



THE HOLY TRINITY

HERALD

Faith. Family. Community

March 2023
Volume 31 | Issue 3

INSIDE

- Father John's Message | 2
- News & Events | 3
- The Orthodox Bookshelf: Great Lent | 5
- Homily: The Joy of God's Salvation | 6
- Stewardship Reflection | 8
- Community Life | Photo Journal | 9
- Consecration and Completion Campaign Pledges Roster | 14
- Ask the Elders: Lent - The Summons For Our Heavenly Return | 18
- The Lenten Prayer of Saint Ephraim | 20

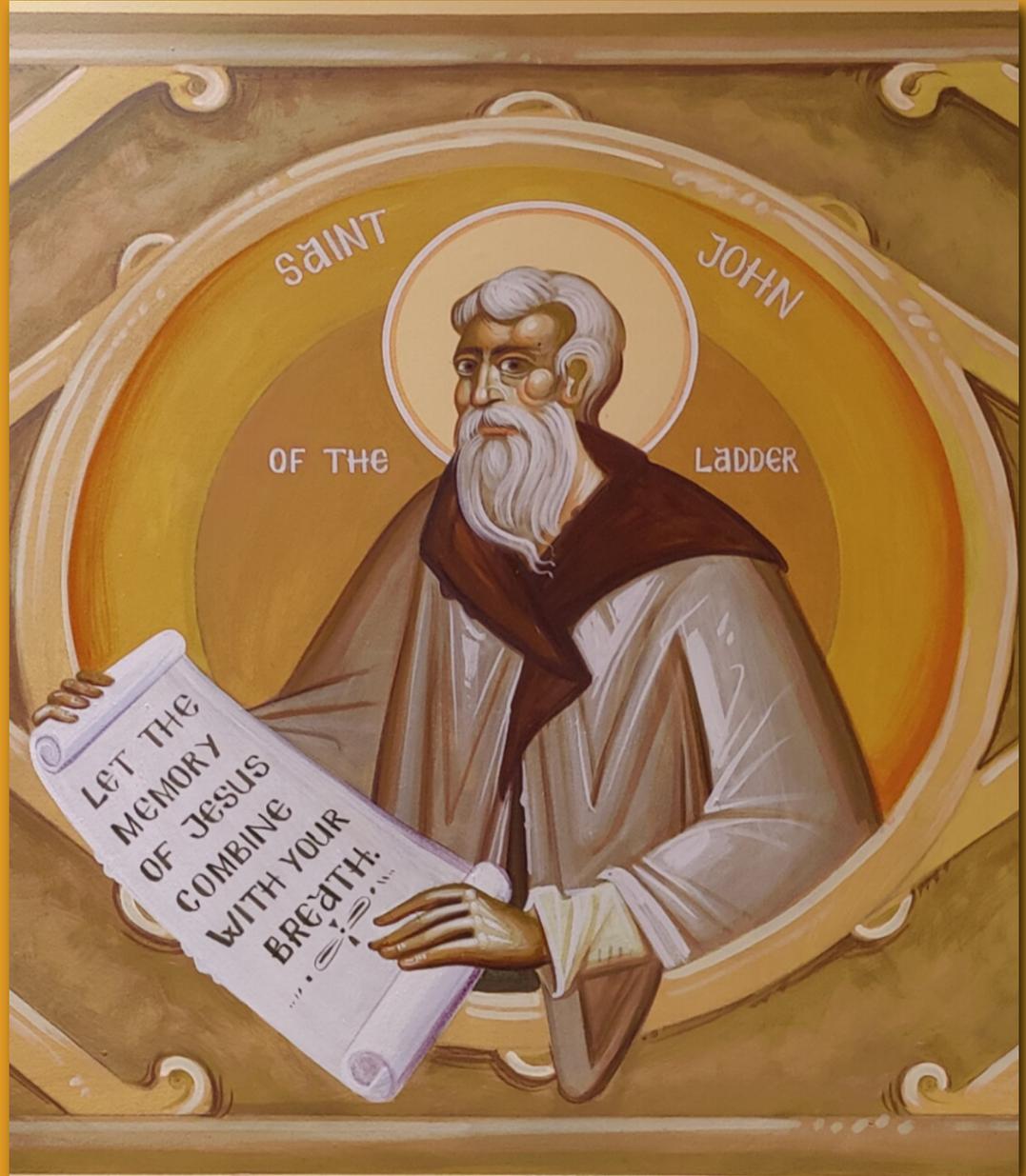
Inserts

Holy Week 2023
Services Schedule

PHOTO OF THE MONTH



Bill Fiedler works with the roofers and the electrician to re-install the refurbished Cross to the top of the dome of the Church. See more Community Life photos on pages 9-13.



Saint John of the Ladder

Commemorated on the Fourth Sunday of Lent

Icon by Dr. George Kordis and his team of iconographers from Greece.

Apolytikion of the Saint: "With the rivers of your tears, you have made the barren desert fertile. Through sighs of sorrow from deep within you, your labors have borne fruit a hundred-fold. By your miracles you have become a light, shining upon the world. O John, our Holy Father, pray to Christ our God, to save our souls."



Father John Touloumes
Proistamenos

Let the peace of Christ rule in your hearts

Colossians 3.15

My beloved Holy Trinity family,

Are you in need of peace? Does the “peace of Christ” sound like a beautiful thing to you? Does the idea of walking in that peace every day bear an air of sweetness for your soul? If you are drawn to just the thought of it, even in the midst of your crazy life, then there is good news. According to Saint John of the Ladder, whose newly-minted icon now adorns the walls of Holy Trinity Church, you are not far from it. Prayer is the doorway through which you can enter into that peace, which is a gift from Jesus Christ for all who seek it. And Lent is the perfect time to make time for prayer.

“Prayer,” says Saint John, “drives away the struggles of the spirit. It is the blessedness to come. It is an action that will never come to an end...Prayer is the queen of the virtues which summons us with a loud voice and says to us again: ‘Come to me all who labor and are heavy laden and I will give you perfect rest! Take my yoke upon you! You will find peace for your souls and healing for your wounds!’” (Matt. 11:28-30). And His peace is unshakable.

Prayer is, of course, possible anywhere, anyplace, any time. As Orthodox Christians, we also know that dedicated times and places for prayer are deeply embedded in our tradition and spiritual life, both in our homes and in our churches.

For the past 100 years, the Holy Trinity family has gathered and worshiped faithfully, first in two locations on the North Side, and since 2013 in our beautiful new Holy Trinity Church in the North Hills. Throughout those years, Lent has always been a special time with many opportunities to worship together and express our thanks to and love for God. And to seek His peace.

This Lent will be like no other in the 100 year history of this blessed community. By mid-Lent, Dr. George Kordis and his team of God-inspired iconographers will complete the iconography on the interior of our church, providing an atmosphere for prayer and worship like we have never experienced here before, surrounded by the saints and miracles of Christ in icons. As of this writing their beauty is already overwhelming. But they are about more than beauty.

As one brother priest has said, “Icons serve a twofold goal: first, we tell the world through icons that ‘we have found Jesus Christ’ (John 1.45). At the same time, we invite the world to come and see God Himself, Whom the prophets desired, Who in the fullness of time took on our nature, became incarnate, and gave us the ability to say, ‘Come and see’” (John 1.39).

This Lent, come to the holy services and look around—whether in the Church or in the Chapel—and know you are surrounded not just with holy images, but with holy people, holy lives and the holy peace of Christ they portray. We are in good company. Let’s walk the journey of Lent together with them. A blessed—and peaceful—season of repentance to us all!

Pastorally and paternally yours 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.

MARCH

WORSHIP LIFE

Weekday Services March

In addition to regular Sunday Orthros at 8:15am, and Divine Liturgy at 9:30am, and the special Lenten services, the following weekday services will be offered this month at the same time unless otherwise indicated. Please see the online parish calendar at HolyTrinityPgh.org/calendar for updates. (Location code: HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Sat. March 25 - 8:30am Orthros/9:30 Liturgy: The Annunciation of the Theotokos (SG)**

Saturday of the SoulsMarch 4

Preceding the start of Lent and during the first week of Lent, the Church offers the "Saturdays of the Souls" at St. George Chapel to commemorate those who have fallen asleep in the Lord. Orthros is at 8:30am followed by Divine Liturgy at 9:30am and the Memorial Service. Download the names form at HolyTrinityPgh.org/documents/worship to submit names for commemoration and be sure to attend and commemorate your departed loved ones. All those able to bring "kollyva" memorial wheat for offering during the memorial prayers are asked to do so. Thank you!

RELIGIOUS EDUCATION NEWS

Church School Reminder: Bring Your Children!

Attention Church School parents and families: **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. Thank you, parents!

Sunday of Orthodoxy Icon ProcessionMarch 5

Church School students will once again participate in the annual Procession of the Holy Icons at the conclusion of the Divine Liturgy on Sunday, March 5. All students should bring an icon of their patron saint or other favorite icon to hold in the procession that day/ Be sure to have the name of the student on the back of the icon to identify it!

Readers for Presanctified Liturgies.....Wednesdays

All teen students are asked to sign up for readings for Presanctified Liturgies during the Wednesdays of Lent. At least 8 readers are needed for each service. This is a great way for our young people to contribute to the services and the worship life of our church as active participants.

YOUTH MINISTRY NEWS

HOPE and JOY Lenten Mini-RetreatMarch 4

Holy Trinity Church is honored to host the 2023 Metropolis Central Regional HOPE and JOY Lenten Mini-Retreat on Saturday, March 4, from 11:00am to 3:00pm. Registration is required but is free. Lunch will be provided. Registration deadline is February 28. Visit HolyTrinityPgh.org/events.

LENTEN NEWS & EVENTS

2023 Lenten Theme: "The Peace of Christ"

Each year we offer a theme for Lent which builds on our Orthodox Christian tradition in a way that helps us grow and connect with Christ in today's world. This year the theme is "The Peace of Christ," taken from Colossians 3.15: "Let the peace of Christ rule in your hearts." During the Lenten journey, you will hear lessons on the many opportunities the Church provides as we restore our relationship with God and His Holy Church, through which we find true peace in Him Who is our peace, Jesus Christ.

Lenten and Holy Week Schedules of Services

The February issue of *The Herald* contained a complete schedule of services for Lent. A Holy Week schedule is included in this issue. Both are also available online at our website. Please post them in a conspicuous place in your home. Make a family plan and circle the services you are able to attend and place them on your schedule and on your phone and computer calendars! As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us." He has planted the desire for His peace in our hearts and souls. Let's let nothing keep us from it.

Godparent/Godchild SundayMarch 19

Holy Trinity Church will celebrate its annual "Godparent/Godchild" Sunday as is our tradition on the Third Sunday of Lent, which falls on on March 19 this year. In previous years we had asked our Church School students to invite their Godparents to attend, but this year we are asking everyone to do so. To assist with that, there are invitations with envelopes available in the Narthex and at the church office window. Please take one, sign and address it and send it to the one who sponsored you for your Baptism or Chrismation and ask them to join you for this special celebration and for the Philoptochos Lenten Luncheon afterward. If they already entered the joy of eternal life, they will be with us spiritually, so celebrate for them here!

MARCH

COMMUNITY NEWS & EVENTS

Keeping Holy Trinity "Like New" Is Up To You

When, by God's grace, we moved into our beautiful new church and center in 2013, we committed as a Holy Trinity family to do our best to always keep the entire facility in "Like New" condition. At times that has been a challenge, including a fire suppression system freeze/break on Christmas Day, which resulted in flooding and damage in the classrooms, meetings and offices. But on a daily use basis, keeping that commitment is up to all of us. It means leaving things as clean and organized—or better!—than when we found them. It also means notifying the church office of any maintenance needs as they are discovered. As we come closer to our 10th anniversary here, let's all double down on that effort to that as we celebrate our

upcoming 100th Anniversary this year these beautiful facilities are looking as good or better than the day we moved in. Thank you for your support and love!

REALM NEWS

Activate Your Holy Trinity Realm Account Today

With the adoption of Realm, Holy Trinity Church's membership and stewardship databases have been converted and imported in the new system. That means every parishioner now has a Holy Trinity Realm account. But in order to access that account and use its features, it must be activated by responding to the invitation sent to all our parishioners by the office. Are you a member of Holy Trinity Church but did not receive your invitation? Contact by the Church office by sending a request to realm@HolyTrinityPgh.org or call 412-366-8700. ❖

HOLY TRINITY YOUTH MINISTRIES LENTEN ACTIVITIES



March 4 HOPE & JOY
Lenten Mini-Retreat
March 5, 11am-3pm

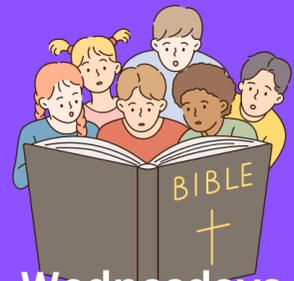


March 5 Sunday
of Orthodoxy
Icon Procession:
Bring your icon
and celebrate
Orthodoxy!



TBD HOPE, JOY &
GOYA Bag Lunches
for the poor and
needy

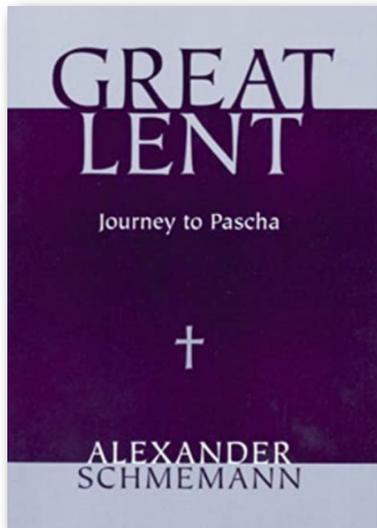
April 1 IOCC
Emergency Health
Kit Assembly



Wednesdays
5th-12th graders
reading at
Pre-Sanctified
Liturgies

GREAT LENT

An all-encompassing Lenten manual that explains the meaning and historical context of Lent



"The Orthodox Bookshelf" is a *Holy Trinity Herald* column by Rick Paese focusing on books of Orthodox Christian interest for everyone. Many of the books highlighted are available for purchase at the Three Hierarchs Bookstore in the Gallery.

Introduction

"Great Lent" by Fr. Alexander Schmemmann is a book I return to almost every year to orient myself during the Lenten season. This book is an all-encompassing Lenten manual that explains the meaning and historical context of Lenten services, fasting, prayer, and Scripture reading. It also offers practical guidance on how to respond to the call for increased focus on our spiritual lives.

Services

Lenten services are taken from the Triodion liturgical book. They set the atmosphere of Lent. An atmosphere

of "bright sadness." We feel the pangs of our sin, but we are not hopeless. The services are longer (not too long!), more monotonous, and have less movement. This is meant to soften our hearts, slowly, week after week.

Instead of focusing on what we "give up," the Triodion emphasizes repentance and reminds us that the real fast is an inner purification. We are to fast from our passions and return to the normal life of fasting that Adam broke.

Fasting

The Christian basis for fasting comes from two main events: The fall of Adam and the temptation of Christ by the devil in the desert. Adam fell into temptation, broke the fast by eating the fruit, was banished from paradise, and died. Christ, the new Adam, begins His earthly work by fasting. In contrast to Adam, Christ overcame temptation, held the fast, and destroyed death, causing our return to Paradise. This reveals to us that fasting is connected with the very mystery of life and death, of salvation and damnation.

Fasting reminds us of our dependence on God for life, and not material things. When Adam broke the fast "he ate for its own sake. He ate apart from God in order to be independent of Him...He believed that food had life in itself and that he, by partaking of that food, could be like God, have life in himself."

What is fasting for us Christians? It is

our entrance and participation in that experience of Christ himself by which he liberates us from the total dependence on the material world. Ultimately, to fast means to be hungry. Hunger itself is a spiritual state. It is a hunger for God.

Scripture Reading

During the weeks of Lent we read through Genesis, Proverbs, and Isaiah. This selection was historically chosen for catechumens seeking baptism. The readings summarize our faith and turn us to the time before Christ, a time of repentance and expectation. On Saturdays we read the Epistle to the Hebrews, which gives a historical journey of salvation. The Sunday readings explain the preparation of the catechumen for baptism and, ultimately, Pascha. At Pascha, we will see the inauguration of the new age, the fulfillment of the promises, and the manifestation of the Kingdom. The Sunday Scriptures remind us that we can only attain the Kingdom if we believe, repent, have the desire, accept the effort, and remember the Cross.

Conclusion

Read it in full or pick a small section. Either way, "Great Lent" reminds readers that the true meaning of Lent is not to fulfill religious obligations. At the most basic level, it is a spiritual journey meant to transfer us from one spiritual state into another. To rediscover, again, our complete dependence on God. ❖

Rick Paese

His father saw him and had compassion, and ran and embraced him and kissed him." In the Name of the Father and the Son and the Holy Spirit. Amen.

A study asked children of various ages what a conscience is. One six-year-old girl said, "A conscience is that spot inside that burns if you're not good." Another six-year-old, a boy, said he didn't know, but thought it has something to do with feeling bad when you "kicked girls or little dogs." A nine-year-old boy explained it as a voice inside that says "no" when you want to do something like beat up your little brother. And a high school junior answered by saying that a guilty conscience was "that sick feeling in the pit of your stomach when you realize you've just blown it" (J. Burns). Each of these children understood at their own level that conscience is an emotional safeguard and a behavioral guardrail lovingly placed around our thoughts and actions to help us get through the narrow gate into the life to come.

Here's a true story of someone who believed she really blew it when she blew through the guardrails of her life. Shelly grew up in a basic, middle class American home. Her family seemed to fight more than usual, but it was pretty much normal. They were not really practicing Christians, but in seventh grade, Shelly attended a church camp and became an active Christian.

She became very involved in a local Christian youth group, but eventually she started to give in to peer pressure from other friends. She experimented with "light" drugs and pushed the line of sexual exploration. One night in tenth grade, she got a little high and a boyfriend who was a senior convinced her to "go all the way." She knew it was against her Christian

The Joy of God's Salvation

It is when the pride and hardness of our heart is broken that the real change can begin by the cleansing of the Holy Spirit

principles, but she did it anyway.

From that time on, she seemed to slip downhill emotionally. Life went on, but she became increasingly paralyzed by this one negative experience. She could not healthily function emotionally or physically. A youth pastor spoke with her later on, in her twenties. She was still frozen in her guilt. After listening for a while, he asked if she had ever asked God to forgive her for that haunting sin. "Yes," she replied, "almost every day since it happened in tenth grade." He then asked her a simple but powerful question: "Do you believe that God has forgiven you?" "I don't really see how He ever could."

Eventually, Shelly did work through her guilt and she accepted the freedom and forgiveness that Jesus Christ offers us. She found joy of God's love and salvation. She became happy again, a vibrant woman who understood that the forgiveness of Jesus Christ is a gift for all who ask and believe. "If we confess our sins, He is faithful and just and will forgive our sins and purify us from all unrighteousness" (1 John 1.9).

Shelly emerged victorious because she traded the guilt of this work for

the promise of God. She repented. According to Saint Nektarios, "True repentance is a change of mind for one's actions, an alteration of one's ethical life, a change toward the better, a complete rejection of one's previous life and sin, steadfast willingness to exercise virtue." It is "the starting point for a new, virtuous life."

How do we get to that point? What leads us there? "A broken heart." In the Psalm of Repentance, Psalm 50/51, written by David after having fallen into great sin by sending the husband of Bathsheeba into a deadly battle, then taking her for himself, David acknowledges, "a broken and humbled heart, O God, you will not despise." And it is when the pride and hardness of that heart is broken that the real change can begin by the cleansing of the Holy Spirit: "Create a clean heart in me, O God, and renew a right spirit within me."

Metropolitan Athanasios of Lemesos holds today's Parable of the Prodigal Son in such high esteem that he says it rises above all others as a Gospel within the Gospel. If you had to take away all the other lessons and stories in the Gospel, he says, and were left with only the Parable of the



The unfinished icon of the Prodigal Son in the Narthex of Holy Trinity Church. In this deeply theological interpretation, we see the son departing on the left, then returning in repentance as he is received in the loving arms of the father, portrayed as Jesus Christ.

Prodigal Son, you would still have everything you need to teach the heart of the Gospel and the salvation we find in the love of our Heavenly Father. It kneads our heart like dough and prepares it for the yeast of God's love.

But that kneading hurts, because it breaks our pride. Saint Nektarios says this is a sure sign of a truly repentant person: "a broken and humbled heart." Pause with me for a moment. You are Shelly. You are David. Better yet, you are you. What has broken your heart? What mistake, or even what voluntary action, is hidden in the depths of your heart that humbles you each time your mind takes notice of it down there? Some, like Shelly, see it as a sign of hopelessness and defeat. Wouldn't you instead love to live every day with a clean heart? Saint Nektarios says it is the key to opening your heart to the true and full love of God and his cleansing grace.

It is the door of repentance for you and for us all.

But keep in mind, repentance means change, a turning away from that which is not good. God, Who knows our inner heart, sees what we are all really about and cannot be fooled. Take, for example, the story of Moses and Pharaoh. While dealing with Moses, who was seeking freedom for the Israelites, Pharaoh confessed his sins ten times. Each time he received forgiveness, but his foolish heart was not humbled by his sins and remained hard. His remorse came from the fear of being punished by God, not from the deep sense that he had sinned against Him. It was shallow and false.

As we stand at the footsteps of Lent, Saint Nektarios reminds us that "our concern for salvation must be without delay, due to the impending danger to our soul's salvation." And that danger is...time. Today is the day of repen-

tance because tomorrow is not guaranteed for any of us. St. Gregory the Theologian also hastens us, saying, "It is not necessary to wait for a specific time to correct yourself, because you know nothing for certain about tomorrow. Many have planned many things, but did not make it to tomorrow."

God honors that effort by His own words. "I tell you," Jesus says, "there will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance" (Luke 15.7). I pray we will each be deemed worthy by the Lord, through our sincere repentance, like the prodigal son today, so we may all rejoice in our cleansed hearts and walk every day in our restored relationship with the God Who loves us and Who grants to us "the joy of His salvation."

Delivered February 12, 2023 ❖

Eucharistic Stewardship

What shall I give to the Lord in return for all His benefits?

Christian stewardship means that I own nothing. Everything I have belongs to God. He has loaned it to me. I am committed to use it responsibly, and one day, I will have to answer to Him for my use or misuse of His gifts. I am the manager of God's gifts: my time, my talents, my possessions, my body, my soul - everything belongs to God. Saint Paul asks us, "What have you that you have not received?" Money, for example, becomes a sacrament when it is offered to God. It becomes a visible expression of our commitment, faith, and love for Jesus. Once given to God, our gifts are consecrated by the Holy Spirit, who then translates them into works of mercy that bring glory to God.

The Holy Eucharist is called Holy Communion because it unites us as the Body of Christ. The word Eucharist comes from the Greek word for thanksgiving. This is what we do when we celebrate the Divine Liturgy - we are giving thanks. The Eucharist - the sacrament of Holy Communion - is the focus of our parish life. It is through the Eucharist that we take on our true nature as the Church of Jesus Christ. We are transformed from a human community into the Body of Christ. Stewardship is our response to God's grace and moves us from grace to gratitude. Just as we love because God first loved us (1 John 4:14), we give because God first gave to us. The question of the Psalmist "What shall I give to the Lord in return for all His benefits towards me?" (Ps 116:2), is answered in every liturgy when we pray, "Let us offer our-



selves and one another and our whole life to Christ our God."

How many times have you heard people say, "I don't get anything out of Liturgy"? The truth is that we don't come to church to get something, but to give ourselves—our whole being to God. We have to give ourselves as an offering to God and what we get in return is the presence of Jesus Christ within us. As we come to know Jesus this way, we are drawn into the communion of the Church. Through Holy Communion, we are drawn out of ourselves and embrace the mission of our parish. We carry the fire of God's love within us with the power to renew all things. When we understand the true meaning of the Holy Eucharist, we bridge the gap between liturgy and our daily lives, between our beautiful theology and practical stewardship. As Eucharistic Orthodox Christians, we see the world as God's gift. We offer the world back to

God in thanksgiving with the words, 'Thine own of Thine own we offer to Thee...'

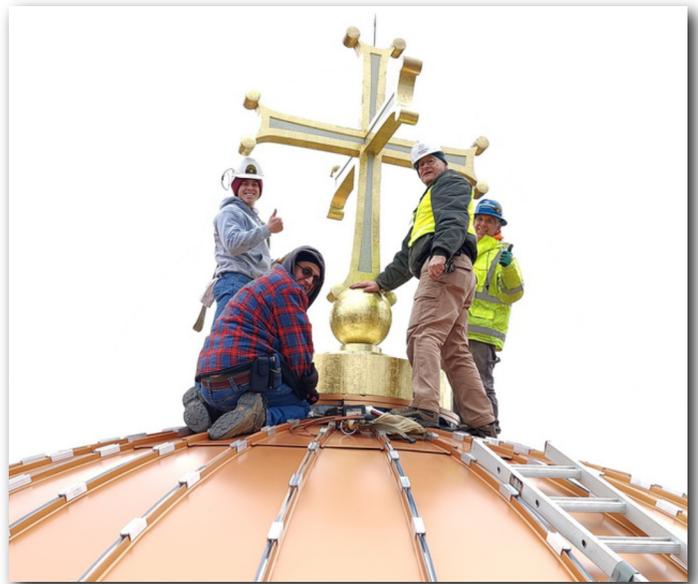
2023 is a special year at Holy Trinity of giving thanks for the 100 year anniversary of our parish and for the founders and forebears that established and built this community. We are charged as stewards to be caretakers of the Church and enable it to grow for the next generations of Orthodox Christians. As part of that commitment, we are completing the final steps needed to consecrate our church during this centennial celebration. We also need to continue to show our thanksgiving for the gifts that God has bestowed upon us through our Stewardship ministry by offering our time, talents and contributions to begin securing the next 100 years of the Holy Trinity community. We are thankful for all those within the community that have contributed to the Consecration fund and donate to our vibrant Stewardship program each year.

However, we are still on the journey to our goal for our Stewardship ministry to cover the day-to-day operating expenses of maintaining our church. Currently, we are able to cover about 70% of our operating expenses through Stewardship. In 2022, we received nearly \$435,000 in contributions, the most we have received since 2019. Over the next three years we want to close that gap each year in order to be able to reach our target by 2026. We ask for your continued support in giving thanks to God for His gifts through this ministry.

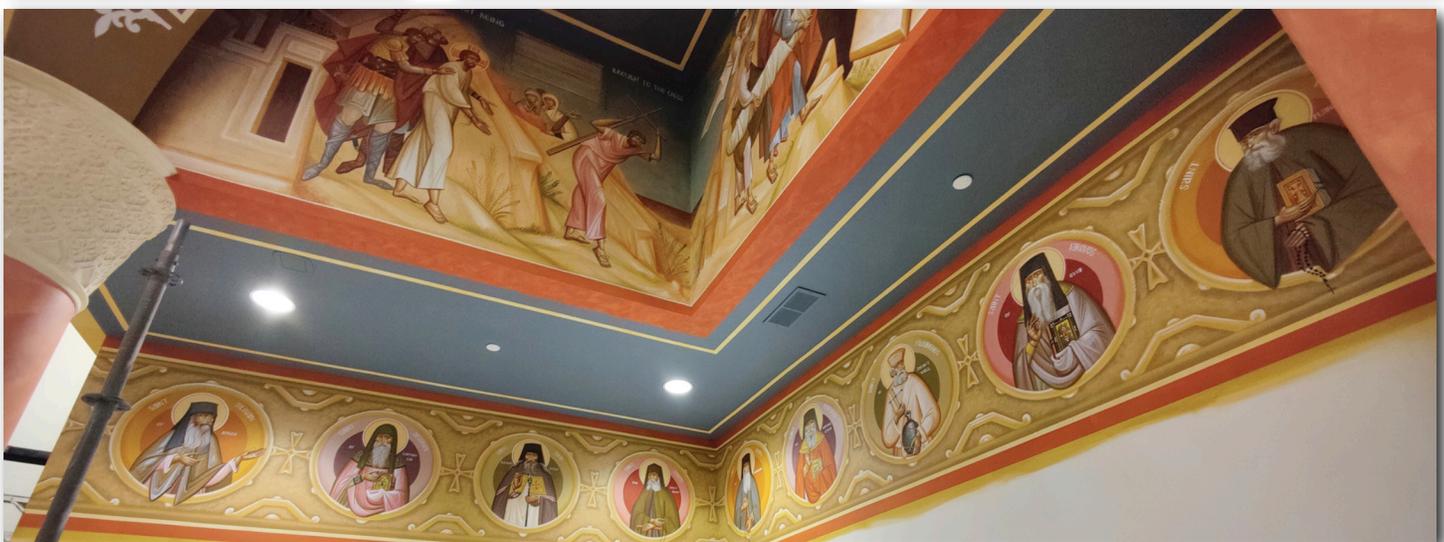
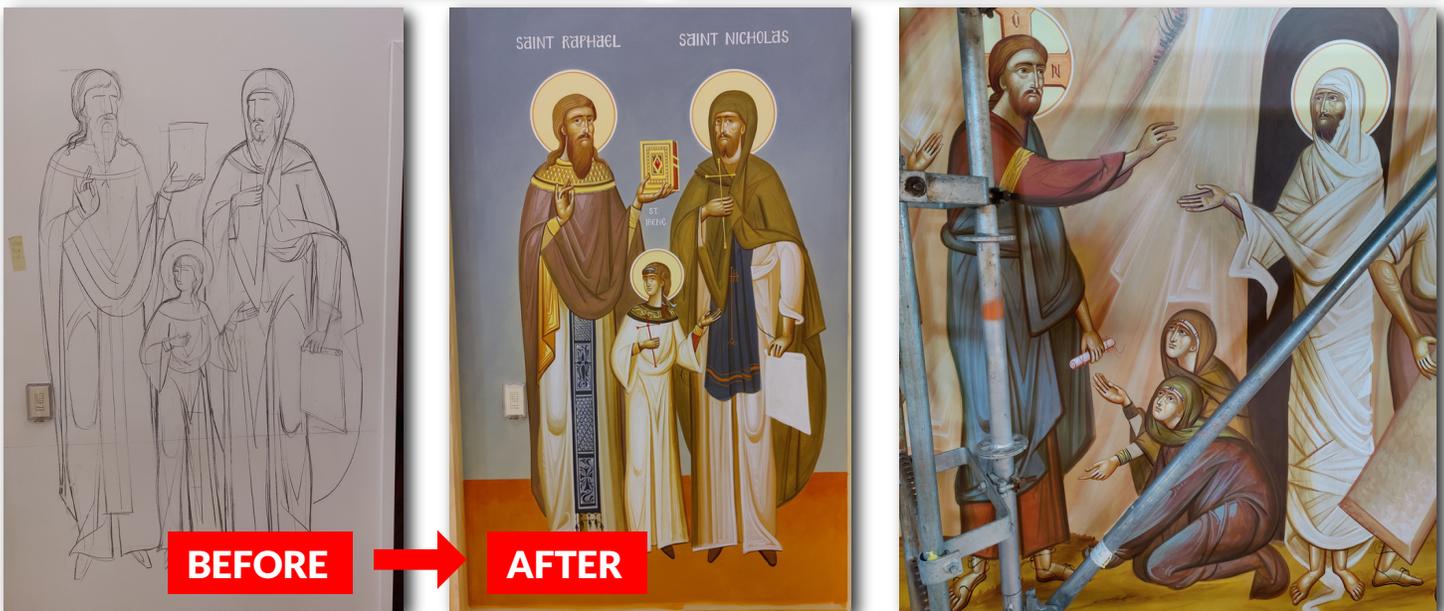
George Mellis ❖



Above: Holy Trinity parishioners continued their annual Christmas caroling tradition across the street for our neighbors at the Sisters of Divine Providence., Below left: Father John offers the congratulations of the community on Father Radu's 25th anniversary of Ordination to the Priesthood. Below right: Dr. George Kordis joins Father John in offering the youth sermon on our new iconography. Bottom left: JOY children enjoy a day of ice skating. Bottom right: Bill Fiedler oversees the workers re-installaing the refurbished Cross back on top of the dome.



February 2023: A team of expert iconographers from Greece under the direction of Master Iconographer Dr. George Kordis continued its sacred task of completing the iconography of Holy Trinity Church they started in January. In the top row are before and after versions of the Baptistry corner. In the middle row are before and after versions of the icons of Saints Nicholas, Raphael and Irene as well as a portion of the mural icon of Jesus raising Lazarus from the dead after four days in the tomb. At the bottom is the back left corner of the Nave, featuring a row of medallions of ascetics and contemporary elders of the Church. Follow the progress of these amazing artisans of sacred art by visiting our Photo Gallery on our website at photos.holytrinitypgh.org/iconography/Church/2023.







Jan./Feb.: Our GOYA basketball teams had a banner year, with tournaments in Camp Hill, Rocky River and Pittsburgh. All our teams took home trophies, including championships for the Senior Boys and Senior Girls. Well done, teens, coaches and families! Thank you for representing our community with honor, sportsmanship and faith!



February 12: The teens of Holy Trinity GOYA hosted a Centennial edition of their annual Community Valentine Brunch. The theme was "Honoring Our Roots" to celebrate the rich and varied cultural heritage of our Holy Trinity Church families.



Consecration & Completion

Thank you to the following faithful parishioners and supporters who have submitted a pledge for the Consecration and Completion Campaign. As the work has been visibly progressing on the dome repairs and the completion of the iconography, it is crucial that contributions are made on a timely basis. If you have not yet begun or completed your pledged offerings, now would be a great time to do so!

Rev. Fr. John & Pres. Becky
Touloumes
Rev. Fr. Radu & Pres. Loredana
Bordeianu

Dr. Andrew & Mrs. Anna Abboud
Ms. Gabrielle Alberty
Mr. & Mrs. Victor Amurgis
Mr. Michael Andromalos-Dale
Ms Victoria Andromalos-Dale
Mr. & Mrs. Henry William Areheart
Mr. & Mrs. Mark Armanious
Mr. & Mrs. Harry Athanasiou
Mr. & Mrs. Alvin Backeris
Mr. & Mrs. Van Backeris
Mr. & Mrs. Anthony Balouris*
Mr. & Mrs. Anthony C. Balouris
Dr & Mrs. Christ A. Balouris
Dr. Clifford Brubaker &
Dr. Sondra Balouris
Dr. & Mrs. Constantine Balouris
Mr. & Mrs. Chris T. Balouris
Mr. & Mrs. James T. Balouris
Mrs. Katherine Balouris
Ms. Polyxeni Balouris
Mr. Lynn & Mrs. Ethel Barker
Mr. & Mrs. Joseph Barron
Mr. & Mrs. Herbert Miller
Dr. George Bellios
Mr. & Mrs. Chris Berexa
Ms. Connee Bistolas-Walters
Mr. Michael Bober
Mrs. Athena Bober
Mr. Todd Bogdanovich
Ms. Pamela Bolkovac
Dr & Mrs. Reggie Bonfield
Dr. & Mrs. Christopher Bonfield
Mr. & Mrs. Michael Bounos
Dr. & Mrs. Alexander Bournias
Mr. & Mrs. Michael Bournias
Mr. & Mrs. Joshua Boyd
Mr. & Mrs. Anthony Cameron
Mr. & Mrs. Jonathan Caromano
Mr. Peter Castellano

Mr. & Mrs. Doug Cervenak
Mr. Thomas J. Chapas
Mr. Louis Cherpes
Mr. John Clayton
Ms. Sherry Clayton
Mr. & Mrs. Steven E. Cole
Mr. & Mrs. Ryan Copeland
Ms. Cynthia Morris Criss
Ms. Chelsea Cross
George & Sophia Danis
Mr. & Mrs. Evan Danis
Mr. & Mrs. Peter Dedousis
Christine Dickos
George & Stacy Dickos
Mr. & Mrs. Nikolas Doris
Krystina and Sebastian Dovenor
Mr. & Mrs. Jeff Durosko
Mr. & Mrs. Frank Erdeljac
Dennis Bossick &
Penny Fakles-Bossick
Mr. & Mrs. Matthew Ferrari
Mr. & Mrs. William Fiedler
Mr. & Mrs. John W. Fitzpatrick
Mr. Brian & Mrs. Angie Fitzpatrick
Mr. & Mrs. Andreas Fournaridis
Mr. Andrew Fournaridis &
Ms. Anna Mamo
Lauren and Gerald Freismuth
Ms. Diana Fries
Mr. John Fries
Dr & Mrs. Peter Gagianas
Mr. & Mrs. Nicholas Geanopulos
Mr. & Mrs. George Geanopulos
Dr. and Mrs. Mark Georgiadis
Ms. Jamie Georgiadis
Mr. & Mrs. Basil Georgiadis
Mr. & Mrs. Gus Georgiadis
Mr. & Mrs. Steven Georgiadis
Mr. & Mrs. Thomas Germanos
Mr. & Mrs. Peter Giannoutsos
Mr. & Mrs. Spiros Giannoutsos
Mr. & Mrs. Jason Gidas
Mr. & Mrs. Gary Glew
Ms. Eugenia Graser

Ms. Pennie Hareras
Mrs. Voula Hareras
Mr. & Mrs. John Hastings
Mr. & Mrs. Carlo Iasella
Ms. Kristina Johnson
Mr. & Mrs. George Kachulis
Mr. & Mrs. Nick Kakavis
Mr. Gus Kalaris
Mr. & Mrs. Evangelo Kaparakos
Dr. & Mrs. Gregory Karabin
Mrs. Irene Karavolos
Ms. Melissa Karidis
Mr. & Mrs. George Karpakis
Dr & Mrs. James Kermes
Dr Imad Alizray and Ms Zelfa Khalil
Mr. & Mrs. Lazarus Kirifides
Mr. & Mrs. Peter Kladias
Ms. Rachel Klipa
Mr. & Mrs. Jonathan* Kohan
Mr. & Mrs. James Kolovos
Douglas Lupnacca &
Vaia Kolovos-Lupnacca
Mr. Louis Kort
Ms. Fanny Kostos
Dr & Mrs. Dimitris Kraniou
Mr. & Mrs. Dean Kraniou
Mr. & Mrs. Jonathan Kratsas
Mrs. & Mrs. Marios Kritiotis
Mr. & Mrs. Mike Kritiotis
Mr. & Mrs. James Kukunas
Mr. Stephen Kukunas
Mrs. Esther Ladakos
Mr. Nick Lamprinakos
Mr. & Mrs. Philip LeDuc
Mr. & Mrs. Michael Leist
Mr. & Mrs. Nektarios Leontiadis
Mr. & Mrs. Louis T. Loomis
Mr. & Mrs. Brett Lucido
Mr. & Mrs. Scott Lynch
Mr. Curtis Magnuson
Mr. & Mrs. David Majcher
Mr. & Mrs. Gregory Manis
Mr. & Mrs. Nick Manis
Mr. George Manolangas

Your pledges and donations have made this progress toward the completion of our beautiful Holy Trinity Church possible! Now is a great time to submit your offerings toward your pledge as payments for this work are coming due. To date, 127 of the 199 pledges received have been completely fulfilled or have had payments of at least 50%. How about yours? Looking for a quick and easy way to make or schedule donations via a credit card or ACH debit directly from your bank? Visit our new Realm giving platform on our website at HolyTrinityPgh.org/give-info.



Mrs. Maria Mason
 Mr. & Mrs. John McCann
 Marc McMullen &
 Alexandra Valliant
 Mrs. Milita Mellis
 Mr. & Mrs. George Mellis
 Mr. & Mrs. Jeff Mercadante
 Mrs. Mary Mermigas
 Mr. & Mrs. James Mermigas
 Christine Metropulos &
 Dave Steiner
 Mrs. Arlene Metropulos
 Mr. Greg Morris
 Mr. Steve Morris*
 Mr. Thomas Mourtacos
 Mr. & Mrs. Mark Opacic
 Mr. & Mrs. Richard Paese
 Gen. & Mrs. William Pagonis
 Mr. & Mrs. William Pagonis
 Mr. & Mrs. Matthew Palamara
 Mrs. Veroniki Panagiotou*
 Mr. & Mrs. George Pandelios
 Mr. George Pantelakis
 Mr. & Mrs. Danny Papakalos
 Dr. & Mrs. Robert Papas
 Ms. Loukia Papatheodorou
 Ms. Eleni Pappas

Mr. & Mrs. Orestes Paras
 Mr. Lou Parikakis
 Mr. Basil Paschaledis
 Mr. & Mrs. Nicholas A. Passaretti
 Mr. & Mrs. Constantine Passodelis
 Mr. & Mrs. Michael Passodelis
 Mr. & Mrs. George Pastor
 Ms. Athena Petredis
 Mr. & Mrs. Charlie Petredis
 Mr. Christian Petredis
 Mr. & Mrs. Charles W. Petredis
 Mr. & Mrs. John Petropoulos
 Mr. & Mrs. Joseph P. Phaturos
 Mr. & Mrs. Stephen Pickios
 Ms. Rania Pontikos
 Ms. Christine Pusateri
 Mr. & Mrs. Salvatore Re
 Matthew Reed & Amy Brock-Reed
 Mr. & Mrs. Evan Rigas
 Mr. & Mrs. Kevin Rohm
 Dr. & Mrs. Dean Scoumis
 Presvytera Eileen Sedor
 Mr. & Mrs. Stephen E. Sedor and Valya
 Ms. Stephanie Sedor
 Mr. James Sicalias
 Mr. & Mrs. Emmanuel Sideris
 Mrs. Anita Sinicrope-Maier

Mr. & Mrs. Brett Spagnola
 Ms. Theone Stateson
 Mr. & Mrs. Robert Stearns
 Mr. Stephen Stearns
 Dr & Mrs. Samuel Stepanow
 Mr. & Mrs. Kirk Stephen
 Mr. & Mrs. Daniel C. Stephenson
 Mr. & Mrs. Theodore Stewart
 Mr. & Mrs. James Thomas
 Mr. & Mrs. James Thomas
 Mrs. Georgia Touloumes
 Eleni Valliant
 Mr. & Mrs. Gerri Valliant
 Mr. & Mrs. Joseph Waters
 Mrs. Joanne Watson
 Ms. Mary-Magdalene Welsh
 Mr. & Mrs. Eric White
 Mr. & Mrs. Daniel Willow
 Mr. & Mrs. George Zappas
 Dr & Mrs. Antonios Zikos
 Ms. Anna Zissis
 Mr. & Mrs.* Anthony Zissis

TO GOD BE THE GLORY! ❖
 (* indicates reposed)



LIFE-GIVING
Baptism

LIFE-SAVING
Grace

LIFE-CHANGING
Faith

LET'S CELEBRATE
THEM TOGETHER ON

MARCH 19 2023

Godparent-Godchild Sunday

Holy Trinity Church

985 Providence Boulevard, Pittsburgh, PA

8:15am Orthros

9:30am Divine Liturgy

with Renewal of Baptismal Commitment and Holy Communion

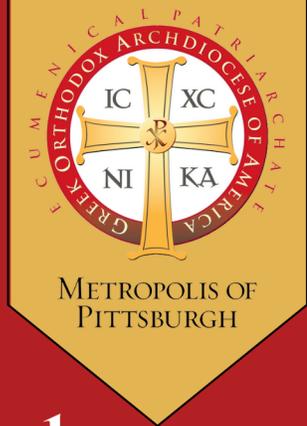
followed by the

Annual Philoptochos Lenten Luncheon

Invite your Godparent or Godchild to celebrate together!



His Eminence Metropolitan Savas cordially invites you to celebrate the dedicated volunteers of our Holy and God-protected Metropolis of Pittsburgh at the
2023



Metropolis of Pittsburgh St. Photios Awards Banquet

Saturday April 29, 2023

4:00pm Hors d'oeuvres 5:00pm Dinner

**DoubleTree by Hilton Hotel
Pittsburgh-Cranberry**

910 Sheraton Drive, Mars, PA 16046

Reservations:

\$95/adult, \$25/child (under 12)

Reservation & Sponsorship Deadline:

April 1, 2023

No Refunds available after April 17, 2023



NET PROCEEDS TO BENEFIT THE METROPOLITAN'S BENEVOLENCE FUND

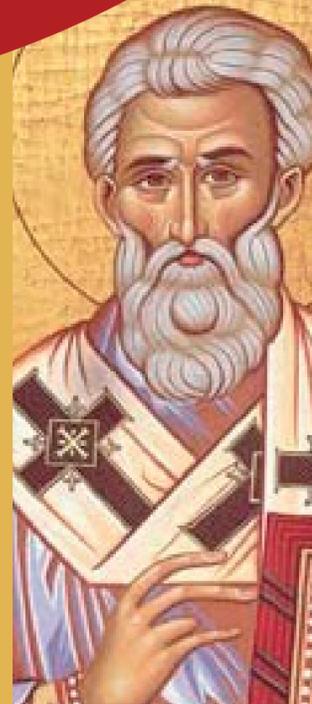
Please mail reservations to:

St. Photios Awards Banquet
Greek Orthodox Metropolis of Pittsburgh
5201 Ellsworth Ave, Pittsburgh, PA 15232

Please make checks payable to:
Greek Orthodox Metropolis of Pittsburgh

Please refer questions to:

Banquet Co-Chairpersons:
Marianne Stearns
412 600 2159
mstearns@nauticom.net
or Archdeacon Ryan
412 621 5529
rgzikowski@pittsburgh.goarch.org



LENT: THE SUMMONS FOR OUR HEAVENLY RETURN

The desire for the Bridegroom weaves a luminous garment for the soul, so that we may enter into the Pascha of our Lord and God bearing crowns.

Geronda, what should our approach toward Lent be?

We enter the arena of Great Lent, turning a grateful heart to God for offering us this “time of repentance” despite our apostasy, our ingratitude and our rebellion against His mercy. We fix our gaze with great expectation upon the end of our journey, upon the Cross and Resurrection of the Lord Jesus from which the grace of salvation springs forth for all mankind. The Lord pours out His grace richly and bestows upon us the opportunity and privilege to collaborate with Him so that our souls may be renewed and enabled to enter His life-giving Presence.

How can we make Lent about more than fasting?

We enter into the arena of the Fast as if it were a feast. In the bosom of the Church, the atmosphere is stirred up and the grace of repentance is palpable for those who seek, with a guileless heart, to make a new beginning in their relationship with God and to witness “greater things.” During this period, every Sunday is like a banquet during which the Lord joyfully strengthens the faint-hearted, enjoining them: “Lift up the hands which hang down, and the feeble knees.” “Fear not; for I am with you: I, the Lord your God, will hold your right hand. I

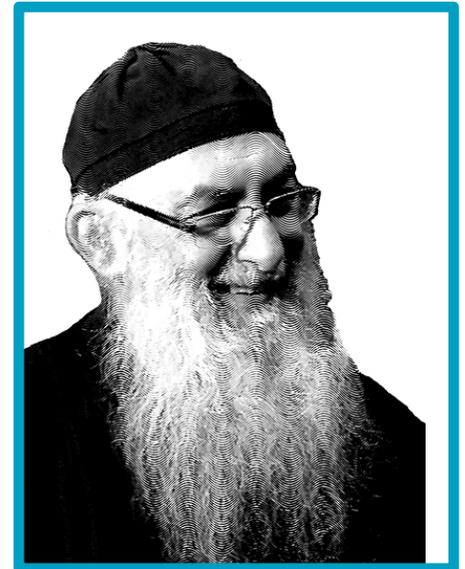
will never leave you nor forsake you.”

Lent is sometimes painful when we really make a good spiritual effort but still struggle with our sins.

Great Lent is characterized by a sense of joyful sorrow. The intense desire for God wounds the heart and opens the eyes of the soul, which begin to gaze ever more clearly at the beautifully arrayed bridechamber of the Lord, and yet beholding also the ugliness of our nakedness.

The bridechamber shines, but we find that “we have no garment to enter in.” We are left with the same feeling at the end of the Liturgy: a feeling of great peace, of holy joy, but also a deep sorrow, having beheld the glory and majesty of Him who, while rich in Divinity, “became poor, that through His poverty we might be enriched” (2 Cor. 8.9) by the wondrous gifts of the Holy Spirit. The joy that comes from the sight of God the Savior is unspeakable, whereas the pain that comes from the sight of our wretchedness, our dissimilitude with Him, is indescribable.

The atmosphere in the services of Great Lent is imbued with joyful sorrow, making a light burn within us. The desire for the Bridegroom



Archimandrite Zacharias

weaves a luminous garment for the soul, so that we may enter into the Pascha of our Lord and God bearing crowns.

Geronda, how can we raise fasting above the level of “rules” and find a deeper meaning in it?

Even the fasting we undertake is for the glory of God. It declares our resolve to prefer the “bread which comes down from Heaven, and gives life to the world” (John 6.33) to our earthly bread because we know that: “Man shall not live by bread alone, but by every word that proceeds out of the mouth of God” (Matt. 4.4). The purpose of fasting is not simply to change our diet, but to taste, within our own body, a death to all that is debased, so that our spirit is free to fly unflinchingly upward. When the whole man, flesh, soul and spirit, cries out in prayer, then God finds a way to come within us, to find rest in our hearts and to bring forth the fruit of His Kingdom, “some thirtyfold, and some sixty, and some an hundred” (Mark 4.20).

Excerpted from
Alive From The Dead ❖

THE HOLY TRINITY
HERALD
Faith. Family. Community

About the Herald

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

Editor

Father John Touloumes, Protospesbyter (fjt@HolyTrinityPgh.org)
 Church: 412-366-8700 | Home: 412-831-3574

Production

Mary Portellos, Office Administrator (office@HolyTrinityPgh.org)

Photographers

Peter Gagianas Theanne Gagianas
 Sherry Clayton

Copyright Notice

This magazine contains copyrighted material of Holy Trinity Greek Orthodox Church and third party copyright owners, including, without limitation, text, photos, and graphics, and the contents of the newsletter are protected under the United States and international copyright laws. You may not copy, modify, publish, transmit, display, participate in the transfer or sale, creation of derivative works, or in any way exploit, any of the content, in whole or in part. No copying, redistribution, retransmission, publication or commercial exploitation of any material in this newsletter is permitted without the express written permission of Holy Trinity Greek Orthodox Church and any applicable third party copyright owner.



About the Parish

Holy Trinity Greek Orthodox Church
 985 Providence Boulevard
 Pittsburgh, PA 15237

Phone: 412-366-8700 | Fax: 412-366-8710

Web site: HolyTrinityPgh.org | Email: office@HolyTrinityPgh.org

Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh (pittsburgh.goarch.org) and the Greek Orthodox Archdiocese of America (goarch.org) under the Spiritual Jurisdiction of the Ecumenical Patriarchate of Constantinople.

Parish Administration Clergy

Rev. Fr. John Touloumes, Proistamenos
 Rev. Fr. Radu Bordeianu, Assistant Priest

2023 Parish Council

George Dickos, President (pcpresident@HolyTrinityPgh.org)

Alexander Anetakis	George Danis	Dean Passodelis
Anthony Balouris	Evan Danis	Michael Passodelis
Andrew Fournaridis	Tom Germanos	Chris Sarandou
Ashley Bournias	George Mellis	Jeanne Willow

Ministries

Please visit the Holy Trinity website at 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! Everyone is welcome!

“FAITH. FAMILY. COMMUNITY.”

Thank you for supporting our Sponsors

 Eye Physicians & Surgeons, Ltd.

Christ A. Balouris, M.D.

Comprehensive Medical and Surgical Care
 Three Convenient Locations in the Pittsburgh area
www.pgheyemds.com

North Hills/Wexford: 7000 Stonewood Drive, Suite 200, Wexford 724-940-4001
 Aspinwall: 200 St. Margaret Medical Arts Bldg., Suite 2020 412-784-9060
 Shadyside: Aiken Medical Bldg., Suite 103, 532 S. Aiken Ave 412-621-9060



BALOURIS EYE CENTER, PC

CONSTANTINE A. BALOURIS, M.D.
 H. ROBERT PAPAS, M.D.

102 TECHNOLOGY DRIVE, SUITE 120
 BUTLER, PA 16001
 OFFICE: 724-482-0090
 FAX: 724-482-0093

Visit us at... www.BalourisEyeCenter.com

**H & A HEATING
 AND AIR CONDITIONING, INC.**
 412-366-2990
 Sales, Service & Maintenance
 Harry G. Athanasiou, President



Chris T. Balouris

3509 Smallman St., Pittsburgh, PA 15201

Phone: 412.682.2700 www.salonika.net

Retail Store Hours: Mon-Fri 8am-4pm | Sat 9am-2pm

 **HearingLife** (724) 719-2304
 WEXFORD
 1500 Village Run Rd., Ste. 315

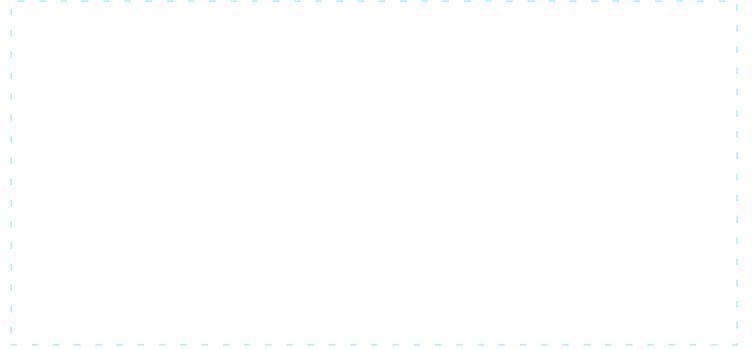
Tammy Backeris

H.I.S. Hearing Instrument Specialist | License #F03293
efba@hearinglife.com

HOLY TRINITY GREEK ORTHODOX CHURCH
985 PROVIDENCE BLVD, PITTSBURGH, PA 15237
HOLYTRINITYPGH.ORG



NON-PROFIT
ORGANIZATION
U. S. POSTAGE
PAID
PERMIT NO. 1463
PITTSBURGH, PA



THE LENTEN PRAYER OF SAINT EPHRAIM

**O Lord and Master of my life,
do not give me the spirit of laziness,
idle curiosity, love of power and vain talk.**

**But grant me, Your servant,
the spirit of moderation,
humility, patience, and love.**

**Yes, Lord and King,
grant me to see my own faults
and not to judge my brothers and sisters.**

For You are blessed forever. Amen.