



THE HOLY TRINITY HERALD

MAY - JUNE 2017 VOLUME 25 • ISSUE 5

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Holy Trinity parishioners participate in the Holy Friday Epitaphios procession. Want to see more photos of this event and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 6-11 or visit our growing online photo gallery site at photos.HolyTrinityPgh.org.

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA
OUR VISION: "FAITH. FAMILY. COMMUNITY."

THE GREAT AND HOLY PENTECOST - FEAST OF HOLY TRINITY CHURCH



The Holy Spirit supplies all things: He pours out prophecies, He perfects priests; He taught wisdom to the unlettered, He showed fishermen to be theologians; He welds together the whole institution of the Church. "O Comforter, You who share the same essence and throne with the Father and the Son, glory to You!" (Pentecost Vespers)

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) and Greek Orthodox
Archdiocese of America (www.goarch.org)
under the Spiritual Jurisdiction of the
Ecumenical Patriarchate of Constantinople.

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George Danis Joyce Athanasiou

George Dickos Stephen Stearns

Van Backeris Karen Georgiadis

Tom Germanos Alex Trilivas

Marios Kritiotis Jean Willow

Ministries

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

"FAITH. FAMILY. COMMUNITY."



Do not withhold doing good to the needy, when you may give a helping hand. Do not say, when you are able to do good, "Come back tomorrow, and I will give you something"; for you do not know what the next day will bring.

Proverbs 3.30-31

Dear Brothers and Sisters in the Risen Lord,

Christ is risen! And in His rising we are victorious over sin and death, yet until His return to judge the world and take believers into His Heavenly Kingdom, we continue to suffer the consequences of sin and our sinful choices. Until then there are many people around this area, this country and the world for whom the joy of the Resurrection is barely perceivable in their suffering, poverty and hunger.

On the extreme end of this is the rise of Christian persecution and martyrdom throughout the world. According to a report delivered at the National Press Club this week, "200 million Christians around the world are at risk of physical violence, arrest, torture, even death simply because they live and practice a faith that is not acceptable to the rulers in that part of the world." With 9,000 Christians killed in 2016, that amounts to a Christian dying because of his/her faith every hour of every day of the year.

We, who have the freedom and safety to gather as a Church must respond. First and foremost we pray, in our services as a worshiping community and in our daily lives as faithful Christians, for "peace of the whole world," "for the sick, the suffering, the captives and for their salvation," and for "our deliverance from all affliction, wrath, danger, and necessity" (all petitions from the Great Litany). Please do not underestimate the importance of those prayers, as we would count them as most precious offerings in times of our own suffering.

Then, we act. And that action must be taken in ways that demonstrate results, not simply desire. The recent IOCC Syria Relief Dinner held in Pittsburgh is a good example. Not only did we gather, pray and learn, but the funds raised - 100% of them - went through IOCC directly to its Syrian Relief project, providing food, blankets and other essential supplies for our suffering brethren.

But we do not have to go around the world to find suffering and ways to help. Right here in Pittsburgh—in fact just down the street from our former home of 50 years on North Avenue—FOCUS North America has arranged to use the Carnegie Library Extension on Federal Street to distribute food to hungry children through its Summer Feeding Program. And Holy Trinity Church has been called and has accepted the privilege and blessing of serving as the Host Site for the food preparation. What a beautiful way to serve the poor and hungry as we used to do on the North Side, now using the beautiful new facilities with which God has blessed us. It is a bridge connecting our past and our present, our faith and our works, our hearts and our hands. Watch for details or visit www.HolyTrinityPgh.org/summer-feeding to see how you can get involved as a volunteer and be blessed!

Long before His Passion and Resurrection, as He taught His disciples about living their faith, Jesus said, "You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand, and it gives light to all in the house" (Matt. 5.14-15). These and other opportunities set forth before us by the Lord are simply ways to keep that light burning bright—and it is ultimately not our light but the Light of the Risen Lord. As the quote above says, we do not know what the next day will bring, but eventually it will bring the Lord back. May God bless this community to stand ready with Good News to those in suffering and need that even now, "It is the day of Resurrection!" Christ is risen!

Herald Personal Sponsor for this Issue:

"In Memory of John N. Touloumes 1925—2000"

WORSHIP LIFE

Weekday Services May/June

Please take note of the following weekday Liturgies for the feast days in May and June. Unless otherwise indicated, Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30 at the St. George Chapel (SG).

May 25: The Ascension of the Lord (SG)

Jun. 24: The Nativity of St. John the Baptist (SG)

Jun. 29: Ss. Peter & Paul (SG)

Pentecost/Parish Feast Day Services June 3-5

Please plan on celebrating Holy Trinity Church's Feast Day weekend by attending the following services:

June 3, 8:30am Orthros/9:30am Liturgy: Saturday of the Souls (SG)

June 3, 6:30pm: Great Vespers of Pentecost (HT)

Pentecost Sunday, June 4: Pentecost Sunday Liturgy at Holy Trinity Church, followed by the "Kneeling Vespers" of the Holy Spirit.

June 5, 8:30am Orthros/9:30am Liturgy: Feast Day of the Holy Spirit. This is the Nameday of our parish (HT).

Memorial Day Service for Veterans May 29

The tradition of Memorial Day started in 1866 as local observance of honoring those who died in the Civil War. In 1971, Congress declared Memorial Day a national holiday to be observed on the last Monday of May to honor our heroes who gave their lives in battle. Please join together in front of the Holy Trinity Cemetery War Memorial at 9:30 am on Memorial Day (May 29) as we hold a special ceremony to honor those who have defended our country and given their lives in defense of the United States, the Constitution and the cause of freedom they so cherished. Please note: this service is to commemorate veterans; it is not a general memorial service for all the departed — that will be held according to Orthodox tradition on the Pentecost weekend Saturday of Souls (June 3 this year) with a Divine Liturgy & Memorial at the Saint George Chapel at Holy Trinity Cemetery. May their memories be eternal!



RELIGIOUS EDUCATION

Church School Graduation Date May 21

Attention Church School Staff, Parents and Students: Please note that the last day of Church School for this semester will be May 21. Church School Graduation will be held on that day, and all students are asked to attend and sit with their class during Liturgy. Following the service, the Church School will have a graduation celebration and picnic lunch. Attention parents: Help is needed with the picnic. Please contact Presvytera Becky to volunteer. Thank you!

FAITH AND FAMILY WEEKDAYS

Orthodox Movie Night May 11/June 8

This monthly offering combines specially selected inspirational movies with snacks and good company in the Fireside Room and it's free to all. In May, celebrate the Resurrection with the powerful new movie, "Risen." The June selection is a light and comical way to round out the season with "A Touch of Spice," on Thursday, May 11, at 7:00pm. The film is a comedy about a Greek boy who grows up to become a talented cook after political turmoil forces his family to leave Turkey. Come and enjoy! You'll be glad you did!

"Prayer and Panera" Men's Fellowship .. May 11/June 15

The Saint Nikodemos Men's Fellowship meets on the Third Thursday of each month for morning prayers and Christian fellowship (with coffee and bagels, too!). The group meets at Holy Trinity Church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then move up the hill to Panera for 30-45 minutes of coffee and breakfast and conversation on living as a Christian man in today's world. Questions? Email at SaintNikodemos@HolyTrinityPgh.org. Change up your morning routine - and change things for the better! (NOTE: Change of date for May - meeting on the Second Thursday this month!)

FESTIVAL NEWS

Festival Ad Book Volunteers Needed!

The Festival season is quickly coming upon us. Last year's Festival was a banner event for our Holy Trinity community. With your help, the new Ad Book provided tremendous support, and we would like to build on that success this year. We are seeking volunteers to join the 2017 Festival Ad Book committee. Please contact Al Backeris or Connie Bistolas to join the Ad Book campaign or email inquires and interest to festivalads@HolyTrinityPgh.org.

Holy Trinity's Taste of Greece Labor Day Weekend

Please mark Wed., August 30, through Sun., September 3 on your calendar for this summer's "Taste of Greece" Festival. The Festival Committee is asking everyone, new members and old hands, young and young at heart, to pledge a donation of their time and talents so that we can continue to grow both the success of the festival and the fellowship with all our Holy Trinity church family members!



Festival Food & Pastry Preparation April Through July

Want to share your Greek food and pastry cooking talents with the Church? Don't know how to cook awesome Greek goodies but want to learn how? Have we got an opportunity for you! Be there for food and pastry preparation throughout

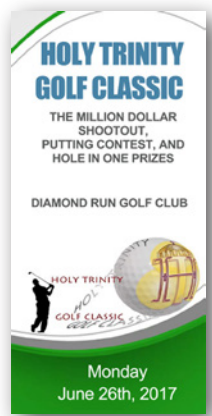
For the latest updates and schedule of parish events, visit www.HolyTrinityPgh.org/calendar

the Spring and Summer, April through July. Yes, it takes that long to get all the food for our ever-growing Festival ready! No experience necessary. On-the-job training available. Flexible hours. Non-cooking positions also available. Requirements: Positive attitude and willingness to do whatever is needed! Pick your favorite—or better yet—be there for them all! Check them out on the enclosed flyer or find them on our website at www.HolyTrinityPgh.org/festival-cooking-schedule.

COMMUNITY NEWS AND EVENTS

Holy Trinity Golf Classic..... June 26
It's time once again for the annual Holy Trinity Golf Classic,

to be held this year on Monday, June 26, at Diamond Run Golf Club. The event features a "Million Dollar Shootout," a Putting Contest and a Silent Auction. Proceeds benefit the Holy Trinity Capital Campaign. Sponsorships are still available to promote your business or honor your family. Registration and lunch start at 11:00am, followed by the Shotgun Start at 12:15. Dinner follows the Million Dollar Shootout. Contact Anthony Loomis for information at anthonytloomis@gmail.com. See the enclosed flyer/sign-up form.



Holy Trinity and FOCUS Team Up for Summer Feeding Program

IMPORTANT COMMUNITY NEWS:

HOLY TRINITY CHURCH BECOMES FOCUS SUMMER FEEDING PROGRAM HOST SITE STARTING IN JUNE 2017!

(April 21, 2017) Holy Trinity Greek Orthodox Church, located in the McCandless Township section of the North Hills of Pittsburgh has taken a historic step forward in its Outreach and Philanthropic ministries by being selected as a Host Site for the FOCUS North America Summer Feeding Program in Pittsburgh. James Portellos, Summer Feeding Operations Manager for FOCUS, made an official presentation to the Holy Trinity Parish Council on February 21, describing the program's mission, requirements and logistics. After a thorough discussion, the Parish Council voted unanimously to adopt the program beginning this summer.



sands of meals across the country in seven cities, including Pittsburgh.

Holy Trinity Church and the Summer Feeding Program

FOCUS North America and Holy Trinity Greek Orthodox Church, Pittsburgh, are pleased to announce that Holy Trinity Church will become the FOCUS Summer Feeding Program Host Site for Pittsburgh starting in June 2017.

Each week from mid-June through mid-August, a team of local volunteers from Holy Trinity and other area churches and organizations will gather on Monday through Friday mornings to prepare lunches in Holy Trinity Church's commercially-equipped kitchen. The project will be coordinated by a paid FOCUS Site Supervisor. The meals will then be delivered to the new distribution site at the Carnegie Library Extension on Federal Street on Pittsburgh's North Side, just a few blocks from Holy Trinity Church's previous location of 50 years.



About The Summer Feeding Program

Over 15 million children in the United States—including over 45,000 in Allegheny County—struggle with hunger because they do not have regular access to nutritious and affordable food. Young people are particularly vulnerable to the consequences of food insecurity. Each month these families are faced with a difficult decision: pay the rent or

buy groceries. And in this situation, paying the rent always wins — because it is easier to be hungry than homeless.

While the reach of federal nutrition programs is significant, thousands of food-insecure Pittsburgh children still go hungry, especially during the summer months when there are no free or reduced school lunch programs. There are long-term impacts of child hunger that extend beyond the discomfort of being hungry. Food-insecure children, according to Greater Pittsburgh Community Food Bank, are more likely to suffer in areas of education and behavior. This summer, through its Summer Feeding Program, FOCUS will serve thou-

Site Supervisor Position Available

FOCUS is seeking to hire a Site Supervisor to manage and coordinate this program. It is a part-time position of approximately 24-30 hours per week during the summer. It is ideal for school teachers, college/grad students, stay-at-home parents or energetic retirees.

Information Available at Holy Trinity Website

For more information, to apply for the Site Supervisor position or to volunteer, visit the Holy Trinity Church website at www.HolyTrinityPgh.org/summer-feeding.

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

MAY-JUNE 2017 – "THE VOICE OF HOLY TRINITY CHURCH"

**Riches In Christ Jesus:
The Joy Of Our Salvation
And The Hope**

*Christ is Risen!
Truly He is Risen!*



**Father John
Androutsopoulos**

"Blessed be the God and Father of
our Lord Jesus Christ, Who accord-
ing to

His great mercy has begotten us
again unto a living hope by the
Resurrection of Jesus Christ from
the dead" (1 Peter 1:3).

Everything we need for living
a happy, useful, and triumphant
life we find in Christ Jesus. He
added enjoyment to a happy
occasion in Cana of Galilee by
the miracle He performed at a
marriage feast. When Jesus dined
with Zacchaeus, understanding
developed to such an extent that
the tax gatherer was saved from a
life of selfishness and greed.

It was in the home of a Phari-
see that Jesus reclaimed a sinner,
and all the guests became consci-
ous of His power. It was in the
breaking of bread that the Risen
Lord was able to restore in fearful
disciples the spirit of triumph.

No person and no home is
ever the same after the Son of
God has entered. His presence
proves to be a saving power from
all manner of mistakes and sins.
More than that, the riches of
Jesus Christ become our posses-
sions ever increasing and more
precious with each passing day.

The Lord of life, Who did iden-
tify Himself with flesh and blood,
is pleased to continue His dwell-
ing place among us. Our hearts
and our homes can be sanctified
by His presence and enriched by
our constant fellowship with Him, the Lord and our Savior
Jesus Christ. eternal life is foremost among the riches we have
in our Risen Lord.

The Second Sunday In May: Mother's Day

One of the sweetest memories that anyone can have is the

memory of a good mother. "When Jesus therefore saw His
mother, and the disciple standing by, whom He loved, He
said to His mother, 'Woman behold thy son!' Then He said
to the disciple, 'Behold, thy mother!' And from that hour the
disciple took Her unto his own home" (John 19:26-27). This
is one of the sidebars on the life of the Son of Man which
prompts every person to a deeper appreciation of his own
mother.

Beloved, the following story is an example of a thought-
ful, kind, considerate, and above all, a loving mother: A

What is a Mother?

*It takes a Mother's love to make a house a home
a place to be remembered, no matter where we
roam.*

*It takes a Mother's patience to bring a child right
and her courage and cheerfulness to make a
dark day bright.*

*It takes a Mother's thoughtfulness to mend the
heart's deep "hurts" and her skill and endurance
to mend the socks and shirts.*

*It takes a Mother's kindness to forgive us when
we err, to sympathize in trouble and to bow her
head in prayer.*

*It takes a Mother's wisdom to recognize our
needs, and to give us reassurance by her loving
words and deeds.*

*It takes a Mother's endless faith, her confidence
and trust, to guide us through the pitfalls of self-
ishness and lust.*

*And that is why in all the world there could not
be another, who could fulfill God's purpose as
completely as a*

MOTHER!



teacher put this problem to
little Johnny. "Suppose that
your mother made an apple
pie, and there were eight of
you at the table, your mother
and father and six children.
What part of the pie would
each get?" Johnny answered,
"A seventh." "No, Johnny,"
said the teacher, "that's not
right. Now listen carefully."
She repeated the problem
again, "There are eight people
at the table. If the pie is cut
into equal pieces, how much
would each one of you get?"
Again Johnny answered, "One-
seventh." Then the teacher
said, "Johnny, you don't know
your fractions." Then Johnny
replied, "Yes, teacher, I know
my fractions, but I know my
mother, too. She would say
that she didn't want any pie,
so that we could have bigger
pieces."

Remember, many moth-
ers today in this country and
all over the world, are doing
exactly what that mother
did ... but not with an apple
pie, but with food, so that
their children will not go to
bed with an empty stomach.

To all the living mothers, old
and young, enjoy with your
children and grandchildren the
"day which the Lord has made

for you." Let us also not forget our sweet memories of our
faithful mothers who are resting in eternity. Eternal Be Their
Memory!

*With the love of the Risen Lord,
Rev. Fr. John K. Androutsopoulos
Protosphyter and Internal Missionary*



April 2, 2017: Holy Trinity's JOY and HOPE children's ministry made a youth pilgrimage to the Holy Transfiguration Orthodox Monastery in Ellwood City, PA. The sisters spoke to the children and allowed them to participate in a service in the monastery chapel.



April 8, 2017: Families and children gathered to celebrate the Saturday of Lazarus Divine Liturgy and make preparations for Holy Week and Pascha. Candles for Holy Friday and the Resurrection were cupped and hundreds of Palm Crosses were hand-made for Palm Sunday.





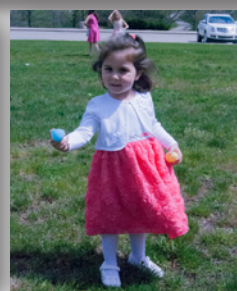


Holy Trinity Church's "Christ is Risen!"

Each year at the Resurrection Service, our community turns out to watch with raised candles and a heartfelt "Christ is Risen!"



I wanted to thank you sincerely for the broadcasts of your services at Holy Trinity. I'm a university student from Massachusetts, but I am studying in Europe this year and I thought that I was going to miss out on Holy Week entirely until I discovered that these livestreams exist. I was able to join in for the end of the week in



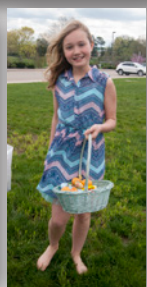


Greeting to Our "Remote Congregation"

turns to the Internet broadcast camera and greets those who have "risen!" hymn. Here is the "rest of the story" this year!



Pittsburgh since it's in the closest U.S. time zone to me. It was so amazing. I will admit to becoming no small bit emotional when you asked the congregation to sing "Christos Anesti" with those of us watching. It did make me feel not alone. I just wanted to share this with you so you would know how much it meant to someone.



Habits and Priorities

I am, despite my many attempts to eschew labels, a millennial. And even though I've been lumped into the 'old millennial' category (which might mean that I can still remember a time without computers), there are many traits I share with my assigned generation. My Snapchat skills are uncanny. I love brunch! And, embarrassingly, I am terrible at paying bills.

Allow me to explain: Everything I need is in "The Cloud", which I can access on one of my many devices and download at insane, never-thought-of-before speeds. When I file a hard copy of something at work, I act as if I've been forced to spend an afternoon digging a sewage trench. I'm not proud of this.

Every payday, my wife and I log onto our bank account, and it literally tells us which bills are due, and what we owe. We don't even have to do the thinking anymore. Is this pathetic reliance on technology ridiculously convenient? You betcha. Does this make people like me totally inept at managing and responding to actual, physical mail? Definitely. And that is a problem.

As these habits and priorities shift over time, stuff tends to get lost in the dust cloud. Personally, my church stewardship is what ends up neglected. I am constantly behind on my pledge, and when the time comes to make a new one, I am always months late. I'm not raking in cash by any means, but I can afford to add guacamole at Chipotle, or the occasional fancy cocktail. This shouldn't be too difficult for me. So not too long ago, I made a promise to myself, and to God: I will get better at this.

Stewardship is so important to our church for obvious reasons: as we grow physically, we must grow fiscally to sustain ourselves; and maintain—or, better yet, expand—our ministries. It's important to me, though, because it gives me a connection to a living, breathing, ancient system of faith.

Stewardship is a way to continue the noble Acts of the Apostles in modern times. To serve the poor and disadvantaged. Open the doors of Christ's church to all. Allow my daughter (and by extension, all of our future generations) to live and love in the Orthodox Faith. Love one another unconditionally. These daunting, serious tasks cannot be achieved without a commitment from all of us.

I often contemplate the kind of stewardship and participation Saints Paul and Barnabas were looking for from their congregations, as they'd huddle in catacombs around Cyprus, nearly 2,000 years before my father would be born there. Most likely, they just hoped to make it to their next mission with their



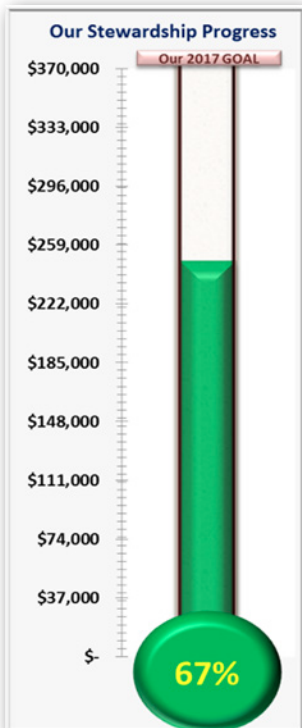
"Daddy" Marios and Baby Stella

heads still attached to their bodies, to continue preaching the gospel of Jesus Christ. They would be amazed at the lasting machine they gave their lives to engineer. I like to think I honor them and their unyielding faith when I pitch in to keep the motor running. It would be inexcusable for our generation to let them down.

My contribution to our church challenges me to ask myself what else I could be doing. I think about how I can help out at one of the church's ministries, or at FOCUS or other worthy causes. It reminds me to set my meetings to plan the 2017 Festival's Gyro Tent operations (Interested in volunteering? Call me. Yes, this is a shameless plug!). It motivates me to try and hear the Lord's words more clearly, and to be kinder to others.

So, back to my dilemma—how can I, the perpetually-behind, anti-analog, always-distracted, "new generation" church member—pull my weight in Stewardship? The solution is simple: we all can—we must—start treating Stewardship to our church as seriously as we do a monthly bill. I know it sounds soulless, but it's a ritual, as so many things are in life. And our Church, sensing that shift, has accommodated us: we can now pay our stewardship online, with one effortless click: the "Online Giving" tab on our church's homepage. Don't know our website? Google it. What kind of a millennial are you, anyway?

Marios Kritiotis
Millennial. Husband. Father. Holy Trinity Steward



Thank you to the many parishioners and friends who offered donations for Lent and Holy Week through the envelope system. Thank you also to the following donors of special flowers and items used during this holy season.

Salutations to the Theotokos Services

Connie, Diana and John Fries	For the health of family and friends
Vasiliki Kourouklis	In memory of Achille Kourouklis and Stavroula Repana
Theologia and Allen Ryan	In memory of John Rigas
Theologia and Allen Ryan	In memory of Theologia Rigas
Salutation Icons Flower Arrangements	Julie Chrysanthus

Lent, Holy Week & Resurrection Services

Case of Communion Wine for Lenten Services and Holy Week	Anonymous, for the health of her family
Annunciation Icon Flowers	Chris and Kathy Balouris, for the health of Anthony and Helen Balouris
Processional Flowers for the Veneration of the Cross	Holy Trinity Philoptochos
Saturday of Lazarus Icon Flowers	Penelope Komninos, in memory of Evangelos Komninos
Making of Palm Crosses and Preparation of Holy Friday/Anastasi Candles	Holy Trinity Church School students, staff & families
Palm Sunday Icon Flowers	Charles Siebott and Irene Karavolos, in memory of Steve Karavolos
Palm branches for Palm Sunday	Cindy Morris Criss, for the health of the Morris family
Christ the Bridegroom (Nymphios) Icon Flowers	Dorothea K. Zikos, in memory of her husband Peter J. Zikos
Crucifix Wreath of Flowers	The Chapas-Bonfield Families, in memory of our parents, Frank and Anne Chapas
Burial Shroud Sheet for Epitaphion	Sophia Bridoux, in memory of her sister Athanasia Geanopoulos
Holy Friday Rosewater	Chris T. Balouris & Family in memory of his father Themistocles C. Balouris
Holy Friday Icon Flowers	Judith Mermigas, in memory of Theodore Mermigas
Decoration of the Epitaphion	Joyce Athanasiou and the families and youth of the parish
Bay Leaves for Holy Saturday	Cindy Morris Criss, for the health of the Morris family
Bay Leaves for Holy Saturday	Elaine Georgiades, in memory of her parents Bill and Koula Roomeliotis
Bay Leaves for Holy Saturday	Jon and Judy Stipanovich
Rose Petals for Holy Saturday	Efthalia K. Barker, in memory of the Kalogeras and Geanous families
Resurrection Icon Flowers	Chris and Kathy Balouris, for the health of Rev. Fr. John and Presvytera Ethel Androutopoulos
Resurrection Banner Ribbons	Chrissie Georgiadis
Dying and Preparation of Red Resurrection Eggs	Holy Trinity Philoptochos
Priest's Resurrection Candle	Peter & Theanne Gagianas, in honor of Father John and Father Radu
Priest's Resurrection Candle	George and Scarlet Karpakis
Prosforon (Offering Bread)	Katherine M. Balouris, Stacy Dickos, Mary-Magdalene Welsh
Myrrh Bearing Women Icon Flowers	Judith Mermigas, for the health of Mary Mermigas
Pentecost Icon Flowers	Mary-Magdalene Welsh, in memory of her mother Julia Welsh

Flowers for the Epitaphion

Holy Trinity Offering Trays and Envelopes, plus the following donors:

- Bill & Lynda Areheart in honor of Mary Magdalene Welsh
- Chris and Kathy Balouris, for the health of Rev. Fr. John & Presvytera Ethel Androutopoulos and Anthony & Helen Balouris
- Katherine M. Balouris, for the health of her family
- Helen J. Chapas, for the health of all the members of the Chapas families

- John & Sherry Clayton, in memory of the Clayton, Cocheres and Sicalias Families
- Jeff and Mina Durosko & Family, in memory of James (Demetrios) & Elli Stephanou
- John and Georgia Franciscus, in memory of Betty Beckas
- Tessie Frankos, in memory of her husband James and her daughter Demitria
- Eugenia Graser, in memory of her husband Robert and her parents Michael & Mary Patsalos
- George and Scarlet Karpakis

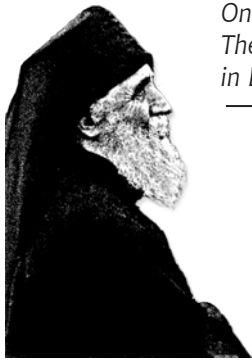
- Presvytera Louella Kostopolos, in memory of Father John Kostopolos
- George & Rhea Pantelakis, in memory of their parents John & Maria Pantelakis and John & Stavroula Scopelitis
- Angie Roman, in memory of Gus Roman
- James Sicalias, in memory of his mother Bessie Cocheres Sicalias
- Joanna Sideris, for the health and well-being of her entire family

Paschal Lillies

- Anonymous (2 plants)
- Anonymous, for the health of her family (5 plants)
- Anthony & Helen Balouris, for the health of the Balouris family (2 plants)
- Efthalia & Lynn Barker, in memory of the Kalogeras and Geanous Families
- Pamela Bolkovac, in memory of her father Nick Bolkovac (2 plants)
- Reggie and Marianne Bonfield, in memory of John and Mary Bonfield
- Reggie and Marianne Bonfield, for the health of family and friends
- Reggie and Marianne Bonfield, in honor of Helen Chapas
- John & Sherry Clayton, in memory of the Clayton, Cocheres and Sicalias Families
- Christine Dickos, in memory of her husband, Dinos Dickos
- Frank & Katina Erdeljac, in memory of Mary Alexiades
- Frank & Katina Erdeljac, in memory of Mike & Theologia Alexiades
- John and Georgia Franciscus, in memory of Betty Beckas
- Connie, Diana and John Fries, in memory of Olga Regakis
- Dr. & Mrs. Peter Gagianas, in memory of John-Peter Orfanakos

- Dr. & Mrs. Peter Gagianas, in memory of Woody Cocheres and Sicalias Families
- Dr. & Mrs. Peter Gagianas, in memory of Uncle Pete Yeatras
- Dr. & Mrs. Peter Gagianas, for the health of our grandchildren
- Dr. & Mrs. Peter Gagianas, for the health of our families
- Eugenia Graser, in memory of her husband Robert and her parents Michael & Mary Patsalos
- Dr. Kristina Johnson and Stella Johnson, in memory of Homer James Johnson
- Dr. Kristina Johnson and Stella Johnson, in memory of Augustina Makris
- James & Bettina Kermes, in memory of family & friends
- Vasiliki Kourouklis, in memory of Achille Kourouklis
- Vasiliki Kourouklis, in memory of Dimitrios Repana
- Vasiliki Kourouklis, in memory of Stavroula Repana
- Angela Leist, in memory of James Phaturos
- Angela Leist, in memory of Margaret Phaturos
- Leo and Luci Loomis, in memory of Cornelia and John Sampson
- Judith Mermigas, in memory of Theodore Mermigas and Peter Kalamaris
- Judith Mermigas, for the health of Mary Mermigas
- Dean and Arlene Metropoulos, blessings for their family

- Meno and Jean Mitaras, in memory of the Mitaras and Condos Families
- Bill Pagonis, in memory of James and Mary Pagonis (2 plants)
- Peter & Mary Panos, for the health and welfare of the Panos family
- Orestes & Arlene Paras, in memory of John & Maria Paras
- Orestes & Arlene Paras, in memory of Albert, Rose & Arthur Russell
- The Parikakis & Fiedler Families, in memory of Sophie Parikakis, Danielle Zagnacky, our grandparents, aunts, uncles, cousins & friends
- The Parikakis & Fiedler Families, for the health of family, friends and Holy Trinity members
- James Sicalias, in memory of his mother Bessie Cocheres Sicalias
- Estelle Stell, in memory of Walter, Catherine and James Hartig
- Ava & Zach Szott, in memory of Mary Bonfield
- Ava & Zach Szott, in memory of Anne Chapas
- Lou, Julie & Ale Zozos and George Zozos, in memory of Persephone Zozos
- Lou, Julie & Ale Zozos and George Zozos, in memory of Eileen Hoffmann
- James E. Zuck & family, in memory of Effie Amprazis Zuck



Saint Paisios

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.

Gheronda, what is so special about a mother's love?

It isn't enough to merely love another; we must love the other more than ourselves. A mother loves her children more than she loves herself. She will stay hungry to feed her children, yet she feels greater pleasure than they do. The children are fed materially, but she is fed spiritually. They experience the taste of food, while she experiences spiritual rejoicing.

How do mothers find their incredible endurance?

Physically a woman may not be as strong as a man, but with the heart she has—if she puts it to proper use—she can outdo the strength of most men. Sure, a man has great physical strength, but he doesn't have the heart of a woman. I noticed a cat that came to the Kalyvi with its kittens. It was very skinny, its belly completely flat. One day a big hunting dog came, and Kourdis, the male cat, ran away. But the mother cat got up, arched her back, and became fierce; she was ready to pounce on the dog. I wondered at where it had found such courage! You see, it had its kittens to defend.

A mother has pain; she gets tired; but she feels neither the pain nor the tiredness. She pushes herself to do everything, but because she loves her children and she loves her home, she does everything with joy. Someone who is constantly resting gets more tired than she does.

I remember, when we were young, my mother had to carry water from the well that was very far away from our home. She had to cook, bake, wash the clothes and even go to the fields. In other words, she did all the chores, and even had us children driving her crazy, and on top of that, she had to be the fair judge whenever we fought. But she used to say, “This is my duty; I'm required to do all these things without complaining.” She said this in the good sense. She truly loved her house; she loved her children, and she did not tire with the chores; she did everything with her heart, with joy.

And as the years go by, a mother will love her home all the more. Even though she grows older, she sacrifices herself all the more, even to raise her grandchildren. And because she does this with her heart—although her strength has diminished—she seems to have more endurance than her husband, and even more endurance than she had in her youth.

Gheronda, how can a mother do all she does and still have time for prayer?

Women usually have no sense of moderation when it comes to household chores. They're constantly finding things to do. While they do have a lot of heart and could do much “housekeeping” in their soul, they often waste their heart on insignificant things.

Let's say we have a delicate glass with very intricate designs. Now, if this glass didn't have all these designs on it, it would

still serve its purpose as a glass. But no, women go to the store and start: “No, I want the designs up higher, to this point; no, not this way, the other way...” And if there should be some floral details on it, well then the heart really starts leaping! But by doing this, women lay waste to all their energy and potential. She gives a part of her heart to this, a part to that, and then what is left for Christ? Only a tired yawn is spared for the time of prayer.

The more a woman distances her heart from material things, the closer she comes to Christ. And when her heart is given to Christ, then she acquires great strength. Just the other day I saw a soul who had dedicated herself entirely to God. You could almost see a sweet light burning within her. She deals with everything in a gentle and warm way. She used to be very worldly, but she had a good disposition and at some point the spark was kindled within her. Now she lives very simply. She struggles to live a spiritual life. Her spirit of sacrifice is remarkable. She has become envious of the saints—in the good sense.

A mother once told me, “My body is very weak and I get very tired; I don't even have time to finish my chores, let alone say my prayers properly”

She has to simplify her life so that she can have time to pray. A mother can make great progress through simplicity. If a mother has simplified her life but still gets tired because she has many children, then, yes, she is entitled to say, “I am tired.” But if she wearies herself trying to make the house look good for the guests, well then, what can we say? It's better for a mother to be involved with the nurturing of her children, rather than being overly involved with household chores and inanimate objects.

A mother can speak to her children about Christ; she can read the Lives of the Saints to them. Thus, at the same time she will be occupying herself dusting off her own soul so that it will be spiritually shiny. The mother's spiritual life will then quietly help the souls of her children. Thus, her children will live happily, and she will be joyful because she will have Christ within her.

If a mother doesn't find the time to even say a simple Trisagion Prayers (“Holy God, Holy Mighty...Our Father...”), how can she expect her children to be sanctified?

When she does her housework, can't she pray at the same time? It was my mother who taught me to say the Jesus Prayer. There are so many mothers who led a holy life and had holy children!

The mother's devotion has great significance. If the mother has humility and fear of God, then family life is smooth. I know young mothers whose faces shine, even though they have no one to help them. I can understand a mother's spiritual state by looking at the children.

Excerpted from “Elder Paisios of Mount Athos, The Spiritual Counsels, Volume IV: On Family Life



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The Continuous Glory of the Resurrection and Pentecost



Sunday is the day of the new creation, the birthday of God's children and depicts not one day's rest but the eternal rest of the faithful. It is characterized as the eighth day, that on which the believer lives in liturgical time and place, and in which he is called to continue throughout all his life to be enlightened by the unwaning light of Christ's Resurrection and of Pentecost. This, however, is not easy for man in this life. Thus, he has need to return often to the place



of the Liturgy, to relive the joy of the Resurrection and the Transfiguration, in order to set out once again in the world. This he must do until such time as the second Coming of Christ becomes a reality. Then shall all of man's life and all of creation acquire the experience of a continuous Divine Liturgy within the continuous glory of the Resurrection and Pentecost.

Excerpted from "The Orthodox Church: Its Faith, Life and Worship" by Antonios Alevissopoulos

Scripture of the Month: "Arise, shine; for your light has come, and the glory of the Lord has risen upon you." (Isaiah 60.1)