



THE HOLY TRINITY

HERALD

Faith. Family. Community

June 2023
Volume 31 | Issue 6

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PHOTO OF THE MONTH



The Holy Trinity family celebrates our 2023 graduates and all our youth on Church School Graduation Sunday. See photos of this and other parish events and celebrations on pages 5-10.

Saints Peter and Paul the Holy Apostles
Feast Day: June 29

First in prominence among the Apostles, and teachers to the Universe, intercede to the Master of all for peace in the world and for our souls great mercy.



Father John Touloumes
Proistamenos

Treasury of blessings and Giver of Life

From the Prayer of the Holy Spirit

My beloved Holy Trinity family,

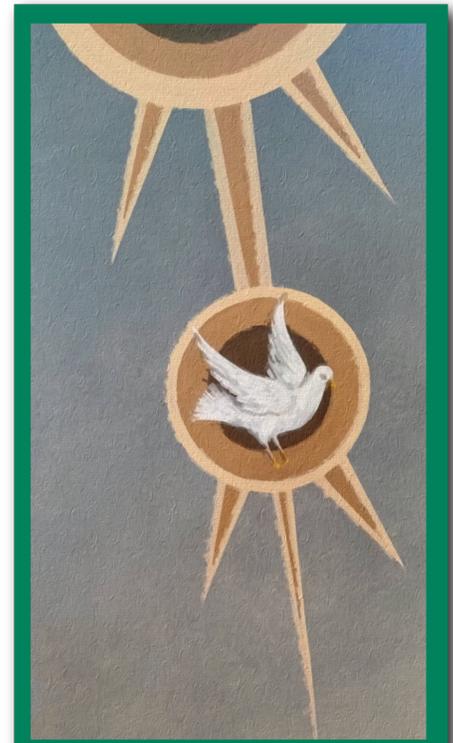
Hronia Polla! As celebrate the 100th anniversary of our spiritual home and family—Holy Trinity Church—we are filled with thanks for the vision, sacrifices and dedication of those who bonded together in the Spirit back in 1923 to form and name this blessed community.

As stated in the Parish History on our website, “When St. Nicholas Church, the only Greek church in Pittsburgh, was moved from Wiley Avenue downtown to the then distant Oakland district, the establishment of another Greek Orthodox Church in the densely Hellenic populated area of North Side, was necessitated. As a result, Holy Trinity Greek Orthodox Church was established on at the corner of Sandusky Street and Stockton Avenue. Rev. Nicholas Papavasilis performed the first church services in April 1923.”

From that founding Liturgy to today, this community has been filled with blessings and life in abundance, two attributes of the Holy Spirit attested to in the quote above taken from the prayer to the right: blessings and life. We are eternally grateful to those who have gone before us and laid the foundations of the parish and family with which we are blessed today: from the Apostles on whom the Holy Spirit descended at Pentecost (now beautifully witnessed by our new iconography) to our forefathers and mothers through whom the Holy Spirit continued to work wonders, making that which was “impossible with man possible with God” (Luke 18.26).

Now, in our 100th year, it is up to us to look toward the next 100 and embrace the reality that what we have received is not ours by right or by the fruits of our own labors alone; it is an inheritance with which we have been entrusted and are forever thankful. And as inheritors of that treasure, it is ours to both preserve and grow, for the salvation of all and to the glory of His Name: Father, Son and Holy Spirit, with the sure promise of our Lord Jesus Christ, “Lo, I am with you always, even to the end of the age. Amen.”

Pastorally and paternally yours in the Lord,



Heavenly King, Comforter,
the Spirit of Truth, everywhere
present and filling all things,
Treasury of blessings and Giver
of Life, come and dwell in us,
cleanse from every stain, and
save our souls, O Good One.



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.

JUNE

WORSHIP LIFE

Weekday Services - June

The following weekday services will be offered this month at 8:30am Orthros/9:30am Divine Liturgy unless otherwise indicated. Please visit HolyTrinityPgh.org/calendar for updates. (Note location: HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Sat. June 3: Saturday of the Souls**
- **Mon. June 5: Monday of the Holy Spirit (HT)**
Note 1 hour earlier start: 7:30 Orthros/8:30 Liturgy
- **Wed. June 21, 6:30pm: Paraclesis to St. Paisios (SG)**
- **Sat. June 24: Nativity of St. John the Baptist (SG)**
- **Thu. June 29: Saints Peter and Paul the Apostles (SG)**

YOUTH MINISTRY NEWS

Church School Registration & Family Sign-Ups

Attention Church School Staff, Parents and Students: it's time to look ahead to the 2023/2024 Church School year. Registration will be available following Divine Liturgy on Sunday, June 11, in the Gallery during Hospitality Hour. It's really easy: parents of existing students simply need to update and sign the registration form, and there's a new student form for first-timers (must be 3 years old by Sep. 21, 2023). Each family is also asked to sign up to host one Church School Snack date. And all parents are asked to complete a Church School Volunteer Form to help with various activities and events throughout the year.

GOYA Elections

The GOYA teen ministry will hold its elections for the 2023/2024 year on Sunday, June 11, following the Divine Liturgy. All teens are asked to attend.

Holy Trinity Greek Dancers Summer Practices

Please plan on having your children attend as many of the dance troupe practice sessions as possible. As a reminder, the groups are HOPE (5 years old through 2nd grade), JOY (3rd through 6th grade) and GOYA (7th through 12th grade). All practices will be held at Holy Trinity Church. Please feel free to reach out with any questions to Eleni Dedousis (412-953-3699) or Victoria Andromalos-Dale (412-496-9128) or email greekdancers@HolyTrinityPgh.org.

- Sunday, June 11: All Groups, during Hospitality Hour
- Sunday, June 18: All Groups, during Hospitality Hour
- Sunday, June 25: All Groups, during Hospitality Hour

Our Youth Need Blessings All Year...Summer Too!

There is an unfortunate notion in the minds of many

parents and children that when Church School classes end in May, they are "on break" and will be absent entirely from church for the summer. This could not be farther from the truth of our life as Orthodox Christians. While classes provide an essential way for our children to learn about their faith, as Orthodox Christians we know that living our faith begins with worship - and that continues year-round. Yes, summer is a time many families are traveling and not able to attend services here, but when we are at home base, Divine Liturgy at your children's spiritual home should be part of the weekly family schedule. So parents, please make a family plan for the summer that includes worship, preparing for Holy Communion and helping your children learn that God loves them...year round!

FAITH & FAMILY WEEKDAYS

Journey to Fullness June 5, 12, 19

Father John will once again be offering the Spring series of the "Journey to Fullness" classes, an overview of the Orthodox Christian Faith for newcomers interested in joining or life-long members yearning to deepen their understanding. The series features videos and discussion, with plenty of questions and answers. The remaining spring series sessions are June 5, 12 & 19. Meetings are at 7pm in the Conference Room.

COMMUNITY NEWS & EVENTS

Herald Summer Deadline June 15

June 15 is the deadline for the July/August issue of *The Herald*. Submit info to herald@HolyTrinityPgh.org.

Holy Trinity's Taste of Greece..... Aug. 31-Sep. 3

Please mark Thu., August 31, through Sun., September 3 on your calendar for this summer's "Taste of Greece" Festival. Everyone, new members and old hands, young and young at heart, should 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! Invite your friends! See you there!

Consecration Weekend: Reserve Now!..... Nov. 3-5

The Consecration Weekend flyer is located on page 11 of this issue. Please plan on dedicating that weekend to celebrating the once-in-a-lifetime historic Consecration and Centennial of our beloved Holy Trinity Church with your parish family. Tickets for the Consecration Luncheon and Centennial Gala are available, along with more information about commemorative items, on our website at HolyTrinityPgh.org/centennial. ❖

PARENTING TOWARD THE KINGDOM



Nurturing disciples of Christ and raising children Who understand that they are citizens of heaven

“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

What is the goal of a parent? Obedience from our children? Good behavior? Straight “A’s?” Having complete control? Peaceful lives? **“Parenting Toward the Kingdom”** by Dr. Philip Mamalakis says no to all of these short term goals. Instead, he advocates for a long term outlook. Our true goal as Orthodox Christians is to ensure our children know God’s love and how to walk in His ways. It is about nurturing disciples of Christ and raising children who understand that they are citizens of heaven. We need to help our children align their wills with God’s will, rather than be enslaved to their impulses. How to do that is what **“Parenting Toward the Kingdom”** is all about. Pulling from the wisdom of the church fathers, scripture, and practical examples, Dr. Mamalakis tackles many important issues parents face, including how to let your children struggle, responding to misbehavior, setting limits and consequences, and dealing with our mistakes.

Let Them Struggle

It is very tempting to remove our children’s suffering. We should not do this. Instead we should walk with

them through their struggles, guiding and encouraging them in the process. We do them harm in the long run if we are always removing their hardships. The true path of success in life involves struggle. It is a struggle to become holy. Our children cannot learn this if we do not let them struggle. Instead, we should name their struggles and frame them in the context of the Christian virtues. Naming their struggles communicates empathy and helps them learn how to identify and manage their emotions on their own as they grow. This is a good strategy for a long term outlook, even if it does not give immediate results.

Respond, Don’t React

A key theme throughout the book is the idea of responding to misbehavior instead of reacting. Responding is purposeful and focused on teaching. “Responding means recognizing every misbehavior as an opportunity to teach.” When we react, we give into our immediate emotions and miss an opportunity to help our child mature.

Set Limits, Limit Consequences

Giving consequences for bad behavior is necessary, but should not be the first thing we do. It works, but there may be an easier way. Setting limits can be a better alternative. Settling limits teaches children the Christian virtues and helps them to learn how to set limits for themselves as they get older and live their lives within God’s limits. The book gives

several techniques for setting limits.

Repent

We all make mistakes as parents. Dr. Mamalakis identifies several common mistakes parents make and how to avoid them. These mistakes include, reacting too quickly with a punishment, getting angry, being lenient, micromanaging, and being critical. But the risk of reading a parenting book is feeling overwhelmed with our many shortcomings and overcompensating by obsessing about always trying to do the “right” thing. Thankfully, we can turn our failures into an opportunity. Failure allows us to demonstrate how to live a life of repentance and forgiveness.

Be Holy

Dr. Mamalakis says we ultimately need to live a spiritual life and acquire the Holy Spirit. Otherwise, everything else we do will be in vain. When we are holy, this will positively impact our kids. Ultimately, kids need more than consequences and limits. They need a connection with us. They need us to demonstrate what a holy life looks like. And they need us to walk beside them to help them navigate life’s struggles. It is not easy, but it is fulfilling. Dr. Mamalakis presents a parenting mindset that I can very much relate to: “Our children are not here to make our lives peaceful. Full, yes, but peaceful, not so much.”❖

Rick Paese

April/ May

Right: Father John and Father Radu bid Father George Daskalakis a fond farewell on April 30 as he heads to Greece for the summer. Middle: George Maier is received into the Orthodox Faith on April 23. Middle Right and Bottom: Volunteers offer their stewardship of love and time to help with Holy Trinity Cemetery Clean-Up Day on May 27. Thank you for everyone who showed up!





Mother's Day



May 14: Holy Trinity GOYA honored the mothers of our parish with a first-ever Mother's Day Tea following the Divine Liturgy that day. The ladies were treated to flowers, food and, of course, tea! The event was held in the Fireside Room and Conference Room while the men and children enjoyed the usual Hospitality Hour in the Grand Room. Thank you, GOYAns, for a lovely afternoon!



St. Photios Awards

April 29: Holy Trinity honorees Marianne Stearns and Jim Balouris received the Metropolis of Pittsburgh Saint Photios Award from the hand of His Eminence Metropolitan Savas at the annual Saint Photios Awards Banquet. Members of dozens of parishes from around the Metropolis were also honored, and over 600 family and friends were present to celebrate them. Congratulations to all!



HOLY TRINITY 2023 GRADUATES



Themistocles Balouris | North Allegheny Senior High School

Themis has been a member of the NASH Honor Roll and French Honor Society. He was president of the French Club, a member of the FBLA and played on the varsity basketball team. Themis danced for the Arkadi Maleme Cretan Association as well as the Holy Trinity Dancers. He was also fully active in all Holy Trinity youth ministries, including Acolytes and GOYA (president), Greek Dance and festival. He will attend Penn State.

Aryiro Bouzos | South Park High School

Aryiro has been on the Honor Roll and lettered in both track and field as well as swimming. She is a recent arrival at Holy Trinity Church but has been involved in church and youth ministries all her life at Saint Nicholas Cathedral and recently at Holy Trinity Church. She attended Church School and Greek School, participated in GOYA, basketball and Greek Dance. She will be attending Duquesne University and major in education.



Jackson Farmakis | Hampton High School

Jackson is an Honor Roll student and member of the National Honor Society. He was on the varsity soccer team, played saxophone in the High School Jazz Band and was a member of the Mandarin Club. He has been a life-long participant in youth ministries including Acolytes and GOYA. Jackson is an avid auto enthusiast and autocross racer. He will attend Rochester Institute of Technology and major in mechanical engineering.

Andrew Mellis | Pine-Richland High School

Andrew graduated as a High Honor student and National Honor Society nominee. He is a multi-sport lettered athlete on the Pine-Richland lacrosse and football teams, and his football team took the WPIAL and state championships twice. He has participated in all youth ministries at Holy Trinity, including Church School, GOYA, acolytes and Greek Dance. He will be attending Ithaca College to major in business and play football.



Alexander Tomalski | Beaver Area High School

Alex is a member of the National Honor Society and the Beaver Area High School math league. He lettered for three years in both basketball and soccer. Alex has been active at Holy Trinity Church all his life, including HOPE, JOY, GOYA (as president and treasurer), basketball, volleyball, Church School, Greek Dance, acolytes and the Greek festival. He will attend the University of Pittsburgh and major in mechanical engineering.

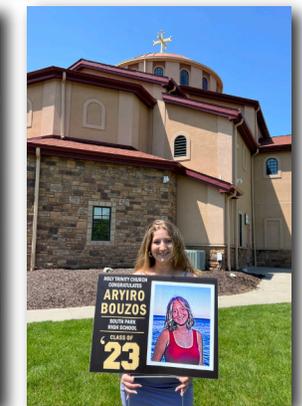
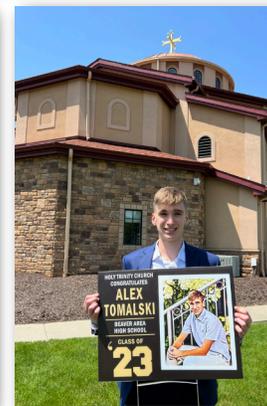
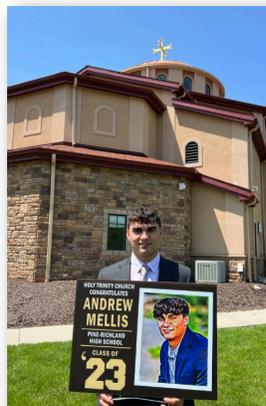
Luke Tomalski | Beaver Area High School

Luke is a member of the National Honor Society and the Beaver Area High School math league. He is a letterman in basketball and soccer. Luke has been active at Holy Trinity Church all his life, including HOPE, JOY, GOYA (as vice-president and treasurer), basketball, volleyball, Church School, Greek Dance, acolytes and the Greek festival. He will attend Penn State to major in mechanical engineering.





May 21, 2023: The Holy Trinity Church 2023 high school graduates are honored, along with their parents. From left-right: Father John; Andrew Mellis with his parents, Veronica and George; Luke Tomalski; Aryiro Bouzos with her parents, Margarita and Dino; Themis Balouris with his father, Chris; Alex Tomalski with his mother, Penny; Jackson Farmakis with his parents, Becky and Chris; Father Radu. Congratulations to all, and may God guide and bless you in all your future plans! Below: Graduation picnic scenes.





100 YEARS



Holy Trinity Consecration Weekend

Consecration Vespers: Friday, Nov. 3rd

7PM - Consecration Vespers and Placing of the Holy Relics on the Altar

Consecration Liturgy & Luncheon: Sat. Nov. 4th

8AM - Orthros

9AM - Consecration Divine Liturgy and Procession with the Holy Relics
His Eminence Metropolitan Savas presiding

12PM - Celebration Luncheon in the Holy Trinity Grand Room

Adults: \$25

Children under 12: \$15

The Holy Trinity Centennial Gala at the Omni William Penn Hotel Sunday, November 5th, 5pm

Adults: \$150

Teens (12 to 18): \$100

Seniors: \$100

Children under 12: \$50

Ticket prices include: appetizers, dinner, dancing, and the famous Pittsburgh Cookie Table. Please contact Joyce Athanasiou to donate to the Cookie Table

Entertainment by the **George Karas Band** featuring Toronto based clarinetist **Peter Bexis** and the **Holy Trinity Jazz Band**.

Gala Sponsorship Levels:

Bronze: \$100-\$249

Silver: \$250-\$499 (receives Commemorative Marble Icon)

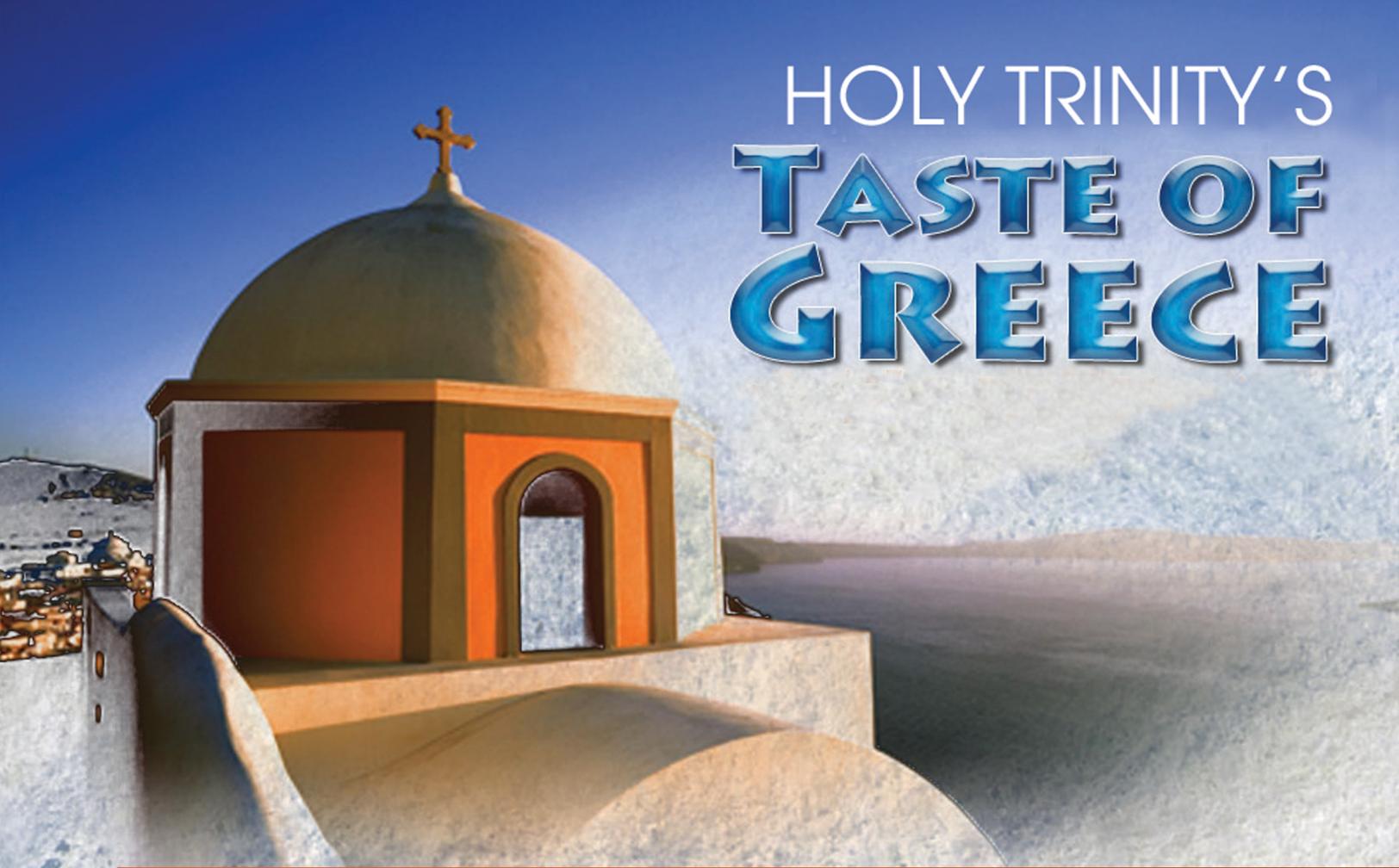
Gold: \$500-\$1499 (receives Commemorative Marble Icon
and 1/8 page ad in the Centennial Album)

Centennial: \$1500 and above (receives Commemorative Marble
Icon and 1/4 page ad in the Centennial Album)

LUNCHEON AND GALA TICKETS AND SPONSORSHIPS AVAILABLE ONLINE
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Aug 31-Sep 3, 2023

Thursday-Sunday 11am-9pm

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See you Labor Day Weekend!
HolyTrinityPgh.org/festival
412.366.8700



THE FESTIVAL IS COMING...AND THE COOKING IS HERE!
YOUR CHURCH NEEDS YOUR HELP! JOIN IN!



MARK THESE DATES ON YOUR CALENDAR — TELL YOUR FRIENDS — EVERYONE IS WELCOME!

BAKLAVA &
 CHOCOLATE
 BAKLAVA

DONE! THANK YOU!

APRICOT ROLLS
 (DAY TWO)
 & PORTOKALOPITA

DONE! THANK YOU!

FINIKIA &
 KOURAMBIETHES

Tue., June 27

9am-9pm

APRICOT ROLLS
 (DAY ONE)

DONE! THANK YOU!

GALAKTOBOUREKO

Tue., June 13

9am-9pm

DIPLES

Tue., July 11

9am-9pm

TIROPITA

Mon., June 19

5pm-9pm

Tue., June 20

9am-9pm

SOUZOUKAKIA

Tue., July 17

9am-9pm

OUR GOAL IS TO GET AT LEAST 30 PEOPLE EACH DAY SO THAT WE MAY FINISH ON TIME!

Can YOU give at least a few hours of time for YOUR community's festival? Look over the dates and times listed here.

You'll see both evening and daytime hours, during the week and on the weekends. Everyone's help is needed!

No experience needed...we train on the job! Think of it as free cooking lessons. Questions? Contact Joyce Athanasiou (jcbathanasiou@aim.com or 412-292-4206) or Paula Valliant (paulavalliant@gmail.com or 412-445-4119).



SPREAD THE WORD! TELL YOUR FRIENDS! DON'T MISS IT!
THE 2023 "TASTE OF GREECE" - THU. AUG. 31-SUN. SEP. 3

TRUTH

The Lord seeks the truth from us because it is more pleasing to God for humans to act righteously and truly than to offer sacrifices and offerings.

Truth is the hallmark of the virtuous life. To speak the truth is the responsibility of every human being and we owe it to ourselves and to those around us. Those who speak the truth honor themselves first and then those listening. Those who speak the truth to their neighbor pay them the honor they deserve. For those who listen, as rational beings, have the right to learn the truth when they ask. Truth adorns those who confess it with elegant layers of garments. First, it perfects them in virtue because truth is the perfecter of virtue; and second, truth likens those who confess it to God, who is Absolute Truth. Truth is the secure understanding of being, that is, of what is. God is Truth because He is Light, Truth and Life, as the knowledge of truth is knowledge of God, who is True Being. Those who speak the truth abide in God, and God in them (1 Jn. 4.16).

Saint John Chrysostom says, nothing is more manifest or more powerful than the truth, just as nothing is more powerless than a lie. Truth stands naked to all those who wish to examine it from every angle. It does not wish to hide; it does not consider dangers; nor does it fear fraudulent schemes? Clement of Alexandria says: Truth is one, just as virtue is one according to its power.

It is said by some that Truth is not a concept, but a Person, and that Person is Jesus Christ.

One is the way of truth, our Lord Jesus Christ. Through our Lord Jesus Christ we ascend to the Father and become sons and daughters of God. Truth leads to the perfection and exact state of virtue. Truth is the science of virtue, while the ethos of virtue is the knowledge of truth. Truth, by the actions of virtue, keeps our souls healthy and guards our moral vigor. Truth is an innate knowledge of the Divine and a fervent desire for God.

Why is truth so important in our daily Christian life?"

Theodoritos says: The truth of the dogmas of the Gospel is to the practitioners of godliness what the foundation is to a house and the keel to a ship. The Lord seeks the truth from us because it is more pleasing to God for humans to act righteously and truly than to offer sacrifices and offerings. Truth is a great commandment of the Lord. It means letting your yes be yes and no be no (Mt. 5.37), calling light light and darkness darkness. The power of truth is in need of no help whatsoever. Even if a thousand people still try to erase it, not only will it



Saint Nektarios of Aegina

not disappear, but it will emerge all the more radiantly shining through those who try to disparage it. Nothing is stronger than the truth. The truth prevails always and everywhere. She is as beautiful as the daughter of Uranus. Her grace is alluring and her image, wherever it appears, brightens the countenance of souls. On the face of truth shines kindness, innocence, gentleness, goodness and piety. Truth is adorned with virtue, steeped in holiness and breathes forth the fragrance of myrrh!

What does being truthful say about us as followers of Jesus Christ, Who is the "Way, the Truth and the Life?"

Those who speak the truth are virtuous, honorable, worthy, good and righteous. They have a pure heart and their lips do not lie. The eyes of all people are turned toward those who are truthful and their fellowship is desired by all. They are Christians not just in form but in spirit. The crown of righteousness shall be placed on them on the day of recompense.

Excerpted from
*Know Thyself: Handbook
on Christian Living* ❖

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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About the Parish

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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.”

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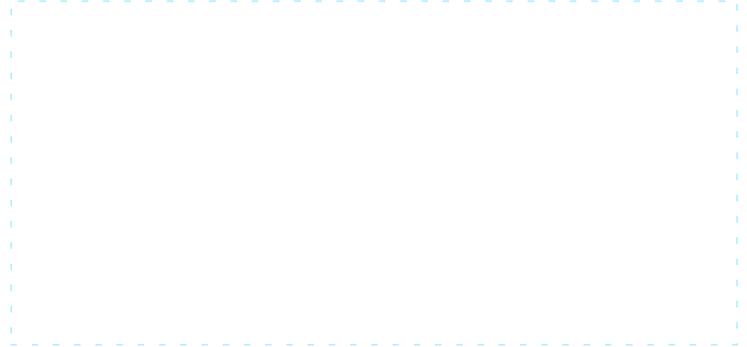
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PRAY LIKE THIS

Pray that the Lord may soften the hardness of your soul.

Pray that the Lord may forgive the sins you confess to Him.

Don't pray that what you want may come to pass. It does not necessarily coincide with the will of God.

Pray rather as you have been taught, saying: "Your will be done in me!"

Pray that the will of God may be done in everything.

He, in fact, wants what is good and useful for your soul, even while you are not always seeking that and only that.

Evagrius of Pontus
"Sentences on Prayer" (4th c.)