring your gardening tools, gloves, and your friends! Call Nicole Steiner 412-781-6109 with any questions.

**HOPE and JOY Riverhounds Game ..... May 21**

The Hope/JOY families will be going to the Pittsburgh Riverhounds game on Saturday May 21st at 7:00pm. Fr. Radu will be meeting with everyone in front of the gates at 6:30. The tickets are \$15 each and can be purchased on-line. All Hope and JOY families should receive an email invite. If you did not receive one and would like to purchase tickets, please contact Stephanie Guimond at [sguimond22@gmail.com](mailto:sguimond22@gmail.com).

**GOYA Hoagies Sales ..... May**

Watch for the annual GOYA Hoagie sale in May. Thank you for supporting this and all the GOYA ministry activities and fund-raisers for the benefits of our hard-working teens!

**GOYA Meeting and Elections ..... June 12**

The GOYA teen ministry will hold its monthly meeting and elections for 2016-2017 on Sunday, June 12, following Divine Liturgy. All members are asked to attend.

**For the latest updates and schedule of parish events, visit [www.HolyTrinityPgh.org/calendar](http://www.HolyTrinityPgh.org/calendar)**

## COMMUNITY NEWS AND EVENTS

### Spring General Assembly.....May 15

Please see the enclosed meeting notice and agenda for the May 15 Regular Spring General Assembly and plan on attending.

### Holy Trinity Golf Classic..... June 27

It's time once again for the annual Holy Trinity Golf Classic, to be held this year on Monday, June 27, at Diamond Run Golf Club. The event features a "Million Dollar Shootout" and a Silent Auction. Proceeds benefit the Holy Trinity Capital Campaign. Contact Anthony Loomis for information at [acjanis@gmail.com](mailto:acjanis@gmail.com). See the enclosed flyer/sign-up form.

## FESTIVAL NEWS

### Holy Trinity's Taste of Greece .....Labor Day Weekend

Please mark Wednesday, August 31, through Sunday, September 4 on your calendar for the next "Taste of Greece" festival. The Festival Committee is asking everyone, new members and old hands, young and young at heart, to pledge a donation of their time and talents so that we can continue to grow both the success of the festival and the fellowship with all our Holy Trinity church family members!

### Festival Volunteers Needed by the Day, Not Just the Hour!

The Festival Committee is looking for parishioners to fulfill a variety of roles—there is something for everyone and everyone's help will be needed! Please consider donating your day (or days!) as your offering of stewardship to Holy Trinity Church. Many of our stewards even take vacation to do so. To learn about how to help, To sign up our events site

at [www.HolyTrinityPgh.org/events](http://www.HolyTrinityPgh.org/events) and choose your slots. Thank you! Thank you for your sacrificial offerings of love!

### Food & Pastry Cooking ....Every Tuesday, May 10-July 26

Want to share your Greek food and pastry cooking talents with the Church? Don't know how to cook awesome Greek goodies but want to learn how? Have we got an opportunity for you! Be there for food and pastry preparation on Tuesdays in May, June and July from 9:00am-9:00pm (or as much of it as you are able to do each week!) starting May 10. No experience necessary. On-the-job training available. Flexible hours. Non-cooking positions also available. Requirements: Positive attitude and willingness to do whatever is needed! Here is the list of dates and items. Pick your favorite—or better yet—be there for them all!

**NEW THIS YEAR:** Please help the cooking team plan by signing up ahead of time so they know you'll be coming. Visit [www.HolyTrinityPgh.org/events](http://www.HolyTrinityPgh.org/events) to volunteer. Questions? Contact Joyce Athanasiou at 412-292-4206.

May 10: Baklava/Choc. Bak.	June 29: Diples (Wed.)
May 17: Apricot Rolls	June 30: Diples (Thu.)
May 24: Baklava/Apricot	July 5: Finikia, Koulourakia
May 31: Finikia, Koulourakia	July 8: Souvlakia (Fri.)
June 7: Kourambietes	July 9: Souvlakia (Sat.)
June 14: Spanakopita	July 10: Souvlakia (Sun. TBD)
June 21: Galaktoboureko	July 12: TBD
June 28: Diples	July 26: Pastitsio

### Support the Festival With Your Ad!

The Festival Ad Book is back! Please see the enclosed flyer for information on how you, your business and your friends can support the Holy Trinity Festival by sponsoring ads.

## Meet our "Seminarian In Residence" for Holy Week 2016

### Trevor Bullock

### About the "Seminarian In Residence" Program

Each year, Holy Cross Seminary offers the opportunity for parishes throughout the Archdiocese to host seminarians for Holy Week. This provides an opportunity for parishes to receive assistance in offering the Holy Week services (15 of them in all!). It also serves the important role of training these young priests-in-the-making by placing them with experienced clergymen for pastoral visits and other priestly duties during this holy season. Holy Trinity Church's role as a major and growing parish makes it a perfect fit for this opportunity. Last year we began the program with Demetri Constantine. This year we are pleased to welcome another wonderful and talented graduate student of Holy Cross.

### Welcome, Trevor!

Trevor was born and raised in Reno, Nevada, along with two younger sisters. His family spent a number of years

searching for more ancient Christianity and visiting various churches in the Reno area, eventually converting to Orthodoxy as a family in 2005.



After graduating from college, Trevor worked as a software engineer in gaming technology and became very active at his home parish of St. Anthony's in Reno, NV. He learned to chant, helped his parish priest with sacraments, and served a term on the Parish Council. During that time, some friends convinced him to visit Boston and the Holy Cross campus in 2014. The short visit at Holy Cross made such an impression on him that he enrolled the next year.

He has a strong love for the Orthodox Christian Faith and a passion for music. Before graduating in 2018, he hopes to be able to successfully take the Byzantine Music Certificate exam, a special program offered by Holy Cross for advanced chanters. We warmly welcome him to the Holy Trinity community and thank him for being with us.

**For the latest updates and schedule of parish events, visit [www.HolyTrinityPgh.org/calendar](http://www.HolyTrinityPgh.org/calendar)**



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

**MAY/JUNE 2016 – "THE VOICE OF HOLY TRINITY CHURCH"**



**Father John Androutsopoulos**

**Christ Is Risen! Truly He Is Risen!**

Beloved Brothers and Sisters in Christ: Rejoice in the Lord!

The angel spoke to the women. "You must not be afraid," he said. "I know you are looking for Jesus, who was nailed to the Cross. He is not here; He has risen, just as He said. Come here and see the place where He lay." (Matthew 28: 5, 6)

Christ lives! He is not dead. He is alive – still

with us. We are told that the early Christians greeted each other with "He lives." In our Orthodox Christian Churches we shout with joy, "Christ is Risen! Truly He is Risen!" We believe Christ lives, that He is Master of life, Conqueror of death, Victor for all times. We are glad that the women found that tomb empty. You go to Mecca and they say, "Mohammed is our prophet and here is his grave." And, they show you a tomb decorated with millions of dollars worth of rubies and sapphires and diamonds. But the Christian can shout, "Jesus is my Savior, and His tomb is empty! He is not a dead Savior – He is alive!"

Would all of us affirm to one another this Pascha/Easter: "Christ is alive!" Pascha means no less that this – and it can mean more as we die and live for Him.

**Pascha: The Day of Hope, Fulfillment and Joy**

"The gift of God is eternal life through Jesus Christ our Lord." (Romans 6: 23)

PASCHA – EASTER! Immediately we associate this Holy Season with the Resurrection of our Lord. Then with the Resurrection we immediately think of immortality. We do not have to wonder about nor speculate about eternal life, for Jesus assured us of its certainty when He said, "In my Father's house are many mansions: if it were not so, I would have told you. I go to prepare a place for you."

When Jesus was comforting Martha after the death of her brother Lazarus, we hear Him saying, "He who believes in me, though he were dead, yet shall he live: and whosoever liveth and believeth in me shall never die." Now Christ's Resurrection guarantees ours. Most conclusive of all His promises is this one. He said, "Because I live, you shall live also." He is called "the first fruits of them that sleep." You go to a tree filled with fruit. You pick the first ripe fruit and later you go back and pick the remaining fruit as it ripens. So Jesus was raised first. He is the "first fruits." Then one day we shall follow Him out of our graves and into the mansions above.

**The Good News of Easter**

"Because I live, you shall live also." (John 14: 19)

The Scriptures tell us that Jesus Christ lived and went about doing good, healing the lame, giving sight to the blind, comforting the broken-hearted, freeing men from their sins. They tell us that He was crucified and arose again on the third day. They tell us that He is alive now, moving in our midst, sharing life with us, offering us new life, trying to get us to give our sinful hearts to Him, to free us from all that would keep us from being our best. He is here in the world trying to let us know that His victory over death means that we too

can be victors in His name, that at the heart of life is a loving and caring God, and that we need not be afraid of life and the future. He is here and wants us to know that our real hope lies not in the relics we all leave, not in the honors which come our way, not in the status we may reach, not in the degrees we may hold, not in the bank balances we may leave nor the stocks and bonds we may pass on to those left behind; but that our real hope lies in God as we know Him in Christ, and to know Him is to have eternal life.

PASCHA! Day of hope, Day of Promise, Day of Joy! No wonder we sing on PASCHA, "Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life." We should thank God for knowing our lives have been resurrected through His saving power. May we trust Him more completely, serve

Him more faithfully and love Him more dearly. On Pascha, let us dedicate our lives to the Risen Lord. May the Risen Lord, the King of Kings on this most radiant Feast of Pascha fill our hearts with joy and grant Fr. John and Fr. Radu – and their families and everyone at Holy Trinity Church – good health and many, many years without pain and suffering and sickness.

**The Day of Pentecost: The Holy Spirit Comes!**

At that time: Jesus said to His disciples: "When the Paraclete comes, Whom I will send you from the Father, the Spirit of truth, Who proceeds from the Father, He shall testify of me." (John 15: 26) The Holy Spirit is called Paraclete – Comforter – that is, one that consoles, because He gives consolation to all who suffer for the sake of Justice. Thus, He consoled the apostles and other saints of God, so that they rejoiced even when scourged and persecuted. He also gives testimony that Christ is the only begotten Son of God. Fifty days after Pascha and 10 days after our Lord and Savior ascended into heaven, the Holy Spirit descended upon the apostles and disciples just as Jesus had promised. Before His Ascension, Jesus told the



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

### **MAY/JUNE 2016 – "THE VOICE OF HOLY TRINITY CHURCH" (continued)**

apostles to go to Jerusalem to wait for the Holy Spirit. And while waiting, "A sound came from heaven like the rush of a mighty wind, and it filled all the house where they were sitting. And, there appeared to them tongues as of fire, distributed and resting on each of them. And, they were filled with the Holy Spirit and began to speak in other tongues, as the Spirit gave them utterance." (Acts 2: 1-4)

The Holy Spirit came upon the apostles in the form of fiery tongues, to indicate that the apostles, by the light of the teachings of Jesus, were to enlighten the world and to kindle in it the fire of divine love. The Acts of the Apostles is full of the manifestation of the Holy Spirit's presence. In everything the Church did, it was conscious of having the Spirit's presence and guidance (Acts 15: 28)

Pentecost tells us that all is now fulfilled. God's action, begun in the first Advent, has now been completed. The act of incarnation has been completed. The promise of the Holy Spirit has been fulfilled. The Spirit has now come. God's action in Christ is complete. It is a day of joy and gladness. We celebrate the final act of God's invasion to restore sinful man to righteousness and to conquer the enemies of Spiritual life. On this day of Pentecost, the Church is born. It seems that many Christians neglect this great Feast. The Orthodox Church, on the other hand, considers this feast day of supreme importance. The Church – Holy, Catholic and Apostolic – was born through the coming of the Holy Spirit.

#### **What is the Real Meaning of the Birth of the Church?**

Most simply, it is the event in which God implanted faith in Jesus Christ as the Son of God, in the hearts of Jesus' followers, who could then say with one voice, "Thou art the Christ, the Son of the living God." (Matthew 16: 16) In this confession by the power of the Holy Spirit, the Church came into being as a new and living body. Filled with the Holy Spirit, Peter won 3000 souls to Christ on the day of Pentecost. Filled with the Holy Spirit, Paul of Tarsus extended the Kingdom of God among the Gentiles. Those of us who want to attempt and accomplish great things for God must allow Christ to be within us and we must be empowered by the Holy Spirit. When we bear fruit of the Holy Spirit, we glorify God. "The fruit of the Holy Spirit is love, joy, peace, long-suffering, gentleness, goodness, faith, meekness, temperance." (Galatians 5: 22-23)

This Feast Day of Pentecost was instituted by the Church in memory of the descent of the Holy Spirit upon the Apostles and disciples, who with Mary, the Mother of Jesus, were assembled in prayer in a house in Jerusalem. (Acts 2) We

celebrate the Great Feast Day of Pentecost in memory of and in thanksgiving for the sending of the Holy Spirit, by whom the world is enlightened and instructed.

Who is the Holy Spirit? The Holy Spirit is God, the third person of the Holy Trinity. This is something that we will never understand – this mystery of God the Father, God the Son, and God the Holy Spirit. We worship Him as one God;

yet, He is in three persons. A mystery is a truth that we cannot understand, but we accept it by faith. He is called Holy, because he makes the souls of men holy, that is, keeps them from evil and brings them to perfection, or rather to APPROACH the Perfect which is our destination in this life.

May the Grace of the Holy Spirit enlighten and sanctify all of us. Amen.

#### **Honor Your Father and Mother**

As we celebrate Mother's Day and Father's Day, let us remember the Fifth Commandment: HONOR THY FATHER AND THY MOTHER.

Honor thy father and thy mother: that thy days may be long upon the land which the Lord thy God giveth thee (Exodus 20: 12)

We wish all the mothers in the community a Happy Mother's Day and all the fathers a Happy Father's Day!

*With the love of the Risen Lord,  
Rev. Fr. John K. Androutsopoulos  
Protopresbyter and Internal Missionary*



#### **AXIOS Father John!**

*As we celebrate Father's Day this year, may we also take note that our beloved "Gheronda," Father John Androutsopoulos, celebrates his 55th anniversary of ordination to the Priesthood that day. He is pictured here on that day with Presvytera Ethel and their 9-month-old daughter, Kathy (who now assists her Dad in typing his monthly Herald column!). May the Lord Whom you have served so faithfully for all those years bless you, Father John, and grant you health, strength and continued courage to always proclaim His truth. Axios!*





*Original Greek language compositions on Mothers' Day, Fathers' Day and Friendship by Voula Hareras*



## Voula Hareras

**Τ**όν Μάιο τιμούμε την έορτή της Μητέρας, καί τόν Ιουνίο τόν Πατέρα. Αλήθεια τί μπορεί κανείς νά γράψει γιά τά άγαπημένα αυτά πρόσωπα. Μόνον άς εύχουθούμε άπό την καρδιά μας Χρόνια Πολλά Μανούλες καί Πατέρες μας.

## Η Αγάπη της Μάνας

Σ' αυτή την άστατη που ζούμε εποχή,  
ο κόσμος όλος λές και να'άβρει κάτι τρέχει.  
Πούχουν αλλάξει της ζωής μας οι ρυθμοί,  
μόνο η αγάπη σου, Μανούλα μας αντέχει.

Όλα τ'αστέρια του ουρανού τα λαμπερά,  
δεν έχουν Μάνα μας τη λάμψη των ματιών σου.  
Κι' από όσες γλύκες μας προσφέρει η ζωή,  
καμιά δεν είναι σαν την γλύκα των φιλιών σου.

Δεν λές ποτέ για το παιδί σου δεν μπορώ,  
στέκεσαι πάντοτε κοντά του σαν ασπίδα.  
Κί' αν τύχει κάτι στη ζωή μας θλιβερό,  
εσένα έχουμε Μανούλα μας ελπίδα.

Εσύ θα τρεξεις κάθε δύσκολη στιγμή,  
να μας βοηθήσεις με την ίδια τη ζωή σου.  
Εσύ θα φτάσεις ώς τα πέρατα της γής,  
αρκεί μονάχα να γλυτώσεις το παιδί σου.

Ω, Μάνα τι να γράψω δεν μπορώ,  
με ποιάν Αγία να συγκρίνω τη μορφή σου,  
με πόση αγάπη μας κρατάς στην αγκαλιά,  
κι όλη την ώρα μας χαρίζεις την ευχή σου.

Γι'αυτό κι αν άλλαξαν τα σύνορα στη γη,  
μπορεί οι άνθρωποι να άλλαξαν θρησκεία,  
εσύ, κι'αν είσαι μαύρη ή λευκή,  
είσαι Μανούλα, και αυτό έχει αξιά.

**Βούλα Χαρερά**

**Βούλα Χαρερά**

## Φιλιά Ιερή

Είναι η φιλία ιερή  
και οποιος την προδώσει  
καλητέρα μίαν μαχαιρία  
στον αλόνε να δώσει

Είναι η φιλία της ζωής  
η аура, το οξύγονο,  
στο φίλο θα εμπιστευτής  
κάθε χαρά και πόνο

Είναι ο φίλος ο καλός  
κομμάτι της καρδιάς σου  
και σ' οποια δυσκολή στιγμή  
θα βρίσκεται κοντά σου

Κι αν η απονη ζωή  
φαρμακι σε ποτίσει  
ο φίλος ο αληθινός  
θα σε ανακουφίσει

Θα βρη τα λογια τα σωστα  
να σε παρηγορισει  
θα γινη στηριγμα γερο  
για να σε συγκρατισει

Κι αν ερθη η ωρα καποτε  
τα ματια του να κλειση  
μεγαλο πονο στην καρδια  
για παντα θα σ αφηση

**Βούλα Χαρερά**



**April, 2016:** Holy Trinity's "Faith and Family Wednesdays" Lenten Series featured a number of guest speakers. Pictured here (L-R) are: Anna Valliant (Mission to Romania), Father Demetrios Carellas (Prayer) and Peter Papadakos (The Hymns of Holy Week). Each session was preceded by a Liturgy of the Pre-Sanctified Liturgy and community covered dish Lenten meal.



**April 3, 2016 (left top):** Father John and Father George process with the decorated Holy Cross on the Third Sunday of Lent.

**April 10, 2016 (left bottom):** Visitation Ministry team members Sherry Clayton, Ted Stewart and Amy Armanious display the Pascha baskets to be delivered to parishioners for the holiday. Over 25 baskets were scheduled to be delivered.

**April 15, 2016 (right):** Joy and Nick Loomis by the icon of the Theotokos on the night of the Akathist Hymn to the Theotokos. This husband and wife team have been offering the "Aspile" and "Kai dos imin" prayers at the end of the service for many years.

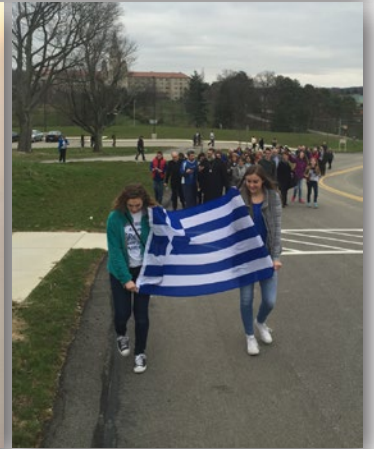


**April 17, 2016:** His Eminence Metropolitan Savas presided over a full-house Vespers service at Saint Nicholas Cathedral to open the IOCC Syria Relief Dinner event. Pictured here are Metropolitan Savas preaching from the throne, His Grace Bishop Thomas (Antiochian), His Grace Bishop Gregory (Carpatho-Russian) and His Eminence Archbishop Melchisedek (OCA). The dinner was attended by over 550 people from throughout the region. Nearly 100% of the funds raised went directly to IOCC's Syrian relief efforts.





## My Big Fat Greek Wedding 2 | Community Life Photo Gallery



**March 25, 2016:** Holy Trinity Church celebrated the Feast of the Annunciation and the Pittsburgh premiere of the new movie, "My Big Fat Greek Wedding 2" with a big Greek community night. It started with a festal fish dinner in the Holy Trinity Gallery, followed by a Greek flag "parade" up the hill to theater for the movie, then a return back to Holy Trinity for dessert, a Greek sing-along and good community fun!





**April 10, 2016:** Holy Trinity HOPE and JOY ministry children and parents made a pilgrimage to the nearby Holy Nativity of the Theotokos Monastery in Saxonburg, PA. While there, they made crafts, visited the Saint Seraphim Chapel, enjoy dinner and worshiped with them during Vespers. They also had a talk with the sisters during which the children heard about what it means to be a monastic. The children were then given an opportunity to ask questions about the daily life and practices of monks and nuns.



## A Fervent Appeal for a Holy Trinity Child in Need

Hello! My name is Chris Patsilevas. Last April, our 8-year-old son, Connor, was diagnosed with an inoperable brain tumor, called DIPG. The tumor is inside the brain stem. DIPG strikes at the heart of childhood, and they are in desperate need for a cure. The average lifespan for DIPG diagnosed children is 6-18 months. Connor was given a 5% chance (or 6 months) to live last year. We could not and will not accept that.

In the past year, Connor has had a brain biopsy, was given oral drugs, 2 rounds of radiation, taken cannabis oils as well as other vitamins that have worked as a "band-aid" to keep him "here" longer than his prognosis. We have looked into other treatments for Connor in New York, Maryland, Boston, Ohio and California. Unfortunately, the results have been the same. None of the children have survived more than a couple months after treatment. We belong to many DIPG sites where families share their stories, medical information and research for a cure. We finally believe we have found it!

Dr. Steven Gill from Bristol, England has developed a procedure called CED (Convection Enhanced Delivery). CED allows them to robotically insert catheters through the brain directly inside the tumor. Through the catheters they can inject the medicine called Panobinostat. This medicine is killing tumors and this is the only way to deliver it to children. Dr. Gill has used the CED system on a little boy from Italy, he has been doing well for over 2 years now! In the last month, Dr. Gill used the CED system

and the Panobinostat combination on 2 young girls and they are getting better every day!

In the U.S., we found Dr. Mueller, a renowned Pediatric oncologist who has worked with DIPG for quite a while now. She & her team are willing to treat Connor in San Francisco at UCSF, using Dr. Gills delivery method. She is already going through the protocol to get the drug and CED approved through "Compassionate Use," especially for Connor.



The issue affecting us now is this new drug hasn't been approved by the FDA. It can only be used on a "Compassionate Use" basis. Going through this process has been filled with roadblocks which slow or stop the process from moving forward quickly. One thing

our child doesn't have is time.

In order to have this treatment for Connor, we need to raise \$200,000. This will cover any medical costs (multiple treatments, medications, hospital stays/costs, travel, etc.) We have been getting help from our Church, friends, Connor's school, and other charitable associations. We have raised about \$40,000, including all our savings.

We know Anna, his aunt, has kept many of you informed about Connor, and we truly appreciate any help you can give. We finally have hope and would love for you to be part of Connor's journey towards recovery.

Thank You & God Bless  
Chris & Alyson Patsilevas

## How to Donate in Support of Connor's Treatments

### PNC Bank Fund

The preferred method is to visit any PNC Bank branch and make a donation to the "Connor John Patsilevas Fund." These donations are accepted directly without service fees deducted.

### GoFundMe

If a PNC Bank branch is not available, you may donate at [www.gofundme.com/wbt6mxvp](http://www.gofundme.com/wbt6mxvp). Although a service charge is deducted, donations are certainly welcome here, too.

## Stewardship: Supporting the Blessings of Being an Orthodox Christian

It started with a simple question from the man destined to become my husband, and partner on my journey of Greek Orthodoxy: "Will you go to church with me?"

I said, "Of course I will!", and for the first time I attended the candlelight Great and Holy Pascha service at the interim church at Northway Elementary School in May 2013. Back then, I had no idea that the course of my life would be forever changed and lead me to the countless blessings of the Holy Trinity family. Since that fateful night almost three years ago, I was blessed with the Holy Mysteries of Chrismation and Marriage in 2015 at the beautiful "new" church on Providence Boulevard.

As parishioners, we recognize the significant costs associated with the maintenance and operation of such a magnificent facility that enables us to fulfill the goals of our mission: "Faith. Family. Community." We are called to pledge our financial resources to the best of our ability, but stewardship doesn't end there. During those times when the challenges of today's economy may impose limitations on our ability to execute our monetary pledge to the fullest extent, and even when that is not the case, every parishioner also has various opportunities to contribute their time and unique individual talents and treasures, which have no measurable boundaries.

Do you ever find yourself smiling and feeling a sense of joy during Divine Liturgy when Father Radu or Father John speaks to the Church School children before they are dismissed for class? When we open our hearts and minds to the Word of God with the enthusiasm and innocence of a child, the lessons intended for

our youth will also touch and inspire us to go forth and do good works according to His will, i.e. Stewardship.

The Holy Trinity—Father, Son and Holy Spirit—provides spiritual guidance on our journey of faith through Scripture, prayer (our "prayer partners!"), the symbolism of icons, the legacy of chanting, the values and traditions of parents and Godparents, and the passionate teachings of our dedicated clergy who lead us.

We were recently reminded by Father John that Lent is not a season of "NO", but instead an opportunity to eagerly "Intend to Pray, Fast, Grow, Serve, and Attend." In the same way, we should not consider our stewardship responsibility in support of our church as a burden, but as a means to facilitate and perpetuate the ongoing fellowship and ministry of our Holy Trinity family, which I believe is extremely visible and valuable to our extended community.

To borrow a related and beautiful saying from the counsels of Elder Epiphanius in the book, "Precious Vessels of the Holy Spirit, The Lives & Counsels of Contemporary Elders of Greece":

*I have made an agreement with God: I will empty my pockets in almsgiving and He will fill them. He has never violated our agreement. Will I violate it? May it never happen!*

Your Servant in Christ,  
Sherry Clayton

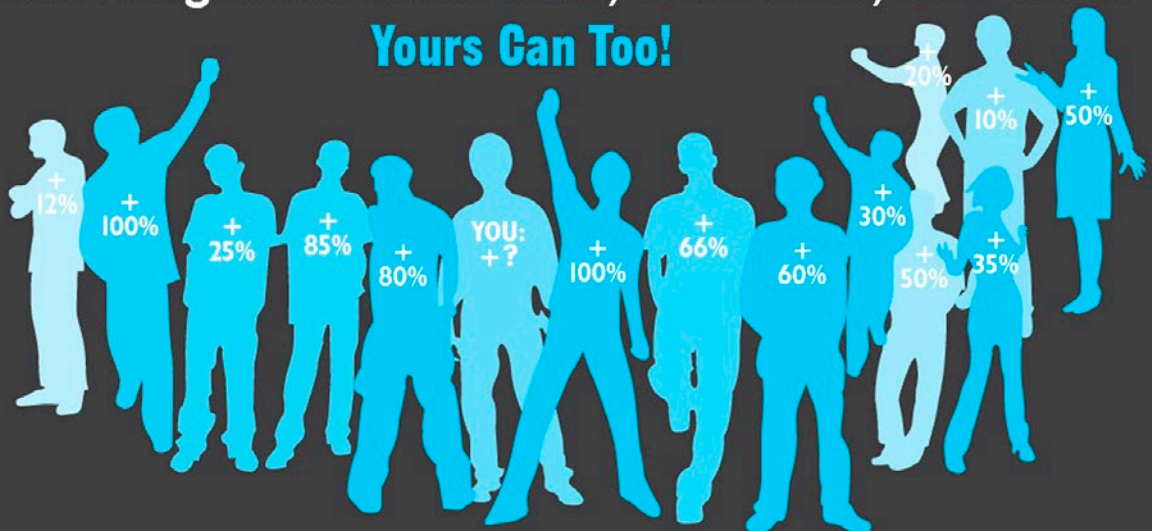
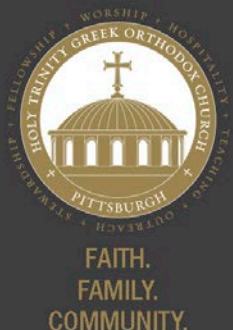
*Sherry (Sevaste) was received into the Holy Orthodox Faith in September 2015*



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*Thank you to the following faithful stewards who have submitted their pledge cards for the 2016 pledge year, an enthusiastic 229 as of this publication. Please join them in their support for the ministries of Holy Trinity and complete your 2016 pledge commitment today! Remember, a signed pledge card is required as part of maintaining your membership in good standing at Holy Trinity Church each year.*

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**Elder Aimilianos**

*One of the great blessings of Orthodoxy is the presence, prayers and inspired words of the Holy Elders of the Faith. They have been referred to as “precious vessels of the Holy Spirit.” In recent years, many books have been published in English with their writings and talks. This column provides an opportunity for each of us to be blessed by their words.*

## Gheronda, what are the results of spiritual rebirth?

The sky clears and the horizon opens up. The person who lives in such openness is filled with gratitude; no cloud darkens his joy, and he is always singing songs of delight. He has no worries, feels no boredom, experiences no loneliness. We discover the world in all its created

beauty, and all things bring us joy, but we are free, and thus we do not become attached to anything. Nowhere do we stop to idle. We are continually looking ahead.

If I am standing in a clear, open place, nothing prevents me from looking ahead, far into the distance, in every direction of the compass. The same thing happens in the spiritual life, when we are grounded in love, and have the power to comprehend the breadth and length and height and depth of the love of Christ, and so be filled with all the fullness of God (cf. Eph. 3.18-19). All the horizons have expanded and opened. I feel that I’ve become universal, complete. I feel as if the whole world’s become mine. Once I felt confined, like a dead man in a narrow grave. Once I was squinting out on the world from the fetid little room of my soul, which was jammed to the rafters with all the petty and lurid and unlovely things I’ve trailed behind me from the moment I was born. But now all that has radically changed.

## This sounds beautiful! Is this the new life I hear about?

This new experience — this opening of the heavens and the expansion of the horizon — is one of the most beautiful experiences that a person can have. From then on, the character of our life is changed. From then on, we soar through the sky on wings. Provided we want to. Because there’s always the chance that, in our soaring flight, a treacherous, critical moment might come when we remember our self and prefer it over everything else. All things are indeed ours. But all things will turn against us like a bitter enemy if once again we become confined within ourselves.

But the moment we reject such narrowness and enter into the breadth and know the depth of the love of Christ (Eph 3.19), we discover that the whole world is ours: the earth, the sea, and the sky are all for us; so too the angels, the saints, and all the sacraments of the Church. And God Himself — the Father, the Son, and the Holy Spirit — is wholly ours, for He gives Himself to us in His fullness. Do you see? You renounced a handful of trifles and gained the world. You surrendered yourself, and in return received God.

In this expansiveness, in this simplicity, this beauty, this abandonment of ourselves to God, we arrive at yet another experience: the enjoyment of God, in the sense of fruition and gleaning. What does that mean? It’s as if I were hungry, and went into the garden, where I can pick a mandarin, or an apple, or whatever I like. I am gleaning the garden of its

fruits. I am enjoying the fruitfulness of the garden. In spiritual terms, the whole world is such a garden, ripe with God, and so I take and eat my fill, gathering up fruit for eternal life (Jn. 4.36). That’s what the “enjoyment” of God means. I share in His life. I begin to feel that I am communing with Him. I begin to delight in Holy Communion, and I realize that today I have communion with God. I have partaken of Christ Himself. Or when I pray the Jesus Prayer, I realize that my breathing has accepted Christ, as has my mouth, which has invoked His holy name. My heart has received Him, and He fills my mind, so much so that I’m no longer sure where He is within me, because He is everywhere.

## Gheronda, what other signs of this new life will I see?

This, then, is the true enjoyment of God. Such a soul partakes of God, and is filled, complete. Is it me, then, who is praying? Is it my heart that is praying? What exactly is going on? All we can say is that within me there is a dialogue with God, with Whom I experience union and communion. And in the face of this reality, I become, in a sense, a kind of spectator, a witness. As if I were sitting and listening to two people speaking, I now listen to myself talking to God. As for distinctions between the body, the spirit, the heart, and the intellect, these are no longer so easy to make: the more I separate myself from the world and the flesh, the more these things deepen, interpenetrate, and unify.

It follows now that Christ is a reality for me. God is now a vital, living subject. Not something abstract or generic, but something real and specific. In the same way that I recognize my personal belongings as mine — even in the dark — so now I recognize Christ at any moment of the day or night, in suffering and in joy.

I feel that God is mine, in the sense that He has called me forth from non-being into being and given me life. My isolation has been shattered, and I know I’m never going to be alone again. And so Christ becomes everything for me, present in my life, my breath, my thoughts, my heart, in all my actions. Whatever I do, wherever I go, I am not deprived of His presence, and He will never abandon me, for I have touched Him, and He is my reality.

Now you sense that you’re communicating with God, that you’re in contact with Him. And thus you acquire boldness when you speak to Him. Now you have a certain familiarity, as that of a child to its father, as a friend speaks to a friend (Jn. 15.14). And my whole being, my soul, my heart, becomes luminous, because God is light: living, active light. In my eyes, in my thoughts, in my will, I experience God as something luminous. I have been illumined, and all of my senses, all my perception, become a kind of vision, a spiritual vision. Just as there can be no bodily vision without light, there can be no spiritual vision without God... What can separate us from such a God? What can separate us from Christ?

Excerpted from “The Way of the Spirit”  
by Elder Aimilianos of Simonopetra





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## The Four Types of Communion With God



Our union and communion with God in general terms comes about in two ways: mystical communion and spiritual communion. The second is divided into three ways.

1: The first and most important communion with Christ takes place through the partaking of His Body and Blood. The Christian who communes with fear, piety and preparation is counted worthy of innumerable gifts.



2: The second way of communion and union with Christ is the prayer of Jesus, during which the intellect is plunged into the heart and there says unceasingly, 'Lord, Jesus Christ, Son of God, have mercy on me, the sinner.'

3: The third way of communion with God our Creator takes place through the keeping of His commandments and the acquisition of the virtues.



4: The fourth way of communion with Christ takes place through the hearing of the word of God.

The Church is the special, most holy place in which is realized our many-sided communion with Christ.



Excerpted from "The Truth of Our Faith" Vol. 2  
 by Elder Cleopas of Romania

Scripture of the Month: "He who is united to the Lord becomes one spirit with Him" (1 Corinthians 6.17)