



# THE HOLY TRINITY HERALD

JULY-AUGUST 2016

VOLUME 24 • ISSUE 6

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA  
OUR VISION: "FAITH. FAMILY. COMMUNITY."

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## QUICK NEWS



Three Holy Trinity parishioners receive the 2016 Metropolis of Pittsburgh Saint Photios Award. 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 6-13 or visit our growing online photo gallery site at [photos.HolyTrinityPgh.org](http://photos.HolyTrinityPgh.org).

## THE HOLY PROPHET ELIAS FEAST DAY: JULY 20



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!



I know your readiness...You will be enriched in every way for great generosity, which through us will produce thanksgiving to God; for the rendering of this service not only supplies the wants of the saints but also overflows in many thanksgivings to God.  
(2 Cor. 9.1,11-12)

My Beloved Spiritual Children,

Saint Paul's address to the Corinthians above implies two things in very obvious language: 1) He knows the people of Corinth well and what they are capable of; 2) They have hearts filled with love for God's Church and His people and will do anything they must to provide for their needs.

On August 1, I will have the blessing of entering my 24th year of priestly ministry here at Holy Trinity Church, and I cannot help but borrow the passage above to describe what I have found and continue to witness in the life of this blessed community over those many years: a Christian family whose hearts and hands are ready to serve, sacrifice and offer love to the Lord, His Church and those around us in any way God calls. It has indeed produced many thanksgivings in my own soul and I know it has done the same for others.

Having now completed our third year in the new Church, it remains a shining example of the power of that sacrificial love, and in large and small ways, in communal and personal needs, it continues to provide a beacon from which that love beams forth. Just in the last few weeks:

- When a parish family needed help with fund-raising for medical treatments for their eight-year-old son, then had to cope with the challenge of laying him to rest when he fell asleep in the Lord, parishioners opened the floodgates of their love.
- When a life-long elderly parishioner fell asleep in the Lord without the means for a proper burial, it took only one public request after Liturgy and by the end of Coffee Hour the need was met—amazing!
- In the photos and donations listed in the pages of this publication, every need for providing appropriate resources, decorations, volunteer work during Lent, Holy Week and Pentecost and more was provided without exception and with gladness.
- From supporting our local community, Metropolis, Archdiocese, charitable ministries such as FOCUS and IOCC (see enclosed thank you letters), the members of the Holy Trinity family continue to step forward like the Prophet Isaiah with enthusiasm, not hiding but volunteering, "Here I am!"
- And never forgetting the simple but meaningful acts of reaching out in love with a visit, a call or a gift that says, "You are not forgotten," our Visitation Ministry continues to offer love in ways that are pure and powerful for those who receive them.

All these acts and offerings of love do indeed produce thanksgiving in so many ways. Yes, sometimes we need an extra reminder—like showing up to help with Festival cooking or remembering to submit our sacrificial Stewardship pledges and offerings—but in every case this community comes through.

In the coming weeks, we will be returning our focus to the larger matter of retiring our mortgage so we can focus more on growing ministries and serving even greater acts of witness and love. When that time comes, remember that each response of support you offer will indeed be multiplied through the thanksgiving it engenders.

I, Presvytera Becky and our children have been so blessed to be with you for these past 23 years, it is impossible to find the words to express it fully. We look forward to continuing to serve you and be inspired by your faith and love for as long as the Lord wills. As we continue to strive to serve the Lord together, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit" (Romans 15.13).

Paternaly yours in Christ,



## WORSHIP LIFE

### Weekday Services ..... July/August

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

**Jul. 20:** 9:00am Hours and Divine Liturgy for Prophet Elias  
(at the Nativity of the Theotokos Monastery, Saxonburg)

**Jul. 27:** St. Panteleimon the Wonderworker (SG)

**Aug. 1:** 6:30pm Paraclesis Service (SG)

*Note: The period of August 1-15 is a strict fast season.*

**Aug. 3:** 6:30pm Paraclesis Service (SG)

**Aug. 5:** 6:30pm Great Vespers of the Transfiguration and the Blessing of the Grapes (SG)

**Aug. 6:** 10:00am Liturgy of The Holy Transfiguration  
*Liturgy of the Transfiguration will be celebrated at the Holy Transfiguration Monastery in Ellwood City.*

**Aug. 8:** 6:30pm Paraclesis Service (SG)

**Aug. 10:** 6:30pm Paraclesis Service (SG)

**Aug. 12:** 6:30pm Paraclesis Service (SG)

**Aug. 14:** 7:00pm Great Vespers of Koimissis

*Services held at our sister parishes celebrating their Feast Day in Aliquippa & Oakmont.*

**Aug. 15:** The Falling Asleep of the Theotokos (Liturgy at HT)

**Aug. 29:** Beheading of St. John the Baptist (SG)

*Note: This is a strict fast day.*

## SPIRITUAL LIFE MINISTRY

### "Prayer and Panera" St. Nikodemos Fellowship. . .Jul/Aug

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! The next meetings are Thursdays, July 12 and August 18.

## 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!

**New parking shuttle info this year:** Free parking and shuttle service is available every day from the UPMC Passavant **TAN Lot** as follows:

- Wednesday-Friday: 3:00-11:00pm
- Saturday-Sunday: 10:00am-11:00pm

### 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 .....Weekly through August 2

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 weekly through August 2 from 9:00am-9:00pm (or as much of it as you are able to do each week!). 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.

- Tuesday, July 5: Tiropita 9am-9pm
- Friday, July 8: Souvlakia 9am-9pm
- Saturday, July 9: Souvlakia 9am-4pm
- Sunday, July 10: Souvlakia (after Liturgy if needed)
- Tuesday, July 12: Souzoukakia 9am-5pm
- Sunday, July 17: Moussaka (after Liturgy - 6pm)
- Monday, July 18: Moussaka 9am-5pm
- Tuesday, July 26: Pastitsio 9am-9pm
- Monday, August 1: Diples 9am-5pm
- Tuesday, August 2: Diples 9am-9pm
- Wednesday, August 3: Diples (if needed)

### 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. Contact [FestivalAds@HolyTrinityPgh.org](mailto:FestivalAds@HolyTrinityPgh.org) for info.

## REGIONAL NEWS & EVENTS

### Monastery Dinner ..... July 24

Please see the enclosed flyer for the Third Annual The Holy Nativity of the Theotokos Monastery Fundraising Dinner on July 24. This year's theme is "Let the Children Come to Me." The event starts at 4:00pm with Vespers followed by Dinner at St. Nicholas.

### "Steps to Heaven" Monastery Walk .....September 17

There will be a 10K/2 mile "Steps to Heaven" Walk-a-thon on Saturday, September 17 to benefit the Monastery. See the enclosed flyer or visit [StepsToHeavenWalk.org](http://StepsToHeavenWalk.org).

**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

## JULY/AUGUST 2016 – "THE VOICE OF HOLY TRINITY CHURCH"



**Father John Androutsopoulos**

### The "Holy Days" of August

**R**ejoice, beloved brothers and sisters in Christ! Monday, August 1st, marks the beginning of a two-week fasting period dedicated to the Falling Asleep of the Lord's Mother.

Actually, during the month of August, our Holy Church will celebrate three great Feast Days: 1) The Holy Transfiguration of Our Lord Jesus Christ on Mount Tabor;

2) The Falling Asleep of the Theotokos; and 3) The Beheading of St. John the Baptist.

### The Holy Transfiguration of Our Lord Jesus Christ

On August 6th, we celebrate the Holy Transfiguration of Our Lord Jesus Christ on Mount Tabor. (Even though this falls in the middle of a strict fast period, fish is allowed on this day due to the great nature of the feast.) Please read the Gospel of Matthew 17:1-9

The Feast of the Transfiguration of our Lord is one of the 12 Great Feasts of the Holy Orthodox Catholic Church. When Jesus, our Lord and Master, took three of His Disciples – Peter, James and John – to the top of Mount Tabor, He truly prefigured His Resurrection on that memorable day. These three disciples were to be with Jesus at His betrayal, so He wanted them to see the wonderful event so that they might not be dismayed and distressed at His suffering at the crucifixion. Mount Tabor was covered with light during the Transfiguration; the light was so bright that the three Disciples threw themselves on the ground, unable to look upon the transfigured Lord. He did shine forth in glory. At that glorious revelation, Moses and Elijah appeared and conversed with Christ that they might manifest that He was the Lord of the living and the dead, and that He was the God who spoke of old in the law and the Prophets, and He was the One to whom the voice of the Father did bear witness from a radiant cloud saying, "This is My Beloved Son, hear Him". The Transfiguration was the mystery hidden before the ages, and now it was revealed before Peter, James and John. They were not able to stand the radiance of Christ's countenance and the splendor

of his garments, so they fell down on their faces, kneeling, and being overcome with astonishment at the sight of Moses and Elijah talking with Jesus.

My beloved: Each feast day of our Church has its special message for us Orthodox Christians, if we would just take the time to study or meditate the occasion and the meaning of the Feast. The Feast of the Transfiguration uplifts us. We are shown by the glory of our Lord and Savior, and we are inspired by the events of the Transfiguration. It is customary for grapes to be blessed on this radiant and glorious feast day. In the Old Testament, the blessing of the first fruits of the season was ordered by God. We continue to obey this order of God. We are grateful for the blessing that God has bestowed on us. "How great are Thy works, O Lord, Thou has made all things in wisdom.

### Questions And Answers On The Gospel Of The Feast

**Q: Why was Christ transfigured before His Disciples on Mount Tabor?**

**A:** To confirm their faith in His divinity; to guard them against doubts when they should afterwards see Him die on the Cross; to encourage all of the faithful to be patient in all crosses and afflictions, for the bodies of the just will be made like the glorified body of Christ at their resurrection. (Phil. 3: 21)

**Q: Why did Moses and Elias appear?**

**A:** To testify that Jesus was really the Saviour announced by the prophets of the Old Law, and to be witnesses of the founding of the New Law.

**Q: When we get to heaven, will we recognize those who are already there? Will we**

**know Moses and David and Peter and Paul?**

**A:** Yes, I think God will give us the same spiritual inspiration that He gave to Peter, James and John. Moses had been dead 1,480 years and Elijah had been gone 900 years. Yet, here they are alive and the disciples saw them and heard them talking.

**Q: And, will we recognize our loved ones to whom we have said good-bye down here?**

**A:** Surely, I think that God will give us that privilege and that blessing if we are in the same place, the place of the Just, because there is another place of the unjust.





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

## JULY/AUGUST 2016 – "THE VOICE OF HOLY TRINITY CHURCH" (continued)

Jesus said I go to prepare a place for you, that where I am you are going to be also. The other place is prepared for the devil and his followers. Let us remember that heaven is a prepared place for prepared people.

### Some Reminders About Fasting In August

Though it falls during the August 1 – 15th fast, fish is permitted on the Transfiguration, August 6th. Also this year, Monday, August 15th, the Feast Day of the Falling Asleep of the Theotokos, fish is permitted, but not meat. And do not forget that the 29th day of August, the day of the Beheading of the Glorious Forerunner John the Baptist, is a strict fast on whichever day it falls. As always, those with serious illness have a special fasting exception. Consult with your spiritual Father.

### The Falling Asleep of the Theotokos

On August 15th, we commemorate the Falling Asleep of the Theotokos, (also known as the Easter/Pascha of the summer). Please read the Gospel Luke 10:38-42, 11:27-28. This is a solemn and joyous "holyday" of the Christian year. As a small testimony to both the greatness and popularity of this feast, the Greek Orthodox Archdiocesan Yearbook lists 42 churches dedicated to this great feast day of the Theotokos. (As an interesting aside, of the 42 churches named after this feast, there are three different names they go by: there are 30 parishes with the name of "Assumption," five parishes with the name "Dormition of the Virgin Mary," and seven parishes with the name "Kimisis Tis Theotokou.")

### The "Assumption?"

That also brings up the issue of the very word "Assumption." Historically, this word refers to a doctrine of the Roman Catholic Church. It states that the body and soul of the Virgin Mary were taken to heaven by angels to be with Christ. Pope Pius XII proclaimed the Assumption as a doctrine of faith in 1950. The Assumption is also a belief, but not a doctrine, of the Greek Orthodox Church. The first records of the celebration for this feast day are in the Eastern Orthodox Churches long before the Council of Chalcedon in 451 A.D., and in Roman Catholic Church since the 600's. The Roman Catholic Church celebrates the Feast of the Assumption on August 15th, the same day as the Orthodox Church. Since both Churches share the same teachings concerning the Feast of the "Assumption" or "Falling Asleep" of the Virgin Mary, why did the Roman Church proclaim the Assumption (taken up body and soul) as a doctrine of faith on its own? Simply because they did not ask or invite the Eastern Orthodox Catholic Church to discuss

the issue.

### Beheading Of St. John The Baptist

On August 29th, our Church commemorates the Beheading of St. John the Baptist. Please read the Gospel of Mark 6: 14-30. This is a strict fast day. Meat, dairy and fish are prohibited.

By attending Church services on these Great Feast Days, we will enrich our spiritual life by the readings, hymns and hearing sermons. I pray you will enjoy the above "holydays" with good health.

### "Rejoice!"

Long ago Isaiah said, "Be strong, fear not: behold your God will come and save You." This was a joyful message of hope to a sinful world. Centuries later an even more joyous message came. The angel announced, "Unto you is born a Savior." The promised Savior was here! Jesus was later put to death, but God raised Him from the dead. Because of His Resurrection, His followers in each generation since then have rejoiced in their living Savior. St. Paul calls upon the followers of Christ to be joyful at all times. Who are better endowed to be joyful? Christ's followers are aware of God's blessings. By His grace they have been redeemed. Christians do not forget their blessings even when bearing their crosses. They practice patience and are never shocked into gloom and despair. They rejoice in sufferings. They keep their hearts and eyes open upon the joys of heaven, knowing that even death is the glorious beginning of God's fulfillment of still other promises. "Rejoice in the Lord always: and again I say Rejoice." (Philippians 4:4)

### Thoughts for August

It is not always easy to....

- apologize, but it is the thing to do;
- start all over again, but it pays;
- take advice, but sometimes we need it;
- admit you are wrong, but it satisfies;
- be unselfish, but selfishness is the springboard for other sins;
- be considerate, but it is the Golden Rule;
- profit by mistakes, but that is the way we learn;
- forgive and forget, but it is the Lord's way;
- shoulder a deserved blame, but it makes others love and respect you;
- be charitable, but it covers a multitude of sins.



*With His love,  
Rev. Fr. John K. Androutsopoulos  
Protopresbyter and Internal Missionary*





**May 7, 2016:** The Metropolis of Pittsburgh hosted its annual Renewal Saturday Saint Photios Awards Banquet at the Sheraton Station Square. Receiving the award from Holy Trinity Church were honorees Despina (Esther) Ladakos and George Pantelakis. Also receiving the Metropolis Lifetime Service Award was Irene Karavolos. They were joined by many friends, family and Holy Trinity parishioners. Congratulations to all our recipients!



**April 23-25, 2016:** Holy Trinity Church had the honor of hosting clergy from around the country as representatives of the Archdiocesan Presbyters Council gathered here for their three-day spring meeting. The group was greeted by His Eminence Metropolitan Savas during a pastoral session. They also had special presentations from Deacon Ron Moslener on pastoral ministry, General William (Gus) Pagonis on leadership and our own Visitation Ministry Coordinator Amy Armanious on how to set up a parish visitation ministry. The group also visited the FOCUS Pittsburgh Center in the Hill District and FOCUS North America's national headquarters in Carnegie.





**May 2, 2016:** His Eminence Metropolitan Savas presided over the Feast Day Liturgy of Holy Trinity Church's Saint George Chapel. In addition to our own Father John and Father Radu, he was joined at the Holy Altar by Father George Livanos of All Saints Canonsburg, Father Anastasios Athanasiou of St. Demetrios Rocky River and Archdeacon Ryan Gzikowski.



**May/June, 2016:** Parishioner and master woodworker Jim Thomas (above right) designed, created and installed custom cabinets to complete the Sacristy area behind the Holy Sanctuary in the Church. The addition provides storage for icons, books, vestments and other liturgical items used in the worship services.









## Holy Week Reflections of Trevor Bullock, 2016 "Seminarian in Residence,"

This past Holy Week at Holy Trinity was a unique and amazing opportunity. One of the greatest benefits of being sponsored by a parish for Holy Week is that a student has the opportunity to shadow the parish priest during one of the busiest, but also spiritually nourishing, weeks of the Church year. This past Holy Week, I was able to spend lots of valuable time with Fr. John,

handles situations, and what his hopes and goals are for the future. Often priests experience burnout and it was nice to see that Fr. John makes time for his family and practices good self-care.

Being at Holy Trinity allowed me to experience the full set of services of Holy Week similar to the way we do them at the seminary. Towards the end of the week Fr. John informed me that he had tried to do everything as he would for a normal Holy Week. Running errands, making preparation for services, and last minute details are all a part of what makes Holy Week and Pascha happen at a parish, and Fr. John hoped that I could get a taste of what a typical Holy Week is like for both the priest and for the Holy Trinity community.



learning about his life as a priest, a father, and as the president of the American Presbyters Council.

The first three days of the week, I followed Fr. John along on his visitations, and was able to see first-hand his love and commitment to his parishioners. Visitations and pastoral care are usually topics left for the last few years of seminary, and it was invaluable gaining this pastoral experience so early on. During our time traveling through the city, I talked with Fr. John about the history of the parish, what made it successful, and how it has grown over the years. Every parish has unique blessings, challenges, and stories; and learning the history of Holy Trinity gives me a greater understanding of what it takes to serve a parish. I learned about Fr. John's life as a young priest, how he



I want to thank Fr. John and the Holy Trinity community for sponsoring me and welcoming me with such a great display of Christian love. I also want to thank Fr. John's family for their hospitality and the Protospsaltis, George Pantelakis, for his constant encouragement.

With thanks in Christ,  
Trevor











## Community Life Photo Gallery | Holy Trinity Feast Day Picnic

(This page) **June 19, 2016:** Holy Trinity Church celebrated its Feast Day Weekend with a good old-fashioned Church Picnic. In addition to lunch, the crowds enjoyed the first softball game on the field and lots of other fun activities. **(Opposite) June 13-15, 2016:** GOYA held its Senior Recognition Dinner on Monday evening, then headed to Cedar Point the next day to St. Gregory Palamas Monastery on Wednesday.





# GOYA Teen Ministry Events | Community Life Photo Gallery







# HOLY TRINITY CHURCH CLASS OF 2016

Please join us in celebrating the talents and God-given gifts of the students from Holy Trinity Church who are graduating from high school this year. We also thank God for the families, relatives and community which have nurtured them in the rich soil of the Holy Orthodox Faith. May God be with them always!

## **Dimitri Gagianas** Peters Township High School



Dimitri graduated from Peters Township High School as a member of the National Honor Society, was on the Highest Honor Roll and was a PT Scholar and PA Scholar with Honor. He was a member of the Student Council, Mu Alpha Theta Mathematics Honors Society and SADD. He has been a life-long participant in Church School and

has been in GOYA since 7th grade, serving as an officer for two years, playing basketball and volleyball, attending mission trips and attending Summer Camp here and at Ionian Village. Dimitri has been a long-time Acolyte, Greek Dancer and Greek Festival volunteer. He will attend The Ohio State University and major in Biomedical Engineering.

## **Emme Germanos** Oakland Catholic High School



Emme graduated from Oakland Catholic High School as a 4-year Honor Roll and National Honor Society member. She lettered in soccer, track and field, cross-country and swimming and was a member of student government, Future Business Leaders of America and Teens for the Cure. Emme has participated in Church School all her life

and has been active in GOYA throughout high school, including serving as president her senior year. She has participated in mission trips to Project Mexico, FOCUS Appalachia and the St. Gregory Palamas Monastery. She will attend the University of Dayton, where she will major in Chemical Engineering.

Kailey graduated with honors from North

## **Kailey Kaparakos** North Allegheny High School



Allegheny Senior High School. She was a 4-year member of the Crew Team and was captain her senior year. Kailey received the Outstanding Student Award and was president of Leaders Now International. She has organized or participated in a number of youth-oriented community service projects, including Santa lunches and coat drives for North Hills Community Outreach and FOCUS Pittsburgh. As a member of two Holy Trinity communities—Ambridge and Pittsburgh—Kailey has been a life-long Church School student and has been in GOYA for 3 years, including being a GOYA officer. She has sung in the Choir and been in the Greek Dance group. She plans to attend Kent State University and major in Architecture.

Julie graduated from North Allegheny Senior High School

## **Julie Karabin** North Allegheny High School



as a member of the "GOAL" program for academically gifted students. She was a recipient of the President's Education Outstanding Achievement Award and a member of both the North Allegheny Orchestra and the Golden Strolling Strings. She was also a 9-year member of the Girls Scouts. At two Holy Trinity communities—Ambridge and Pittsburgh—Julie has been a Church School student for 15 years and has been in GOYA for 5 years, where she was also an officer. She has sung in the choir for 8 years and been involved in Greek Dance groups. She will attend the Mercyhurst University in the fall.



## Stewardship: Living Out the Resurrection All Year

What a wonderful Pascha celebration we all just experienced! For 40 days after, we cheerfully continue to greet one another with Christos Anesti, Alithos Anesti! During this time we learned about the magnificent display of love from the Holy Trinity and how Jesus brought this to life here on the earth. In essence, Jesus truly lived out the true meaning of Stewardship by telling us that He came not to be served, but to serve and to give His life as a ransom for many (St. Mark 10:45).

As we take a closer look at His Stewardship we see this was manifested in a variety of ways, Jesus served humanity by loving the unloved, preaching, healing the sick, raising the dead, feeding the hungry, etc... The bottom line is that He provided everything we needed to live this life fully and completely. The reason Jesus did what He did was because He was developing a relationship with us... the love of the Holy Trinity manifested in the flesh.

Pascha also provided us an opportunity to self-examine ourselves on where we stand regarding how we are living out the example Christ established for us. His love for us was sacrificial in everything He did and that is how we should live as well towards God, our church and our fellow man. The ministries here at Holy Trinity are filled with multiple opportunities to carry out our Stewardship to all three. Whether it is serving via ministries in Visitation, Hospitality, Philoptochos, Church School, Acolyte/Hope/Goya, Greek Festival, Outreach, Seniors, Young Adult, College Students/OCF, Cemetery Committee, Parish Council and others, there is no excuse of not finding a place to "plug in and give" of your time, talents and treasures.

As previously discussed in past publications we are reminded again that we still need to reach our goal of financial giving. Operating these ministries and the church in general depends on our

financial resources. Looking at the last Herald Edition we were at 67% in meeting our 2016 goal of \$370,000 through Stewardship contributions (we humbly thank you). Our entire community church goal as a whole is to raise over \$590,000 this year. Although currently we are making great strides in reaching this goal let us continue to push forward.

We cannot allow ourselves to "get comfortable" with the status quo. We are the "face" of Holy Trinity and together God will multiply our efforts just as He did with His disciples. Think about it, He took twelve disciples and changed the world. Now think about what He can do with EACH AND EVERY ONE of us. God created a "synergistic response" with the disciples as a vehicle to accomplish His will and He continues to do that through us today.

Let not Pascha end, but rather continue throughout the year by living out the Resurrection through our service of stewardship to God, our church and our fellow man. Don't wait to be asked to participate, but rather when you see "the need" or "hear the call" that is your invitation to start. Remember just as Jesus came not to be served, we too come not to be served but to serve so that God will be glorified through our

service of stewardship to Him.

*"As each one has received a special gift, employ it in serving one another as good stewards of the manifold grace of God. Whoever speaks, is to do so as one who is speaking the utterances of God; whoever serves is to do so as one who is serving by the strength which God supplies; so that in all things God may be glorified through Jesus Christ, to whom belongs the glory and dominion forever and ever. Amen." (1 Peter 4:10-11)*

Your servants in Christ,

The Holy Trinity Stewardship Ministry Committee

## 2016 Stewardship Roster Update

Thank you to the following faithful stewards who have submitted their pledge cards for the 2016 pledge year since last month's list. 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.

Miss Victoria Andromalos-Dale  
Mr & Mrs Michael Andromalos-Dale  
Mrs. Desi Anthou Austin  
Clifford Brubaker & Sondra Balouris  
Mr. & Mrs. Evan Danis  
Mrs. Joan Gatsiopoulos  
Ms. Efthalia Geanous  
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Mr & Mrs James Thomas  
Ms. Alexandra Valliant  
Mr & Mrs Gerri Valliant  
Mr & Mrs Daniel Willow



# Thank You | 2016 Lenten and Paschal Donations

Thank you to the many parishioners and friends who offered donations for Lent and Holy Week through the envelope system. Thank you also to the following donors of special flowers and items used during this holy season.

## Salutations to the Theotokos Services

Peter and Theanne Gagianas .....	In honor of the Greek Orthodox Metropolis of Pittsburgh Summer Camp Ministry
Peter and Theanne Gagianas .....	In honor of the Greek Orthodox Metropolis of Pittsburgh Summer Camp Ministry
Peter and Theanne Gagianas .....	In honor of the Greek Orthodox Metropolis of Pittsburgh Summer Camp Ministry
Peter and Theanne Gagianas .....	In honor of the Greek Orthodox Metropolis of Pittsburgh Summer Camp Ministry
Salutation Icons Flower Arrangements .....	Julie Chrysanthus

## Holy Week & Resurrection Services

Annunciation Icon Flowers .....	Vaia Kolovos-Lupnacca
Processional Flowers for the Veneration of the Cross .....	Holy Trinity Philoptochos
Saturday of Lazarus Icon Flowers .....	Vasiliki Kourouklis, in memory of Achille Kourouklis and Stavroula Repana
Making of Palm Crosses and Preparation of Holy Friday/Anastasi Candles .....	Holy Trinity Church School students, staff & families
Palm Sunday Icon Flowers .....	Penelope Komninos, in memory of Evangelos Komninos
Palms for Palm Sunday .....	Brian & Debbie Jewell and family, In memory of Samuel & Georgia Booras and for the health of Jodi Menni
Christ the Bridegroom (Nymphios) Icon Flowers .....	Dorothea K. Zikos, in memory of her husband Peter J. Zikos
Crucifix Wreath of Flowers .....	Cindy Morris Criss, in memory of Tom and Dora Morris
Burial Shroud Sheet for Epitaphion .....	Sophia Bridoux, in memory of her sister Athanasia Geanopoulos
Holy Friday Rosewater .....	Chris T. Balouris & Family in memory of his father Themistocles C. Balouris
Holy Friday Icon Flowers .....	Charles Siebott and Irene Karavolos, in memory of our father Stephanos Karavolos
Decoration of the Epitaphion .....	Joyce Athanasiou, Holy Trinity Philoptochos, Women and Youth of the parish
Bay Leaves for Holy Saturday .....	Marianne & Reggie Bonfield, for the health of family and friends
Bay Leaves for Holy Saturday .....	Tracy & Susan Rapp, for the health of our family
Rose Petals for Holy Saturday .....	Peter & Theanne Gagianas, in memory of our beloved godson John-Peter Iakovos Orfanakos
Resurrection Icon Flowers .....	James & Judith Mermigas, for the continued health and welfare of the Mermigas Family
Resurrection Banner Ribbons .....	Chrissie Georgiadis
Dying and Preparation of Red Resurrection Eggs .....	Holy Trinity Parishioners
Priest's Resurrection Candle .....	Anonymous, for the health of the donor's family
Priest's Resurrection Candle .....	Penny Balouris & sons, for the health of Katherine Balouris and in memory of Themistocles Balouris
Prosforon (Offering Bread) .....	Stacy Dickos, Mary-Magdalene Welsh, Joyce Athanasiou, Katherine Balouris and others
Myrrh Bearing Women Icon Flowers .....	The Janis Family, in memory of Clifford and Athanasia Geanopoulos
Pentecost Icon Flowers .....	Mary-Magdalene Welsh, in memory of her mother Julia Welsh

## Flowers for the Epitaphion

Holy Trinity Offering Trays and Envelopes, plus the following donors

- Anonymous, for the health of her family
- Bill & Lynda Areheart in memory of Gus Arthur Manos
- Katherine M. Balouris, in memory of her husband Themistocles C. Balouris
- Efthalia & Lynn Barker, in memory of the Kalogeras and Geanous Families
- Helen J. Chapas, for the health of all the members of the Chapas families
- Christine Dickos, in memory of her husband Dinos Dickos
- Jeff and Mina Durosko & Family, in memory of

- James & Elli Stephanou
- Frank, Katina, Helena & Mike Erdeljac, in memory of Mike & Theologia Alexiades
- John and Georgia Franciscus, in memory of Betty Beckas
- Tessie Frankos, in memory of her husband James and her daughter Demitria
- Connie, Diana and John Fries, for the health of our family & friends
- Diana Fries, in memory of Olga Regakis
- Eugenia Graser, in memory of all of her loved ones
- Harriet Navarro, in memory of Michael, Catherine and James Karras
- Harriet Navarro, for the health of the Navarro

- family
- George & Rhea Pantelakis, in memory of their parents John & Maria Pantelakis and John & Stavroula Scopelitis
- Marina Pappas, for the health of the Pappas family
- Angie Roman, in memory of the Roman and Vrahas family
- Charles Siebott and Irene Karavolos, in memory of our father Stephanos Karavolos
- James Sicalias, in memory of his mother Bessie Cocheres Sicalias
- James S. Statheas, in memory of Steve & Demetra Statheas

## Lillies

- Anonymous, for the health of her family (5 plants)
- Anthony & Helen Balouris, for the health of the Balouris family (2 plants)
- Efthalia & Lynn Barker, in memory of the Kalogeras and Geanous Families
- Anne-Marie W. Battaglia, in memory of Maria Andrews
- Anne-Marie W. Battaglia, for the health of the Weatherly family
- Athena Bober, in memory of her husband Michael Joseph Bober
- Athena Bober, in memory of her mother Harriet Saludis
- Athena Bober, in memory of her father John Saludis
- Athena Bober, in memory of her grandfather William Anderson
- Athena Bober, in memory of her grandmother Athena Anderson
- Marianne & Reggie Bonfield, for the health of Mary Bonfield
- Marianne & Reggie Bonfield, in memory of John Bonfield

- Marianne & Reggie Bonfield, in memory of Nolan Himes
- Penny & Denny Bossick, in memory of her parents John and Sophia Regas
- The Chapas-Bonfield Families, in memory of Frank Chapas
- The Chapas-Bonfield Families, for the health of Anne Chapas
- Bill & Sophea Chapas and family, in memory of John W. Chapas
- Mr. & Mrs. William P. Chapas, in memory of Mr. & Mrs. Gus Papantonio
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- Lou & Penny Cherpes, in memory of Georgeane Cherpes Cominos
- John & Sherry Clayton, in memory of the Clayton, Cocheres and Sicalias Families
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- Helen DeMoss, for the health of the DeMoss and Pefanis families
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- Teddy Fakles, in memory of her mother Sophia Regas
- Connie Fries, for the health of family & friends
- Steven & Leslie Georgiadis, for the health of their family
- Eugenia Graser, in memory of her husband Robert Graser and her parents Michael & Mary Patsalos
- Nicole, Tim, Giana & Davia Gross, for the health of their family
- Kelly Karavolos, in memory of Steve T. Karavolos
- James & Bettina Kermes, in memory of family & friends
- Presvytera Louella Kostopolos, in memory of Father John Kostopolos
- Vasiliki Kourouklis, in memory of Achille Kourouklis
- Vasiliki Kourouklis, in memory of Dimitri Repana
- Vasiliki Kourouklis, in memory of Stavroula Repana
- Mike & Julie Kritiotis, for the health of our families and friends



Original Greek language composition by Voula Hareras: A Travelogue of the Seven Ionian Islands

## Οδοιπορικό στα Επτάνησα



Voula Hareras



Στου Ιονίου τα γαλάζια τα νερά,  
σα διαμαντόπετρες στη θάλασσα ριγμένα...  
Είν'τα Επτάνησα, καμάρι της Ελλάδας μας,  
νοσταλγικός καύμός, για μας εδώ στα ξένα.

Θα ξεκινήσουμε λοιπόν όλοι μαζί,  
να ταξιδέψουμε στα όμορφα νησιά μας.  
Καράβι ανάλαφρο, ή φαντασία μας,  
ας δώσουμε ζωή στα όνειρά μας.

Η Κέρκυρα μοναδική σε όλο, τον πλανήτη,  
που της Ελλάδας χάρισε, τον πρώτο Κυβερνήτη.

Θα δούμε από τον Πέλεκα, του ήλιου τη δύση,  
θα μπούμε στο Αχίλειο και στο Ποντικονήσι.

Με άμαξα και άλογα στις ρούγιες θα γυρίσουμε,  
τον 'Αγιο Σπυρίδωνα, τέλος θα προσκυνήσουμε.

Το δελφινάκι πέταξε, και πρίν καλοσκεφθούμε,  
τη μυροβόλο Ζάκυνθο, πάμε να επισκεφθούμε.

Εκεί εγεννήθη ο Σολωμός, που είχε φαντασία,  
και έγραψε τον ύμνο μας, για την ελευθερία.

Έχει περγιάλια όμορφα και μπουγαρίνια αβέρτα,  
έχει και τη χελώνα της, την ξακουστή Καρέτα.

Τσαντσαμινιές μοσχοβολούν, στις ρούγιες της πιο κάτω,  
στην Πιάτσα θα καθήσουμε, να φάμε Μαντολάτο.

Στον Αγιο Διονύσιο, όλοι θα δεηθούμε,  
σεισμοί και άλλες συμφορές, να μη ξανασυμβούνε.

Απέναντί της βρίσκεται, απ'όλες πιά μεγάλη,  
η όμορφη Κεφαλλονιά, με τα δικά της κάλη.

Έχει τους σταλαχτίτες της, τη λιμνη Δρογκαράτη,  
τον Αίνο το ψηλό βουνό, με τη δική του ελάτη.

Τις δαντελένιες αμουδιές, που όποιος τις γνωρίσει,  
δεν τις ξεχνά πλέον ποτέ και θα ξαναγυρίσει.

Απ'όποιο μέρος κι'αν διαβείς, θα σε φιλοξενίσουνε.

Ρομπόλα μπόλικη θα πιεις, μέχρι να σε μεθύσουνε.

Τους ριζοσπάστες γέννησε, και ποιός θ'αμφισβητήσει,  
πως τα παιδιά της βρίσκονται, σ'Ανατολή και Δύση.

Εις τη Μονή των Ομαλών, στο τέλος θα βρεθούμε,  
στον Αγιο Γεράσιμο, για να προσευχηθούμε.

Το Θειάκι δίπλα βρίσκεται, που γράφει η ιστορία,  
ο Οδυσσέας πως νίκησε, με πονηριά την Τροία.

Πρωτεύουσά του το Βαθύ, με τον κλειστό λιμένα,  
καΐκια, βάρκες, κότερα, είν'πάντοτε αραγμένα.

Στο Κίονο στον Πισαετό, όλα θα τα γυρίσουμε,  
στο ύψωμα των αυθαρών, εκεί θα σταματήσουμε.

Έχει μια θέα από εκεί, αληθινή μαγεία,  
μα εμείς θα μπούμε στη μονή, που είναι η Παναγία.

Καπεταναίοι, ναυτικοί, Θειακοί, σε όλους τους τόπους,  
την παναγιά των Καθαρών, έχουν για φυλακτό τους.

Και τώρα στη Λευκάδα μας, θα φθάσουμε παρέα,  
είναι και αυτή πανέμορφη, με καθαρό αέρα.

Μες τη γαλάζια θάλασσα, φαντάζει με κομήτη,  
μα γέννησε και χάρισε, έναν Βαλαωρίτη.

Τον Κάλαμο και τους Παξούς, όταν επισκευθούμε,  
θα μείνουμε ώρες πολλές, για να ξεκουραστούμε.

Έχουν περίσσεια ομορφιά, τα γραφικά νησάκια,  
θα φάμε και θαλασσινά, στα ντόπια ταβερνάκια.

Μια και βρεθήκαμε ως εδώ, ας κάμουμε μια στάση,  
να επισκευθούμε στον Σκορπιό, τη βίλα του Ωνάση.

Κομμάτι απ'τον παράδεισο, μα είχε ατυχία,  
γιατί το χρήμα δυστυχώς, δεν φερνει ευτυχία.

Τελείωσε η βόλτα στα νησιά, και τώρα ας ευχηθούμε,  
του χρόνου να είμαστε καλά, να τα επισκευθούμε.

Βούλα Χαρερά

## Lillies (continued from Page 16)

- Despina Ladakos, in memory of Anthony & Stella Paterakis
- Despina Ladakos, in memory of Peter Ladakos
- Despina Ladakos, in memory of Walter & Catherine Hartig
- Despina Ladakos, in memory of James Hartig
- Despina Ladakos, in memory of Paul & Sally Hionedes
- Despina Ladakos, for the health of Robert & Joanne Watson
- Despina Ladakos, for the health of John, Ruthann, Josh & Megan Smith
- Despina Ladakos, for the health of Detlef, Elaine, Stephanie & Valerie Vogt

- Joanne Ladakos Watson, for the health of Despina Ladakos (2 plants)
- Nicholas & Joy Loomis, in memory of John & Mary Kokoros (2 plants)
- Nicholas & Joy Loomis, in memory of John & Cornelia Sampson (2 plants)
- Nicholas & Joy Loomis, in memory of Theodore Loomis
- Bill Pagonis, in memory of James and Mary Pagonis (2 plants)
- Peter & Mary Panos, for the health of the Panos family
- Orestes & Arlene Paras, in memory of John & Maria Paras

- Orestes & Arlene Paras, in memory of Albert, Rose & Arthur Russell
- The Parikakis & Fiedler Families, in memory of Sophie Parikakis, Danielle Zagnacky, our grandparents, aunts, uncles & cousins
- James Sicalias, in memory of his mother Bessie Cocheres Sicalias
- Robert & Marianne Stearns and Stephen, in memory of Eric Michael Stearns
- Lou, Julie & Ale Zozos and George Zozos, in memory of Persephone Zozos
- Lou, Julie & Ale Zozos and George Zozos, in memory of Eileen Hoffmann





**Abba Nazarius**

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 most essential virtues of Christian life?

First, the head and beginning of all virtues is, to the extent possible, unceasing prayer to our Lord Jesus Christ, which is called, by way of abbreviation, the Jesus Prayer; the Apostle says concerning it: Pray without ceasing (1 Thess. 5:17). That is, one must call upon the Name of God always, whether we be conversing, sitting, walking, working, eating, or doing anything else. At every time and in every place it is fitting to call upon the Name of God. For by this means, writes Chrysostom, the temptation of the enemy is consumed. “Beat the warriors,” says St. John Climacus, “with the Name of Jesus, and a stronger weapon you shall not find either in heaven or on earth.” Prayer is the banishment of sorrow and dejection, the germination of meekness and angerlessness, the offering of joy and thanksgiving; and innumerable good things are acquired through prayer.

Self-knowledge is needful; this is the knowledge of oneself and especially of the limitation of one’s talents, one’s failings, and lack of skill. From this it should result that we consider ourselves unworthy of any kind of position, and therefore that we do not desire any special positions, but rather accept what is placed upon us with fear and humility. He who knows himself pays no heed to the sins of others, but looks at his own and is always repenting over them. He who is exercising himself in self-knowledge and has faith, does not trust his faith, does not cease to test it, in order to acquire a greater and more perfect one, heeding the word of the Apostle: “Examine yourselves, to see whether you are holding to your faith.” (II Cor. 13:5).

Labor to acquire meekness. Concerning the heavenly virtues, meekness and humility, the Lord Himself teaches us, saying: “Learn from me; for I am gentle and lowly in heart, and you will find rest for your souls (Matt. 11:29). Learn not from angels, nor from men, but from Me, He says; that is from the higher wisdom.

Strive above all to acquire humility. If a humble man has any kind of virtue, he ascribes it not to his own power but to God’s help, in accordance with the words of Jesus Christ, Who said: “So you also, when you have done all that is commanded you, say, ‘We are unworthy servants; we have only done what was our duty’” (Luke 17:10); and “apart from me you can do nothing” (John 15:5). Humility is understanding yourself and everything about yourself as being nothing. For fleeing temptations nothing can serve better than meekness with humility of spirit and constant vigilance of the mind. There

is no more successful path leading to heaven into eternal life, than humility according to the witness of truth. Where there is no light, everything is covered with darkness, and where there is no humility all our works are abominable before God, says St. John Climacus. God dwells in the humble, but departs from the proud. The true prosperity of a man in this life, in the words of Saint Ambrose, consists of humility and not of exaltation. Nothing so makes the heart contrite and the soul humble as to seclude oneself in one’s mind and to keep silence with everyone. Humility is the foundation of Christianity.

One should have a conscience which is clean and candid, as the Apostle says: Herein do I exercise myself, to have always a conscience void of offense before God and men (Acts 24:16); for we trust we have a good conscience, in all things willing to live honestly (Heb. 13:18). For just as it is impossible for rain to fall without clouds, so too without a good conscience it is impossible to be well pleasing to the Lord. What is made manifest is light, and what is not made manifest is dark; therefore let us reveal to our father not only what we say, but also what we think. And there will come a time when we shall be judged not according to the book of knowledge and understanding, but according to the book of conscience.

Inasmuch as silence, in the words of Saint Arsenius, is the root of sinlessness, it is quite necessary for a beginner to have this; let silence be maintained until one is questioned. Speak little, and that quietly; and without need do not speak. He who guards his lips preserves his soul; but he who is bold

with his lips dishonors himself. Silence gathers; but much speaking scatters. The Apostle James teaches, saying: Be swift to hear, but slow to speak and slow to anger (James 1:19). He who is silent is great in understanding.

When as a man you have sinned in anything, repent over it before God. If you are reproached by anyone, without any contradiction, beg forgiveness with a bow, saying: I beg forgiveness, I have sinned; for it is good, teaches Abba Dorotheus, in answer to any word which we may hear, to say: forgive me. If anyone reproaches you, vexes you or offends you in any way, do not become angry at your brother, but going away, pray for him to God in this way: Lord, forgive him; and ascribe that offense to the invisible enemy, inasmuch as he teaches us to offend each other. Never lie to anyone about anything, and keep no kind of evil in your heart; inasmuch as he who hates one who has offended him hates meekness, therefore he who flees those who offend him flees the rest which is in Christ. He that refuses correction hates himself; but he that hears reproof loves his own soul (Prov. 15:32).

Excerpted from “The Little Russian Philokalia” by Abba Nazarius

The Jesus Prayer  
Self-Knowledge  
Meekness  
Humility  
A Clean Conscience  
Silence  
Repentance





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## The Holy and Great Council of the Orthodox Church Convenes



The Holy and Great Council of the Orthodox Church—700 years in the making—covenanted on the Sunday of Pentecost, 19 June 2016, with the Pan-Orthodox concelebration of all the Primates of the participating Orthodox Churches. Following the Divine Liturgy for the Feast of the Holy Spirit, the inaugural session of the Council commenced in the Orthodox Academy of Crete under the presidency of His All-Holiness Ecumenical Patriarch Bartholomew. For information, photos, videos, press releases and official documents from this historic event, visit the official website at:

[www.HolyCouncil.org](http://www.HolyCouncil.org)

Scripture of the Month: "When the day of Pentecost had come, they were all together in one place" (Act 2.1)