



THE HOLY TRINITY HERALD

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QUICK NEWS



Young Adults opened their new "Grounded in Faith" Coffee House on March 3rd. Want to see more photos of this event and others in the life and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 10-13 or browse through our online photo gallery at photos.HolyTrinityPgh.org.

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

"AS OFTEN AS YOU EAT THIS BREAD AND DRINK THIS CUP, YOU PROCLAIM MY DEATH, AND YOU CONFESS MY RESURRECTION"



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
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(pittsburgh.goarch.org) and Greek Ortho-
dox Archdiocese of America (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

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2019 Parish Council

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George Dickos Tom Germanos

Karen Georgiadis Richard Paese

Michael Passodelis Stephen Stearns

Ted Stewart Alex Trilivas

Gerri Valliant Jeanne 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 opportuni-
ties. There is something for everyone, so
please get involved today!

"FAITH. FAMILY. COMMUNITY."



**You, Lord, are the helper of the
helpless, the hope of the hopeless,
the savior of the afflicted, the haven
of the voyager, and the physician of
the sick.**

The Divine Liturgy of Saint Basil

My beloved spiritual family,

A recent article in an online journal, *The Christian Post*, contained yet another collection of data that is becoming an alarmingly familiar sound in today's world: "Anxiety and hopelessness among 18-to-25-year-olds has risen 71 percent [in the past decade]. Depression among 20-and-21-year-olds has more than doubled from 2009 to 2017. Among 16-and-17-year-olds depression grew 69 percent." I have personally witnessed this as a priest; it is a frequent topic of concern among youth workers; and even the most faithful families are not immune to these alarming trends. Moreover, issues of depression, isolation, anxiety and hopelessness are not limited to young people. How is it that our hyper-connected and information-filled world can leave us so lonely and empty?

I will refrain from offering a clinical/medical analysis of these trends here, as I am not a medical professional and there are abundant perspectives on such sources of these afflictions. Indeed, we must never attempt to minimize the seriousness of these conditions and the genuine anguish and suffering they bring, especially to young people. The Orthodox Church fully respects the talents and gifts the medical and psychological community offers, and there are indeed times when clinical and medical interventions are needed in addition to the always available and vital healing prayers of the Church. Thank God for that.

One thing I will state without hesitation, however, is that I as an Orthodox Christian priest and you as an Orthodox Christian believer know this: the ultimate joy, true healing and the eternal fulfillment for which our soul yearns can only be found in the One Who created it: the "helper of the helpless, the hope of the hopeless, the savior of the afflicted, the haven of the voyager, and the physician of the sick." That priestly prayer from the Divine Liturgy of Saint Basil, which we are celebrating during the Sundays of Lent right now, lifts my heart every time I offer it. And note: it is offered as part of the great thanksgiving prayer to the Father following the descent of the Holy Spirit and the consecration of the Holy Gifts into the Body and Blood of Jesus Christ. In other words, the fullness of the revelation of the Holy Trinity brings us this comfort, assurance and joy.

The question we must ask is, "Are we fulfilling our calling as witnesses of that joy? Are we the light to those around us sitting in the darkness of isolation and hopelessness? Is our own faith strong enough that we can embrace those in such conditions with the assurance, "Cast all your anxiety on Him because He cares for you" (1 Peter 5.7)? If the world cannot find true joy (not fake happiness, which always lets us down), where can it turn? I have said for years when people are looking for a church, if you enter and do not find the joy of the Lord there, turn around and walk out. I pray that never happens here.

So as we continue through Lent, with an emphasis on cleaning up our life, cleaning out our soul and cleaning up our act, it can indeed be troubling, because like when we spring clean our house, we might find a lot of not-so-pleasant stuff. Guard yourself against allowing that to become a negative experience. Just as physical healing often involves therapies and changes that benefit us in the long run, so the spiritual prescriptions of Lent are sometimes hard but always necessary. Cling to the promise, the hope and the joy the Lord brings through the true healing of our soul in this world and in the brightness of the Resurrection for which we are all preparing. That witness is sorely needed in this world, by young and old alike. I look forward to proclaiming it with you on Resurrection night.

Pastorally and paternally yours,

MAKE THIS LENT MAKE A DIFFERENCE!

A BETTER YOU. A BETTER WORLD.

"If any one is in Christ, he is a new creation; the old has passed away, behold, the new has come." (2 Cor. 5.17).

WORSHIP LIFE

Weekday Services April

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. Guide to locations of services: "HT" = Holy Trinity Church, 985 Providence Boulevard, Pittsburgh; "SG" = Saint George Chapel, 8941 Ringeisen Road, Allison Park.

- **Mon. Apr. 29:** Saint George the Great Martyr - Feast Day Liturgy of our Saint George Chapel (SG)
- **Fri. May 3:** The Theotokos the Life-Giving Fountain (Zoodochos Peghe) (SG)
- **Fri. May 3, 7:00pm:** Consecration Vespers Service (SG)
- **Sat. May 4, 8:00am Orthros/9:00am**
CONSECRATION OF THE SAINT GEORGE CHAPEL (SG)

RELIGIOUS EDUCATION

Church School Lenten Outreach Project

Attention Church School Parents, Students and Staff: As part of our Lenten Journey, we have chosen to participate in a Lenten Outreach with FOCUS Pittsburgh. They have asked us to continue to donate school supplies, which are desperately needed at this time of year. We would like to ask each Church School class to donate one category. You may bring multiple quantities of each item:

- Preschool and Kindergarten - crayons and colored pencils
- First and Second - pencils and pens
- Third and Fourth - folders and glue
- Fifth and Sixth - staplers and staples
- Seventh through Twelfth - notebooks and backpacks

Please have all items at church by the Saturday of Lazarus, April 13. A donation box will be located outside of entrance to second floor Education Center.

Spring "Journey to Fullness" Series. Apr. 1-June 10

This informative Fr. Barnabas Powell video teaching series is for everyone who wants to learn more about the "fullness of the faith" found in Orthodox Christianity, whether as

inquirers, catechumens or life-long members. Sessions will be held in the Conference Room on April 1, 8 & 15 from 8:00-9:00pm and on May 13 & 20, June 3 & 10 from 7:00-8:30pm. See the enclosed flyer for a schedule of topics.

LENTEN SERVICES & INFORMATION

Lenten and Holy Week Schedules of Services

This issue of The Herald contains a complete schedule of services for Lent and Holy Week. They are also on our website and posted to our online calendar. Please keep them in a conspicuous place in your home.

GOYA Lenten Soup Sales Through April 21

The GOYA is once again offering its very popular Lenten soup sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... plus they taste great and they are good for you! Please visit the Lenten Soup Sales table in Gallery during Coffee Hour each week! Thank you for supporting our youth!

Lenten Coffee Hour Reminder Through Pascha

Please keep in mind that throughout Lent our Coffee Hours following the Divine Liturgy observe the Orthodox Lenten fasting schedule. Anyone sponsoring a memorial coffee hour or providing Church School snacks is asked to take care that non-meat and non-dairy items are provided. The Philoptochos and the Church School can provide a list of suggestions for good alternatives. Thank you for helping our community grow in this proper and helpful Orthodox spiritual practice and discipline.

Saturday of Lazarus Palm Crosses/Candles Apr. 20

Calling all Holy Trinity Church School students and staff, their families, friends relatives, and everyone at Holy Trinity Church: Your help is needed to prepare some important items for our Holy Week services! Divine Liturgy is at 9:30 a.m. followed by a Lenten breakfast and the project. Plan to stay and help make the many Palm Crosses (note: everyone can help with this!) as the younger students prepare the cupped candles for Holy Friday and Holy Saturday evenings. The GOYA

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

teens will be setting up for the Palm Sunday luncheon. Parents, please be sure to attend with your children and family.

GOYA Community Palm Sunday Luncheon. April 21

The GOYA teen ministry will be hosting their very popular annual Community Palm Sunday Fish Luncheon again this year in the Grand Room of Holy Trinity Center. Please make plans to attend with your family and be sure to buy your tickets in the Gallery after Liturgy starting April 7, because advance purchase is required. Take out will be available, too!

Help Decorate Kouvouklion on Holy Friday! April 26

As we prepare to celebrate Pascha, please consider taking the day off from school or work on Holy Friday. All ages are invited to come to the church and help with decorating the Kouvouklion (the Tomb of Christ) with flowers immediately following the 9:30am Service of the Royal Hours. **Important note:** this is a **family opportunity**, not a “drop-off” event. Young children must be supervised by a responsible adult.

Make Plans for the Anastasi Dinner April 27

Don't forget to make plans to attend the Resurrection Orthros, Liturgy and Dinner at Holy Trinity Church on Saturday evening/early morning of Pascha. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to celebrate the Feast of Feasts!

Agape Vespers & Paschal Candy Hunt. April 28

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the Main Lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at **12:00 p.m.** All the children are invited to come for this beautiful and bright service. It is a great way for those with small children who are not able to attend the midnight service to share in a special celebration of Pascha.

YOUTH MINISTRY NEWS

GOYA Meeting April 7

GOYA will be holding a meeting following Church School class on Sunday, April 7, All teens are invited to attend.

Metropolis Summer Camp Registration. Now Open

ATTENTION: Metropolis Summer Camp registration for 2019 opened on March 26 at y2am.pittsburgh.goarch.org for all JOY and GOYA campers. Be sure to register early, as sessions sell out quickly. To receive the Holy Trinity parish discount, be sure to use the code “SC19HTP” at the time of registration.

Metropolis GOYA Spring Retreat April 5-7

The Metropolis GOYA Spring Retreat will be held Friday, April 5-Sunday, April 7, at Camp Nazareth. The theme for the weekend is “Made Perfect Through My Weakness” and the guest speaker is the newly ordained Deacon George Athanasiou. HT teens should register now at pittsburgh.goarch.org. To receive the Holy Trinity parish discount, be sure to use the code “HTPP19” at the time of registration.

PHILOPTOCHOS NEWS

Philoptochos Meeting April 7

Attention current and new members: Please plan on attending the next Philoptochos meeting on Sunday, April 7, 2019. There are many new wonderful things going on. Come by and be a part of a wonderful ministry having fun and working with your fellow parishioners to help those in need! We will be meeting in the Fireside Room after Divine Liturgy. New members are ALWAYS welcome!!

Philoptochos Pascha Bread Baking/Pickup

Pascha Bread baking will take place on Thursday, April 18, 2019 from 9:00am to 4:00pm. Pick-up will take place on Sunday, April 21, 2019 after Liturgy. Please place your Pascha Bread orders now, and thank you for supporting Philoptochos.

Philoptochos Cookbook Submissions. Due April 30

There is still time to submit your favorite recipe to the Holy Trinity Philoptochos cookbook, which will be sold at the 2019 HT Greek Food Festival. The new deadline for submission of recipes has been extended to April 30th, 2019. Anyone in the Parish may submit a recipe, Greek or Non Greek. Share a family recipe that has been passed down from generation to generation! Please call/text Maria Georgiadis at 724-991-5129 with any questions.

Philoptochos Membership Dues March 31

A gentle reminder that 2019 Member Dues are due by the end of March. Please submit dues to 1st VP Nicole Steiner.

COMMUNITY NEWS AND EVENTS

Saint George Chapel Consecration Items Needed . . . Now!

Please see the enclosed flyer for a list of items needed to complete the Chapel for the Consecration. Thank you!

Saint George Chapel Consecration Weekend . . . May 4 & 5

The historic event of the Consecration of our community's Saint George Chapel will be held Saturday, May 4. Also, a Consecration Banquet will be held on Sunday, May 5, following the Divine Liturgy at Holy Trinity Church. See page 8 for a schedule and information on how to make Consecration reservations and purchase Consecration Banquet tickets. Don't miss this historic and once-in-the-lifetime-of-a-church event! But remember, reservations are requested for the service and tickets are required for the banquet:

- **Please make your reservations for the Consecration Service online or in the Gallery at Coffee Hour.**
- **Please purchase your tickets for the Consecration Banquet online or in the Gallery at Coffee Hour.**

Community Adult & Teen Mission Trip June 17-22

The Holy Trinity Missions Ministry is coordinating a philanthropic mission trip to Houston, June 17-22. This trip is open to Holy Trinity adults and teens 14 and over. See the enclosed flyer or visit www.HolyTrinityPgh.org/missions.

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

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



Father John Androutsopoulos

Prayer and Confession On Our Lips

Beloved brothers and sisters in Christ,

How many times we keep on praying and yet feel that we do not get any response to our prayers! We wonder why it is so.

The Psalmist gave us the answer long ago. He wrote, "If I

regard iniquity in my heart, the Lord will not hear me." If there are hidden sins in our lives, if our lives are not in right relationship out of order with God and men, surely the Lord will not hear us.

We all need to search our hearts during this Great Lent to find our unconfessed and unforgiven iniquity and confess it to God, so that the Lord may bless us through His forgiveness when we pray.

Attitude Matters

"God be merciful to me a sinner." (Luke 18:13)

The story of the two men praying in the temple tells us that they both expressed their attitudes by their words. One was self righteous and arrogant. The other confessed that he was a sinner and begged for God's mercy.

First of all, confession means that we recognize that we are sinners, and we make our confession openly and honestly. Confession of this kind deepens our spiritual lives.

But confession also tells us what we believe in. When we pray for forgiveness of sin, we confess our belief in Christ and what He can do for us.

"Woe is me! for I am undone; because I am a man of unclean lips." (Isaiah 6:5)

Prayer is opening the door of our lives to God. When we turn toward Him we are able to see ourselves as we really are, in our true state and condition. When we expose ourselves to God, we see our need for cleansing. We see our need for healing, we see our need for forgiveness, and we cry out as did Isaiah, "Woe is me, for I am undone!; because I am a man of unclean lips." Like the publican in the parable of Jesus, we cry, "God be merciful to me a sinner."

When our attitude is right toward God and we have confessing hearts, we come from prayer - justified, forgiven, healed by the divine touch of Jesus Christ.

He is faithful. Are we?

"If we say we have no sin, we deceive ourselves and the truth is not in us. If we confess our sins, He is faithful and

just, and will forgive our sins and cleanse us from all unrighteousness." (1 John 1:8 9)

Modern man tries to escape his sense of guilt. But guilt is persistent. God's voice (our conscience) within us will not be stilled. Our attempt to still it leads to further problems.

St. John the Evangelist reminds us that there is only one way to get rid of guilt. That way is through confession and forgiveness. Our part is to confess. We have the divine promise of forgiveness. God's call to confess our sins never ceases.

Lent: The Path, Not the Destination

Beloved, Lent prepares us for a renewal of our spiritual life. We learn that self denial is not a purpose in itself, but only a means for positive and determined action. In preparation for and during the period of Great Lent, we learn many things that enable us to fight all evil and return to the contrite Christian life that we may live in the eternal victory of the Resurrection of Jesus Christ.

REMEMBER GREAT LENT
AND KEEP IT HOLY!



A blessed Lent and Kali Anastasi!
Rev. Fr. John K. Androutsopoulos
Protopresbyter and Internal Missionary

Rules for Great Lent

FAST FROM...	FEAST ON...
Criticism	Praise
Self-Pity	Joy
Ill-Temper	Peace
Resentment	Contentment
Jealousy	Love
Pride	Humility
Selfishness	Service
Fear	Faith
Laziness	Dedication

What Does Love Got To Do With It?

What motivates you to do something? Is it based out of obligation, commitment, expectation or was it based out of the true essence of love that caused you to do it. In our relationships whether it be with God, parents, children, friends or even our church we need to thoroughly examine what is the motivating factor behind it?

As we know in any relationship we are going to be challenged at various times with difficult situations that will “test” the strength of that relationship and our commitment to fight for the survival of that relationship. Often times that relationship will cease to exist and we move on dealing with many emotions such as hurt, disappointment, anger, uncertainty or even happiness. We find that we have either given a lot of love, a little love or maybe not enough love to the relationship. In our walk as Christians no one can argue that the best example of love we could ever imitate is the one that is given to us that comes from God.

From every aspect that pertains to this life, God has provided examples on how we should conduct ourselves. What were the motivating factors behind all of this? The answer to that is love and giving. First and foremost love originates from the Father Himself. For Him to provide the ultimate sacrifice in sending His only begotten Son to pay the price for our sinfulness so that we might live is beyond verbal description.

While Christ walked the earth, He provided endless instruction on how we should conduct ourselves in our relationship with God and with each other. The examples He provided were through acts of love and giving, thereby emulating what God the Father did. We all know what John 3:16 says, “For God so LOVED, the world that He GAVE His only begotten Son...” This my friend is the greatest example of “loving and giving” there will ever be, that defines what a true relationship should look like.

Continuing on, we see in scripture how the Holy Spirit continues to replicate the essence of love and giving in His role as the “Comforter.” An example of that love is described in Galatians 5:22-23 that states, “But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control...”

In reference to how the Holy Spirit gives is described in I Corinthians: 8-11, “For to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit, to another faith by the same Spirit, to another gifts of healing by the same Spirit, to another the working of miracles, to another prophecy, to another discerning of spirits, to another different kinds of tongues, to another the interpretation of tongues. But one and the same Spirit works all these things, distributing to each one individually as He wills.”

So, then the questions remain, how do we replicate these attributes of love and giving in our relationships? Since God’s plan for us was built on the foundation of love and giving how do we respond to Him? How much love do you have for Him? Is it a lot, a little, is there room for growth? The act of loving in a relationship is coupled with “sacrificial giving”, so as we reflect on how much God loved us through His own acts of sacrificial giving, can we say we do the same in our relationship with Him?

Loving God means “sacrificially giving back” what He has already given to us. He has so graciously provided us with time, talents and treasures to function on this earth that were designed to meet not only our individual needs but the needs of others corporately. God has provided this church to function as a “Center of love and giving” that is reflective of His own personal nature. When we give of our time, talents and treasures it needs to follow God’s example. Loving anyone will “cost you something” and in some unfortunate cases with other people you may never see the return on your investment. One thing we

can say with definite certainty is when you love God sacrificially, there will ALWAYS be a return on your investment in a multitude of ways, many of which you never knew existed. So in summation as to the question in the title of this article “What Does Love Got To Do With It?...essentially everything!

We wish you a very blessed Lenten season and may your love for God, His Church and His people grow exponentially each and every day.

Your Co-Workers in Christ
The Holy Trinity Stewardship Ministry Committee



Visitation Ministry: Caring for the Sick, Homebound, and Bereaved*By Amy Armanious, Visitation Ministry Coordinator*

I heard a prayer once that was similar to these words. “May the Lord abundantly bless your hopes and dreams, bring blessings out of your trials and challenges, and bless others through your hands and heart.” Visitation Ministry is about love in action through the ministry of what lies in our hearts and the offering of our helping hands.

At Holy Trinity Church, we provide spiritual care to our homebound parishioners and their family caregivers through home visitation, regular phone calls, greeting cards in the mail, gifts that are beautifully designed by our Creative Team, offering a ride to a doctor’s appointment, praying for needs, and much more. The next step for the Visitation Ministry is to fulfill our mission of Bereavement Support which is assisting others as they grieve the loss of a loved one especially in the first two years of loss. Many of our parishioners have already received a Banner of Faith from our Creative Team... our gift to remind those who are grieving that they are loved by their Holy Trinity family and that they are not alone in their grief journey.

Grief is a reality and not to be shunned. As we embrace our grief and take time to better understanding, we actually find some healing for our distracted minds and broken hearts. To be sorrowful in time of loss is normal and we must not be ashamed of our grief and tears as we remember our loved ones and the meaningful relationship that they hold with us. As Saint Paul said “Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies, and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God” (2 Cor. 1:3-4). We are called to share in one’s suffering and therefore share one’s comfort by offering hope in God’s strength and wisdom.

Since September 2018, the Visitation Ministry Team has been planning their next step in providing spiritual care to parishioners who are dealing with grief and loss of a loved one. Our new Bereavement Support Ministry will be inviting others to a variety of opportunities that best fit each person’s particular comfort level. First, a short pamphlet titled “Dealing with Grief” by Fr. Gordon Walker (Ancient Faith Publishing) will be mailed to the family during the 40-day memorial time. A letter will accompany this pamphlet offering some suggestions during this grieving process. Second, if the family chooses, a set of four easy-to-read short booklets will be mailed at four crucial times during the first year after a loss. A follow-up phone call by our bereavement support team members will be offered about 10 days after the mailing of each booklet. This will be a time of listening and sharing together with total confidence of confidentiality and pro-

fessional expertise. A follow-up home visit may be given to those who are homebound and/or ill.

Lastly, a monthly bereavement support group session will be facilitated by our Bereavement Support Ministry Team. The first Monday evening of every month will be scheduled either in a conference room or the fireside room allowing for privacy and relationship-building. This program invites parishioners and extended family members/friends to support, conversation, and comfort. A participant does not need to be present at every session but may attend as their personal schedule permits. There will usually be a brief video regarding a specific topic such as “What is normal grief & loss” which explores why the grief experience may be more difficult than expected. Even if your loved one has been gone

for many years, please come and attend a session. Sometimes bringing a family member or friend may be helpful as one begins the journey of healing. Bringing questions to the sessions are encouraged. As we share our struggles and challenges of daily living with grief and loss, this helps us release our worry and anxiety as we are embraced by others who care.

There are three special Holy Trinity parishioners who are dedicated to our Bereavement Support Ministry as we begin this spring. Anita Sinicrope Maier and Jonathan Kohan are both educated, credentialed professional counselors who have their own private practices and will be facilitating our monthly group sessions. They come with extensive experience in leading group support as well as in loss and grief. Also, Arlene Metropulos is our Bereavement Liaison who has walked the grief journey these past two years in the loss of her beloved husband Dean. She brings her friendly smile, gift of hospitality, and spiritual listening. Anita, Jonathan, and Arlene lead by example through their Greek Orthodox faith tradition and personal experience. They help others not “to get over the loss of a loved one” but to learn to cope and live life as one grieves loss. They will provide a safe, non-threatening learning environment at our group support sessions. There is no cost to these sessions and all written materials are covered by the Visitation Ministry. Light refreshments are provided. Participants are encouraged to arrive about 15 minutes before the session begins for fellowship and reflection. Holy Trinity invites all to attend who may be interested in being part of Christian community as we remember that a Christian response to grief allows time and space for healing.

To learn more about our new Bereavement Support Ministry, please see the enclosed flyer, pick up materials at our display table in the Gallery on Sunday, April 7th and April 14th, during Coffee Hour, or contact Amy Armanious by email at visitation@holyltrinitypgh.org.



SAINT GEORGE CHAPEL CONSECRATION WEEKEND



MARK YOUR CALENDARS!

MAY 3-5, 2019



Consecration reservations
and Banquet tickets available
online at

www.HolyTrinityPgh.org/events
or after Liturgy each Sunday
starting March 3.

FRIDAY, MAY 3

7:00 p.m. **Vespers**

Saint George Chapel
at Holy Trinity Greek
Orthodox Cemetery
8941 Ringeisen Road
Allison Park
(Behind Duncan Manor
Plaza)

SATURDAY, MAY 4

8:00 a.m. **Orthros**

9:00 a.m. **Consecration and
Divine Liturgy**

Light refreshments to follow

Saint George Chapel
at Holy Trinity Greek
Orthodox Cemetery

Reservations are requested

IMPORTANT! On Saturday there
will be NO parking at the Chapel.
A shuttle will run from the
Church to the Chapel continuously
from 7:30 a.m. to 3:00 p.m.

SUNDAY MAY 5

8:30 a.m. **Orthros**

9:30 a.m. **Divine Liturgy**

Holy Trinity Greek Orthodox Church
985 Providence Boulevard
McCandless Township

Consecration Banquet
following Sunday Liturgy
\$30 per adult
\$10 for kids 12 and under
Grand Room at Holy Trinity Church

***Tickets must be purchased
in advance for Banquet***



HOLY TRINITY GREEK ORTHODOX CHURCH

985 Providence Blvd., Pittsburgh, PA 15237 • 412-366-8700 • www.HolyTrinityPgh.org



HELLENIC COLLEGE HOLY CROSS GREEK ORTHODOX SCHOOL OF THEOLOGY

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HCHC Alumni Association

March 11, 2019

Sophronius, Patriarch of Jerusalem
Theodora the Righteous

Holy Trinity Church
985 Providence Boulevard
Pittsburgh, PA 15237

Esteemed Officers and Members of the Parish Council
Esteemed Officers and Members of the Ladies Philoptochos
Ministries and Organizations of the Holy Trinity Church

My Beloved Brothers and Sisters in Christ,

I pray this letter finds you and your parish family well!

It is with great joy that I write this letter informing you that your Parish Priest, The Rev. Fr. John Touloumes will be one of two recipients for the Hellenic College Holy Cross Alumni of the Year Award which will take place on Thursday, May 16, immediately following Great Vespers.

This award is given during the Presidents Alumni Dinner, while we celebrate and honor the 10th, 25th and 50th Anniversary classes of that particular year. This year we will be recognizing the classes of 1969, 1994, and 2009.

As you know Fr. John is a true example of servitude! Upon finishing his studies at Holy Cross in 1985, though physically leaving the grounds, the school never left his heart. Fr. John is a great mentor, role model and spiritual father to current students and many alumni. During his ministry Fr. John has been a pillar of the church representing what Hellenic College Holy Cross is to all who come in contact with him. You know firsthand how dedicated he is to spreading the Good News and he has also encouraged many to follow their call from Almighty God and to help spread that message by taking up their cross and following the Lord.

I humbly ask that you announce and share this information to the faithful of the Holy Trinity Parish so they may offer their love and congratulations to their Spiritual Father.

Praying that you have a Blessed Lenten Journey and with love in the Lord,

A handwritten signature in blue ink, appearing to read "Demetri Costarakis".

Fr. Demetri Costarakis
HCHC Alumni Association President

Ministry News | “Grounded in Faith” Coffee House Launches!

March 3: The “Grounded in Faith” Coffee House opened on Sunday, March 3, following Divine Liturgy to much fanfare and enthusiasm. This venture of the Young Adult Ministry was made possible through a grant from the Telos Project of Hellenic College Holy Cross, as explained in last month’s article in the *Herald*. Our smiling young adults spent months developing a plan, writing the grant, procuring their supplies designing the shop and training their volunteers. They serve single-origin, freshly-ground, monastery-sources espresso beverages and hot chocolate. The group wishes to express its sincere thanks to the Parish Council, the Philoptochos and the community at large for their encouraging support and tremendous response. Watch for future Sundays to come!



Young Adult Cabin Retreat | Community Life Photo Journal

March 22-24: The Holy Trinity Young Adult Ministry hosted a Cabin Retreat weekend at the Seven Springs Resort in Champion, PA. The group of 18 singles, married couples, students and young professionals enjoyed a well-planned weekend of team-building, snowtubing, cooking, praying and growing in faith and fellowship. Father John joined them on Saturday and Sunday for snowtubing, an evening faith discussion and Divine Liturgy on Sunday at the Saint Ignatius Chapel of Antiochian Village, beautifully chanted by the participants.





(Top to Bottom) March 10: Holy Trinity Church announced its two parish Saint Photios Award recipients for 2019 - George Dickos and Presvytera Becky Touloumes. **March 21:** Another enthusiastic crew of volunteers showed up for festival cooking. **March 17:** Our very active Philoptochos chapter held a well-attended meeting to plan for spring events. **March 12:** Six couples attending the "Journey of Marriage" seminar engaged in discussions and relationship exercises in their marriage preparation class. **March 10:** Father Demetrios Carellas presented our first Lenten series talk following Pre-Sanctified Liturgy. **March 24:** Andrew Abboud offered the second presentation.





"The Story of Holy Trinity Cemetery"

How Our Community Came to Receive and Develop This Blessing ... How We Maintain It

A Holy Trinity Herald Feature Article by Anita Sinicrope-Maier, MSW

As we get older and closer to what are often called our "Golden Years," our thoughts may turn from "Where will I live on this earth?" to "Where will I live in the life to come?" We hope that when our soul leaves the body, which as the Orthodox funerals hymns say happens by the command of God, we may make that glorious journey to Heaven to be with our Heavenly Father. But what of our bodies? As one Orthodox Christian author writes, "God created man immortal both in soul and body," yet at death a separation occurs and our bodies are laid to rest, where they reside and dissolve into their God-created elements until the time they will be, according to Christian teaching, reunited in the Resurrection. Until then, that place they reside will be somewhere, we hope, that is peaceful, safe and comforting. A place where our loved ones can visit our last remaining physical presence on this earth.

The Holy Trinity community offers just such a place: Holy Trinity Cemetery. Yes, it has become a home after life for many who have entrusted their remains to a cemetery where they can 'reside' with others of our Orthodox Christian faith. The setting is amidst the presence of a spectacular chapel that calls our loved ones there to worship and remember them. The magnificent icons in the chapel "speak the words of life" through the icons of the Resurrection, the Second Coming and the saints who lived their faith in them.

Surrounded by so many holy images, what better place to

experience our last worship on this earth and then have our remnants nestled closely outdoors awaiting the coming of the Lord? Each time our loved ones come to worship at the chapel, they may also easily visit our graves and find comfort in the memories of the life we have shared. It is a place to bring hope and, yes, even anticipation of the resurrected life promised by the Lord when we can all be together again.

So how did Holy Trinity acquire a cemetery out in the North Hills on Ringeisen Road? After all, the church in those days was in the North Side. It certainly did not have access to land in that immediate area to build a cemetery, so how did they end up north? Finding out the answer to that question entailed doing some detective work. Since the people who were involved in deciding to purchase the cemetery have now passed on, the "facts" are now entrusted to obtaining an oral history about the beginnings. There really was no paperwork to examine. And as we know from the children's game "telephone," as stories get passed on by many people, they may not all be exactly the same!

My first research phone call went out to Basil Georgiadis. Basil was eager to talk about what he knew of the beginnings of the cemetery. Today he is 66, and he was just a little boy at the time of the acquisition, but the "story" was passed down to him many times while the family gathered in his home. His grandfather, William (Bill) Anastos, owned Manos Bakery. People in the church had been discussing for some time that

there was a need for a Greek Orthodox cemetery in an area where people could feel safe and where it would be convenient to the church. In those days, Holy Trinity parishioners had to bury their loved ones in Wilkinsburg or Homewood Cemeteries. The Wilkinsburg land was very steep and hilly, and Homewood had just one plot of land in the whole cemetery that was designated for Greek Orthodox burials.



The Veterans Memorial at the Cemetery

Talk turned into reality when one day Mr. Anastos was speaking with the salesman who sold him supplies (flour and sugar) for the bakery. The salesman also sold hats and Basil can remember him putting hats on everyone's head in the bakery when he came for deliveries. These were lively times! He was a real character whose name was Shoemaker. One day, he asked Basil's father if he was still interested in buying property for a cemetery. The two of them had conversations about this from time to time. Bill answered that he was, indeed, interested. Shoemaker had "something" to do with the property, said Basil, which had been owned by another church. They wanted to build there, but it did not work out. Five people, however, had already been buried on the land. According to the family story, Mr. Anastos convinced Shoemaker to make the deal. His grandfather then donated the property to the church. The date was somewhere in the early forties. Basil had the original survey and he eventually turned it over to Father Michael Sfanos, the priest at that time at Holy Trinity. The property ran into a Civil War Cemetery and there were soldier's graves that were located close to Duncan Avenue and what is now Duncan Manor Plaza. Basil believes that there are still records of the purchase located in one of the cardboard boxes in the basement of his mother's house where his sister now resides!

Enter my second phone call: this time to Gus Kalaris. Gus also was just a little boy when the cemetery was purchased (he believes in 1941 or '43), but he heard many stories about the purchase as he grew up and became very active himself in

Holy Trinity Church. He remembers that when he was about 8 years old, the church rented buses to go to the cemetery for the consecration. It was a festive occasion. He said that he believed the price of the land was at least \$4,000, and it encompassed 20 acres or so. Some of that property was later sold during the development of the new Holy Trinity Church in McCandless Township, and 20 houses were built on the adjoining the property. The sale of that property, approved by the parish General Assembly as required by the Archdiocese Regulations, provided \$250,000 for the capital campaign toward the construction of the new church. This decision was based in part on the fact that there was room for many more generations of burials in the developed section of the cemetery, and more in the currently undeveloped section beyond the current fence. It was yet another example of good planning and stewardship of this parish treasure.

Things were not always so well run. "At one time the cemetery was in real despair," said Gus. There were willow trees that were hanging down to the ground and hedges that were planted on every grave. The hedges had grown onto the grave stones covering up the names. By the time he got involved in the cemetery work as an adult, the hedges were over 6 feet tall! They formed a committee (everyone but Gus on that committee is gone now) and they tried to clean up the land, pull out the hedges and request Duquesne Light to take out the trees. Gus validated that it was "a guy named Shoemaker" who sold the land (a prominent Methodist church owned it) and that there were Civil War graves way in the back. In the front of the cemetery, on the left hand side, he confirmed, there were 5 American graves of burials that occurred before the purchase. For a time, kids from the area would hang out in the back of the cemetery drinking and smoking, so this became a problem that needed to be corrected and was.

Gus reminisces that in those days (prior to a Pennsylvania law passed in 1950) they did not use vaults for the burials but instead used wooden boxes. His father and most others up to then were buried in this way. These plots were laid out smaller than today's graves, however, because those pine boxes were smaller than today's cement vaults. So when his mother passed years later, the four plots that were purchased for his family could not house the original 4 graves anymore!



New landscaping at the lower circle

The plots needed to be made wider and deeper to fit the vaults so Gus bought plots for himself and his wife in another area. Mr. Chapas re-gridded the plots to accommodate the new cemetery regulations. Gus hopes that the two pillars on the main road can someday be sandblasted and pointed and that a wall, flowers and hedges can be installed at the entrance with a proper sign to be seen by all who pass by.

The cemetery has gone through many cycles of lost records and disrepair, but since 1998 it has been in good hands thanks to Cemetery Committee Chairman, Bill Fiedler, who was my next interview. Bill is also the architect of the beautiful Byzantine-design Saint George Chapel (based on the original concept design by Chris Kamages in 2002). He has studied and understands the land. Bill says at this time there are over 700 people buried in the cemetery—Greeks, Serbians, Romanians, Russians, Antiochians and others. The graves are available for Orthodox Christians and their spouses to purchase. When he accepted responsibility for the cemetery in 2001, however, he discovered that 120 people were buried at the cemetery but their locations were unknown! In the 1960's some records were lost. Over the years, volunteers, priests and church secretaries tried to identify the graves. Bill went through 60 years of records and entered them into a database. He needed to cross-reference some of them from Greek to English, which turned out to be a tough job. Bill's other duty is that of caretaker of the land, which means he arranges for grass cutting, grave digging, and maintenance for both the cemetery and the Chapel.

In addition, Bill also manages the sale of plots for the church. This work can often be emotional when dealing with people amidst their grief. One must have empathy and compassion working with these families. Bill will bring out a book with all the plots nicely laid out and families can look at which plots are available and then choose their location. People often have very strong feelings as to where they want their graves to be located and who they may want as neighbors! The graves are now at \$750.00 a plot, but an increase in cost



Bill Fiedler and Stephen Stearns

is anticipated soon to help the cemetery remain financially stable and well-maintained. So it wise to plan ahead and get your grave now at the current price. It is projected that there are enough graves for another 300 years of burials in the developed setion alone at our current annual funerals rate.

Bill is training Steve Stearns, the next subject for this story, to take over some of the work of the cemetery. As many of our chairmen of committees and volunteers are reaching their senior years, younger church members need to step up to these jobs. When Steve joined Holy Trinity, he desired to get more involved in the church so he started out by being a co-chairman of the festival. His interests then turned to serving on Parish Council, where he is now Vice-President. When he discovered, about six months ago, that his friend Bill Fiedler needed some help, he started doing data entry and getting bids for grass cutting and the like. He also meets with people when they want to buy a plot. Now it is possible for parishioners to reach out to either Steve or Bill when they feel ready to purchase their grave. When asked how can we get more young people involved in this work, Steve answered, "We need help everywhere in the church, but I believe that unless it is in one's heart to do the work, people will not just volunteer or show up. We need to do a better job to reach out to the younger members and find out what they are interested in, then match their purpose with the church's needs."

After the nuts and bolts of running the place are done, the cemetery also needs a great deal of loving maintenance and beautification. Here is where anyone who is willing can help with cleaning up the grounds. Christine Metropulos and her husband, Dave Steiner, have been on a mission for two years trying to fulfill her dying brother's wish, and they were my last interview. "Before Dino's death, he had expressed that a dream of his was to beautify the cemetery. I miss him so much. He was my hero", she said with tears in her eyes. "The least I can do is help make his dream a reality. I feel it keeps him with me". They have been removing weeds and high grasses, trimming trees and bushes, making flower beds and planting perennials. The work is never ending. This is the time of year when cleanup is dearly needed—especially in time to be ready for the consecration of the chapel in May. Christine and Dave are also in their senior years and will not be able to do the work much longer.



Christine and Dave

This is our cemetery. Perhaps even the resting place for our loved ones and ourselves. What is your destiny? What is in your heart? One way or another, Holy Trinity cemetery calls out to you! Christ is risen! Truly He is risen! And we will be with Him!

*Comments, feedback or thanks about this article?
Contact Anita Sinicrope-Maier at pened1@aol.com*

☑ WORSHIP ☑ LEARN ☑ GROW ☑ PRAY ☑ SERVE
ENGAGE YOUR SPIRIT BETWEEN SUNDAYS! SEE YOU THIS WEEK!

FAITH AND Family WEEKDAYS

AT HOLY TRINITY CHURCH

Sometimes once a week is just not enough to satisfy your spiritual yearning for a deeper experience of God. “Faith and Family Weekdays” is your opportunity to live your life in the Church between Sundays! With presentations, hands-on-learning sessions and worship services, there are opportunities for Christians to “grow in the grace and the knowledge of our Lord Jesus Christ” (2 Peter 3.18). These faith and growth experiences can even make your Sunday Liturgies more powerful. Check it out this week and every week!

“Every day in the temple and at home they did not cease teaching and preaching Jesus as the Christ.” (Acts 5.42)

“FAITH AND FAMILY WEEKDAYS” MINISTRY UPDATE: SPRING/LENT 2019

DAYS	MINISTRY	SCHEDULE	ABOUT
DAILY	“Prayer Partners” Prayer Support Ministry	Every Day: In your personal prayers	EVERYONE can participate in this vital ministry. On the first Sunday of Jan., Apr., July and Oct., prayer cards are distributed after Liturgy to ask parishioners to exchange names and become Prayer Partners. Pray and be prayed for daily!
MONDAYS 7:00pm	“Journey to Fullness” Faith Growth Ministry	Mondays: Fall and Spring Series Apr 1, 8, 15; May 13, 20; Jun 3, 10	This excellent video teaching series is for everyone who wants to learn more about the “fullness of the faith” found in Orthodox Christianity, whether as inquirers, catechumens or life-long members. Each segment offers an interactive question and answer period. Same series repeated in fall and spring.
SECOND TUESDAY 7:00pm	“Journey of Marriage” Marriage Prep Ministry	2nd Tuesday Sep.-May Apr. 9, May 14	Marriage preparation for couples using the excellent and interactive “Journey of Marriage” materials developed by Dr. Philip Mamalakis. From “Hello!” to honeymoon, this series educates and equips couples for fruitful Orthodox Christian married life. It’s fun, interactive and a great way to prepare.
WEDNESDAYS LENTEN EDITION: 6:30pm Liturgy 7:45 Dinner & Presentation	Pre-Sanctified Liturgy, Lenten Dinner & Lenten Speakers Series 2019 Theme: “A Better You. A Better World.” (2 Cor. 5.17)	Wednesdays During Lent: Mar. 13, 27; Apr. 3, 10, 17 (Note: No session Mar. 20 due to Metropolis Clergy Retreat)	LENT 2019 GUEST SPEAKERS <ul style="list-style-type: none"> • Mar. 13: Father Demetrios Carellas • Mar. 27: Andrew Abboud • Apr. 3: Stacey Mason • Apr. 10: Father John Chakos • Apr. 17: Alex Corkos
THIRD THURSDAY 7:00am	“Prayer and Panera” Men’s Ministry	3rd Thursday Sep.-June Apr. 18, May 23 Jun. 20	The Saint Nikodemos Men’s Fellowship hosts this morning session of prayers and Christian fellowship (with coffee and bagels, too!). The group meets at church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then heads to Panera for 30-45 minutes of fellowship & breakfast.
THIRD THURSDAY 6:30pm St. George Chapel	“Monthly Paraclesis Service” Worship	3rd Thursday Sep.-June May 23 Jun. 20	The Paraclesis, also known as the Service of Supplication, is offered monthly at St. George Chapel. It contains hymns and prayers asking the Lord for guidance, personal strength, and healing. The most popular form invokes the prayers of the Holy Theotokos. We will alternate that service with two others, one for St. Nektarios and the other for St. Paisios.
SECOND THURSDAY 7:00pm	“Orthodox Movie Night” Entertainment/Fellowship	2nd Thursday Sep.-June Apr. 11, May 9, Jun. 13	A monthly offering of inspirational movies with snacks and good company in the Fireside Room. Free to all, it’s a relaxing and uplifting alternative to the “same old stuff” on cable TV. Why sit around alone and watch that when you can enjoy a night of Holy Trinity fellowship and entertainment? Watch for the monthly flyer with a description of each offering.

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 inspired by their wisdom, formatted in a question-and-answer interview approach.



**Father Matthew
the Poor**

Great is the Church's jubilation when it celebrates in the Easter season the resurrection of Christ from the dead, repeating the words “Christos Anesti.” For the Church these words mean that redemption is accomplished and that it has become a right of all sinners to receive with faith the bond of freedom from the captivity of sin and death and to accept the call to eternal life.

In order to acquire a faith of such strength we have to penetrate the depth of the Church's faith that closely ties together the mystery of the Last Supper (Thursday evening), the mystery of the Crucifixion (Friday), and the mystery of the Resurrection (dawn of Sunday).

Gheronda, how did the Lord reveal this mystery to the Disciples?

During the Supper of Thursday evening the Lord for the first time revealed the meaning and reality of the forthcoming crucifixion He had often talked about as mere suffering and death. Now suddenly He explained quite briefly and mystically that He would give Himself as a sacrifice on behalf of the world, and that this self-sacrifice would be offered complete to the Father just like the Passover offering, a broken body for them to eat and shed blood for them to drink for the remission of sins and for life eternal.

What astonished the disciples at the Supper, and still astonishes the whole world, is that Christ was not theoretically explaining how He would be slain on Friday, but He was anticipating events. A full day before the Crucifixion, He offered Himself actually slain to His disciples, not as a mere act of intention or illustration but as an actual act of breaking, slaying, and shedding blood more deeply and clearly than in the events on Friday on the Cross, so that all the mysteries of Christ's self-sacrifice on the Cross on Friday—impossible for any human to perceive or comprehend—were revealed by Him at the Thursday Supper and illustrated to His disciples.

So our attendance during Holy Week is not just a liturgical event, but our own participation in the mystery?

We can perceive the magnitude of the Eucharist accomplished by Christ in the Thursday Supper and by the Church to this day, the mystery that explains not only the secrets of the crucifixion on Friday but also of the Christ dead and alive and of redemption in its entirety, considering that the death suffered by Christ was but a voluntary and atoning love sacrifice signifying the power of death on behalf of the others and the power of resurrection along with the others. Consequently, it is a sacrifice capable of giving eternal life, instead of death, for the sins of the past through the mystery of the communion accessible to all

and conveyed by this sacrifice, a communion in the body and blood of the slain and risen Christ.

Christ still practices in every Church and among His beloved people the mystery of His Supper. Just as He did at the Thursday Supper He offers on every altar with His own hands His body and blood to communicants for remission of sins and for life eternal; the Eucharist has come to convey to us all the Thursday Supper power of infinite love, the power of the pains endured by the flesh on the Cross, and the power of the Resurrection in which the body rose and left the grave empty.

Gheronda, it seems then that we cannot fully celebrate the joy of the Resurrection without also walking the path of the passion?

When we consider the joyful song of the Church “Christos Anesti,” we realize the reason for this overwhelming joy that annihilated all the sorrows and agonies of the cross—all the pains of sin and death. For if Christ has risen, then our faith is true and we are no longer in our sins. His Cross was not an ignominy but a glory. If the body we eat and drink is the body of His Crucifixion, it is also the body of His Resurrection, and we are partakers in the self-same resurrection and life eternal.

Our dire need is for a resurrection that has the same strength and revelation as that given to the disciples on the third day, that it may correct all our erroneous concepts of fear of suffering and the Cross, and become a beginning for our faith and a force from which we draw our ability not only to comprehend the power of Christ's cross to forgive our sins, but also to endure the same agonies of the cross with all joy. It would no longer be an agony but a communion in glory, as St. Paul discovered: “[If] we suffer with Him in order that we may also be glorified with Him” (Rm. 8:17).

The power of Christ to restore life to man through his Resurrection has been the greatest hope of the Church ever since the day of resurrection. Through His Resurrection, alive and victorious not only over sin but also over death, Christ once and for all opened the door for our return to the Kingdom of God, that is to eternal life, after He had paid the price of our sins on the cross.

Our life in Jesus Christ is henceforth written for us in heaven in the newness of the spirit, that we may reign with Christ. Whether in the sacrament of baptism, where death with Christ and resurrection with Him are accomplished to obtain the new birth that qualifies us to enter the Kingdom of heaven and behold it from now, or in the sacrament of Eucharist, where the body of Christ is revealed, the Spirit descends and believers partake of the oblation, declaring His death and confessing His resurrection in preparation for sharing in His resurrection. Whenever the Church sings the words “Christos Anesti” (“Christ is Risen!”), the echoes of their response resound in the heavens in the mouths of the saints: “Alithos Anesti” (“Truly He is Risen!”).

Excerpted from “The Communion of Love”



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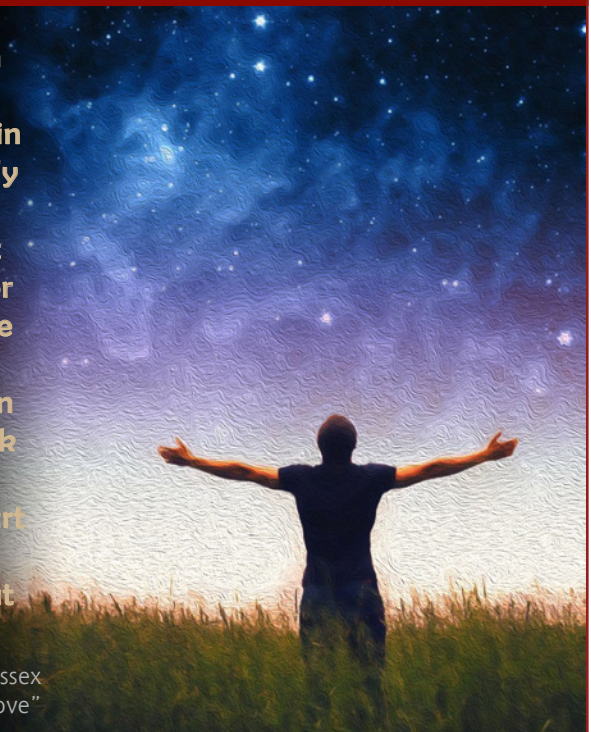


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Eternity Refuses To Be Ignored

No matter how dense the darkness of the pit of sin into which we have sunk, sooner or later the moment comes when the question of eternity refuses to be ignored any longer. We begin to see our past life as one massive betrayal of God, as a wholly unjust offence against Him. Our spirit now yearns for things eternal, for we have begun to see the vanity of anything that does not bear the seal of eternity. This is a crucial moment, for our eternal future depends entirely on the direction we choose to take. If we turn to the living God and accept His word, ardently desiring to see the Face of the Lord, He will enlighten us and begin His work of salvation in our soul. We will embark on an adventure with God. All we need is the desire to know Him, together with a little humility. This desire is the small part we offer up to God in faith, and without it God will not act. To our small part He then adds the infinitely greater part that is His grace, which enlarges our hearts fourfold and saves us.

Archimandrite Zacharias of Essex
"Remember Thy First Love"



Scripture of the Month: "This is the testimony, that God gave us eternal life, and this life is in His Son" (1 Jn. 5.11)