



# THE HOLY TRINITY HERALD

MAY 2007

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*Christ is Risen!  
Truly He is Risen!*

## QUICK NEWS



From April 10 to April 21, 2007, a pilgrimage to many holy and historic sites of the Orthodox Christian Faith in Constantinople, Mount Athos and Thessaloniki was undertaken by parishioners of Holy Trinity, All Saints and Holy Cross Churches. Upon their arrival at the Ecumenical Patriarchate in Constantinople, they were received for a personal audience by His All-Holiness Ecumenical Patriarchate Bartholomew I. For more photos, see pages 8 to 13.

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

**CHRIST IS RISEN! ΧΡΙΣΤΟΣ ΑΝΕΓΕΤΗ!**



**THE HOLY AND LIFE-GIVING TRINITY**  
FROM THE FAMOUS ICONOGRAPHY STUDIO OF  
THE SKETE OF BOURAZERI, MOUNT ATHOS

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



## THE HOLY TRINITY HERALD

### About the Herald

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

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### About the Parish

Holy Trinity Greek Orthodox Church

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Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh ([www.odpgh.org](http://www.odpgh.org)) and Greek Orthodox Archdiocese of America ([www.goarch.org](http://www.goarch.org)) under the Spiritual Jurisdiction of the Ecumenical Patriarchate of Constantinople.

### Holy Trinity Greek Orthodox Church Parish Administration

#### Clergy

Rev. Fr. John Touloumes, Proistamenos

Rev. Fr. Radu Bordeianu, Assistant Priest

#### Parish Council

Louis T. Loomis, President

Chris T. Balouris

Dean J. Balouris

James T. Balouris

George Dickos

Troy Geanopoulos

Nikki Marsh

John Phillips

Nicholas Sarandou

Vasilios Scoumis

Alex Trilivas

Gerri Valliant

Louis G. Zozos

#### Ministries

Philoptochos ..... Esther Ladakos, Pres.

GOYA.....Pres. Becky Touloumes, Advisor

Choir .....John Nychis, Director

Over 50.....Stella Athanasiou, Pres.

St. Lydia Study.....Stacy Dickos, Coordinator

Cemetery.....Bill Fiedler, Chairman

Greek School....Effie Kilantonis, Coordinator

Social Hall.....Kathy Romanias, Coordinator



“Save, O Lord, Your people and bless Your inheritance.”  
From the Apolytikion of the Holy Cross

Dear Brothers and Sisters in Christ,

As Orthodox Christians have proclaimed from generation to generation, from the early Church to the Archdiocese of America, from newly-speaking toddlers to long-bearded gherondas, from royal mansions to stately monasteries, from Constantinople to Mount Athos to Pittsburgh, to ... North Avenue to ... Babcock Boulevard! — Christos Anesti! Christ is Risen!

I truly wish there were just a few words that could very powerfully bring you into the depths of the experience of our recent pilgrimage to the holy destinations of Constantinople, Mount Athos and Thessaloniki. Indeed, the trip was so overwhelming in the history, majesty and sacrificial witness of the Holy Orthodox Faith that I ask your patience and understanding as I and the other pilgrims find the appropriate ways of sharing with you the joys and details of a holy journey that was made on behalf of this entire community and which has brought back blessings for all. Whether those blessings have been wrought by the offering of your names in prayer at many of the holy churches and monasteries we visited, or whether they are yet to come from lessons, stories and spiritual growth shared from the collected treasury of experiences, there is a blessing here for everyone.

Please allow me to share with you, however, an aspect of the trip which somewhat turned our expectations around. In looking forward to visiting historic churches such as *Hagia Sophia*, miraculous icons such as the *Portatissa*, and ancient monasteries such as the *Great Lavra*, we pilgrims and our communities had a great anticipation of receiving blessings. This happened, without question, over and over again. But our understanding of being pilgrims bearing blessings and called by God to share them with those whom we would be visiting was clearly proclaimed by His All-Holiness Patriarch Bartholomew, as he not only thanked us for visiting but called and challenged us to return and bring back other pilgrims this year. There were two important reasons he discussed. First, they are the living martyrs and guardians of the heart of Orthodoxy and it is a source of strength and encouragement when they receive pilgrims from their holy flock throughout the world. Second, His Eminence Metropolitan Maximos just started a one-year term with a seat on the Holy Patriarchal Synod and it is a great honor to both him and the Metropolis of Pittsburgh to have faithful members of the Metropolis visiting the Patriarchate concurrent with His Eminence's monthly meetings there. Likewise, all the monasteries on Mount Athos, as well as the Monastery of St. Arsenios in Halkidiki, were not only enthusiastic in sharing their blessings, but appreciative and encouraged to see pilgrims from America. The living connection and personal relationships with the faithful of America are important and refreshing for them. And don't forget, although only men are allowed on Mount Athos, there are many other monasteries and holy places for all ages and both genders, including many in Halkidi, where Mount Athos is located. So whether future trips will be of seniors in Constantinople or families in Meteora and Ormylia, opportunities abound.

Finally, with regard to my opening comment: what do Constantinople and Mount Athos have to do with North Avenue and Babcock Boulevard? Everything! Standing in the Cathedral of Hagia Sophia (6th century) and the church at the Great Lavra Monastery (963 A.D.) brought that message home quite clearly. Neither was built for a limited time or a narrow congregation, but as beacons of faith and consecrated places of holiness for the world around them. They were undertaken with a spirit that must set the tone for us at Holy Trinity Church if we are to accomplish the holy calling of establishing a new church with the fulness of God's blessings. It is not a spirit of pride, boasting, ownership or parochialism, but one that reflects in all aspects a true gratitude for the inheritance we have received and a genuine sense of godly responsibility to share it with the world around us and witness it for generations to come. In that way, in the spirit of the great builders of the ancient churches and monasteries in the holy places, to God alone will go the glory, as He “saves His people and blesses His inheritance.” Christ is risen!

**Herald Personal Sponsor for this Issue:**  
**Sponsored by Angela Morris, in memory of Michael Morris**  
**May His Memory Be Eternal!**

## EDUCATIONAL MINISTRIES

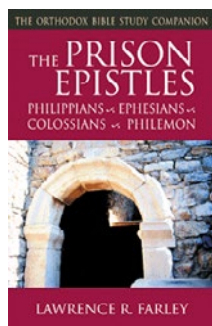
### Church School Graduation ..... May 20

Holy Trinity Church School will conclude the 2006/2007 year with graduation on Sunday, May 20. All students and staff are asked to attend Divine Liturgy together and remain for the ceremony.

### St. Lydia's Orthodox Women's Ministry ..... May 3, 20

The St. Lydia Women's Study Ministry is for women to share in fellowship and to study scripture, the Orthodox Faith and family life in today's world. The meetings take place every other week on Thursday mornings at 9:30 a.m. at the home of Jan Petredis in Wexford. New participants are always welcome! The fellowship is enjoyable and the approach is casual, but the subjects are important for today's women and families. All Holy Trinity women are welcome and invited to bring a friend!

This year's theme continues the Bible Study of Saint Paul's Epistles. Having recently completed the First and Second Epistles to the Corinthians, the group is now on the Epistle to the Ephesians. The study guide being used is a new publication, "The Prison Epistles," from Conciliar Press. It approaches the study with an easy-to-understand method intended for all people. For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925. A complete schedule for the year is available at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org). The last two gatherings for the season will be on May 3 and May 20.



### Orthodox Studies Forum ..... Back to Wednesdays

Please note: The Orthodox Studies Forum will not meet during the first week of April due to Holy Week. It moves back to Wednesday evenings after Pascha, with the first meeting being on Wednesday, April 18.

## WORSHIP LIFE

### 9:30 Regular Divine Liturgy Hours ..... Now in Effect

Don't forget, regular 9:30 Divine Liturgy hours have resumed effective April 1. Orthros is at 8:30 a.m. and Divine Liturgy starts at 9:30 a.m. for both Sunday and weekday services through October. Please set your clocks and your personal schedules to be there on time.

### Weekday Services ..... May

Please take note of the following weekday Liturgies for the feast days this month. Unless otherwise indicated, Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30.

**Thu. May 17..... The Ascension of the Lord**

NOTE LOCATION: This service will be held at the Saint George Chapel at Holy Trinity Cemetery in the North Hills.

**Mon. May 21 ..... Ss. Constantine & Helen**

### Feast Day Weekend ..... May 26-28

Please note the schedule of services for the Feast Day Weekend of our parish, May 26-28. First is the annual Saturday of Souls Liturgy at the St. George Chapel at Holy Trinity Cemetery. Pentecost Sunday features the Divine Liturgy and the "Kneeling Service" (Feast Day Vespers). Monday will offer the celebration the Feast Day Liturgy of our Church, the Monday of the Holy Spirit. Here is the complete schedule:

**Saturday, May 26 - 8:30 am Orthros/9:30 am Liturgy:**

**Saturday of the Souls Liturgy** at St. George Chapel at Holy Trinity Cemetery. Experience the timelessness of Orthodoxy with your family, while honoring and remembering all of those who have preceded us.

**Pentecost Sunday, May 27 - 8:30 am Orthros/9:30 am**

**Liturgy: Pentecost Sunday Liturgy**, followed by the "Kneeling Vespers" of the Holy Spirit.

**Monday, May 28 - 8:30 am Orthros/9:30 am Liturgy:**

**Monday of the Holy Spirit/Official Feast Day** of our Church.

## SACRAMENTAL REGISTRY

### Funerals

**Sampson:** The servant of God, John Sampson, fell asleep in the Lord on April 10, 2007. The Funeral Service was held at Holy Trinity Church on April 13. The 40-day Memorial is scheduled for May 20. May his memory be eternal!

**Rassias:** The servant of God, Louis Rassias, fell asleep in the Lord on April 11, 2007. The Funeral Service was held at Holy Trinity Church on April 14. The 40-day Memorial is scheduled for May 20. May his memory be eternal!

**Georgiakakis:** The servant of God, Helen Georgiakakis, fell asleep in the Lord on April 20, 2007. The Funeral Service was held at Holy Trinity Church on April 30. May her memory be eternal! The 40-day Memorial is scheduled for June 3.

## COMMUNITY LIFE

### Stewardship Pledges Due

The Stewardship Committee and Parish Council thank all the 211 Holy Trinity Stewards who have submitted pledges in the amount of \$133,542 for the 2007 Stewardship year and all those who have made regular contributions in helping the church meet the daily needs of operating her ministries. But stop: think this is just a formality or the same old "give money" type of message? Well, please take serious note of this news from our Stewardship Chairman, Michael Kritioris:

"DID YOU KNOW? The Church's operating bank account has already drawn a \$30,000 infusion from our savings account in the first quarter of 2007! Part of the reason is that we haven't yet gotten the commitment from all of our parishioners with their Stewardship support. While we continually work towards being most cost-effective, on the other side of the equation, we rely on Stewardship to provide the necessary revenue to keep our programs vibrant and the finances positive. Please do your part and submit your Stewardship Pledge Card, while also taking into consideration that fre-



quent contributions (rather than one at the end of the year) really help the Church with managing the budget. Thank you for your generous giving to Holy Trinity. Michael Kritiotis, Stewardship Chairman"

### Festival Cooking ..... Through August

A schedule for Festival Pastry Cooking is enclosed in this issue of The Herald. Please note the dates on your schedule and step up to your place as a Holy Trinity steward. Everyone is invited and asked to help. Bring a friend and pack a snack. Call Joyce Athanasiou (412-322-6002) regarding pastry preparation, Paula Valliant (412-487-3977) for dolmathes or Kay Balouris (412-766-1263) for other food cooking dates. Most importantly, keep in mind that each of us has an important part in this very large labor of love. Please don't wait for a phone call: consider yourself invited!



### Holy Trinity Family Picnic..... June 3

Join your fellow Holy Trinity parishioners for our Second Annual Church Community Picnic at Bellevue Park on Sunday, June 3 following Divine Liturgy at Holy Trinity Church. A fun-filled day of games, food and friends awaits you!

### Mother's Day Brunch.....May 13

The Social Committee will be hosting a Mother's Day Brunch on Sunday, May 13. All mothers of the parish will receive a complementary meal (and a lot of compliments, too!) Please be there to honor the women of our parish and families!



### Festival Dates .....August 29-September 2

Don't forget to keep August 29-September 2 free to work at, eat at, bring your friends to and enjoy the Holy Trinity Greek Festival. Please don't wait until the last minute to help: please show up for cooking now and sign up to help at the Festival as soon as the sign-up boards appear at Coffee hour.

### Icon Donation Received

Holy Trinity Church wishes to acknowledge the donation of a new, hand-painted icon of the Feast of Pentecost, donated in memory of the servant of God, Julia Welsh, with love from her daughter, Mary-Magdalene Welsh.

This is the feast day icon of our church. May Julia's memory be eternal, and many thanks to Mary-Magdalene.



## Holy Trinity Stewardship | 2007 Pledges Received

*Thank you to the following faithful stewards who have submitted their pledge cards for the 2007 pledge year since the last publication of names. Please join them in their support for the ministries of Holy Trinity and submit your pledge card today! Remember, a current, signed pledge card is required each year as part of maintaining your membership in good standing at Holy Trinity Church.*

Ms. Georgiana Anargyros  
Mrs. Christy Andromalos  
Ms. Marjorie Andromalos  
Rev. Fr. & Pres. John  
Androustopoulos  
Mr & Mrs Alvin Backeris  
Dr & Mrs Christ A. Balouris  
Dr & Mrs Constantine A. Balouris  
Mr. & Mrs. Joseph Barron  
Mr. & Mrs. Robert Brewer  
Miss Penny Cocheres  
Mr. & Mrs. Steve Condos  
Mrs Fedra Dedousis  
Mrs. Helen DeMoss  
Drs. George Dimitriou & Maria  
Tranto  
Mrs. Penny Fakles-Bossick  
Mr & Mrs John Fekos  
Mrs Anna Festas  
Mr & Mrs Constantine Fiffas  
Mr. & Mrs. John Franciscus  
Mr & Mrs Thomas Geanopulos  
Mr Troy Geanopulos

Mr. and Mrs. Mark Georgiadis  
Mr. & Mrs. Charles Henigin  
Dr. Kristina Johnson  
Mrs Kelly Karavolos  
Mr Steve Kish  
Mrs Penelope Komninos  
Mr. E. Takis Kontoulis  
Miss Elenie Kourouklis  
Dr & Mrs Dimitris Kraniou  
Mrs Despina Ladakos  
Mr & Mrs Konstantine Lambou  
Mr. Chris Loomis  
Mr & Mrs Nicholas Loomis  
Mr & Mrs Louis Manesiotis  
Mrs Pauline Morris  
Mr Michael Panos  
Mr & Mrs George Papadopoulos  
Mr & Mrs Andrew Pappas  
Mr & Mrs Eleftherios Parikakis  
Mrs Anna Gahagan Patsilevas  
Mr & Mrs Steve Pefanis  
Mrs. Kelly Karavolos Pefferman  
Mr. & Mrs. Joseph P. Phaturos

Mrs. Sophia Regas  
Mrs. Sandra Schall  
Mr. & Mrs. Kirk Stephen  
Mrs Georgia Touloumes  
Miss Harriet Valliant  
Mr Peter Valliant  
Mrs Katherine R. Warren  
Dr & Mrs Antonios Zikos  
Mr & Mrs Louis Zozos

### 2007 STEWARDSHIP QUICK LOOK

**2007 Pledges received: 211**

**Total amount pledged: \$133,542.00**

**Donated as of 4/15/07: \$67,904.00**

**Average pledge: \$633.00**

**Maximum pledge: \$12,000.00**

**Expenses to operate Holy Trinity  
Church in 2007: Over \$800 per day x  
365 = over \$300,000 per year**

Part of a regular series of contributions by our resident "Gheronda" (respected elder clergy), Father John Androutsopoulos



**Father John Androutsopoulos**

**CHRIST IS RISEN!  
TRULY, HE IS RISEN!**

**GOD'S SPIRIT  
WITHIN US**

Beloved brothers and sisters in Christ,

**M**any of us, though we realize that we are God's children, though we know that Christ has died to redeem us, are still inclined to be fearful, to remember the many times we have broken God's laws and allowed sin to take possession of us. We look back and regret that we did not act in a different manner in certain situations. Our minds are filled with remorse for our sins, of both omission and commission.

## Pressing Forward

While past mistakes are bound to leave scars on our souls, too much self-castigation is not a healthy state of mind for any Christian. St. Paul in his letter to the Philippians wrote in chapter three, verses thirteen and fourteen, "forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."

## Repentance versus Remorse

In other words, repentance that remains nothing but remorse accomplishes nothing. If we are to be true and effective Christians, our lives must be on the positive level. We must practice living in a way that pleases God. To accomplish this, we must spend much time in prayer. Forgetting, to a certain extent, the things that are past, we must look forward. We must surrender ourselves completely to God and be willing to say, "Here I am, Lord; take me and use me whatever way You can, I have made many mistakes and probably I shall make many more, but I am in Thy hands. Show me the way that I must go, and I will try to walk in that way."

## The Cleansing Stream

In order to know God's will for us, we should search the Scriptures frequently and earnestly and sincerely for guidance. Some part of every day should be set aside for complete relaxation, for meditation, for reading God's word, for talking freely with Him as a child would talk to a loving father. We must forget our problems and troubles and remember only that we are God's children, that His love is a cleansing stream that flows through our hearts and minds with purifying sweetness. We must remain on the mountaintop with Him until we can feel His presence surrounding us. Then we can face the world again. Our worries and our fears leave us and we are in a position to take advantage of the first opportunity that occurs to show the shining light of Christ to those with whom we come in contact.

## I Believe In The Holy Spirit

**"H**ereby know we that we dwell in him, and he is us, because he has given us of his Spirit." (I John 4:13)



The Holy Spirit speaks in our hearts for God. He imparts peace and hope to those He attracts away from sin, leading them in the steps of Christ. He gives faith in a Father's love and the hope of eternal life.

It was expedient for us that Christ should go away and that the Comforter, the Holy Spirit, be sent to us. He abides in us. He fills all things. He is the treasury of blessings. All I learn and feel of the truth of God, I owe to the teaching Spirit in the Scriptures. Each of us must testify to this. In me He guides and guards my prayers by divine wisdom. He prays in me so that what He prays is heard as mine. Let me cherish the coming of Him by whose divine work I enjoy the grace of a Savior and the love

of a heavenly Father.

Let each of us implore the Heavenly Father to fill us with the Holy Spirit that we may love and serve Him better. May we faithfully, joyfully follow His will and His way, trusting ourselves to His eternal loving care.

With the Love of the Risen Lord

*Rev. Fr. John K. Androutsopoulos*



Hello to All My Precious Children!

Christ is risen! Truly He is risen!

"Yiayia," I said to one of my favorite people in the world, "why do I always have to tell Zoe, 'I'm sorry,' when I do something to her? Sometimes I think I'm right, anyway. And besides, I'm her big brother! But Mommy says I must apologize and mean it."



"Well, Spero," my Yiayia said, "did you know that an apology can stop a fight, even between brothers and sisters? There is a story in the Bible about this. Abigail's husband, Nabul, was ruse to King David. That made the king so angry, he decided to start a fight. An apology would have stopped things, but Nabul just wouldn't say those three powerful words, 'I am sorry.' Abigail knew that a fight would be terrible, so she brought dinner to the king's men. It was very dangerous for her to do; the men might have been so angry, they might have killed her. But she took the chance, and she apologized for her husband's behavior. King David accepted the apology and he promised not to fight. Spero, can you imagine what might have happened if there was no apology? Remember, the Bible tells us, 'Blessed are the peacemakers, for they shall be called sons of God' (Matthew 5.9)."

Funny thing, a few days later my little sister, Zoe, came and asked me, Spero, a tough question, too. "Spero," she said, "how can I have more patience?" "Well, Zoe," I said, putting my Yiayia thinking cap on, "I know that it is not always easy to have patience, so when I have trouble being patient I always think about a man named Job from the Old Testament. Job had a very good relationship with our Heavenly Father. But one day, Job lost everything he had: his flocks were stolen, his children were killed, his house was destroyed and his money was lost. He became poor almost instantly. His friends turned against him, and even his wife challenged his faith. Then he got sick." "Oh, Spero," said Zoe, "that sounds terrible! Why did God let so many terrible things happen to him?" "Well, little sister," I said, "Job didn't understand, either, why these things happened to him. He asked God about it, but he got no answer. So Job had to be patient and wait and put his trust in Him. All that time, Job never stopped praying and blessing God. Because he was so patient, the Bible says he gave Job twice as many blessings as he'd had before all his tragedies started. Remember, Zoe, just like our Heavenly Father took care of Job, He will take care of us, too. All we have to do is trust in Him!"

"And while we are speaking about the Old Testament, little sister, I have another story to share, this time about family. Do you know it's very important to show your family that you love them and care about them? The story of Joseph and his brothers teaches us a lot about that. It's not so nice in the beginning, because Joseph's brothers were very mean to him. They were so mean, in fact, that they sold him to be a slave to the Egyptians. But God was watching over him and had a special plan. Eventually, Joseph became a very powerful assistant to the Pharoah and was like a ruler. One day, Joseph's brothers came to Egypt looking for food during a terrible famine and found Joseph, but they didn't know it was him. Joseph recognized them, however, and even though they had done a terrible thing to him, he forgave them because God intended it for something good. When he told them about it, he even cried because he was so glad to see them. So, Zoe, I would like to remind all my precious little ones how important it is to think of many ways to say, 'I love you!' to our family and friends."

"That goes especially for our parents, since God says we should honor our mother and father, and during the month of May we should especially find ways to let our Mommies, Yiayia's, Nouna's and other mothers know just how much we love and appreciate them! Happy Mother's Day to all!"

Love in Christ,  
Spero



**Voula Hareras**

ΣΤΟΥΣ ΚΥΠΡΙΟΥΣ  
ΕΘΝΟΜΑΡΤΥΡΕΣ  
ΤΟΥ 1955-1959

Όσα ακολουθούν δεν είναι στοχασμοί ούτε προβληματισμοί ούτε απλή παραθεση γεγονότων. Είναι κάτι που το ζω μονιμα και εντονα.

Βλέπω αδιακοπα μέσα μου γυρω μου, μπροστα μου τις μεγάλες μορφές των παλλή καριών της ΕΟΚΑ του 1955 - 1959, ακουω τα λόγια τους — ορισμένους τους γνώρισα προσωπικά — διασταυρώνω το βλέμμα μου με το δικό τους ολοκαθαρό αετσιο βλέμμα.

Ακουω τον χαιρετισμό του μόλις 17 χρονου Ευαγορα Παλληκαρίδη, με τον οποίο χαιρετούσε από το βουνό τη μνημη καποιων παλληκαριών της ΕΟΚΑ, που ελεγε:

*Των αθανάτων το κρασι τοβρετε σεις και πινετε ζωή,  
για σας ο θάνατος κι αθάνατοι θα μείνεται.*

Δύο χρονια πριν, το 1953, μαθητής στο ίδιο Γυμνασιο στο οποίο φοίτησα κι εγω και ακουσα εμπνευσμένους καθηγητές — είχε κι εκείνος καποιους δικούς μου — σκαρφάλωσε σαν αйлουρας στον ιστό του συμβόλου της Αγγλικής κατοχής στην Παφο. Τόλμησε να κατεβάσει την αγγλική σημαία και να υψώσει στη θέση της το σύμβολο της ελευθερίας τη γαλανολευκή. Οι Αγγλοι αποικιοκράτες εξαναγκάζαν τότε τον ελληνισμό της Κυπρου και κυρίως τους μαθητές, να γιορτάσουν μαζί τους το γεγονός της στενωψής της βασίλισσας Ελισαβετ. Αυτής, η οποία τέσσερα χρονια αργότερα, αρνιόταν στον Ευαγορα που μόλις πριν από 15 μέρες εκλείσε τα 18 του χρονια, την παραχώρηση χαρίτος. Εβάλε η Ελισαβετ την υπογραφή της φαρδεια-πλατεία κι ο δήμιος περάσε την αγχονη στο λαίμο του εφηβου, που το μόνο του εγκλημα ήταν ημεταφορά ενός αχρησιμοποίητου οπλου!...

Βλέπω από τον εξώστη της παλιάς Αρχιεπισκοπής (στη Λευκωσία) Γυμνασιοπαιδα σκαρφάλωμένα στο καμπαναριο τ Αι-Γιαννιου να υψώνουν τη γαλανολευκή, να κτυπούν καμπάνες, ενώ αλλα, ανεβάσμενα στη στεγή του Παγκυπριου Γυμνασιου, ξεκολλάνε κεραμιδια για να πολεμήσουν μ αυτά την αποικιοκρατία.

Αλλα, πίσω από τα κιγκλιδώματα ψάλλουν θουρία, ζητούν Ένωση με την μητέρα Πατρίδα, αρπάζουν τις δακρυγόνες βομβές πριν σκασουν και τις ριχνουν πίσω στους γενναιους Βρεταννους, που εζώσαν το σχολείο τους και οποιον επίαναν — μαθητή η μαθητριά — τον πατούσαν χαμό, τον κλωτσούσαν, τον κτυπούσαν με τα κλομπς, τον κακοποιούσαν και τον τσουβαλιάζαν στο αυτοκινητό-κλούβα για να τον ριξουν στη φυλακή. Οι μαθητρίες κουβαλουν πέτρες στις σχολικές ποδιές, κι οι μαθητές, που αποτελούν την εμπροσθοφυλακή. Τις αρπάζουν και μ αυτές αποκρουουν τους πανοπλους ασπιδοφορους στρατιώτες της αυτοκρατορίας... Ένας γενναίος Βρεταννός αρπάξε μια μαθητριά-υλα από τα μαλλια και την κτυπα με τον υποκοπανό του οπλου του. Τελειώνοντας τον...ηρωικό αθλο του την ακουσε να του λέει: *Είσαι δειλος.*

Αν είσαι αντρας, πετάξε το όπλο, βγάλε το κρατος, αφήσε την ασπίδα κι ελα να παλαιψουμε με τα χερια!... Το αγορί - σημαιοφορός της μαθητικής διαδήλωσης, όταν ο αξιωματικός τον απείλησε με το πιστόλι στον κροταφό, διατασσοντας τον να κατεβάσει την ελληνική σημαία, ξεσκεπασε το στηθος στο μέρος της καρδιάς και του πε στα αγγλικά: *Να! πυροβολήσε εδώ, στην καρδιά!...* Και ο γενναίος εσκυψε το κεφάλι, εκανε μεταβολή κι απομακρυνθηκε...

Στον περιβολό της Φανερωμένης Λευκωσίας παραμονές της εκτελεσεως των Μιχαήλ Καραολή και Ανδρεά Δημητρίου, των πρώτων που γευτήκαν το θάνατο της αγχονής, οι νεοί με τις γαλανολευκές στα χερια, βράζουν από ιερό θυμό και όργη κατά των στυγνων αποικιοκρατών καθώς αφουγκραζονται τα τελευταία λόγια το 22 χρονου Δημητρίου από τα Κρατητήρια, που ελεγε: *Δε με φοβίζει ο θάνατος, γιατί η ζωή είναι περιττή μέσα στη σκλαβία. Ζητώ η λευτερία. Γεια σας...* Και καθώς συγκλονίζονται από το

λόγο του Καραολή, που ειπε δυο μέρες πριν από την αγχονη: *Αφού ο Θεός μου επεφύλαξε το πικρόν τουτο ποτήριό ου μη πίνω αυτό: Γεννηθώ το θέλημα του Παντοδυναμού.*

Ξεκίνησαν όλοι την 1η Απριλίου του 1955 με πίστη στον Θεό με φλογισμένη καρδιά, με τον φλογερό ποθο της λευτερίας. Στην πρώτη προκήρυξη της ΕΟΚΑ αρχίζουν το θουριο τους: *Με την βοήθειαν του Θεού (...). Εμπρός, με σύμβολο τον Σταυρό μας... Και πήραν να βαδίζουν προς τη θυσία, το θάνατο, την αγχονη με αδαμάστη χριστιανική πίστη. Με ψευδώνυμο από την ενδοξη ιστορία μας και το Ορθόδοξο μαρτυρολόγιο. Αρχίζουν τις επιστολές τους με το αγαπητέ μου εν Χριστώ αδελφέ και τις κατεκλείαν με τη φράση *Ο Θεός μαζί σου.* Στα ανηλίαγα, συνηθώς υπογεία κρησφύγετα τους, πλάι στον φτωχο οπλισμό τους εκαιγε το τρεμαμένο φως του καντηλιού απεναντί από τις εικόνες του Χριστού και της Παναγίας. Και στις ώρες της αναπαύλας είχαν για μελέτη τους ομαδική η ατομική την αγία Γραφή, βιβλία Ορθόδοξης πνευματικότητας και Ελληνικού ηρωισμού.*

Τα λόγια τους, το ηθος τους, η αντρείωση τους ήταν διαποτισμένα από πίστη στον Θεό κι ελπίδα στη νίκη. Εν όσω υπάρχει ψυχή η ελπίδα μου θα μένει. Μέχρι της τελευταίας μου πνοής η ελπίδα μου θα είναι στο Θεό, στον μόνο Παναγαθο και Παντοδύναμο Χριστό, εγραφε μέσα στο κρησφύγετο του ο Σαββας Ροτσιδής, που επεσε κάτω από τις σφαίρες των Αγγλων τον Νοεμβριο του 1958. Παρακαλώ τον Παντοδύναμο να με βοηθήσει να μου δώσει κουραγίο και θαρρος να μπορέσω να ανταπεξέλθω στο μαρτύριο, εγραφε στο μυστικό ημερολόγιο του της φυλάκης ο σκληρά βασανιζόμενος από τους Αγγλους αγωνιστής Φωτής Πηττας.

Ακομή μπροστα μου βλέπω τ ολοφωτό πρόσωπο του αγίου του Κυπριακού αγώνα 22 χρονου Ιακώβου Πατατσού. Ακουω την κρσταλλινή αγγελική φωνή του με την οποία διδασκε τα παιδιά του Κατηχητικού του. Ολοτελα αθώος, και μόνο με τη ψευδομαρτυρία μιας Τουρκάλας, βάδισε στην αγχονη την ώρα που οι Κεντρικές φυλάκες σείονταν από τον εθνικό υμνο, κι ο ίδιος εψάλλε Εκστηθι φριττών, ουρανε, και σαλευθήτωσαν τα θεμέλια της γης. Και πριν τελειώσει το *Οτε κατήλθες προς τον θάνατον...* η φωνή του πνιγήκε, εσβησε για πάντα...Ενώ η ολολευκή ψυχή του πετάξε χαρούμενη στο θρόνο του Θεού, όπως το προσμένε, γραφοντας λίγες μέρες πριν σε ένα φίλο του η ψυχή μου θα χαιρεί, διότι χρησιμοποίησα τον χρόνο της ζωής μου σύμφωνα με τη φωνή της συνειδήσεως μου. Το τελευταίο βράδυ της ζωής του εγραψε στη μητέρα του: *Χαίρε! Ευρισκομαι μεταξύ αγγέλων. Τώρα απολαμβάνω τους κοπούς μου. Το πνεύμα μου φτερουγίζει γυρω από τον θρόνο του Κυρίου.*

Με το ίδιο πνεύμα βάδισαν στην αγχονη οι Παναγίδες, Κουτσαφτάς, Ζαχός, Μαυρομματής, Παλληκαρίδης. Με το ίδιο επεσαν στο πεδίο της μάχης η έγιναν ολοκαυτώματα οι Λενάς, Δρακός, Αυξέντιου, Καρύος, Πηττας, Παπακυριακού, Γαλλούρος, Κυπριανού... Τα ονοματα όλων, κι ήταν πολλοί, κι ήταν γενναίοι, κι είχαν ερώτα στην ελευθερία, περάσαν στην αιωνιότητα. Έτσι η Κυπρος μας μαζί της οπου γης Ελληνισμός έχουν να διηγούνται ακομή μια δοξα. Γνησία Ελληνική. Η 1η Απριλίου 1955 είναι η τρίτη εθνική μας επετειος μετά το 1821 και το 1940. Διότι αισθανομαστε πως για τους Έλληνες η ελευθερία είναι προϋποθεση αναπνοής. Γι αυτό κι επαναλαμβάνουμε τον αθάνατο λόγο του Κυπριου εθνικού ποιητή Β. Μιχαηλίδη:

Η Ρωμιόσση εν φυλή  
συντοζαίρη του κόσμου.  
Κανενάς δεν ευρεθήτζεν  
για να την εξήλπει  
Η Ρωμιόσση εν να χάθει,  
όντας ο κόσμος λειπει.

N. Ροδίνος

*Η 13η Μαίου είναι η εορτή της Μητέρας. Ευχομαστε σε όλες της Μανούλες του κόσμου, χρόνια πολλά.*

Βούλα Χαρέρα



From April 10-21, 2007, a team of clergy and laymen from the Greek Orthodox Churches of Holy Trinity (Pittsburgh), All Saints (Canonsburg) and Holy Cross (Pittsburgh) gathered in the Holy Spirit for a holy pilgrimage to some of the most historic and important destinations in Orthodox Christianity: Constantinople (now known as in modern Turkey), Thessaloniki (second city of honor and rank in the Byzantine Empire) and Mount Athos (the center of Orthodox monasticism located in Greece, populated by dozens of ancient monasteries). The following pictures provided a glimpse into this holy journey, made by eight men in person, but spiritually accompanied by and carrying the prayers for the many members of their respective parishes, families and friends. The explanations of the photos are brief to preserve space; watch for announcements about live presentations to hear more detailed information on the places visited and experiences encountered.



**April 10:** The team of pilgrims arrive at Pittsburgh International Airport and prepare to check-in for their 24-hour journey to the Patriarchate.



**April 11:** (Above) His All-Holiness Patriarch Bartholomew distributing Paschal eggs. (Left) Members of the pilgrimage venerate some of the relics enshrined at the Patriarchal Cathedral of Saint George, including those of Ss. John Chrysostom & Gregory the Theologian.



**April 11:** (Above) Father John, inside the Patriarchal compound, is now by Turkish law allowed to vest in his clergy robes. (Right) His All-Holiness Patriarch Bartholomew graciously receives the group in his private office.



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**April 12:** (Left) The massive interior of Hagia Sophia Cathedral (537 A.D.), the greatest church in the history of Christendom. To help gain perspective, notice the 15 story scaffolding at the right, which climbed from the main floor of the church to the top of the dome! This God-inspired architectural jewel of Emperor Justinian stood for over 900 years as the Great Cathedral of the Byzantine Empire, then was used for almost 500 years as a mosque under the Ottomans. For the past 70 years it has been used as a museum and is undergoing constant restoration. (Below) Hagia Sophia peeks out around the trees on the promenade. This great structure sits at the peak of the city and can be seen for mile around by land and water.



**April 12:** (Left) On again, off again! Turkish law prohibits clergy from wearing their religious garb in public outside their religious properties. In observance of this legal restriction, Father John and Father George travelled throughout the city in their suits and ties, then changed when arriving at the holy sites. Here they receive assistance with their garments at the gate of the Church of Panaghia Vlachaeae, the site of a miraculous spring and the "Ti Ipermaho" icon.



**April 12:** (Far Left) The "Life-Giving Spring" of the Panagia at Baloukli. (Top Left) The tomb of Patriarch Athenagoras I, who was also the former Archbishop of America. (Bottom Left) The inscription of the hymn "O Champion General" at Panaghia Vlachaeae. (Top) The famous International Bazaar in Istanbul, largest enclosed marketplace in the world.

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**April 12/13:** (Far Left) Road signs point the way from Thessaloniki to Mount Athos, also known as "Agion Oros," or, in English, "The Holy Mountain." (Left) The fortress tower and dock of Ouranoupoli, the gateway to Mount Athos. (Below Left) A Greek fishing boat at sunrise awaits another day of labors, like that of the Apostles in biblical times. (Below) Father Sineseos from the Monastery of St. Arsenios in Vatopedi (our guide for the entire Mount Athos trip) explains some of the sites on the ferry boat trip to the Holy Mountain.

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**April 13:** (Left and Below) As we arrive at the dock of Siminopetra Monastery (14th century), Father Sineseos points to the top and tells us, "This is our first stop. We'll be hiking to the top. When we were young monks, we used to make a sport of racing from the dock to the monastery. I used to be able to make it in 18 minutes!" Well, as far as our team goes, nobody even comes close. The last of our "hikers" arrives at the doorsteps of the monastery up top in just over an hour of nearly vertical ascent. Whew!



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**April 13:** (Far Left) A monk waits at the dock with his monastery's produce. (Top Left) A Cross on the fence of Simonopetra's garden. (Center Left) A vat of miraculously-reproducing oil which has been known to possess a divine healing grace. (Bottom Left) Father Iakovos, a classmate of Father John's from seminary and now a priest-monk at Simonopetra, presents the relics of the monastery for veneration and gives a detailed explanation of each to the pilgrims. (Bottom Right). Close-up shots of three of the reliquary boxes at Simonopetra. There are relics of the True Cross, the Three Hierarchs, St. Mary Magdalene, St. Dionysios, St. Nektarios and many other saints of the early and recent Church.



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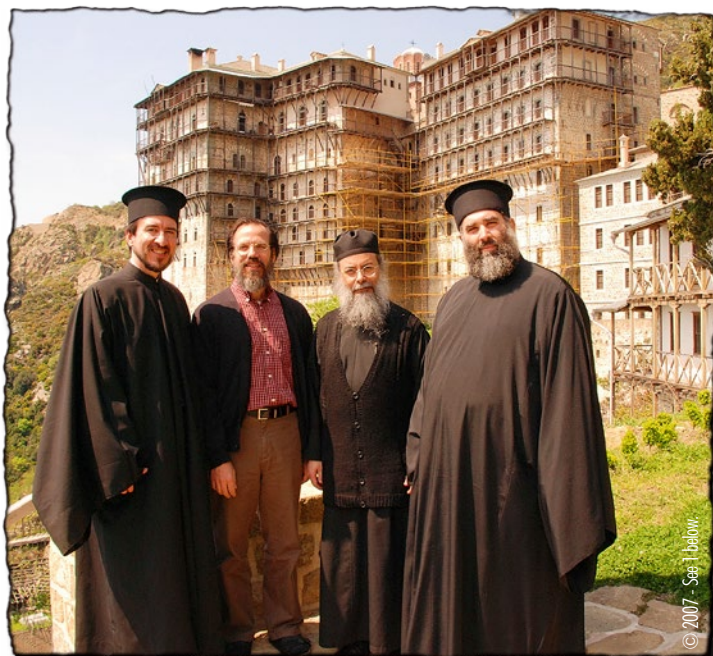


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**April 13:** (Left) Four classmates from Holy Cross Theological School in Brookline, MA, over 20 years later, meeting up as they follow a variety of paths in serving the same Christ. From left to right, Dr. Nicholas Conostas, a Ph.D. and former Harvard University professor (HC Class of 1987), now a novice monk and Chief Librarian at Simonopetra, pictured in the background; Fr. John Touloumes (HC Class of 1985), now serving at Holy Trinity Church in Pittsburgh, PA; Fr. Iakovos Bakos (HC Class of 1985), now a priest-monk at Simonopetra Monastery with numerous responsibilities; Fr. George Livanos, (HC Class of 1987), now serving at All Saints Church in Canonsburg, PA.



**April 14:** (Above) The massive bells removed from the bell tower during the renovation of St. Andrew Monastery (1849 A.D.). They were a gift to the monastery from the Tzar of Russia. The monastery had been closed from 1972 to 1992, when the last of the Russian monks fell asleep in the Lord. Now, along with many of the other monasteries, it is being renovated and restored, and many new faithful men are seeking to enter the monastic life there. (Far Left and Left) Can you spot the real church? On the left, two of our pilgrims marvel in awe at the magnitude of the Saint Andrew Monastery, one of the largest on Mount Athos, also known as "Serai," which means palace in Arabic. At the right is simply a *proskinitarion* (place of veneration) built in the style of a church. It is located in the courtyard of Serai and is only the size of a large birdhouse!



**April 15:** (Far Left) On the path to Iviron Monastery (976 A.D.), the home of the very famous *Portaitissa* (Keeper of the Portal) icon of the Theotokos, which miraculously bled from the cheek when stabbed by an invading pirate. (Above) The pilgrims at the cell of Elder Paisios, one of the most influential contemporary Athonite elders, now reposed. The icon of the Panaghia on the left was his favorite icon of her for an amazing reason: he had been given a vision from God of an appearance of the Theotokos, and this icon was the one he said most resembled her actual face! (Bottom Left and Center) The domes and complex bell tower machinery of the Great Lavra Monastery (963 A.D.), where the pilgrims spend night two on Athos.



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**April 16:** (Left) During a many-hour-long hike along the rocky cliffs at the end of the Athos peninsula, the group encounters the monks of Katounakia. Father John is pictured here with one of the iconographers of the House of Daniel; in an amazing moment, he remembers that this is the very same Athonite iconography studio that wrote the icons for the iconostasion at Holy Trinity Church in 1960! (Below and Below Left) The ornate domes and massive bells of St. Panteleimon Russian Monastery, and more remote cells and hermitages along the rocky cliffs of Mount Athos.



**April 17:** (Left) The "Ossuary" located below the chapel at St. Paul Monastery (1050 A.D.), where the sacred relics of the monks from hundreds of years ago to the present day are kept. Far from morbid, this practice is both a statement of ultimate faith in the Resurrection as they await the Second Coming of the Lord and a final act of renunciation of worldly glory, even in death. The inset of the skull to the left shows the simple inscription, "Theodoulos the Monk" as he was known in life. Every monastery maintains its own cemetery for the burial of brethren who have "fallen asleep in the Lord." After a number of years, the relics are transferred to the the Ossuary and placed with the remains of the other brethren.



**April 18 and 19:** (Left) The pilgrims pause for one final group picture before leaving Mount Athos on the steps of Docheiariou Monastery (1046 A.D.) By the fifth day of hiking, waling sticks are standard issue! (Above) Part of the group in front of Saint Arsenios Monastery in Vatopaidi. This monastery is not on Mount Athos, but in the region of Halkidi outside of Thessaloniki. It is also the home of Father Sineseos (the monastic guide provided for the group by the Elder Theoklitos of Saint Asemios Monastery). (Above Right) The grave of Elder Paisios, who reposed in 1994. (Right) Father George and Father John at the conclusion of the Liturgy during the nighttime vigil at Saint Arsenios Monastery, pictured with Father Niphon from the monastery.



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**April 20:** (Top Left) relics of Saint Demetrios the Great Martyr and Patron Saint of the city of Thessaloniki, enshrined at the Saint Demetrios Cathedral. (Top Center) The two Demetrios's from the trip standing in front of the Cathedral of Saint Demetrios. (Top Right) A famous figure from secular Greek history, too! This statue of Alexander the Great looks out toward the lands of Macedonia on the waterfront in Thessaloniki. (Above Left) Our two priests pause in next to the relics of Saint Gregory Palamas, Archbishop of Thessaloniki. Saint Gregory was a 14th century monastic who was elected Archbishop of Thessaloniki. He is credited with many writings and extensive develop in the practice and teaching of contemplative prayer and "hesychasm" (quietness). His relics are enshrined at the Church named after him at the Metropolis of Thessaloniki. (Above Right) The icon of the Transfiguration of our Lord and Savior Jesus Christ on Mount Tabor, found on the one of the domed ceilings of the church of Saint Gregory Palamas.



**April 20:** (Left) The selection doesn't get any better than this! A customer picks from the wide variety of tasty olives at the open market in the streets of Thessaloniki. (Right) Well, what would a trip to Greece be without some good bouzouki music? On the last evening, the entire group enjoys a delicious selection of Greek foods (calamari, fish, shrimp, vegetables and lots more!) as part of their farewell celebration. There are many such family establishments within walking distance in central Thessaloniki, and they are all filled with customers that Friday evening!



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An update on the news and activities of our local Holy Trinity chapter of the Philoptochos Ladies Society, a national philanthropic ministry of the Greek Orthodox Archdiocese of America. and the Parish Council." Want more information? Visit their web site at [www.Philoptochos.org](http://www.Philoptochos.org) or contact a local member.

## CHRIST IS RISEN! TRULY HE IS RISEN!

### Recipes, Recipes, Recipes!

We are in the process of compiling a Greek and not so Greek cookbook We need your recipes ASAP. We Would like everyone to put one or more recipes in the book. Recipes may be in memory of a loved one. Do not miss this opportunity to Leave a legacy for your loved ones. Please Email them to Joyce Countouris at [joyceco1@comcast.net](mailto:joyceco1@comcast.net) or to Esther at [dela1947@yahoo.com](mailto:dela1947@yahoo.com). Or you may hand write them and bring to church. Our goal is to have this book available for the Festival. Your cooperation is greatly appreciated.

### Coffee Hour

We are still asking and encouraging people to sponsor and volunteer for coffee hour.

### Mothers' Day Tea

You will be receiving a letter for the Mothers' Day Tea Fund Raiser. The money raised from this fund is to help us make our annual donations to the varies charities that we

support. Your generosity is greatly appreciated. Thank you.

### Membership

We will be having elections in May. All Stewardships must be paid ASAP. Please give your money to Kay Balouris or to Esther. Once again I am asking for new members. Please join, if you are not a member.

### Prayers

If you know someone who is ill or in a nursing home, please say a prayer for them also notify Esther so that a card may be sent. It is important that we do not lose contact with our loved ones.

### Next Meeting

The next meeting will be on May 6, 2007. Members please attend. Non members, Please come and join us.

Esther Ladakos  
Philoptochos President



# WANTED:

## your recipes for our (Philoptopchos) cookbook.

It would be a shame not to see your favorite recipe in our cookbook. We do have a deadline for publishing.

Please send your recipe to Esther or Joyce at [DELA1947@yahoo.com](mailto:DELA1947@yahoo.com) or [joyceco1@comcast.net](mailto:joyceco1@comcast.net)

We will be accepting contributions for a patron page(S) at \$10.00 each patron. We are also accepting merchant ads if they are requested.



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## What is Orthodoxy?

According to St. Athanasius the Sinaite, one of the earliest fathers of the Church, “Orthodoxy is a true conception about God and creation.” Orthodoxy is the holy tradition of our Church, the truth about God, man and the world that was delivered to us by God Incarnate Himself. Orthodoxy is the right faith and right worship of God. Orthodoxy is the pure Christianity, the real Church established and preserved by Christ for the salvation of mankind.

Christ as entire truth—Orthodoxy—leads us to our salvation through his Church. Therefore, the Church is the foundation of truth. The Church always considered it her highest responsibility and obligation to maintain, in the Holy Spirit, the apostolic faith unaltered and un-falsified. If the Church has not remained faithful to the truth of her existence, she could not have remained faithful to herself and retained her identity. The contents and the substance of the Church is Orthodoxy. This responsibility of the Church to maintain the truth through tradition is not something abstract. The Church takes care that each of her children remains in the truth, in “orthodoxia” (right belief) and “orthopraxia” (right practice).

Nowadays, of course, we are used to simplifying things and to being indifferent to the Truth of the Church. Being superfluous and frivolous, we give attention to outer forms and we claim that it is enough in there is a common acceptance of a basic faith, and everything more is useless. [Many say] doctrines and canons are made by man and they must be put aside “for love’s sake.” Doctrines, however, as rules of faith do not destroy the unity of the Truth. They create the boundaries of Orthodoxy, of the Church, so that the Church, as Orthodoxy, can be distinguished from heresy ... for the Church, the foundation of faith is one: the fulness of truth in Christ.”

If the Church were indifferent to retaining the faith and tradition, as she received them, pure and unadulterated, then it would not be the Church of Christ, His Body, but a human organization or a political ideology, striving for political or humanistic purposes, and not in any way related to Christ, His sacrifice on the Cross, or to salvation.”

*Excerpted and adapted from the book “What is Orthodoxy?” by Peter Botsis, Athens, Greece.*

Scripture of the Month: “No greater joy can I have than this, to hear that my children follow the truth.” (3 John 1.4)