



# THE HOLY TRINITY HERALD

FEBRUARY 2014 VOLUME 22 • ISSUE 2

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## QUICK NEWS



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HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

## Saint Tryphon the Holy Martyr - February 1



**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

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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  
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### Holy Trinity Greek Orthodox Church Parish Administration

#### Clergy

Rev. Fr. John Touloumes, Proistamenos

Rev. Fr. Radu Bordeianu, Assistant Priest

#### 2014 Parish Council

George Dickos, President

Dean A. Balouris

Marios Kritiotis

George Danis

Charles Petredis

Andrew Janis

Joyce Athanasiou

Jason Farmakis

Stephanie Sedor

Louis Kort

Alex Trilivas

Leo Loomis

Gerri Valliant

#### Ministries

Please visit the Holy Trinity website at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org) for descriptions and contact information on Holy Trinity Church's ministries, including educations, youth, senior, family and cultural opportunities. There is something for everyone, so please get involved today!



**P**ress on toward the goal for the prize of the  
upward call of God in Christ Jesus.  
Philippians 3.14

Dear Sharers in the Love of God,

Having entered the New Year and asked ourselves in last month's column, "What's next?", it already seems like 2013 is so far behind us. By now we have all become accustomed to our new home and already started to develop a sense of belonging that comes with "being home." That is a good thing in many ways because once a new house is built, life can return to "normal" and the family settles in.

But we must be careful that in "settling in" we do not begin "sitting back." Saint Paul offers us a model from his own life in the Epistle to the Philippians above, where he encourages us to imitate him and "Press on toward the goal for the prize of the upward call of God in Christ Jesus." The lesson? Stop pressing forward ... and it won't be long before you start sliding backward! This applies to us both as individuals and as a community.

I will never forget the first time I learned how an airplane flies. Put simply, flight requires two things: Thrust and lift. Thrust is the forward motion provided by a propeller or jet engine. The wings rushing through the air produce an upward force called lift. The opposite of lift is the force of gravity, which pulls the aircraft downward, and drag, caused by air resistance, slows an airplane down. So it is important to keeping the plane moving forward and upward to maintain enough thrust and lift, or gravity and resistance will pull it down with disastrous results if uncontrolled.

Where's the connection with life here at Holy Trinity Church? We have a lot going on, but it's not all about constant motion, right? Right. At the heart of our Christian life here is worship and prayer, opportunities to heed the invitation of the Lord in Psalm 46.10: "Be still, and know that I am God." This is one of the many things that distinguishes us from a social service organization or a civic society. Though we offer many forms of community outreach and service, and though we have many opportunities for social interaction and fellowship, we are the Body of Christ, His Holy Church, and meeting God in that stillness, in prayer and worship is where we experience that reality most powerfully. Our upcoming Lenten journey will remind us of that many times over.

We are also, however, in an entirely new realm of opportunity and responsibility in our new home, and like the plane soaring through the air, we must be engaged in the life of the Holy Spirit, Who keeps us in forward motion as we "press on toward the goal of the upward call of God in Christ Jesus." So when that means stepping up to volunteer, donate, serve or get involved in ways that may be new or challenging, remember: each effort you contribute as a member of Holy Trinity Church as you "press forward" is an important part of the energy that keeps the life of the community aloft and moving forward. And please also note: if you have not yet committed to our Capital Campaign to help pay for the beautiful new place where all this happens, it is important that we all commit to that now.

Thank you for helping make 2013 such a successful and record-breaking year here at Holy Trinity. With God's help, let's keep working together to "press on" and fulfill the great expectations the Lord has for us. You have chosen a dedicated and faithful Parish Council to lead us; let's give them our complete support. You have asked for more ministries and opportunities for growth and fellowship; I hope to see you every week at our new and dynamic "Faith and Family Wednesdays." But most of all, let's be sure we "press on toward the goal for the prize of the upward call of God in Christ Jesus" together with faith, love and complete dedication. In case you forget where to find the most powerful reminder of that call, just be there for any worship service in the life of Holy Trinity Church and look up: He is the Alpha and Omega; He is the Bread of Life; He is the Light of the world; He is the Door; He is the Good Shepherd; He is the Way; He is the Truth; He is our Hope. He is the Resurrection; and He is our "upward call."

In Him,

## WORSHIP LIFE

### Weekday Services .....February

Please take note of the following upcoming liturgical dates. Unless otherwise indicated, Orthros starts at 8:30 a.m., followed by Divine Liturgy at 9:30 a.m. and unless indicated, weekday services are held at the Saint George Chapel (SG), 8941 Ringesen Road, Allison Park.

- **Sat. Feb. 1, 7:00pm:** Great Vespers of the Presentation of the Lord at the Presentation Church ("Ypapanti") in East Pittsburgh.

- **Mon. Feb. 10:** St. Haralambos the Great Martyr (SG)

- **Sat. Feb. 22:** Saturday of the Souls (HT)

*See enclosed flyer for a special Liturgy and "Preparing for Lent" discussion and luncheon with Gherontissa Theophano of the Nativity of the Theotokos Monastery in Saxonburg, hosted by Philoptochos. Due to the special event and luncheon, the service will be held at Holy Trinity Church.*

### Special Sunday Service Time Change Note ... February 16

#### IMPORTANT LITURGY TIME CHANGE NOTICE! STARTS AT 9:00AM ON SUN. FEBRUARY 16 ONLY

To accomodate the hundreds of guests who will be attending Divine Liturgy on Sunday, February 16, for the Holy Trinity-hosted Metropolis Basketball Tournament, Divine Liturgy on February 16 will start 30 minutes early at 9:00am (Orthros at 7:45am).

**PLEASE MAKE NOTE OF THIS IMPORTANT CHANGE!**

### Saturday of Souls Services ..... February 22, March 1 & 8

All Saturdays of the Souls services (with the exception of Feb. 22 this year - see above) are held at the Saint George Chapel at Holy Trinity Cemetery, 8941 Ringesen Rd., McCandless Township. The services will be offered this year on February 22, March 1 and March 8. The Memorial Service is held at the end of the Liturgy. Please use the memorial names list enclosed in this issue of *The Herald* to list your Orthodox loved ones who have fallen asleep in the Lord; and even better, be there yourself to experience the beauty and the meaning of the Saturday of Souls in the place where they have been laid to pious rest. Please also consider preparing and bringing "kollyva" (memorial wheat) for use during the service as well.

### Upcoming Lenten Dates. .... February-April

Wondering about Lenten and Paschal dates? Here's a helpful guide to some of the important events coming up:

**Meatfare Sunday (Last day of eating meat) .. Feb. 23**

**Cheesefare Sunday (Last day of eating dairy).. Mar. 2**

**Pure Monday (Lent begins) ..... Mar. 3**

**Sunday of Orthodoxy ..... Mar. 9**

**Godparent Sunday ..... Mar. 23**

**Palm Sunday ..... Apr. 13**

**Holy Friday (schedule off work & school) ..... Apr. 18**

**Pascha ..... Apr. 20**

## RELIGIOUS EDUCATION

### Saint Lydia Women's Study Ministry .....February

Attention women of all ages: you are invited to participate in the exciting 15th year of Holy Trinity Church's St Lydia Women's Study. This ministry is dedicated to the concerns and spiritual needs of women. This year's study topic is "Women of Faith," and will look at many inspiring examples of women in the life of the Church and the Bible through scripture readings, stories of saints, spiritual writings and hymns, all with an eye toward applying their examples in our own lives.

**Important Schedule Change Note:** Due to requests to offer accesibility to women in the evenings as well, the St. Lydia Ministry is experimenting with a schedule change and including it in the "Faith and Family Wednesdays" offerings on the first Wednesday of each month. In February, that would be February 5. The second meeting of the month remains on the third Thursday, in this case February 20. Please contact Stacy Dickos 412-298-9409 or saintlydia@HolyTrinityPgh.org for questions or find the schedule at [www.HolyTrinityPgh.org/saintlydia](http://www.HolyTrinityPgh.org/saintlydia).

## YOUTH MINISTRIES

### GOYA Meeting ..... February 23

The GOYA teen ministry will hold a meeting following Church School on Sunday, January 23. Teens, please be present to plan for a busy spring!

### GOYA Basketball Praticce ..... February 10

It's already tiome for the last GOYA basketball practice of the season - just in time for our own tournament! All our teens are asked to attend practice on Monday, January 10 from 6:30 to 8:30pm at Peebles Elementary School.

Questions? Please contact Presvytera Becky at GOYA@HolyTrinityPgh.org or 412-874-5195.

### Volunteers Needed for HT Basketball Tourney ..Feb 14-16

Holy Trinity GOYA is putting out a call for all who are interested to help with the Metropolis GOYA Basketball Tournament being hosted at Holy Trinity Church on the weekend of February 14-16, 2014. Special areas of need are: hospitality greeters and guides, gymnasium supervisors, concession stand personnel, cooks for the Friday, Saturday and Sunday meals being served at the Church, and general setup and cleanup for the beginning and end of the event. Donations are also needed to help extend our Holy Trinity hospitality to our hundreds of visitors.

Although this is a GOYA event, basketball tournaments at Holy Trinity have always been a community project, and our teens will be depending on our help, since they are wrapped up in the games during the weekend.

Please sign up at the GOYA table in the Gallery during Coffee Hour on Sundays or contact Steve Hodge (tournament@HolyTrinityPgh.org) or Presvytera Becky (GOYA@HolyTrinityPgh.org or 412-874-5195) to volunteer or donate.

### Everyone Invited to Games and Sunday Brunch ...Feb. 16

The entire Holy Trinity community is invited to join the



GOYA for games on Saturday, February 15 and Sunday, February 16. Watch for a schedule on our web-site and via email, as things often change as the tournament nears.



Also, in addition to noting the earlier 9:00 start time for Divine Liturgy on Sunday, February 16, please also accept an invitation from the GOYA to be their guest for Sunday Brunch following Liturgy. They simply ask the courtesy of allowing the visiting teams to proceed through brunch first so they can get to their games or get on the road. It is GOYA's way of saying "Thank You" to the entire Holy Trinity community for their constant love and support for our youth ministries.

### PHILOPTOCHOS MINISTRY NEWS

#### Philoptochos Meeting ..... February 9

The Philoptochos will hold a general meeting in the Fire-side Room for all members on February 9, 2014, following the Divine Liturgy.

#### Seniors Fellowship Ministry Tamburitians Trip .... Feb. 16

The Senior Fellowship Group has reserved a limited number of seats for a Tamburitians performance scheduled to take place at 2:00 pm on Sunday, February 16, 2014, at the Cumberland Woods Village Legacy Theatre, less than 5 minutes from church. This show is certain to sell out quickly, so get your reservations in ASAP. With our group discount, tickets are only \$20.30 each (normally \$34.00 at the door). Prepayment is required to secure your reservation. Please see Tina Fiedler during Coffee Hour or give her a call at 412-364-1545. America's longest-running multicultural song and dance company, the Duquesne University Tamburitians is a unique ensemble of talented young folk artists dedicated to the performance and preservation of the music, songs, and dances of Eastern Europe and neighboring folk cultures.

### COMMUNITY NEWS AND EVENTS

#### "Faith and Family Wednesdays" Off to a Great Start!



On January 8, an exciting new opportunity began and a new phase in the life of Holy Trinity Church was launched. "Faith and Family Wednesdays" are a weekly offering of Holy Trinity ministries that bring to the life of the community a new way to learn, grow, worship and participate in the life of the Church on a regular basis. Each Wednesday features a worship service followed by a series of learning and growing opportunities for adults and children of all interests and

ages. The evening runs from 6:30 to 8:30pm. For growth in faith and learning, there is a Bible Study, the Orthodox Book Club and Orthodoxy 101 for inquirers or anyone interested in the basics of the Faith. There are also lessons in Byzantine chanting classes, liturgical cooking workshops, various kinds of wellness sessions, Greek language classes, Greek dance practice, youth activities for GOYA, JOY and HOPE, and other special offerings on a periodic basis. More information can be found on pages 12 and 13 of this issue of the *Herald*, as well as in the weekly bulletin, so from now on remember to save Wednesdays evenings for Holy Trinity Church!

#### Parish Council Installation/Election of Officers for 2014



The Holy Trinity Parish Council was installed on Sunday, December 29 and convened afterward to elect the following as officers for the 2014 calendar year: President - George Dickos; Vice-President - Gerri Valliant; Treasurer - George Danis; Secretary - Stephanie Sedor. Serving on the Parish Council for the 2014-2015 term are Dean A. Balouris, George Dickos, Jason Farmakis, Louis Kort, Marios Kritiotis and Alex Trilivas. Continuing on for the remainder of their 2013/2014 term are: Joyce Athanasiou, George Danis, Andrew Janis, Leo Loomis, Charles Petredis, Stephanie Sedor, and Gerri Valliant. May God be their guide and strength in all things, and may they all have our support at all times!

#### "A Sampling of Holy Trinity" Event To Be Rescheduled

New to Holy Trinity Church? Or just want to get more involved? This is the perfect time to meet and enjoy one another and to explore its many ministries: Come to "A Sampling of Holy Trinity!" This event will help new members become familiar with the community, but it is not for new members only! It is for everyone. Whether you have been here two months or twenty years, this is a great opportunity to spend an evening with the Holy Trinity family, get acquainted with new parishioners and reconnect with old friends. Enjoy an fellowship and refreshments with lots of great information on the life of Holy Trinity Church. Ministries will have representatives there with information—including how to get involved! There is a place for you in Holy Trinity's Faith, Family and Community. The "sampling" is a great place to find out where it is! **Originally scheduled for January 25. Postponed due to weather. Watch for a new date soon!**

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

## FEBRUARY 2014 – "THE VOICE OF HOLY TRINITY CHURCH"

### THE TRIODION: "THE BOOK OF REPENTANCE"



**Father John  
Androutsopoulos**

Beloved Brothers and Sisters in Christ: Rejoice in the Lord always!

#### What is the Triodion?

What is the Triodion? A tri-hymnal sacred book, consisting of services from the Sunday of the Pharisee and the Publican to the Great Saturday of Passion Week.

#### Hymns of Repentance

All the hymns and troparia of the Triodion are hymns and troparia of repentance, emotion and prayer. But three hymns which are chanted in the matins of every Sunday of Triodion and of the Great Lent are above all troparia of repentance and open with the Triodion. Let us study them.

The following are the three hymns of repentance:

Open to me the doors of repentance, O Life-giver; for my soul goeth early to the temple of thy holiness, coming in the temple of my body, wholly polluted. But because thou art compassionate, purify me by the compassion of thy mercies.

Prepare for me the ways of salvation, O Theotokos; for I have profaned myself with coarse sins, and consumed my whole life with procrastination. But by thine intercessions purify thou me from all abomination.

If I think upon the multitude of my evil deeds, I tremble for the terrible Day of Judgment. But, trusting the compassion of thy mercy, I shout to thee like David, Have mercy upon me, O God, according to thy Great Mercy.

#### The Sundays of Preparation

Before Great Lent (fast) begins, our Church prescribes for the faithful a period of preparation. The great Fast begins this year on Monday, March 3rd.

The first Sunday of the Triodion and preparation this year is February 9th, the Sunday of the Publican and Pharisee. From this parable we learn the power of humble prayer, humility. Read Luke 18: 10-14. This was my first sermon in St. Nicholas Church, St. Louis, MO in 1961.

The second Sunday of preparation, February 16th, is called the Sunday of the Prodigal Son or the Loving Father. This parable is a picture of repentance (the younger son) of forgiveness, of envy (the older brother), and of God's love. Read Luke 15: 11-32. What is a parable? A parable is an earthly

story with a heavenly meaning.

The third preparatory Sunday, February 23rd, is Meat Fare Sunday. The Gospel lesson for this Sunday is Matt. 25: 31-46 and it describes the Second Coming of the Lord and the Last Judgment.

The theme of Cheese Fare Sunday, also called the Sunday of Forgiveness, March 2nd, is the last Sunday before Great Lent/fast begins. It is the expulsion from Paradise and ways to regain it: to forgive, to observe the laws of fasting humbly, to "Lay up treasures in heaven and not on earth." Read Matthew 6:14 -21. Beloved: forgive to obtain forgiveness.

Every Orthodox Christian is called upon to prepare himself during this pre-Lenten period of four Sundays for the GREAT FAST, which this year begins on Monday, March 3rd.

#### Repent, the Kingdom of Heaven is Near (Matthew 4:17)

Temptation to do evil makes the false promise – "You won't die." The promise comes in many forms: "This won't hurt anyone." "It won't do you any harm." "You can get away with it." "Surely God doesn't mean that you should miss so much of life's pleasures."

But death can be something other than the stopping of a physical heartbeat. Some people die spiritually losing all desire for God. There is no escaping the fact that when we commit sin we are punished. However it is not God who punishes us, we are punished by our sins.

Beloved, because of God's infinite love for us, He does not wish to see us suffer. As Jesus proved on the Cross, He would rather suffer for us than to see us sin and be punished by it. He longs to see us repent, for He

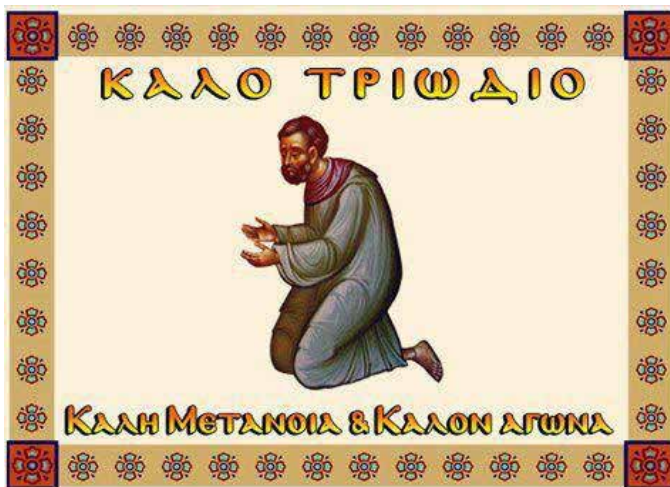
is eager to forgive. True life can be found only in returning to the Father's House, confessing our sins, and receiving the blessing of His forgiveness.

#### A Dedication

Beloved, I dedicate the above message in appreciation and thanksgiving to our Parish Priest, Fr. John Touloumes, with the following prayer: "May the Holy Trinity grant you the grace to labor for salvation of the souls entrusted to your care and give you wisdom and prudence, patience and firmness to oppose wickedness with courage and fortitude, and to lead the weak in mildness to Him. Let them expect the result of their endeavors in humility, prayer and mortification, and seek alone His Glory. Amen. Always AXIOS/AXIOTATOS!

Have a blessed pre-Lenten Season!

*With His Love,  
Rev. Fr. John K. Androutsopoulos, Protopresbyter*





Hello and Happy Valentine's Day to All My Precious Children!



I, Spero, have had many children ask questions about what I do during the week, that is, between Sundays. It's a really good question, so please allow me to answer it!

Well, besides daily prayers (which I do every day, just like you!), I spend a lot of time finding and previewing books, DVD's and videos for my library to share with you. I have to be sure everything I find is good to have in the library ('cause there's a lot of junk out there, and I don't want to pass any of that stuff on to you!).

I also have to make sure that the dozens of items you, my precious children, return each week are put back on the shelves in the right order so they are ready for you the following Sunday. It's a really big effort, but I love doing it because I love you!!

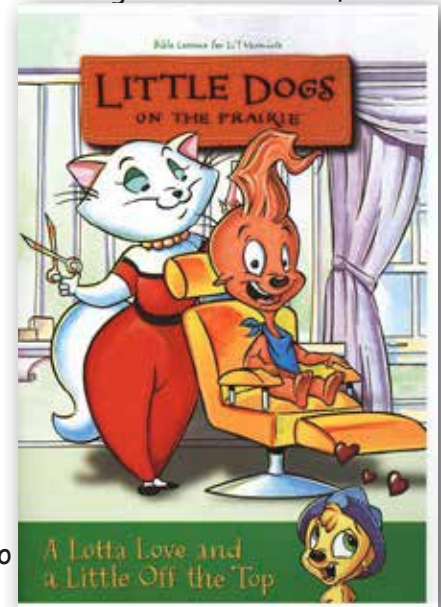
And, of course, there are often services during the week for saints, holidays or even Paraclesis prayers. I really like to attend those and I really like it when I see you, my precious children, there praying with me! After all, books and movies are good learning tools, but prayer is the very best way to get to know our Heavenly Father and to learn how much He loves us!

Speaking of love, February is the month we think of love because on the 14th we celebrate Valentine's Day. In honor of that, I would like to share with you an episode of "Little Dogs on the Prairie," called, "For the Love of Sport." In it, Gilroy tries to help Sport learn that life is not always fair and that sometimes even true love hurts. There is also a really cool song called, "Love Is." My favorite part of the song goes like this: "Loving is caring for someone. Love is believing the best love comes down from our Heavenly Father above." Well, my precious little ones, do not forget that the best thing we can do with all that love is to share it! So today and every day, hug someone and tell them you love them!

Sharing is also an important part of loving others. My little sister, Zoe, asked me the other day how she can tell if someone is her friend. I told her there are many ways you can tell. One way is that they call you on the phone, send you an email or visit you. They might ask you to play games with them. And they could also include you in doing other things together. Sharing is another way to tell. In fact, sharing is an important part of friendship. I like to share and I like it when others share their stuff with me, too! Mommy sometimes scolds Zoe and me when we do not share with each other. And, (wouldn't you know?), there's also a good video in the library about sharing, called "To Share or Not to Share." It's in the Hermie collection. In it, everyone goes crazy putting together the big "Garden Talent Show and Tell." But Hermie is sad because he wants more nuts for his "show and tell" collection. First, they meet Lucky, who wants to make a nut pie, but she does not have enough nuts. They pass by the ants, who want to lift weights for their exhibit, but they need just one more nut to balance their weights. Wouldn't you know, everyone's talents for the show involve nuts! They all go to the squirrels to ask them to share the nuts from their tree, but those squirrely little squirrels just refuse to share their winter food with the talent show contestants (imagine!). But one nut actually does fall to the ground and it causes a fight between the bugs. Friends turn into enemies and it's a mad dash to see who grabs the nut. You can imagine that this behavior does NOT please our Heavenly Father, and there are good lessons to be learned. Besides, like a lot of the other great books and DVD's in the library, they're really fun, too, so be sure to stop by every week!

And don't forget ... I LOVE YOU!

Love in Christ, Spero



*"Hopeful Messages from the Poetry of Kosta Palamas" adapted from the Greek periodical, "Pros Tin Nikin."*



**Voula Hareras**

**ΕΛΠΙΔΟΦΟΡΑ ΜΗΝΥΜΑΤΑ  
ΑΠΟ ΤΗΝ ΠΟΙΗΣΗ ΤΟΥ  
ΚΩΣΤΗ ΠΑΛΑΜΑ**

Η χρονία του 2003 έπετειακά έστρεψε τούς προβολείς της στη μορφή του Κωστή Παλαμά, αλλά κι από χρέος τιμής στον έλληνολάτρη ποιητή που συνειδητά ύμνησε, όπως τό βεβαιώνει, τήν Ελλάδα καί τον πολιτισμό της «Είμαι ποιητής του καιρού μου καί του γένους μου».

Εμβαθύνοντας στό έντονο πατριωτικό συναίσθημα που συνεπήρε τον ποιητή, δέν μπορούμε γιά τήν αίτία, αφού δοκιμάζοντας τό σκληρό βίωμα τής ορφάνιας στά εφτά του χρόνια, ή Ελλάδα, ή μεγάλη Μητέρα, θεραπεύει τούς καημούς του. Καί ιδιαίτερα ή Ιερή Πόλη του Μεσολογγίου, ή γενέθλια γή του πατέρα του, τρέφει τούς παιδικούς καί νεανικούς πόθους του, ζυμώνει τά όράματά του μέ τίς ιστορικές μνήμες, που στάζουν δόξα, πόνο καί χρέος.

Καί ή άγωγή άσκέιται άθόρυβα μέσα από τό φιλόξενο οίκογενειακό περιβάλλον του λόγιου θείου του ποιητή Δημητρίου Παλαμά καί μέσα από τόν εκπαιδευτικό χώρο τής Παλαμιαίας σχολής, στην οποία φοιτώντας έδραιώνονται μέσα του ή «πατριδολατρεία», όπως ό ίδιος τήν όνομάζει, καί όπως άλλες άξιόλογες ιδέες σπονδυλώνουν τό μετέπειτα κυρίως ποιητικό έργο του.

Οί πρώτες αυτές καταβολές θά δонούν τίς πιό εύαίσθητες χορδές του Παλαμά κι όταν πιά θ'άφήσει τό Μεσολόγγι, τή «λυρική κοτίδα τής ποιήσής του» -

«Τά πρώτα μου χρόνια τ'άξεχαστα  
τάξησα κοντά στ'ακρογιάλι  
στή θάλασσα εκεί τή ρηχή καί τήν ήρεμη  
στή θάλασσα εκεί, τήν πλατειά, τή μεγάλη...»

Υμνεί τή μεσολογγίτικη λιμνοθάλασσα, ύμνεί καί τήν βασικότερη έστία τής πατρίδας, τήν οίκογένεια -

«Σπίτι ζεστό καί δροσερό  
καί μ'άνθη στολισμένο  
καί καταφύγιο τής τιμής  
καί τής ζωής λιμάνι!»

Στην Αθήνα - σταθμό γιά τή συγγραφική του πορεία - θά ζήσει ό ποιητής σέ μιά περίοδο κρίσιμη έθνικά καί κοινωνικά, μέ άρνητικούς καί θετικούς τούς έπηρεασμούς της. Τό πλούσιο, πολυποίκιλο έργο (κριτικές μελέτες, μεταφράσεις, θέατρο, διηγήματα, ποίηση), ή κοινωνική άνάδειξη μέχρι τίς βαθμίδες του άκαδημαϊκού, ή διεθνής άναγνώριση του έργου του αλλά καί οί οίκογενειακές μέριμνες αφήνουν πάντα χώρο στην καρδιά που ποιητή καί στη σκέψη του γιά τήν Ελλάδα.

Ο λόγος του έθνικός από τά βάθη ως τό περίβλημά του, ακολουθώντας τό βηματισμό τής δημοτικής γλώσσας που άποπνέει δημοτικό τραγούδι, γίνεται μέσο προσφοράς στην πατρίδα, διαμορφώνοντας καί τονώνοντας τήν έθνική συνείδηση του λαού μας.

«Ο Ακρίτας είμαι, Χάροντα

δέν περνώ μέ τά χρόνια.  
Μ'άγγιζες καί δέ μ'ένιωσες  
στά μαρμαρένια άλώνια -  
Είμ'έγώ ή άκατάλυτη  
ψυχή των Σαλαμίνων.  
Στήν Εφτάλοφην έφερα  
τό σπαθί των Ελλήνων.

Δέν χάνομαι στά Τάρταρα  
μονάχα ξαποσταίνω.  
Στή ζωή ξαναφαίνομαι  
καί λαούς άνασταίνω!»

Κι 'αλλοτε, έκφρασμένος ό λόγος του σέ ύψηλότερους τόνους, γίνεται αίσιόδοξη προτροπή, όπως στην εθνικά ταπεινωμένη 'Ελλάδα του 1897, που τήν καλεί σέ μιά άνοδική πορεία, γιά «νά αισθανθεί νά τής φυτρώνουν», ξανά «τά φτερά τά πρωτινά της, τά μεγάλα», δηλαδή ή πίστη στις μεγάλες άξίες. Τήν 28η Οκτωβρίου του 1940, όπου σύσσωμο τό έθνος μας έγείρεται καί ταπεινώνει τόν είσβολέα, θ'άκουστεί από τά γεροντικά πιά χείλη του Παλαμά τό τελευταίο του έθνικό σάλπισσα -

«Αυτό τό λόγο θά σάς πώ  
δέν έχω άλλο κανένα,  
μεθύστε μέ τ'άθάνατο  
κρασί του Είκοσιένα!»

Μά ή ποιητική συνείδηση του ποιητή βιώνει τήν ιδέα Ελλάδα σέ όλο της τό πλάτος - Κωνσταντινούπολη, Β. Ηπειρος, Κύπρος...

Θρηνεί, έτσι, γιά τό μαρτυρικό θάνατο του Μητροπολίτη Χρυσοστόμου Σμύρνης -

«Όπου καρδιά, όπου φρόνημα,  
τό Γένος, ή Εκκλησία,  
καί των Ελλήνων οί χοροί  
καί των πιστών τά πλήθη  
σου προσκυνούμε, άμωμε,  
τή θειά δοκιμασία...»

Κι ύστερα στρέφεται ένθαρρυντικά στον πολυδοκιμασμένο Κυπριακό 'Ελληνισμό -

«Η Κύπρος. Καιροί πέρασαν.  
Τώρα είν όρμη κι όργή της.  
Μέ τίνασμ' άξαφνο, γοργό  
φτερώνει ή γαλανόλευκη  
δαρμένο τό κορμί της.  
Τί - Ελάδα είμαι κι εγώ!»

Μιά μικρή προσέγγιση στά έθνικά μηνύματα τής ποίησης του Κωστή Παλαμά, του ποιητή που τόν χαρακτήρισαν «έθνικό», δικαιολογεί ίσως τό λιτό του λόγο - «τά όμορφα τ'άγάπησα». Ελπιδοφόρα καί αυτή ή όμολογία του, όπως καί τό τελευταίο του τραγούδι λίγο πριν πετάξει ή ψυχή του γιά τά αιώνια σκηνώματα, που όπως αναφέρει ή κόρη του Ναυσικά Παλαμά, ήταν ένας έκκλησιαστικός άναστάσιμος ύμνος. 'Ελπιδοφόρα γιά τήν τελική επιβράβευση του έργου μά καί τής ζωής του ποιητή από τόν Ποιητή του.

Κ.Α. Προς την Νικην





**December 22, 2013:** Two "firsts" in one day - another Holy Trinity original script in its "world premier," and the first Christmas Pageant presented at our new location. This year's pageant was titled, "Our First Christmas," and it traced an immigrant Greek family coming from the old country and finding their new home in America. Pictured here are some of the creative scenes and elements from the production, such as opening entertainment by our own string quartet (top center), the immigrants arriving at Ellis Island and seeing the Statue of Liberty (top right), a stunning vocal solo by Melanie Berexa (center right), and even a "priest" conducting the wedding of the young new couple at Holy Trinity Church on the North Side, circa early 1960's. Many thanks to Amanda Hulse for the original script, the entire Church School ministry staff and all the students and families whose support and participation made this wonderful show possible.









## Community Life Photo Journal | Christmas Services and Caroling

**December 24, 2013:** To celebrate our first Christmas in the new church, the Holy Trinity Choir offered a beautiful selection of Christmas hymns and carols, including a dramatic candlelit finale with the entire choir standing under the dome in the center of the church.



**December 23, 2013:** GOYAn Timothy Zikos wanted to make a difference in people's lives at Christmas, so he organized a Christmas caroling and gift-giving visit from Holy Trinity GOYA to the residents and patients of the Kindred Hospital - North Shore. Both Father John and Father Radu joined the children in singing and bringing the joy of the season and a spirit of caring to all those present. Many thanks to the Zikos family for their work.



**December 24, 2013:** One of the best possible gifts ever - entry into the Holy Orthodox Christian Faith - was received by new member Corine (Susanna) Russell at the Vespers Divine Liturgy on Christmas Eve. Her sponsor was Chris Tarinos. May God grant our new sister in Christ many years of great blessings and strong faith!



**January 4, 2014:** Holy Trinity GOYA started off the New Year with a combined outreach project with the youth of our sister parish, St. Alexander Nevsky. The teens prepared 150 lunches for distribution at the FOCUS Pittsburgh Center on Center Avenue. Also pictured below are the dozens of Christmas gifts so generously provided by the members of Holy Trinity Church for needy FOCUS children.





## ABOUT THIS MINISTRY

How often have you heard or felt expressions like these?

"I don't know enough about my faith."

"I would like to understand the Bible better."

"I wish I knew how to chant/make prosforo/kollyva?"

"I would like to learn to speak conversational Greek?"

As the Ethiopian said to the Apostle Philip in Acts 8.31,

"How can I, unless someone guides me?"

The Faith and Family Wednesdays ministry offers guides, teachers and practical experience in all these areas and more. The list below is just the start as it is inaugurated.

It also provides the "something for everyone" opportunity to spend time around your Holy Trinity family and enjoy worship, fellowship, growth and sometimes just fun! It's a great way to live and learn your faith between Sundays!

DON'T

# FAITH

## Wednesdays

### AT HOLY TRINITY

## ABOUT THE MINISTRY

We are blessed with talented community members, volunteers, clergy and visiting teachers and experts who w

**Father John Touloumes** - Protopresbyter and Proistamenos of Holy Trinity Church. **Father Radu Bordeianu** - Ass

**Loredana Bordeianu** - Theology major with professional training in Conservation and Restoration of Icons on W

**Peter Papadakos** - Byzantine Chant Instructor and Protopsalti of the Metropolis of Pittsburgh. **Guy and Stephani**

Holy Trinity Greek Festival and Spiritual Life Ministry Chairperson. **Anita Sinicrope Maier** - Psychotherapist sp

## COMPLETE GUIDE TO FEBRUARY 2014 "FAITH

TRACK DATE	WORSHIP 6:30-7:15	STUDIES 7:15-8:30	GROW 7:15-8:30
<b>FEBRUARY 5</b> First Wednesday of the month	<b>Blessing of the Waters and the Five Loaves</b>	<b>Orthodox Book Club</b> Father Radu	<b>Saint Lydia V Study Mir</b> Father Jo
<b>FEBRUARY 12</b> Second Wednesday of the month	<b>Vespers Service</b>	<b>Bible Study</b> Father John	<b>Orthodoxy "Learning th</b> Father Dir
<b>FEBRUARY 19</b> Third Wednesday of the month	<b>Service of the Hour and Holy Confession</b>	<b>Orthodox Book Club</b> Father Radu	<b>Journey to M Couples Pre-Mar</b> Father Jo
<b>FEBRUARY 26</b> Fourth Wednesday of the month	<b>Paraclesis Service to the Theotokos</b>	<b>Bible Study</b> Father John	<b>Orthodoxy "Learning th</b> Father Dir



T MISS

# Family Wednesdays

HOLY TRINITY CHURCH

## THE PEOPLE

will be offering lessons in all the tracks listed below. Here is an intro to just some of those already scheduled:  
 Assistant Priest of Holy Trinity Church and Associate Professor of Theology at Duquesne University. **Presvytera**  
**Food. Father Dimitri Callozo** - Proistamenos of the Nativity of the Theotokos Orthodox Church in Youngstown.  
**Guimond** - Certified Paramedics and CPR instructors. **Joyce Athanasiou** - Longtime Pastry Chairperson of the  
 specializing in Eating Disorders. **Joanne Germanos** - Registered Nurse. **Jessica Thomas** - Pitt Nutrition Major.

## AND FAMILY WEDNESDAYS” AT HOLY TRINITY

ADULT 6:30	YOUTH 7:15-8:30	ORTHODOX LIFE 7:15-8:30	GREEK CULTURE 7:15-8:30
Women’s Ministry John	Youth Greek Dance Lessons	Art & Architecture “Perspective and Structure in Icons” Presvytera Loredana	Adult Greek Language Class
101 “The Faith” Dimitri	HOPE & JOY Ministry GOYA Teen Ministry	Byzantine Chanting Class Peter Papadakos	Adult Greek Language Class
Marriage Prep John	Youth Greek Dance Lessons	The Orthodox Kitchen: Kollyva (Memorial Wheat) Joyce Athanasiou	Adult Greek Language Class
101 “The Faith” Dimitri	Youth Movie & Game Night	Wellness Seminar: Understanding Eating Disorders Anita Sinicrope Maier	Adult Greek Language Class

## WORSHIP



## FELLOWSHIP



## GUEST SPEAKER: METROPOLITAN SAVAS



## CPR



## PROSFORO LESSONS



## GREEK DANCE



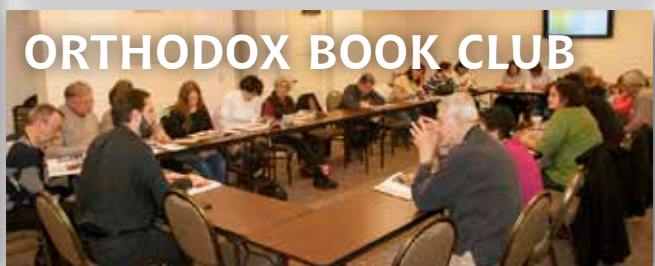




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**GREEK  
LANGUAGE**



**ORTHODOXY  
101**









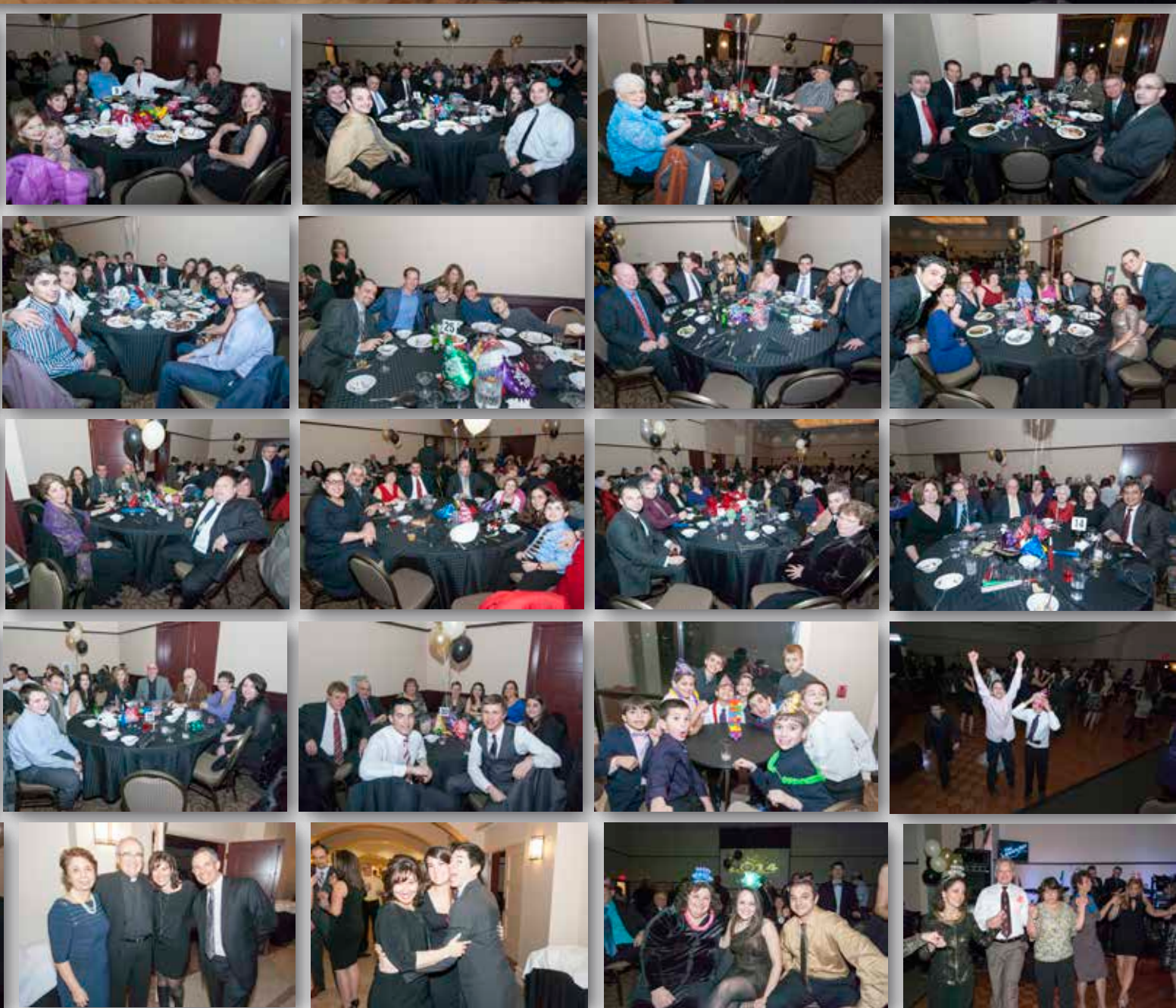
**January 17-19, 2014:** Holy Trinity GOYA fielded three teams - Boys Senior (top left), Girls Senior (middle left) and Boys Junior (bottom left) - to attend their first Metropolis Basketball Tournament of the season at Holy Trinity Church in Canton, Ohio. Many thanks to the dedicated coaches and parents who spent their weekend cheering, shuttling and supporting our teens. They couldn't do it without you! Go GOYAns!













**January 26, 2014:** Holy Trinity Philoptochos sponsored its annual Vasilopita celebration for the Feast of Saint Basil. After the blessing, representatives from each ministry of the parish were brought forward to receive a slice of the blessed bread. A collection was also taken that day in support of the Saint Basil Academy in Garrison, New York, a Philoptochos-supported ministry that serves children in need.



Metropolis Council

Council of Ministries

Vision Committee

Longest Member Present



Acolyte Ministry

Parish Council

"Faith and Family Wednesdays"

Holy Trinity Choir

St. Lydia Study



Church School Ministry

HOPE and JOY

Outreach Ministries

Seniors Ministry



Philoptochos

College Students/OCF

GOYA Teen Ministry

Young Adult Ministry



Missionaries

Greek Festival Committee

Seminarians

Stewardship Committee

Agape Fund



Herald Mailing Volunteers

Hospitality Ministry

Longest Married Couple Present

Newest Members Present

Newbest Child Present



During the fall, the GOYA teen ministry conducted a Coat Drive to collect outerwear to help keep the needy warm during the winter months. Little did they know at the time that we would be facing the coldest winter in 20 years! Many thanks to our teens and all those whose generous love has wrapped its arms of warmth around so many souls in the North Hills area. Well done, servants of Christ!



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Fay Morgan, MEd

January 16, 2014

Father John Touloumes  
Holy Trinity Greek Orthodox Church  
985 Providence Blvd  
Pittsburgh, PA 15237

Dear Father John,

Thank you for supporting North Hills Community Outreach with your donation of 12 bags of coats for our clients. We are so glad that you are part of our organization of People Helping People!

Because of generous donors like you, this season we were able to provide 1,400 people with warm winter coats, 583 children with backpacks full of school supplies, and more than 900 families with a nourishing Thanksgiving dinner. Upcoming projects include Sharing Winter Warmth utility and food certificate distributions, Spring Share collection, and our ongoing food pantry collections.

Please visit [www.nhco.org](http://www.nhco.org) for more information on our programs and how they served 5,031 families in need last year.

Here is a letter from a man who bought an affordable van through NHCO's Community Auto program and now has a better job to support his family:

*"The van has helped me tremendously as I will soon be getting a great new position at work because of my reliability! Thank you from the bottom of my heart."*

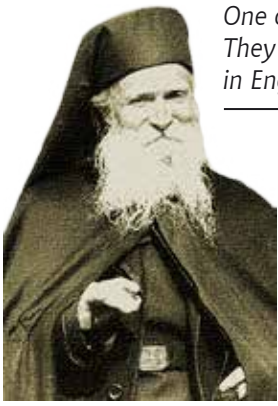
Thank you again for your kind gift. If you'd like to have an NHCO representative talk to your workplace or organization, or if you'd like a tour of any of our offices, please call 412-487-6316, or stop by.

Sincerely,

*Susan Rohm*  
Susan Rohm

*Thanks for your generosity - Welcome to the neighborhood!*

For tax purposes: No goods or services were provided to the donor in exchange for this donation.



Elder Thaddeus

*One of the great blessings of Orthodoxy is the presence, prayers and inspired words of the Holy Elders of the Faith. They have been referred to as “precious vessels of the Holy Spirit.” In recent years, many books have been published in English with their writings and talks. This column provides an opportunity for each of us to be blessed by their words.*

### What Is Love?

God is Love. And if we call upon God in our life as the Holy Fathers teach us, then we are calling upon Love. If we know and believe that He is present everywhere at all times and if we are united with Him in our hearts, He will teach us how to love our neighbor. For we do not know how to love either the

Lord or our neighbor. The evil spirits often so interfere with the Divine love given us by God that they often lure us away from the path of real and true love. Their suggestions are full of the physical and emotional aspects of this world: enjoyment and lust, which is nothing but enslavement.

It often happens that a person, either young or old, falls in love with another person or even an object. Some people fall in love with gold and cannot bear to be separated from it or from their wealth, house, and possessions, and they become enslaved. If someone were to take this from them, they would become desperate. Many times the powers of evil bring such people to the brink of self-destruction. Is this love? The spirits of evil often come and meddle with the Divine love that God has planted in us. That kind of love [corrupted by the evil spirits] is without discernment.

### Perfect Love

But the love of God is boundless.... Love is perfection, says the Apostle (cf. Rom. 13:10). God is perfect, He is faultless. And so, when Divine love becomes manifest in us in the fullness of Grace, we radiate this love not only on the earth, but throughout the entire universe as well. So God is in us, and He is present everywhere. It is God's all-encompassing love that manifests itself in us. When this happens we see no difference between people—everyone is good, everyone is our brother, and we consider ourselves to be the worst of men, servants of every created thing.

In this kind of love we are humbled; our soul is at peace and in humility. And humility is the perfection of the Christian life. It is not in the raising of the dead or in working miracles that Christian perfection lies, but in extreme humility. When we are illumined by the Grace of the Holy Spirit in the fullness of Divine love, then we want to serve everyone and help everyone. Even when we see a little ant struggling, we want to help him.

### “Love Conquers All”

The Lord is always waiting for us to unite ourselves with Him in love, but instead we drift further and further away from Him. We know that there can be no life without love. This means that there is no life without God, for God is Love. But His love is not according to the understanding of this world. The love that the world gives us consists of suffering and enslavement because the spirits of evil interfere with it. There is a little bit of love, but mostly it is just enslavement. The spirits of evil

try to enslave us so that we become tied to certain people or things, in order to prevent our hearts from going out to God, the Source of life and love. For they know that if our hearts unite with Him, then they cannot come close to us. The man who is given Grace and who is united with God's love is also protected by this Divine love, and the evil spirits cannot come close to him. Love is the most powerful means of defense there is. There are no weapons and no power that can measure themselves against love. Everything is defeated before love.

### Surrender to God's will is true freedom

We must be prepared to accept the will of God. The Lord permits all sorts of things to happen to us, contrary to our will; for if we always have it our way, we will not be prepared for the Kingdom of Heaven. Neither heaven nor earth will receive those who are self-willed. God has a Divine plan for each one of us, and we must submit to His plan. We must accept life as it is given to us, without asking, “Why me?”

We must know that nothing on earth or in heaven happens without the will of God, or His permission. We must not become too engrossed with our hardships, but concentrate on preserving our inner peace. ... All hardships and sorrows that God sends to us are necessary for us, but we do not understand this when we are young. When we are older, then we understand that this is the way God shows His love for us.

### How To Give Your Heart

We can all be good if, with all our hearts, we unite ourselves with the Source of life, God. He will give us strength to love both ourselves and our neighbor. Without God it is not possible to love oneself, even. Many people become depressed and hopeless and attempt to take their own lives, for without God we cannot even love ourselves, let alone our friends, family, and neighbors—or our enemies for that matter. All is possible with God, for He is our strength and our life. We must give our heart to someone, and if we give it to any person on this planet, this person can harm us. We all seek boundless and unchangeable love and infinite peace, but who can give it to us? Not even our parents, our brothers, or our sisters. Every one of them can abandon, despise, or harm us. Why? Because we are all limited by time and space and we all battle against the unclean powers, which are constantly defiling our thoughts.

To whomever we give our heart, this person can harm us or abandon us. The spirits of wickedness are constantly putting evil thoughts into our feeling of love and preying on us. Divine love is boundless and all-encompassing, whereas we are attached to men and the lifeless things of this world. Our hearts have been imprisoned by the things of this world, and if those things are taken away from us, our hearts are saddened and they suffer.

### Our First Love

One must love God first, and only then can one love one's closest of kin and neighbors. We must not be as idols to one another, for such is not the will of God.

*Excerpted from “Our Thoughts Determine Our Lives”*



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Love bears all things, believes all things, hopes all things, endures all things...  
So faith, hope, love abide, these three; but the greatest of these is love.*



1 Corinthians 13.4-7,13

Scripture of the Month: "This is the love of God, that we keep His commandments." (1 John 5.3)