



THE HOLY TRINITY

HERALD

Faith. Family. Community

February 2022
Volume 30 | Issue 2

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PHOTO OF THE MONTH



Members of the 2022 Holy Trinity Parish Council were installed following the Divine Liturgy on Sunday, January 22.



JESUS CHRIST, THE GREAT ARCHPRIEST

Icon from the Monastery of Saint Gerasimos the New Ascetic
Kefalonia, Greece



Father John Touloumes
Proistamenos

The Bible is a scented garden, delightful, beautiful. It enchants our ears with birdsong in a sweet, divine and spiritual harmony, it touches our heart, comforts us in sorrow, soothes us in a moment of anger, and fills us with eternal joy.

St. John of Damascus

My beloved Holy Trinity family,

One of the challenges of being an Orthodox Christian is that there is just so much richness to the Faith, it seems we cannot grasp it all. Our created minds are simply not capable of containing the infinite wisdom and knowledge of the One who created them. Saint Paul testifies to this in 1 Corinthians 2.9: "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him. But God has revealed them to us through His Spirit."

We then have a choice: we can become overwhelmed and frustrated, thinking that the faith is simply too big, so we settle for just "passing through" with minimal engagement. Or we can embrace the faith with the understanding that our entire life is filled with many forms of God's revelation, making each day a new adventure of discovery and growth in our relationship with God.

I have had the blessing of serving at the Holy Altar of Christ for 32 years as a priest, and one would think with that many years of experience, one should have the sense of really knowing a lot. Yet on last summer's sabbatical, Presvytera Becky and I had so many new opportunities to learn, grow and discover experiences of the faith we had never known. Orthodox Christianity is indeed an inexhaustible treasure!

An essential starting point, reference point and road map for absorbing and appreciating it all is the Word of God, the Holy Bible. As Saint John of Damascus describes it above, there is something in it which speaks to every experience of our life, question of our mind and condition of our heart. As we continue through the new year, I encourage us all to make it a regular part of our daily life. There are so many ways: use the Daily Readings app of the Greek Orthodox Archdiocese (available as an Apple and Android app); sign up for daily reading emails at goarch.org/chapel; attend Father Radu's excellent Wednesday evening "Explore the Word" Bible Study. But most of all, pick it up, read it and get to know it, because it already knows you and will speak to you every day.

With prayers and pastoral love in Christ,

OUR VISION
Faith. Family. Community.

OUR MISSION
The mission of Holy Trinity Greek Orthodox Church is to proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ.

FEBRUARY

WORSHIP LIFE

Weekday Services - February

In addition to regular Sunday Orthros at 8:30am, and Divine Liturgy at 9:30am, the following weekday services will be offered this month at the same time unless otherwise indicated. Please see the online parish calendar at HolyTrinityPgh.org/calendar for updates. (Location code: HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Tue. Feb. 1 - 6:30pm Great Vespers - Presentation of the Lord (Ypapanti)**
- **Wed. Feb. 2 - 8:30am Orthros/9:30am Liturgy - Presentation of the Lord (Ypapanti)**
Both the above services will be held at the Presentation of Christ Church in East Pittsburgh for its nameday.
- **Thu. Feb. 10: St. Haralambos the Hieromartyr (SG)**

RELIGIOUS EDUCATION NEWS

Church School Reminder: Bring Your Children!

Attention Church School parents and families: **Remember, "Church School" starts with "Church!"** All families are asked to attend Divine Liturgy each Sunday, starting at 9:30. The Youth Sermon, a special feature of our Sunday Liturgy at Holy Trinity Church, is offered following the Gospel, so be sure to arrive on time for a message created for the students. Thank you, parents!

YOUTH MINISTRY NEWS

GOYA Basketball Practices February

GOYA will hold basketball practice at Franklin Elementary School from 6:00-8:00pm on February 7, 21.

GOYA Basketball Tournaments February

Our Holy Trinity GOYA families will be participating in two more away Metropolis Basketball Tournament this season. They will play in the Holy Trinity tournament in Steubenville, Ohio, from February 11-13, and then the final tournament of the season will be at St. Demetrios Church in Warren, Ohio, from February 25-27. May God grant them good skills, safe travels, protection from injury and the joy of fellowship in Christ with their friends in our sister churches near and far. God bless you all!

MINISTRIES NEWS

Visitation Ministry Drivers Needed

The Holy Trinity Visitation Ministry Team is in need of drivers to help parishioners with medical appointments, shopping, local errands and pharmacy drive thru. If anyone

can assist, please contact Amy Armanious at visitation@HolyTrinityPgh.org or see Amy in person. Any helping hands are appreciated. Thank you!

COMMUNITY NEWS & EVENTS

IOCC Soup Sampling BenefitFebruary 5

The Pittsburgh IOCC committee will be hosting a Soup Sampling Benefit event on Saturday, February 5, from 11:00am to 2:00pm. Information has been published in the previous *Herald* and the Sunday Bulletin. Register at iocc.org/pittsburgh. Proceeds benefits IOCC charities.

Valentine's "Brunch-To-Go"February 6

Holy Trinity GOYA invites you to enjoy a "Valentine's Brunch-To-Go" on Sunday, February 6. Orders must be placed in advance and can be made online until Thursday, February 3 at HolyTrinityPgh.org/brunch. Proceeds benefit GOYA Ministry activities. Thank you for your support.

Deacon Demetrios Constantine OrdinationFeb. 19

By the Grace of God and by the laying on of hands of His Eminence Metropolitan Savas, Deacon Demetrios Constantine will be ordained to the Holy Priesthood on Saturday, February 19, at St. Demetrios Church in Warren, Ohio. An invitation to the entire community is included on page 13 of this issue. All are welcome, but reservations are required. See flyer for details.

Parish Council Elects Officers for 2022

Congratulations to the newly-elected Parish Council officers for 2022. They are: President - George Dickos; Vice-President - George Mellis; Treasurer - Michael Passodelis; Secretary - Jeanne Willow. God's blessings on them and the entire Parish Council as they set the model of servant leadership for the entire parish!

Holy Trinity on Pittsburgh Faith & Family Channel

Holy Trinity Church services have been on the Pittsburgh Faith and Family Channel for a number of years. Our services are broadcast on Sundays at 2pm, Tuesdays at 4am and Fridays at 11am. They can be found on Armstrong channel 95, FIOS channel 472 and now Comcast has been added at channel 1185.

Reminder for Church Facilities: Reservations Required

As parish activities resume their full schedule, please remember that if your ministry or committee is planning a meeting or activity to be held at the church, reservations for rooms and event spaces are required. Contact Office Administrator, Mary Portellos (412-366-8700 or office@HolyTrinityPgh.org). Thank you for your help!

Faith & Family Weekdays

Something for Everyone!

JOM

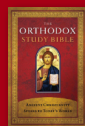
Journey of Marriage
1st Tuesday, 7:00pm



Marriage seminar aimed at preparing couples for their wedding. Based on the "Journey of Marriage" course by Dr. Philip Mamalakis. Conducted as group sessions with other couples to share and grow together. Feb. 1, Mar. 1, Apr. 5, May 3.

ETW

Explore the Word
Alternate Wednesdays, 6:30pm



Father Radu continues his exploration of the Holy Bible, this time with a survey of the Old Testament. Learn about Genesis, Exodus, Job, the poetry of the Book of Psalms and the Prophecies of Samuel, Isaiah, Jeremiah. Bring your Bible and your questions!

PBC



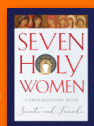
Parish Book Club
Alternate Wednesdays, 6:30pm



Men and women of all ages can learn more about Christian living in the midst of challenges with a discussion of the book, "Gratitude in Life's Trenches: How to Experience the Good Life Even When Everything's Going Wrong." Sounds like help everyone could use!

SLF

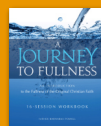
St. Lydia Women's Fellowship
2nd & 4th Tuesday, 7:00pm



Our longest-running study group, aimed at giving women the opportunity to share and grow together. This year based on the new book, "Seven Holy Women: Conversations with Saints and Friends." Feb. 8 & 22; May 10, 24

JTF

Journey to Fullness
Mondays (7-week series), 7:00pm



An overview of the Orthodox Christian Faith for newcomers interested in joining or life-long members yearning to deepen their understanding. Format: Videos and Q&A/discussion. Spring series May 2, 9, 16, 23, 30 & Jun. 6, 13.

P&P

Prayer & Panera
2nd & 4th Thursday, 7:00am



Prayer and Christian fellowship for men. Meets at church promptly at 7:30 a.m. for a 15-20 minute morning prayer and scripture, then moves up the hill to Panera for 45 minutes of coffee & conversation. Feb. 10, 24; Mar. 10, 24 & more.

Faith and Family Weekdays is back, and there is something for everyone! Ready to learn more about the Bible, about your Faith, about navigating life's challenges as a Christian, a woman or a man? It's all there. New this season: the **Parish Book Club**, based on the Orthodox Christian book "Gratitude in Life's Trenches." Having been through the challenges of the past two years, we could all use a perspective that helps us find blessings and thanks even in the most challenging situations. Also new: **Family Game Night**. Enjoy games, fun and fellowship with other parish families of all ages! For adults and young people, too!

There are lots of other opportunities to learn about the Faith, the Bible, marriage and Christian living. Something for everyone! Watch the bulletin and check the online calendar at HolyTrinityPgh.org/calendar for details and locations. ❖

FGN



Family Game Night
First Friday, 7:00pm

Games, fun and fellowship for all ages! Board games, skill exercises and more. Bring your own favorites with you to share! Popcorn, snacks and drinks provided. It's for the entire family, so bring Papou & Yiayia, Mom & Dad, too! Feb. 4.



HOLY TRINITY GREEK ORTHODOX CEMETERY SAINT GEORGE GREEK ORTHODOX CHAPEL

Location: 8941 Ringeisen Road, Allison Park, PA
Mailing Address: Holy Trinity Church, 985 Providence Blvd., Pittsburgh, PA 15237-5951
Reverend Father John Touloumes, *Proistamenos* / William J. Fiedler Jr., Cemetery Chairman



Graves & Grave Services Rates for 2022

The following is the schedule of Cemetery costs and fees for use of the Cemetery

1- Cost to purchase the Right of Burial in Holy Trinity gravesites ⁽¹⁾.

One:	\$800	Seven:	\$5,600
Two:	\$1,600	Eight:	\$6,400
Three:	\$2,400	Nine:	\$7,200
Four:	\$3,200	Ten:	\$8,000
Five:	\$4,000	Eleven:	\$8,800
Six:	\$4,800	Twelve:	\$9,600

2- Burial Costs, Opening & Closing Fees⁽²⁾: Standard Monday-Friday burial times are 9:00 AM to 2:00 PM.

Adult w/concrete vault,	Standard-----	\$750
	Double deep-----	\$1,050
New born in small plastic vault: -----		\$300
Small child w/small concrete vault,	Standard-----	\$400
	Double deep -----	\$800
Child w/ concrete vault,	Standard-----	\$500
	Double deep -----	\$900

3- Exhumations,

Sealed vault with coffin inside ⁽³⁾ -----	\$1,050
Coffin, vault to remain ⁽³⁾ -----	\$750

4- Additional charges added to the above prices:

Saturday burials before noon-----	\$50
Saturday burials after noon-----	\$100/per hour
Hand Dug Graves -----	\$350/per hour
One-day opening notice-----	\$75
Sunday & Holiday ⁽⁴⁾ Burials-----	\$600
Extra for use of jackhammer when needed -----	\$250

5- Monuments, Stones and Markers:

Vertical or flat stone or metal marker costs are to be arranged between the family and the Monument Company of your choice. Additional costs are incurred for the monument foundation. Costs vary with the type and size of the monument. These can only be established after the purchase of the monument. Size of monuments is dictated by the Cemetery Rules and Regulations and **the Cemetery Chairmen must be contacted prior to installation of any monuments.**

6- Monuments, Stones and Markers Foundation

Repair: -----	Time (\$50/per hour) & Material
New single width stone foundation 36" -----	\$300
New double width stone foundation 72" -----	\$400

Notes:

- (1) Right of Burial in a grave can be purchased by lump sum payment (preferred) or by installment payments. Installment payments are to be completed within one calendar year.
- (2) Costs include a one-time application of topsoil and seed after ground has settled. Subsequent addition of topsoil and seed is the responsibility of the family.
- (3) Some additional fees would be incurred for transportation, if opening/closing fees are required for another gravesite or legal/court fees are required.
- (4) Holidays include: Christmas, New Years Day, Good Friday, Easter, Memorial Day, 4th of July, Labor Day, Thanksgiving Day, and Veterans Day. Orthodox burials will not be permitted on some of these and other days due to the canons of the Church. See your priest for clarifications.



January 9: The Holy Trinity 2022 Parish Council was installed following the Divine Liturgy. Pictured with Father John, Father Radu (L-R): George Dickos, George Danis, Michael Passodelis, Evan Danis, Alexandra Valliant, Anthony Balouris, Jeanne Willow and Chris Sarandou. Not pictured but installed later: Alvin Backeris, Ashley Bournias, Tom Germanos, George Mellis, Dean Passodelis. Congratulations and thank you to all our Parish Council members, who have been elected by the community as servant leaders. May God bless their offerings of love, and may we all be available to help them when called upon!

January 9: Philoptochos hosted the annual Vasilopita celebration, which was held in the Grand Room following Divine Liturgy. Representatives from all the ministries of Holy Trinity Church received a piece from the Saint Basil bread. Happy New Year!







Holy Trinity Completion & Consecration Update

Plans for the “Completion and Consecration” of Holy Trinity Church by the end of 2023 were approved by the General Assembly in 2020 and have been moving forward! They provide for completing all the items required for consecration including completing the remaining iconography in the Church and Narthex; installation of numerous items of handcrafted ecclesiastical wood furnishings and seating; and other liturgically required items for the Consecration.

The funds needed for this historic project between now and 2023 are being raised **without incurring loans or bank financing**, so we will remain **debt-free**, having now paid off the mortgage. They are planned to come from parishioner pledges, festival and catering proceeds.

For the second year, our **“ONE HOLY TRINITY” Pledge Card** offers the opportunity to commit to being a part of the critical parishioner support component of this program by offering your family’s pledge. **It is the community’s goal to have participation by everyone! Please do your part as a member of the Holy Trinity family on this important project and make your pledge.** Thank you to those listed below. If you have questions, please see Jim Balouris, Charlie Petredis or George Dickos. May God continue to richly bless His Holy Church!

Rev. Fr. John & Pres. Becky
Touloumes

Rev. Fr. Radu & Pres. Loredana
Bordeianu

Dr. & Mrs. Andrew Abboud
Ms. Gabrielle Alberty
Mr & Mrs Victor Amurgis
Victoria Andromalos-Dale and
Frank Blakemore
Mr. and Mrs. H. William Areheart
Mr & Mrs Mark Armanious
Mr & Mrs Harry Athanasiou
Mr & Mrs Alvin Backeris
Mr & Mrs Van Backeris
Dr & Mrs Christ A. Balouris

Dr & Mrs Constantine A. Balouris
Mr Anthony C. Balouris
Mr & Mrs James T. Balouris
Mr. Anthony C. Balouris
Mrs. Katherine Balouris
Ms. Penny T. Balouris
Mr. & Mrs. Lynn and Ethel Barker
Mr. & Mrs. Joseph Barron
Mrs Georgia Beckas Miller
Dr & Mrs George Bellios
Mr. & Mrs. Chris Berexa
Ms. Constance Bistolas-Walters
Mr. Michael J. Bober Jr.
Mrs. Athena Bober
Mr. Todd Bogdanovich
Ms. Pamela M. Bolkovac

Completion & Consecration Pledges Received

As of January 26, 2022

Dr & Mrs Reggie Bonfield
Mr. & Mrs. Michael Bounos
Dr. & Mrs. Alexander Bournias
Mr. & Mrs. Michael Bournias
Marisa and Joshua Boyd
Clifford Brubaker & Sondra Balouris
Mr. & Mrs. Jonathan Caromano
Mr. Peter J. Castellano
Mr. & Mrs. Doug Cervenak
Mr Thomas Chapas
Mr Louis Cherpes
Mr. John Clayton
Ms. Sherry Clayton
Mr. & Mrs. Steven E. Cole
Amanda and Ryan Copeland
Ms. Cynthia Morris Criss
Mr & Mrs George Danis
Mr. & Mrs. Evan Danis
Mr. & Mrs. Peter Dedousis
Mr. & Mrs. George Dickos
Mr. & Mrs. Nikolas Doris
Krystina and Sebastian Dovenor
Mr. & Mrs. Jeff Duroske
Mr & Mrs Frank Erdeljac
Dennis Bossick & Penny Fakles-Bossick
Mr. and Mrs. Matthew Ferrari
Mr & Mrs William Fiedler
Mr & Mrs Andreas Fournaridis
Mr. Andrew Fournaridis & Ms. Anna Mamo
Lauren and Gerald Freismuth
Miss Diana Fries
Mr. John Fries
Dr & Mrs Peter Gagianas
Mr & Mrs Nicholas Geanopoulos
Mr. & Mrs. George Geanopoulos
Dr. and Mrs. Mark Georgiadis
Mr & Mrs Basil Georgiadis
Mr & Mrs Gus Georgiadis
Mr & Mrs Steven Georgiadis
Ms. Jamie Georgiadis
Mr & Mrs Thomas Germanos
Mr. & Mrs. Spiros Giannoutsos
Mr & Mrs Peter Giannoutsos
Mr. & Mrs. Jason Gidas
Mr & Mrs Gary Glew
Mrs Eugenia Graser
Mrs Voula Hareras

Ms Pennie Hareras
Mr. & Mrs. Carlo Iasella
Dr. Kristina Johnson
Mr. & Mrs. George Kachulis
Mr & Mrs Nick Kakavis
Mr. & Mrs. Evangelo Kaparakos
Mrs. Irene Karavolos
Mr. & Mrs. George Karpakis
Dr & Mrs James Kermes
Dr Imad Alizray and Ms Zelfa Khalil
Mr & Mrs Lazarus Kirifides
Mr. & Mrs. Peter Kladias
Ms. Rachel Klipa
Mr. Jonathan Kohan
Mr. and Mrs. James Kolovos
Mr. & Mrs. Doug Lupnacca
Mrs. Fanny Kostos
Dr & Mrs Dimitris Kraniou
Dean and Helena Kraniou
Mr. & Mrs. Jonathan Kratsas
Mr & Mrs Michael Kritiotis
Mr. & Mrs. James Kukunas
Mr. Stephen Kukunas
Mrs Despina Ladakos
Mr. & Mrs. Philip LeDuc
Mr. & Mrs. Michael Leist
Mr. & Mrs. Nektarios Leontiadis
Mr & Mrs Louis T. Loomis
Brett and Eleni Lucido
Mr. Curtis B. Magnuson
Mr & Mrs Nicholas Manis
Mr & Mrs Gregory Manis
Mr. George Manolagas
Mr & Mrs John McCann
Marc McMullen and Alexandra Valliant
Mr. & Mrs. George Mellis
Mrs. Milita Mellis
Mr & Mrs Jeff Mercadante
Mr. & Mrs. James Mermigas
Mrs. Arlene Metropulos
Christine Metropulos and Dave Steiner
Mr. Thomas Mourtacos
Mr & Mrs Mark Opacic
Mr. & Mrs. Richard Paese
Gen. & Mrs. William Pagonis
Mr & Mrs William Pagonis
Mr & Mrs Matthew Palamara

Mrs. Veroniki Panagiotou
Mr George Pantelakis
Ms. Loukia Papatheodorou
Ms. Eleni Pappas
Mr & Mrs Orestes Paras
Mr Eleftherios Parikakis
Mr. Basil Paschaleidis
Mr & Mrs Nicholas Passaretti
Mr & Mrs Constantine Passodelis
Mr & Mrs Michael Passodelis
Mr & Mrs George Pastor
Mr. & Mrs. Charles Petredis
Mr. & Mrs. Charles W. Petredis
Mr. Christian Petredis
Ms. Athena Petredis
Mr. & Mrs. John S. Petropoulos
Mr. & Mrs. Joseph P. Phaturos
Mr & Mrs Stephen Pickios
Ms. Christine Pusateri
Katina and Salvatore Re
Mr. & Mrs. Evan Rigas
Kevin and Andrea Rohm
Dr & Mrs Dean Scoumis
Mr. & Mrs. Stephen E. Sedor and Valya
Ms Stephanie L Sedor
Mr & Mrs Emmanuel Sideris
Mrs. Anita Sinicrope-Maier
Ms. Theone Stateson
Mr & Mrs Robert Stearns
Mr. Stephen D. Stearns
Mr. & Mrs. Kirk Stephen
Mr. & Mrs. Daniel C. Stephenson
Mr. & Mrs. Theodore Stewart
Mrs Georgia Touloumes
Ms. Eleni Valliant
Mr & Mrs Gerri Valliant
Joseph and Christina Waters
Mrs Joanne Ladakos Watson
Miss Mary-Magdalene Welsh
Mr & Mrs Eric White
Mr & Mrs Daniel Willow
Mr. & Mrs. George Zappas
Dr & Mrs Antonios Zikos
Mr & Mrs Anthony Zissis
Ms Anna Zissis
TO GOD BE THE GLORY! ❖

A Life-Saving Appeal from a Holy Trinity Family

Guy and Stephanie (Kostos) Guimond were active members of Holy Trinity Church for years, and though they now live in Florida, they always remain a part of the Holy Trinity family in their hearts. I recently received the following appeal from Stephanie and am sharing it with the community. If you or anyone you know can help, please use the information below to contact Stephanie. And thank you for keeping Guy, Stephanie, Eric and Steven in your prayers.

- Father John



Dear Church Family,

Many of you at Holy Trinity Church know my husband, Guy. You may or may not know he has been fighting kidney failure for the past year and is on dialysis. His only shot at a normal life again is a kidney transplant. We know it's a lot to ask, but would you or anyone you know be interested in learning more about becoming his living donor? Simply put, we need someone who is a match and is willing to donate one of their kidneys to save his life. Please reach out to me if you are interested in helping. Thank you.

In Christ,
Stephanie Guimond
412-337-1576 / Sguimond22@gmail.com

THE “1-2-3-4” CALENDAR OF 2022 LENTEN FASTING

 <p>PRE-LENT</p>	 <p>MEATFARE</p>	 <p>CHEESEFARE</p>	 <p>LENT</p>
<p>FEB 14-20, 2022 The week of the Publican and the Pharisee—which is the beginning of the Tri-odion Period—is a fast-free week, which means no fasting the entire week (even Wednesday and Friday of this week are fast-free).</p>	<p>FEB 21-27, 2022 Meat Fare Week follows the Sunday of the Prodigal Son. Normal Wednesday/Friday fast prevails on these two days. All other foods are permitted the other days of this week, and Sunday is the last of meat until Pascha!</p>	<p>FEB 28-MAR 6, 2022 Cheese Fare Week follows Meat Fare Sunday. During this week, there is abstinence of meat the entire week, but dairy products (milk, eggs, cheese, etc.), fish, olive oil and wine are allowed the entire week.</p>	<p>MAR 7-APR 16, 2022 During Lent we abstain from meat, dairy, fish, olive oil and wine. Fish is permitted on March 25. Wine and oil may be consumed on Saturdays and Sundays. Shellfish (such as shrimp, crab, etc.), vegetables and fruits are always permitted.</p>

“Let us begin the fast with joy. Let us give ourselves to spiritual efforts. Let us cleanse our souls. Let us cleanse our flesh. Let us fast from passions as we fast from foods, taking pleasure in the good works of the Spirit and accomplishing in them love.”

From the Vespers of Forgiveness Sunday

FASTING: WHERE IS IT IN THE BIBLE?

“Scripture contains myriad instances of fasting, most of which are total fasts from food and drink: Christ’s total fast in the wilderness (Luke 4:1–2), David’s for the life of his ailing child (2 Sam. 12:13–23), Esther’s for her people (Esther 4:16) and Nehemiah’s fasting and imploring God to save Israel (Neh. 1:4). In Scripture, fasting is a means of repentance and of crying out for God’s attention and help. But fasting doesn’t necessarily require total abstinence from food: it can also mean the simple avoidance of meat and dairy, as in the case of Daniel (Dan. 10:3). John the Baptist (Matt. 3:1–4), as a consumer of locusts and honey, was not strictly a vegan, but through his ascetic diet and lifestyle often causes him to be considered the father of monastic fasting traditions. These Scriptural examples set the precedent for Christian traditions of abstaining from animal products, particularly during Lent.”

From “Christianity Today,” Feb. 24, 2020

FASTING: DO NOT JUDGE!

“Two visitors, looked with disapproval on the Elder who was boiling milk being careful not to let it overflow or burn. Eventually one of them couldn’t stand it anymore and said to him: ‘Elder Paisios, we are in the first days of Lent, we have a strict fast, and you are boiling milk to drink?’ The saint was silent. He did not respond. He took off the pot because the milk was boiling. Next, he went to the cell, brought six small, old, porcelain cups, arranged them in a row and carefully filled them. The two pious people saw all this with disgust, because they were thinking that because there were six people visiting and six cups, the monk therefore would dare to offer them milk during these days of strict fasting. Elder Paisios took the filled cups one by one and placed them on a wooden tray and left them on the ground, at the edge of a bush. A few minutes later a viper appeared cautiously and later five baby snakes—her children. The snakes came, slowly reaching the cups, and gently began to drink their morning milk...”

Translated from From “Aghoritikes Mnimes”

HOLY TRINITY GOYA INVITES YOU TO ENJOY A VALENTINE'S BRUNCH-TO-GO!



PROCEEDS BENEFIT
HOLY TRINITY GOYA
YOUTH MINISTRY ACTIVITIES

**ORDER AFTER LITURGY SUNDAY, JAN. 23RD OR 30TH
OR ORDER ONLINE BY THURSDAY, FEBRUARY 3RD
AT [HOLYTRINITYPGH.ORG/BRUNCH](https://www.holytrinitypgh.org/brunch)**

ORDERS MUST BE PLACED IN ADVANCE

**PICK UP SUNDAY, FEBRUARY 6
IN THE GALLERY AFTER LITURGY**

BRUNCH INCLUDES INDIVIDUAL QUICHE (MEAT LOVERS OR GREEK STYLE),
BREAKFAST POTATOES, FRESH FRUIT SALAD AND GREEK "KOULOURAKI" HEART.
(GLUTEN FREE OPTIONS ALSO AVAILABLE). STILL ONLY \$10.

By the Grace of God and through the
Apostolic Tradition of the laying on of hands by

HIS EMINENCE METROPOLITAN
SAVAS

OF PITTSBURGH
the servant of God

**DEACON
DEMETRIOS CONSTANTINE**

will be ordained to the Holy Priesthood on

SATURDAY, FEBRUARY 19, 2022

SAINT DEMETRIOS
GREEK ORTHODOX CHURCH

429 High Street NE
Warren, OH 44481

**ORTHROS AND DIVINE LITURGY
8:30 AM**

Your presence and prayers are humbly requested.

Please RSVP for the reception by February 11th
office@saintdemetrioswarren.org
(330) 394-9021

The Genuine Power of Humility

Humility, as a divine virtue and attribute, overcomes every weakness. It overflows with rivers of tears which unite man with God, Who freely saves the sinner.

Through the figures of the publican and the Pharisee, in the Gospel of the first Sunday of the Triodion, we see the implementation of the word of the Lord: "By your words you shall be justified, and by thy words you shall be condemned." The publican had a past heavy with sin. Yet through the prayer, "God be merciful unto me a sinner," he was included in the choir of the just. Whereas the Pharisee, who supposedly worked righteousness, was condemned by his self-conceit, his contemptuous and arrogant speech.

Gheronda, what do the prayers of each of these men teach us?

In these two characters, the parable depicts two categories of people and two paths. One is the path of reason and human righteousness, which the Pharisee represents before God, but which is an abomination in His sight, as is all that is held in high esteem by this world. The second path, as manifested in the attitude of the publican, is the path of the Lord Himself.

The way in which the publican and the Pharisee converse with God indicates that there are two kinds of prayer—supplication and thanksgiving—which are acceptable or useless,

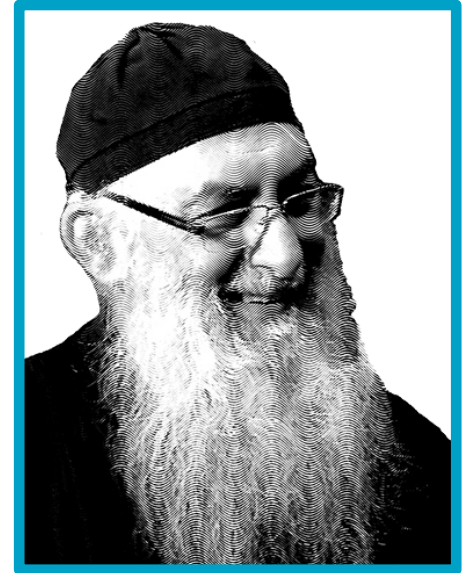
depending on the manner in which they are offered.

Supplication brings fruit when it is offered with faith and surrendering to God, with contrition and pain of heart. It is rendered useless, however, when it is offered perfunctorily, with indifference and a hardened heart, or when it is polluted by demonic despair and self-pity.

Thanksgiving is a kind of prayer particularly pleasing to God and it is very powerful when it is filled with humility and mighty gratitude, when it is accompanied by compassion and entreaty for those who did not receive the same good portion. Yet its power is annihilated when man ascribes the gifts he has received from above to himself. It proves to be destructive when it is accompanied by judging and humiliating others.

How did these two men's very different attitudes reflect and affect their relationship with God?

It is well-known that the strictness of the Pharisees reached such an extreme that it ended up becoming hypocrisy, and often led to spiritual dryness and hardness of heart. His prayer did not spring from a living faith. His thanksgiving was not gen-



Archimandrite Zacharias of Essex

uine. It consisted of a vain enumeration of external acts, such as fasting and almsgiving, that only have value when carried out with a contrite heart and humility.

The publican stood far away and remained in prolonged prayer before the Lord with patience and perseverance, continually "smiting his breast" in his anguish to enter his heart, the place where man meets God. The attitude of the publican is marked by self-accusation, pain of heart and earnest humility, bearing even externally "the form of a servant."

How does humility grow blessings?

Humility turns into gratitude, and gratitude into love, and since "God is love." The Almighty Jesus thus becomes man's fellow traveller, personally teaching him humility and meekness, and imparting to him His peace and His very life. It is not important whether someone is at the beginning, the middle or the end of this path. Humility, as a divine virtue and attribute, overcomes every weakness. It overflows with rivers of tears which unite man with God, Who freely saves the sinner. ❖

Excerpted from
At The Doors of Holy Lent

THE HOLY TRINITY

HERALD

*Faith. Family. Community***About the Herald**

The Herald is the Monthly Newsmagazine of
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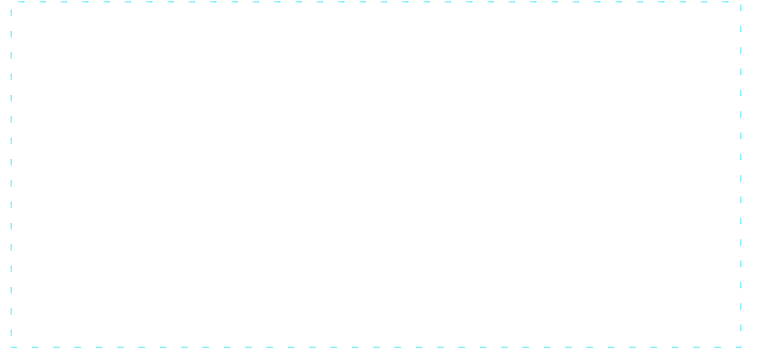
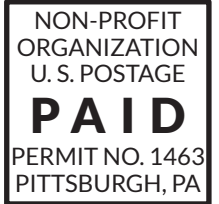
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THE HEART IS THE ENTRANCE TO LOVE

THE HUMAN HEART IS THE ENTRANCE TO AN INNER CHAPEL WHERE WE CAN HEAR, WITH ALL CREATION, PRAISE TO GOD. THE HEART IS THE ENTRANCE TO LOVE, TO THE PLACE OF HEALING BALM. THE LOVE OF GOD, A MATTER OF THE HEART, HEALS ALL.

AL ROSSI

