



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

February 2024  
Volume 32 | Issue 2

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of Marriage

## PHOTO OF THE MONTH



JOY Caroler Matthew greets the Sisters of Divine Providence residents during the Christmas Caroling event. See more photos of this and other community life events on pp. 6-9.



## Saint Haralambos the Hieromartyr - February 10

Icon from the walls of Holy Trinity Church. Iconographers: Dr. George Kordis and Team

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



Father John Touloumes  
Proistamenos

**E**ach of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

**1 Peter 4.10**

My beloved Holy Trinity family,

"I would love to help." Of the many wonderful things we are blessed to hear as priests, that expression is one of the most treasured, appreciated and powerful.

A community of over 300 families such as ours takes a lot of work to maintain, and it takes even more work to grow. And that means lots of volunteers and support are needed. When the tens of thousands of friends of Holy Trinity Church pass through our festival each year, one of the consistent comments we hear is, "How do you get so many people to volunteer and make this possible?" As I have said many times over during our opening blessing service, it really comes down to this: "We love our Church!"

Beyond the festival, there are so many opportunities to serve Christ through His Holy Church and to be blessed by those offerings of time, talents and treasures. During our recent Vasilopita celebration, there were dozens of ministries represented and likewise dozens of faithful and dedicated volunteers who make those ministries possible. Thank God for them all!

Whether it is time, talents or treasures, the Bible has many ways of affirming the good that comes from giving of ourselves to the Lord, His Holy Church and those we serve:

- "Remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'" (Acts 20.35)
- "Give, and it will be given to you. Good measure, pressed down, shaken together, running over, will be put into your lap. For with the measure you use it will be measured back to you." (Luke 6.38)
- "Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God." (Hebrews 13.16)
- "Each one must give as he has decided in his heart, not reluctantly or under compulsion, for God loves a cheerful giver." (2 Cor. 9.7)

The love the members of the Holy Trinity family offer so freely to this Church is sometimes so powerful it is overwhelming. There are times it makes me smile; there are other times it bring me to tears of joy to see the inspiration and love that powers it all through the working of the Holy Spirit in the hearts of our members, stewards and volunteers.

Whether it is in the worship services, at ministry activities and meetings, helping with maintenance or "whatever gift you have" and any other way you offer that help, support and love...thank you and God bless you! This Church would not be the same without you!

As we continue to successfully climb "Stewardship Independence Mountain" this year to fully demonstrate to the Lord and to the world our love for Him and His Holy Church, may God be glorified and may our witness be a light for all to know, "We love our Church!"

With paternal love in Christ our Lord,

**Now in our 101st year!**  
**1923-2024**

**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.**



# FEBRUARY

## WORSHIP LIFE

### Weekday Services - February

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](http://HolyTrinityPgh.org/calendar) for updates. (HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Thu. Feb. 1 - 6:30pm Great Vespers - Presentation of the Lord (Ypapanti)**
- **Fri. Feb. 2 - 8:45am Orthros/10:00am Liturgy - Presentation of the Lord (Ypapanti)**  
*Both the above services will be held at the Presentation of Christ Church in East Pittsburgh for its nameday.*
- **Sat. Feb. 10: St. Haralambos the Hieromartyr (HT)**  
*Note location: Relics of the Saint are in the Holy Altar Table of Holy Trinity Church.*

## RELIGIOUS EDUCATION NEWS

### Church School Starts with Church!

Attention all Holy Trinity parents and youth: 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, so they won't want to miss that. Also, parents and young people please remember that all youth ministries at Holy Trinity Church begin with Church School. Thanks for your faithful participation!

## YOUTH MINISTRY NEWS

### GOYA Meeting .....February 11

The GOYA teen ministry will be holding its monthly meeting on Sunday, February 11, in the Conference Room following Church School. All teens are invited to attend.

### GOYA Basketball Practices .....Feb. 5, 12

GOYA will hold basketball practice at North Allegheny Intermediate School (NAI), 350 Cumberland Rd, Lower Gym, from 6:00-8:00pm on the above dates. Watch the GOYA email list for updates and details.

## COMMUNITY NEWS & EVENTS

### Holy Trinity Hosting GOYA Tournament.... Feb. 16-18

Save the dates for the upcoming Holy Trinity hosted GOYA Basketball Tournament to be held February 16-18, 2024! We are making plans to welcome over 400 GOYAns, clergy,

coaches and chaperones from 11 parishes throughout the Metropolis. To make the tournament a success, the GOYA will need help from everyone in our community.

Volunteers will be needed to run the clocks and keep score, oversee gyms & hotels, serve as medical points of contact at the gyms, sell concessions and prepare and serve meals. Please volunteer online for one or more duties at [HolyTrinityPgh.org/volunteer](http://HolyTrinityPgh.org/volunteer). Contact Tournament Chairperson, Penny Balouris at 724-813-5726 for more information.

### Parish Council Elects Officers for 2024

Congratulations to the newly-elected Parish Council officers for 2024. They are: President - Anthony Balouris; Vice-President - Jeanne Willow; Treasurer - George Mellis; Secretary - Andrew Fournaridis. May God's blessings be on them and the entire Parish Council as they set the model of servant leadership for the entire parish!

### Holy Trinity on Pittsburgh Faith & Family Channel

Holy Trinity Church services have been on the Pittsburgh Faith and Family Channel for a number of years. Our services are broadcast on Sundays at 2pm, Tuesdays at 4am and Fridays at 11am. They can be found on Armstrong channel 95, FIOS channel 472 and Comcast channel 1185.

### Reminder for Church Facilities: Reservations Required

As parish activities resume their full schedule, please remember that if your ministry or committee is planning a meeting or activity to be held at the church, reservations for rooms and event spaces are required. Contact Office Administrator, Mary Portellos (412-366-8700 or [office@HolyTrinityPgh.org](mailto:office@HolyTrinityPgh.org)). Thank you for your help!

### Keeping Holy Trinity "Like New" Is Up to You

When, by God's grace, we moved into our beautiful new church and center 11 years ago in 2013, we committed as a Holy Trinity family to do our best to always keep the entire facility in "Like New" condition. Keeping that commitment is up to all of us. It means leaving things as clean and organized, and even better than when we found them. When using kitchen items, please be sure they are cleaned and put back in their place. When using any rooms, please return the furniture to its place and be sure the floors are free of litter. It also means notifying the church office of any maintenance needs as they are discovered. As we move into our second decade here, let's all double down on that effort so these beautiful facilities are looking as good or better than the day we moved in. Thank you for your support and love!

### Hospitality Hour Hosts Needed

Thank you to everyone who has stepped up to host our reformatted "Hospitality Hour" following our Sunday Divine Liturgies. There are a number of available Sundays in the Spring. Remember a loved one. Celebrate a special event. Share your hospitality with the community. Contact Stacy Dickos at 412-298-9409 or email her at [hospitality@HolyTrinityPgh.org](mailto:hospitality@HolyTrinityPgh.org) to reserve.

### 2024 Pilgrimage: "Greece By Faith" .... Sep. 23-Oct. 4



The Holy Trinity Pilgrimage Ministry is pleased to announce its 2024 Pilgrimage: "Greece By Faith." Many people visit Greece for its beautiful beaches and picturesque islands, and some still have family ties there, but how about seeing Greece through the eyes of faith? Explore it through its Orthodox Christian heritage as we visit famous sites

such as Kefalonia (St. Gerasimos), Aegina (St. Nektarios), Meteora (monasteries), and of course we'll visit the Acropolis and many other cultural and historic sites. Whether it's your first trip or you go often, you haven't seen Greece like this before! Think of it as "Ionian Village for Adults!" For information, visit [HolyTrinityPgh.org/2024-](http://HolyTrinityPgh.org/2024-)

greece. **Important: This trip is almost sold out. Reservations with deposit are being accepted on a first-come, first-served basis, so if you're interested, don't wait!**

### 2024 "Stewardship Independence" - Pledge Today!

Thanks to the dedication and offerings of so many faithful stewards, Holy Trinity Church 2023 was a record Stewardship year. It is, however, still not where we need to be. The Stewardship ministry is raising awareness that even with that level of support, we still are not doing everything we can to keep our church opening and ministering without outside financing. We can and must do better, and we invite all Holy Trinity Stewards to make a 2024 "Stewardship Independence Pledge" this year. The results so far are promising and demonstrating a love for this community that is truly inspiring. Remember, you and your family are an essential part of the effort as part of the Holy Trinity family! To make your pledge, visit [HolyTrinityPgh.org/pledge](http://HolyTrinityPgh.org/pledge).

Please also remember that every active steward and member of Holy Trinity Church already has a Realm account. You may access your account by visiting [HolyTrinityPgh.org/realm](http://HolyTrinityPgh.org/realm) and click "Sign in". Never logged in? Just enter your email address and click "Forgot Password" and enter your email address. Still can't access? Send a message to [realm@HolyTrinityPgh.org](mailto:realm@HolyTrinityPgh.org). ❖





# Faith & Family Weekdays

## Grow Your Knowledge and Practice of the Faith!

### JOM

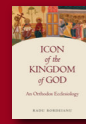
**Journey of Marriage**  
1st Tuesday, 7:00pm



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. 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. Upcoming dates: Feb. 7, 21, 28, May 15, 22, 29.

### 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. Feb. 13, Mar. 12.

### LCC

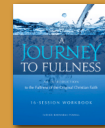
**Liturgical Cooking Class**  
Dates TBD



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. Upcoming Spring sessions: 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. Feb. 1, 15, March 7, 21, April 4, 18 & 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. Explore the Bible. 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 opportunities to learn about the Faith, the Bible, marriage and Christian living. Watch the bulletin and check the online calendar for details.







January 7: Philoptochos hosted the annual Vasilopita celebration, which was held in the Grand Room following Divine Liturgy. Representatives from all the ministries of Holy Trinity Church received a piece from the Saint Basil bread. Happy New Year!

January 7: The Holy Trinity 2024 Parish Council was installed following the Divine Liturgy. Pictured with Father John and Father Radu are (L-R): Alexander Anetakis, Tom Germanos, Dean Pas-sodelis, Evan Danis, Andrew Fournaridis, Jeane Willow, Anthony Balouris, Ashley Bournias, George Dickos, Christopher Sarandou, George Mellis, Michael Pas-sodelis and George Danis. Congratulations and thank you to all our Parish Council members, who have been elected by the community as servant leaders. May God bless their offerings of love, and may we all be available to help them when called upon to support the Church!











December 20 (above): Holy Trinity Christmas Carolers brought Christmas joy to our neighbors, the residents of the Sisters of Divine Providence. This has been an annual tradition that both we and the sisters look forward to and truly enjoy. December 31 (below): Ministry leaders assisted Father John in delivering the final homily of the year as they participated in an end-of-year review of "What Your Good Stewardship Made Possible in 2023," highlighting the many blessings of faith and life at Holy Trinity Church.











The Holy Trinity GOYA & Philoptochos will be filling boxes for

# The Jared Box Project

to help lift the spirits of children in the hospital

Jared Boxes are plastic shoeboxes filled with small gifts, games, books & other fun activities that are given to children in the hospital to provide a fun diversion.

The boxes will be assembled as a service project during the Holy Trinity hosted GOYA basketball tournament February 16-18, 2024.

We are collecting items for tween & teen boys & girls (8 years old and up):

Crayons, markers, colored pencils, pens, coloring books, word searches, doodle pads, writing journals, Silly Putty, stuffed animals, card games, LEGO kits, puzzles, brain games, books, magazines, lip balm, lotion, fun socks, colorful pillowcases, jewelry making kits, craft kits, paint sets, reusable water bottles.

Other items that are labeled as suggested for teens. Items don't need to be expensive. The dollar store has lots of great options!

**IMPORTANT:** All items must be new. No food items. No tiny items due to choking hazards. No snow globes or glass items that can break. No pencil sharpeners. No bubbles. No holiday items.

Keep in mind, toys need to fit into a plastic shoe box

## YOU CAN HELP!

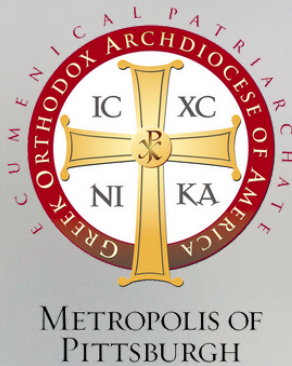
- ✓ Learn more at: <https://thejaredbox.org>
- ✓ Purchase dollar store items & drop off in the Gallery between Jan 7 - Feb 11, 2024, or
- ✓ Purchase items from our Amazon Gift Registry "Holy Trinity Pittsburgh GOYA" or by using the QR code



Contact Nicole Steiner 412-352-0289 for more info



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



**MAY 18 2024 • 4:00 PM**  
**DOUBLETREE BY HILTON**  
**PITTSBURGH-CRANBERRY**

910 Sheraton Drive, Mars, PA 16046

**Online reservation:**

**[tinyurl.com/stphotiosawardsreg](https://tinyurl.com/stphotiosawardsreg)**

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

**Reservation & Sponsorship**

**Deadline: April 28**

**No Refunds available after May 4  
or 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'**

**Banquet Co-Chairpersons:**

**Archdeacon Ryan:**

**412 621 5529**

**[rgzikowski@pittsburgh.goarch.org](mailto:rgzikowski@pittsburgh.goarch.org)**

**Marianne Stearns:**

**412 600 2159**

**[mstearns@nauticom.net](mailto:mstearns@nauticom.net)**



# **10<sup>th</sup> ST.** **PHOTIOS** **AWARDS** **BANQUET**



**NET PROCEEDS TO BENEFIT  
THE METROPOLITAN'S BENEVOLENCE FUND**

**[pittsburgh.goarch.org](https://pittsburgh.goarch.org) | 412 621 5529  
contact: [lhenry@pittsburgh.goarch.org](mailto:lhenry@pittsburgh.goarch.org)**

# Stewardship 2023 Year-End Roster

Rev. Fr. John & Presvytera Becky  
Touloumes  
Rev. Fr. Radu & Presvytera Loredana  
Bordeianu  
Rev. Fr. George & Presvytera Evangelia  
Daskalakis  
Dn. Matthew & Diakonissa Nina  
Palamara

Dr. Andrew & Mrs. Anna Abboud  
Eleni Valliant Abdalah & Joseph  
Abdalah  
Mark & Teddi Adamczyk  
Mr. Sotiris & Mrs. Amy Aggelou  
Ms. Gabrielle Alberty  
Victoria & Justin Ambrose  
Mr & Mrs Victor Amurgis  
Georgiana Anargyros  
Bea Andromalos  
Mr. Michael Andromalos-Dale  
Ms Victoria Andromalos-Dale  
Ethel Androustopoulos  
Drs. Alexander & Katherine Anetakis  
Tiffany Ann  
Mr. & Mrs. Henry William Areheart  
Mr. & Mrs. Mark Armanious  
Mr. & Mrs. Vasilios Athanas  
Mr & Mrs Harry Athanasiou  
Desi Austin  
Mr & Mrs Alvin Backeris  
Anthony & Alexandra Balouris  
Chris & Kathy Balouris  
Dr. & Mrs. Constantine Balouris  
Eleni Balouris  
Mr. & Mrs. Chris T. Balouris  
Mr. & Mrs. James T. Balouris  
Mr. & Mrs. John R. Balouris  
Mr. & Mrs. Nicholas A. Balouris  
Mrs. Katherine Balouris  
Ms. Polyxeni Balouris  
Lynn & Ethel Barker  
Anastasia & Joseph Barron  
Anne-Marie Battaglia  
Art Beckas  
Olga Beckas  
Victoria and Maurice Bedel  
Dr. George Bellios  
Connee Bistolas-Walters  
Mr. Michael Bober

Mrs. Athena Bober  
Mr. Todd Bogdanovich  
Ms. Pamela Bolkovac  
Dr & Mrs Reggie Bonfield  
Dennis Bossick & Penny  
Fakles-Bossick  
Mr. & Mrs. Michael Bounos  
Dr. & Mrs. Alexander Bournias  
Mr. & Mrs. Michael Bournias  
Marie Bouzos-Reilly  
Mr. & Mrs. Robert Brewer  
+ Sophia Bridoux  
Dr. Clifford Brubaker &  
Dr. Sondra Balouris  
Mr. & Mrs. Anthony Cameron  
Mr. & Mrs. Jonathan Caromano  
Mr. Peter Castellano  
Mr & Mrs Charles Chapas  
Mr & Mrs James Chapas  
Mr & Mrs William Chapas  
Mr. Thomas J. Chapas  
Mr Louis Cherpes  
Mr John Clayton  
Ms. Sherry Clayton  
Mr. & Mrs. Steven E. Cole  
Mr. & Mrs. Ryan Copeland  
Kate Csontos  
George & Sophia Danis  
Mr. & Mrs. Evan Danis  
Mr. & Mrs. Peter Dedousis  
Helen DeMoss  
Christine Dickos  
George & Stacy Dickos  
Samuel Dickson  
Mr. & Mrs. Nikolas Doris  
Mr. & Mrs. Jeff Duroske  
Josh & Margo Elliott  
Michael Erdeljac  
Mr & Mrs Frank Erdeljac  
Teddy Fakles  
Mr & Mrs Christian Farmakis  
Mr. & Mrs. Matthew Ferrari  
Bill & Tina Fiedler  
Carol Fiffas  
Mr. & Mrs. John W. Fitzpatrick  
Mr. Brian & Mrs. Angie Fitzpatrick  
Todd Fleming & Melissa Karidis  
Mr. Andrew Fournaridis &  
Ms. Anna Mamo

Andreas and Valori Fournaridis  
Mr. & Mrs. John Franciscus  
Tessie Frankos  
Lauren and Gerald Freismuth  
Connie Fries  
Diana Fries  
John Fries  
Yianni & Marika Gagianas  
Benjamin & Sasha Gajewski  
James Gambieris  
Mr & Mrs Markos Gambieris  
Joan Gatsiopoulos  
Gregory Geanopulos  
Mr & Mrs Thomas Geanopulos  
Mr. & Mrs. George Geanopulos  
Effie Geanous  
Fabiola Georgallis  
George & Arnette Georges  
Dr. and Mrs. Mark Georgiadis  
Jamie Georgiadis  
Mr & Mrs Basil Georgiadis  
Mr & Mrs Gus Georgiadis  
Mr & Mrs Steven Georgiadis  
Mr & Mrs Thomas Germanos  
Mr & Mrs Peter Giannoutsos  
Spiros & Stacey Giannoutsos  
Mr. & Mrs. Jason Gidas  
Mr. & Mrs. Gary Glew  
Mr. & Mrs. Peter Glyptis  
Eugenia Graser  
George Gregorich  
Mr & Mrs Timothy Gross  
Constantinos & Lorraine Hadjipanayis  
George & Anna Halkias  
Pennie Hareras  
Voula Hareras  
Mr. & Mrs. John Anthony Hastings  
Michael Heinz  
George & Amanda Hulse  
Mr & Mrs Carlo Iasella  
Dr. Kristina Johnson  
Mr & Mrs James Johnson  
Mr. & Mrs. George Kachulis  
Mr & Mrs Nick Kakavis  
Gus Kalaris  
Mr & Mrs Evangelo Kaparakos  
Dr. Anastasios & Dr. Yenny Kapetanios  
Dr. & Mrs. Gregory Karabin  
Irene Karavolos



Thank you to the following faithful stewards who submitted a 2023 Stewardship pledge. Building on your love for your Church, please join them in their support for the ministries of Holy Trinity and complete your 2024 "Stewardship Independence" pledge today by card or using Realm online or in the Realm app!

Mr. & Mrs. George Karpakis  
 Dr & Mrs James Kermes  
 Dr Imad Alizray and Ms Zelfa Khalil  
 Gus & Effie Kilantonis  
 Mr. & Mrs. Lazarus Kirifides  
 Mr. & Mrs. James Kolovos  
 Fanny Kostos  
 Elenie Kourouklis  
 Vasso Kourouklis  
 Dr & Mrs Dimitris Kraniou  
 Mike & Julie Kritiotis  
 Irene Kukunas  
 Mr. & Mrs. James Kukunas  
 Stephen Kukunas  
 Esther Ladakos  
 James Lakes  
 Brian Lamaj  
 Mr & Mrs Chris Lamorey  
 Mr. & Mrs. Philip LeDuc  
 Mr & Mrs Michael Leist  
 Nektarios & Jill Leontiadis  
 Anthony & Amy Loomis  
 Mr & Mrs Louis T. Loomis  
 Mr. and Mrs. Chris Loomis  
 Nick Loomis  
 Douglas Lupnacca & Vaia  
 Kolovos-Lupnacca  
 Mr. & Mrs. Bryan Mackrell  
 George & Mary Magnone  
 Curtis Magnuson  
 Mrs. Anita Sinicrope-Maier  
 Mr & Mrs David Majcher  
 Anne Manis  
 Gregory & Karen Manis  
 Nick & Sarah Manis  
 George Manolagas  
 Mr. & Mrs. George Manolukas  
 John & Agnes Markanich  
 Mr. & Mrs. Robert Marsh  
 Maria Mason  
 Mr & Mrs John McCann  
 George & Veronica Mellis  
 Milita Mellis  
 Mr & Mrs Jeff Mercadante  
 Mary Mermigas  
 Mr. & Mrs. James Mermigas  
 Mrs. Arlene Metropulos  
 Herb Miller & Georgia Beckas Miller  
 Mr & Mrs Meno Mitaras  
 Mr. & Mrs. Eric Mitchell

Greg Morris  
 Thomas Mourtacos  
 Mr & Mrs George Nakis  
 Mr & Mrs Mark Opacic  
 Mr. & Mrs. Richard Paese  
 Gen. & Mrs. William Pagonis  
 Michael Pagonis  
 Mr & Mrs William Pagonis  
 Mr. & Mrs. George Pandelios  
 Mr. George Pantelakis  
 Mr & Mrs Paul Pantelas  
 Ronald Pantelas  
 Dimitri Pantzoulas  
 Mr. & Mrs. Danny Papakalos  
 Dr. & Mrs. Robert Papas  
 Loukia Papatheodorou  
 Mr & Mrs Andrew Pappas  
 Anthony Pappis  
 Michael Pappis  
 Orestes & Arlene Paras  
 Lou Parikakis  
 Basil Paschaledis  
 Mr. & Mrs. Constantine Passodelis  
 Mr. & Mrs. Michael Passodelis  
 Mr. & Mrs. George Pastor  
 Jim Patsilevas  
 Gregory & Kelly Karavolos-Pefferman  
 Athena Petredis  
 Charlie & Jan Petredis  
 Christian Petredis  
 Mr. & Mrs. Charles W. Petredis  
 Mr. & Mrs. John Petropoulos  
 Mr. & Mrs. Joseph P. Phaturos  
 John & Pamela Phillips  
 Elizabeth & Anthony Pickios  
 Mr. & Mrs. Stephen Pickios  
 Helen Piso  
 Rania Pontikos  
 Christine Pusateri  
 Katina and Salvatore Re  
 Matthew Reed & Amy Brock-Reed  
 Mr & Mrs Stephen Roman  
 Nick & Jane Sarandou  
 Angeliki Scoumis  
 Dr. & Mrs. Dean Scoumis  
 Eileen Sedor  
 Mr. & Mrs. Stephen E. Sedor  
 and Valentina  
 Stephanie Sedor  
 Demetra Serviou

Mr & Mrs Emmanuel Sideris  
 Brett & Stephanie Spagnola  
 Theone Stateson  
 Robert & Marianne Stearns  
 Christine Metropulos and Dave Steiner  
 Mr. & Mrs. Craig Steiner  
 Dr & Mrs Samuel Stepanow  
 Mr. & Mrs. Kirk Stephen  
 Mr. & Mrs. Daniel C. Stephenson  
 Theodore & Mary Ellen Stewart  
 Shayne and Elizabeth Stiger  
 Jon & Judith Stipanovich  
 Brian Tabb & Elaina Balouris Tabb  
 Nicholas & Maria Terezis  
 Mr & Mrs James Thomas  
 Mr. & Mrs. James Thomas  
 Mrs. Georgia Touloumes  
 J. Peter Roll & Irene Tsironis  
 Mr and Mrs Michael Tzanakakis  
 Mr & Mrs Gerri Valliant  
 Chad and Alecia Vomer  
 Maria & Alex Voukounas  
 Joseph and Christina Waters  
 Joanne Watson  
 Elaine Weaver  
 Miss Mary-Magdalene Welsh  
 Mr & Mrs Eric White  
 Daniel & Jeanne Willow  
 Mr. & Mrs. Michael Zagnacky  
 Mr & Mrs George Zappas  
 Rick and Theodora Zika  
 Dr & Mrs Antonios Zikos  
 Anna Zissis  
 + Mr. Anthony Zissis  
 Mr & Mrs Louis Zozos  
 Deborah Zuniga

Haven't submitted your pledge yet?  
 Visit [HolyTrinityPgh.org/pledge](https://HolyTrinityPgh.org/pledge)



**PLEDGE NOW!**

TO GOD BE THE GLORY! ❖



# Discovering the Deep Heart

**Sin can never attract the blessing of God, so unless we keep our hearts alive and alert, we will eventually become strangers to Him.**

**H**ow awesome, yet how hard it is to stand before the judgment of God! And it will be especially so on the day of our departure from this world. Our strength at that dread hour will come from steadfast loyalty to the Lord during our earthly sojourn having preferred Him above all in times of temptation. If we are faithful to the Lord He will be with us not just for a time, or for the duration of our temptations, but for all eternity.

**Geronda, I want to remain faithful to God in all things, but sometimes I stray. Why?**

When we begin to take for granted the grace which God gives us at the beginning and the state of heart that this inspires, this is the beginning of a slide into negligence which leads us back into the ways of the world. We begin to ignore and forsake our heart; we no longer discern the change that the presence of the Spirit of God has wrought in us.

We then turn to rules and regulations to make up for our loss, and it is only a matter of time before we become self-satisfied in our observance of them, perhaps even believing that our salvation is thereby guaranteed. And since we no longer possess the treasure of divine consolation, we easily slip even further down to a way of life that is unworthy of our calling. But it need not be like this.

**How can I avoid this?**

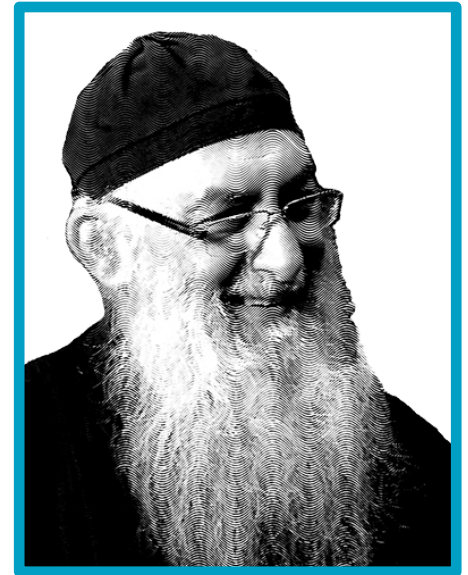
Unless we endeavor to live within our

heart, we remain blind to our untamed passions. The inclinations of our heart and mind remain beyond our control. We sin whether we want to or not. Sin can never attract the blessing of God, so unless we keep our hearts alive and alert, we will eventually become strangers to Him. The Scriptures say that “the heart is deep.” God honors this “deep heart” of man. All heaven hearkens to a deep heart thirsty for God and ready to receive Him. But if our heart is indifferent to God, we are worth little more than dust and ashes. We must attend to our heart and cultivate it, for the hidden man of the heart is very precious in the sight of God. May God give us such a heart, a deep heart that is capable of divine and spiritual sensation!

**That sounds beautiful. How do I enter my “deep heart?”**

We learn to enter into our “deep heart” through personal prayer in our rooms and attendance at church services. And if we take courage and enter therein, we shall behold the great miracle of the union of our life with God’s Life, for this takes place in the heart of man. Indeed, the aim of our entire ascetic struggle—our fasts, vigils and prayers—is to reveal the heart, to unearth it.

Above all we must practice obedience and live in the humility that comes of doing someone else’s will. Obedience is a shortcut to the heart, because humility detects and locates the heart and brings it to the surface. It can



Archimandrite Zacharias of Essex

then be cleansed of sin and set free to invoke the Name of the Lord unto salvation. And this prepares it for the indwelling of the Holy Spirit.

**Are there tools I can use to do this?**

If we are to cultivate the soil of our hearts we will first need a plow, and our plow must be the Cross of Christ. This will lead us into obedience to His word and we will take up our own cross. No one can carry the Cross of Christ.

We bear our small personal cross in obedience to Christ’s commandment. This cross is the pain and sacrifice involved in freeing the heart from passionate attachments and secret deceptions, that it may run freely after its beloved God and call upon Him. It will have room for nothing but a yearning for God by which to invoke His Name. The one desire of the heart is to be one with Him Who joined Himself to our nature, bringing into it all His divine virtues so that we might become “partakers of the divine nature.” Thus, by taking up our small cross, we inherit the life hidden in His great Cross. ❖

Excerpted from  
*Remember Thy First Love*

## THE HOLY TRINITY

**HERALD***Faith. Family. Community***About the Herald**

The Herald is the Monthly Newsmagazine of  
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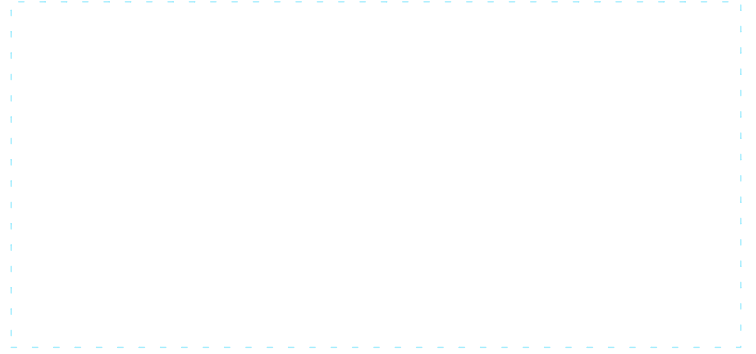
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## THE GREAT SECRET OF MARRIAGE

Marriage is major vehicle for the Gospel's remaking of your heart from the inside out and your life from the ground up.

The reason that marriage is so painful and yet wonderful is because it is a reflection of the Gospel, which is painful and wonderful at once. The Gospel is this: we are more sinful and flawed in ourselves than we ever dared believe, yet at the very same time we are more loved and accepted in Jesus Christ than we ever dared hope. This is the only kind of relationship that will really transform us. Love without truth is sentimentality; it supports and affirms us but keeps us in denial about our flaws. Truth without love is harshness; it gives us information but in such a way that we cannot really hear it. God's saving love in Christ, however, is marked by both radical truthfulness about who we are and yet also radical, unconditional commitment to us.

The hard times of marriage drive us to experience more of this transforming love of God. But a good marriage will also be a place where we experience more of this kind of transforming love at a human level.

This is the great secret! Through the Gospel, we get both the power and the pattern for the journey of marriage.

Timothy and Kathy Keller, "The Meaning of Marriage"