



THE HOLY TRINITY HERALD

1923 · EIGHTY YEARS OF MINISTRY · 2003

Our Mission: To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ

March 2003

www.HolyTrinityPgh.org

Volume 11 – Issue 3

Monthly Parish Newsletter
Holy Trinity Greek Orthodox Church
Pittsburgh, Pennsylvania
Fr. John Touloumes, Economist

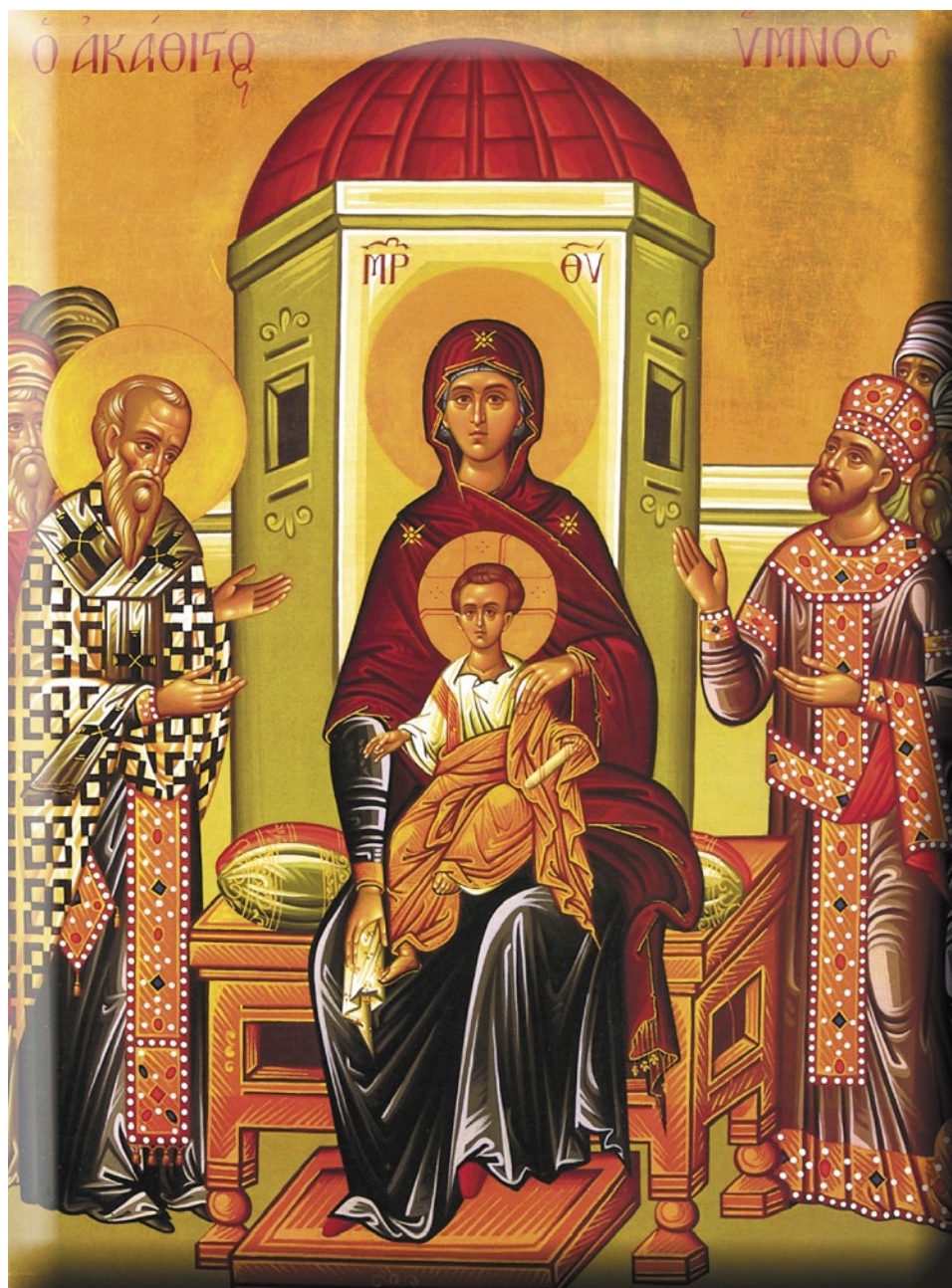
Inside This Issue

- 2 Father John's Message
- 3 News & Events
- 6 Lenten Fasting Guidelines and Health Hints
- 7 Community Life Photos
- 9 Mouse Tales: St. Spyridon
Children's Library Update
- 10 Parish Council Update
- 11 "Gheronda's Corner"
- 12 The Cultural Side
Η Πολιτισμική Πλευρά
- 13 80th Anniversary Photo
Directory Information
- 14 Lenten Orthodox Studies:
"The Treasures of Orthodoxy"
- 15 Herald Sponsors

Special Inserts

March Parish Calendar
Lenten Services Schedule
Paschal Donations Form

SEE THIS ISSUE IN
COLOR ON-LINE AT
WWW.HOLYTRINITYPGH.ORG



An angel of supreme rank was sent down from Heaven to say to the Theokos: "Rejoice!" And perceiving You to take bodily form at the sound of his bodiless voice, O Lord, he was astounded and he stood crying out to her such salutations: "Rejoice, through whom joy is to shine forth; rejoice, through whom the curse is to vanish...Rejoice, for you are a throne for the King; rejoice, for you hold the One Who holds everything!"

From the Service of the Akathist Hymn to the Theotokos

Father John's Message

THE HOLY TRINITY HERALD

Parish Newsletter of
Holy Trinity
Greek Orthodox Church
302 W. North Avenue
Pittsburgh, PA 15212
Phone 412-321-9282
Fax 412-321-7272

A Parish of the Greek Orthodox Diocese of
Pittsburgh and the Greek Orthodox Archdiocese
of America under the Spiritual Jurisdiction of the
Ecumenical Patriarchate of Constantinople

Editor

Father John Touloumes, Economist
Church: 412-321-9282
Home: 412-831-3574
E-mail: fjt@HolyTrinityPgh.org

Production

Josephine Stofko, Parish Secretary
Church: 412-321-9282
E-mail: office@HolyTrinityPgh.org

The Cultural Side

Michael Kritiotis Voula Hareras
Maria Kraniou Vickie Bellios

Publication Schedule

The Herald is published monthly.
The information deadline is the 15th of each
month. If you would like to assist with mailing
the Herald, please contact the church secretary
at 412-321-9282 to volunteer your help.

This issue of
The Herald
is sponsored by
Angela Morris
in memory her
beloved husband,
Michael Morris
May his memory
be eternal!



Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And He fasted forty days and forty nights, and afterward he was hungry. And the tempter came ..."

(Matthew 4:1-3)

My Dear Holy Trinity Spiritual Family,

Many of us have warfare in the desert on our minds again these days. It will be a battle certain to be filled with deception, a testing of allegiances, a trying of the will, a stretching of endurance and a molding of courage. It will provide an opportunity for good to prevail and for the enemy to be put down. Unfortunately, it is the wrong war that pre-occupies most of us.

As Orthodox Christians we pray for our country, its leaders, our armed forces and for peace in the whole of God's world. But the personal warfare we are about to encounter is not the return to the Gulf War in the desert of the Middle East, but the spiritual warfare waged in the desert of our life as we once again stand on the edge of Great Lent with anticipation, as well as "with the fear of God, with faith and with love."

In so many ways, Jesus the God-man set an example for us. He became like us so we might become like Him. And in His setting of the ascetical pattern in the desert, He showed us that periods of time are needed in our life when we truly "set aside all the cares of this life," as we are called to do at each Great Entrance of the Divine Liturgy, and that the temptations are part of life.

Left to our personal imagination or creativity, there are certainly many ways we could invent each year to "do Lent." But just as discipline is a critical element in victory when we are part of an army, so discipline is also necessary as soldiers in the Body of Christ. The disciplines of fasting, prayer and almsgiving are, as Father John Androutopoulos shares with us on Page 11, divinely-given opportunities to re-establish our personal communion with God.

One of the reasons for my choosing "Treasures of the Faith" for our Orthodox Lenten Studies series this year is to remind us that we have all we need in the Faith to follow that path toward God. Though we may be from time to time attracted to a new idea from another church down the street, or the latest self-help concept from the guru du'jour, it is from within the riches of the treasures of Orthodoxy that saints, miracles and everyday faith have grown and thrived for two thousand years. In the words of Saint Polycarp of Smyrna, whose martyrdom we recently commemorated, why would we trade away the superior for the inferior just because someone tries to tempt us? Don't let this Lent pass by unexamined. There is much waiting for each of us. and there is a place for each of us in this great spiritual adventure.

Again, if you have never been to a Great Compline service, come to one this year. If you have never experienced the quiet beauty of a Liturgy of the Pre-Sanctified Gifts, now is the time.

Paris surrendered without a shot in World War II. Don't let the same be said about you this Lent. "Kalo Pascha!"

News & Events

YOUTH MINISTRIES

GOYA Monthly Fellowship Meetings

The GOYA has added a new event to its ministry this year: a monthly fellowship meeting. These informal, home-based gatherings give our teens a chance to discuss issues, ask questions and spend time with Father John on a personal level. The next gathering will be held in March at a date to be announced. All our teens are invited.

GOYA Community Valentine Breakfast March 2

The annual GOYA Community Valentine Breakfast has been rescheduled to March 2 due to snow. Please support our GOYA and enjoy a delicious, hot, home-made breakfast after Liturgy. Thank you!

JOY Lenten Mini-Retreat March 16

The JOY ministry will be holding its annual Lenten Mini-Retreat on Sunday, March 16 from 4:00 to 7:00 pm at the Treesdale Community Center. Information will be mailed directly to the homes of the 8-12 year-olds. Parents, please reserve the date and be sure to have your children there!

GOYA Volleyball Tournament March 29

Our GOYA will once again take part in the annual Volleyball Tournament at St. Nicholas Cathedral on Saturday, March 29. Best wishes to our teams for their participation!

Diocese GOYA Lenten Retreats April 4-6, 11-13

The Diocese of Pittsburgh will be hosting its annual Lenten GOYA Retreats at Camp Nazareth in Mercer, PA, on the weekends of April 4-6 and April 11-13. The designated Holy Trinity week is April 11-13 (but our teens are free to attend this first weekend if they are not able to attend the second). As always, the Holy Trinity GOYA will pay half the cost of any Holy Trinity teen who registers by the deadline. See Presvytera Becky for details or visit the Diocese web site at www.odpgh.org and look under "Youth Office."

EDUCATIONAL MINISTRIES

St. Lydia's Women's Fellowship March 13, 27

The St. Lydia Women's Study Fellowship is a ministry for women to share in fellowship and to study scripture, the Orthodox Faith and family life in today's world. The meetings take place every other week on Thursday mornings at 9:30 a.m. at a home in the North

Hills. New participants are always welcome! The fellowship is enjoyable and the approach is casual, but the subjects are important for today's families.



The topic for this year is "Studies of Scripture and Faith in Everyday Life." A complete schedule for the year is now posted on our Holy Trinity web site (www.HolyTrinityPgh.org) under the

"Ministries" section. For further information on this worthwhile and informative group or for directions to the meetings, call Paula Valliant at 412-487-3977.

St. Nikodemos Men's Fellowship March 13, 27

The St. Nikodemos Men's Study Fellowship meets on the second and fourth Thursday each month at the office of TriadUSA, Suite 460, Two Gateway Center, downtown from 7:00 a.m. to 8:30 a.m. The group features prayer, Bible study, topics of interest to Orthodox Christian men and how to live our Faith in the working world. It is open to all interested men and has been centrally located downtown to accommodate those who need to be at work early. The theme for this year's studies is "God's Promises for Men." A complete schedule for the year is now posted on our Holy Trinity web site (www.HolyTrinityPgh.org) under the "Ministries" section. For directions, call Gus Georgiadis at 412-880-4999.

Sunday of Orthodoxy Icon Procession

The Church School Ministry will be held on Sunday, March 16. All our Church School students are asked to bring an icon from home to take part in the procession of the icons at the end of the Divine Liturgy. This event commemorates the Restoration of the Holy Icons following the proclamation of the Seventh Ecumenical Council.



Lenten Offering Boxes for Missions

As part of their Lenten dedication and call to spread the Gospel of Jesus Christ and help to poor, our Church School children will be given Mission Boxes for use during Lent. Please place them in a prominent place in your home and make filling them a daily family effort. The boxes should be returned to the Church on Palm Sunday, April 20. More information on the important work of the Orthodox Christian Mission Center can be found at www.ocmc.org.

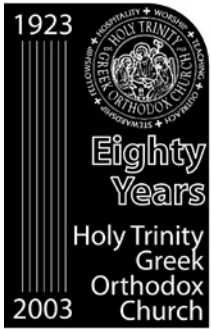
News & Events

Lenten Readings for 5th-12th Grade Students

The 5th-12th Grade students of our Church School will be participating in the popular Lenten Readings this year. Students can sign up during Church School to do the readings during the Liturgies of the Pre-Sanctified Gifts on Wednesday evenings and, for the first time this year, during the Services of Salutations on Friday evenings! The readings will be assigned ahead of time and do not need to be memorized. Please see Presvytera Becky for information.

COMMUNITY NEWS

2003 Pledge Cards..... Due Now



Stewardship Pledge Cards for the year 2003 are now available and have been mailed directly to the homes of our members. Please read the information sent with the card and give dedicated and sacrificial attention to completing and signing your card as soon as possible with an eye toward helping your church reach its Stewardship goal. Last year was our best Stewardship year ever, but the needs of the Church matched and exceeded that growth.

The Challenge: With the upcoming changes and developments in the parish's immediate future and transition years, the financial situation will likely remain a challenge which we will all need to step up to meet. The Stewardship Committee is asking everyone to pitch in by increasing your pledge from last year at least 10% or \$50, whichever is greater.

The Results: Holy Trinity Stewards have responded with overwhelming support! On a year-to-year comparison of individual pledges, the 2003 Pledge Year is showing an average 12% increase this year. Join the trend: complete and return your card today! Thank you, good and faithful Stewards!

Snow Line..... 412-321-9282, Option "6"



Please keep in mind over the winter months that the Holy Trinity "Snow Line" is available to check for the cancellation of events in the case of snow or inclement weather. Call the church office after hours, then select option "6" to hear announcements of any cancellations. (It is our fervent hope—and the

hope of all Pittsburghers—that the Snow Line can be "closed for the season" soon!!)

Lenten Soup Sales Weekly During Lent

The GOYA will continue its very popular Lenten soup sales this year during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fundraising support for our GOYA ministry ... and they taste great! Visit the table in Coffee Hour each week!

Godparent/Godchild Sunday March 30

Holy Trinity Church and Holy Trinity Philoptochos will host their annual Godparent/Godchild celebration on Sunday, March 30. No classes will be held on that day to enable students to stay in church for the entire Divine Liturgy with their Godparent(s). Are your child's Godparent(s) not able to attend? Don't let them miss out for that reason. Choose someone special to be with them on that day to stand in for their Godparent.

Following the service, which will include a renewal of our baptismal commitment, the Philoptochos will host its annual luncheon in honor of this day and in celebration of the Veneration of the Holy Cross on the third Sunday of Lent. Parishes across the Archdiocese are asked to use this day to remember the needs of our seminary, Holy Cross School of Theology, in Brookline, MA. Proceeds from that day will benefit the school, which is the only source our Archdiocese has in this country for the education of our future clergy.

Question: "I thought the Archdiocese directed that Godparent Sunday should be scheduled on the first Sunday of February? Why do we celebrate it now?"

Answer: While that is true, we are in a somewhat unusual situation in Pittsburgh, having so many parishes so close to one another with many relationships between families from those parishes. Rather than force our parishioners to choose which parish to attend on that day (which inevitably creates difficult personal situations for families), the Pittsburgh parishes have each chosen their own time of year so as not to conflict with each other's Godparent Day. Holy Cross retains the February date, Holy Trinity always uses the third Sunday of Lent and St. Nicholas has chosen September. Now you know!

"Greek Room" Greek Independence Day Program

The Greek Room Committee of the University of Pittsburgh is celebrating the Independence of the Greek Nation in honor of Greece Independence Day, March 25, 1821. The celebration will take place on Sunday,

News & Events

March 23, 2003 in the Frick Fine Arts Auditorium on the campus of the University of Pittsburgh. The program runs from 6:30 to 8:00 pm, followed by a Social from 8:00 to 9:00 pm. Refreshments will be served and the event is free of charge. Entertainment will feature local Greek Language Schools affiliated with area Greek Orthodox Churches and a Multimedia Presentation about Greece's Independence Day. For more information, contact Dr. Dimitris Kraniou at 412-264-8288 or kraniou@ppc.edu.



Greek School March 25th Presentation .. March 23

The Greek School will present an offering in honor of the celebration of Greek Independence Day and the Annunciation of the Theotokos following Liturgy on March 23. Please be there to enjoy it.

LITURGICAL LIFE

Lenten Fasting and Confession

In addition to the special services being held, please remember that the main focus of Lent is a personal one, with increased attention to our spiritual life through prayer, fasting and Holy Confession. Since spiritual discipline is also required, the Holy Canons of the Church prescribe the guidelines for the Great Lenten Fast, beginning this year on Pure Monday, March 10. Orthodox Christians are called to refrain from eating meat (including red meat, poultry, etc.), dairy (milk, eggs, cheese), fish and other animal products through Pascha. We are also to abstain from wine and olive oil during weekdays (Monday through Friday). Shellfish, vegetables, pastas and the like are permitted at all times. If you have any questions—especially if you are new to fasting or have special health conditions—please see Fr. John with specific questions. Please also see Fr. John to set up a time for Holy Confession. *Kalo Paradiso!*

Lenten Coffee Hour Reminder . . . March 16-Apr 20

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

Orthodox spiritual practice and discipline.

Lenten Schedule of Services

This issue of *The Herald* contains a complete schedule of service for Lent. Please post it in a conspicuous place in your home. Circle the services you are able to attend and place them on your schedule. As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us." Lent provides us a special time to be with Him. See you there!

Upcoming Liturgical Dates..... March

Please take note of the following upcoming dates in the liturgical life of the Church:

Cheesefare Sunday (last day of dairy).. March 9
Pure Monday (Lent begins)..... March 10
Sunday of Orthodoxy..... March 16

FUNERALS & MEMORIALS

George Athanasiou

George H. Athanasiou fell asleep in the Lord on Feb. 11. Funeral services were held on Feb. 13. Internment was at Jefferson Memorial Cemetery. A 40 Day Memorial Service is scheduled for Sat., March 15 on the Saturday of Souls. May his memory be eternal!

PARISIONERS IN THE NEWS

Helena Erdeljac Takes First Place in Science Event

Congratulations to Helena Erdeljac for taking First Place in the recent Pennsylvania Junior Academy of Science competition. The PJAS conducts an annual competition among students in all Junior and Senior High Schools in Pennsylvania. Helena's placing in the Western PA Region 7 event means she will be competing in the final statewide PJAS event to be held at Penn State University in May. She will be accompanied by her parents, Frank and Katina, her brother, Michael, as well as her teacher and sponsor. This event garners recognition and support from professional organizations and industries in the form of awards and scholarships in the fields of chemistry, math, medicine, engineering, physics, biology, botany and behavioral sciences. Helena's project was titled, "Which Snack Food has the Most Calories?" God bless you, Helena!



Lenten Fasting Guidelines and Health Hints

FASTING GUIDELINES FOR LENT AND HOLY WEEK

(Note: All the dates below refer to 2003 specifically. These change each year due to the varying date of Pascha.)

Fast Free Pre-Lenten Week: (Feb. 16 - Feb. 22)

The week of the Publican and the Pharisee—which is the beginning of the Triodion Period—is a fast-free week, which means no fasting the entire week (even Wednesday and Friday of this week are fast-free).

Meatfare Week (Feb. 23 - Mar. 1)

Meat Fare Week is the week that follows the Sunday of the Prodigal Son. During this week, the normal Wednesday/Friday fast prevails on these two days. All other foods are permitted the other days of this week.

Cheesefare Week (Mar. 2 - Mar. 9)

Cheese Fare Week is the week that follows Meat Fare Sunday. During this week, there is abstinence of meat and meat byproducts the entire week, but dairy products (milk, eggs, cheese, etc.), fish, olive oil and wine are allowed the entire week (up until sundown of Cheesefare Sunday, March 9).

Great Lent and Holy Week (Mar. 10 - April 26)

Weekdays: During this time, the Holy Canons indicate abstinence of meat, meat byproducts, dairy products, fish, olive oil and wine. There are two exceptions to the above: Fish is allowed on March 25 and on Palm Sunday due to the celebratory nature of those great feasts.

Saturdays and Sundays: During Great Lent, olive oil and wine are permitted (Except on Holy Saturday - a strict fast is kept on this day.)

All Days: Shellfish (shrimp, crab, scallops, etc), fruits and vegetables, grains, etc., are permitted throughout this period on all days.

General Notes

As with all rules of fasting, which are designated by the Holy Canons of the Orthodox Church, you are instructed to seek counsel from your Spiritual Father/Parish Priest for your personal guidance on fasting.

Fasting is not effective or even spritual if it is an empty physical exercise; it must be accompanied by prayer, almsgiving, reading of Holy Scripture and other related books and attendance at church services. We should strive to attend as many Lenten Services as possible.

It is also recommended that you participate in the Sacrament of Confession at the onset and/or during this period of Great and Holy Lent. Any questions should be directed to your Spiritual Father/Parish Priest.

Remember, true fasting is not meant to be a set of rules making for a dismal life; rather, it frees us from the slavery of sin since the fast from certain foods & their quantity harmonizes with spiritual fasting - a fasting from sin and passions. We should also remember that it is as important to fast with what *comes* out of our mouth as well as what *goes into* it. God does not need our fasting - we need to fast in order to return to a state of communion with Him.

From Hymns of the Church

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



HEALTH HINTS DURING FASTING PERIODS

Reduce “empty calorie foods”

Lower your intake of “empty calorie” foods such as cookies, candies, cakes, soda pop. Replace them with nutrient-dense foods, such as whole grains, legumes, nuts, seeds, fruits and vegetables.

Add Fruits and Vegetables to Meals

Use a variety of fruits and vegetables in meals. Add a vitamin C source to each meal, such as oranges, cantaloupe, aparagus, sweet potatoes, snow peas, broccoli, raw red peppers, spinach and tomatoes.

Substitute plant sources for dairy nutrients

Substitute plant sources for nutrients normally found in dairy products (such as calcium, riboflavin, vitamin D). Good substitutes are soy products, brewer’s yeast, green leafy vegetables, legumes and nuts.

Compensate for lack of Vitamin D

Vitamin D, important in preventing osetoperosis, is found in very few foods (milk, eggs, meats, fish), but can be found in supplements as well as exposure to sunlight for 5-15 minutes, 2-3 times per week.

(Thanks to Presvytera Judy Poplos for the health tips.)

Community Life Photo Journal

An on-going photo journal of scenes from the active parish life of Holy Trinity Church.

Building a "Kit of Parts" for the New Church



Members of the Vision Committee met with Architect Christ Kamages and representatives from the parish ministries and organizations on Saturday, February 15 to be in the process of building the "Kit of Parts" to be used to develop specifications and general plans for the new church. Although the final decision has not



yet been made on the purchase of the property, the resources developed during this process will be applicable to any site, since they generally describe the type, size and characteristics the community will need in the future. Pictured left are Christ Kamages with Tina Fiedler (Philoptochos President). On the right are Fr. Constantine Zozos (from the Kamages team) and members of the Holy Trinity Parish Council, Choir, Festival Committee, Stewardship Committee and others. Meetings will resume as the process moves forward.

Our "Big Fat Greek Movie Night"

OK, so everyone has had their fill of everything being "Big, Fat and Greek." But this is the real thing! On Saturday, February 15, the Social Committee sponsored a premier showing of the newly-released DVD of "My Big Fat Greek Wedding." A covered dish dinner was followed by a large-screen viewing of the movie in the best possible surrounding: lots of real Greeks! The evening even featured freshly made popcorn served by our own little ushers. Over 80 Holy Trinity parishioners and friends attended. The only question left at the end of the night was, "We need to do this more often. What can we get together and watch next?" Anyone with suggestions for future features can contact the Social Committee. Thank you to all who

attended and everyone who helped make the



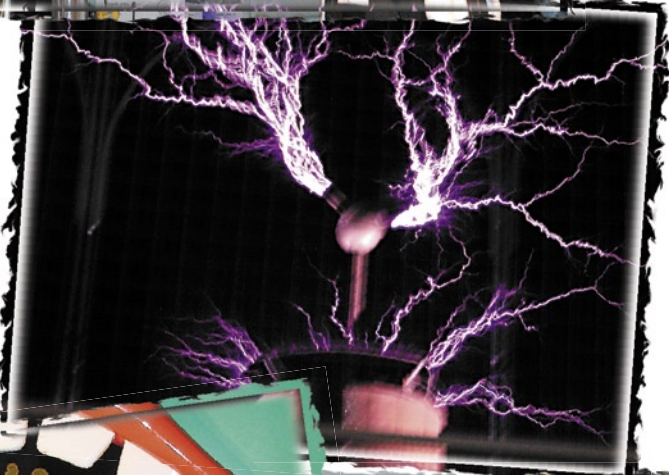
Community Life Photo Journal

An on-going photo journal of scenes from the active parish life of Holy Trinity Church.

Holy Trinity JOY Children Explore God's World Overnight at Science Center

February 7-8, 2003

Holy Trinity JOY (8-12 year-olds) spent overnight last year in the Pittsburgh Zoo, exploring God's animal world. This year, they made an overnight trip to the Carnegie Science Center to explore the wonders of God's world through science. They learned about how the insides of the human body work, interesting facts about electricity, and ended the trip with a hands-on visit to the UPMC Sportworks. Thank you to trip organizer Karen Georgiadis and JOY Coordinator Penny Georgiadis for their efforts. Photo credits: Peter Gagianas.

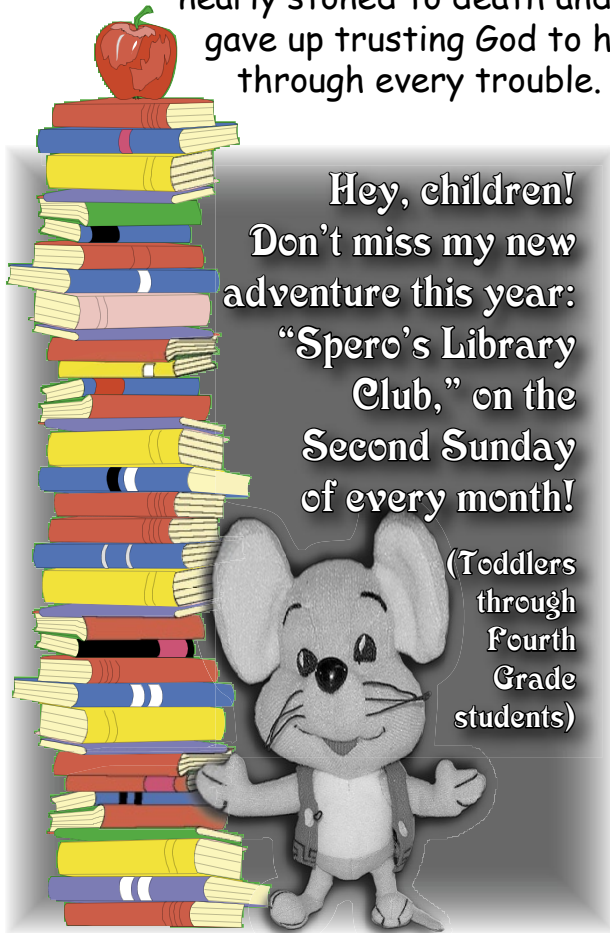


Mouse Tales: The St. Spyridon Church School Library Update

Hello, my precious children! It is I, Spero! I am going to chat with you about the Annunciation, one of the great feasts of the Church.

On March 25th, the Archangel Gabriel announces to the Virgin Mary that she is going to have a baby. Yes, she is going to have baby Jesus. I am so..o..o..o excited because I just love Christmas and baby Jesus. There are exactly 275 days till this miracle takes place on December 25th, and there is a lot of preparation that goes on in between this time and December 25. God never left us alone and that is why he sent us his son to show us hope and give us faith that we were not forgotten.

My little ones, have you ever felt frightened or scared when there is too much lightning and thunder? In the book, "Field Guide to Bible Promise" by Helen Haidle, it tells us that Our Heavenly Father promises to stay close to us and hold our hands. But how can we be sure that He is always with us? You sometimes ask have I ever felt His hand? It is not easy, trusting God during a crisis or when everything is going wrong. My little ones, even grown-ups often feel afraid and need to be reassured the God is with them. Saint Paul knew what trouble was and he knew that God was with him. He went through many, many, hard times. He suffered terrible beatings. Five times the Jews gave him 39 lashes with a whip. Three times they beat him with sticks. Once he was nearly stoned to death and was ship wrecked three times. Paul never gave up trusting God to help him. He knew God would stand with him through every trouble.



So my precious children whenever you are afraid know that you are not alone. Ask Our Heavenly Father in prayer to hold your hand. Remember that know matter what happens you can trust that He is close beside you. God is always holding our hand even when we cannot feel it. Our Heavenly Father has not left you nor forgotten about you in hard times. He never promised to keep all storms from your life, but most of all God promised to always be with us.

Yiayia told me to look up in the Bible some of God's treasures of promise that He is always with us. Can you find them too? They are in Isaiah 41:13 and 43:1-2, Psalm 16:8 and 18:2, and John 10:27-28. See you in Church!

In Christ
Love Spero

Parish Council Update - January 2003

This abbreviated review of the Parish Council minutes is provided as a way of keeping our Holy Trinity parishioners informed of the active work of the Parish Council. Want to get involved? Contact any Parish Council member. Thank you to our Parish Council secretary, Maria Kraniou, for provided these condensed minutes for the Herald.

Call to Order

The regular monthly meeting of the Parish Council was held on Tuesday, January 14, 2003, in the Church Library.

Installation of Parish Council Member

Dr. Mark Georgiadis, who was unable to attend the Parish Council installation in December, was officially installed as a member of the 2003 Parish Council.

Approval of Minutes

Bill Fiedler moved to approve the December minutes. Seconded by George Georges and unanimously approved.

Clergy Compensation

A compensation schedule for the years 2003-2007 was proposed in accordance with the present compensation guidelines issued by the Greek Orthodox Archdiocese. A vote was held and the compensation schedule passed.

Financial Report

Dr. Balouris reviewed the draft of the financial report from January–December 2002. Bill Fiedler made the recommendation for the Financial Committee to print out a monthly statement to review.

Father John's Report

Father welcomed the new Parish Council and offered his words of inspiration. He distributed and reviewed the Holy Trinity Mission Statement. Father suggested that the Parish Council work with the Vision Committee to review the section of the "Goals and Projects" adopted with the Mission Statement to see what has been completed, what needs work and what goals and projects need to be added.

Committee Reports:

Social Committee: As a fundraiser, copies of the video of "My Big Fat Greek Wedding" are on sale; proceeds will benefit Holy Trinity Church. About 280 people attended NY Eve for a net income of \$4,791. A motion was made to reserve Heinz Field for NY Eve next year, keeping the price structure the same. Motion passed. Preparations are under way for the parish's 80th Anniversary celebration in June.

Cemetery Committee: Committee Chairman Bill Fiedler reviewed a draft of the cemetery financial report.

Stewardship Committee: Pledges for 2003 are beginning to come in. George Dickos and Cliff Brubaker have been appointed to the Stewardship Committee to assist with its work.

Vision Committee: The Vision Committee is trying to secure a better deal on another property adjacent to the desired Gass Road parcel to provide more room for development and future growth. The Committee may get an appraisal for the house to help narrow the numbers on the property. Architect Christ Kamages is coming to Pittsburgh on February 25th to discuss the Cemetery Chapel and to hold workshops with various ministry groups in the parish to continue developing the "Kit of Parts" needed to design the new church.

Catering Committee: Leo Loomis has transferred the catering books to Evan Kaparakos. Evan is temporarily taking over and meeting with other caterers to secure a more long-term catering relationship.

Old Business/New Business

Bill Fiedler recommended that we review one section of the proposed parish by-laws each month. Alex Trilivas discussed the preliminary results from the "Cost Containment Committee." The members of this committee are Alex, Paul Balouris, George Georges, Mike Kritiotis and Mark Georgiadis. Preliminary net income from the 2002 Festival may be around \$65,000. Father suggested that the future Parish Council meeting notices and minutes be e-mailed to those P.C. members with e-mail to cut mailing and copying costs. Leo Loomis, Mark Georgiadis, and George Dickos will head three Narthex teams and prepare a schedule for the P.C. members.

Respectfully submitted, Maria Kraniou, Secretary

Gheronda's Corner

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



**Father John
Androutsopoulos**

LENT COMES AGAIN

*"Out of the depths
I cry to Thee, O Lord!
Lord, hear my voice.
(Psalm 130/129:1-2)*

Monday, March 10, is the beginning of the GREAT LENT, and we march through these days leading to the glorious, joyous, triumphant PASCHA, which is our Passover from sin to salvation, from darkness to light, from hatred to love. It is a day we call "Pure Monday"; on this day, the first day of the GREAT FAST, we begin our annual retreat. We detach ourselves from the distractions of the mundane routine of our daily life and concentrate on the life of the Spirit.

We do this with a goal or purpose in mind. During Great Lent we have the opportunity for personal communion with ourselves, with others, and with God. It is a spiritual pilgrimage which begins on the first day of Great Lent and ends at the Empty Tomb of our Lord and Savior, Jesus Christ.

A Time for Preparation

Lent is a season which has been observed throughout the ages by Christians of every land. From the beginning, Lent has been a time of preparation for Pascha. It has been a time for contemplating the meaning of suffering and death, the cost of discipleship, and the unimaginable price that has been paid to redeem the world.

A Time for Repentance

It can become for us a time of repentance, asking that God would forgive us wherein we have failed. It can be a time wherein we determine through His unending power and mercy to discipline ourselves more to His way and will, and to receive His love that we might fully love.

A Time for Fasting

Great Lent is a time for fasting and abstaining. It is a spiritual discipline that we desperately need. Fasting is vital in any spiritual renewal. Fasting must be carried out in true humility. We fast not only from certain foods but abstain from idle talk and gossip. We learn to be charitable towards others: *Prayer, fasting and*

almsgiving are the three attributes of Great Lent.

A Time for Confessing

Last but not least prepare yourself for the Sacrament of Holy Confession and receive Holy Communion frequently during Great Lent. With a set goal and high aspiration you will be ready to enter the Holy season of Great Lent prepared to reach a high level of spiritual renewal.

A Time for Almsgiving

Why give to the poor? Saint Paul says of the Lord, "He scatters abroad, he gives to the poor; His righteousness endures forever" (2 Corinthians 9:9). But do we do our part in this calling?

There are millions of the world's children who are hungry. They live under unspeakable conditions of poverty, disease and ignorance. Hundreds of millions of adults do not get enough food to maintain minimum health. Many children weigh less than 60 percent of normal weight. Have we not seen malnutrition depicted on television? The bloated, wasted bodies of God's children cast divine judgment upon us and our civilization.

Christians should applaud the media for keeping the story of hunger before us. But what else must we do?

St. Paul, writing to Christians at Corinth, helps us with counsel we can apply to ourselves, to churches, to governments and to humanitarian agencies. God, Paul reminds us—*scatters abroad and gives to the poor*—and He asks us to follow His example. St. Paul is raising a collection to relieve the suffering of Jerusalem Christians. He reminds his readers that God has been lavish in his gifts: *His righteousness endures forever*. He is concerned with right relations. That is why we must respond by generous giving ... giving prompted by God's care. Such giving will bring us rich rewards: the presence in us of God's continuing grace and the ability to do even more to express his love.

Prayer: OUR HEAVENLY FATHER, Who have given abundantly to us, give us a repentant spirit for neglect of Your command to feed the hungry. Give us the will to do what each of us can do to feed the least of these. AMEN.

*With God's love and blessings,
Rev. Fr. John Androutsopoulos*

The Cultural Side • Η Πολιτιστική Πλευρά



Voula Hareras

ΑΠΟ ΤΟΥΣ ΗΡΩΕΣ ΤΟΥ 1821

Τά παιδικά
χρόνια του
Κολοκοτρώνη



Μέ την σφαγή και την φωτιά στην Τρίπολη, τρόμος έκοψε απότομα τούς ραγιάδες που είχαν ξεθαρέψει για μία στιγμή. Γενική έξοδο των πληθυσμών για τά δάση και τά βουνά.

Ή καπετάνισσα ή μάνα του Κολοκοτρώνη, με την κοιλιά στο στόμα, ήταν έτοιμόγεννη, ακολουθούσε τó ρέμα τής φευγάλας. Μαύρο μεγαλοβδόμαδο, τήν ήμερα κρύβοταν, άκουγαν με λαχτάρα τόν αντίλαλο του κυνιγητού, τís μακρινές τουφεκιές τά ξεφωνητά, και τήν νύχτα σαν τ'άγρια περπατούσαν, από μονοπάτια και γυδοστρατες, σκίζοντας λόγκους πενούσαν από ποτάμια γλιστρούσαν από γκρεμούς, σκαρφάλωσαν σε μία πλαγιά στο Ραμοβούνι. Η καπετάνισσα πονούσε, ξημέρωσε δευτέρα τής Λαμπρής. Η γυναίκα δέν βαστούσε πιά, οι άλλες γυναίκες τής στρώσανε χαμόκλαδα, μία ανδρομίδα, κάτω από ένα δένδρο και τήν βάσταξαν νά γεννήσει. Στο θυμαρομυρισμένο αέρα του βουνού πήρε τήν πρώτη άνασα ó Κολοκοτρώνης. Οι φλώγες τής Τρίπολης ήταν τó πρώτο φώς π'άντικρισε, ή βοή των άρμάτων τó νανούρισμα του, τά κλάματα κι'οί κατάρες στον Τούρκο ή πρώτη άνθρωπινη φωνή που άγγιξε τ'αυτιά του. Τó γάλα τής μάνας του είχε κόψει από τήν τρομάρα και τή λύπη. Ο μικρός έκανε νά πιει και τ'άφηνε με κλάματα Δέν δέχτηκε αυτό τó γάλα τής σκλαβιάς παρά όταν τόν θέρισε ή πείνα. Όταν πήραν τά σαράκια στον παππού ó γερο-Γιάννης Κολοκοτρώνης, βαθιά πικραμένος, άπελπισμένος δέν έδειξε χαρά, έβλεπε τήν γέννηση καινούργιου ραγιά.

Τούτο τó παιδί τούς έιπε στενάζοντας θά μεγαλώσει θά παντρευτεί θά κάμει παιδιά κι'άγκόνια, και πάλι λευτεριά δέν θά δούμε. Βάφτισαν τó μικρό παιδί Θόδωρο. Οι Κολοκοτρωνάιοι κατέβηκαν άργώτερα στην Μάνη. Κλειστός και σκοτεινός ήταν ó μανιάτικος πύργος με τούς χονδρούς τοίχους όπου πέρασε ó Κολοκοτρώνης τά τρυφερά χρόνια του. Μέσα από τís πολεμιστρες πρωταντίκρισε τόν κάμφο και τόν ουρανο, Κάστρο ήταν ή γλάστρα που άνάστησε τó γερό πολεμικό βλαστάρι.

Στό σχολείο τής άγριας μάχης των αιμάτων και των δακρύων, που άντρίζουν τó φρόνημα και πρώιμα όριμάζουν τόν άνθρωπο, έμαθε τó αλφάβητο τής ζωής ó αύριανός άρχιστράτηγος του Μωριά.

Ο πατέρας του έλειπε συχνά μακριά, είχε ντουφέκι έδω και εκεί με τούς Αρβανιτάδες.

Όταν ó μικρός Θόδωρος άρχισε νά νοιώθει καλά τήν μητρική όμιλία, του διηγόταν ή Καπετάνισσα πώς ó πατέρας του χτύπησε σε τούτη ή σ' εκείνη τήν μάχη τούς Τούρκους.

Και μία Λαμπρή που τρώναν τ' άρνι στον πύργο, άκουσε για πρώτη φορά μανιάτες νά τραγουδάνε τήν δόξα του πατέρα του που σκότωσε τόν τρομερό Μετς-Αράπη.

Ή καρδιά του λαχτάρισε στα στήθη του κλευτόπουλου, ή εικόνα του πατέρα του μεγάλωνε στην φαντασία του, κι' όταν καμιά φορά έρχόνταν έτρεχε στην άγκαλιά του, τόν θαύμαζε άμίλητος του φαινόταν γίγαντας. Πασπάτευε τó γιαταγάρι του, πάσκιζε νά σηκώσει τís βαριές πιστόλες του.

Ήχ! πότε θά μεγάλωνε κι' αυτός νά ζώσει τó σπαθί, νά πάει κοντά του στα ψηλά βουνά!

Άργώτερα δέκα χρονών αγοράκι έζωνε τó γιαταγάρι του πατέρα του κι'έκανε φανταστικά γιουρούσια.

Όταν δυό χρόνια άργώτερα σε μία άγρια μάχη σκοτώθηκε ó πατέρας του κι' όλοι σχεδόν οι άνδρες από τó Κολοκοτρωνάικο, κατάφυγαν οι ύπόλοιποι στο χωριό Μηλιά. Άργώτερα ξαναγύρισαν στα μέρη τους. Είχαν χάσει όλη τήν περιουσία τους, άγωνιζόταν όλοι νά βγάλουν τó ψωμί τους.

Ή καπετάνισσα όταν δέν ξένο ύφαινε πήγαινε κι' έκοβε ξύλα, ó μικρός Θόδωρος τά κουβαλούσε με τó γαϊδαρο στην Τρίπολη και τά πουλούσε. Ήταν δεκατριών χρονών. Μία μέρα που είχε βρέξει πολύ έμπαινε με τó γαϊδουράκι φορτωμένο στην Τρίπολη, τó ζωό γλίστρησε, παραπάτησε σε μία λούμπα και τά βρωμόνερα τινάχτικαν, πασπάλισαν τά ρούχα κάτι τούρκων που πενούσαν, ένας από αυτούς του έδωσε δυό χαστούκια. Δαγκώθηκε, τά μάτια του βούρκωσαν, τó παράπονο του ραγιά τόν έπνιξε, έσφιξε τά δόντια του και έιπε, άντε βρέ άμα δέν σάς δώσω πίσω αυτά τά χαστούκια νά μήν με λένε Θωδωρή. Και τά γύρισε με τóκο με τó χέρι του και με τó χέρι όλων των Ελλήνων

Σπίρος Μελάς
Αντιγραφή Βούλα Χαρερά

ΠΑΤΡΙΔΑ

Ξένε που μόνος και έρημος σε ξένους τόπους τρέχεις, πές μου, ποιός είναι ó τόπος σου και ποιά πατρίδα έχεις?

Στ' άγαπημένο μου χωριό πάντα χαρές και γέλια, σ'άλωνια τραγουδιών φωνές ξεφάντωμα σ'άμπελια.

Κί'όταν χορεύει ή λεβεντιά τής Πασχαλιάς τήν μέρα βροντοχτυπά τó τύμπανο και κελαηδεί ή φλογέρα.

Στην μακρυνή πατρίδα μου έχει έβοδιά και χάρη τó ταπεινότερο δενδρί τó πιό φτωχό χορτάρι.

Στους κλώνους τής άμυγδαλιάς σμίγουν άνθοι και χιόνια και φέρνουνε τήν άνοιξη γοργά τά χελιδόνια.

Στών μαγεμένων της βουνών τά μαρμαρένια πλάγια γλυκολαλούνε πέρδικες και κλαίει ή κουκουβάγια.

Ή άσημενια θάλασσα μ' άφρους τήν περιζώνει κι'ό ουρανός με τά τ'άστρα του τή χρυσοστεφανώνει.

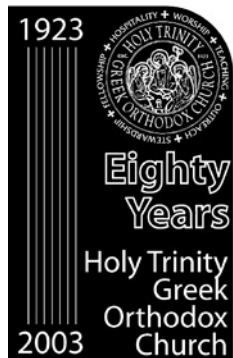
Τήν μακρυνή πατρίδα μου πριν ή σκλαβιά πλακώσει τή δόξαζε ή παληκαριά τή φώτιξε ή γνώση.

Και τώρα από τή μαύρη γή τή γή τή ματωμένη πρόβαλε πάλ'ή λευτεριά σαν πρώτα άνδρειωμένη.

Φθάνει τήν χώρα που μου λές τήν γνώρισα τήν είδα τήν μακρυνή πατρίδα σου έχω και γώ πατρίδα.

Γεώργιος Δροσίνης
Άντιγραφή Βούλα Χαρερά

Holy Trinity 80TH Anniversary Photo Directory: We Need You!



Dear Holy Trinity Members,

Imagine what it would be like to know all our members and their families easily. Wouldn't you like a published keepsake of our beloved parish that will preserve our story and celebrate our members? Now that we are in our 80th year, there's no better time to take that step. That's why we're producing not just a new church directory this year, but a photo directory commemorating our 80th Anniversary!

Not just a phone book. By including portraits and information on all of our members and families, we'll have a current-day history of our entire church family that we can share among ourselves and extend to new members from our community.

Our goal is 100% participation. Because we want to bring our church family closer together, we want you and your family to appear in a complete directory - one that includes everyone.

We need your help to be accurate. As a church, our membership profile is always changing. There are births, marriages, and new members every year. This is an excellent opportunity to update our membership to make sure we have current information for every family.

Our new directory will be a valuable tool. You'll use your directory over and over as a source for addresses, telephone numbers, names and prayer lists. We will all use the directory as an outreach for future growth and friendships.

You'll receive many benefits from the process. Working together with other church members, new and old, adds vitality to the church. With Olan Mills as our publisher, you will have the opportunity to receive a new family portrait and be assured of the finest service and portrait quality available. The video image system they use means that you will have your portrait made and then see previews on the spot. This important time-saver lets you choose your portrait pose for the directory during the same visit that you're photographed - no need to come back another time.

A free portrait for every family! Please remember that by having your portrait made, **you will receive a free color directory and a free 8"x10" color portrait.** Of course, if you have additional portrait needs, you will be able to choose from a variety of specially priced packages.

Please take note of the times below. A sign-up table will be available in Coffee Hour during the month of March. Be sure to select a day and time which is convenient for you. Remember: *We need your full participation to reach our goal. Our directory will not be complete without you*

With appreciation for your participation,

The 80th Anniversary Photo Directory Committee

HOLY TRINITY PHOTO DIRECTORY PORTRAIT SCHEDULE		
MON. MARCH 31	TUE. APRIL 1	WED. APRIL 2
3:00 to 7:00 PM	3:00 to 9:30 PM	3:00 to 9:30 PM
8:00 to 9:30 PM		
<i>Please make your reservations at Coffee Hour on Sunday during March</i>		

Need more information? Have a question about the album or your portrait? Contact Penny Tomalski at 724-342-2630 or e-mail her at pennybt@adelphia.net.



Lenten Orthodox Studies Series: The Treasures of Orthodoxy

Looking for a way to “enrich” your faith during this lenten season? Then this new study series is for you! Look no further than the two-thousand year history found in the living Faith of Orthodox Christianity as proclaimed on the Sunday of Orthodoxy: “This is the Faith of the Apostles. This is the Faith of the Fathers.” Find what Saint Paul spoke of when he entreated us to seek “all the riches of assured understanding and the knowledge of God’s mystery, of Christ, in whom are hid all the treasures of wisdom and knowledge.” This Lent, come and discover...



Monday evenings at 8:00 p.m. during Lent following the Great Compline Service.

<p>THE TREASURE OF THEOLOGY March 10</p>	<p>Every prayer, every service, every hymn, every icon is an experience of theology. In the Christian sense, theology is the result of studying the divinely revealed truth of Christ. From the Ecumenical Councils to the Church Fathers to contemporary theologians, Orthodoxy has been blessed with a truly rich store of theological knowledge. This first session will lay the foundation for the rest through the exploration of Orthodox theology.</p>
<p>THE TREASURE OF HYMNOLOGY March 17</p>	<p>Something moves us when we hear the theology of the Church put to music. Not just any music, but God-inspired “hymns.” Hymns are sacred poetry that is set to music and is sung in the course of the Eucharist and divine services. Where do these hymns come from? How old are they? Are there any new hymns? Who writes them? What are they about? What makes a hymn “Byzantine?” Can I learn them, too? Come and learn.</p>
<p>THE TREASURE OF ICONOGRAPHY March 31</p>	<p>Icons are sometimes called, “Windows Into Heaven.” They have been around since the early centuries, but there were also times when they were challenged and even evicted from the Church. Why? What makes a painting an icon? Who creates icons? How are they “written?” How should they be used? How can I convince my non-Orthodox friends that they are not idols? Want to really appreciate this treasure? Come and see.</p>
<p>THE TREASURE OF WORSHIP April 7</p>	<p>From the Divine Liturgy to Baptisms to Weddings to Vespers to Compline to personal prayer, the Orthodox Christian life is one truly enriched and surrounded by worship of the One True God. How can this become a truly treasured experience for me? What is the pattern of worship in the Church? How does Scripture play a role in worship? This is a session which will strive to help everyone’s worship life become a most valued part of life.</p>
<p>THE TREASURE OF SAINTS March 10</p>	<p>Pick a day, any day, and the Church celebrates a number of saints. Why? Who are the most famous saints of the Church? Are there different kinds of saints? How did they become saints? Are they born or made? How do we know they are saints? Where can I find their stories? How do we honor them? How do we learn from them? Are there still saints today? Like treasured friends, the saints are always there for us. Come discover how.</p>

Designed for those new to the Faith, those who want to refresh their knowledge of the Faith and anyone seeking to grow in their understanding of the Orthodox Church and the life in Christ.

Community Banking
at its best.

**NorthSide
Bank**

Main Office Allegheny Professional Building
100 Federal Street 490 East North Avenue
231-6900 231-3500

Thank You

to these patrons and
businesses for sponsoring this
issue of the *Herald*. If you would
like information on becoming a
Herald patron, please contact
the church office. To become a
Personal Sponsor on special
occasions, see the form below.



61 ARCH STREET, SUITE 102
CARNEGIE, PA 15106



Samuel William Spanos
CFP, CFM
First Vice President
Resident Manager
Wealth Management Advisor

Private Client Group
446 Third Street
Beaver, Pennsylvania 15009
724 773 8701
800 813 5191
FAX 724 775 7050
sspanos@pclient.ml.com

**STEPHEN M. BRADY
FUNERAL HOME**

412-321-0495

920 Cedar Avenue, Pittsburgh, PA
Expert Pre-Need Planning & Funding

In memory
of their
beloved
ones



The Vlahakis Family

In loving memory
of my brother,



Michael



Louis Manesiotis
and family

**EYE PHYSICIANS AND
SURGEONS, LTD.**

Christ A. Balouris, M.D.

Comprehensive Ophthalmology

Downtown Center City Tower 412-281-5876
N. Hills Pgh. Office and Research Park 412-364-5282
Fox Chapel St. Margaret Medical Arts Bldg. 412-784-9060
Shadyside Aiken Professional Building 412-621-9060

**Holy Trinity Greek Orthodox
Cemetery**

McCandless Township, North Hills

Serving the needs of our Community since 1945. Please
consider Holy Trinity Cemetery in your estate planning. Many
reasonably priced, choice lots are available:

Single Grave	\$500	Four Graves	\$1,600
Two Graves	\$900	Five Graves	\$1,875
Three Graves	\$1,275	Six Graves	\$2,100

HERALD PERSONAL SPONSOR FORM

Please enclose a donation of at least \$20.00

NAME:

PHONE:

ADDRESS:

I/we wish to sponsor a *Herald*. Please include the following message:

- In memory of... For the health of... In thanksgiving for... In honor of... To the Glory of God...
 other: ()

(list names or further information here):

Holy Trinity Greek Orthodox Church



302 West North Avenue, Pittsburgh, PA 15212

**TIME SENSITIVE INFORMATION
PLEASE EXPEDITE DELIVERY!**

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

THE LENTEN PRAYER OF SAINT EPHRAIM



O Lord and Master of my life,
do not give me
the spirit of laziness,
idle curiosity,
love of power
and vain talk. (Bow)

But grant me, Your servant,
the spirit of moderation,
humility,
patience
and love. (Bow)

Yes, Lord and King,
grant me to see my own faults
and not to judge my brothers and sisters. (Bow)

For You are blessed forever. Amen.