



September 2023
Volume 31 | Issue 7

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PHOTO OF THE MONTH



Father John and Presvytera Becky are joined by their daughter, Presvytera Maria, as they are honored by the Holy Trinity community for 30 years of ministry. See more on pages 12-13.

THE HOLY TRINITY

HERALD

Faith. Family. Community



The Exaltation of the Holy Cross

Feast Day: September 14

Save, O Lord, Your people and bless Your inheritance; grant victory to Your rulers against their adversaries; and protect Your commonwealth through Your Cross.

THE NEWS MAGAZINE OF HOLY TRINITY GREEK ORTHODOX CHURCH, PITTSBURGH, PA



Father John Touloumes
Proistamenos

CELEBRATING 10 YEARS ALL YEAR!

1923 · CENTENNIAL · 2023

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.

Remember your leaders, those who spoke to you the word of God.

Hebrews 13.7

My beloved Holy Trinity family,

Speechless. Overwhelmed. Humbled. Totally and completely surprised - really!

Those are just a few of the words Presvytera Becky and I were able to come up with to describe the tremendous honor and love showed to us by our beloved Holy Trinity Community last week in celebration of our 30 years of ministry here.

As the actual anniversary date of August 1 passed quietly, there was a wonderful peace, thankfulness and fulfillment in our hearts, knowing that the fruits of all those years of laboring in the Lord's vineyard here did not need banquets or speeches to talk about them because the fruits of those years spoke for themselves, found in the faith, family and community that surround us every day at Holy Trinity Church. We were truly looking for no other recognition. So please understand how taken by surprise we both were.

But heeding the words of Saint Paul above, who calls us to honor those who lead us in the faith, it was a joy to see the enthusiasm in the smiles, hugs and greetings of so many of our dear Holy Trinity family members who pulled off the surprise. Many thanks to all those who so graciously (and sneakily!) offered their time and love in putting the celebration together under the leadership of our Parish Council President, George Dickos, Father Radu and our Philoptochos President, Marianne Stearns. And only our amazing caterers and parishioners, Evan and Kelley Kaparakos, would know what some of our favorite foods are ("Papoutsakia") and how to prepare them like true Greeks that day! It was also our deep joy to be joined by our daughter, Presvytera Maria, who was representing our families, who were not able to be there. Thank you to you all, and to everyone who offered so much that day and every day! We truly love you!!

When we finally settled down that afternoon from all the excitement, one of the most rewarding parts of the day happened when Pres. Becky and I sat together with the beautiful "30 Years of Thankfulness" cards handwritten by many of those in attendance at the luncheon. As we carefully took turns reading them aloud to each other, we were flooded with memories, emotions and—truthfully—many tears of joy and thanks of our own for you all. We truly love you, thank God for you in our hearts and prayers and would not rather be anywhere else than side-by-side with you, working together in this most blessed vineyard of the Lord. In the words of Sy. John Chrysostom, "Glory to God for all things!"

So now it's onward to the true highlight of the year and of the century: the Consecration and Centennial of Holy Trinity Church! All your sacrifices, offerings of love, selfless labors and more have brought us to this historic moment, when the entire 100 years of the Holy Trinity parish are united in the timeless tradition and faith that has built this community and given us the grace of offering it back to the Lord as an eternal dedication. Please be sure to set aside the entire week-end and plan on participating in everything. God-willing, you will tell your grandchildren and friends years from now that "you were there" for this once-in-a-church's-lifetime historic event. Be there, be blessed!

Pastorally and paternally yours in the Lord,

SEPTEMBER

WORSHIP LIFE

Weekday Services - September

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 for updates. (HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Fri., Sep. 8,** 8:30a/9:30 Liturgy: Nativity of the Theotokos (SG)
- **Wed. Sep. 13,** 7:00pm Great Vespers - Exaltation of the Holy Cross (Location: Holy Cross Church, 123 Gilkeson Rd., Mt. Lebanon, PA)
- **Thu. Sep. 14,** 8:15am: Orthros/9:30am Liturgy - Exaltation of the Holy Cross (Location: Holy Cross Church, 123 Gilkeson Rd., Mt. Lebanon, PA)
- **Tue, Sep. 26,** 8:30a Orthros/9:30a Liturgy: Falling Asleep of St. John the Evangelist (SG)

Blessing of the Animals September 16

Attention all pet owners: Bring your pet to Holy Trinity Church on Saturday, September 16 at 10:00am (promptly!) for the Blessing of the Animals service. It will be held outside the front of the church in honor of the Feast of St. Mamas, one of the Orthodox patron saints of animals. All kinds are welcome! Please be sure to leash dogs and hold others to help keep the peace!

RELIGIOUS EDUCATION NEWS

Church School Resumes in September

Church School will resume the week after the Festival, on Sunday, September 10. If you have not yet registered your children, have them attend the appropriate class and register at the registration table in the Gallery after class.

Church School Snack Signup

All Church School families are asked to sign up for hosting one Church School Snacks Sunday. Even if there are multiple children in a family, each family is asked to pick one Sunday. A list is available in the Gallery following Liturgy.

Church School Class Times - Please note!

Attention Church School students and parents: please note the following times and locations for Church School classes:

- **Classroom Locations**
 - Pre-School through Eighth Grade classrooms are located on the upper level of the Education Center
 - Ninth through Twelfth Grade classrooms are located on the main floor of the Education Center

Dismissal Times

- Pre-School children through Sixth Grades are dismissed at 11:15am or following Liturgy.
- Seventh through Twelfth Grade classes conclude at 11:30am. All students will be dismissed to the Church School snack area.

Student Pick-up

- Pre-School parents should meet their children outside the Pre-School classroom.
- All other parents are asked to wait on the main floor level to reduce upper level traffic.

Church School Snack Area

- The Church School snack table is located on the main floor Education Center hallway outside the Fireside Room.

Special Church School Assembly..... Oct 29

Our Church School students and staff will prepare for the Consecration service by participating in a special event on Sunday, October 29. Following Holy Communion, the Church School will gather in the Grand Room for a Consecration "Pre-Enactment." Father John will guide the students through the events of the Consecration, with the young people doing role play. Parents, make sure your children are there for this Sunday and—most importantly—for the historic Consecration the following week.

YOUTH MINISTRY NEWS

Youth Ministries Kick-Off September 9

Holy Trinity Church will be hosting a combined Youth Ministries Kick-Off Picnic on Saturday, September 9 from 3:00-7:00pm at the Willows Pavilion on Babcock Boulevard in North Park. Volunteers are needed to bring food and help with activities. See the flyer in this issue for details and to volunteer.

GOYA Meeting September 17

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on Sunday, September 17. All Holy Trinity teens (grades 7-12) are invited to attend and participate in GOYA activities.

Youth Safety Certification Reminder for Adults

Youth Protection Policy Note: All adults involved youth ministry contact will need to complete the youth safety and protection requirements of the "Policies for the Safety of Youth and Children" of the Archdiocese, Metropolis and Holy Trinity Church. Not yet certified? Have questions? See our parish Youth Safety Coordinator Anthony Balouris or email youthsafety@HolyTrinityPgh.org.

PHILOPTOCHOS MINISTRY NEWS

Philoptochos Meeting..... September 10

Holy Trinity Philoptochos will hold its monthly meeting on Sunday, September 10, 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 Centennial Ornament Deadline ... Oct. 1

Holy Trinity Ladies Philoptochos is offering a special Centennial Ornament to celebrate 100 years of Holy Trinity Church. Order this beautiful limited-edition collectors item now at HolyTrinityPgh.org/centennial. Each ornament measures 2-½ inches, made of cast metal & comes in a storage box. Use it as a Christmas ornament or display it all year long! This will be a wonderful gift for the holidays, or to celebrate graduations, weddings, & new babies too. Get one for yourself, your child or grandchildren, Godchild, or your friends! Pre-order now to receive the discounted pricing of \$20.00 per ornament. **All orders must be pre-paid and received by Sunday, October 1, 2023 to pick up the ornament before the holiday season.** Shipping is not available. A limited number will be available on the pickup date at the regular rate of \$25.00 per ornament.



COMMUNITY NEWS & EVENTS

Bereavement Support Ministry September 11

Join us for our upcoming Holy Trinity Bereavement Support Ministry meeting. Our team provides spiritual care to our parishioners and their extended family & friends in times of grief and loss of a loved one. Meetings start at 6:30pm with fellowship and light refreshments. It doesn't matter whether your loss is recent or many years. This valuable ministry offers a safe sharing environment for sharing and caring, and there is no cost for sessions or written materials. Questions: contact Amy Armanious at visitation@HolyTrinityPgh.org.

Visitation Ministry Collecting Yarn and CDs

For the month of September, the Visitation Ministry is collecting yarn (newly purchased or unused; all colors & textures) and CDs for crafts. Please hand them in a bag to Amy Armanious during Hospitality Hour. For questions, feel free to email visitation@holyltrinitypgh.org. Thank you as we prepare Christmas gifts for our homebound parishioners and extended family members.

Consecration Weekend: Reserve Now!..... Nov. 3-5

The Consecration Weekend flyer is located on page 17 of this issue. Please plan on dedicating that weekend to celebrating the once-in-a-lifetime historic Consecration and Centennial of our beloved Holy Trinity Church with your parish family. Here are the weekend events:

- **Friday, Nov. 3, 7:00pm: Consecration Vespers**
- **Saturday, Nov. 4, 8:00am: Orthros**
- **Saturday, Nov. 4: 9:00am: Consecration Liturgy**
Chief Celebrant: His Eminence Metropolitan Savas
- **Saturday, Nov. 4, 12:00pm: Consecration Luncheon ***
- **Sunday, Nov. 5: 8:15am: Sunday Orthros**
- **Sunday, Nov. 5, 9:30am: Sunday Divine Liturgy**
- **Sunday, Nov. 5, 5:00pm: Centennial Gala ***

All events are open to the parishioners and friends of Holy Trinity Church. Events marked with a * require tickets, and reservations are available at HolyTrinityPgh.org/events. Sponsorship opportunities are also available.

For more information about the Consecration and Centennial tickets and available commemorative items, visit our website at HolyTrinityPgh.org/centennial.

Stewardship Update

We are three-quarters through 2023, and we are still



seeking 2023 Stewardship pledges from some of our parishioners. If you have not yet received a 2023 pledge card or are new to Holy Trinity, please contact the office. Prefer to pledge online? Use the QR code found here or visit HolyTrinityPgh.org/stewardship. Remember, a

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.

Reminder for Church Facilities: Reservations Required!

With fall activities starting up, if your ministry or committee is planning a meeting or event to be held at the church, please note that reservations for rooms and event spaces are required. Please call the Church Office at 412-366-8700 and speak to our Office Administrator, Mary Portellos or email her at office@HolyTrinityPgh.org. Your cooperation helps ensure every group that needs a place has one. Thank you! ❖



Therefore I tell you, do not be anxious about your life" (Matthew 6.25). In the Name of the Father and the Son and the Holy Spirit. Amen.

In his book, "Longing for God," Father John Breck relates an experience he had while living on the Carolina coast when Hurricane Charley swept through. As it did, he noticed that the bird feeders, usually teeming with a variety of species, were understandingly unoccupied while they were whipped back and forth in the winds. But when the storm passed, in an instant they were once again alive with cardinals, blackbirds and blue jays. But what left the biggest impression was the hummingbird feeder. "Normally," he says "we spot only one or two of the little birds at a time, hovering like mini-helicopters while they gorge themselves on sugar water." This time, he continues, there were half-a-dozen or more fighting off each other to get to the feeder. Why? During the storm they were forced to hunker down with nothing to eat. And with the energy they continuously burn, they need constant nutrition to stay alive. So when the storm passed, they emerged and headed straight for the life-sustaining food.

"Sometimes," he comments, "we are very much like those little hummingbirds. We find ourselves caught up in events or conditions that

render us virtually helpless...a storm that threatens our very existence...Often," Breck continues, "it seems like God leads us to the very edge of the abyss before reaching out to rescue us...We feel abandoned. Yet God never abandons those He loves." God provided for them without them even knowing or asking.

Does likening us to little birds in God's care sound like a stretch of an analogy to you? Just a few moments ago, we heard that very example from the mouth of Jesus Himself: "Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life?" (Matthew 6.26-27).

We live in a stress-inducing and anxiety-filled world. Technology, good as it can be for many things, has, at least in my opinion and experience, greatly magnified the problem. When, for example, was the last time you didn't check your phone for an entire day, let alone a few hours? It also probably hasn't been that long since either you or someone you know has said, "I'm so stressed out!" On top of that, the pandemic has altered the way many people approach life and others, signified by a sense of hypervigilance according to Psychology Today magazine, which keeps us on a continuous high alert.

Anxiety is by no means a new phenomenon. It is built into our physiology through a biological mechanism known as the "fight or flight" response, which according to Harvard Medical School is a "near-instantaneous sequence of hormonal changes and physiological responses [that help] someone to fight the threat off or flee to safety." Heart pounding. Breath quickening. Muscles tensing. Sweat dripping. Most of us have..." been there, done that."

Now, obviously not everything is a life-or-safety threatening situation, but allowing ourselves to believe it is or to react on that level on a regular basis to everyday life can be tremendously damaging, especially if we feel we are all alone in facing it. Like a motor revved beyond its limit, it can cause real harm, physical, emotional and spiritual. It robs us of our peace and cripples our response. As a contemporary Christian radio host once said, "Worry never fixes tomorrow but it always ruins today."

So, what to do? Well, on the one hand, we could simply sing that catchy little song by Bobby McFerrin from back in 1988. Remember it? "Don't Worry, Be Happy." (I know it's going through your head right now that I've mentioned it!) And there are plenty of self-help books that will tell you that's the answer. But ignoring real issues will eventually catch up with us.

For Christians, there's another way.

Not self-help, but God-help. And your faith is a veritable treasury of guidance, encouragement and support in those times, from the Holy Scriptures to the Fathers to the contemporary Elders and Spiritual Mothers. And all of them are like guiding stars pointing us back to the only true peace we will ever find: "Let the peace that comes from Christ rule in your hearts" (Colossians 3:15).

You may say, "Father, you don't understand, it's just not that easy because..." To which my response is, "Nobody said it was easy." Each of us can come up with anxiety-producing experiences in our past or worried concerns about our future over everything from finances to relationships to work to family and more. I won't even try to imagine what your unique situation is. So let's dig into that treasury of the Church's faith and guidance and look at three broad categories that might be causing some anxiety in our life today. Before that, I want to pause for just a moment and give you a chance to think what your own stress-spot is. Capture it, hold it before you and see if any of these fit.

1. We are anxious because we don't know the outcome

In this case we want to believe it'll be ok, but anxiety gets the best of us because we just don't know what's going to happen. We feel like we have no control. St. John Chrysostom has some advice. "Wait till the end and you will see the outcome of events. Don't fuss, don't worry yet awhile. Imagine someone who is not of the trade watching a blacksmith start melting down gold and mixing in ashes and straw. If he does not wait till the end, he will think that that poor piece of gold is going to be destroyed." (St. John Chrysostom, On Providence, 9). We may not be in control, but God always is.



2. We are anxious because thoughts swirl around our mind and torture us

No matter what situation you are holding in front of you as your example, it's safe to assume that your mind has been captured with what-if's and if-not's, including the worst-case scenarios. Our mind often goes there first. Saint Paisios helps us avoid this mind storm by comparing our circling thoughts to airplanes. "We must not wail and beat our chests because an airplane passed over the roof of our house.... Thoughts (logismoi) are like airplanes flying in the air. If you ignore them, there is no problem. If you pay attention to them, you create an airport inside your head and permit them to land! If we do not allow a logismos to land inside the depths of our hearts and minds, then even if we see it and hear it, even if it bothers us for a while by its presence, we should never be afraid of it." (St. Paisios)

3. We are anxious because it hurts

Pain can come in many forms: physical, emotional and spiritual. If we define peace as a total absence of suffering or pain, we might never find it. And pain without purpose simply destroys our peace and leaves us anxious because we can't find God or a reason in it. Elder Aimilianos advises us to transform our view of pain in a way that sanctifies even that.

"If you consider every difficulty, burden, privation, and pain as a divine visitation, then you will live and be beyond temptations. No one will be able to trouble your spirit...The person who is committed to spiritual struggle must learn not simply to accept physical pain and other difficulties, but must learn to see and understand them as blessings and opportunities for spiritual growth and sanctification. (Elder Aimilianos, The Mystical Marriage)

Putting all that together, let's take that stress, worry or anxiety you are holding in your hands, the one you picked when we started, and let's bless it using the advice we were given today. Like the hummingbird emerging from the storm and returning to the feeder provided without even asking, let's emerge from our anxiety and follow this prayer in our heart.

"Lord, I don't know the outcome of this, but I know You do, so today I will trust You and follow Your words to not be anxious about it. Lord, I have allowed my troubled thoughts to consume so much of me, but today I know this just distracts me from focusing on You in my life, so today I pray You will sanctify my mind and my heart so that fear and anxiety are no longer my masters. You are. And Lord, I have been dwelling on the pain this has brought to my own life, but I do not have enough thanks in my heart for the intentional pain You have suffered for us as our loving Lord as part of our Heavenly Father's plan of salvation. I know Your divine purpose is in it. I know you are there. Today, I give it all to You. I trust You. I ask for Your peace. I give you my pain to bless. Amen.

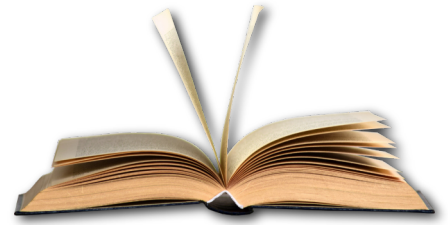
And now, concluding with Saint Paul, "Let the peace that comes from Christ rule in your hearts." (Col. 3:15).

Delivered June 25, 2023 ❖

Father Arseny:

Priest, Prisoner, Spiritual Father

A light and enduring love to all those around him



“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.

Imagine being in barracks in the middle of nowhere. It is nighttime. Along the rows of bunks, you can see lightbulbs barely giving off light. It is -50°F outside. Snow is covering the windows, but you can still see the searchlights roaming the premises which are encircled by barbed wire, armed guards, and watch dogs. You are surrounded by others, but you are alone. Your friends and family have no idea where you are or if you are alive. People are dying all around you from exhaustion, malnutrition, or murder. You know you will likely succumb to one of these, too. Tomorrow morning you will wake up to another day of bitter cold, hard labor, and little food. You have a feeling of hopeless horror. This was life in a “special” labor camp in Stalin’s Russia.

Father Arseny: Priest, Prisoner, Spiritual Father tells stories of Father Arseny and the years he spent in these camps. Through the horror and darkness of the camps, Father Arseny provided a light and enduring love to all those around him. A love that transformed the horror into a beautiful witness to how to live a Christian life.

I want to share a few themes about Father Arseny’s life that stuck out to me:

Closeness to God

Through the pain, he prayed unceasingly and uttered no complaints.



Where others saw pain and death, Father Arseny saw God working among them. He cared for and protected those around him. He nursed the sick. He stood up for the weak. He risked his life for others with a boldness

that came from his closeness to God.

Miracle Working

His life was filled with extraordinary events. For example, he and another atheist prisoner once spent 48 hours in a small holding cell at -20°F. Father Arseny’s prayer physically warmed them. Not only did they miraculously survive, the atheist was converted to Christianity after seeing heavenly visions during the confinement.

Conversion of Nonbelievers

Countless nonbelievers were converted to Christianity through Father Arseny. His faith attracted the most unbelieving prisoners and guards like an gravitational pull. He had a way of seeing into their soul and knowing exactly what they needed. They all said the same thing: He gave them peace, joy, and relief.

Courage

His courage was inspiring. He stood up to hardened and dangerous criminals, both physically and verbally. In one instance when prisoners were asking how Russia ended up the way it did, he told them that it was the people’s fault. He said, “The seeds of Faithlessness fell on the soil which we ourselves had prepared...We are only reaping what we ourselves have sown.” A bold thing to say in a prison camp full of people who blamed Stalin. This is something we can learn from in 21st century America.

Inner Strength

People thought him to be a “silly priest.” On first look he was an old man in a patched up padded cotton jacket, exhausted and tired. But when the head of the camp looked him in the eye, “he understood that Father Arseny was full of life, faith, and unlimited love for people...He was burning with an inner strength which he was generously giving out to others, making their suffering easier to bear and chasing from them the feeling of fear and desperation. He was carrying his faith to other people.”

This book portrays some of the most evil persecutions of Christians in our history. But it also gives us the opportunity to see an extraordinary Christian life.

If we can imitate even a small fraction of Father Arseny’s life, I truly believe we will be blessed beyond measure. ❖

Rick Paese

Faith & Family Weekdays

Grow Your Knowledge and Practice of the Faith!

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. 3, Nov. 7, Dec. 5, Jan. 2, Feb. 6, Mar. 5, Apr. 2, May 8.

ETW



Explore the Word
Wednesdays, 6:30pm

Father Radu leads us through his new book, "Icon of the Kingdom of God." Drawing on a rich knowledge of scripture, the Church fathers, and theologians, learn what the Church is and means to us. Fall dates: Sep. 20, 27; Oct. 4, 18, 25; Nov. 15, 29, Dec. 6, 13.

MPS



Monthly Paraclesis Service
Second Tuesday, 6:30pm

Join in hymns and prayer, to honor 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. Sep. 12, Oct. 10, Nov. 14, Dec. 12, Jan. 9, Feb. 13, Mar. 12..

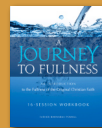
LCC



Liturgical Cooking Class
Dates TBD

Did you know that the Prosforo (bread for the Divine Liturgy), Kollyva (memorial wheat), Artoclasia (for the Blessing of the Loaves) are not bought from a store but made by parishioners? You can learn how to make them, too! Watch for dates of these free classes!

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. Sep. 18, 25; Oct 9, 16, 23; Nov. 13. Repeats Apr. 24, May 1, 8, 15 & 22, Jun.12.

P&P



Prayer & Panera
1st & 3rd 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. Sep. 21; Oct 5, 19; Nov. 16; Dec. 7, 21 & more.

Orthodox Christian life happens every day, not just Sunday! Faith and Family Weekdays offers many ways during the week to grow in our faith and share in the community life of the Church. 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.

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**. Learn more about Orthodox faith, history, and worship on the **Journey to Fullness**. 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 for details and locations.

AND SAVE THE DATE FOR THIS ANNUAL OUTREACH EVENT: CHRISTMAS CAROLING AT THE SISTERS OF DIVINE PROVIDENCE! WEDNESDAY, DECEMBER 20

The entire community—adults and youth alike—are invited to this special evening of Christian holiday outreach to our neighbors at the Sisters of Divine Providence on Wed. Dec. 20. Meet at Holy Trinity at 6:30pm, then head over to bring Christmas blessings and cheer to these faithful sisters!

Friends, we're now in the home stretch, three-quarters of the way through the year! Thanks to the support of everyone in this community, we have weathered the year well, but your help is still needed. The year is not over, and more needs and expenses still loom over the horizon.

That means it's time to review your personal Stewardship pledge goals to ensure you fulfill them by year's end, or sooner if possible.

In years past, you had to wait to receive a printed and mailed statement to know exactly where your pledge stood. No more! Now your Stewardship pledge progress is always available to you through Realm.

So, where do we stand as a community? As demonstrated in the graphs to the right, through August, Holy Trinity has received \$297,717 of the \$400,632 pledged in the 2023 Stewardship campaign. The good news is we are on track for fulfilling the pledges if we stay on time with our contributions. The challenge is that we are still well short of our goal of \$640,000 for the year 2023 to fully fund the operations of this church without outside funding.

As the Stewardship Committee, we are responsible for maintaining this essential support for the life of this parish. While individual contributions are confidential, our new Realm system allows the church leadership to see how close we are to fulfilling our stewardship to date. We are thankful for those who have fully fulfilled their pledges—that's about 30% of total pledges. This is fantastic, and we encourage others to continue to work towards full fulfillment.

The Home Stretch

How You Can Help Holy Trinity Stewardship Bring In a Home Run



PLEDGE NOW!

Stewardship (Jan 1-Dec 31, 2023)

Campaign Progress for Stewardship (Jan 1, 2023 - Dec 31, 2023)

\$640,000.00 goal

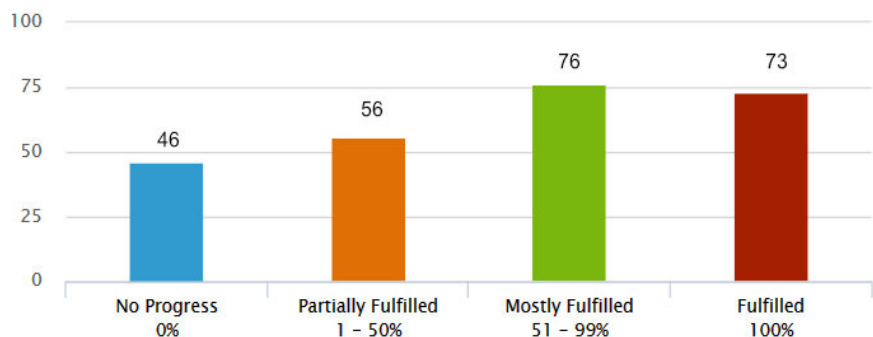
Total Pledges: 251

\$400,632.80 pledged

Amount Needed: \$342,282.58

\$297,717.42 received

Pledge Fulfillment Status as of end of August (67% through the year)



However, 18% have not contributed any offerings towards their pledges. It's never too late to start, and your church is counting on your pledge! Even if you haven't turned in a pledge card yet or are new to the parish, you can still pledge an amount by the end of the year. The ministries of Holy Trinity truly need your support, especially as we roll into fall with one of the largest Church School classes ever and our exciting and historic Consecration and Centennial celebration. Our parish continues to grow both physically—with new icons and furnishings—as well as spiritually, adding new members regularly...and lots of new little children in 2023!

Holy Trinity's growth and vibrancy requires all of us to be responsible stewards, accountable to each other, and committed to fulfilling our pledges. We all want Holy Trinity to be a living and growing community in Christ, with all the amazing ministries sustained for ourselves and future generations. So if you haven't contributed yet, there's still time. And if you have, we thank you and ask you to continue to support the ministries of Holy Trinity in 2023. To pledge, donate or check your status, visit HolyTrinityPgh.org/stewardship. ❖



(Above) August 13: Members of the Board of Holy Trinity Philoptochos are installed for the coming term. (Center) August 20: Holy Trinity students of all ages bring their backpacks for a blessing as they begin their school year. (Bottom) August 20: Holy Trinity GOYAns bring backpacks donated for local needy students to the church for blessing before distributing them to a local North Side school. 96 were purchased and filled with donated school supplies by Holy Trinity parishioners as an outreach of love.



(Right) June 19: Eric and Kit White install a beautiful new handmade Holy Trinity Community Garden Sign; (Row 2) June 25: Deacon Mark Matejevich returns to Holy Trinity Church for the first time since being ordained. August 6: Father John and Father Radu offer a blessing of the first fruits on the Feast of the Transfiguration; (Row 3) August 20: The Visitation Ministry hosts a card-signing event at which parishioners sign beautifully-designed cards by Nancy Palamara. The cards are sent to the home-bound, residents of care facilities and other Holy Trinity parishioners challenged by health or mobility issues to let them know their community remembers them. (Bottom) August 20: Holy Trinity GOYAns organize the backpacks collected for local needy children. August 21: Holy Trinity Church School staff gather for a new school year planning session. With over 100 students registered the staff is ready for a growth-and-faith-filled school year!





Fr. John and Pres. Becky: Thirty Years!

August 20: The Holy Trinity community surprised Father John and Presvytera Becky with a celebration of their 30 years of ministry at the community. Following the Divine Liturgy, Parish Council President George Dickos, Philoptochos President Marianne Stearns, GOYA President Rebecca Bordeianu and Father Radu presented Father John and Pres. Becky with a commemorative poster in their honor. A celebratory luncheon was held in the Grand Room following the service with many in attendance. The meal included a Greek eggplant specialty called "Papoutsakia," prepared by our caterers, Evan and Kelley Kaparakos, along with their staff and parish volunteers. Special cards were placed at each table inviting parishioners to write a note of thanks to Father John and Presvytera, and many moving comments were offered. It was indeed a day filled with joyful thanks. See Father John's article on Page 2 for a personal thanks.







HOLY TRINITY YOUTH MINISTRIES

CHURCH SCHOOL | HOPE | JOY | GOYA | ACOLYTES | GREEK DANCE

2023-2024 Theme: "Trust in the Lord"

"TRUST IN THE LORD WITH ALL YOUR HEART AND LEAN NOT ON YOUR OWN UNDERSTANDING; IN ALL YOUR WAYS ACKNOWLEDGE HIM, AND HE WILL DIRECT YOUR PATHS." (PROVERBS 3:5-6)

2023 Holy Trinity Youth Ministries Kick-Off Picnic



September 9 2023 - 3:00-7:00pm

Willows Pavilion at North Park

What To Bring:

- HOPE - Desserts
- JOY - Drinks
- GOYA - Appetizers

Main course will be provided

RSVP by Sep. 6

Vicki Ambrose 412-720-5094

or vambrose817@gmail.com



All Holy Trinity youth and parents are invited!



HOLY TRINITY CHURCH

985 PROVIDENCE BLVD,
PITTSBURGH, PA 15237

**INVITES YOU AND YOUR PETS
TO THE ANNUAL**

BLESSING OF THE ANIMALS SERVICE

SATURDAY, SEP 16, 10:00AM

IN FRONT OF HOLY TRINITY CHURCH MAIN ENTRANCE

 A BRIEF PRAYER SERVICE IN HONOR OF
SAINT MAMAS, PATRON SAINT OF ANIMALS,
WILL BE OFFERED. ALL PARISHIONERS ARE
WELCOME TO BRING THEIR FAMILY PETS.  

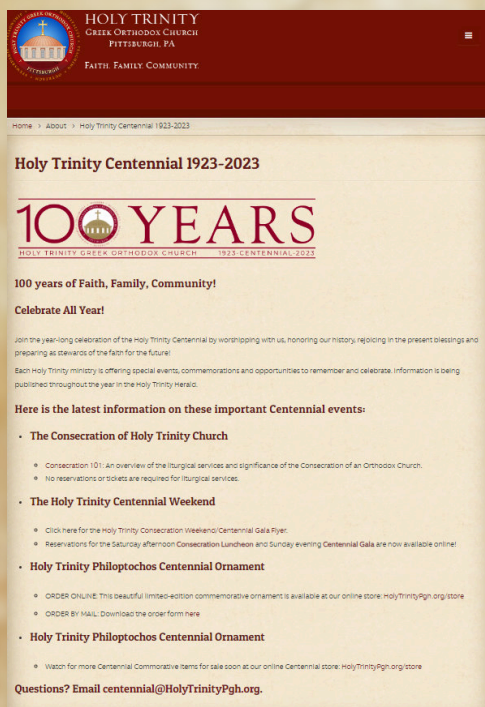


100 YEARS

HOLY TRINITY GREEK ORTHODOX CHURCH

1923 · CENTENNIAL · 2023

INFORMATION | RESERVATIONS | MERCHANDISE
FIND IT ALL AT HOLYTRINITYPGH.ORG/CENTENNIAL



START HERE

The Holy Trinity website Centennial page is the central information page that can take you where you need to go for everything related to the Centennial and Consecration



WEEKEND DETAILS

The Consecration and Centennial Flyer contains the schedule for the entire weekend. Found in the Herald, Bulletin and on the Centennial website.



GALA TICKETS

Available on Realm and in the Gallery following Liturgy



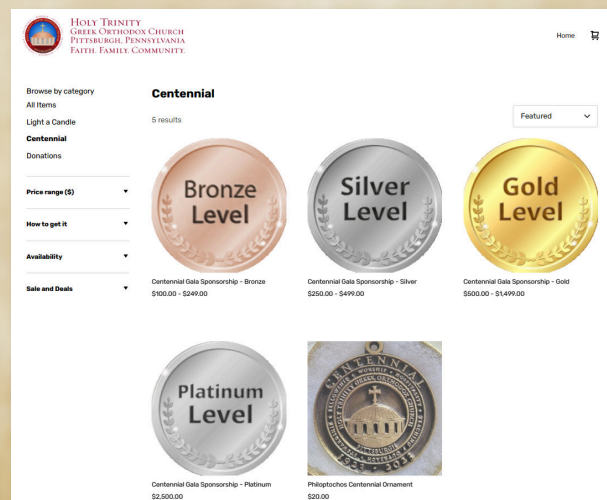
LUNCHEON TICKETS

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Gala sponsorships, Philotochos Ornament and more coming to HolyTrinityPgh.org/store



MORE QUESTIONS? EMAIL CENTENNIAL@HOLYTRINITYPGH.ORG OR CALL 412-366-8700

100 YEARS



Holy Trinity Consecration Weekend

Consecration Vespers: Friday, Nov. 3rd

7PM - Consecration Vespers and Placing of the Holy Relics on the Altar

Consecration Liturgy & Luncheon: Sat. Nov. 4th

8AM - Orthros

9AM - Consecration Divine Liturgy and Procession with the Holy Relics

His Eminence Metropolitan Savas presiding

12PM - Celebration Luncheon in the Holy Trinity Grand Room

Adults: \$25

Children under 12: \$15

The Holy Trinity Centennial Gala at the Omni William Penn Hotel Sunday, November 5th, 5pm

Adults: \$150

Teens (12 to 18): \$100

Seniors: \$100

Children under 12: \$50

Ticket prices include: appetizers, dinner, dancing, and the famous Pittsburgh Cookie Table. Please contact Joyce Athanasiou to donate to the Cookie Table

Entertainment by the **George Karas Band** featuring Toronto based clarinetist **Peter Bexis** and the **Holy Trinity Jazz Band**.

Gala Sponsorship Levels:

Bronze: \$100-\$249

Silver: \$250-\$499 (receives Commemorative Marble Icon)

Gold: \$500-\$1499 (receives Commemorative Marble Icon and 1/8 page ad in the Centennial Album)

Centennial: \$1500 and above (receives Commemorative Marble Icon and 1/4 page ad in the Centennial Album)

CONSECRATION LUNCHEON TICKETS, GALA TICKETS & SPONSORSHIPS
AND COMMEMORATIVE MERCHANDISE ARE ALL AVAILABLE ONLINE AT

HOLYTRINITYPGH.ORG/CENTENNIAL

AND AT HOSPITALITY HOUR FOLLOWING SUNDAY LITURGY
GET YOURS TODAY!

QUESTIONS: EMAIL CENTENNIAL@HOLYTRINITYPGH.ORG

THE CROSS: THE TRUE VICTORY

We carry our Cross with inspiration, courage and hope in Jesus Christ, the Holy Conqueror of death.

Wherever the grace of God is present, the great mystery of the Cross and Resurrection of Christ is at work, because the fullness of grace has come to us through the Only-begotten Son, "full of grace and truth." This grace is the energy of God's life, the fire of His love. Just as God is without beginning and eternal, so the radiance of His man through his passions and sins, raised the sinless One up onto the Cross. Christ came to earth, and for the sake of the commandment of the Father, He emptied Himself unto the end to grant His creature fullness of life. He laid down His life to pour forth everlasting life upon the whole of mankind.

Geronda, if the Cross was an instrument of death, how can we see it as a key to life?

With absolute trust, the Lord surrendered His holy soul to the Heavenly Father with the words: "Father, into Thy hands I commend my spirit."

God the Father, however, could not suffer His Holy One to see corruption. Christ was raised from the dead and the devil was defeated. The Cross of the Lord became a sign of victory, "the power of God, and the wisdom of God." It opened a new perspective and brought a different energy into the world.

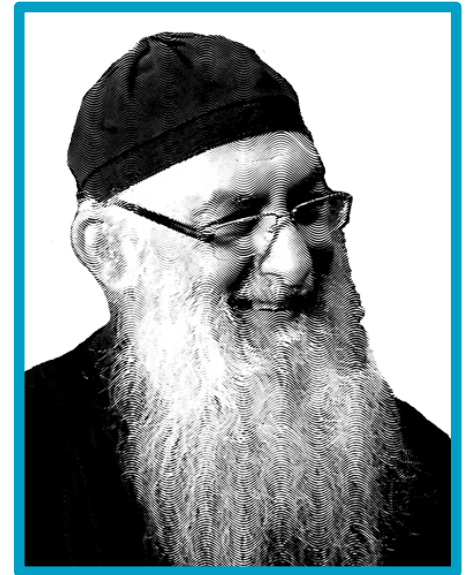
Wherever the word of God and His

commandments are kept, the mystery of the Cross is at work. His word is quickening. Wherever it dwells, it bestows life; whichever heart it touches becomes dead unto the world and alive unto God. The created world and the mind of the flesh are left behind and, embracing the divine word, man walks "in newness of life" with his whole being turned towards his God and Creator.

We are told "take up your Cross," but that often carries a heavy burden that is difficult to bear.

Self-pity and self-justification are very far from the spirit of the Lord, Who entered into the world with the words, "Lo, I come to do Your will, O God." "My heart is ready" to sacrifice myself for Your creature. "Nevertheless not my will, but Thine, be done, O Holy Father."

Man's relationship with God was restored when Christ nailed sin onto the Cross. If we are to assimilate this mystery and become fellows of the Lord, we must, according to His commandment, take up our Cross day by day and follow Him "wheresoever He goes." By rejecting every human reckoning and desire, every thought which is not in conformity with the word and commandments of God, the mystery



Archimandrite Zacharias of Essex

of the Cross becomes active in our life.

How can we walk in the spirit of the victory of the Cross?

According to the word of the Apostle, if the consolation and power of the Resurrection are to abound in us, suffering must also abound in our life, that is, suffering for the sake of the Lord's commandment. Without the Cross, there is no Resurrection, and without pain and suffering, we are void of the power of God, which is "made perfect in weakness." We begin to walk on the way of the Lord with awe and amazement, just as the Apostles did.

This is the wise foolishness of the mystery of the Cross. The incentive for the mystery of the Cross to work voluntarily in our life is given by repentance, the mourning that gladdens the heart and blessed tears. Neither men nor demons can touch the man who is determined to take up the Cross of repentance unto death. ❖

Excerpted in honor of the
Feast of the Holy Cross (9/14)
from *Alive from the Dead*.

THE HOLY TRINITY

HERALD

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

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

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**About the Parish**

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Web site: 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

2023 Parish Council

George Dickos, President (pcpresident@HolyTrinityPgh.org)

| | | |
|--------------------|---------------|--------------------|
| Alexander Anetakis | George Danis | Dean Passodelis |
| Anthony Balouris | Evan Danis | Michael Passodelis |
| Andrew Fournaridis | Tom Germanos | Chris Sarandou |
| Ashley Bournias | George Mellis | Jeanne Willow |

Ministries

Please visit the Holy Trinity website at 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!

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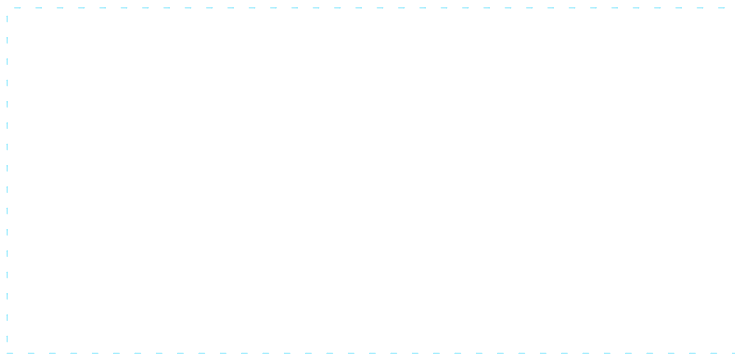
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A CENTENNIAL LOOK BACK: 1952 PHILOPTOCHOS BOARD



Holy Trinity Philoptochos Board—December 24, 1952—Fr. Athanasios Saridakis

Το Συμβούλιον τῆς Φιλοπτώχου Ἀδελφότητος ὁμόνοια καὶ εὐφροσύνη