



THE HOLY TRINITY HERALD

MAY - JUNE 2018 VOLUME 26 • ISSUE 5

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QUICK NEWS



Faithful servants of Christ gather to reverently prepare His tomb for Holy Friday services. 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 8-15 or visit our online photo gallery site at photos.HolyTrinityPgh.org.

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

SAINTS CONSTANTINE AND HELEN - FEAST DAY: MAY 21



The Maker of the sun and all creation was led once to the Cross. And now to himself He leads you, the shining star, by stars from heaven. And to you first He bestowed imperial power. Therefore, O most pious emperor Constantine, we extol you and your mother, Helen, the godly-minded.

Icon from the walls of the Saint George Chapel. Iconographer: Florin Vlad.

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
(pittsburgh.goarch.org) and Greek Ortho-
dox Archdiocese of America (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

2018 Parish Council

Gerri Valliant, President

Dean A. Balouris	Michael Passodelis
George Danis	Joyce Athanasiou
George Dickos	Stephen Stearns
Alvin Backeris	Karen Georgiadis
Tom Germanos	Alex Trilivas
Ted Stewart	Jean Willow

Ministries

Please visit the Holy Trinity website at www.HolyTrinityPgh.org for descriptions and contact information on Holy Trinity Church's ministries, including spiritual life, education, youth, senior, family and cultural opportunities. There is something for everyone, so please get involved today!

"FAITH. FAMILY. COMMUNITY."



I am sure that he who began a good
work in you will bring it to completion
at the day of Jesus Christ.

Philippians 1.6

Dear Brothers and Sisters in the Risen Lord,

Christ is risen! Truly He is risen!

I am truly amazed, inspired and humbled to see the labors of love that are offered for this church. From ministries to events to the office to the festival and more, nothing that happens at Holy Trinity Church would be possible without the dedication, love, sacrifice and incredible work of our parishioners, friends, staff and volunteers.

It is tempting to add the adjective "tireless" in that list of offerings, but to be truly honest, we must admit that even though it is a "good kind of tired" when we are working so hard for something we love, the sheer volume of labor it takes to sustain and grow a community of this size does sometimes stretch us to the limits. Just ask any of the spanakopita volunteers who left the kitchen at 11pm after three days of intense work (and that's only one example—there are many more and they are all incredibly dedicated). Truly, words cannot express my thanks and love for you all!

No matter what task we are speaking of, when it comes to using the gifts God has given us for His glory, it is a "good work" as Saint Paul says above. But in the end, all of those labors become part of the larger picture of "the good work" that God called us to at the beginning: to preach the Good News of the Gospel for the salvation of all.

From the humble beginnings of the first Divine Liturgy on the North Side in April of 1923 to the very same Pentecost we will celebrate this year on May 27 in this beautiful new church (well, ok, it's already five years old!), none of it would be possible without that commission from God or the loving, sacrificial response of the families and people of this parish. That we are still here and vibrant in our 95th year bears witness that it has indeed been a "good work" blessed by God for His divine purpose.

A church community, however, does not survive on auto-pilot. Generations come and go, each adding its own unique energy and zeal. Growth takes continual enthusiasm, dedication and sacrifice, not just of a few leaders or core workers, but of everyone. And that applies not just to the "practical" items such as finding enough volunteers for the festival, but to the core identity items of living and growing the Faith. Here at Holy Trinity Church that is clearly reflected in our Mission Statement: "To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ."

As we head into the summer months, each of us has many opportunities to live that Faith in its fullness. Please be sure that your full-time, year-round faith in God and His Holy Church is reflected in your family's full-time, year-round participation in the worship, life, ministries and activities of this community. You are important and needed.

Please also be sure to be part of the celebration of our 95th & 5th anniversaries at the "Jazz & Jewels" Gala on Sunday, June 3. And then, get ready: we will have 95 years of "good work" behind us...and, God-willing, many more to go, all to the glory of God, until that blessed "day of Jesus Christ" when our work—His work—is completed!

With pastoral and paternal love in the Risen Christ,

Herald Personal Sponsor for this Issue:

Father John Touloumes

In Honor of Presvytera Becky on our 30th Anniversary - June 26

WORSHIP LIFE

Weekday Services May/June

Please take note of the following weekday Liturgies for the feast days in May and June. Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30. Guide to locations for services: Holy Trinity Church = **HT**; St. George Chapel = **SG**.

May 17: The Ascension of the Lord (SG)

May 21: Ss. Constantine & Helen (SG)

May 26: Saturday of the Souls (SG)

May 26, 6:30pm: Great Vespers of Pentecost (HT)

Pentecost Sunday, May 27: Pentecost Sunday Liturgy at Holy Trinity Church, followed by the "Kneeling Vespers" of the Holy Spirit. (HT)

May 28, 8:30am Orthros/9:30am Liturgy: Feast Day of the Holy Spirit. This is the Nameday of our parish (HT).

Jun. 29: Ss. Peter & Paul (SG)

Memorial Day Service for Veterans May 28, Noon

Please gather in front of the Holy Trinity Cemetery War Memorial at **12:00 noon (note later time this year)** on May 28 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 (May 26 this year) with a Divine Liturgy & Memorial at the Saint George Chapel at Holy Trinity Cemetery. Memory eternal!

RELIGIOUS EDUCATION

Church School Graduation Date May 20

Attention Church School Staff, Parents and Students: Please note that the last day of Church School for this semester will be May 20. 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 contact Presvytera Becky to volunteer. Thank you!

YOUTH MINISTRY NEWS

GOYA Elections. June 3

The GOYA teen ministry will hold its elections for 2018/2019 at a meeting in the Conference Room following Divine Liturgy on Sunday, June 3. All GOYAs are asked to be present.

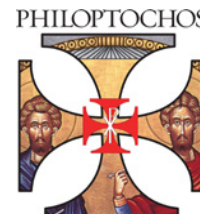
GOYA Carwash. June 10

GOYA will repeat their successful fundraising carwash following Divine Liturgy on Sunday, June 10. The free-will offering event will take place in the front circle of the church and will last as long as it takes to get all the cars done, so be sure to bring any cars you need washed to church that day!

PHILOPTOCHOS NEWS

Philoptochos Meeting June 10

Attention Philoptochos current and new members: please join us for our monthly Philoptochos meeting. There are many new things going on. Please come be a part of a wonderful ministry having fun and working with your fellow parishioners to help those in need! We will be meeting in the Fireside Room after Divine Liturgy.



FESTIVAL NEWS

Festival Ad Book Volunteers Needed!

The Festival season is quickly coming upon us. Last year's Festival was a banner event for our Holy Trinity community. With your help, the new Ad Book provided tremendous support, and we would like to build on that success this year. We are seeking volunteers to join the 2018 Festival Ad Book committee. Please contact Al Backeris or Connie Bistolas to join the Ad Book campaign or email inquires and interest to festivalads@HolyTrinityPgh.org.

Holy Trinity's Taste of Greece Labor Day Weekend

Please mark Wed., August 29, through Sun., September 2 on your calendar for this summer's "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 Food & Pastry Preparation May Through July

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 throughout the Spring and Summer, May through July. On-the-job training available. Flexible hours. Non-cooking positions also available. Requirements: Positive attitude and willingness to do whatever is needed! Pick your favorite—or better yet—be there for them all! Check them out on the enclosed flyer or find them on our website.

COMMUNITY NEWS

Holy Trinity 95th Celebration: "Jazz & Jewels" June 3

Get your tickets now to join the celebration of 95 years of community life and 5 years in our new home! See the enclosed flyer or visit www.HolyTrinityPgh.org/95gala.

Holy Trinity Golf Classic. June 25

Sign up now for the annual Holy Trinity Golf Classic, Monday, June 25, at Diamond Run Country Club. For information see the enclosed flyer or contact Gus Georgiadis at gus_georgiadis@ajg.com.

For the latest updates and schedule of parish events, visit www.HolyTrinityPgh.org/calendar

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



**Father John
Androutsopoulos**

CHRIST IS RISEN! TRULY HE IS RISEN!

Christ Lives!

Dear Brothers and Sisters,

Christ is risen! Truly He is risen! 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 that all of us this might lift this affirmation to one another this Pascha/Easter: "Christ is alive!" Pascha means no less than this—and it can mean more as we die to self and live for Him.

Pascha - The Day of Hope, Fulfillment, 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, then 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, our parish priests, and their families and everyone in our family at Holy Trinity Church, good health and many, many years without pain and suffering and sickness.

With the Love of the Risen Lord,

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

Have You Had Your Check Up Lately?

As we go through life, there are many priorities we need to establish. Many times, those priorities conflict with one another but they all require our attention. Our bodies require medical check-ups to ensure they are operating at full capacity. We need to do this consistently to stay abreast of changes that may occur which will require some form of intervention to correct any deficiencies. These check-ups also occur with our homes, cars, finances, etc. The bottom line is that if we fail to perform these check-ups and take corrective action, our bodies, homes, cars, finances will fail to perform and the end result could be devastating.

The same principle applies to our church and how we assess its performance. The church leadership, Parish Council and Stewardship Committee, all work together to ensure these check-ups are performed. We gather all the information and present it to the church in the form of General Assembly meetings, Herald and Bulletin announcements. The best way to stay informed is to attend the General Assembly meetings because this is where you will get the most comprehensive detailed account of where our church stands financially and operationally, how the funds are spent and what, if any, corrective actions we need to take. That's also where we all get to ask our questions (being part of the check-up in a way!)

As we said in the past, it is everyone's responsibility to ensure those check-ups provide a good report. The church sends out a Stewardship Giving Statement on a quarterly basis to those who have signed and submitted a Stewardship Card (one will arrive soon in the mail, to provide you with your first update). This statement is your personal "check-up" to let you know how you are performing in relation to the commitment you made. If you don't receive a statement and you

consider yourself a "member" of Holy Trinity, don't worry, it is not too late you can still submit a card. Remember, being a member at Holy Trinity becomes "official" when you fill out and submit a signed Stewardship card. Stewardship is a true reflection of your personal relationship and personal commitment to God and His church. It captures your time, talent and treasures and allows us to appropriately manage the affairs of the church and perform the necessary check-ups to ensure we are being good and faithful stewards.

Below you will find the current status check-up report. We are off to a healthy start, and we'd like to thank you for keeping our Holy Trinity community strong and vibrant!

For those who have already signed and submitted their Stewardship Card and continue to give of their time, talents and treasures we graciously thank you for your continued support. For those who have not it's never too late; please stop by the church office, visit the Connect Table outside the Fellowship Hall, or see one of the Stewardship Committee members and we will gladly provide you with one. God continues to provide us with the tools necessary to support His church, work and overall mission here on the earth. When we all stand before Him we have to give an account of what we have done with our lives (Romans 14:12) so the question is, what will your answer be?

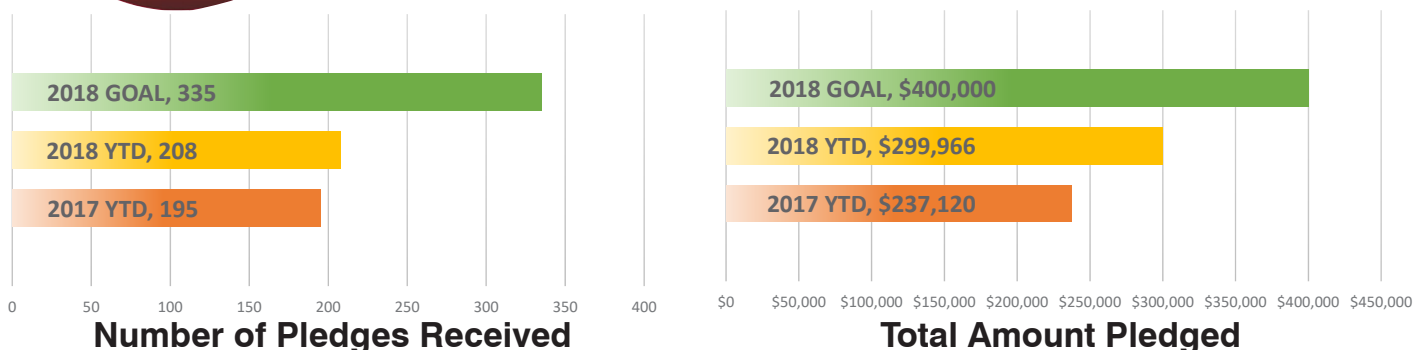
With the love of Christ,

*Your Stewardship Committee
(Michael Kritiotis, Alexandra Valliant,
Harry Anthanasiou, Rick Paese,
Charlie Petredis and Ted Stewart)*



Keeping you informed... Holy Trinity Stewardship 2018 Pledge Progress

YEAR-TO-DATE AS OF APRIL 15



Note: A \$400,000 stewardship giving level will fund 63% of our total operating costs. Added candle and tray donations will take us to 70%. Please pledge today!

You're sitting on the witness stand. The courtroom is packed. The prosecutor has argued the case beyond the shadow of a doubt. And the judge has already rendered the verdict: guilty! Now comes the really hard part: before the judge declares the sentence, it's time for the victim impact statements. And that's why you're here. You're not the defendant. That person – the one who did it to you – is at the table listening. You're one of the victims, and now you get to tell your story. How did it affect you? What has happened to you since then as a result of it? How did it change your life?

This scene has played out in public so many times in the so-called "high-profile" cases. Whether it is some kind of assault, theft or other way that a convicted defendant has literally changed a person's life, the victim has an opportunity to let the world know, "I will never be the same again."

Now let's make it really personal. What if you're not the victim? What if, instead, you're the defendant? You've been charged and found guilty of an encounter—scratch that...many encounters—that have changed people's lives. And now you get to sit and listen to them tell everyone how. Let's take a quick inventory. Think of yesterday: how many people did you interact with? How about last week at work or school? In person, on the phone, with a text or in an email? If any of them were on the stand providing a victim impact statement about their interaction with you and whether their life was better or worse because of it—because of you—would you be: a) smiling with contentment as they recalled what a pleasant time it was; b) wondering why you didn't pay attention more carefully about how important that interaction was to the person at the time; or c) burying your head in your hands as you hear how hurtful and painful you were as the tears stream down the victim's face.

Everything I have said so far was, of course, imaginary... except for the last part. That list of people whom the Lord placed in your life yesterday, last week and beyond, were all there for a purpose. And part of that purpose was a test for us. Dr. Al Rossi, and Orthodox Christian counselor whose resources we have used recently to train our Visitation Ministry volunteers, says part of that test is this: "We are all called to be a healing presence to others, always" (A. Rossi, *Becoming a Healing Presence*). So today's question is, "Have I been a healing presence for others?"

Let's look at that question in light of the scriptures. In Matthew 25, the famous passage we read on the Sunday of the Last Judgement, it describes a similar courtroom: "When the Son of man comes in his glory, and all the angels with him, then he will sit on his glorious throne" (Matt.25.31). Interestingly, in this courtroom, it is the Judge Who also is the victim, and here is His victim impact statement: "I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me" (Matt. 25.35-36). He then brings another set of defendants and we are told that when He needed them, they were not there. In the end, the judge says the true victims were "of the least of these" (Matt. 25.45) who needed a healing presence from us. Did they

find it? Maybe we actually went that extra step, listened without judging, cared with our eyes and our smile or did that nice thing they didn't expect. Or maybe they did not find that healing presence in us. Maybe we were too busy, too pre-occupied, too angry, too impatient, too self-absorbed or too judgmental to care. Take a second and re-evaluate those last few interactions in your life again. How do they look now?

In today's Epistle and Gospel lessons, we see tremendous examples of healing presences—the literally, physically healing presences of Saint Peter and of Jesus. Saint Peter heals a man who was paralyzed for 18 years and raises a disciple named Tabitha from the dead. Jesus cures a man who has laid paralyzed for 38 years with just His word. No doubt, they were the ultimate healing presences. This tends to be the place where we give ourselves a pass and remind ourselves and God, "Look, I'm not a saint and I can't heal people." But Dr. Rossi counters

that excuse with the powerful and humbling reminder that we are not the source of others' healing, "Christ is the healing presence in us Who moves through us to heal others." In fact, if we go back to today's Epistle and hear Saint Peter's words, that becomes very clear: "Aeneas, Jesus Christ heals you; rise and make your bed" (Acts 9.34). Dr. Rossi describes this phenomenon in this way: "A healing presence is, in a sense, a conduit of fire. The fire of the Godhead, hotter than the sun, goes through the clay conduit, us...and out from us to heal the wounds of someone else." And just to further

relieve us of the misconception that we need to do miracles to be a healer, Dr. Rossi reminds us: "'Becoming a healing presence' is a code phrase for loving others as best we can. It is a code for actively listening to others, intuiting their needs, and serving them in whatever way we can."

So go back over your inventory of recent encounters again. Most of them were friends and family, correct? It makes sense – those are the ones we spend the most time around, and often the ones we take for granted most. Did we love them the best we can...whether or not they loved us? Or let's bring it really close: what about this church? Maybe we walk through its doors regular basis and have a higher expectation of the others here to be the kindness, the love and the healing we need, because it is so hard to find out there. But are we all that for them? It's so easy to judge them and so hard to judge ourselves.

But that day will come for us to stand and be judged. What will the victims say? And will we offer tears of joy or sobs of regret for the presence we have been and the impact we have had on others? Today, it is my hope that we leave here more determined to be a better healing presence in the lives of those whom God brings before us, whether in this church or anywhere else in the world. Or better said, that we open our hearts and our souls to become the conduit through which the grace of Jesus Christ becomes that healing presence in us. Concluding with Dr. Rossi, "Christ is everything. Christ is our Physician, our complete healer. He wants us to be His humanity on earth, His healing presence to others. We are a healing presence to others when we give them strength and when we give them hope." As the saying goes, "Let's do it!"

Father John's Homily - April 29, 2018



A Blessed and Memorable Holy Week

To the Holy Trinity community family: Christ is risen!

On Palm Sunday, when Father John introduced me to the parish after the Liturgy, he asked everyone to give me the “Holy Trinity welcome”—and they sure did! So many nice people came and introduced themselves, and I quickly made some great friends and connections. It wasn’t long before the congregation



was full of familiar faces at each service, which made me look forward to them all the more. Although I was initially apprehensive about spending all of Holy Week at a new parish, surrounded by strangers, it turned out I didn’t have to be. I was so immediately

welcomed and embraced, that it felt instead like I spent Holy Week surrounded by family.

Holy Week is always a busy and intense week, and there is always a lot to keep track of. And as a seminarian, any chance I have to get more familiar with those services is extremely valuable. It’s also incredibly helpful to be able to follow a parish priest around during the week, in order to learn about ministry in a more hands-on manner. It was a great blessing to get to do both of these, by both participating in every service, and also accompanying Father John on his many visitations during the week. The week’s services and visitations were punctuated by several incredibly moving experiences, and I know I will always carry them with me, going forwards.

I am very grateful to Father John for inviting me and teach-

ing me so much, and also to Holy Trinity Church’s Protopsaltis, George Pantelakis, for allowing me to chant and learn from him as well. I was very happy that I could help out during Holy Week by chanting the morning services, saving George from having to travel back and forth twice a day.

Before I arrived, I had it in my mind that I was coming to Holy Trinity Church to offer assistance with the services. However, it turned out I received even more than I could give. These experiences defined some of the most important parts of pastoral ministry, which are also some of the hardest to learn in a classroom. Not everyone at seminary gets the opportunity to get out of the classroom and learn about Holy Week by such deep involvement, so this was an incredibly huge blessing for me.

Once again, thank you to everyone for making this such a blessed and memorable Holy Week for me! Thanks to Father John for inviting me, bringing me around with him, and answering my incessant questions about parish life; to Presvytera Becky and the Touloumes family for hosting and taking good care of me; and to the entire community of Holy Trinity for welcoming me so warmly. I definitely look forward to the next opportunity I’ll have to visit again!

*In the Risen Lord,
Nicholas Birbilas*

Holy Trinity 2018 Seminarian-in-Residence



Left: Nicholas Birbilas joined by (L-R) Holy Trinity Seminary Graduate George Athanasiou, Father Radu, Father John and 2015/2017 Seminarian-in-Residence, Demetri Constantine. **Right:** A first-time-ever—Nicholas reads the Agape Vespers Gospel in Indonesian!















March 28, 2018: Ted Cherpas of Ss. Constantine & Helen Greek Orthodox Cathedral in Cleveland offered the final Lenten Wednesday evening presentation. Ted presented a fascinating and personal account, complete with stories and many photos of "Holy Week in the Holy City" and experiencing Pascha in at the Holy Tomb.



Lent, 2018: The Spiritual Life Ministry prepared Lenten care packages for our Holy Trinity college students. They included homemade treats, Lenten readings and a note from Father John. Thank you, Eleni Valliant, for coordinating all these gifts!

(Above and right) April 23, 2018: The Holy Trinity community celebrated the Feast Day Vespers and Liturgy of Saint George at the Saint George Chapel with our own local clergy and Fr. George Livanos of All Saints in Canonsburg. Above are those celebrating their nameday on that day.



(Below) April 24 & 28: The "Taste of Greece" Festival at Holy Trinity Church could not happen every year without the many dedicated hours of volunteers work these and other stewards and friends of the community offer. Left: spanakopita. Right: souvlakia. There are lots of dates still open. Please lend a hand!





April 21 2018: Dozens of Holy Trinity parishioners gathered in Cranberry Township for the 5th Annual Metropolis of Pittsburgh Saint P... tion, two of the recipients of the Metropolis level award were also from Holy Trinity Church: Dr. Peter and Theanne Gagianas. Parish recip... those who have offered years of distinguished service to the Metropolis ministries. Congratulations to all the recipients. Thank you for yo...





Photios Awards Banquet. This year's recipients for the Holy Trinity Church parish award were Joyce Athanasiou and Gus Geogiadis. In addition, recipients were chosen through a nomination process at the parish level, and the Metropolis recipients were chosen by His Eminence to honor their offerings of love and dedication to the life of our parish and Metropolis. May God grant you all many years! AXIO!! You are WORTHY!!



Thank You | 2018 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

Chris & Kathy Balouris for the health of Rev. Fr. John & Presvytera Ethel Androustopoulos
Chris & Kathy Balouris for the health of Anthony & Helen Balouris
Ethel & Lynn Barker in memory of the Kalogeras and Geanous Families
Eugenia Graser in memory of her husband Robert and her parents Michael & Mary Patsalos
Anthony & Aspasia Zissis for the health of their family

Lent, Holy Week & Resurrection Services

Communion Wine for Lenten Services & Holy Week Theodora Fakles, in memory of John & Sophia Regas
Communion Wine for Lenten Services & Holy Week Penny & Dennis Fakles-Bossick, in memory of John & Sophia Regas
Communion Wine for Lenten Services & Holy Week Diana Fries, in memory of Olga Regakis
Communion Wine for Lenten Services & Holy Week Eugenia Graser, in memory of her husband Robert
Communion Wine for Lenten Services & Holy Week Brian & Debbie Jewell, in memory of Sam & Georgia Booras
Communion Wine for Lenten Services & Holy Week Eleni Kennedy, in memory of Athena Ameredes and Demetrios Papaioannis
Annunciation Icon Flowers Athena Bober, in memory of her husband Mike Bober
Processional Flowers for the Veneration of the Cross Holy Trinity Philoptochos
Saturday of Lazarus Icon Flowers Fanny Kostos, in memory of Steve & Kelly Karavolos
Making of Palm Crosses and Preparation of Holy Friday & Anastasi Candles Holy Trinity Church School students, staff & families
Palm Sunday Icon Flowers John and Georgia Franciscus & Family, in memory of George & Betty Beckas
Palm branches for Palm Sunday Cindy Morris Criss, in memory of the Morris Family
Christ the Bridegroom (Nymphios) Icon Flowers Charles Siebott & Irene Karavolos, in memory of Steve & Kelly Karavolos
Crucifix Wreath of Flowers Antonios & Susan Zikos, in memory of the departed members of the Zikos and Lutkevich Families
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 Judith Mermigas, in memory of Theodore Mermigas
Decoration of the Epitaphion Joyce Athanasious, Holy Trinity Philoptochos, Women and Youth of the parish
Bay Leaves for Holy Saturday Pamela Bolkovac, in memory of her father Nick Bolkovac (2 large baskets)
Bay Leaves for Holy Saturday Penny & Gus Georgiadis, in memory of Mary & George Kalodikis and Mary & Pete Georgiadis
Rose Petals for Holy Saturday Fanny Kostos, in memory of Steve & Kelly Karavolos
Resurrection Icon Flowers Dorothea K. Zikos, in memory of Peter J. Zikos
Resurrection Banner Ribbons The family of Chrissie Georgiades in her memory
Dying and Preparation of Red Resurrection Eggs Holy Trinity Philoptochos
Priest's Resurrection Candle Anonymous, for the health of donor's family, children & grandchildren
Priest's Resurrection Candle George & Scarlet Karpakis, for the health of John Karpakis
Prosforon (Offering Bread) Katherine M. Balouris, Stacy Dickos, Mary-Magdalene Welsh, Holy Trinity HOPE & JOY Ministries & others
Myrrh Bearing Women Icon Flowers The Parikakis & Fiedler Families, in memory of Michael, Virginia and Helen Parikakis
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:

- Emanuel Araviakis
- Bill & Lynda Areheart
- Anthony & Helen Balouris, for the health of the Balouris family
- Ethel & Lynn Barker, in memory of the Kalogeras and Geanous Families
- Reggie & Marianne Bonfield, in memory of John & Mary Bonfield
- The Bonfield & Chapas Families, in memory of Frank & Anne Chapas

- Helen J. Chapas, for the health of all the members of the Chapas families
- Sherry Clayton
- Frank & Katina Erdeljac, in memory of Mike, Theologia and Mary Alexiades
- Connie Fries, for the health of family and friends
- Penny & Gus Georgiadis, in memory of Mary & George Kalodikis and Mary & Pete Georgiadis
- George & Scarlet Karpakis, for the health of John Karpakis
- James & Bettina Kermes, in memory of family & friends
- Matt & Nancy Palamara, for the health of the Anh &

- Palamara Families
- Angie Roman, in memory of Gus Roman
- James Scialias, in memory of his mother Bessie Cocheres Scialias
- Joanna Sideris, for the health and well-being of her entire family
- James Statheas, in memory of Steve & Demetra Statheas
- Kirk & Fran Stephen, in memory of Peter Podimatis and Viola & Clesson Stephen
- Eric & Kathleen White, in memory of her parents, Michael & Margie Smyrnes

Paschal Lillies

- Mark & Amy Armanious, in memory of Georgette & Wadie Armanious
- Mark & Amy Armanious, in memory of Mofeed Armanious
- Anthony & Helen Balouris, for the health of the Balouris family (2 plants)
- Ethel & Lynn Barker, in memory of the Kalogeras, Geanous, Adams and Barker Families (2 plants)
- Pamela Bolkovac, in memory of her father Nick Bolkovac (2 plants)
- Reggie & Marianne Bonfield, in memory of John & Mary Bonfield
- Reggie & Marianne Bonfield, for the health of family & friends
- The Bonfield & Chapas Families, in memory of Frank & Anne Chapas
- John R. Clayton, in memory of his father John R. Clayton
- John R. Clayton, in memory of his mother Evropi "Betty" Clayton
- John R. Clayton, in memory of his beloved wife, Michele A. Clayton
- Cindy Morris Criss, in memory of Tom & Dora Morris (5 plants)
- Christine Dickos, in memory of her husband Dinos Dickos (2 plants)
- Frank & Katina Erdeljac, in memory of Mike & Theologia Alexiades
- Frank & Katina Erdeljac, in memory of Mary Alexiades
- Matthew, Melissa & Massimo Ferrari, in memory of Harry Max Ferrari (5 plants)

- John & Georgia Franciscus, in memory of George & Betty Beckas
- Tessie Frankos, in memory of her husband James and her daughter Demitria Frankos
- Connie Fries, for the health of family & friends
- Eugenia Graser, in memory of her husband Robert and her parents Michael & Mary Patsalos
- Brian & Debbie Jewell, in memory of Samuel Booras
- Brian & Debbie Jewell, in memory of Georgia Booras
- Brian & Debbie Jewell, in memory of Marsha Booras
- Brian & Debbie Jewell, in memory of Jody Menni
- Brian & Debbie Jewell, in memory of Kathy Page
- Brian & Debbie Jewell, in memory of Bill Poulos
- Brian & Debbie Jewell, for the health of Diane Morse
- Brian & Debbie Jewell, for the health of Jan Sutton
- Stella Johnson, Kristina Johnson & James Johnson, in memory of Homer James Johnson
- Stella Johnson, Kristina Johnson & James Johnson, in memory of Augustina Makris
- George & Scarlet Karpakis, for the health of John Karpakis
- Eleni Kennedy, in memory of Athena Ameredes
- Eleni Kennedy, in memory of Demetrios Papaioannis
- James & Bettina Kermes, in memory of family & friends
- Jonathan & Jenna Kratsas, for the health of our children, Jack, Grace, Aris, Nick, Gabby, Candy & Noah (7 plants)
- Veronica Mellis, in memory of Anna & James Mellis (2 plants)
- Judith Mermigas, in memory of Theodore Mermigas

- Judith Mermigas, for the health of Mary Mermigas
- Meno & Jean Mitaras, in memory of Pete & Ann Mitaras
- Matt & Nancy Palamara, for the health of the Anh & Palamara Families
- George & Rhea Pantelakis, in memory of their parents John & Maria Pantelakis and John & Stavroula Scopelitis
- 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, their grandparents, aunts, uncles, cousins & friends
- James Scialias, in memory of his mother Bessie Cocheres Scialias
- Charles Siebott & Irene Karavolos, in memory of Steve & Kelly Karavolos
- James Statheas, in memory of Steve & Demetra Statheas
- Estelle & Dennis Stell, in memory of James Hartig
- Estelle & Dennis Stell, in memory of Catherine & Walter Hartig
- Estelle & Dennis Stell, in memory of Peter Ladakos
- Kirk & Fran Stephen, in memory of Clesson Stephen
- Kirk & Fran Stephen, in memory of Viola Stephen
- Kirk & Fran Stephen, in memory of Peter Podimatis
- Katrina Tanner, in memory of Nicholas Tanner
- Anthony & Aspasia Zissis, in memory of their parents & sister

☑ **WORSHIP** ☑ **LEARN** ☑ **GROW** ☑ **PRAY** ☑ **SERVE**

FAITH AND Family WEEKDAYS

AT HOLY TRINITY CHURCH

“Every day in the temple and at home they did not cease teaching and preaching Jesus as the Christ.” (Acts 5:42)

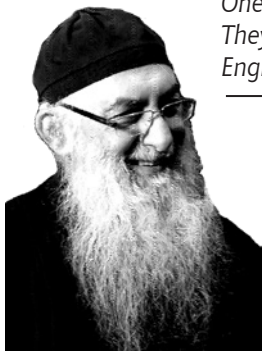
NEW FORMAT! NEW SCHEDULE!

Four years ago, Holy Trinity Church introduced an innovative series of educational programs under the title of “Faith and Family Wednesdays.” Since then, dozens of presentations, hands-on-learning sessions and worship services provided a way for Christians to grow and progress in the knowledge and understanding of their faith. In active pursuit of growing ministries that are relevant and accessible to our faithful parishioners, this ministry has now adapted and grown into “Faith and Family WEEKDAYS!” Check it out!

“FAITH AND FAMILY WEEKDAYS” MINISTRIES UPDATE: SPRING 2018

DAYS	MINISTRY	SCHEDULE	ABOUT
DAILY	“Prayer Partners” Prayer Support Ministry	Every Day: In your personal prayers	EVERYONE can participate in this vital ministry. On the first Sunday of Jan., Apr., July and Oct., prayer cards are distributed after Liturgy to ask parishioners to exchange names and become Prayer Partners. Pray and be prayed for daily!
MONDAYS 7:00pm	“Journey to Fullness” Faith Growth Ministry	Mondays: Spring Series Apr 23, 30; May 7, 14, 21; Jun 4, 11	This excellent video teaching series is for everyone who wants to learn more about the “fullness of the faith” found in Orthodox Christianity, whether as inquirers, catechumens or life-long members. Each segment offers an interactive question and answer period. Same series repeated in fall and spring.
TUESDAYS 9:00am	“Hearts of Faith” Women’s Ministry	4th Tuesday Oct.-May Oct. 24, Nov. 28, Dec. 19, Jan. 23, Feb. 27, Mar. 27, Apr. 24, May 22	The Saint Lydia Women’s Fellowship meets for a monthly women’s morning session of conversation with God and each other. The group meets at church at 9:00 am for a 30 minute morning prayer, then gathers in the Fireside Room for an hour of sharing and discussion about the matters of a woman’s heart.
TUESDAYS 7:00pm	“Journey of Marriage” Marriage Prep Ministry	2nd Tuesday Sep.-June Sep. 12, Oct. 19 (*3rd Thu.), Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 13, May 10	Marriage preparation for couples using the excellent and interactive “Journey of Marriage” materials developed by Dr. Philip Mamalakis and Fr. Charles Johannides. From “Hello!” to honeymoon, this series educates and equips couples for fruitful Orthodox Christian marriage. It’s lots of fun, too!
WEDNESDAYS 6:30pm Worship 7:00pm Study	“Explore the Word” Wednesday Worship & Bible Study Ministry	Wednesdays Oct.-May Oct. 4, 11, 18, 25; Nov. 8, 15; Dec. 6, 13, 20, Jan. 10, 17, 24, 31; Apr. 18, 25; May 2, 9, 16, 23, 30	Prayerfully read the Bible! In Deut. 11, it says, “Lay up these words of mine in your heart and in your soul.” Each Wednesday, come and fill your heart with worship at 6:30 and then meet at 7:00 the Conference Room for the study of St. Paul’s Epistle to the Romans led by Father Radu Bordeianu.
THURSDAYS 7:00am	“Prayer and Panera” Men’s Ministry	3rd Thursday Sep.-June Sep. 21, Oct. 19, Nov. 16, Dec. 21, Jan. 18, Feb. 15, Mar. 15, Apr. 26, May 17, Jun. 21	The Saint Nikodemos Men’s Fellowship hosts this morning session of prayers and Christian fellowship (with coffee and bagels, too!). The group meets at church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then moves up the hill to Panera for 30-45 minutes of coffee, breakfast and Christian men’s conversation.
THURSDAYS 7:00pm	“Orthodox Movie Night” Entertainment/Fellowship	2nd Thursday Oct.-June Oct. 12, Nov. 9, Dec. 14, Jan. 11, Feb. 8, Mar. 8, Apr. 12, May 10, Jun. 14	A monthly offering of inspirational movies with snacks and good company in the Fireside Room. Free to all, it’s a relaxing and uplifting alternative to the “same old stuff” on cable TV. Why sit around alone and watch that when you can enjoy a night of Holy Trinity fellowship and entertainment?

Watch for weekly updates, special events, guest speakers and youth activities in the Bulletin. Find more info at www.HolyTrinityPgh.org/ffw



**Archimandrite
Zacharias
of Essex**

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 inspired by their wisdom.

Gheronda, how do I use the Jesus Prayer?

Through the invocation of the name of the Lord Jesus the most significant miracle that dignifies human existence is realized. But the Jesus Prayer brings no fruit if it is practised in a mechanical way. Unless it is joined with a constant struggle to keep the gospel commandments, the Saviour whose name is invoked is not honoured, and repeating it therefore becomes vain and blameworthy, as His word warns us [Matt. 6:7].

What we seek as we practise this prayer is the union of the intellect with the heart. It is impossible to achieve this union through techniques. Some procedures can help the attention of the intellect to find entry to the heart, but not to establish its abode in the heart. There is a great danger that beginners and inexperienced ascetics may overvalue such physical methods, and this can lead to a distortion in spiritual life. Authentic prayer is born out of faith and repentance. These are its solid basis. In continuity with the ancient tradition of the Holy Fathers, Fr Sophrony recommends, as the most correct and sure way of praying, the concentration of the mind’s attention on the name of Jesus Christ and the words of the prayer. Even though this is a slower means of joining the action of heart and mind, it is more natural physiologically and more beneficial than any exterior technique. When broken-heartedness over one’s sin is intensified, and conformity to the commandments of Christ reaches a certain fullness, the intellect then unites with the heart in an organic, natural way!

Are there special blessings simply in the Name of Jesus?

The temple of Solomon was consecrated when God placed ‘His Name there for ever’, and because of this Name ‘His eyes and His heart would be there for all time’ [cf. 1 Kgs. 9:3]. In the same way man becomes a temple of God and ‘a vessel for noble use, consecrated and useful to the master of the house, ready for any good work’ when he ‘calls upon the Lord from a pure heart’ [2 Tim. 2:21-22]. He then lives continuously in the grace-filled and marvellous presence of the Living God.

Thus, for man to be built up as a temple, an abode of God ‘not made by the hand of man’ [cf. Mark 14:5; 2 Cor. 5:1], it behoves him to cleanse his heart and bear the name of the Lord Jesus. St Gregory Palamas says that the heart is ‘the body’s primary reasonable organ’. Fr Sophrony also affirms that ‘there, within, was the beginning and there the end and the crowning. Thence the departure and thither the return.’ In other words, if man does not take control over his heart, the core of his being, he is not whole, and above all he can not share in the beatitude spoken of by the Lord, namely, the vision of the Lord given to the pure in heart [Matt. 5:8].

How does the Jesus Prayer transform a person?

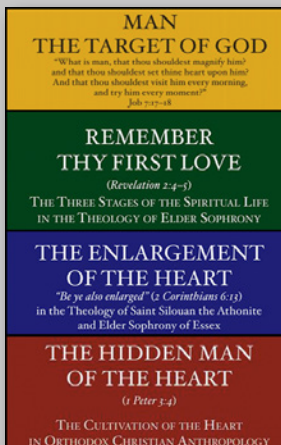
He brings his mind down to the depths of his heart, and there he discovers and meets God the Saviour. Since the mind has been given wings by grace, it reigns over the heart—that is, over all man’s existence—and elevates all his being to God. Then all the energies of the human soul act in harmony. But if the mind is to succeed in this descent to the heart, to be united with it there, the grace of God is needed. It does not descend through physical techniques, such as the stance of the body or the use of controlled breathing. These are secondary. The mind achieves its descent when it is crucified by the wisdom of the crucified God. When the Christian is crucified in the struggle to keep the precepts of the Gospel, he then knows the power of God in his heart. Those who love the name of Christ become familiar with His word and find pleasure in reading His Gospel.

All the labour of inner prayer is eminently creative. At the beginning of creation, the Spirit of God hovered over the face of the abyss, and at a given moment, by an explosion God brought forth the created world. In a like manner, during the practice of inner prayer the ascetic reverently stations his mind in his heart and the name of Jesus hovers over its depths. The divine power of this name is transmitted to the heart, which becomes capable of discerning every movement and of seeing spiritual foes as they are approaching, and of rejecting them by the power of the name of Christ before they gain entry. Through this inner vigilance, sins are reduced to a minimum. When, finally, at God’s pleasure the moment arrives when prayer reaches its fullness, the heart is broken open and man is given the experience of eternity. Into his heart God enters and makes His dwelling, working the authentic renewal of man on the ontological level of His love. Man is born again into the unoriginate Light of divinity.

*Excerpted from “Christ, Our Way and Our Life”
Stavropegic Monastery of St. John the Baptist, Essex, 2012*

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EVERY DIVINE LITURGY A PENTECOST

In every Divine Liturgy the Holy Spirit performs a small Pentecost, by coming upon the Gifts offered and upon the people offering the Gifts, changing them, transforming them, deifying them with His uncreated grace. The Father is prayed to, to send His Holy Spirit and to make the Gifts offered the Body and Blood of Jesus Christ through the Holy Spirit's divine energy. The Holy Spirit sanctifies every Sacrament, says St. Nicholas Cavasilas: "The sacraments are rendered effective through prayer; all the sacraments... and particularly the Holy Eucharist. Let us pay close attention: the change is effected by the Holy Spirit, the other Consoler. The 'forgotten' third Person of the Holy Trinity becomes an active player in the continuous and extended act of redemption, accomplished by all three Persons of the Holy Trinity. The Promise of the Father (Lk. 24.49) empowers (Acts 1.8) the disciples and their disciples down to us, to make the sacrifice of Christ on Golgotha efficacious for the believers in the present."

Excerpted from "The Heavenly Banquet", E. Hatzidakis



First Sunday Divine Liturgy at the "new" Holy Trinity Church
985 Providence Boulevard, Pittsburgh, PA
5 Years ago: Pentecost Sunday - June 23, 2013
Celebrant: His Eminence Metropolitan Savas of Pittsburgh