



THE HOLY TRINITY

HERALD

Faith. Family. Community

October 2021
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PHOTO OF THE MONTH



The Holy Trinity "Taste of Greece" Festival returned in-person in 2021 as a drive-through event, but it was still supported by our volunteers and warmly received by all.



Icon of St. Demetrios the Great Martyr from his Cathedral in Thessaloniki

THE NEWS MAGAZINE OF HOLY TRINITY GREEK ORTHODOX CHURCH, PITTSBURGH, PA



Father John Touloumes
Proistamenos

There's no place like home.

Dorothy

"The Wizard of Oz"

My beloved Holy Trinity family,

It's good to be home!

I say that with a full appreciation of the wonderful, amazing and truly renewing and refreshing experiences both Presvytera Becky and I had on sabbatical. We fully embraced the opportunity to be away, go on adventures and take to heart the great blessings the Lord had in store for us. But it's still good to be home!

Serving Divine Liturgy and seeing the beautiful familiar faces of Holy Trinity on our first Sunday back reminded us both that there are many special places and many wonderful churches in the world, but Holy Trinity Church is truly home.

Having said that, to answer the question "How was the sabbatical?" in just a few words or by sharing a few pictures would not possibly be able to capture it all. But there are some highlights I can offer to give you just a glimpse.

Though I had no official ecclesiastical responsibilities during our time away, remember that Saint Paul says of the priesthood in Christ in his Epistle to the Hebrews, "You are a priest forever" (7.17), so it was my great joy and blessing to be able to serve 13 Liturgies in 13 different churches and monasteries during our travels. And what a wonderful way that was to experience the faith of those communities while also sharing with them our experience of Orthodoxy in America. It reaffirmed the oneness of the Orthodox Church in many ways.

Please also know that in addition to serving as a priest for those services, Presvytera Becky and I were also fully committed to enjoying our time away as a couple celebrating 33 years of married life together. We visited my home village of Akrata (Peloponissos) and my family there, and one of the liturgies I served was at the church where my Yiayia was baptized. We also visited Presvytera's home village of Teriahi (Epirus), where we found the house in which her father was born and the church in which he was baptized. And we were able to celebrate our 33rd wedding anniversary on Mykonos, where we spent part of our honeymoon! We also made it to 10 other islands, so relaxing was no problem!

In the last issue of the Herald before departing, I wrote this about clergy sabbaticals: "We require a time to receive rather than give, to get input rather than give output, to carefully nurture and cultivate our lives." I can affirm to you all that I was faithful to that goal and to the graciousness and generosity with which this parish supported it. Both Presvytera Becky and I are forever grateful for that opportunity and for your love. You are in our hearts and prayers always!

I am also thankful beyond words to Father Radu, our Office Administrator Mary Portellos, our Parish Council, the Chanters, Choir, ministries and ministry leaders who continued the dynamic and faithful life of this parish going in my absence. For more sabbatical stories and photos...stay tuned. More to come!

Yours with deep paternal love, blessings and prayers in Christ,

OUR VISION

Faith. Family. Community.

OUR MISSION:

The mission of Holy Trinity Greek Orthodox Church is to proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ.

OCTOBER

WORSHIP LIFE

Weekday Services - October

In addition to regular Sunday Orthros at 8:30am, and Divine Liturgy at 9:30am, the following weekday services will be offered this month. Please see the online parish calendar at HolyTrinityPgh.org/calendar for updates. (HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Wed. Oct. 6**, 6:30pm, Paraclesis Service to the Theotokos (SG) - 6:30PM
- **Mon. Oct. 18**, 8:30am Orthros/Liturgy - St. Luke the Evangelist (SG)
- **Tue. Oct. 26**, 8:30am Orthros/Liturgy - St. Demetrios the Great Martyr (SG)

RELIGIOUS EDUCATION NEWS

Church School Has Resumed

With God's blessing and praying for His divine protection on all our students, staff and families, Holy Trinity Church has resumed Church School classes in-person for the 2021-2022 year. Please note the following important matters:

- **Remember: "Church School" starts with "Church!"** All families are asked to attend Divine Liturgy each Sunday, starting at 9:30. The Youth Sermon, a special feature of our Sunday Liturgy at Holy Trinity Church, is offered following the Gospel, so be sure to arrive on time for a message created for the students.
- **Liturgy Dismissal:** All students and staff will remain in church through Holy Communion then proceed to classes.
- **Safety:** As per Metropolis guidelines at the current time, all students, teachers, and staff are required to wear masks while in the classroom. Please have a mask for your student so that he/she may wear it while in class. (This is optional for Divine Liturgy and Coffee Hour)
- **Class Dismissal and Snacks:** Please assist us in offering our children the time to fully participate in their lessons each Sunday by allowing them to remain in class until the end of the session. **IMPORTANT: ALL CLASSES CONCLUDE AT 11:30am.** Parents of Pre-School students may pick up their children on the upper level Education Center by using the Education Center stairs in the Gallery near the Bookstore. Parents of all other students are asked to wait for their children downstairs in the Gallery or Grand Room during Coffee Hour. Church School snacks are now located in the

first floor hall outside the Fireside Room. Thank you for your cooperation and support.

YOUTH MINISTRY NEWS

GOYA Elects New Officers

Congratulations to our newly-elected GOYA teen ministry officers for 2021-2022. Elections were held Sunday, September 19. Elected were: President - Alex Tomalski; Vice-President - Themis Balouris; Treasurer - Luke Tomalski; Events Coordinator - Emily Durosko; Communications Coordinator - Jewel Thomas; Outreach Coordinator - Jackson Farmakis. Thanks for supporting them and all our teens in everything they do!

GOYA Fall Retreat Registration Opens..... October 4

Registration for the annual Metropolis GOYA Fall Retreat opens on October 4. The retreat will be held at Camp Nazareth from November 19-21. Registration will be available at y2am.pittsburgh.goarch.org. Holy Trinity GOYAs may register at a 50% discount by using the Scholarship code "GFHT21".

Holy Trinity Youth Sunday..... October 24

Holy Trinity Church will celebrate its annual Youth Sunday on October 24. Our young members will be offering sermons and serving in many important roles.

GOYA Fall Fest and Bake Sale October 24

The annual GOYA Fall Fest and Bake Sale will be held on Sunday, October 24, during Coffee Hour. Thank you for supporting our teen ministry!

MINISTRIES NEWS

Bereavement Support Ministry October 4

The Holy Trinity Bereavement Support Ministry's mission is to help find hope and healing in the grief journey. The group meets in the Conference Room on the first or second Monday evening of every month. The evening begins at 6:30 pm with fellowship and light refreshments, followed by an hour of group support, learning and conversation at 7:00. The group offers time and space for expression of grief and loss and professional group facilitators. Family members are welcomed. Questions are encouraged. There is no need to be present at every session, so attend as you choose. It doesn't matter whether your loss is recent or many years. This is a safe, non-threatening sharing environment and there is no cost for sessions or written materials. Concerned about yourself or a friend? Just come & receive spiritual care! Questions? Contact visitation@HolyTrinityPgh.org.

COMMUNITY NEWS & EVENTS

Festival Thank You

We have been once again blessed with a wonderful and successful festival and we thank God and His faithful servants, the many members and friends of Holy Trinity Church who worked so hard to make it happen. This year has been a new experience for us all, with the transition to an all-drive-through event to accommodate various pandemic considerations. Kudos to the Festival Committee for their creativity and excellent planning, and many, many thanks to our Holy Trinity family for stepping up in this unique situation to provide the best possible experience for our friends and visitors. So many of those driving through this year's festival thanked us and express their happiness that at least this much of the festival was back. May God continue to bless this community and every sacrifice of love the members of the flock make as we glorify our Lord in all we do and in who we are: "Faith. Family. Community." "Well done, good and faithful servants!"



Young Adult Conference Liturgy at HT Oct. 10

The Metropolis of Pittsburgh has invited all Orthodox Young Adults (ages 18-35) of all jurisdictions from around the country to enjoy a weekend of faith & fellowship in an immersive experience which will include workshops, keynote speaker Dr. Albert Rossi, Liturgical services, outreach projects, social events around Pittsburgh and more! The conference has actually sold out at 300 participants, which is an encouraging response from this essential ministry age. Holy Trinity Church has the honor of hosting the Young Adults from the conference on Sunday, October 10. Please be here to welcome and encourage the faithful men and women who are striving to keep Jesus Christ first in their life as they learn and grow in their Orthodox Christian Faith.

Walk for Missions at South Park Oct. 10

The Orthodox Clergy Brotherhood of Greater Pittsburgh will sponsor their annual "Walk for Missions" on Sunday, October 10th. This year's walk will benefit the current mission work being done in Guatemala and throughout the world. Registration opens at 12:00pm noon and the walk will begin at 1:00pm at the South Park Children's Playground Shelter (intersection of Corrigan Drive and Brownsville Road in South Park, PA 15129). If you are interested in participating, please stop by the Holy Trinity Church office window to pick up a Walker's Pledge Form.

For more information or questions, contact Elias Diamond at ediamondhpcph@gmail.com.

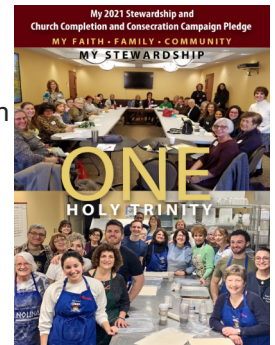
Holy Land Pilgrimage Rescheduled to 2022

The Holy Trinity Pilgrimage Ministry's Holy Land Pilgrimage has once again been rescheduled. Originally set for 2020, it was rescheduled for 2021 due to COVID concerns, and now due to the same concerns has been rescheduled for October 24-November 3, 2022. Current registrants have been contacted to reschedule and space is available for new participants. Information will be forthcoming after the beginning of the year. Visit HolyTrinityPgh.org/pilgrimage for information.

Stewardship Update

Although we are three-quarters through 2021, we are still seeking 2021 Stewardship pledge cards from all our parishioners. If you have not yet received a 2021 pledge card or are new to Holy Trinity, additional pledge cards can be found at the Welcome Table located in the Narthex of the church. And remember, a signed pledge card is

required as part of maintaining your membership in good standing at Holy Trinity each year. We are grateful for your commitment. Questions? Contact Stewardship Co-chairmen Mike Kritiotis or Ted Stewart or email stewardship@HolyTrinityPgh.org.



OUTREACH MINISTRIES

Bag Lunch Ministry Volunteers Needed

The Orthodox Clergy Brotherhood of Greater Pittsburgh continues its long-standing philanthropic ministry of providing bag lunches on Saturdays to needy families in the Hill District. Please see Holy Trinity Outreach Coordinator Mike Kritiotis or contact him at 412-518-0588 or at outreach@HolyTrinityPgh.org to sign up your family/group/ministry for this worthy cause to help the poor and hungry in our region. Many spots are still available. Holy Trinity Church's participation has been critical in fulfilling this goal in the past, and we are grateful for our parishioners' renewed generosity.

Visitation Ministry Drivers Needed

The Holy Trinity Visitation Ministry Team is in need of drivers to help parishioners with medical appointments, shopping, local errands and pharmacy drive thru. If anyone can assist, please contact Amy Armanious at visitation@HolyTrinityPgh.org or see Amy in person. Any helping hands are appreciated. Thank you!



HOLY TRINITY CHURCH

985 PROVIDENCE BLVD,
PITTSBURGH, PA 15237

INVITES YOU AND YOUR PETS
TO THE

BLESSING OF THE ANIMALS SERVICE

SATURDAY, OCT 2, 10:00AM

IN FRONT OF HOLY TRINITY CHURCH MAIN ENTRANCE

A BRIEF PRAYER SERVICE IN HONOR OF
SAINT MAMAS, PATRON SAINT OF ANIMALS,
WILL BE OFFERED. ALL PARISHIONERS ARE
WELCOME TO BRING THEIR FAMILY PETS.





Stewardship: Rising to the Occasion

Alexandra Valliant, Stewardship Ministry

In late August, my husband Marc and I planned a whirlwind trip to Greece after canceling our trip scheduled for the year prior. We had an entire itinerary mapped out, hopping from island to island, and one part of our plans that we were most looking forward to was traveling to Aegina. We specifically wanted to go to Aegina to visit the monastery (pictured above) of Agios Nektarios, a saint who occupies a very special place in both of our hearts. I had been twice before, once as a camper and once as staff with Ionian Village, and I kept telling Marc how incredible his first time visiting was going to be.

You can imagine our disappointment when our taxi driver told us that the monastery had closed its doors two days prior—while we were literally crossing the Atlantic—due to a COVID-19 outbreak among the nuns. Its reopening was undetermined, and we knew this meant we would be back in Pittsburgh before the monastery would welcome visitors again.

Frustrated, but determined not to let that set the tone for the rest of our trip, we made the most of our first day in Aegina, spending the sunset walking around the port and eventually meandering over to a tiny little

church nestled among the boats: The Church of St. Nikolas of the Sea. We walked in, made our donation, and lit candles, spending time appreciating the beauty in the small church and saying our prayers. While a much different experience than what we imagined our time at Agios Nektarios would have been, Marc and I both agreed that it was the perfect way to end our first day in Greece. If our carefully laid out plans had not been upended by an unforeseen event, would we actually have taken the time to step into St. Nikolas?



Alexandra and Marc in front of Saint Nikolas of the Sea Church



Walking the Walk and Rising to the Occasion!
 Above: Author Alexandra (L) working in the Gyro Tent at the 2018 Festival.
 Right: Marc (L) helping out at the 2018 Festival.



Once we arrived back home from our trip and dove back into our regular work routines, a former coworker reached out to me and asked if our church was putting on our regular food festival this year. I explained that our festival was modified for a drive-thru only version. As I broke the news that we also were operating with a limited menu, I could tell that she did not sound quite as excited as she originally had. To be perfectly honest, I was not exactly sure what to expect for our festival. I was so used to craziness and insanity in the gyro tent, somehow surviving a dinner rush when the JOY and GOYA kids left to do their dance performances, and tossing my grease-covered shoes in the trash, that I was having trouble envisioning how everything would go.

Festival weekend came and went, and to be perfectly honest once again, I loved it. My fellow volunteers and I had fun while filling orders in the tent, and my shoes survived to see another day. When I turned on my work com-

puter to start the work week, I saw an email from her at the top of my inbox. She wrote how much she and all of her family loved their food from the festival, how efficient the drive-thru process was, and how happy she was to once again return to Holy Trinity for delicious Greek food. She was extremely gracious in her praise for all of our volunteers, from the greeters at the front of the line to the runners who dropped off her order to her car window. While not our "traditional" Greek food festival, she still was able to experience Greek culture for the day - and enjoy our ridiculously delicious chocolate baklava!

Now, what do a small harbor church in Greece and a Pittsburgher thankful for baklava have to do with each other?

I am not going to delve into how this has been a challenging year and a half. I know it, you know it, we all know it. What I do want to point out is that it is pretty easy to look at the glass as half empty - but when we do,

it is also easy to miss a world of other opportunities.

We miss the opportunity to spend extra time we did not think we would have saying extra prayers for someone. We miss the opportunity to take something we have always done and try it differently - and find that we love it. We miss the opportunity to make someone's day by telling them a very big thank you. And we miss the opportunity to thank God for giving us these opportunities.

It is time to dump out that half-full glass and grab a coffee instead, because we all have work to do. Our church is calling us, and it is time to rise to the occasion. As good and faithful stewards, we must always remember that there are three elements to stewardship - time, treasure, and talents. It is up to us to use all three of ours for our church, for our community, and for each other. ❖

Alexandra Valliant
 Holy Trinity Stewardship Ministry



Holy Trinity Completion & Consecration Update

Plans for the “Completion and Consecration” of Holy Trinity Church by the end of 2023 were approved by the General Assembly last November. They provide for completing all the items required for consecration including completing the remaining iconography in the Church and Narthex; installation of numerous items of handcrafted ecclesiastical wood furnishings and seating; and other liturgically required items for the Consecration.

The approved plan to raise the needed monies for the project over the next 3 years comprises a combination of funds from the Greek Festival and catering income, as well as parishioner donations, and all **without incurring loans or bank financing**, so we will remain **debt-free** having now paid off the mortgage.

If you haven’t done it already, please fill out the center section of the “ONE HOLY TRINITY” Pledge Card with your Church Completion and Consecration Campaign pledge amounts for 2021-2023. The most important aspect of this Campaign is participation by everyone! Please do your part as a member of the Holy Trinity family on this important project – you will be glad you did! If there are any questions in the meantime, please see Jim, Balouris Charlie Petredis or George Dickos. May God continue to richly bless His Holy Church!

We are pleased to announce that the following have already submitted their pledges to the Holy Trinity Church Completion and Consecration Campaign:

Rev. Fr. John & Pres. Becky
Touloumes

Rev. Fr. Radu & Pres. Loredana
Bordeianu

Dr. & Mrs. Andrew Abboud
Ms. Gabrielle Alberty
Mr & Mrs Victor Amurgis

Ms Victoria Andromalos-Dale
Mr. and Mrs. H. William Areheart
Mr & Mrs Mark Armanious
Mr & Mrs Harry Athanasiou
Mr & Mrs Alvin Backeris
Mr & Mrs Van Backeris
Dr & Mrs Christ A. Balouris
Dr & Mrs Constantine A. Balouris
Mr & Mrs James T. Balouris
Mr. Anthony C. Balouris
Mrs. Katherine Balouris
Ms. Penny T. Balouris
Mr. & Mrs. Lynn and Ethel Barker
Mrs Georgia Beckas Miller

Completion & Consecration Pledges Received

As of September 23, 2021

Dr & Mrs George Bellios
 Mr. Chris P. Berexa
 Ms. Constance Bistolas-Walters
 Mr. Michael J. Bober Jr.
 Mrs. Athena Bober
 Mr. Todd Bogdanovich
 Ms. Pamela M. Bolkovac
 Dr & Mrs Reggie Bonfield
 Mr. & Mrs. Michael Bounos
 Mr. & Mrs. Michael Bournias
 Marisa and Joshua Boyd
 Dr. & Mrs. Clifford Brubaker & Sondra Balouris
 Mr. & Mrs. Jonathan Caromano
 Mr. & Mrs. Doug Cervenak
 Mr Louis Cherpes
 Ms. Sherry Clayton
 Mr. & Mrs. Steven E. Cole
 Mr. & Mrs. Ryan and Amanda Copeland
 Ms. Cynthia Morris Criss
 Mr & Mrs George Danis
 Mr. & Mrs. Evan Danis
 Mr. & Mrs. Peter Dedousis
 Mr. & Mrs. George Dickos
 Mr. & Mrs. Nikolas Doris
 Mr. & Mrs. Jeff Durosko
 Mr & Mrs Frank Erdeljac
 Mr & Mrs William Fiedler
 Mr & Mrs Andreas Fournaridis
 Mr. Andrew Fournaridis & Ms. Anna Mamo
 Mr. & Mrs. Lauren and Gerald Freismuth
 Miss Diana Fries
 Mr. John Fries
 Dr & Mrs Peter Gagianas
 Mr. & Mrs. George Geanopoulos
 Dr. and Mrs. Mark Georgiadis
 Mr & Mrs Gus Georgiadis
 Mr & Mrs Steven Georgiadis
 Mr & Mrs Thomas Germanos
 Mr. & Mrs. Spiros Giannoutsos
 Mr & Mrs Peter Giannoutsos
 Mr. & Mrs. Jason Gidas

Mr & Mrs Gary Glew
 Mrs Eugenia Graser
 Mrs Voula Hareras
 Ms Pennie Hareras
 Mr. & Mrs. Carlo Iasella
 Dr. Kristina Johnson
 Mr. & Mrs. George Kachulis
 Mr & Mrs Nick Kakavis
 Mr. & Mrs. Evangelo Kaparakos
 Mrs. Irene Karavolos
 Mr. & Mrs. George Karpakis
 Dr & Mrs James Kermes
 Dr Imad Alizray and Ms Zelfa Khalil
 Mr & Mrs Lazarus Kirifides
 Ms. Rachel Klipa
 Mr. Jonathan Kohan
 Mr. and Mrs. James Kolovos
 Mr. & Mrs. Doug Lupnacca
 Mrs. Fanny Kostos
 Dr & Mrs Dimitris Kraniou
 Mr. & Mrs. Jonathan Kratsas
 Mr & Mrs Michael Kritiotis
 Mr. & Mrs. James Kukunas
 Mr. Stephen Kukunas
 Mrs Despina Ladakos
 Mr. & Mrs. Philip LeDuc
 Mr. & Mrs. Michael Leist
 Mr & Mrs Nektarios Leontiadis
 Mr & Mrs Louis T. Loomis
 Brett and Eleni Lucido
 Mr. Curtis B. Magnuson
 Mr & Mrs Nicholas Manis
 Mr & Mrs Gregory Manis
 Mr & Mrs George Manolangas
 Mr & Mrs John McCann
 Mr. & Mrs. Marc McMullen and Alexandra Valliant
 Mr. & Mrs. George Mellis
 Mrs. Milita Mellis
 Mr & Mrs Jeff Mercadante
 Mr. & Mrs. James Mermigas
 Mrs. Arlene Metropulos
 Mr & Mrs Mark Opacic
 Mr. & Mrs. Richard Paese
 Gen. & Mrs. William Pagonis

Mr & Mrs William Pagonis
 Mr & Mrs Matthew Palamara
 Ms. Loukia Papatheodorou
 Ms. Eleni Pappas
 Mr & Mrs Orestes Paras
 Mr. Basil Paschaleadis
 Mr & Mrs Nicholas Passaretti
 Mr & Mrs Constantine Passodelis
 Mr & Mrs Michael Passodelis
 Mr & Mrs George Pastor
 Mr. & Mrs. Charles Petredis
 Mr. & Mrs. Charles W. Petredis
 Mr. Christian Petredis
 Ms. Athena Petredis
 Mr. & Mrs. John S. Petropoulos
 Mr. & Mrs. Joseph P. Phaturos
 Mr & Mrs Stephen Pickios
 Ms. Christine Pusateri
 Mr. & Mrs. Salvatore and Katina Re
 Mr. & Mrs. Kevin and Andrea Rohm
 Dr & Mrs Dean Scoumis
 Ms Stephanie L Sedor
 Mr & Mrs Emmanuel Sideris
 Mrs. Anita Sinicrope-Maier
 Ms. Theone Stateson
 Mr & Mrs Robert Stearns
 Mr. Stephen D. Stearns
 Mr. & Mrs. Kirk Stephen
 Mr. & Mrs. Daniel C. Stephenson
 Mr. & Mrs. Theodore Stewart
 Mrs Georgia Touloumes
 Ms. Eleni Valliant
 Mr & Mrs Gerri Valliant
 Mr. & Mrs. Joseph and Christina Walters
 Mrs Joanne Ladakos Watson
 Miss Mary-Magdalene Welsh
 Mr & Mrs Eric White
 Mr & Mrs Daniel Willow
 Mr. & Mrs. George Zappas
 Dr & Mrs Antonios Zikos
 Mr & Mrs Anthony Zissis
 Ms Anna Zissis

TO GOD BE THE GLORY! ❖



HOLY TRINITY CHURCH'S 2021 TASTE OF GREECE DRIVE-THROUGH FESTIVAL

Early this year, the Holy Trinity community faced a great challenge: commit to a full in-person Festival as usual and start the six-month food preparation process, or instead plan for a drive-through only event. Given the uncertainties of the pandemic at the time, it was determined that a drive-through event would be the best choice. But having never done such an event, many questions remained: Could we do it successfully? What changes to our current format needed to be made? Would the local community respond as enthusiastically as they always have? And will our volunteers step up to help in the current environment? What we all knew for sure was that it was a community choice that needed everyone's support ... and God's blessing!

To the glory of God, it all went tremendously well. Our Festival Committee did a fantastic job of re-imagining the event as a drive-through. Our parishioners came through with their traditional volunteer enthusiasm. And the local community responded in great numbers. Many of them expressed their thanks for a well-done event and their appreciation for us putting it together. Once social media review offered this: "For this church's Greek food festival, I ordered the entire menu of food. The chicken with rice, pastitsio, spanakopita, gyro, apricot roll, baklava, chocolate baklava, finikia, and kourambiethes were DELICIOUS! The church's volunteers kept the line of cars moving quickly."

Thank God and thank you to all our Festival chairpeople, committees and volunteers! To Him be the glory always!









Greek Dance Returns!



The Holy Trinity Greek Dancers with their instructors Victoria Andromalos-Dale and Frank Blakemore (L) and Eleni Dedousis (R)

The Holy Trinity Greek Dancers offer a summer performance for the community on the Feast of the Falling Asleep of the Theotokos

The Holy Trinity Greek Dancers have an honored role in the life and heritage of Holy Trinity Church and have been a regular feature of the Festival for decades. With COVID uncertainties causing the Festival to be a drive-through only event this year, our Greek Dance instructors Victoria Andromalos-Dale and Eleni Dedousis committed to still finding a way for the dancers to practice and perform. Here, Eleni answers some questions about what it took and how it was done.

Q: How did the idea of putting together a Greek dance performance come about?

A: Victoria and I spoke and decided we really wanted to have a performance at our church festival, since we knew it was going on this year. Once we learned that the festival was going to be a drive thru, we still wanted to perform and allow the kids to get together and learn the dances, so we decided to do a performance after church one Sunday before the festival.

Question 2: What kind of preparation went into the event?

We practiced weekly from May, and then the closer we got to the performance, the more practices we had. In July we started getting costumes out and ready by ironing and sizing them with all who were dancing, which was challenging to get a final count.

Question 3: How did the young people and their parents respond?

I think that most parents and children were really happy and excited to get

an opportunity to get back to dancing. I know I was excited for the kids to be able to see their friends that they have made over the years at dance and be able to learn new things with them.

Q: What challenges did you encounter, especially with COVID concerns?

A: The challenges were getting children and parents to attend. I believe that some parents were worried about the closeness that is required in order to dance. We tried to practice outside as often as the weather allo-

wed and made sure to have hand sanitizer available for anyone who wanted it, as well as having some children wear masks, if their parents wanted to them to wear them.

Q: How did the event go? How did the community respond?

A: I think that the event went great. We had family members attend church in order to watch the performance, and many members of the community stayed after as well to watch the kids dance. The kids were very happy to do the dances and i think the com-

munity was happy to watch the kids doing something that they all love. I just hope the parents were able to see how well it went and how safe it was, and how comfortable the children felt.

I hope all our children will return to dance next year. There is also a dance festival coming up next October that we would really like to perform at and attend so its important for Victoria and I that we get as many young people dancing as possible, so we can put on a great performance. ❖





HOLY TRINITY GREEK ORTHODOX CHURCH
invites you to support our

CHRISTMAS GIFT COLLECTION

for the residents of Kane Community Living
Center in Ross Township.

Help us to spread the joy of the Nativity by
offering the residents gifts of love!

Requested new personal items include: Hand Lotion, Shampoo, Bodywash, Lip Balm, Deodorant, Brushes/Combs, Hair Ties/Headbands, Nail Polish, Colored Pencils/Markers, Fleece/Plush Blankets, Easy Adult Coloring Books, Large Print Word Search Books, Bite Size Candy, Snack Size bags of Chips, Pretzels, Combos, Cookies, Crackers, etc. (Hint; many of these items can be purchased in bulk at the Dollar Tree Store, Costco, or Sam's Club)

Please return items to Holy Trinity no later than Sunday, December 5

No need to wrap! Collection Bins will be available in the Gallery. Thank you!



MORE IMPORTANT THAN EVER THIS YEAR!

SHIELD YOURSELF FROM THE FLU



Holy Trinity's 8th Annual FLU SHOT CLINIC

Date: Sunday, October 3, 2021

Time: 11:15 am – 1:30 pm

Location: Holy Trinity Greek Orthodox Church
The Grand Room

Flu shots will be available for adults and children ages 9 years and older
Please bring your insurance card w/ID# as there is a \$0.00 copay with most insurance

Give Yourself to God

Confronting anxiety and finding God's peace in today's world

Geronda, could you speak to us about anxiety?

When God is present in the soul, when He lives inside the soul, there is no room for the devil; he has no place there. When the light of God is present in the soul, when God is present as light, there is no room for darkness. Even if we want to put darkness in the soul, it stands no chance because spiritual darkness is the absence of the light of God.

The situation is the same with anxiety, Anxiety is non-existent. People create anxiety for themselves, as they do with so many things. We must be careful of this. People create their problems by having the wrong attitude before God. Generally speaking, a person could have a mistaken perspective of themselves, of others, of reality, and truth, But it is specifically when a person has the wrong attitude before God, that they create thousands of issues for themselves.

How can I not be affected by so many problems that bombard me?

Do not say, 'What can we do since others create problems for us?' I can positively assure you that even if others harm us, we cannot be affected if we do not give in to these things, allowing ourselves to be harmed. Everything serves man, everything works for our benefit, even the worst

of things. It is because we, as human beings, do not approach and face things correctly that we allow these things to harm us, traumatize us, weigh us down, pressure us, and to create anxieties.

Many times, the way in which you react when you worry, have some pain, or are wounded, looks like this: Someone stabs you and you take the knife and begin to twist it inside the wound. Remove the knife and look at how you are going to heal your wound. But no, you do not remove the knife. Instead, you hold it there and even if someone wants to remove it you do not let them. And as if that is not enough, you even twist it inside the wound.

This should not seem strange to you. What do you think? When someone, for example, says something hurtful that traumatizes and wounds you, you think of it constantly, have it constantly in your mind, and do not want to forget it, right? And if that is not enough, you become angry with the person who said this, you do wrong and hate them, and you want to take revenge! In reality, all of these things mean this: You turn the knife that wounded you.

How can I find peace when I am hurt by others?

The great evil in life is not that which happens to us. The great evil, no matter what happens to us, is if we do not



Archimandrite Symeon Kragiopoulos

confront things correctly. If we face a situation as people of God, as something within the providence of God, as something that God knows, something God controls and allows for our benefit; if we face it with our spiritual understanding, as something that will benefit us, then it cannot harm us at all and there is no anxiety.

Why is it that a small child does not get anxious? It is not simply that its logic and mind have not matured, but that it trusts its father and mother. Even if the entire world fell apart, that child would be carefree.

Geronda, it is so hard for me to trust God when I am so anxious!

It is not impossible. It can happen. Just as the small child trusts its father, all of us, no matter the problems or difficulties we might have, can trust in God. But our trust in Him is even stronger than the child toward the parent because we are under the shelter of God's wings. He protects everyone even more than parents take care of their child. Though the child feels carefree in its parents' embrace, the person who has the certainty that God is in control will feel even more carefree. ❖

Excerpted from *Anxiety*

THE HOLY TRINITY

HERALD

Faith. Family. Community

About the Herald

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

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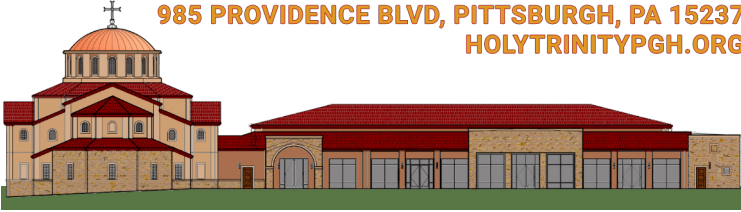
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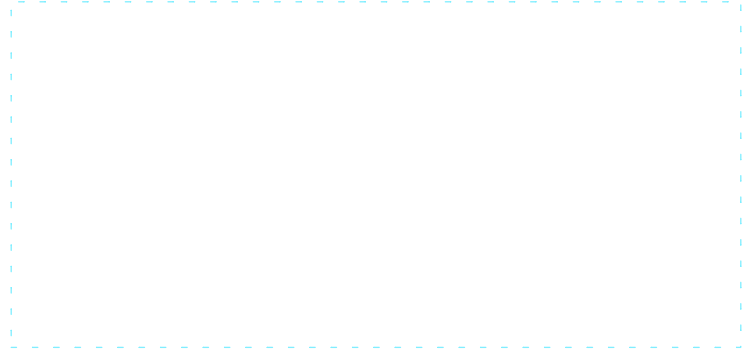
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THE SACREDNESS OF GOD'S HANDIWORK

How do we live in creation? Do we relate to it as a place full of “things” we can use for whatever need we want to fulfill and whatever goal we wish to accomplish? Or do we see creation first of all as a sacramental reality, a sacred space where God reveals to us the immense beauty of the Divine? As long as we only use creation, we cannot recognize its sacredness because we are approaching it as if we were its owners. But when we relate to all that surrounds us as created by the same God who created us and as the place where God appears to us and calls us to worship and adoration, then we are able to recognize the sacredness of all God's handiwork.

Henri Nouwen: “Bread for the Journey”

