



THE HOLY TRINITY

HERALD

Faith. Family. Community

May 2025
Volume 33 | Issue 5

"Pascha has opened for us the gates of Paradise"

INSIDE

- Father John's Message | 2
- News & Events | 3
- Father John's Homily: Signs | 4
- Stewardship Update | 6
- Journey to Fullness | 7
- Orthodox Education Spring Series
- Community Life | 8
- Photo Journal
- 2025 Lenten and Paschal Donations | 20
- Festival Cooking Schedule | 23
- 2025 Scholarship Opportunities | 24
- Ask the Elders | 26
- Speaking to Children | 28
- About the Ascension

IMPORTANT NOTICE:

JUNE 1, 2025
SPRING GENERAL ASSEMBLY
NOTICE & AGENDA ENCLOSED

PHOTO OF THE MONTH



Two of our enthusiastic young palm-makers prepare Crosses for Palm Sunday. See more Community Life Journal photos on pages 8-19.





Father John Touloumes
Proistamenos

Our unique vocation is to live, moment by moment, the way Christ wants us to live. He is the Way. He came to show us the way. And He told us how to find the way. He said, “These things I have spoken to you, that My joy may remain in you, and that your joy may be full” (John 15.11).

*Dr. Al Rossi, **Becoming a Healing Presence***

My beloved Holy Trinity family,

Christ is Risen! If Dr. Rossi in the quote above is calling each Christian to live a life of joy, is there more joyous news than that beautiful Resurrection greeting?

Why is this the most joyous news ever? Look what it has accomplished! Remember at the Resurrection Service the words of Saint John Chrysostom in his Paschal Homily? All these previously impossible realities Christ makes possible the Resurrection: “Christ is Risen, and death is annihilated; Christ is Risen, and the demons have fallen; Christ is Risen, and life is liberated; Christ is Risen, and the tomb is emptied of dead!”

This change of reality requires a change of thinking, a change of perspective and a change of the way we look at life itself. We are so used to thinking we need to surrender to death. Christ’s victory over death means there is only one who is not joyous at this world-transforming feast: death itself. “The death of our Savior has set us free. He has destroyed it by enduring it. He despoiled Hades, when He descended thereto. He embittered it, having tasted of His flesh.” Behold the difference: Death tastes the flesh of Christ and it is bitter; we “taste and see that the Lord is good” and we are filled with joy and life!

Dr. Rossi also reminds us that this victory celebration is not just a once-a-year observance, but a transformation that we as believing Christians live every day, all day, year-round. Even in the face of illness and death in this life, the victory of eternal life is ours. As one someone facing a serious illness and surgery recently put it, “I look at it this way: I committed my life to Christ long ago, so either way, I win!” That is the joy of the victory we have no matter what. That is the antidote to fear and the key to true freedom and life.

This column is being written at the end of Bright Week, only seven days after Pascha. That means there are five more weeks during which we as Orthodox Christians are called to greet one another with the victory proclamation, “Christ is Risen!” and the affirming response, “Truly He is Risen!” Let’s make sure we keep that “Good News” the best news ever! Let’s be careful to not allow it to become a by-word, a empty custom or just another bunch of hollow words.

It is the desire of Christ Himself that we have His joy, that the joy is full and that it remains in us. He descended from His place of glory, humbled Himself by taking on flesh, sacrificed Himself by dying on the Cross for us, and finally, conquered death and freely handed us the fruits of that victory so we may be with Him forever. Faithful. Joyful!

Paternally in the Risen Christ,

Now in our 102nd year!
1923-2025

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.

RELIGIOUS EDUCATION NEWS

Church School Graduation & Picnic..... May 18

Attention Church School Staff, Parents and Students: Please note that the last day of Church School for this semester will be May 18. All students are asked to attend and sit with their class during Liturgy. Following the service, the Church School will have a graduation celebration and picnic lunch. Registration will also be available for the 2025/2026 Church School year. Attention parents: Help is needed with the picnic. Please contact Presvytera Becky to volunteer. Thank you!

YOUTH MINISTRY NEWS

Summer Camp Registration Is Open!

The Metropolis of Pittsburgh has announced the dates for its 2025 Summer Camp season. They are as follows:

- Week 1 (Grades 2-4): June 15 - June 21
- Week 2 (Grades 5-7): June 22 - June 28
- Week 3 (Grades 7-9): June 29 - July 5 (*Waitlisted*)
- Week 4 (Grades 10-12): July 6- July 12

IMPORTANT: The standard fee for 2025 is \$695, but all active youth participants of Holy Trinity Church member families may register for camp using code **"SC25HTP"** to attend **at no cost!** The code **must** be used at the time of registration. For years Holy Trinity Church, with the assistance of Philoptochos, has offered a reduced fee for our Holy Trinity campers to make sure as many young people as possible attend this valuable ministry. This year, as a result of our YOUR SUPPORT, Holy Trinity Church is able to offer NO COST participation as a result of the STEWARDSHIP INDEPENDENCE we were, by the grace of God, able to attain in 2024. THANK YOU to the entire community for the love you show toward your Church and our children. Early registration deadline is May 8. Find information and to register for camp, visit y2am.pittsburgh.goarch.org/summercamp.

COMMUNITY NEWS & EVENTS

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 still a number of available Sundays in the Spring and plenty during the summer. Remember a loved one. Celebrate a special event. Share your hospitality with the community. Contact Stacy Dickos at 412-298-9409 or hospitality@HolyTrinityPgh.org to reserve.

Stewardship Independence: Let's Keep It Up in 2025

Thanks to the dedication and offerings of so many faithful

stewards, 2024 was a record year for Holy Trinity Stewardship. As we strove together for "Stewardship Independence" we reached levels never seen before. As the Stewardship message in this issue notes, we have been able to realize our vision and mission in ways we could have never dreamed of before: growth of our ministries, support of our youth and offerings of love to ministries and philanthropies local and beyond. Stewardship independence has allowed our light to shine brightly as we share the love of the Gospel as commanded by the Lord. Glory to God and many thanks to the faithful stewards who stepped up to the challenge to make this all possible. So where do we go from here? Upward! Together, let's maintain and grow as our theme for 2025 calls us to be "Stewards of God's Blessings." You can pledge using a 2025 Stewardship pledge card or by going online at HolyTrinityPgh.org/pledge or via your Holy Trinity Realm account. And there are many ways to give: in person via cash; in person or by mail via check; online at HolyTrinityPgh.org/give; via text by texting HOLYTRINITYPGH to 73256; via the Realm app on your phone; and the giving kiosk in the Narthex. However you choose to support our ministries, thank you!

Holy Trinity Cemetery Clean-Up Day May 24

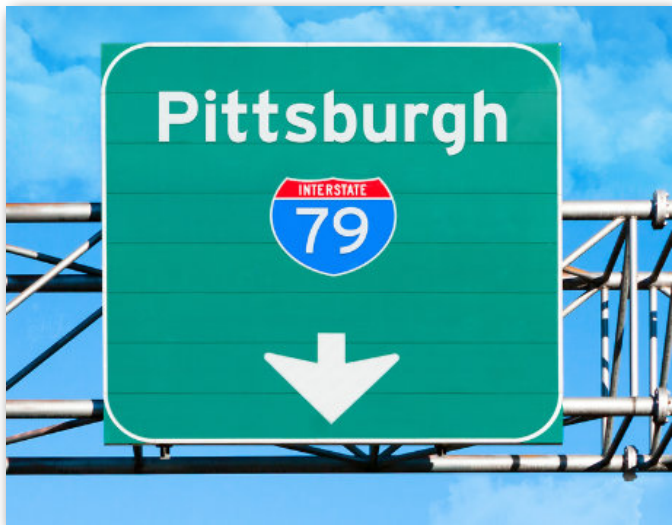
Please join other Holy Trinity parishioners on Saturday, May 24 from 9:00am until 2:00pm for Community Clean-Up Day at Holy Trinity Cemetery (8941 Ringeisen Rd Allison Park, PA 15101). Volunteers are asked to help with the general Spring cleaning of the Cemetery grounds. Bring your lawn & garden tools and a pair of work gloves! Topsoil will be provided for those parishioners who would like to work on their family's individual graves. Snacks and drinks will be provided. Rain date if needed, will be Sunday, May 25, 12-4pm. All help is greatly appreciated! Questions? Please call Bill Fiedler at 412-364-1545.

Memorial Day Service for Veterans..... May 26

Please gather in front of the Holy Trinity Cemetery War Memorial at 10:00am on Monday, May 26. Please note that this service is to commemorate veterans; it is not a general memorial service for all the departed. That will be held according to Orthodox tradition on the Pentecost weekend Saturday of Souls (June 7 this year) with a Divine Liturgy and Memorial at the Saint George Chapel. Memory Eternal!

Holy Trinity 2025 "Taste of Greece" Aug. 28-31

This summer's Holy Trinity "Taste of Greece" Festival is set for Thu., August 28, through Sun., August 31. Everyone is asked for their time and talents to grow both the success of the festival and the fellowship with all our Holy Trinity Church family members. Thank you! ❖



SIGNS

God did not close up His divine sign shop when the last page of the New Testament was written. More powerful than even Google Maps, He knows where we need to go in our life and the best way to get there.

"Though he had done so many signs before them, yet they did not believe in him." (John 12.37). In the Name of the Father and the Son and the Holy Spirit. Amen.

America has made a lot of great contributions to the world, but sometimes it takes travelling abroad to realize just how much we take them for granted. One of the more mundane of them in my experience, but one that affects our life and where we go on a daily basis, is signs. Not just any signs, but those large green and white directional and exit signs on our Interstate highway system. You know the ones I'm speaking about. You can see them clearly day or night. They all use the same clear font, bright reflective paint and letter spacing, so they are easily readable from far away on the horizon or as you are passing right by or under them. Their goal: to say to the traveler in a big, bold way, "Here I am. You can't miss this sign!"

If only the rest of life was so well marked. It's the kind of "this way" sign a lot of high school seniors around the nation would like to see as they approach their May 1st decision deadline to choose a college. It's the kind of sign young men and women in their twenties would like to see when they are done dating, ready to settle down and walking around looking for the person standing under the big sign with an arrow that says, "Here I am!" And it would make life so much easier if the job, the house, the car or any of the other stressful choices in life just had one of those giant green signs that said, "Hey you, pick this one!"

Alas, most of the signs in our life are not "Interstate compliant." They are usually much more subtle, placed in hard to spot locations, and not always in a language we can understand. From the first sign given to Adam and Eve,

"You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat," (that's a sign) (Gen. 2.16-17), we just seem to keep missing or mis-reading the signs.

Today, all Christians – East and West – observe Palm Sunday together as we celebrate the triumphant entry of Jesus into Jerusalem. Here He came, the famous and mysterious Jesus from Nazareth. Crowds worthy of a great leader formed. Children spread branches and boughs of palm trees on the road, like a royal path. Why? They had never seen Him before. In the absence of television and social media they did not know what He looked like. But they still came. Why? Because of the signs! Specifically, Saint John tells us, "For this reason the crowd met Him, because they heard that He had done this sign" (John 12.18). And just how did they know this? Also from the same Gospel, "the crowd who was with Him when He called Lazarus from the tomb and raised him from the dead were witnessing to Him" (John 12.17).

But was it just because of the sign of Lazarus? Maybe for some, but probably not, because word had spread of "many other signs" (John 20.30) He had done. Now, back to our Interstate signs. Have you ever been driving along looking for an exit and the first sign you see for it is the one that says, "Exit" with the arrow pointing off to the road you just missed? Well, if that is true, it is not because the signs weren't there. It's because you missed them. 2 miles; 1 mile and so on. The same with the Lord's appearance in Jerusalem. Jesus had been posting these "signs" (St. John the Evangelist's preferred word for "miracles") since His very first at Cana. Some caught on and followed Him. Others didn't. So here they are, briefly, according to the Gospel of St. John:



- The sign of changing water into wine at the wedding of Cana teaches us that the glory of His kingdom can only be seen by those who look with faith.
- The sign of the healing of the royal servant's son reveals how salvation comes through trusting in Jesus.
- The sign of the healing of the paralytic by the pool teaches us that dependence on the law will not save us, but reliance on the words of Jesus will.
- The sign of the multiplication of the loaves is the prefigurement of the Eucharist, which is the Bread of Life.
- The sign of Jesus walking on the water lets us know that the might of God transcends not only the political and military might the Jews were looking for, but also the laws of nature where He wills.
- The sixth sign of the healing of the blind man tells us that true and complete cleansing, healing and thereby, salvation, comes only by trusting in and obeying Jesus Christ. It is our call to personal discipleship.
- And finally, the seventh sign of the raising of Lazarus reveals that the Kingdom of God is found in the power of resurrected life, not in the politics and power of this world.

After all that, we might say with some sense of "armchair quarterbacking" and even judgment, "How could anyone have missed all that?" Let's not fall prey to "presentism" and judge them like they should have known then what we now know. We are cautioned by both history and humility to realize it's not always that easy or that simple. We don't need to look at the Jews of the New Testament to realize that. We only need to look at our own lives. Like the traveler on the Interstate, sometimes we are just "distracted drivers," on the road of life, so busy talking, listening to the radio or engrossed in our own thoughts that we miss the 2 mile sign, the 1 mile sign and don't see the exit sign until we pass it through distraction, inattentiveness or the traffic of life.

So today, on Palm Sunday, as we stand on the side of the road trying to get a glimpse of Jesus, Who has come for us, what are the signs of our life? They are there. God did not close up His divine sign shop when the last page of the New Testament was written. More powerful than even Google Maps, He knows where we need to go in our life and the best way to get there.

If you need a little help in recognizing them, try these. He gives us the signs that He gave everyone else when He walked the earth as the Incarnate Savior because the holy scriptures and its signs are still with us and for us. He gives us signs in the inspiring lives of the saints. He brings people, sometimes out of nowhere and sometimes gone just as quick, if we care to notice them as we pass by. The list goes on if we watch for them.

But in closing today, please allow me to remind you: sometime: sometimes you are the sign on which God writes for others. To my young people here today in our family worship service,

just you being you is sometimes enough. Jesus said, "Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it," (Mark 10.15), and your presence in our lives reminds us that we must always have the faith and innocence of heart of a child. You have signs of joy or wonder or simply faith that can lead a hurting and doubting heart back to God. And parents and adults, you on the other hand are there to encourage the growth and maturity in Christ according to the words of Saint Paul, who said, "When I was a child, I spoke like a child, I thought like a child, I reasoned like a child; when I became a man, I gave up childish ways," (1 Cor. 13.11). So you are the sign for your children that their challenge is to maintain their innocent joy in the Lord while growing to their full maturity in Christ, and you will do that by your fruitful example, actions, and commitment to God and His Holy Church.



Then, together, adults and children, we can stand on the side of the path of life, having been guided by the signs along the way, we can stand with the crowds in Jerusalem, with the blessed saints, with our faithful descendants, the founders of this holy Church, and generations to come, proclaiming with our voices and our lives, "Blessed is He Who comes in the name of the Lord." Amen..❖

Delivered April 13, 2025

Keep the Stewardship Momentum Going!

Holy Trinity Church’s Stewardship Independence Journey Success Continues. With YOUR Help We Can Do Even More Amazing Things!

Thank you to all of the stewards who made Stewardship Independence possible in 2024. Truly a special achievement, to support your church and its ministries through stewardship. Stewardship is such a vital part of the church, as it reflects our commitment to serving God through our time, talents, and resources. It also allows us to give back to the community through our newly established Giving Committee.

We can’t take our eyes off the goal though! We want to maintain Stewardship Independence in 2025 (and beyond!). This is not a “one and done” journey, nor do we want to lose the momentum we’ve worked so hard to build over the past several years.

Through March 2025, we have \$458,000 of stewardship pledged towards our \$735,000 goal. There is still a lot of work to do, so let’s not take a step back! So please turn in your pledge cards if you haven’t already, or simply go online to: HolyTrinityPgh.org/pledge.

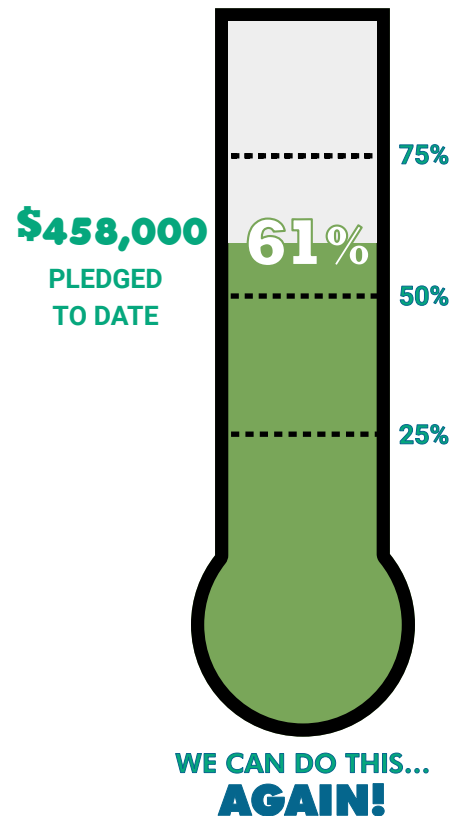
We have ongoing church operational investments to maintain our beautiful, consecrated church as well as all of our amazing ministries. What do those types of building investments include? To name just a few, we want to ensure the Grand Room remains beautiful, the HVAC systems work properly, and the outdoor grounds are maintained before and after our annual “Taste of Greece” Festival.

And of course, the church is more than just a building! We are a community of ministries as well. We want to have the resources to support all of our ministries such as GOYA, JOY, HOPE, Philoptochos, Bereavement Ministry, Active Older Adults, Playtime and Parea, and many others. This year, for the first time ever, we are sending all our youth to the transformative experience of summer camp at no cost. This is just one of the many amazing ways Stewardship Independence can support the growing needs of our community.

And let’s not forget the amazing gifts we’ve given back to the community outside the church that has supported us for all of these years. Through our new Giving Fund we donated \$50,000 so far to various local, national, and even international charities that are aligned with the mission of our church and its parishioners. We want to become even greater Stewards of God’s Blessings in 2025 and give back in even more impactful ways.

Finally, the church and its ministries are not immune from inflation either. The cost of operations continues to increase year-over-year. So if you haven’t pledged yet, but pledged last year, consider increasing your pledge in 2025 to keep up with increasing costs. If you’ve already pledged, keep an eye on our progress throughout the year and consider an additional contribution if necessary. If you’re

2025 HOLY TRINITY
STEWARDSHIP
INDEPENDENCE GOAL
\$735,000



new to the stewardship and pledging process, don’t hesitate to reach out to Andrew Fournaridis, who chairs the Stewardship Committee. He can also answer questions about pledges, accessing Realm, online giving, and any other questions around giving.

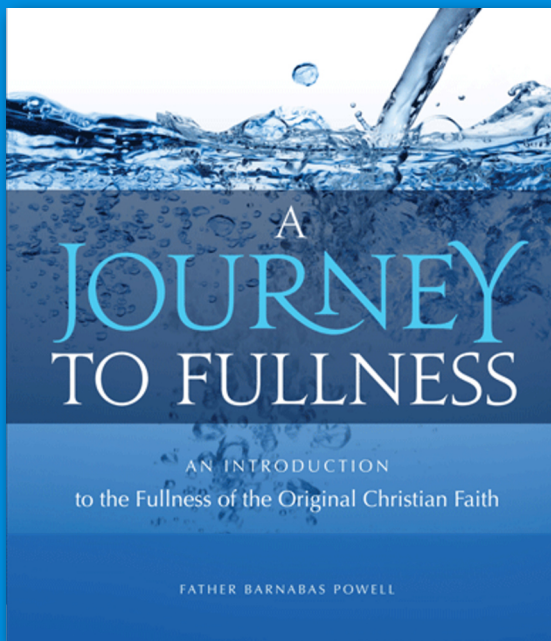
We invite you to get involved in the Stewardship Committee in 2025. If your heart is dedicated to growing the church, engaging parishioners, and generating excitement about financially supporting all of our amazing ministries, this could be a great opportunity for you! ❖

Faithfully yours,
The Holy Trinity
Stewardship Committee



A
JOURNEY
TO FULLNESS

The Holy Spirit's goal is to remake us into being like Jesus Christ.



New to the Orthodox Faith? Want to just explore? Or ready to dive in and learn how to live it fully? Born and raised Orthodox? Ready to deepen your understanding of the Church you love?

Either way, please join us for a 6-week series of video lessons, live Q&A and engaging discussions about the Orthodox Christian Faith led by Father John and Sam Dickson. This series is for everyone who wants to learn more about the “fullness of the faith” found in the Orthodox Church. The videos from Father Barnabas Powell are sincere and straight-forward, and he is not afraid to raise and speak to the tough questions. Come. Learn.

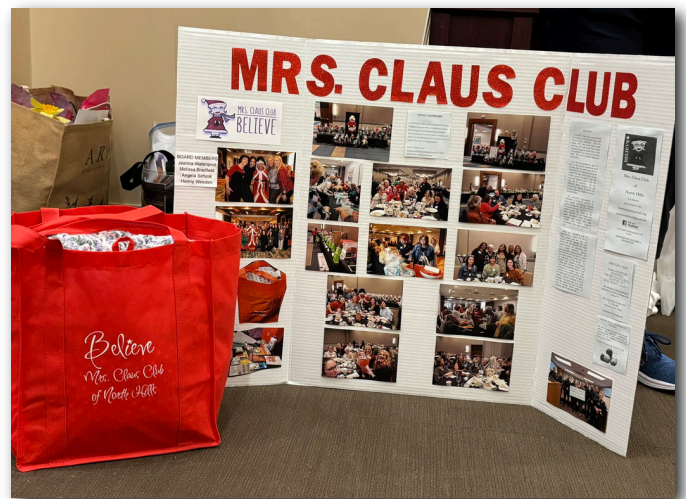
**MONDAYS AT 7:00PM - HOLY TRINITY CHURCH
CONFERENCE ROOM
MAY 19, 26; JUNE 2, 9, 16, 23**

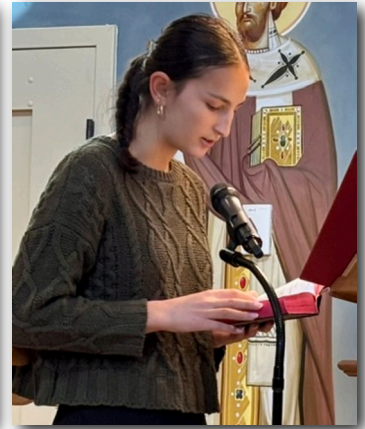


March 29: The Visitation Ministry hosted a free “Caring for the Caregivers” Seminar featuring Maureen Sirianni, Director of Admission for Concordia of Bridgeville. This informative session featured guidance, insights and techniques for those providing care for others while maintaining balance, peace and strength. The event was well-attended by caregivers both from both the Holy Trinity community and surrounding areas.



April 5: Holy Trinity Philoptochos hosted the annual Metropolis of Pittsburgh Daffodil Luncheon, with 131 people in attendance, including His Eminence Metropolitan Savas and ladies from around the Metropolis. Over \$30,000 was raised to support the Metropolis Seminarians Fund and other charitable causes.

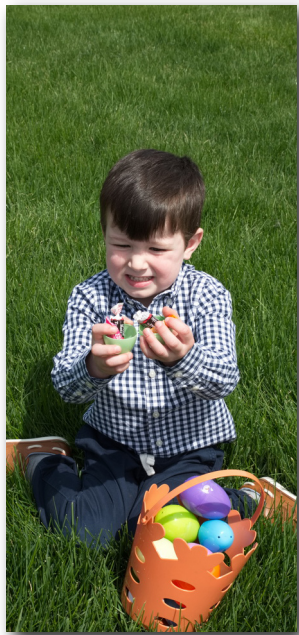






April 13: Welcome to the four new members received into the Holy Orthodox Faith on Palm Sunday: (L-R) Mitchell (Michael) Kokko; Ashley (Angeliki) Countouris; Ethan (Edmund) Eichelberger; Catherine Price. AXIOI!



















2025 Lenten and Paschal Flowers

Thank you to the many parishioners and friends who offered donations for Lent and Holy Week. May those who have given and those whom they have honored be blessed always!

Salutations to the Theotokos Icon

A faithful parishioner for the health of her children and grandchildren
 Irene Karavolos for the health of her family
 George & Scarlet Karpakis for the health of Pat Karpakis
 Deacon Matthew & Diakonissa Nina Palamara for the health of the Anh & Palamara Families
 Jon & Judy Stipanovich in memory of George, Stella, Greg, Ilija, and Boja Stipanovich

Lent, Holy Week and Resurrection Services

Annunciation Icon Flowers Mike & Casey Erdeljac, for the health of family and friends
 Processional Flowers for the Veneration of the Holy Cross the Dickson Family, Bill, Jennifer and Samuel, for the health of family & friends
 Saturday of Lazarus Icon Flowers the Dickson Family, Bill, Jennifer and Samuel, for the health of family & friends
 Palm Sunday Icon Flowers Vaia Kolovos–Lupnacca, for the health of family and friends
 Palm branches for Palm Sunday Andreas & Valori Fournaridis, in memory of Steve & Elenie Cocheres and Kostas Fournaridis
 Christ the Bridegroom (Nymphios) Icon Flowers Helen DeMoss, in memory of John DeMoss, Steve & Anthoulas Pefanis and for the health of their families
 Burial Shroud Sheet for Epitaphion Arlene Metropulos, in memory of her beloved husband Dean Metropulos
 Holy Friday Rosewater Chris T. Balouris & family in memory of his father Themistocles C. Balouris
 Holy Friday Icon Flowers James S. Johnson and Kristina Johnson, in memory of their parents Homer J. & Stella Johnson

Epitaphion Flowers

Flowers for the Epitaphion Holy Trinity Offering Envelopes, plus the following:
 Efthalia & Lynn Barker in memory of the Kalogeras & Geanous families
 Helen N. Bonaros in memory of Nicholas Bonaros
 Reggie & Marianne Bonfield for the health of family & friends
 The Caromano Family in memory of Athena and Pete Mamakos
 Sherry Clayton for the health and happiness of her Holy Trinity family
 Frank & Katina Erdeljac in memory of the Alexiades Family
 Bill & Tina Fiedler in memory of their beloved parents, grandparents, niece, family & friends
 John & Georgia Franciscus in memory of George and Betty Beckas
 Nicholas & Sophia Geanopoulos in memory of Athanasia Geanopoulos and Chrissie Georgiadis
 Eugenia Graser in memory of her husband Robert Graser and parents Michael & Maria Patsalos
 Irene Karavolos in memory of Steve & Kelly Karavolos
 George & Scarlet Karpakis for the health of Pat Karpakis
 George & Scarlet Karpakis in memory of Christopher Karpakis, John Karpakis, & Greta Tramel
 Dr. James & Mrs. Bettina Kermes in memory of dearly departed family & friends
 Vasiliki & Elenie Kourouklis in memory of George Kourouklis
 Vasiliki & Elenie Kourouklis in memory of Achille Kourouklis
 Vasiliki & Elenie Kourouklis in memory of Dimitris & Stavroula Repana
 Nicholas T. Loomis in memory of his beloved wife Joy
 John & Tasy McCann for the health of Connor, Alyssa, Henry and Cora
 Penny & Jeff Mercadante in memory of George Christ
 Penny & Jeff Mercadante in memory of Elaine Christ
 Meno & Jean Mitaras in memory of the dearly departed members of the Mitaras & Condos families
 George Pantelakis in memory of his beloved wife Rhea Pantelakis

LENTEN AND PASCHAL FLOWERS & DONATIONS

Elizabeth Pickios in memory of her beloved husband Anthony
Sal & Katina Re in memory of Nick Tanner
Sal & Katina Re for the health and well-being of their families
The Salvatora Family in memory of Theodore Mermigas and Kay Mermigas
Joanna Sideris in memory of Mary Constantino, Olga Litsakis and Sophie Sideris
Steve & Electra Roman in memory of all Amurgis and Roman family members no longer with us

Pascha & Paschal Season Flowers & Items

Decoration of the Epitaphion Joyce Athanasiou, Holy Trinity Philoptochos, Women & Youth of the parish
Myrrh Bearing Women Icon Flowers the Dickson Family, Bill, Jennifer and Samuel, for the health of family & friends
Bay Leaves for Holy Saturday Pamela Bolkovac, in memory of her parents Nick & Mary Bolkovac (3 large baskets)
Rose Petals for Holy Saturday Irene Karavolos, for the health of her family
Resurrection Icon Flowers Irene Karavolos, for the health of her family
Resurrection Banner Ribbons The family of Chrissie Georgiadis in her memory
Dying and Preparation of Red Resurrection Eggs Holy Trinity Philoptochos
Priest's Resurrection Candle A faithful parishioner, for the health of her children and grandchildren
Priest's Resurrection Candle Nick and Stavroula Doris, in memory of Rhea Pantelakis

Paschal Lillies

A faithful parishioner for the health of her children and grandchildren
Mark & Amy Armanious in memory of Adel Armanious
Art & Christina Avlon in memory of Gus and Stella Kalaris
Art & Christina Avlon in memory of Alexander and Helen Avlon
Art & Christina Avlon in memory of Gus and Panagiota Bistolas
Art & Christina Avlon in memory of George and Pauline Kalaris
Lisa & Dean J. Balouris in memory of Helen & John C. Balouris and Paul & Sandy Balouris
Anastasia & Joseph Barron in memory of Marge and Lou Parikakis
Anastasia & Joseph Barron in memory of the Parikakis, Barron, Anargyros, Mousadis, Zagnacky & Fiedler families
Pamela Bolkovac in memory of her parents Nick & Mary Bolkovac (3 plants)
Helen N. Bonaros in memory of Nicholas Bonaros
Helen N. Bonaros in memory of Emanuel Tsvitis
Helen N. Bonaros in memory of Drakoula Tsvitis
Reggie & Marianne Bonfield in memory of John & Mary Bonfield
Reggie & Marianne Bonfield in memory of John & Helen Chapas
Reggie & Marianne Bonfield for the health of family & friends
The Caromano Family in memory of Athena and Pete Mamakos
The Caromano Family in memory of Anastasia Flegas
The Bonfield & Chapas Families in memory of Frank & Anne Chapas (4 plants)
Bill & Sophea Chapas in memory of John & Helen Chapas
Jim & Bobbie Chapas in memory of John & Helen Chapas
Sherry Clayton for the health and happiness of her Holy Trinity family
Cynthia Morris Criss in memory of Tom and Dora Morris (4 plants)
The Dickson Family, Bill, Jennifer and Samuel for the health of their Holy Trinity family (3 plants)
Joyce Dreer in memory of Phillip T. Dreer
Frank & Katina Erdeljac in memory of Mike & Theologia Alexiades (2 plants)
Frank & Katina Erdeljac in memory of Mary Alexiades
Frank & Katina Erdeljac in memory of Alex Alexiades
Mike & Casey Erdeljac in memory of Alex & Mary Alexiades
Mike & Casey Erdeljac in honor of Dimitri & Katerina Kraniou
Bill & Tina Fiedler in memory of their beloved parents, grandparents, niece, family & friends
Andreas & Valori Fournaridis in memory of Steve & Elenie Cocheres and Kostas Fournaridis
John & Georgia Franciscus in memory of the Beckas & Katsafanas families
John & Georgia Franciscus in memory of John Beckas
Connie Fries for the health of family & friends
Connie Fries in memory of Konstantinos & Fani Athansopoulos
Connie Fries in memory of Georgiann Bounas
Connie Fries in memory of John & Toula Giannoutsos
Connie Fries in memory of Spiros & Catherine Giannoutsos
Connie Fries in memory of George & Margaret Lemberopoulos
Connie Fries in memory of Peter & Mary Panos
Connie Fries in memory of Lou & Marge Parikakis

LENTEN AND PASCHAL FLOWERS & DONATIONS

Diana Fries.....	in memory of Olga Regakis
Diana Fries.....	in memory of Marian Pantelas
Diana Fries.....	in memory of Peter & Mary Panos
George & Phyllis Geanopoulos.....	in memory of John & Erma Haas
George & Phyllis Geanopoulos.....	in memory of Harry, Helen and Tom Geanopoulos
Gus & Penny Georgiadis.....	in memory of George & Mary Kalodikis (3 plants)
Gus & Penny Georgiadis.....	in memory of Peter & Mary Georgiadis (3 plants)
Eugenia Graser.....	in memory of her husband Robert Graser
Eugenia Hoehn.....	in memory of the Phaturios family
James S. Johnson and Kristina Johnson.....	in memory of their parents Homer J. & Stella Johnson
James S. Johnson and Kristina Johnson.....	in memory of their grandparents George & Augustina Makris
Irene Karavolos.....	in memory of Steve and Kelly Karavolos
George & Scarlet Karpakis.....	in honor of Patricia Karpakis
George & Scarlet Karpakis.....	in memory of Christine Karpakis
George & Scarlet Karpakis.....	in memory of Christopher Karpakis
George & Scarlet Karpakis.....	in memory of John Karpakis
George & Scarlet Karpakis.....	in memory of Jim Moroudas
George & Scarlet Karpakis.....	in memory of Greta Tramel
George & Scarlet Karpakis.....	in memory of JC Tramel
Dr. James & Mrs. Bettina Kermes.....	in memory of dearly departed family & friends
Vasiliki & Elenie Kourouklis.....	in memory of Achille Kourouklis
Vasiliki & Elenie Kourouklis.....	in memory of Georgios Kourouklis
Nicholas T. Loomis.....	in memory of his beloved wife, Joy
Maria Mason.....	in memory of her beloved husband N. Jeffrey Mason
John & Tasy McCann.....	for the health of Connor, Alyssa, Henry and Cora (2 plants)
George & Veronica Mellis.....	in memory of Anna Mellis
George & Veronica Mellis.....	in memory of James Mellis
Penny & Jeff Mercadante.....	in memory of George & Elaine Christ
Meno & Jean Mitaras.....	in memory of the dearly departed members of the Mitaras & Condos families
William J. Pagonis.....	in memory of James & Mary Pagonis (2 plants)
Deacon Matthew & Diakonissa Nina Palamara.....	for the health of the Anh & Palamara Families
George Pantelakis.....	in memory of his beloved wife Rhea Pantelakis (2 plants)
Orestes & Arlene Paras.....	in memory of John & Maria Paras
Orestes & Arlene Paras.....	in memory of Albert, Rose & Arthur Russell
Doug & Ramona Patterson.....	in honor of their grandchildren, Mauro and Maeve
Elizabeth Pickios.....	in memory of her beloved husband Anthony (6 plants)
Sal & Katina Re.....	for the health and well-being of their families (2 plants)
Steve & Electra Roman.....	in memory of all Amurgis and Roman family members no longer with us (2 plants)
The Salvatora Family.....	in memory of Theodore Mermigas
The Salvatora Family.....	in memory of Kay Mermigas
Joanna Sideris.....	in memory of Mary Constantino

Other Offerings and Donations

Prosforon (Offering Bread).....	Joyce Athanasiou, Presvytera Evangelia Daskalakis, Stacy Dickos, Mike & Julie Kritiotis, Maria Mason & Diakonissa Nina Palamara
Sacramental Wine used for the preparation of Holy Communion.....	Reggie & Marianne Bonfield, for the health of family & friends
Candy/Paschal treats Agape Vespers service.....	Doug & Jessica Baker
Candy/Paschal treats Agape Vespers service.....	Sherry Clayton, for the health and happiness of her Holy Trinity family
Candy/Paschal treats Agape Vespers service.....	Mike & Casey Erdeljac, for the health of family and friends
Candy/Paschal treats Agape Vespers service.....	Eugenia Graser, in memory of her husband Robert Graser
Candy/Paschal treats Agape Vespers service.....	Elizabeth Pickios, in memory of her beloved husband Anthony
Candy/Paschal treats Agape Vespers service.....	Bobby & Maria Papas
Candy/Paschal treats Agape Vespers service.....	Christopher & Sonia Welch
Candy/Paschal treats Agape Vespers service.....	Marc & Alexandra Valliant
St. George Feast Day Icon Flowers.....	George & Scarlet Karpakis, for the health of Pat Karpakis
Pentecost Icon Flowers.....	Vasiliki & Elenie Kourouklis, in memory of Dimitris & Stavroula Repana

Many thanks to all for their generosity!
Christ is Risen! Truly He is Risen!



v4

THE FESTIVAL IS COMING...AND THE COOKING IS HERE!
 MARK THESE DATES ON YOUR CALENDAR — TELL YOUR FRIENDS — EVERYONE IS WELCOME!



SPANAKOPITA	
Wed, Feb 26	9am-9pm
Thu, Feb 27	9am-5pm

DONE!

PASTITSIO	
Thu, April 10	9am-6pm
Fri, April 11	9am-3pm (If needed)

DONE!

DIPLES	
Tue, June 10	9am-9pm

BAKLAVA & CHOC. BAKLAVA	
Thu, March 23	9am-9pm

DONE!

FINIKIA & KOURAMBIETHES	
Sat, April 25	9am-6pm

DONE!

PORTOKALOPITA	
Tue, June 17	9am-9pm

KOULOURAKIA	
Sun, March 30	After Liturgy

DONE!

APRICOT ROLLS	
Tue, May 6	9am-9pm

TIROPITA	
Tue, June 24	9am-9pm

GALAKTOBOUREKO	
Tue, May 20	9am-9pm

SOUZOUKAKIA	
Wed, July 16	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 2025 "TASTE OF GREECE" - THU. AUG. 28-SUN. AUG. 31

SCHOLARSHIP OPPORTUNITY FOR GRADUATING HIGH SCHOOL SENIORS



APPLY NOW

FAITH SCHOLARSHIPS FOR ACADEMIC EXCELLENCE

DEADLINE: JUNE 24TH, 2025

This scholarship program aims to support the best and brightest graduating high-school seniors in the Hellenic-American Greek Orthodox community planning to attend a 4-year accredited U.S. university this fall. Scholarships are awarded on a merit basis with applicants given the option to be considered for additional financial need-based allocations.

The FAITH Scholar network includes over 950 members from across the U.S. Apply now to connect, network and build lasting friendships with other young and talented leaders within the Hellenic-American community. **For full application details and to apply now, visit thefaithendowment.org/scholarships or scan:**



[THEFAITHENDOWMENT.ORG/SCHOLARSHIPS](https://thefaithendowment.org/scholarships)

Founded in 2004 by a group of visionary Greek American leaders and philanthropists, *FAITH: An Endowment for Orthodoxy and Hellenism* is an independent 501(c)(3) organization that supports the development of innovative educational, cultural, and scholarship programs that promote Hellenism, an understanding of the Greek Orthodox faith, and the relationship of the two to America's history and multicultural landscape for young people. FAITH has proudly awarded over 2,200 grants and scholarships to our community's brightest young leaders.

For questions, contact: info@thefaithendowment.org • (212) 803-9363 • facebook.com/faithendowment

HOLY TRINITY SCHOLARSHIPS FOR INCOMING COLLEGE FRESHMEN & SOPHOMORES



LOCAL SCHOLARSHIP OPPORTUNITY EXCLUSIVELY FOR HOLY TRINITY STUDENTS

THE VLAHAKIS SCHOLARSHIP "MY SISTER PENNY AWARD"

APPLICATION DEADLINE: JUNE 15, 2025

Established: By Nick & Kimi Vlahakis – January, 2022

About Penny: My sister, Penny Vlahakis Cherpes, passed away in 2020 at the age of 81. She was a smart, beautiful, funny, and caring sister who had a huge influence on my life and whatever success I may have achieved. Our dad died in 1952...I was 4, my other sister, Georgia, was 6, and Penny was 13. Penny helped our mom maintain during those difficult years, with all the family needs with 3 young children, even though she was only in her first year as a teenager. I will never forget that!

About the Award: This Scholarship (administered through Holy Trinity Greek Orthodox Church, Pittsburgh, PA) is intended to memorialize her and to advance many of her strongly held values, particularly regarding education. The Scholarship will be awarded annually in July for the ensuing academic calendar in the fall of that same year in the amount of \$2,500.

ELIGIBILITY REQUIREMENTS

- Be a high school senior entering college freshman year or a college freshman entering college sophomore year.
- Have a current high school or college GPA of 2.75 or greater.
- Submit an essay (400 words minimum, 500 words maximum) with reflections on the positive and specific personal impacts that their family and the Orthodox Christian faith have had on their life.
- Be a member in good standing of Holy Trinity Greek Orthodox Church, Pittsburgh, PA, for a minimum of 2 years.

APPLICATION INFORMATION

Visit HolyTrinityPgh.org/scholarships for an application form and instructions. Deadline: June 15, 2025

Young People and the Two Roads of Life

Q: Geronda, is the anxiety felt by a young person over getting settled in life caused by a lack of belief?

Not always. Often, young people who are concerned about how to best arrange their lives, but also want to be close to God, become anxious about getting settled. This indicates a healthy attitude. When the young remain unconcerned and don't think about how to best arrange their life, an indifferent person is revealed; and it follows that an indifferent person will also be a good-for-nothing person. The young only have to be careful not to allow this anxiety to overcome them, giving the devil the opportunity to lead them into a state of agonising distress that will keep their mind in a state of constant confusion. The young have to entrust themselves to God, in order to live in peace, because the Good God works and takes action as a loving Father exactly where we humans cannot act. They need not rush into making immature decisions about which life they will follow.

Q: How can young people be helped to discover their God-given calling?

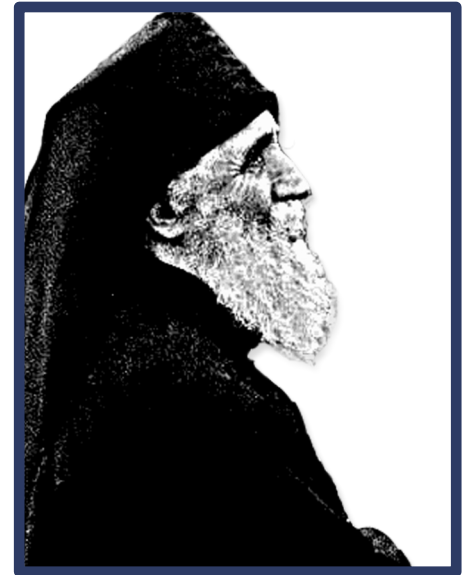
Every person has an "inclination." The Good God created humans to be free. God has a noble spirit; He has absolute respect for this freedom of people and allows each one to follow the road that will bring them inner peace. God does not force us all onto the same line with military discipline. This is why the young should allow themselves to be free within the spiritual space of the freedom of God. The parents, the spiritual fathers and the teachers ought to help the young to select a vocation in line with their

capabilities and to follow their natural inclination, without influencing them or strangling that inclination. The decision about which life they will follow has to be their own. The rest of us can only express simple opinions and the only right we have is to help these souls find their way in life.

Sometimes when I talk with young people who are concerned over these matters, I can see which way the scale is tipping, but I won't say anything because I don't want to influence them. The only thing I try to do is to help them, as much as I can, to discover the right path and inner peace. I remove whatever is harmful from that which gives them peace, so that what remains is the good, the holy, so that they live this life joyfully by being close to God, and live even more joyfully in the other life. Honestly, no matter which life is followed by a young person I know, I will rejoice and will always have the same concern for the salvation of his soul, as long as he's with Christ, in our Church. I will feel like a brother to him, because he will be a child of our Mother, the Church.

Q: When should young people get serious about choosing their path in life?

The years pass by quickly. It wouldn't be good for a young person to remain undecided for too long at the crossroads of life. A cross must be chosen — one of the two paths of our Church [married or monastic] — in accordance with the individual's inclination and personal *philotimo* and then to proceed with trust in Christ. Let each person follow Christ to the Crucifixion, if one desires to rejoice in the Resurrection. There are bitter hard-



Saiht Paisios of Athos

ships in both ways of life; but, if one remains close to God, sweet Jesus will sweeten them. A young person can adapt more readily to whichever lifestyle is chosen. Older persons will rationalize everything as their character has already been formed, and they don't easily adapt to change; the concrete has been poured. This is why I say that on this matter there is need for a little craziness. Overlook some things which are not essential, because no one can have everything come out as expected. Once it began to rain and a downhill torrent started, carrying a lot of water. An impetuous person and a prudent person wanted to cross over the torrent to the other side. The prudent person said, "The rain will eventually stop; the water will subside and then I'll cross over." The impetuous one did not wait; he made a run for it and crossed over to the other side. He got a little wet, but he reached his destination. In the meantime, the rain, instead of stopping, intensified; and the water in the torrent increased to a dangerous level. In the end, the prudent person was unable to cross over to the other side. ❖

Excerpted from
"Spiritual Counsels,
Vol. IV: - Family Life"

THE HOLY TRINITY
HERALD
Faith. Family. Community

About the Herald

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

Editor

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

Production

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

Photographers

Peter Gagianas Theanne Gagianas
 Sherry Clayton Lucy Klimko

Copyright Notice

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



About the Parish

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

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

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

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

**Parish Administration
 Clergy**

Rev. Fr. John Touloumes, Proistamenos
 Rev. Fr. Radu Bordeianu, Assistant Priest
 Deacon Matthew Palamara, Deacon

2025 Parish Council

Anthony Balouris, President (pcpresident@HolyTrinityPgh.org)

Alexander Anetakis	Evan Danis	Dean Passodelis
Andrew Fournaridis	George Dickos	Michael Passodelis
Penny Balouris	Tom Germanos	Chris Sarandou
George Danis	George Mellis	Jeanne Willow

Ministries

Please visit the Holy Trinity website at HolyTrinityPgh.org for descriptions and contact information on Holy Trinity Church's ministries, including spiritual life, education, youth, senior, family and cultural opportunities. There is something for everyone, so please get involved today! Everyone is welcome!

“FAITH. FAMILY. COMMUNITY.”

Thank you for supporting our Sponsors

 **Eye Physicians & Surgeons, Ltd.**

Christ A. Balouris, M.D.

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

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



BALOURIS EYE CENTER, PC

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

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

Visit us at... www.BalourisEyeCenter.com

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



Chris T. Balouris

3509 Smallman St., Pittsburgh, PA 15201

Phone: 412.682.2700 www.salonika.net

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



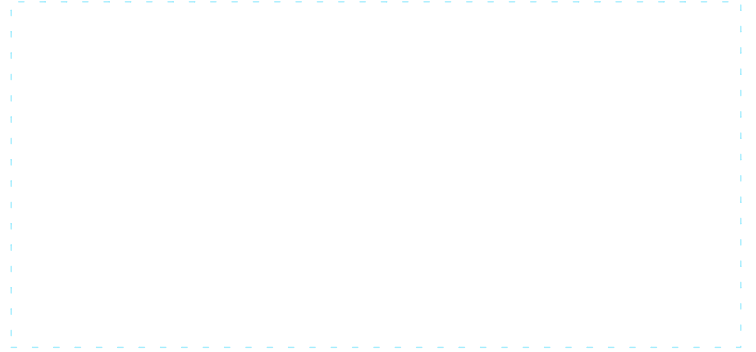
Tammy Backeris

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

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



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



SPEAKING TO CHILDREN ABOUT THE ASCENSION



Do not think, children, that because Christ ascended into the Heavens He is no longer with us on earth. Rather, understand that He is at the same time in Heaven and on earth. He is “omnipresent.” That means He is present everywhere at once. He is upon the highest mountains, in the densest forest, even in the deep darkness of an underground spring. Wherever people love the Lord, He is there with them. At this very minute, He looks upon you with love, blessing you.

Would you like to know what kind of a place it is, who lives there, and what life is like in Heaven? In Heaven, no one is ever sick. No one feels sad or cries. No one lies or is jealous. No one is poor. No one fears anything, for no wicked people live in heaven—only good people and the saints and angels. Those who abide in the Heavens live there forever and are always young. All who live in the Heavenly kingdom love one another as brothers. The Lord God—Father, Son, and Holy Spirit—lives and speaks with them as once God spoke with Adam and Eve in paradise.

From “A Sacred History for Children” by P. Vozdvizhensky