



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

October 2022  
Volume 30 | Issue 8

## INSIDE

Father John's Message	2
News & Events	3
The Orthodox Bookshelf: "Diary of a Russian Priest"	5
Homily:	6
"Jesus, the Author of My Life"	
Faith & Family	8
Weekdays	
Stewardship	9
Reflection	
Stewardship Roster	10
Community Life	12
Photo Journal	
Our History:	16
Remembering Smyrna	
Upcoming Event Flyers	19
	-21
Ask the Elders:	22
The Will of Man and the Will of God	
Blessing God at	24
All Times	

## PHOTO OF THE MONTH



Welcome to Holy Trinity's Taste of Greece Festival! Enthusiastic volunteers beckon the next guests to the pastries checkout line. Thank you to all who made the Festival possible this year!



**Saint Gerasimos of Cephalonia**

**Feast Day: October 20**

Icon from our Saint George Chapel. Iconographer: Florin Vlad



Father John Touloumes  
Proistamenos

## A hospitality ministry, which welcomes visitors and new members to the community with love and respect.

From the Holy Trinity Church Mission Statement  
Unanimously Adopted Nov. 1, 1999

My beloved Holy Trinity family,

The thematic quote at the top of the pastoral message in each issue of *The Holy Trinity Herald* is usually drawn from Holy Scripture or the writings of the Saints. This month's is still drawn from the tradition of the Church, but the author this time is ... YOU! And not only are you the author, but even more powerful than words is the truth that stands behind them.

Last month as we prepared for the 2022 Taste of Greece Festival, I shared a beautiful quote from Psalm 103 about the importance of showing hospitality to strangers. It was not a new idea for this parish, but rather somewhat of a "pep talk" before we opened our doors to remind us all of the importance of the hospitality for which this community has become known over the years.

Like many other aspects or characteristics of the life of a parish—and every parish family is as unique and different as fingerprints—that orientation toward hospitality at Holy Trinity is intentional and purposeful. And like the honey in our delicious pastries or the oregano in our tasty souvlakia, it is "baked in" and part of the recipe that makes Holy Trinity Church what it is. It simply cannot be hidden. It is part of our mission. It says volumes about who we are. And this brief story reminds us how powerful a force that sense of community can be.

**"You couldn't help but feel the community."**

As we were finalizing setup on the first day, I needed to call our security company to inquire about an issue. When the agent answered, "Welcome to the Pittsburgh monitoring center," I explained who I was, where I was calling from and what our issue was. It was solved quickly, but the best part of the conversation was that this unknown person from a company in another part of town answering a random call had been to our festival in previous years. And she couldn't stop talking about it. You've probably had those conversations before, as people rave about our delicious food and our beautiful church. But this one was truly memorable. What was the best part for her? **"You couldn't help but feel the community."** How's that for a powerful witness. It wasn't just the food you spent months preparing or the church you spent years building. It was **you** and the **community built on love that you have built over a lifetime.**

That is "baked in" to the mission orientation of this Holy Trinity family. And it speaks powerfully to the truth of our vision: "Faith. Family. Community." Thank you from the bottom of my heart as your priest for who we are and what we do. It is such a joy to witness. Well done, good and faithful servants of Christ!

With paternal 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.



# OCTOBER

## Weekday Services - October

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

- **Tue. Oct. 18**, 8:30am Orthros/Liturgy - St. Luke the Evangelist (SG)
- **Tue. Oct. 18**, 6:30pm Paraclesis Service to the Theotokos (SG)
- **Thu. Oct. 20**, 8:30am Orthros/Liturgy - St. Gerasimos of Cephalonia (SG)

## RELIGIOUS EDUCATION NEWS

### Church School Starts with Church!

Thanks to our enthusiastic and dedicated staff—all of whom volunteer their time and talents to help you raise your children in the faith—our Church School year is off to a great start. Thank you to the parents who place this as a high priority in their children's lives by bringing them on time, discussing what they learned afterwards and taking the time to thank the teachers and staff for their offerings of love.

Remember, **Church School begins with Divine Liturgy**. So please be sure to have all our students there at 9:30 am each Sunday. The youth sermon—a special time for your priests to teach and connect with our youth—takes place early in the service after the Gospel, so they won't want to miss that.

Also, parents and young people please remember that all youth ministries at Holy Trinity Church begin with Church School. All HOPE, JOY, GOYA and Greek Dance children start by being regular attendees at worship services and Church School as part of the Holy Trinity family, together in Christ. Thanks for your faithful participation and witness.

## YOUTH MINISTRY NEWS

### GOYA Meeting ..... October 9

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on Sunday, October 9. The meeting will be followed by the GOYAns heading out for lunch and then playing Frisbee Golf. All Holy Trinity teens (grades 7-12) are invited to attend and participate in the many exciting GOYA activities.

### GOYA Paintball ..... October 22

Holy Trinity GOYA will be hosting a fun afternoon of

paintballing on Saturday, October 22. Watch for details in the GOYA email announcements.

### GOYA Fall Retreat ..... November 18-20

Registration for the annual Metropolis GOYA Fall Retreat is now open at <https://y2am.pittsburgh.goarch.org/retreats>. The retreat will be held at Camp Nazareth from November 18-20. The theme will be "The Church as a Place of Healing." Holy Trinity GOYAns may register **free** by using the Scholarship code "HTPGFF". Register early before it's sold out!

## PHILOPTOCHOS MINISTRY NEWS

### Philoptochos Meeting..... October 2

Holy Trinity Philoptochos will hold its monthly meeting on Sunday, October 2, in the Fireside Room following Divine Liturgy. All members are invited to attend. Ladies, still not a member of Philoptochos? Get involved. Sign up at the meeting!

### Philoptochos Festival of Tables ..... November 12

Holy Trinity Philoptochos is hosting a "Festival of Tables", a luncheon with themed tablescapes to promote creativity, fun & fellowship Saturday, November 12th, 2022, 11:00a-2:00p. in Holy Trinity's Grand Room. View tables from 11a-12p. Lunch served @ 12:15pm. Prize for Best Decorated Table & Door Prizes. Entertainment provided by Ventriloquist Cindy Speck & her Puppet friends with entertain & inspire with jokes, skits & songs! Tickets are \$45/person (includes Tickets for Door Prizes!). RSVP by Tuesday, November 1, 2022. For ticket information call Marianne Stearns at 412-600-2159.

## FESTIVAL OF TABLES DESIGNERS NEEDED!

Holy Trinity Ladies Philoptochos is looking for designers for our fall Festival of Tables fundraiser on Saturday, November 12th, 2022. Each table designer will decorate a table in a fun and unique theme on Friday evening from 5p-8p (alternate time can be arranged). The event will run Saturday from 11:00a-2:00p and there will be a prize for best decorated table! If you are interested in designing/ decorating a table for the event, please contact Marianne Stearns at 412-600-2159 by Friday, October 14th, 2022. Thank you!

## MINISTRIES NEWS

### Bereavement Support Ministry ..... October 3

Join us for our upcoming bi-monthly group gathering on Monday evening, October 3. There will be fellowship and light refreshments at 6:30pm, followed by the Group Support meeting from 7:00-8:00pm.

### Men's "Prayer and Panera" Fellowship ..... Oct. 6, 20

Join other faithful Christian men in praying for their families, their community and the troubled world around us by attending the St. Nikodemos "Prayer and Panera" Men's Prayer Fellowship. Elder Thaddeus tells us that "prayer attracts God's Grace," and the Lord has promised that "where two or three are gathered in my name, there am I in the midst of them" (Mathew 18.20). Men, on the first and third Thursday of each month, gather with "two or three" other brothers in Christ to pray and enjoy fellowship. "Prayer and Panera" gives men the dedicated time for both. At 7:00am prompt be at Holy Trinity Church for morning prayer and quiet time. Then at 7:20, head up to Panera at the top of the hill for men's fellowship and discussion at Panera. See you there, guys!



### Hospitality Hour Hosts Needed..... Nov. & Dec.

Thank you to the many families and ministries that have stepped up to host our newly re-formatted "Hospitality Hour" following our Sunday Divine Liturgies. There are a number of available Sundays in November and December. Interested? Visit [HolyTrinityPgh.org/ministries/hospitality-hour](http://HolyTrinityPgh.org/ministries/hospitality-hour) for details on how to host one.

## COMMUNITY NEWS & EVENTS

### Festival Thank You

We have been once again blessed with a wonderful and successful festival and we thank God and His faithful servants, the many members and friends of Holy Trinity Church who worked so hard to make it happen. This year it has been so rewarding to be able to fully re-open our doors and welcome our friends and guests to the complete Greek Festival experience they love and wait for all year.



Kudos to the Festival Committee for their excellent planning, and many, many thanks to our Holy Trinity family

for stepping up in every way to provide the best possible experience for our friends and visitors and to offer them such warm Holy Trinity hospitality (see Pastoral Message, page 2). So many of those attending the festival thanked us and expressed their happiness that we were back in full force. May God continue to bless this community and every sacrifice of love the members of the flock make as we glorify our Lord in all we do and in who we are: "Faith. Family. Community."

### Annual Flu Shot Clinic..... October 9

Holy Trinity Church will be hosting its 9th Annual Flu Shot Clinic in the Grand Room following the Divine Liturgy on Sunday, October 9. Certified immunizing pharmacists from Rite Aid will be here to offer Flu Shots from 11:15am until 1:30pm for adult parishioners and children ages 9 years and older. The Center for Disease Control states that an "annual influenza vaccination is the most effective method for preventing influenza virus infection and its complications". Please be sure to bring your insurance card listing your ID# as there is \$0.00 Copay with the majority of insurance plans and Rite Aid will handle the direct billing for most insurances.

### Stewardship Update

Although we are three-quarters through 2022, we are still seeking 2022 Stewardship pledge cards from all our parishioners. If you have not yet received a 2022 pledge card or are new to Holy Trinity, additional pledge cards can be found at the Welcome Table located in the Narthex of the church. And remember, **a signed pledge card is required as part of maintaining your membership in good standing at Holy Trinity each year.** We are grateful for your commitment. Questions? Contact Holy Trinity Stewardship Chairman George Mellis or email him at [stewardship@HolyTrinityPgh.org](mailto:stewardship@HolyTrinityPgh.org).

### First Vlahakis Scholarship Awarded

Congratulations to Ana Bordeianu, the recipient of the first-ever Vlahakis Scholarship ("My Sister Penny Award"). The award was established by Nick & Kimi Vlahakis in January, 2022, to memorialize Penny Vlahakis Cherpes and her long held values, including education. Ana was selected in a process administered by the Holy Trinity Scholarships Committee chairperson, who coordinates application information but does not vote. Applications are evaluated and ranked in an unbiased process by three reviewers who are not members of Holy Trinity Church. The identities of the applicants are entirely unknown to the reviewers in order to ensure a completely transparent and objective award process, and the award is made solely on the reviewers' rankings. Well done, Ana! ❖



# DIARY OF A RUSSIAN PRIEST

## An Authentic Document of Human Life

"The Orthodox Bookshelf" is a *Holy Trinity Herald* column by Rick Paese focusing on books of Orthodox Christian interest for everyone. Many of the books highlighted will be available for purchase at the Three Hierarchs Bookstore in the Gallery.

This month, I want to highlight the book *The Diary of a Russian Priest* by Fr. Alexander Elchaninov. Over this past month, Fr. Alexander's writings gave me a daily dose of spiritually rich thoughts which inspired me to live out my faith more fully.

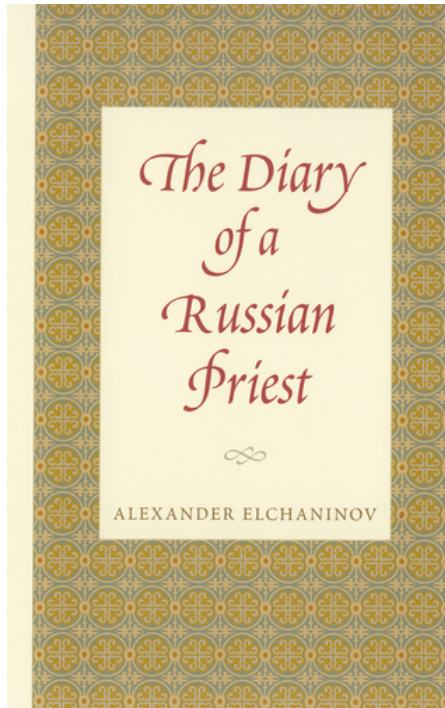
### Book Synopsis

*The Diary of a Russian Priest* is filled with short entries from Fr. Alexander's diary, dated from the early 20th century. Some are from correspondence with people. Some are sermon outlines. Others are collected notes.

The main theme of his thoughts, pursuing a spiritual life, is accomplished through journal entries on a wide range of topics. These include:

- The dangers of vanity
- Pain, suffering, and death
- Spiritual struggle
- Fasting, prayer, and confession
- Unbelief
- How to love your enemies

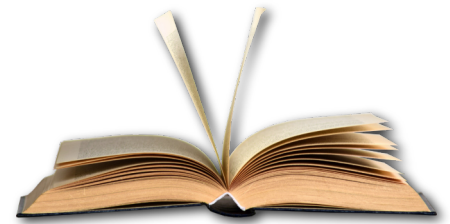
In addition to his short journal entries, there are a few longer entries about faith, vanity, confession, advice to young people and priests, and a retreat to a monastery.



### How To Read This Book

Most of his entries are only a few sentences or paragraphs and are in no particular order. The book reads like books from much older Christian saints, but with modern language for the faithful with modern concerns.

It is not a book that requires—or is even best for—reading many pages in one sitting. For me, it was an excellent book to read for a few minutes before falling asleep. It would even be good for reading a few pages at the start of your day or adding to your prayer time. This is an excellent choice for those who do not have much time to read or who struggle with reading for long periods of time.



### Excerpts

Here are just a few excerpts that will give you a good taste of the book:

*"A good course for those of us who are unable to perceive our own sins is to observe what sins our friends and relatives notice in us and reproach us for. This will nearly always serve as a correct indication of our real defects."*

*"Lent strengthens the spirit of man. In Lent man goes out to meet both angels and the demons."*

*"We must understand that God accomplishes His will concerning us through the persons He sends us. There are no accidental meetings; either God sends us a person we need or we are sent to someone by God, without being aware of it."*

*"Even in this, our dark life, God does not forsake us, but He is with us in our prayer, in the sacraments, in our love of God. The love of God proves His communion with us."*

*"Our love of God is measured by our willingness to accept sufferings and misfortunes and to see in them the hand of God."*

### Conclusion

As the introduction of the book says, this is not a literary work, "but an authentic document of human life, reflecting the author's soul."

I agree with this assessment. Reading Fr. Alexander's diary gives you a glimpse into his inner life and enriches you in the process. ❖

Rick Paese

# JESUS

## THE AUTHOR OF MY LIFE



Icon of Jesus Christ from  
Varlaam Monastery, Meteora, Greece

**A**t that time, as Jesus walked by the Sea of Galilee, he saw two brothers, Simon who is called Peter and Andrew his brother, casting a net into the sea; for they were fishermen. And he said to them, "Follow me, and I will make you fishers of men." Immediately they left their nets and followed him. And going on from there he saw two other brothers, James the son of Zebedee

and John his brother, in the boat with Zebedee their father, mending their nets, and he called them. Immediately they left their boat and their father, and followed him."

"Follow me." Two words that changed the story of two men's lives. Then two others. Then more and more until they literally changed the story of the world. And the story of our own life. Today we sit in a beautiful church

worshipping Jesus Christ as our Savior because those two men, then two others, then many more after them answered the call, "Yes, Lord, I will follow you." And every one of us here today has been called, just like the disciples, to follow Jesus. Today let's see what that means for each of us.

I vividly remember when I graduated college with my business degree thinking, "Wow, I'm done, and I have a college degree. I can go and do anything I want." It felt like standing on a mountain looking out over a vast horizon at so much potential ahead. It was a blank slate on which I could write any story I wanted. Or so I thought. God saw the horizon, too. In fact, He created it. I was part of His plan—or rather, He was writing my story—but I didn't yet know it.

That spring, a new bishop came to town to consecrate our Holy Trinity Cathedral in Camp Hill, and while he was there he invited me to apply to be a counselor at a new and growing summer camp the Diocese was running. The invitation came out of nowhere. I wasn't really expecting it. I didn't feel prepared for it. But I went. And my life changed forever.

It was only years later that I realized that invitation was the "Follow me" moment God had been preparing for me. I'm not speaking about the priesthood. That came later, when I was ready. As I think about it in the larger sense, the "Follow me" moment was the first time I was really challenged to stop thinking first about myself, my plans, my desires and myself as the center of my universe, and to learn what it meant to put Jesus Christ first in all those things. At the very moment I felt that as a new college graduate, I could do anything, it was the Lord's way of showing me that He had a plan, a purpose and a story for my life that was so much more than I could have



ever imagined. And for that all to happen, I had to stop writing the story on my own, by myself and for myself, and start following Him and the great story He was writing.

So who writes the story of your life? Every Sunday at the end of the Orthros service, just before the priest raises the Holy Gospel to proclaim the beginning of the Liturgy, the choir of chanters declare the answer: "Today has salvation come to pass in the world. Let us sing to Him who resurrected from the tomb and is the Author of our life." In a society where independence and autonomy are so foundational, it's easy to understand why acknowledging that can be a struggle. But really, it's one we all have to face.

*Who is the author of your life? Who is really writing your life's story?* Today's Gospel account of the call of the first Disciples might lead us to believe this is a one-time decision. Not at all. "Follow me" is a choice we make when our faith is awakened and we really begin to know Jesus in our life. It's a choice we make with every major decision in our life. It's a choice we make every time we wake up to the gift of a new day and the Lord asks, "Are you still following me?"

It has taken a large part of my adult life to recognize that's how the story of our life should really be. We belong to Him. He creates us and invites us on a great adventure that is written in His wisdom, but which He only reveals day to day as we're ready. His name and the sign of His Cross are marked on us. And as we make our plans and our choices, we need to go back to Him and say, "How's this?" Not once, but every day, every choice, every fork in the road. We don't disappear in the process. We are clearly the "with" co-author. We always have the freedom to choose, because He made us free, and that

means we are always free to choose Christ over our own plans and desires.

Saint Maximos the Confessor describes this daily conversion process this way: "True faith in Christ is...saying in effect, 'I live, yes, but it is no longer I who live but Christ who lives in me' (Gal.2.20)." (Maximos the Confessor, *Ascetics*).



That was the radical commitment the disciples made when they committed to follow Jesus in the Gospel today. You will notice it wasn't a trial phase or a "head home on the weekends back to your normal life" plan. Elder Symeon Kragiopoulos of Thessaloniki says it doesn't work that way. "From now on, let's be children of Christ," he beckons." And one becomes a child

of Christ when he dies in relation to his former condition." The condition? Our self-centered life of ego and pride.

Our own beloved former Bishop of Pittsburgh, the Elder Gerasimos of blessed memory, reminds us that this following Jesus completely is not an easy path. "We get to know Him and to have Him as long as we struggle to follow Him," He says. "In all of our life, we must try to be conformed to Christ. Our life needs to be a journey to Christ, and being in Christ and through Christ, we go to the Father."

So let's bring this all home to our every day life where Jesus turns to us like His did to the Disciples and says, "Follow me" as He writes not just the story of our life, but the best story possible. That takes faith. And that takes humility.

The periodical, "Writer's Digest," in providing guidance to authors who are working together on a book, says the number one key to success is "Suppress your ego." It proceeds to note, "Not every word that drips from your pen is liquid gold." Ouch! Likewise, not every great idea we have for our friends, our school, our career, our marriage, our parenting and just about anything in our life is really a great idea. You can probably think back to some of your more "brilliant" ideas and thank God for helping you realize it wasn't so great after all.

Today, the disciples show us a better way. Want your story to be great? Better yet, want it to have a great ending? Follow Jesus, the Author of our life. He created you. He knows you. He loves you. He forgives you. He never, ever leaves you. He wants what's best for you. And He wants you to be with Him. May your story and your journey be blessed! Amen.

Delivered June 26, 2022

# Faith & Family Weekdays

## Something for Everyone This Fall!

### JOM

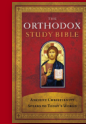
**Journey of Marriage**  
1st Tuesday, 7:00pm



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 couples to share and grow together. Oct. 4, Nov. 8, Dec. 6, Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2.

### ETW

**Explore the Word**  
Wednesdays, 6:30pm



Father Radu continues his exploration of the Holy Bible, this time with a survey of the Old Testament. Learn about prophets, biblical history and the story of God's chosen people in their journeys and struggles. Fall dates: Oct. 5, 12, 19, Nov. 9, 16, Dec. 7, 14.

### MPS

**Monthly Paraclesis Service**  
Third Tuesday, 6:30pm



Come and spend an hour in hymns and prayer, honoring the Theotokos, Saint Nektarios and Saint Paisios of Athos at our beautiful Saint George Chapel. Pray for those in need. Renew your spirit in peace and prayer. Oct. 18, Nov. 22, Dec. 20, Jan. 17, Feb. 21.

### FGN

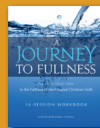
**Family Game Night**  
Second Friday, 7:00pm



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! Nov. 11, Dec. 9, Jan. 13.

### JTF

**Journey to Fullness**  
Mondays (6-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. Nov. 7, 14, 21, 28, Dec. 5 & 12. Repeats Apr. 24, May 1, 8, 15 & 22, Jun. 12.

### P&P

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



Prayer and Christian fellowship for men. Meets at church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then moves up the hill to Panera for 45 minutes of coffee & conversation. Oct. 6 & 20, Nov. 17, Dec. 1, Jan. 5 & 19 & more.

**F**aith and Family Weekdays offers something for everyone to grow in their faith and share in community. 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.

Enjoy games, fun and fellowship with other parish families of all ages at **Family Game Night**! For adults and young people, too! Newly engaged? Prepare for Christian marriage at the **Journey of Marriage** sessions. Share the journey and grow together with other couples. Spend quiet time in prayer and fellowship time over coffee at the **Saint Nikodemos "Prayer and Panera" Men's Prayer Fellowship**. There are lots of other opportunities to learn about the Faith, the Bible, marriage and Christian living. Watch the bulletin and check the online calendar at [HolyTrinityPgh.org/calendar](http://HolyTrinityPgh.org/calendar) for details and locations.

### ALSO WATCH FOR THESE SPECIAL OPPORTUNITIES!

**Saint Euphrosynos Liturgical Cooking Classes:** Learn how to make Prosforo (Divine Liturgy Bread), Kollyva (Memorial Wheat), Arto (Bread for the Blessing of the Five Loaves) and Fanouropita (St. Fanourios bread). Dates TBA.

**Community Christmas Caroling:** Adults and youth will head over to the Sisters of Divine Providence on Wed. Dec. 21 at 6:30pm to bring Christmas blessings!



**W**ith the start of the Church School year, we thought it appropriate to have a little biblical refresher on the way we give, by using some examples of stewardship that are mentioned in the Bible.

### A. Give Abundantly

If God is the owner, then I am the manager whom He has trusted with His property. I must learn to think, therefore, like His manager.

A manager oversees the owner's assets for the owner's benefit. A manager carries no sense of entitlement to the assets he or she manages. The job of a manager is to find out what the owner wants done with His assets and then to carry out His will.

This understanding affects how we give. King David, then the most powerful man on earth, understood this owner-manager relationship. After receiving a tremendous offering, David responded to God... "But who am I, and who are my people, that we should be able to give as generously as this? For everything comes from You, and we have given You only what comes from Your own hand." 1 Chron. 29:14 (HCSB).

### B. Give Sacrificially

In 2 Corinthians 8, Saint Paul praises the Macedonians for their sacrificial giving by their response to his effort to collect funds for the Christians in Jerusalem. Paul describes the Macedonians as people who had given themselves as well as their resources to Christ – even though they were very poor. As we work toward the realization of the church's goal's, let us mimic the "Macedonian Mindset" in steadfastly giving our resources and ourselves to Christ:

"Moreover, brethren, I want you to know about the grace that God has given in the Churches of Macedonia: in spite of extreme tribulations, the abundance of their joy (and their

deep poverty) has resulted in generous giving. I can testify that within their means and even beyond, they gave freely, begging us to receive the grace to have such a participation in the ministry to the saints. We had not hoped for so much, but first they gave themselves to the Lord and to us, by the will of God. As a result, we urged Titus to bring this same grace to completion in you. Yes, as you overflow in everything: faith, speech, knowledge, devotion, and [also] in your love for us, try to overflow even in this grace {of generous giving}. I am not saying this as an order, but as testing your love by mentioning the devotion of others. For you know the grace of our Lord Jesus Christ: even though he was rich, yet he became poor for your sake, so that by his poverty you might become rich." (2 Cor. 8)



How could they give so generously while in extreme poverty? They didn't see poverty as an exemption from giving. They simply refused to miss out on the satisfaction of giving sacrificially.

### C. Give Joyfully

Have you ever wondered why the Bible says that "God loves a cheerful giver?" (2 Corinthians 9:7). Joyful giving is a sign that the givers understand the owner-manager relationship. Cheerful giving can only come from a

# Ways We Give

## And the Macedonian Mindset

heart set on things above, not on earthly things (see Colossians 3:1). God loves a cheerful giver because such givers are investing in heaven, which reaps eternal dividends.

When the tabernacle was being built in the Old Testament, people got so caught up in the joy of their heavenly investments that they had to be 'restrained' from giving more!

Then all the craftsmen who were doing all the work for the sanctuary came one by one from the work they were doing and said to Moses, "The people are bringing more than is needed for the construction of the work the Lord commanded to be done." After Moses gave an order, they sent a proclamation throughout the camp: "Let no man or woman make anything else as an offering for the sanctuary." So the people stopped. The materials were sufficient for them to do all the work. There was more than enough. (Exodus 36:4-7)

So, let us all consider how our ways of giving measure up. And then, adjust accordingly. Our community is driven by all of us, no matter the level of resources each has – we all have enough, more than enough, actually. All is left is to decide how to distribute our personal wealth of Time, Talents and Treasures. To prioritize. ❖

Faithfully yours,  
The Holy Trinity Stewardship Ministry

# Stewardship 2022 Roster

Rev. Fr. John & Pres. Becky  
Touloumes  
Rev. Fr. Radu & Pres. Loredana  
Bordeianu  
Rev. Fr. George & Pres. Evangelia  
Daskalakis

Dr. & Mrs. Andrew Abboud  
Mr. & Mrs. Mark Adamczyk  
Ms. Gabrielle Alberty  
Mr. & Mrs. Justin Ambrose  
Mr & Mrs Victor Amurgis  
Ms. Georgiana Anargyros  
Mrs Beatrice Andromalos  
Mr Michael Andromalos-Dale  
Victoria Andromalos-Dale &  
Frank Blakemore  
Ms. Mariya Apostolova  
Mr. and Mrs. H. William Areheart  
Mr & Mrs Mark Armanious  
Mr & Mrs Harry Athanasiou  
Mrs. Tessie C. Athens  
Ms. Andrea R. Athens  
Mrs. Desi Anthou Austin  
Mr & Mrs Alvin Backeris  
Dr & Mrs Christ A. Balouris  
Dr & Mrs Constantine A. Balouris  
Mr & Mrs James T. Balouris  
Mr. & Mrs. Anthony C. Balouris  
Mr. Nicholas Balouris  
Mrs. Katherine Balouris  
Ms. Penny T. Balouris  
Mr. & Mrs. Lynn Barker  
Mr. & Mrs. Joseph Barron  
Mrs. Anne-Marie Battaglia  
Mrs Georgia Beckas Miller  
Mrs Olga Beckas  
Mr. & Mrs. Victoria and Maurice Bedel  
Ms. Constance Bistolas-Walters  
Mrs. Athena Bober  
Ms. Pamela M. Bolkovac  
Dr. & Mrs. Christopher Bonfield  
Dr & Mrs Reggie Bonfield  
Mr. & Mrs. Michael Bounos  
Dr. & Mrs. Alexander Bournias  
Mr. & Mrs. Michael Bournias  
Mrs Sophia Bridoux  
Clifford Brubaker & Sondra Balouris  
Mr & Mrs James Buldas

Mr. & Mrs. Jonathan Caromano  
Mr. Peter J. Castellano  
Mr & Mrs Charles Chapas  
Mr & Mrs James Chapas  
Mr Thomas Chapas  
Mr & Mrs William Chapas  
Mr Louis Cherpes  
Mr. John Clayton  
Ms. Sherry Clayton  
Mr. & Mrs. Steven E. Cole  
Amanda and Ryan Copeland  
Ms. Cynthia Morris Criss  
Ms. Chelsea Cross  
Mr & Mrs George Danis  
Mr. & Mrs. Evan Danis  
Mr. & Mrs. Peter Dedousis  
Mrs. Helen DeMoss  
Mr. & Mrs. George Dickos  
Mrs. Christine Dickos  
Mr. & Mrs. Nikolas Doris  
Krystina and Sebastian Dovenor  
Mr. & Mrs. Jeff Durosko  
Mr & Mrs Frank Erdeljac  
Dennis Bossick & Penny  
Fakles-Bossick  
Mr. & Mrs. Christian Farmakis  
Mr. and Mrs. Matthew Ferrari  
Mr & Mrs William Fiedler  
Mrs. Carol Fiffas  
Mr. & Mrs. Brian Fitzpatrick  
Mr & Mrs Andreas Fournaridis  
Mr. Andrew Fournaridis & Ms.  
Anna Mamo  
Mr. & Mrs. John Franciscus  
Mrs Tessie Frankos  
Miss Diana Fries  
Mr. John Fries  
Mrs Constance Fries  
Mr. & Mrs. Josh Skrba  
Mr & Mrs Markos Gambieris  
Mrs. Joan Gatsiopoulos  
Mr & Mrs Thomas Geanopulos  
Mr. & Mrs. George Geanopulos  
Mrs. Fabiola Georgallis  
Mr & Mrs George Georges  
Ms Melina Georgiades  
Dr. and Mrs. Mark Georgiadis  
Mr & Mrs Gus Georgiadis  
Mr & Mrs Steven Georgiadis

Mr. & Mrs. Spiros Giannoutsos  
Mr & Mrs Peter Giannoutsos  
Mr. & Mrs. Jason Gidas  
Mr & Mrs Gary Glew  
Mr & Mrs Peter Glyptis  
Mrs Eugenia Graser  
Mrs Voula Hareras  
Ms Pennie Hareras  
Mrs. Faye Henigin  
Eugene and Tina Houmis Connors  
Mr. & Mrs. George Hulse  
Mr. & Mrs. Carlo Iasella  
Dr. Kristina Johnson  
Mr & Mrs James Johnson  
Mr & Mrs Nick Kakavis  
Mr. Gus Kalaris  
Mr. & Mrs. Evangelo Kaparakos  
Dr. & Mrs. Gregory Karabin  
Mrs. Irene Karavolos  
Ms. Melissa Karidis  
Mr. & Mrs. George Karpakis  
Dr & Mrs James Kermes  
Mr & Mrs Gus Kilantonis  
Mr & Mrs Lazarus Kirifides  
Mr. Jonathan Kohan  
Mr. and Mrs. James Kolovos  
Mr. & Mrs. Doug Lupnacca  
Mr. & Mrs. John Komninos  
Mr Louis J. Kort  
Mrs. Fanny Kostos  
Mrs Vasiliki Kourouklis  
Ms Elenie Kourouklis  
Dr & Mrs Dimitris Kraniou  
Dean and Helena Kraniou  
Mr. & Mrs. Jonathan Kratsas  
Mr. & Mrs. Marios Kritiotis  
Mr & Mrs Michael Kritiotis  
Mr. & Mrs. James Kukunas  
Mr. Stephen Kukunas  
Mrs Irene Kukunas  
Mrs Despina Ladakos  
Mr. James L. Lakes  
Mr. & Mrs. Philip LeDuc  
Mr. & Mrs. Michael Leist  
Dr. Nektarios & Dr. Jill Leontiadis  
Mrs. Antonia Lesser  
Mr. & Mrs. Anthony Loomis  
Mr. & Mrs. Chris Loomis  
Mr & Mrs Louis T. Loomis



Thank you to the following faithful stewards who have submitted their pledge cards for the 2022 pledge year. Please join them in their support for the ministries of Holy Trinity and complete your "One Holy Trinity" 2022 pledge commitment today!

## WHAT IS STEWARDSHIP?

Orthodox Christian Stewardship is a way of life, which acknowledges accountability, reverence, and responsibility before God. A primary goal of Stewardship is to promote spiritual growth and strengthen faith. Becoming a Steward begins when we believe in God, to whom we give our love, loyalty and trust and act on those beliefs. As Stewards, we affirm that every aspect of our lives comes as a gift from Him. Stewardship calls on the faithful to cheerfully offer back to God a portion of the gifts with which they have been blessed.

(stewardship.goarch.org)

Mr & Mrs Nicholas Loomis  
Mr & Mrs Ted Loomis  
Scott and Cassandra Lynch  
Ms. Margo Machuga  
Mr. Curtis B. Magnuson  
Mr & Mrs Gregory Manis  
Mrs. Anne Manis  
Mr. George Manolangas  
Mrs Maria Mason  
Mr & Mrs John McCann  
Marc McMullen and Alexandra

Valliant

Mr. & Mrs. George Mellis  
Mrs. Milita Mellis  
Mr & Mrs Jeff Mercadante  
Mrs. Mary Mermigas  
Mrs. Arlene Metropulos  
Christine Metropulos and Dave Steiner  
Mr & Mrs Meno Mitaras  
Mr. & Mrs. Eric Mitchell  
Mr. Gregory Morris  
Mr Stanley Morris  
Mr. Thomas Mourtacos  
Mr & Mrs Mark Opacic  
Mr. & Mrs. Richard Paese  
Gen. & Mrs. William Pagonis  
Mr. Michael Pagonis  
Mr & Mrs William Pagonis  
Mr & Mrs Matthew Palamara  
Mr & Mrs Robert Panagulias  
Mr. & Mrs. George Pandelios  
Mr Michael Panos  
Mr George Pantelakis

Mr & Mrs Paul Pantelas  
Mr. & Mrs. Danny Papakalos  
Ms. Loukia Papatheodorou  
Ms. Eleni Pappas  
Mr. Anthony Pappis  
Mr. Michael Pappis  
Mr & Mrs Orestes Paras  
Mr Eleftherios Parikakis  
Mr & Mrs Constantine Passodelis  
Mr & Mrs Michael Passodelis  
Mr & Mrs George Pastor  
Gregory & Kelly Karavolos-Pefferman  
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  
Mrs. Helen M. Piso  
Ms. Christine Pusateri  
Katina and Salvatore Re  
Mr & Mrs Araam Rifkah  
Mr. & Mrs. Evan Rigas  
Kevin and Andrea Rohm  
Mr & Mrs Stephen Roman  
Mr. Christopher Sarandou  
Mr. & Mrs. Nicholas Sarandou  
Dr & Mrs Dean Scoumis  
Mr. Vasilios Scoumis  
Mrs. Angeliki Scoumis  
Mr. & Mrs. Stephen E. Sedor and Valya  
Ms Stephanie L Sedor

Presvytera Eileen Sedor  
Jamie and Lorne Seifert  
Mr. & Mrs. Nick Sfamenos  
Mr & Mrs Emmanuel Sideris  
Mrs. Anita Sinicrope-Maier  
Brett & Stephanie Spagnola  
Ms. Theone Stateson  
Mr & Mrs Robert Stearns  
Mr. & Mrs. Craig Steiner  
Dr & Mrs Samuel Stepanow  
Mr. & Mrs. Theodore Stewart  
Mr & Mrs Jon Stipanovich  
Mr & Mrs Nicholas Terezis  
Mr. & Mrs. James Thomas III  
Mr & Mrs James Thomas  
Mrs Georgia Touloumes  
Mr & Mrs Michael Tzanakakis  
Mr & Mrs Gerri Valliant  
Joseph and Christina Waters  
Mrs Joanne Ladakos Watson  
Mrs Elaine Weaver  
Miss Mary-Magdalene Welsh  
Mr & Mrs Eric White  
Mr & Mrs Daniel Willow  
Mr. & Mrs. Michael Zagnacky  
Mr. & Mrs. George Zappas  
Dr & Mrs Antonios Zikos  
Mr & Mrs Anthony Zissis  
Ms Anna Zissis  
Mr & Mrs Louis Zozos

TO GOD BE THE GLORY! ❖

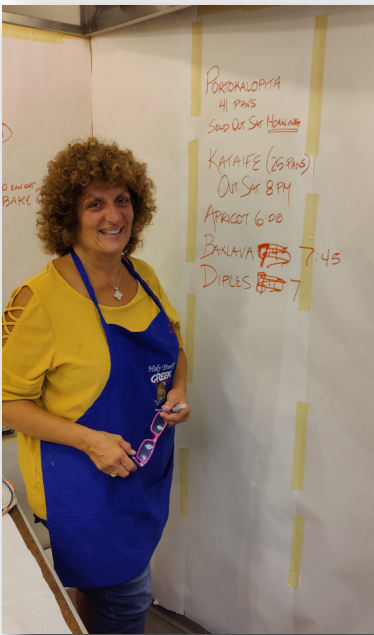




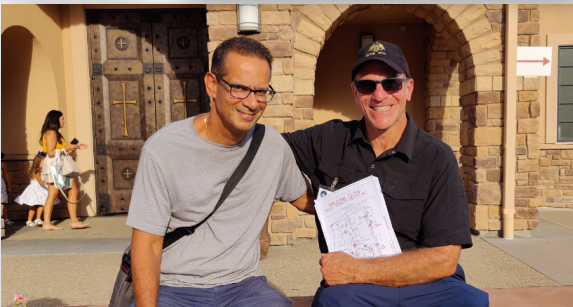
















# REMEMBERING SMYRNA and the Great Catastrophe

A CENTURY LATER

BY ALEXANDROS K. KYROU, PHD

**This article, published recently by the Archons of the Ecumenical Patriarchate is a somber and sorrowful reflection of the Christian genocide that took place 100 years ago in the Republic of Turkey. Eternal be the memory of those victims who lost their lives in the Great Catastrophe of Asia Minor.**

One of the last diplomats to leave Smyrna after the Turks set the great Anatolian port city ablaze in September 1922 was the US Consul General to Smyrna, George Horton. Reflecting on the slaughter and depravity committed by the Turkish forces tasked by Mustafa Kemal, the leader of the Turkish nationalist movement and founder of the Turkish Republic, to destroy Smyrna's Greeks and every physical semblance of their more than three-thousand-year presence in Asia Minor, Horton wrote that "one of the keenest impressions which I brought away from Smyrna was a feeling of shame that I belonged to the human race." The carnage and literal holocaust that Horton observed have been seared into Greek historical memory as the "Great Catastrophe" (He Megali Katastrophe)—a term that denotes the genocide, expulsion, and erasure of the Greek people from their ancient homelands in Asia Minor and Eastern Thrace. This traumatic event is remembered as the greatest tragedy and humanitarian disaster to befall the modern Greek world.

Before the entry into the First World War on the side of Germany in 1914, the Ottoman Empire had a Greek Orthodox population of 2,230,000 people. Greeks, in fact, made up the largest Christian community in an empire in which the Arab, Armenian, Assyrian, Greek, and other native Christian communities still comprised more than a quarter of the empire's total population. Even after centuries of Is-

lamization and Turkish assimilation of the originally entirely Christian region, approximately 1,500,000 Greeks lived in Asia Minor and 730,000 Greeks lived in the empire's European territory, of whom nearly 350,000 resided in Constantinople (the largest ethnic group among the 900,000 residents of the imperial capital). Of Smyrna's approximately half-million inhabitants, the city's 320,000 Greeks dominated the urban center's cultural and economic life and built for themselves and their city dynamic international connections through global trade, as well as vibrant domestic networks that linked the wide-spread Greek communities throughout Asia Minor. Before its destruction by the Turks, Smyrna was the largest urban center in Asia Minor and one of the most cosmopolitan and prosperous cities in the world, known to Westerners as the "Jewel of the Mediterranean."

This remarkable cosmopolitan Smyrna came to an abrupt, violent end with the victory of Kemal's Turkish nationalist forces against the Greek army in Asia Minor in late August 1922. Following a three-year military struggle—initially fought at the behest of Greece's World War I allies (Britain, France, and the United States), as much as for Greece's own national aspirations in Anatolia—to enforce on the resistant Turkish nationalists the peace treaty that ended the First World War with the defeated Ottoman Empire, the Greek army was routed and forced to withdraw from Asia Minor. On the heels of the retreating Greek army, Kemal's forces entered Smyrna on September 9, 1922, and the Great Catastrophe began to unfold.



During the next few days, expanding numbers of Turkish troops occupied the entire city and cut off all routes into and out of Smyrna, trapping the city's native Greek population and the more than 100,000 Christian refugees who had fled from their homes in the interior of Asia Minor to Smyrna, a flight to survive the advancing Turkish army. Indeed, throughout Western Asia Minor hundreds of thousands of Greek civilians were fleeing their villages and towns to the Aegean's coastal cities to escape the Turks.

In Smyrna, beginning on September 13, the Turks surrounded the city's Armenian district and began a massacre of the community's 25,000 inhabitants, setting fire to and incinerating the entire Armenian quarter. On the same day, the Turks implemented their plans for the destruction of the city's Greeks. Whereas the Turks had annihilated the Armenians in a few days, the much larger Greek population required more preparation and effort to eradicate. After nearly two weeks of carnage, rapine, looting, and terror, Kemal's troops, joined by jubilant local Turkish civilians, had meticulously and thoroughly burned Smyrna to the ground. The entire Greek district was destroyed. Not a single Greek building—no home, church, school, shop, office, factory, business, hospital, hall—survived the massive conflagration. In contrast, Smyrna's Turkish quarter and population were completely untouched by the carefully directed and oil-fueled flames of the Turks.

For days as the city burned, more than 400,000 Greeks crammed Smyrna's water-

front to escape from the inferno, literally, a holocaust. An international armada of American, British, French, and Italian warships and their forces remained anchored in Smyrna's port, under orders from their governments to do nothing. These Western observers watched the Great Catastrophe of the burning and massacre of Smyrna's Greek and Armenian Christians.

The tortured, abandoned Greeks were ultimately rescued only by a massive private humanitarian effort that was initiated and led by an American Protestant pastor who was on the scene of the disaster. Pastor Asa Jennings pooled together and used Greek merchant boats and Japanese ships in the Aegean to transport survivors to safety in Greece. Thanks to his efforts, some 300,000 Greeks were saved before the end of September. However, the rescue could not save the lives of the more than 100,000 Greeks who had or would soon be massacred, incinerated, or taken captive and forced onto death marches by the Turks. The Turks' destruction of Smyrna, their mass murder of the city's Christians, and the tragic exodus of the tormented and terrorized survivors were reported at the time by the shocked international media as an unprecedented humanitarian disaster, a colossal atrocity, a great catastrophe of biblical proportions.

Although the obliteration of Smyrna and the decimation and erasure of the city's Greek population is the most well-remembered event of the Great Catastrophe, it was just one of many crimes committed by Turkey during that country's nearly decade-long genocide against its own Christian peoples. In fact, Turkey's annihilation of its Christians—Armenians, Assyrians, Greeks, and others alike—marked the twentieth century's first large-scale, systematic, state planned and

implemented genocide, establishing a model that would inspire and be replicated by other extremist states throughout the remainder of the century. Beginning in 1914, the First World War provided the ruling Turkish nationalists—who had seized control of the Ottoman Empire earlier and whose commitment to “Turkify” the empire would eventually be continued and completed by the Kemalist regime after World War I—the opportunity to eradicate all non-Turkish, non-Muslim



**After nearly two weeks of carnage, rapine, looting, and terror, Kemal's troops, joined by jubilant local Turkish civilians, had meticulously and thoroughly burned Smyrna to the ground. The entire Greek district was destroyed. Not a single Greek building—no home, church, school, shop, office, factory, business, hospital, hall—survived.**

peoples. One of the first senior diplomats to comprehend and document the Turks' genocidal objectives and actions was the much-respected US Ambassador to the Ottoman Empire from 1913 to 1916, and eyewitness to the Armenian and Greek Genocides, Henry Morgenthau. He reported to Washington that “the Turkish government's passion for Turkifying the nation seemed to demand logically the extermination of all Christians.” The Great Catastrophe of Smyrna

should be recalled at this centennial moment of reflection both as a singular, unprecedented humanitarian disaster and as part of a larger crime against humanity—a genocide against Christians. Between 1914 and 1923, two Turkish nationalist regimes which led the Ottoman Empire and the Turkish Republic, respectively, murdered 750,000 to 900,000 Greeks and ethnically cleansed through forced expulsions nearly 1,200,000 other Greeks, destroying completely their presence in their own ancestral lands of Asia Minor and Eastern Thrace. After 1923, Turkey's surviving Greek population, whose security and rights had been officially guaranteed by the international Treaty of Lausanne, had been reduced to 120,000 people in Istanbul and 15,000 on the islands of Imbros and Tenedos. Today, after a century of continuous and egregious violations by the Turkish state of its obligations under Lausanne, the Greek Orthodox community of Turkey numbers fewer than 2,000 people. Lest we become complicit in the erasure of Hellenism and Christianity from the ancient lands in which both took root thousands of years ago, it is incumbent upon us to learn the history of the Greek people and Orthodox Christianity, and to never forget the Great Catastrophe. After all, the Great Catastrophe of Turkey's Greek Orthodox Christians was, in fact, like the destruction of Turkey's Armenian and Assyrian Christians, a catastrophe for all humanity. The event established the template for genocide and ethnic and religious cleansing that continued throughout the twentieth century and up to the present.

*Originally published by the The Order of Saint Andrew/Archons of the Ecumenical Patriarchate at [www.archons.org/smyrna](http://www.archons.org/smyrna). See website for full footnote citations. ❖*



Holy Trinity Pittsburgh  
Ladies Philoptochos  
invites **everyone** to join them for a  
**Festival of Tables!**

A luncheon with themed tablescapes to promote  
**creativity, fun & fellowship**

**Saturday, November 12<sup>th</sup>, 2022, 11:00a-2:00p**

View tables from 11a-12p

Lunch served @ 12:15pm

in **Holy Trinity's Grand Room**

**985 Providence Blvd., Pittsburgh, PA 15237**

Prize for Best Decorated Table & Door Prizes

Entertainment: Ventriloquist Cindy Speck & her  
Puppet friends will entertain & inspire with jokes,  
skits & songs!

**Tickets \$45/person**

(Includes Tickets for Door Prizes!)

**RSVP by Tuesday, November 1, 2022**

For ticket information call

Marianne Stearns

@ **412-600-2159**



**ATTENTION HOLY TRINITY FAMILIES:**

# We Need Your Holy Trinity History Photos!

Help celebrate 100 Years of Holy Trinity Church history (1923-2023)! It's time to dig through your family albums and submit photos of parish events, weddings, baptisms, group photos, historical documents ... everything!



**SUBMIT YOURS NOW:**

**DEADLINE DECEMBER 1, 2022**

**PLEASE INCLUDE NAMES/DATES/INFORMATION/DESCRIPTIONS**

## WAYS TO SUBMIT:

1: Electronically - Scan or take picture with your phone, then either:

A: Upload at [HolyTrinityPgh.org/centennial](https://HolyTrinityPgh.org/centennial) or...

B: Email to [centennial@HolyTrinityPgh.org](mailto:centennial@HolyTrinityPgh.org)

2: Physically - Bring to Church Office (Note: photos will not be returned)





HOLY TRINITY  
GREEK ORTHODOX CHURCH

&



Hellenic College  
HOLY CROSS  
Greek Orthodox School of Theology

## HOLY TRINITY CHURCH AND HELLENIC COLLEGE HOLY CROSS PRESENT “OUR SCHOOL—OUR FUTURE”

The past, present and future of Holy Trinity Church and the entire Archdiocese of America are inextricably linked to the on-going presence of Hellenic College Holy Cross, the only Orthodox Christian College and Seminary where the clergy and lay leaders of our churches are educated, nurtured in Orthodox tradition and prepared to serve and guide the Church of tomorrow.

*You are the light of the world. A city set on a hill cannot be hidden.*

*Matthew 5:14*

*Holy Cross Chapel, the diamond on the  
“Holy Hill” of HCHC in Brookline, Mass.*

Please join the entire Holy Trinity family for a delicious, informative, and enjoyable fellowship luncheon where we will hear about the exciting progress of **OUR school: HCHC.**

We are honored and delighted to welcome to this special event:

- **Mr. George M. Cantonis, President of Hellenic College Holy Cross**
- **Fr. James Katinas, HCHC Vice President for Institutional Advancement**
- **Mrs. Helen A. Carlos, distinguished HCHC trustee and philanthropist**

## SUNDAY, OCTOBER 23 FOLLOWING DIVINE LITURGY HOLY TRINITY GRAND ROOM

**Admission is free. Free-will offerings to support the School will be accepted.**



*“The president of an academic institution must also be a student, ready to learn, understand, and absorb the reality of students’ lives. Our students and faculty are truly extraordinary, learning and teaching with tremendous energy, focus, and discipline. They know that everyone here can best serve the Church and society by fostering and achieving academic success.”*

George M. Cantonis  
President, Hellenic College Holy Cross



# THE WILL OF MAN AND THE WILL OF GOD

**We must live the way God intended us to, having given us the gift of free will.**

## **Geronda, why do we have free will?**

The Lord endowed all of us with free will. He knows all things because, for Him, time is irrelevant. For God, all eternity is today, the present moment. This is impossible for us to understand, but that is because we are limited. Every human being who comes into this world is unique, and all are given the opportunity to know God.

## **Then why do we need the law?**

The Lord knows all things; He knew us even before we were conceived. That is why He gave us the law of obedience through Moses on Mount Sinai. This law was given because of us who need correction, not because of the meek and humble ones. They do not need this law. The law of obedience is necessary for the correction of our will and to set our free will on the path of humility, righteousness, and love. Obedience is necessary for maintaining harmony.

## **Why does our will and the will of God often seem to differ?**

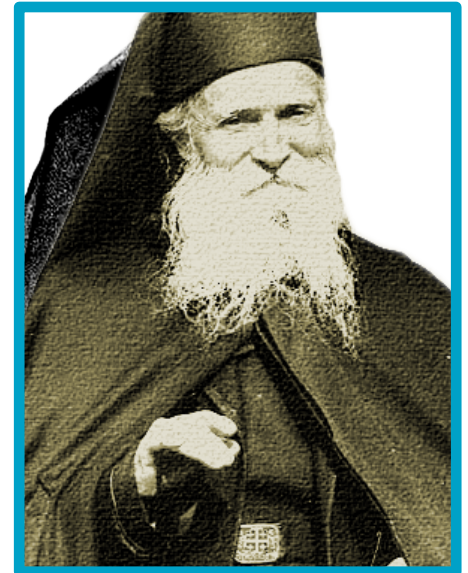
Since we have the gift of free will, we often abuse it. For example, there are people who eat in moderation and others who eat more than their bodies need. Those who are moderate usually live longer and are healthier. It is the same in the spiritual life. Some people have quiet and peaceful

thoughts, whereas others are not satisfied with that, so they go overboard and sometimes must run into a wall in order to go back to the straight path!

## **How do we align our own will with the will of God?**

We know that every good gift comes from the Holy Spirit. The Holy Fathers made themselves worthy of receiving these gifts through prayer and fasting, but above all they had obedience. We must learn to bow down before the will of God and not insist on our will. Obedience to the will of God is carried out through obedience to our elders, parents, teachers, supervisors at work. If we have obedience we will understand what is required of us.

Our life on this earth is such that we are always becoming enslaved to material things, while the angels never are. This life was given to us so that we may learn about eternal life, that we may learn how to become free, to walk freely and with a clear conscience and pure thoughts. When we are free, then there are no spiritual battles or warfare; victory is ours only because we have abandoned ourselves to God, because we worship Him in our hearts and have united with Him, giving no more thought to this world. He is the One Who determines our life, and we receive everything that



Elder Thaddeus of Vitovnica

comes to us as from His own hand.

## **How do the choices of our free will affect our eternal salvation?**

We must be prepared to accept the will of God. The Lord permits all sorts of things to happen to us contrary to our will, for if we always have it our way, we will not be prepared for the Kingdom of Heaven. Neither heaven nor earth will receive those who are self-willed. God has a divine plan for each one of us, and we must submit to His plan.

We must accept life as it is given to us, without asking, "Why me?" We must know that nothing on earth or in heaven ever happens without the will of God or His permission. We must not become too engrossed with our hardships but concentrate on preserving our inner peace. Even when we are praying for something, we are trying to force our will instead of accepting God's. All hardships and sorrows that God sends us are necessary for us, but we do not understand this when we are young. When we are older, then we understand that this is the way God shows His love for us. ❖

Excerpted from  
*Our Thoughts Determine Our Lives*

## THE HOLY TRINITY

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

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

**Editor**

Father John Touloumes, Protosyner (fjt@HolyTrinityPgh.org)  
Church: 412-366-8700 | Home: 412-831-3574

**Production**

Mary Portellos, Office Administrator (office@HolyTrinityPgh.org)

**Photographers**

Peter Gagianas Theanne Gagianas  
Mary-Magdalene Welsh Sherry Clayton

**Copyright Notice**

This magazine contains copyrighted material of Holy Trinity Greek Orthodox Church and third party copyright owners, including, without limitation, text, photos, and graphics, and the contents of the newsletter are protected under the United States and international copyright laws. You may not copy, modify, publish, transmit, display, participate in the transfer or sale, creation of derivative works, or in any way exploit, any of the content, in whole or in part. No copying, redistribution, retransmission, publication or commercial exploitation of any material in this newsletter is permitted without the express written permission of Holy Trinity Greek Orthodox Church and any applicable third party copyright owner.

**About the Parish**

Holy Trinity Greek Orthodox Church  
985 Providence Boulevard  
Pittsburgh, PA 15237

Phone: 412-366-8700 | Fax: 412-366-8710 Web site:  
www.HolyTrinityPgh.org | Email: office@HolyTrinityPgh.org

Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh (pittsburgh.goarch.org) and the Greek Orthodox Archdiocese of America (goarch.org) under the Spiritual Jurisdiction of the Ecumenical Patriarchate of Constantinople.

**Parish Administration  
Clergy**

Rev. Fr. John Touloumes, Proistamenos  
Rev. Fr. Radu Bordeianu, Assistant Priest

**2022 Parish Council**

George Dickos, President (pcpresident@holytrinitypgh.org)

Alvin Backeris	Evan Danis	Michael Passodelis
Anthony Balouris	Tom Germanos	Chris Sarandou
Ashley Bournias	George Mellis	Alexandra Valliant
George Danis	Dean Passodelis	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 opportunities. There is something for everyone, so please get involved today! Everyone is welcome!

**"FAITH. FAMILY. COMMUNITY."****Thank you for supporting our Sponsors****Eye Physicians & Surgeons, Ltd.**

Christ A. Balouris, M.D.

Comprehensive Medical and Surgical Care  
Three Convenient Locations in the Pittsburgh area  
www.pgheyemds.com

North Hills/Wexford: 7000 Stonewood Drive, Suite 200, Wexford 724-940-4001  
Aspinwall: 200 St. Margaret Medical Arts Bldg., Suite 2020 412-784-9060  
Shadyside: Aiken Medical Bldg., Suite 103, 532 S. Aiken Ave 412-621-9060

**BALOURIS EYE CENTER, PC**

CONSTANTINE A. BALOURIS, M.D.

H. ROBERT PAPAS, M.D.

102 TECHNOLOGY DRIVE, SUITE 120  
BUTLER, PA 16001  
OFFICE: 724-482-0090  
FAX: 724-482-0093

Visit us at.... [www.BalourisEyeCenter.com](http://www.BalourisEyeCenter.com)

## H & A HEATING AND AIR CONDITIONING, INC.

412-366-2990

Sales, Service & Maintenance  
Harry G. Athanasiou, President



**Chris T. Balouris**

3509 Smallman St., Pittsburgh, PA 15201

Phone: 412.682.2700 [www.salonika.net](http://www.salonika.net)

Retail Store Hours: Mon-Fri 8am-4pm | Sat 9am-2pm



**HearingLife** (724) 719-2304

WEXFORD  
1500 Village Run Rd., Ste. 315

**Tammy Backeris**

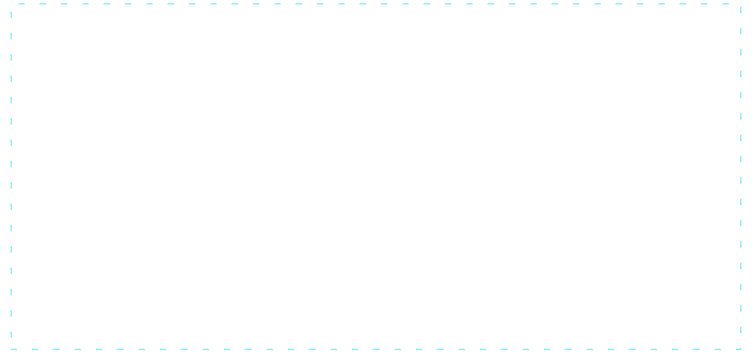
H.I.S. Hearing Instrument Specialist | License #F03293  
[efba@hearinglife.com](mailto:efba@hearinglife.com)



**HOLY TRINITY GREEK ORTHODOX CHURCH**  
985 PROVIDENCE BLVD, PITTSBURGH, PA 15237  
HOLYTRINITYPGH.ORG



NON-PROFIT  
ORGANIZATION  
U. S. POSTAGE  
**PAID**  
PERMIT NO. 1463  
PITTSBURGH, PA



## BLESSING GOD AT ALL TIMES

**When you believe that God manages the circumstances in which you find yourself—as long as you don't grumble and don't begrudge Him, but rather bless God—you apply yourself where you are, then all the circumstances help you to pray without ceasing and you make progress; and you sense salvation.**

Elder Symeon of Thessaloniki