



THE HOLY TRINITY

HERALD

Faith. Family. Community

Volume 31 | Issue 10

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IMPORTANT NOTICE:

NOVEMBER 19, 2023,
FALL GENERAL ASSEMBLY
NOTICE, AGENDA & PARISH
COUNCIL NOMINATIONS
FORM ENCLOSED

PHOTO OF THE MONTH



Matthew Palamara is presented for ordination to the Diaconate by fellow Deacons Frank Dickos and Haralambos Lykos on October 8. See more photos of Community Life on pages 10-13



Saints Nektarios the Wonderworker

Feast Day: November 9

Icon from the new iconography at Holy Trinity Church



Father John Touloumes
Proistamenos

CELEBRATING 10 YEARS ALL YEAR!

1923 · CENTENNIAL · 2023

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.

The Church is much more than a building or a social gathering place. It is far greater than what we as human beings could create, for it is of the Holy Spirit and God's grace.

Saint Irenaeus (2nd c.)

My beloved Holy Trinity family,

One hundred years ago the first meeting was held to organize a new church community on Pittsburgh's Northside. Using the biblical analogy of the Parable of the Mustard Seed, those faithful and hopeful forebears did just what the Gospel says—they planted a seed:

"The Kingdom of Heaven is like a grain of mustard seed, which a man took, and sowed in his field; which indeed is smaller than all seeds but when it is grown, it is greater than the herbs and becomes a tree, so that the birds of the air come and lodge in its branches." (Matthew 13.31-32)

It may seem like just a part of history, but as we celebrate the continued growth and flourishing of the Christian ministries and faithful witness to the Lord that Holy Trinity Church has become by the grace of God, it makes us even more thankful to think back in the mind of those founders. With few resources and lacking the central organization of a national Archdiocese or local Metropolis in those days, they started with what they had: pennies, faith, hope...and seeds. We are so thankful for their courage. They could not have possibly imagined what would become of those efforts, but they certainly knew this, and we must remember it in all we do, too: **We plant; God grows.**

On Sunday, October 22, 2023, that mustard-seed-now-become-tree stretched out its branches in full glory and embraced everyone from the founders to the just newly-baptized as 100 years of growth yielded a church neither our forebears or us could imagine. What an overwhelming day! To the glory of God, the sacrifices, dedication and love that have sustained this community were crowned by the Lord with the completion of the interior of a church that is both a testimony to Orthodox tradition and a new seed for the next 100 years.

It has been a long road getting here, and now it is time to celebrate and honor. Please place the events of our Consecration and Centennial Weekend as the highest priority on your schedule and in your heart, starting especially with the worship services, which are at the heart of the weekend and of everything we do in the life of Holy Trinity Church.

In just a few days we will see the timeless Church call us to do so in a historic and liturgical motion: the relics of the saints being carried by His Eminence, followed by your priests, our newly-ordained deacon, the acolytes, chanters, choir, parish leaders and all the faithful. It is an action that is biblical in its foundation, contemporary in its action and prophetic in its prayer. May we be led by the intercessions of the saints from our newly-adorned the walls and may we carry the hopes of all the faithful generations to come. Let's plant the seeds of the next 100 years together. God bless you. I love you. See you there!

Pastorally and paternally yours in Christ,

NOVEMBER

WORSHIP LIFE

Weekday Services - November

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. Nov. 8:** The Holy Archangels (SG)
- **Thu. Nov. 9:** St. Nektarios the Wonderworker (SG)
- **Tue. Nov. 14, 6:30pm:** Paraclesis Service to St. Nektarios (SG)
- **Thu. Nov. 16:** St. Matthew the Evangelist (SG)
- **Tue. Nov. 21:** Entrance of the Theotokos (SG)
- **Sat. Nov. 25:** St. Katherine the Great Martyr (SG)
- **Thu. Nov. 30:** St. Andrew the Apostle (SG)

RELIGIOUS EDUCATION NEWS

Church School Starts with Church!

Parents, want to raise your children well in the faith? Always remember, **Church School begins with Divine Liturgy**. So please be sure to have all our students there at 9:30 am each Sunday. The youth sermon—a special time for your priests to teach and connect with our youth—takes place early in the service after the Gospel. Be there! Also, parents and young people please remember that all youth ministries at Holy Trinity Church begin with Church School. All HOPE, JOY, GOYA and Greek Dance children start by being regular attendees at worship services and Church School as part of the Holy Trinity family, together in Christ. Thanks for your faithful participation and witness.

Thanksgiving Food Drive: Feeding Those in Need

From October 29-December 3, the Holy Trinity Church School ministry is once again holding its Fall Food Drive...and again it's Church School vs. the Community! All month there will be two food collection bins in the Gallery during Hospitality Hour: one for Church School collections and the other for the rest of the community. You do not need to have children in Church School to participate. Food will be donated to the Orthodox Christian ministry at the Neighborhood Resilience Project in the Hill District of Pittsburgh. A shopping list of requested Food Drive items can be found at the church office window. Thank you!

YOUTH MINISTRY NEWS

GOYA Parents MeetingNov. 9

Attention GOYA parents: there is a lot going on in GOYA, and we need to be aware of and participate in it. On

Thursday, November 9, there will be a parents meeting at 6:30pm to plan for the Christmas bread project, the upcoming Holy Trinity Metropolis Basketball Tournament (Feb. 17-19), our participation in the other 2024 Metropolis tournaments.

GOYA MeetingNov. 12

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on Sunday, November 12. All Holy Trinity teens (grades 7-12) are invited to attend and participate in GOYA activities.

GOYA Basketball Practice Begins Nov. 13, 20, 27

GOYA will start practicing on November 13 for the 2024 season on Monday evenings from 6:00-8:00pm at North Allegheny Intermediate School (NAI), 350 Cumberland Road, Lower Gym. All teens are invited.

JOY hosts "A Thanksgiving Afternoon"Nov. 19

JOY Youth grades 3-6 will hold a pot luck lunch on Sunday, November 19 and enjoy a movie while preparing gifts for the "Honoring Our Seniors" Christmas Luncheon.

GOYA Turkey BowlNov. 26

GOYA will hold its annual Turkey Bowl Football Game on Thanksgiving Sunday following Divine Liturgy. This is a fun and friendly GOYA tradition, and everyone is invited, players, non-players, cheerleaders, parents and fans! Players should bring a change of clothes and shoes for play. The flag football game will be followed by hot chocolate, meatless "walking tacos" and other goodies. Yum! See you there!

HOPE Parents' "Drop-N-Shop" Night Out Dec. 1

Hey parents, need some time to go out and Christmas shop or just get away for a few hours? Drop your HOPE age children (K-2) for a fun movie and dinner while you get away to shop or dine. Watch for info in the bulletin.

COMMUNITY NEWS & EVENTS

Bereavement Support Ministry November 6

Join us for our upcoming Holy Trinity Bereavement Support Ministry meeting. Our team provides spiritual care to our parishioners and their extended family & friends in times of grief and loss of a loved one. Meetings start at 6:30pm with fellowship and light refreshments. It doesn't matter whether your loss is recent or many years. This valuable ministry offers a safe sharing environment for sharing and caring, and there is no cost for sessions or written materials. Questions: contact Amy Armanious at visitation@HolyTrinityPgh.org.

Military Appreciation Day 2023.....Nov. 12

In observance of Veteran's Day, the Visitation Ministry Team requests your prayers and support once again to honor parishioners, family, and community members who have served and are still serving our country in the military. Our tribute on Sunday, November 12 will include a memorial service for all veterans and fallen heroes, and special recognition of living veterans and active military service members. We will proudly display our military honoree names on the monitors in the Grand Room and Gallery as an offering of love and gratitude for their service. May God bless all those who have served and continue to serve our country!

Fall General Assembly November 19

Please plan to attend the regular Fall General Assembly on Sunday, November 19. An agenda is included in this issue of *The Herald*. The purpose of the Fall Assembly is to review parish life, nominate candidates for the Parish Council and other important committees and hear reports on important parish matters. Please remember that, to vote at an assembly or in elections, you must be a member in good standing. Also, the requirements to run for Parish Council according to the Archdiocese Parish Regulations and the Holy Trinity By-Laws are indicated in the nomination form mailed in the Herald. These include, but are not limited to, being an enrolled member in good standing for three years prior to the date of nomination. Whether taking in a leadership role in a ministry or just getting involved more, the Lord has a calling and a role for every one of us at Holy Trinity Church because you are a part of the Body of Christ and have an important contribution to offer. Pray about it. Are you ready to serve?

Chios Society Celebration.....Nov. 19

The Chios Proodos Society of the Greater Pittsburgh Area will host its annual Celebration of Chios Independence Day on Sunday, November 19, at the Saint Spyridon Church at 1205 Grand Blvd., Monessen. A Memorial Service and Artoclasia will be held at the conclusion of the Divine Liturgy, followed by a luncheon in the hall. Contact Effie Kilantonis at 412-831-3291 for reservations and information by Nov. 8.

Stewardship Update

As reported in the Stewardship Ministry update in this issue, we are around 80% through 2023 but are still seeking 2023 Stewardship pledges from some of our parishioners and 78 of our pledges have not yet met their half of their giving goal, yet our expenses continue to need to be paid. If you have not



your 2023 pledge, please contact the office, use the QR code in the Stewardship report or visit HolyTrinityPgh.org/stewardship. Remember, **a 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 Holy Trinity Stewardship Chairman George Mellis or email him at stewardship@HolyTrinityPgh.org.

Christmas Card FormsDue December 6

If you would like to include your name in this annual community tradition, please be sure to submit your form and donation to the Church Office by December 6. The card will be mailed with the Christmas/New Year bundle.

Holiday Poinsettias Form.....Due December 6

Please consider sponsoring of holiday poinsettias for use in the church during the Christmas and Theophany season. To donate one or more flowers in memory of a loved one or in honor of a special person or event, please complete the form and return it to the Church Office with your donation by December 6. ❖

CONSECRATION WEEKEND — NOVEMBER 4-6, 2023

10 YEARS

HOLY TRINITY GREEK ORTHODOX CHURCH 1923-CENTENNIAL-2023

Consecration/Centennial Calendar of Events

The Consecration Weekend information has been well published for months. The deadline for reserved events has passed. Now is the perfect time to block off that weekend to celebrate the once-in-a-lifetime historic Consecration and Centennial of our beloved Holy Trinity Church with your parish family.

- **Friday, Nov. 3, 7:00pm: Consecration Vespers**
- **Saturday, Nov. 4, 8:00am: Orthros**
- **Saturday, Nov. 4: 9:00am: Consecration Liturgy**
Chief Celebrant: His Eminence Metropolitan Savas
- **Saturday, Nov. 4, 12:00pm: Consecration Luncheon following the Liturgy ***
- **Sunday, Nov. 5, 8:15am: Sunday Orthros**
- **Sunday, Nov. 5, 9:30am: Sunday Divine Liturgy**
- **Sunday, Nov. 5, 5:00pm: Centennial Gala ***

All worship events—and they are the heart of it all—are open to the parishioners and friends of Holy Trinity Church. **Please be there on time as many special parts of the services are at the start.** Other events marked with a * require tickets.

Faith & Family Weekdays

Grow Your Knowledge and Practice of the Faith!

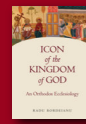
JOM



Journey of Marriage
1st Tuesday, 7:00pm

Marriage seminar aimed at preparing couples for their wedding. Based on the "Journey of Marriage" course by Dr. Philip Mamalakis. Conducted as group sessions with couples to share and grow together. Nov. 7, Dec. 5, Jan. 2, Feb. 6, Mar. 5, Apr. 2, May 7.

ETW



Explore the Word
Wednesdays, 6:30pm

Father Radu leads us through his new book, "Icon of the Kingdom of God." Drawing on a rich knowledge of scripture, the Church fathers, and theologians, learn what the Church is and means to us. Fall dates: Nov. 15, 29, Dec. 6, 13.

MPS



Monthly Paraclesis Service
Second Tuesday, 6:30pm

Join in hymns and prayer, to honor the Theotokos, Saint Nektarios and Saint Paisios of Athos at our beautiful Saint George Chapel. Pray for those in need. Renew your spirit in peace and prayer. Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 12..

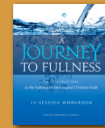
LCC



Liturgical Cooking Class
Dates TBD

Did you know that the Prosforo (bread for the Divine Liturgy), Kollyva (memorial wheat), Artoclasia (for the Blessing of the Loaves) are not bought from a store but made by parishioners? You can learn how to make them, too! Watch for dates of these free classes!

JTF



Journey to Fullness
Mondays (6-week series), 7:00pm

An overview of the Orthodox Christian Faith for newcomers interested in joining or life-long members yearning to deepen their understanding. Format: Videos and Q&A/discussion. Remaining fall sessions: Nov. 13, 20. Repeats May 13, 20; June 3, 10, 17, 24.

P&P



Prayer & Panera
1st & 3rd Thursday, 7:00am

Prayer and Christian fellowship for men. Meets at church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then moves up the hill to Panera for 45 minutes of coffee & conversation. Nov. 16; Dec. 7, 21; Jan. 4 & 18, Feb. 1 & 15 and more.

Orthodox Christian life happens every day, not just Sunday! Faith and Family Weekdays offers many ways during the week to grow in our faith and share in the community life of the Church. Ready to learn more about the Bible, about your Faith, about navigating life's challenges as a Christian, a woman or a man? It's all there.

Newly engaged? Prepare for Christian marriage at the **Journey of Marriage** sessions. Share the journey and grow together with other couples. Spend quiet time in prayer and fellowship time over coffee at the **Saint Nikodemos "Prayer and Panera" Men's Prayer Fellowship**. Learn more about Orthodox faith, history, and worship on the **Journey to Fullness**. There are lots of other opportunities to learn about the Faith, the Bible, marriage and Christian living. Watch the bulletin and check the online calendar at HolyTrinityPgh.org/calendar for details and locations.

AND SAVE THE DATE FOR THIS ANNUAL OUTREACH EVENT: CHRISTMAS CAROLING AT THE SISTERS OF DIVINE PROVIDENCE! WEDNESDAY, DECEMBER 20

The entire community—adults and youth alike—are invited to this special evening of Christian holiday outreach to our neighbors at the Sisters of Divine Providence on Wed. Dec. 20. Meet at Holy Trinity at 6:30pm, then head over to bring Christmas blessings and cheer to these faithful sisters!

Ordination Address of Deacon Matthew Palamara

Your Eminence, I stand before you greatly humbled at the opportunity to serve this parish and the Orthodox Church through the Holy Order of the Diaconate, with your blessing and that of His Eminence Archbishop Elpidophoros.

Through my reflection in preparing for this day, with two school-aged daughters and the recent return of the school year, I am reminded of Holy Trinity's Church School theme for 2023. It is Proverbs 3, verses 5 and 6: "Trust in the Lord with all your heart, and lean not on your own understanding; In all your ways acknowledge Him, and He will direct your paths." It is only now, looking back at my life through the lens of Orthodoxy, that I can see the path that God had set before me... Like a carefully crafted design, leading to this moment.

Though not from this immediate area, I was born just across the street from here, at Passavant hospital. I grew up in rural Saxonburg, only minutes from the Nativity of the Theotokos monastery, the first Greek Orthodox women's monastery in America. As a child, not yet Orthodox, I can remember passing by the monastery grounds on the way to my grandmother's house wondering – "What exactly do those people do there?" Now, decades later, I hope to serve Holy Communion there one day myself.

As a young adult, I moved to Florida,



where God introduced me to my beautiful wife, Nancy. A former atheist who had been led to the Christian faith and would later—through her divinely inspired curiosity—ultimately initiate our journey to the "Fullness of the Faith" in Orthodoxy.

Several years later, my family and I would be "reborn of both water and the Spirit" through baptism in the font of this very church, just behind us. And when the time comes, I hope to be buried just on the other side of the hospital in which I was born, at our

very own St. George Chapel.

Only looking back can I see the path described in Proverbs 3, and how God has watchfully led me down it. And it is this that helps give me confidence that the step I am taking now, though naturally muddled with fears, reservations, and self-doubt, will one day even further reveal God's perfect design for my life.

So many people have asked me, "Are you ready?" And if I am being completely honest, even standing here today I cannot say that, in and of



myself, I am fully ready to be a deacon. But I am sure that I have been called by God to do it, and I have faith that he will once again provide.

Your Eminence, I would now like to take this opportunity to thank some of the people who God has used to make this journey possible.

First, my parents, to whom I owe everything. Without the dedication of my parents to raising me in the Christian faith, I can most assuredly tell you that I would not be here. My mother, an absolute prayer warrior,

has shown her unending love for me and my brothers in her unceasing devotion to our spiritual growth. And my father has spent his life showing me through works, not just words, the example of what a man of God should look like in this age. Thank you, Mom and Dad.

To the Holy Cross Hellenic College Diaconate Program and its brotherhood of diaconate candidates, alumni, and staff – Thank you. Especially Deacon Sal Fazio and Dr. Jim Skedros, who have through the years worked tirelessly to do great

things there—sometimes with limited resources. Also, Deacon Robert Lykos, who has taken his personal time to mentor me outside of the school. And Ted and Mary Ellen Stewart. Ted was my anchor during the first years at Holy Cross and, through that experience, has become a true friend and forever a brother in Christ. And also my brother Jim Keown, who has travelled a long distance this weekend to be with me on this special day. And finally the clergy staff, including Your Eminence, who, through your love for Christ, made yourselves available to provide your divine wisdom and experience to the diaconate students.

And this Holy Trinity parish. I do not need to explain to the members of this church how welcoming, loving, and supportive this community has been to my family and I. Your prayers have held us up. This parish has been nothing but fertile soil for my spiritual growth and has been so unbelievably supportive of me on this journey. here are so many individual people to thank that I would inevitably miss some; but you know who you are, and I love and thank you. In my future service to this parish, I can only hope to give back a portion of what I have already received from you. Please forgive me for my offenses and continue to keep me in your faithful prayers.

Father Cezar and Presbytera Roxana, my Godparents and two of the most faithful Orthodox Christians I know. My path to Orthodoxy was only made possible through the profound example of faith you both had set for me. You have shown me what a true spiritual walk looks like and also taught me what “fellowship” really means.

Father Radu, perhaps my greatest cheerleader throughout this process

and maybe the voice that helped me past the tipping point in my journey to the diaconate. Your mentorship, friendship, and—together with Pres. Loredana—your hospitality, have been an amazing blessing to me and my family.

And Father John. Our parish is so wonderfully blessed by God to have you and Pres. Becky to shepherd this flock. I am absolutely honored to call you my spiritual father and my friend. As this parish well knows, Father John has many gifts, but one in particular—his delicate pastoral approach—not only knowing what to say, but also when to say it, has been one of the greatest blessings to me as I have watched my faith grow through this process. Thank you, Father John and Pres. Becky, for your dedicated and selfless service to our church family. “Χρόνια πολλά”.

And last, we come to my family. My girls, Mia and Lucia, I love you with all of my heart and hope in some way, more than words ever could, that this ordination will act as an example of my commitment to Christ. I pray that God would be a guide and guardian in all your endeavors and lead you in the path of His truth. I pray that you may lead a Godly and righteous life, doing the will of Christ in all things.

And finally, my wife Nancy. I stated earlier that I was not sure if I was ready to be a deacon. Well, I am 100% sure, beyond a shadow of a doubt, that Nancy is ready to be a Diakonissa. And I know all those who have been blessed by her presence in this parish would agree. Nancy has been my rock in all of this. As the most selfless, caring, and multi-talented person I know, I am fully convinced that she is the Virtuous Woman described in Proverbs 31. I have no doubt Nancy will be using these God-given gifts to share in this ministry, continuing to serve our

parish community as she has served my family, out of love. I love you, Nancy.


Your Eminence, I thank you from the bottom of my heart for welcoming me at the Metropolis. Your approachable demeanor and the graciousness of your presence, along with the Chancellor Fr. George and Archdeacon Ryan, has paved the way for this moment, allowing me to cast aside any remaining doubts and focus on the will of God for my life. By God's grace, I look forward to serving

you for many years in the Metropolis of Pittsburgh and learning from your wisdom, and that of the cherished clergy of this community.


I pray that this ministry would only ever be about doing the will of God, and I look forward to making history doing so, as we embark on the beginning of the next 100 years in the life of Holy Trinity.

May all of the glory, honor, and praise forever be with our Lord and Savior Jesus Christ. Amen.

Delivered October 8, 2023 ❖



"FAITH. FAMILY. COMMUNITY."
HOLY TRINITY GREEK ORTHODOX CHURCH
 Our Mission: "To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ."
 Reverend Father John Touloumes, *Proistamenos*
 Reverend Father Radu Bordeianu, *Assistant Priest*



Canonical Witness
Symmarturia

The God-preaching Apostles, and after them the Assembly of the God-bearing Fathers, who ordered all things rightly, canonically directed that no one be deemed worthy of the rank of the Holy Diaconate without a thorough investigation and the careful examination of him, so that the Most Holy Mysteries might not be celebrated by those who are unworthy.


Therefore my spiritual son, Matthew, the son of Eugene and Janis Palamara, born in Pittsburgh, Pennsylvania, United States of America, came before me requesting to receive the great office the Holy Diaconate. Standing him before the holy icon of our Lord and God and Savior Jesus Christ, I searched the depths of his heart.

Furthermore, having learned of his character from trustworthy persons and not finding in him any legal or spiritual impediment, I bear witness that he, being of full age, is worthy of the office of the Holy Diaconate as the Holy Canons dictate.

Therefore, this letter of canonical confirmation and witness has been given to him as my affirmation, made valid by my signature and the testimonies of the aforementioned mentioned witnesses,

At Holy Trinity Greek Orthodox Church in Pittsburgh, Pennsylvania, United States of America, on August 7, 2023.

His Spiritual Father,



Reverend Father John Touloumes
 Protopresbyter

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Deacon 101

What is a Deacon?

What Does He Wear?

What Does He Do?

What Do I Call Him?



The word deacon (in Greek διάκονος) means “one who serves” and it has its beginning in the life of the Church through the election of Saint Stephen and six others to serve the needs of widows and other forms of outreach in the early Church (see Acts 6.14).

In the Orthodox Church, the diaconate is on the one hand the first step of the major orders of clergy in the Orthodox Church. All higher orders—priests and bishops—must first be ordained and serve as deacons. Because Christ came not to be served, but to serve, so too, all those who receive the grace of the Holy Spirit to Holy Orders must, likewise, pass through their service as deacons.

But the Diaconate it is also a permanent office in its own right, as a position for full or part time service to the work of the Church. Originally deacons of the Church assisted the bishops in good deeds and works of charity but later it evolved into an almost exclusively liturgical function, where the deacons assist at the celebration of the Church services, helping in other areas like any other knowledgeable member of the laity.

Ordination of a Deacon

A deacon’s ordination takes place after the consecration of the Holy Gifts during a Hierarchical Divine Liturgy. After being led around the altar thrice, he kneels at the holy altar to await the laying on of hands. His first liturgical act is the final Litany of Thanksgiving before the dismissal of this Divine Liturgy.

The Deacon’s Vestments

Sticharion: All degrees of clergy wear the sticharion. The sticharion is a long-sleeved tunic that reaches all the way to the ground. It is a symbolic remnant of our baptismal garment and reminds the wearer that the grace of the Holy Spirit covers him as with a garment of salvation and joy. For deacons, the sticharion has wide sleeves and is made of a heavier fabric than that of the priest and bishop, who wear their sticharia under other vestments.

Orarion: The distinctive vestment of the deacon is the orarion. The orarion is a long narrow band of material (up to 15 feet long!) that the deacon wears wrapped around his body and draped over his left shoulder. It represents the grace of the Holy Spirit that in ordination anoints the deacon like oil. It is the principal vestment of the deacon and without it he cannot serve. When the deacon leads the people in prayers or invites them to attention he holds one end of his orarion in his right hand and raises it.

Epimanikia: The epimanikia are cuffs that are worn around the wrists, tied by a long cord. These are also worn by the bishop and priest. They serve the practical purpose of keeping the inner garments out of the way during the services. They also remind the wearer that he serves not by his own strength but with the help of God.

Duties of a Deacon

The deacon assists the priest and bishop in the divine services. This includes assisting in the celebration

of all of the Holy Mysteries of the Church, guiding the people liturgically and announcing prayers, reading from the Holy Scriptures during the divine services, keeping the good order of worship, providing directions for the faithful when needed and assisting the priest in the distribution of the Holy Gifts. To do so he is permitted to enter and exit the sanctuary through the Royal Doors in the center, which are only used by ordained clergy. There can also be other tasks related to Church life, with the blessing of the bishop and direction of his priest.

Deacons assist with but are not able to conduct on their own Divine Liturgies, Baptisms, Wedding, Funerals or any other major services.

Addressing and Greeting Deacons

A deacon wears a cassock/anderi or clergy clothing and is properly addressed as “Deacon” followed by his name (in this case, “Deacon Mathew”). The wife of a deacon, like that of the wife of a priest, also has a special title. In this case it is “Diakonissa” followed by her name (in this case, “Diakonissa Nina”).

It is not proper to reverence the right hand of a deacon, as we would a bishop or priest. That act of respect comes as a result of the right hand of those clergy invoking the Holy Spirit upon the Holy Gifts to become the Body and Blood of Christ during the Liturgy. The deacon assists with the gifts but does not consecrate them.

Adapted from the article, “Deacon,” from goodguyswearblack.org. ❖



October 8: His Eminence Metropolitan Savas visited Holy Trinity Church for the Ordination of Deacon Matthew Palamara, and while he was there he tonsured twelve acolytes for service in the church as readers. A prayer was offered and a small clipping of the hair was taken as a sign of servanthood to Christ.

Tonsured that day were: Yianni Anetakis, Vasil Balouris, Luke Caramano, Constantine Dedousis, Mason Dodd, Athan Lupnacca, Sam Paese, Oliver Paese, Ilya Peregoncev, Andrew Stepanow, Christopher Willow and Daniel Willow. May God grant these dedicated young men many blessed years in faithful service to Christ and His Holy Church.



October 8: For the first time in the history of Holy Trinity Church, a “permanent” Deacon has been added to our ministry team! His Eminence Metropolitan Savas ordained Matthew Palamara to the Holy Diaconate in a beautiful and moving service. After testimony by Father John, his spiritual father, the candidate offered himself for service to Christ and His Holy Church. Kneeling at the Holy Altar, he received the laying on of hands according to ancient Apostolic tradition from His Eminence. AXIOS Deacon Matthew! God bless you and your ministry!







It's Our Church

It's Not Free

(So Who's Paying For It?)



PLEDGE NOW!

The Holy Trinity Stewardship Ministry will kick-off our 2024 campaign with Stewardship Sunday on November 19th. The Stewardship Ministry will host the Hospitality Hour that day and will be distributing pledge cards for next year.

As we enter into the next century for Holy Trinity Church, our Stewardship theme for 2024 is **Equipping Holy Trinity's Ministries for the Next 100 Years**. To enable this to happen, this ministry needs to **reach its goal of covering 100% of our Church's operating expenses through Stewardship giving, and offerings from trays and candles**. We can make that happen in 2024!

Right now in 2023, we anticipate that we will reach about **80% of our operating expenses** through Stewardship and trays and candles as you can see from the illustration. This is tremendous progress over the past few years as this represents the **largest pledged amount we have ever had** and expect that it will be the largest amount we have collected for this ministry. We have pledges of about \$423,000 and by the end of year will receive over \$500,000 through Stewardship giving, trays, and candles out of an operating budget of approximately \$650,000. Thanks to all of you for your faithful support!

So why is the title of this Stewardship message, "It's Not Free, So Who's Paying for It?" It is because we still have a ways to go in educating the parish that it is incumbent on us, everyone who attends and participates in the ministries and sacraments at Holy Trinity, to make this happen. We are still reliant on our Greek Festival to make up our annual budget shortfall in operating expenses to equip our ministries for the future, we need this income to be available for outreach, philanthropy and investment in our people and ministries. That can be done by **increasing the number of parishioners that participate in the Stewardship ministry** and reaching those that can give more in order to help pay for all that makes the fullness of our Orthodox Christian life possible at Holy Trinity Church.

We currently have about 260 families/individuals that participate in the Stewardship ministry by making an annual pledge commitment of their time, talent and treasures to the church. They are financially sustaining us all. We know that **there are also many other families and individuals who participate in the life of the church at Holy Trinity—especially younger or new individuals who have not yet realized the need for their support—who have never completed a Stewardship pledge**. Please make this year the time that you become part of the Stewardship ministry of the church in addition to any other participation that you have.

For all of you that are active participants in this ministry, your faithful Stewardship has enabled this community grow and flourish. You have given so much of your time, talents and treasures that we are completing the Church Consecration project as part of our Centennial Celebration, expanding our ministries and serving as Christ commanded us. Now that that amazing project is done, what can you do? We ask that if you have given to the Church Completion and Consecration Fund over the past three years, please consider continuing to contribute those funds going forward as part of your Stewardship commitment. The Completion and Consecration Fund ends this year, and if those that have donated to the fund the past three years roll that into Stewardship, we will meet our goal of completely funding the operating expenses of the church!

As we enter the last couple months of 2023, we urge those who have not submitted pledge cards to please consider making that commitment for this year: it is not too late to do so. We also ask Stewards who have made a financial commitment to be diligent about fulfilling your pledge prior to the end of the year. As the chart to the right demonstrates **there are 78 stewards who have made no or minimal contributions towards their pledge**, yet the bills continue to roll in and need to be paid.

Before submitting your pledge cards for next year, please take time with your

family to prayerfully consider how you can continue to best contribute your time and talents in support of Holy Trinity Church and devote the treasures that God has bestowed upon you to the church as part of the Stewardship program. Orthodox Christian Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith.

Becoming a Steward begins when we believe in God, to whom we together give our love, loyalty and trust and act on those beliefs. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed.

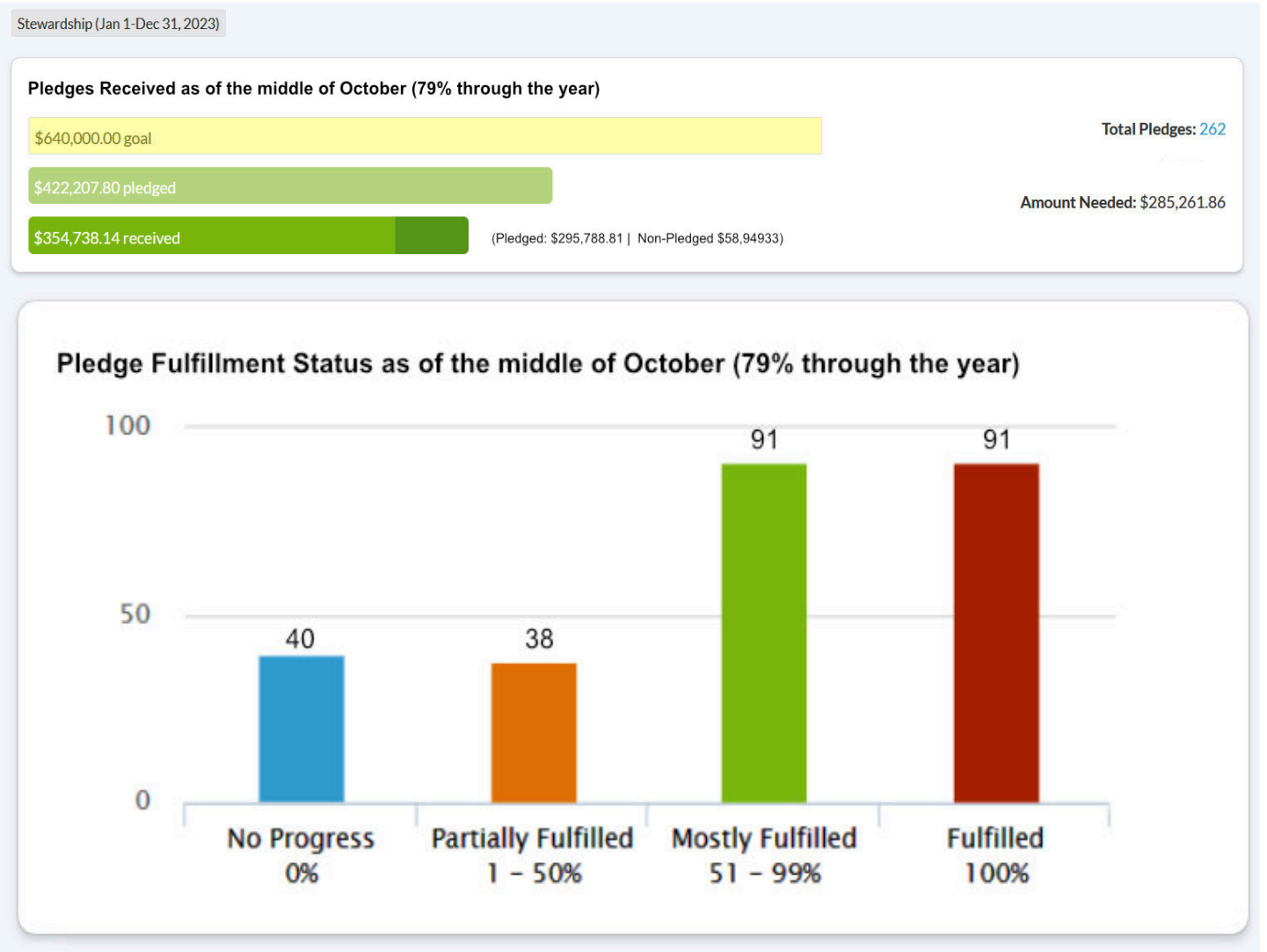
With Realm and all of the on-line options available, pledging

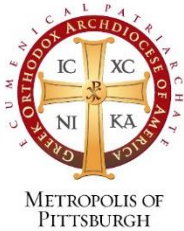
in 2024 will be easier than ever before. Stewards will be able to return their usual paper pledge cards to church or complete their pledge on-line on the Holy Trinity website. We kindly ask you to submit your 2024 pledges by Sunday, December 10, as we will collect and bless the hard-copy pledge cards returned in church that day.

We are grateful for the time you have given and continue to provide in support of our ministries. We hope that you prayerfully feel it in your heart to be as generous with your treasures, as you are with your time and talents. Thank you, good stewards.

Faithfully yours in the service of Christ,
George Mellis, Chairman
and the Holy Trinity Stewardship Ministry ❖

This is where we stand right now. Where do you stand?





"FAITH. FAMILY. COMMUNITY."

HOLY TRINITY GREEK ORTHODOX CHURCH

Our Mission: "To proclaim and live the Orthodox Christian Faith
in its fullness as faithful members of the Body of Christ."

Reverend Father John Touloumes, *Proistamenos*
Reverend Father Radu Bordeianu, *Assistant Priest*



GENERAL ASSEMBLY NOTICE AND AGENDA – NOVEMBER 19, 2023

October 24, 2023

Dear Parishioners,

Our regular Fall General Assembly will be held in the Grand Room on Sunday, November 19, 2023, following the Divine Liturgy. The agenda for the meeting will be as follows:

1. Invocation Father John
2. Election of Chairman of the Assembly
3. Approval of Minutes..... Jeanne Willow
4. Priest's Report..... Father John
5. Parish Council President's ReportGeorge Dickos
6. Selection of the Auditing Committee for 2024
7. Selection of the Parish Council Election Committee for 2024
8. Nomination of Candidates for Parish Council for 2024/2025
9. Reports
 - A. Year-to-Date Financial ReportMichael Passodelis
 - B. Stewardship Committee Report George Mellis
 - C. Cemetery Committee Report Bill Fiedler
 - D. Festival Committee ReportFestival Chairpersons
 - E. Consecration Project Progress ReportJim Balouris
10. Old Business
11. New Business
12. Adjournment and closing prayer Father John

Please be present and participate as part of fulfilling your membership at Holy Trinity Church. Also, please keep in mind that you must be a 2023 Stewardship member in good standing with a signed pledge card to vote.

Sincerely,

+Father John Touloumes
Protopresbyter

George Dickos
Parish Council President

IMPORTANT NOTE: A Parish Council nomination form is enclosed in this mailing. Please note that all members nominated (or interested in being nominated) for Parish Council elections must attend the regional Metropolis Parish Council Candidate Seminar to be conducted on Monday, November 27, 2023, at 7:00 p.m. at Ypapanti (Presentation of Christ) Church, 1672 Electric Ave, East Pittsburgh.

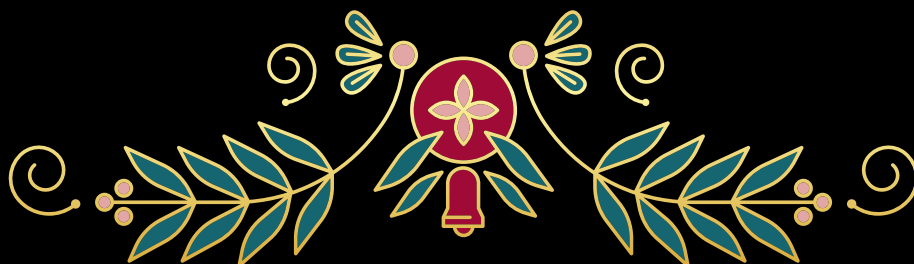
PHILOPTOCHOS PRESENTS AN OFFICIAL HOLY TRINITY CENTENNIAL EVENT

10 YEARS



HOLY TRINITY GREEK ORTHODOX CHURCH

1923·CENTENNIAL·2023



ALL HOLY TRINITY SENIORS ARE INVITED TO JOIN
TOGETHER TO ROUND OUT OUR CENTENNIAL YEAR
WITH AN ANNUAL CHRISTMAS TRADITION:

Philoptochos Seniors Christmas Luncheon



DECEMBER 7, 2023

8:30 ORTHROS/9:30 LITURGY

ST. AMBROSE OF MILAN
& ST. GERASIMOS OF EUBOIA

11:00AM LUNCHEON



Enjoy the company of your Holy Trinity friends!
Dress in your Christmas best! Celebrate the season!

For reservations, contact Yvonne Balouris
at 724-316-2847 by December 1st
Meal choices: Fish or Chicken



Hosted by Holy Trinity Philoptochos

Inner Peace: The Key to True Freedom

**Peace starts with each one of us.
When we have peace in us,
we spread it around to others.**

**Geronda, is it possible to be peaceful
at all times?**

The Holy Fathers tell us that we must preserve our inner peace at all costs and always be joyful, always in a good mood. But even St. John of Kronstadt says, “We are like the weather: now the wind is blowing, a storm is raging, there is thunder and lightning and rain—but then the sun comes out and we feel well. Then another storm comes, and so on.”

He goes on to say that since we are in the body, the atmospheric conditions influence us a lot. When the conditions are good, when the atmospheric pressure is not too high or too low, and when the weather is fine, we also feel well. But when the skies are gray and cloudy, we become depressed. We must learn how to preserve our spiritual balance, and when the weather is cloudy and stormy we must be at peace and be joyful. We must try to always be in good spirits, always joyful, because the spirits of evil want us to be sad all the time.

Geronda, sometimes the most difficult peace to find is at home.

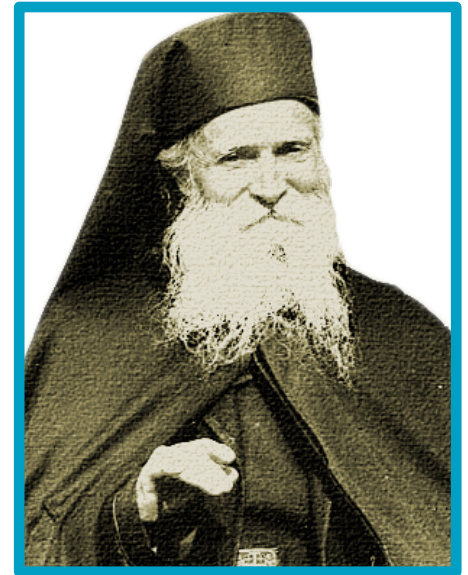
You must strive to have peace in your homes. Peace starts with each one of us. When we have peace in us, we spread it around to others. You can

see for yourself that there are very few humble and meek souls on the earth—but also that they are truly blessed. They will not be offended if you insult them in any way. Whatever way you treat them, they are quiet and peaceful and they are truly sorrowed because you are in such spiritual torment.

Geronda, I often find I do things that steal my peace. Why does this happen?

We are always breaking God’s law. We know that the worldly authorities punish transgressions of civil law and that breaking the civil law can have even lifelong consequences, Spiritual transgressions also have consequences, even greater ones. There can be no peace in the world unless there is inner peace in each one of us.

As St. Seraphim of Sarov says, in order for us to have inner peace and save our souls, we must often look deep into ourselves and ask, “Where am I?” While doing so we must be careful to guard our senses, especially our eyes, so that they may be to our spiritual benefit. Gifts of Grace are given only to those who



Elder Thaddeus of Serbia

work for them by constantly guarding their souls.

**Geronda, how can I find peace with
so much noise around me?**

Here on earth we are given the chance to conquer all evil with peace and stillness. We can have peace when we live in surroundings that are peaceful and quiet, but that peace is not as stable and as permanent as the peace we acquire while living in chaotic conditions. When you move from quiet surroundings to chaotic ones, your mood changes instantly and you become irritable—all of a sudden evil thoughts assail you, and your mind is in hell. That is the end of our peace. This is why the Lord guides us through sufferings and sorrows—so that we may, through them, acquire real peace. Without Him we would not have the strength to overcome these things

You should learn to love little things. Always try to be modest and simple in everything. When the soul is mature, God will give it peace. The Lord looks upon us and is pleased when we yearn after His peace. ❖

Excerpted from
Our Thoughts Determine Our Lives

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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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!

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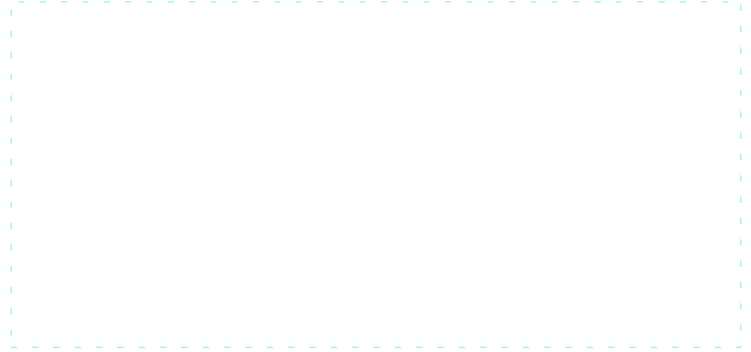
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A CENTENNIAL LOOK BACK: THE NORTHSIDE CONSECRATION

Consecration is appropriately described as a “once in a lifetime” experience. But that doesn’t mean once in the lifetime of a person. Or a parish. It is **once in the lifetime of a church building**, also known as a “Naos,” a temple of God.

For the Holy Trinity community, the 2023 Consecration of our new North Hills location is the **fourth** consecration in our parish’s history:

Circa 1931: Consecration of the 606 Sandusky Street church

1961: Consecration of the 302 West North Avenue church (see right)

2019: Consecration of the Saint George Chapel located at Holy Trinity Cemetery

2023: Consecration of the new Holy Trinity Church, North Hills.

PITTSBURGH POST-GAZETTE: SATURDAY, APRIL 29, 1961

To Dedicate New Greek Church Here

**Archbishop Iakovos
To Head Northside
Consecration Rights**

Archbishop Iakovos, head of the Greek Orthodox Church of North and South America and Bishop Theodosios, of Agona, bishop of Pittsburgh, will consecrate the new Holy Trinity Greek Orthodox Church, West North Avenue, Northside, at special services tomorrow morning.

The consecration services will open with the 8:30 a. m. Matin services. At 10:30 a. m., Archbishop Iakovos and other church dignitaries will lead the procession of the Holy Relics around the church. This will be followed by the blessing of the corners of the church.

Pastor to Assist



Archbishop to bless new Holy Trinity Greek Orthodox Church tomorrow morning