



# THE HOLY TRINITY HERALD

MARCH 2007 VOLUME 15 • ISSUE 3

## INSIDE THIS ISSUE

- 2 Father John's Message
- 3 News & Events
- 5 Gheronda's Corner
- 6 Mouse Tales
- 7 Thank You from Iraq
- 8 Community Life Photo Journal
- 10 Palm Sunday Luncheon
- 11 The Cultural Side  
Η Πολιτιστική Πλευρά
- 12 Stewardship Update
- 13 Philoptochos News
- 14 Project Mexico 2007

March Parish Calendar  
Holy Week Schedule  
Homeless Lunch  
Vryonis Lecture  
"I Can Help" Info Form

## QUICK NEWS



At the last of three Metropolis GOYA Basketball Tournaments this year, the Senior Boys team made Holy Trinity basketball history by bringing home the First Place trophy. The Senior Boys were not, however, the only team bringing home a trophy. During the course of the season, each of the four Holy Trinity teams (Boys Senior and Junior, Girls Senior and Junior) won trophy games, and the entire community was awarded the Sportsmanship Trophy as well!

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA



Icon of the Crucifixion of the Lord. Tempera on wood. The Ohrid Icon Gallery, Yugoslavia. 13th century.

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

## THE HOLY TRINITY HERALD

### About the Herald

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

#### Editor

Father John Touloumes, Economos  
Church: 412-321-9282  
Home: 412-831-3574  
E-mail: [fjt@HolyTrinityPgh.org](mailto:fjt@HolyTrinityPgh.org)

#### Production

Josephine Stofko, Administrative Asst.  
E-mail: [office@HolyTrinityPgh.org](mailto:office@HolyTrinityPgh.org)

#### Contributors

Michael Kritiotis      Voula Hareras  
Maria Kraniou      Vickie Bellios  
Fr. John Androustopoulos  
Rev. Fr. Radu Bordeianu

#### 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.

### About the Parish

Holy Trinity Greek Orthodox Church  
302 West North Avenue  
Pittsburgh, PA 15212-4626  
Phone: 412-321-9282 • Fax: 412-321-7272  
Web site: [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org)  
Email: [office@HolyTrinityPgh.org](mailto:office@HolyTrinityPgh.org)

Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh ([www.odpgh.org](http://www.odpgh.org)), & Greek Orthodox Archdiocese of America ([www.goarch.org](http://www.goarch.org)) under the Spiritual Jurisdiction of the Ecumenical Patriarchate of Constantinople. ([www.patriarchate.org](http://www.patriarchate.org))

### Holy Trinity Greek Orthodox Church Parish Administration

#### Clergy

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

#### Parish Council

Louis T. Loomis, President

Chris T. Balouris	Dean J. Balouris
James T. Balouris	George Dickos
Troy Geanopoulos	Steve Hodge
Nikki Marsh	Nicholas Sarandou
Vasilios Scoumis	Alex Trilivas
Gerri Valliant	Louis G. Zozos

#### Ministries

Philoptochos ..... Esther Ladakos, Pres.  
GOYA ..... Pres. Becky Touloumes, Advisor  
Choir ..... John Nychis, Director  
Over 50 ..... Stella Athanasiou, Pres.  
St. Lydia Study ..... Stacy Dickos, Coordinator  
Cemetery ..... Bill Fiedler, Chairman  
Greek School ..... Effie Kilantonis, Coordinator  
Social Hall ..... Kathy Romanias, Coordinator



"By His great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead, and to an inheritance which is imperishable, undefiled, and unfading, kept in heaven for you."

1 Peter 1.3-4

Dear Brothers and Sisters in Christ,

Here are Holy Trinity Church, we have been operating a fund-raising program called "The Scrip Program" for some time. It has been a great benefit to the parish and I encourage us all to participate. How? Simply buy "scrip" cards (gift cards) for gas, groceries, clothing and lots of other things. In doing so, it does not cost you any more money that you have spent otherwise, and the Church benefits from the sale of the cards. It's actually not so strange an idea anymore, since many stores advertise the same thing; but we use ours because it benefits the Church.

The reason for mentioning the Scrip program here is directly related to the holy season of Lent we are in and the above quote from Saint Peter's First Universal Epistle. You see, when you buy a scrip card/gift card, you have already paid for something that you will be getting in the future. If I buy \$50 of gas cards at Coffee Hour, I will use them during the course of the week, so when I pull up to the pump, I don't have hand over any cash because the scrip card takes care of it.

In the quote above from Saint Peter, he reminds us that as we look across the sea of Lent to the celebration of the Holy Resurrection, it is not simply a one-night event or a singular liturgical observation, but the fulfillment of an deed accomplished, a debt paid and a promise fulfilled: eternal life through the victory of our Lord and Savior Jesus Christ over death!

Like the items we will buy with our scrip cards, it lies ahead, waiting to be claimed. Also like the cards, it has already been paid for. But unlike scrips, SOME ONE ELSE paid the price: "You were ransomed ... with the precious blood of Christ" (1 Peter 1.18-19). And because we have been ransomed from the captivity of death, the very life that has been given to us has become the source of our gratitude and our debt to God. If we are to fully accept this promise, we must also recognize that the life we have inherited is no longer our own; it belongs to God: "You are not your own; you were bought with a price" (1 Cor. 6.19-20).

So in the coming weeks of Lent, please resist the temptation (placed in our mind by the deceiver) that we can "earn" our way to Pascha by our Lenten discipline or that we can "buy" our way around our sins through fasting, sacrifice and good works. These are indeed called for by the spiritual life of our Holy Orthodox Faith, but not as prices to be paid; that has been done already. They are there as expressions of thanks for the grace so freely offered to us by our victorious and loving Lord.

Saint Paul reminds us and cautions us about this in his Epistle to the Ephesians: "By grace you have been saved through faith; and this is not your own doing, it is the gift of God—not because of works, lest any man should boast" (2.8-9). And as with any great gift, great thanks are required. If our motivation for our Lenten disciplines, offerings and works has any selfless nature, then, it should be that of Psalm 136: "Give thanks to the Lord, for He is good, for His mercy endures for ever."

This disposition will rescue us from going through the entire season of Lent and ending up doing so because we "expect" something from it or because we were "told" to do it. It will also allow us to say ...

I fast ... because I love God.

I pray ... because I love God.

I serve others ... because I love them and I love God.

And Christ is risen ... because God loves me!

I look forward to sharing that love and thanks with you throughout this holy season. "Kali metanoia!" (May you have a good path to repentance!)

In Christ,



## EDUCATIONAL MINISTRIES

### Church School Lenten Activities . . . . . March, April

As always, our Church School ministry will be active during the upcoming Lenten season. Among the activities our students will participate in are:

- The Sunday of Orthodoxy Procession with icons on February 26.
- The readings for the Presanctified Liturgies on Wednesdays, March 7 and 14 (followed by covered dish dinners). Please sign up with Presvytera Becky.
- The opening readings for the Services of Salutations on Fridays during Lent. (No signups needed; simply arrive at start of service).
- The annual Mission Box project in support of Orthodox missions worldwide.
- And, of course, attendance at Lenten services and special Church School Lenten lessons.

Parents: please encourage your children to participate in these important faith and learning experiences. Thank you!

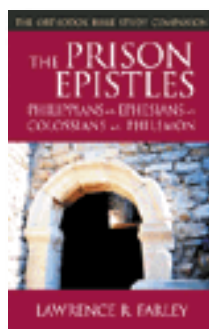
### No Church School Palm Sunday & Pascha . . . . . April 1, 8

Please remember that there is no Church School class on the great feasts of Palm Sunday (April 1) and Pascha (April 8), but that is so all our children can attend the complete celebration of the feasts with their families. We look forward to seeing all our children throughout the Holy Week and Paschal services as much as possible. (Please note: Church School Mission Boxes should be returned on Palm Sunday.)

### St. Lydia's Orthodox Women's Ministry . . . . . March 8, 22

The St. Lydia Women's Study Ministry is 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 the home of Jan Petredis in Wexford. New participants are always welcome! The fellowship is enjoyable and the approach is casual, but the subjects are important for today's women and families. All Holy Trinity women are welcome and invited to bring a friend!

This year's theme continues the Bible Study of Saint Paul's Epistles. Having recently completed the First and Second Epistles to the Corinthians, the group is now on the Epistle to the Ephesians. The study guide being used is a new publication, "The Prison Epistles," from Conciliar Press. It approaches the study with an easy-to-understand method intended for all people. For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925. A complete schedule for the year is available at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).



## LENTEN INFORMATION

### Lenten Soup & Sauces Sales . . . . . Weekly During Lent

The GOYA has resumed its very popular Lenten soup and

saucers sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... plus they taste great and they are good for you! Please visit the Lenten Soup and Sauces table in Coffee Hour each week! Thank you for supporting our youth as you strive to maintain your spiritual discipline!

### Lenten and Holy Week Schedules of Services Online

The last issue of The Herald contained a complete schedule of service for Lent. This issue contains the schedule for Holy Week. Both are also available online. Please post them in a conspicuous place in your home. The refrigerator is a great place, providing a dual reminder that we are in a fasting period and that we should be attending services! Circle the services you are able to attend and place them on your schedule. Talk about them and make plans with your family.

### Lenten Coffee Hour Reminder . . . . . February 19-April 1

Please keep in mind that during the Lenten season our Coffee Hours following the Divine Liturgy are 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 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, February 19. 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 speak with Fr. John about specific questions. Please also see Fr. John to set up a time for Holy Confession during the Lenten season. *Kali Metanoia!* (May your repentance be good!)

### Saturday of Lazarus . . . . . March 31

The families and children of our Church School will once again attend the Saturday of Lazarus Divine Liturgy on March 31 and prepare the Palm Crosses and cup candles for Holy Week afterwards. Parents, please plan on bringing them and giving them an opportunity to participate. Holy Confession will also be available after the Liturgy for the children first and then adults as well.

### Orthodox Studies Forum . . . . . TUESDAYS During Lent

Please note: The Orthodox Studies Forum will move to TUESDAY evening during Lent instead of Wednesdays, due

to the Lenten Liturgies of the Pre-Sanctified Gifts. Please note that this will affect the following dates: February 20, March 6 and March 20. It will not meet during the first week of April due to Holy Week.

### **Make Plans for the Anastasi Dinner . . . . . April 7**

Don't forget to make plans to attend the Resurrection Liturgy and Dinner at Holy Trinity Church, Saturday evening, April 7/Sunday, April 8. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to break the fast and celebrate the feast in our church hall. We will be serving lamb, "avgolemono" soup, bread, cheese and olives and "paximadia." Free-will offerings will be accepted to help cover the costs of the meal.

### **Agape Vespers & Paschal Candy Hunt. . . . . April 8**

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at 1:00 p.m. All the children are invited to come for this beautiful and bright service. It is an especially good way for those with small children who are not able to attend the midnight service to share in a special celebration of Pascha with their little ones.

### **Upcoming Lenten Dates . . . . . March-April**

Wondering about Lenten and Paschal dates? Here's a helpful guide to some of the important events coming up:

**Godparent Sunday . . . . . Mar. 11**

**Palm Sunday . . . . . Apr. 1**

**Pascha . . . . . April 8**

**St. George Chapel Feast Day . . . . . April 23**

**Pentecost . . . . . May 27**

## SACRAMENTAL REGISTRY

### **Baptisms**

**Polamalu:** The servant of God, Troy (Tryphon) Polamalu, was received into the Holy Orthodox Church through the Holy Mystery of Baptism on January 20, 2007. The Godparents were Father John and Presvytera Becky Touloumes. May God grant him many years!

**Polamalu:** The servant of God, Theodora Polamalu, was received into the Holy Orthodox Church through the Holy Mystery of Baptism on January 20, 2007. The Godparents were George and Stacy Dickos. May God grant her many years!

### **Weddings**

**Andromalos-Dale/Anderson:** The servants of God, Michael Andromalos-Dale and Beth Ann Anderson, were united in the Holy Mysteries of Betrothal and Crowning on January 2, 2007. Their sponsor was Christopher Sarandou. May God grant them many years!

### **Funerals**

**Hulse:** The servant of God, Tess (Anastasia) Hulse, fell asleep in the Lord on December 27, 2006. The funeral was held at the Saint George Chapel on January 1, 2007. May her memory be eternal!

**Mitseas:** The servant of God, Georgia Mitseas, fell asleep in the Lord on January 5, 2007. The funeral was held at Holy Trinity Church on January 8. May her memory be eternal! (Note: Mrs. Mitseas recently celebrated her 100th birthday and was Holy Trinity Church's oldest living parishioner at the time.)

**Henigin:** The servant of God, John Henigin, fell asleep in the Lord on January 22, 2007. The funeral was held at Holy Trinity Church on January 25. May his memory be eternal!

**Morris:** The servant of God, Dora Morris, fell asleep in the Lord on January 27, 2007. The funeral was held at Holy Trinity Church on January 31. May her memory be eternal!

### **Upcoming Memorials**

**Mar. 4:** Dora Morris (40 days); Achilles Kourouklis (6 mos.); Antonia Karas (2 yrs.); Mary Kokoros (2 yrs.).

**Mar. 11:** Helen Vellis (1 yr.)

**Mar. 18:** Sophia Grivas (1 yr.); Themistocles Balouris (5 yrs.).

## COMMUNITY LIFE

### **"Feed the Homeless" Event . . . . . March 10**

Holy Trinity Church has been the host church of the semi-annual lunch for the area's homeless and needy since its inception in 2003. On March 10, we will again be blessed to host this event, which is supported by the various Orthodox parishes in the form of volunteers, food, supplies or monetary donations. Many of you have volunteered or sent donations over the years and made this event a success. This time, we are once again trying to expand our outreach by providing clothing items and particularly socks. We ask you to please be a part of this philanthropic outreach event and help by bringing packages of athletic or similar type socks to the church—or to the event. Some parishioners have also offered to provide shirts and that will be a welcome addition. Please see Mike or Julie Kritiotis (412-766-5001) if you have questions or any other ideas for this ministry.

### **Stewardship Pledges Due**

The Stewardship Committee and Parish Council thank all our Holy Trinity Stewards who have submitted pledges for the 2007 Stewardship year. An overview of our Stewardship for 2006 and 2007 can be found on page 6. If you have not yet submitted your pledge, won't you please do it today?

## REGIONAL EVENTS

### **Dr. Speros Vryonis to Present Lecture . . . . . March 18**

The very first Peter J. Zikos Memorial Lecture will be held at St. Nicholas Cathedral on Sunday, March 18, 2007 at 6:30 p.m. Professor Speros Vryonis, Jr., will discuss the Turkish Pogrom of September 1955, and the destruction of the Greek community of Istanbul. Dr. Vryonis an eminent Byzantine scholar and founder of the Onassis Center for Hellenic Studies at New York University. He is also the author of the book, "The Mechanism of a Catastrophe." The event is free and is open to all. A flyer is enclosed.

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



**Father John Androutsopoulos**

## GREAT AND HOLY LENT LOOK TO GOD FOR MERCY

Beloved brothers and sisters in Christ,

**M**onday, February 19th, marked the beginning of Great Lent. The four Sundays of the pre-lent season prepared us for the Great Spiritual Journey, the destination of which is the Holy

Week, the Holy Passion of the Lord, His crucifixion and His glorious resurrection.

During this spiritual journey we must continue to keep the rules and regulations of our Church for the Glory of God, His Church and the salvation of our souls.

### Fast, Pray, Repent

Our Church wants us to fast, to pray, to repent, to confess our sins with a humble and contrite heart, to receive Holy Communion more often and to attend Church services regularly and on time.

"Beloved, build yourselves up on your most holy faith; pray in the Holy Spirit; keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life." Jude 20-21.

"God, be merciful to me a sinner!" cried the publican (the tax collector). The man would not even lift up his eyes to heaven but beat upon his breast. Just as he was wretched and sinful, he came before the Lord and confessed with his whole heart, trusting God for mercy and forgiveness. Jesus thus vividly pictures a man's helplessness and his faith in God's abounding mercy.

### "To Seek and Save the Lost"

Oftentimes we are like sheep who have gone astray. We follow our own will and way until finally we find ourselves dead in sin. But thanks be to God that from our state of being sinners and helpless, we can come to God and say, "Lord, have mercy upon me."

God is gracious and merciful to forgive us our sins. Without fear and doubt we can look to Him for mercy and redemption.

Whether we be rich or poor, up or down on the social ladder--these do not prevent God's great love from reaching us. He shows His mercy to all, although sometimes we do not realize it. It may seem sometimes as if the loving kindness of God has come to an end. This may be our thought when our prayers are not answered in the way we wish. We ought not to hold such wrong thoughts about God.



**W**e venerate Your Cross, O Lord, and we praise and glorify Your Holy Resurrection!

God in His infinite mercy is willing to forgive everyone who comes to Him with a contrite heart and repentant spirit. When we admit that we have sinned and we repent of it to Almighty God, we find ourselves receiving His forgiveness because of His divine love.

Our world needs badly the transforming spirit that expresses itself in this kind of love. We Christians pray daily saying, "Forgive us our trespasses, as we forgive those who trespass against us." If we expect God's mercy and forgiveness of our sins, we are also obliged to forgive others.

### The Cross of Christ

The Cross of Christ is the supreme assurance of God's great mercy. Christ who is both our Teacher and Savior suffers agony if our lives are unchristian. If we pause at this time of Great Lent and examine ourselves, we know in what relationship we stand with Christ, the Redeemer. We know whether our

relation to Him is one of indifference, or of love because of sins forgiven.

God shows His mercy through the Christ-likeness of His servants. Have a blessed, fruitful and holy Great Lent. "*Kali Tessarakosti*"

With His Love

*Rev. Fr. John K. Androutsopoulos*



Hello to All My Precious Children!

My little sister, Zoe, gets scared in the dark, but she doesn't know why. I tell her that it's OK to be afraid, because it helps us learn how to develop real courage. Yes, believe it or not, it takes fear to learn courage! Courage doesn't come from not being afraid; it comes when we are afraid but trust something bigger and stronger to take care of us. And ... you guessed it! ... there is nothing bigger or stronger than God, our Heavenly Father. He is all-powerful and He loves us.



I can think of a really good example of young children with courage in the Old Testament in the book of Daniel: the three holy children, Shadrach, Meshach and Abednago. They must have been afraid when they were thrown in the fire but found courage in God, Who protected them. You see, there was a nasty king with a really long name, Nebuchadnezzar, who ordered his men to go and find these three young men to work for him. The youths were indeed found and trained for a period of three years to serve the king. Well, everything went well until the king, in their minds, did something really dumb: he built a statue 90 feet high and 9 feet wide so people would have a idol to worship.

Now, doesn't it seem weird that the people would even think about worshiping or dedicating themselves to a bunch of scraps of metal and gold? Who would do such a thing? But—here comes my lenten lesson on training ourselves, little ones—that's kind of what can happen when we spend so much time watching television or playing video games instead of reading the Bible, spending healthy time with friends or being in church, especially during Lent. No, none of us really worship idols these days, but we sometimes do make many other things more important than God.

So, back to our story! One day, King Nebuchadnezzar ordered everyone to bow down and worship his idol of gold. He said that anyone who did not do this would be thrown into a blazing furnace. The three holy youths, Shadrach, Meshach and Abednago, refused because they knew God's law against worshiping idols. The king got so...o...o angry that he ordered the furnace to be heated seven hotter than usual. This was no campfire ... it was really hot! But just before the king had the children thrown into that certain death, they were heard saying to him: "You, O King, can throw us into the blazing furnace, but the God we serve is able to save us from the furnace and your power." And do you know what happened when the very angry king had them thrown into the fire? The Heavenly King sent them an angel to protect them from harm. Not even a hair of their heads was burned. Afterwards, King Nebuchadnezzar came to believe in the miracle and the one true God, and he changed his new law and prohibited anyone from speaking against the God of the three young men. Want to hear all about this? Come to church on Holy Saturday morning and you will hear the entire story. It's one of my favorite services of the entire year!

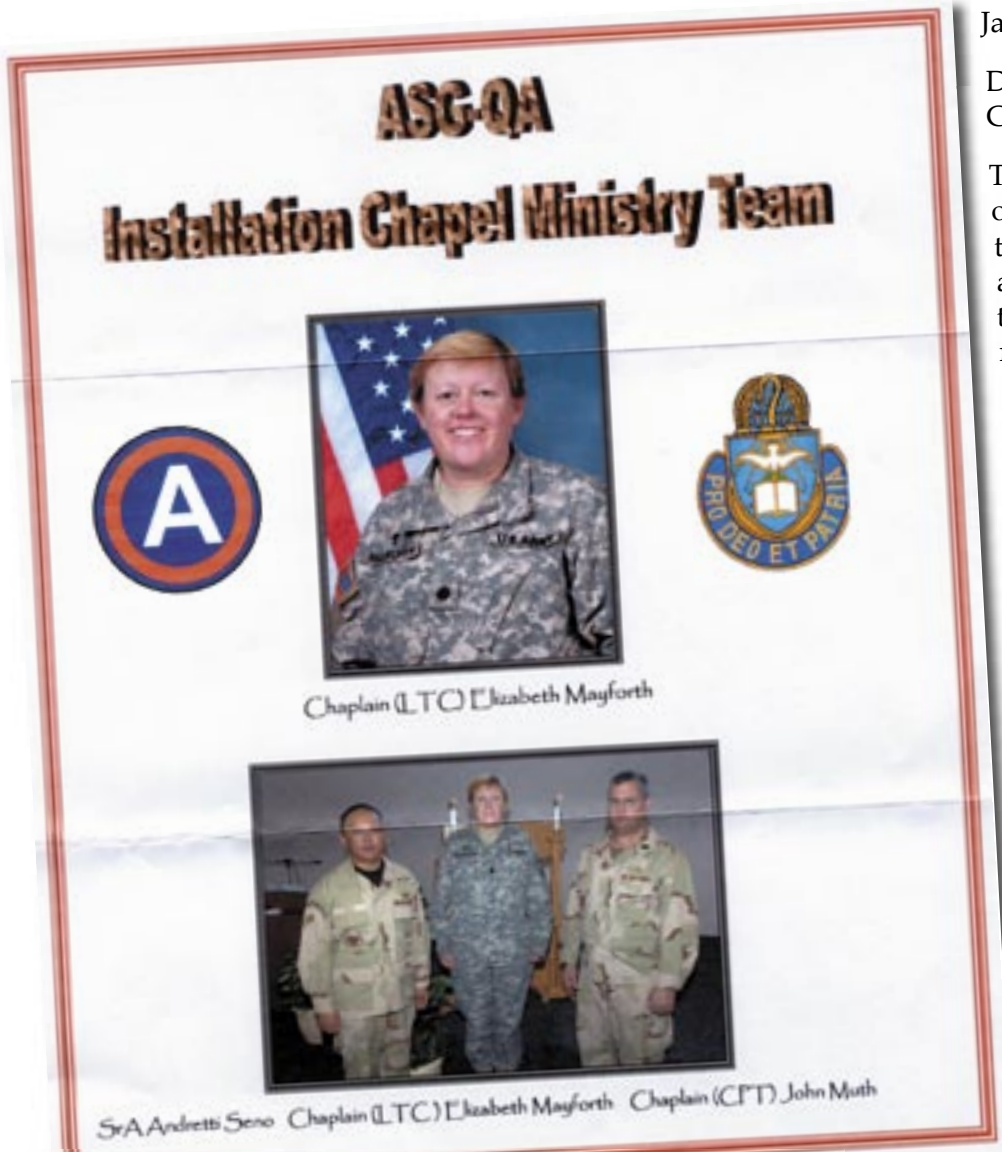
I also reminded Zoe that there are many other places in the Bible where our Heavenly Father teaches us about courage. He promises, "I will make you strong and brave." When do you need this? Maybe you are playing a new sport, or maybe you might fall off your bike. You need to be brave when you attend a new school or go somewhere you don't know anyone. Remember, God has used frightened people to do big jobs! Yiaia tells us that in Judges 7, Gideon was afraid, but he trusted in the Lord. Always remember, when you feel afraid, ask your Heavenly Father to help and to make you brave like Gideon. He doesn't promise to take away all our fears and problems, but He will help us do what we need to do and face what we need to face.

My precious children, even throughout your lives, there will be hard times and things you don't understand. If you keep trusting in God, you will have the courage to get through them all. Our Heavenly Father tells us, "Be strong and very courageous. Be careful to obey the law, that you may be successful wherever you go."

Have a blessed Paschal!

Love in Christ, Spero

Over Christmas, our Holy Trinity children sent gifts and cards to our soldiers in Iraq. The following letters and photos were received from the very grateful recipients. Our church prays at every service for our armed forces. Please keep our troops in your personal prayers also!



January 10, 2006

Dear Holy Trinity Greek Orthodox Church,

Thank you for the many varieties of gifts that you sent to the troops, they are very much needed and appreciated, especially during the time that our committed military members come here to Camp As Sayliyah for their much needed R & R time. Thank you for sending the holiday cards that were so beautifully made by the school children. My name is Chaplain Mayforth and I am now the Installation Chaplain and will be here until September 2007.

As the R&R site for Soldiers, Camp As Sayliyah is a place where soldiers are allowed to come on a 4 day pass to get away from the austere conditions they have to endure in other parts of the Middle East. Our ministry team ensures daily visits are made to ensure soldiers are provided with as much comfort, moral and spiritual support as possible. Letters, post cards, and care packages are distributed during these visits. There is an average of 300 soldiers per day

at the R&R site.

On behalf of our commander, Colonel Thomas F. Lynch III and the other members of our Installation Ministry Team, I thank you for your care and attention to our troops. And, most of all, we want to thank you for your prayers.

Take care and God bless you.

Sincerely,

*Elizabeth Mayforth*  
P.S. My family is in Pittsburgh - Upper St. Clair.  
Thank you for remembering our men & women overseas.  
God Bless.

Dear Students and Teachers,

My name is SFC Shawn Campbell. I received a package thru Any Soldier.Com from your school. It is great to know that even at the school age you are supporting our troops over here in Iraq. The package got here just in time for Christmas so it made it even more Special.

Just a bit about me. This is my third time over in Iraq. I have been in Iraq more than in the USA since 2003. I am married and have three children. I have 2 boys 15 and 10 and a daughter that is 19. I have been in the Army for 15 years. And of all the times I have been over to Iraq, this is the first time I signed up with Anysoldier.com. I have 17 other Soldiers that I work with and I share everything I get with all of them. They all are thankful for what you do and appreciate it very much.

We have been in Iraq for 2 months now. It has went from mildly warm to cold. It has even snowed on two occasions, although it did not stick for long. The temperature here is anywhere from 60 down to 25 degrees F. It will get a little colder and then start warming up around March. So far all the people I work with have been safe and God willing with your prayers and the prayers of so many others we will all make it home safely. I just want to say THANK YOU again for all the support that you all have shown. We put every one of the Christmas Cards you all sent up on our Bulletin Board for everyone here to see. Thanks for making an otherwise Humbug Christmas a little Brighter.

Sincerely  
Shawn Campbell

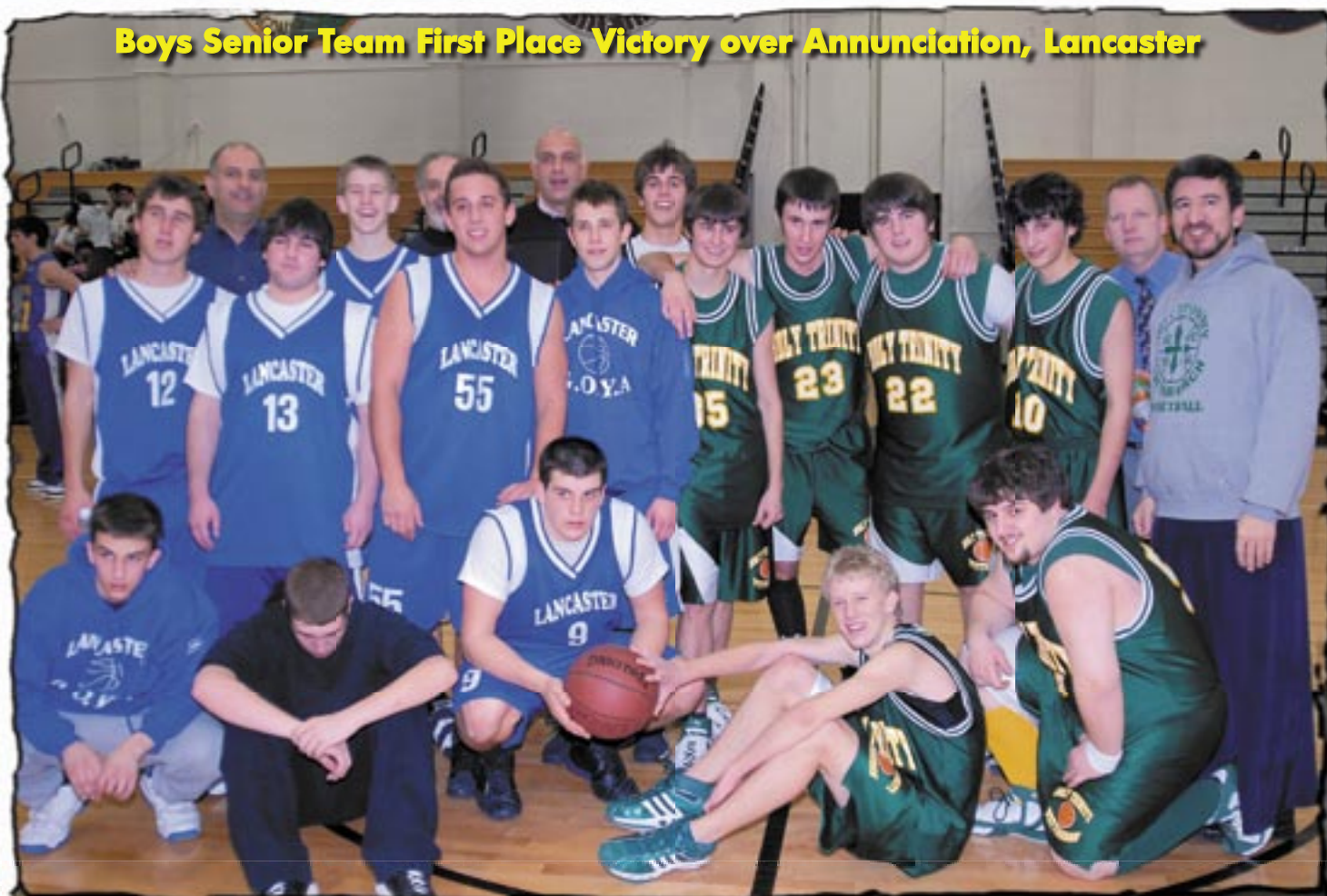


**February 9-11 2007:** Rounding out the GOYA Basketball season, our teens participated in the last Metropolis tournament of the year at Holy Cross Church in Mount Lebanon, at which the Senior Boys team made Holy Trinity basketball history by bringing home the First Place trophy, placing their win alongside the Senior Girls, who also won First Place. The Girls Junior team took Second Place in their division, and the Boys Junior team won the Consolation finals. Thank you to the coaches and parents for all their support, and many thanks to our teens for being such good sports and fine representatives and ambassadors of Holy Trinity Church!





**Boys Senior Team First Place Victory over Annunciation, Lancaster**



**Girls Senior Team First Place Victory over St. Nicholas, Pittsburgh**



*O Christ, our God, when You raised Lazarus from the dead before the time of Your passion, You confirmed the future resurrection of all. We too, like the children of old, carry before You the symbols of Your triumph and victory and cry out to You: "Hosanna in the highest! Blessed is He who comes in the name of the Lord!"*  
(Apolytikion of Palm Sunday)

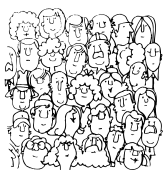
It's swimmin'!  
Don't miss it!  
Buy tickets ahead!

## PALM SUNDAY

**The Annual Community Fish Luncheon**  
**SUNDAY, APRIL 1, 2007**

**Sponsored by Holy Trinity GOYA**

Please plan on attending and celebrating this great Feast Day with your family and the Church. And this year, you're covered no matter what:



**Bringing a crowd?** Buy your tickets ahead of time and just walk right in!

**Can't stay?**

Carry out is available  
to take home!



**Don't**

**like fish?** Pasta dinners  
will be available, too!



Thank you! This event and other GOYA fund-raisers help support the activities and outreach ministries of the teens of our parish. Your support is greatly appreciated!





Voula Hareras

## Η Άλωση της Πόλης

Η πολιορκία της Κωνσταντινούπολης άρχισε επίσημα στις 7 Απριλίου του 1453. Όμως οι προετοιμασίες είχαν αρχίσει τον Ιανουάριο του ίδιου έτους με τη μεταφορά των κανονιών και το Μάρτιο με την έλευση του οθωμανικού στρατού κάτω από τα τείχη της Πόλης.

Οι πολιορκητές ανέρχονταν σε 150.000 στρατιώτες και πλαισιώνονταν από τεχνίτες, εργάτες, υπηρέτες, κ.λπ. και μεγάλο πλήθος ατάκτων. Ήταν άριστα οργανωμένοι και εκπαιδευμένοι και φανατισμένοι από τους δερβίσηδες (Τούρκους μοναχούς), που κυκλοφορούσαν στο στρατόπεδο και τόνωναν την πολεμική ορμή του πλήθους. Ο πολεμικός στόλος, αποτελούμενος από 400 πλοία, έφτασε στο Βόσπορο στις 12 Απριλίου.

Ο Μωάμεθ έστησε τη σκηνή του απέναντι από την Πύλη του Αγίου Ρωμανού. Για τον αποκλεισμό της πόλης χρησιμοποίησαν τα κάστρα που είχαν χτίσει στις δυο πλευρές του Βοσπόρου, το Ανατολού και το Ρούμελη.

Μέσα από τα τείχη η κατάσταση ήταν πολύ διαφορετική. Η Κωνσταντινούπολη είχε χάσει όλη τη λάμψη του παρελθόντος. Ήταν μια ερειπωμένη πόλη, που μόνο το Παλάτι, ο Ιππόδρομος, και οι μεγάλες εκκλησίες θύμιζαν το λαμπρό παρελθόν. Ο πληθυσμός της δεν ξεπερνούσε τα 50,000 άτομα. Οι Βυζαντινοί στρατιώτες ανέρχονταν σε 5.000 και 2.000 οι ξένοι, κυρίως Γενουάτες και Βενετοί. Μάλιστα, 700 Γενουάτες είχαν φτάσει με δυο καράβια στις 26 Ιανουαρίου 1453 και αρχηγό τον έμπειρο Ιωάννη Ιουστινιάνη. Τα τείχη είχαν επισκευαστεί βιαστικά, και εκβαθύνθηκε η τάφρος. Συγεντρώθηκαν τρόφιμα, ενώ τα κειμήλια των εκκλησιών δόθηκαν για να κοπούν νομίσματα και να πληρωθούν οι στρατιώτες. Επίσης είχαν σταλεί επιστολές βοήθειας σε όλους τους χριστιανούς ηγεμόνες. Οι Γενουάτες στα τείχη του Γαλατά έμειναν ουδέτεροι και δεν βοήθησαν καθόλου στην άμυνα της πόλης.

Η τουρκική επίθεση άρχισε με βολές πυροβολικού, που άνοιγαν τρύπες στα τείχη, τις οποίες όμως κατάφεραν να κλείσουν οι αμυνόμενοι. Οι Τούρκοι προσπάθησαν να σπάσουν την αλυσίδα του Κερατίου κόλπου, αλλά δεν τα κατάφεραν. Μάλιστα, στις 20 Απριλίου κατόρθωσαν να περάσουν ένα βυζαντινό και τρία γενουατικά καράβια με αρχηγό τον Φλαντανελλά, διαλύοντας την αντίσταση των Τούρκων. Δυο μέρες αργότερα οι Οθωμανοί κατασκεύασαν δίολκο δώδεκα χλμ. από το Βόσπορο στον Κεράτιο και πέρασαν με αυτό τον τρόπο 70 πλοία στον Κεράτιο κόλπο.

Στις 21 Μαΐου ο Μωάμεθ ζήτησε την παράδοση της πόλης και υποσχόταν στον Κωνσταντίνο και σε όσους ήθελαν, ότι θα μπορούσαν να φύγουν ελεύθεροι από την πόλη. Ο Κωνσταντίνος πρότεινε να πληρώσει υψηλότερους φόρους υποτέλειας – πλήρωνε 300.000 ασημένια νομίσματα ετησίως --, αλλά να κρατήσει υπό την κατοχή του την Κωνσταντινούπολη «Το δε τήν πόλιν σοι δούναι, οὐτ' ἐμὸν ἐστὶν οὐτ' ἄλλου των κατοικούντων ἐν ταύτῃ. Κοινὴ γὰρ γνώμη πάντες αυτοπροαιρέτως ἀποθανούμεν και ου φεισόμεθα της ζωῆς ἡμῶν.»

Στις 27 Μαΐου άρχισε σφοδρός βομβαρδισμός. Δυο μέρες αργότερα ξεκίνησε η τελική επίθεση σε πολλά μέρη των τειχών, αλλά με επίκεντρο την Πύλη του Αγίου Ρωμανού, διότι εκεί το τείχος είχε σχεδόν καταπέσει. Στην τρίτη τουρκική έφοδο, ο Ιουστινιάνης τραυματίστηκε και αποσύρθηκε από τη μάχη. Η αποχώρησή του έφερε σύγχυση στους αμυνόμενους και οι Τούρκοι μπήκαν στην Πόλη. Ο αυτοκράτορας Κωνσταντίνος ΙΑ', ο τελευταίος αυτοκράτορας του Βυζαντίου, έπεσε στα τείχη σαν απλός στρατιώτης. Η Πόλις εάλω!

## Στους Απανταχού Έλληνες

Γιατί Ελλάδα μας γελάς,  
και είσαι ευτυχισμένη,  
μήπως γιατί οι Έλληνες,  
που'ναι παντού σπαρμένοι,  
στη πρώτη σου αναποδιά,  
στη πρώτη σου ζαλάδα,  
όλοι μαζί σου φώναξαν  
κουράγιο, μάνα Ελλάδα.

Κι' είδες μέσα στα μάτια τους  
στο φωτεινό τους βλέμμα,  
πως όπου κι' αν βρίσκονται,  
έχουν εσέ για στέμα.

Κι' αν ζούνε χρόνια μακριά,  
σ' έχουν στα όνειρά τους,  
και φτερουγίζουν πάνω τους,  
και στέκεσαι κοντά τους.  
Μήπως γιατί όλοι μαζί,  
είπαν στην οικουμένη,  
πως η γλυκιά Ελλάδα μας,  
ποτέ της δεν πεθαίνει.

Κι' άκουσε ο κάθε σου εχθρός,  
τη βροντερή φωνή τους,  
πως της Ελλάδας η τιμή,  
είναι τιμή δική τους.  
Και η Ελλάς απάντησε,  
με μάτια βουρκωμένα,  
το ξέρω τα παιδάκια μου,  
πως γνοιάζονται για μένα.

Βούλα Χαρερά



**Michael Kritiotis**

Dear Brothers and Sisters,

We are already well into the new year, so please allow me to give you a summary of the 2006 results. Then, I'll try to also give you a status of the 2007 campaign.

### **First, a recap of 2006**

While the year was starting in an awfully challenging way, not many felt the uncomfortable knot in the stomach more than your Stewardship Chairperson... But, as we began to emphasize the positive and let highly-charged emotions slowly settle, it gradually became evident that the Holy Spirit was truly in our hearts and our lives. In an early summer letter, I recall encouraging us to continue strong with our stewardship, to keep our true faith in God and He would open the "floodgates" of his abundant love—by quoting the prophet Malachi (3:10,11):

"Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that you will not have room enough for it. I will prevent pests from destroying your crops, and your vines in your fields from being barren" says the Lord Almighty.

Well, you responded! The year that threatened to break us apart, brought us a step closer to each other.

We finished 2006 with a record number of stewards—263!—and the second highest ever amount contributed—nearly \$135,000! Your love was also expressed in all the other ways faithful stewards shine: the time you gave on the various committees and functions; working hard to have the best festival ever; helping those in need; teaching, learning, sharing, smiling. To each of you, Thank You for all you did each day for Christ's Church.

### **Now, on to 2007**

Could there be a more appropriate theme than this year's? The Archdiocese suggested it for all parishes, but I believe it was tailor-made for Holy Trinity: "Giving our Gifts with Faith in Christ."

If the activities of 2006 were part of Act I, this is the

most appropriate way to begin Act II. Having had—and triumphed over—our stormy season, it is time to reflect back to the simple fact that faith in Christ and love for one another help us get through obstacles in our lives.

As mentioned in the 2007 Holy Trinity Stewardship packets, this year's theme is associated with the miracle of the multiplication of the five loaves and two fishes.

As Jesus was teaching in a desert place, thousands of followers were with him and became hungry. He took all they had to offer—five loaves and two fishes—looked up to heaven and blessed the food and commanded his disciples to feed the people ... and, after they all ate, there were many baskets of food left over. This miracle carries two important messages. First, no matter how little each of us may think we have, we always have enough to share. Second, Christ has the ability to take whatever we have, transform these humble gifts, and gift them back to us in abundance ... if only we put our trust in Him!

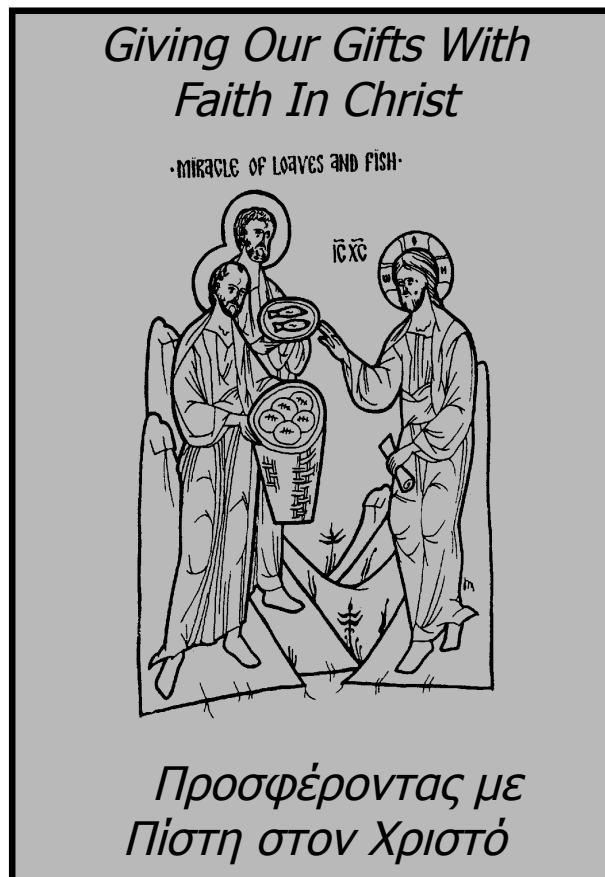
We are now embarking on a new and exiting journey. God willing, we will end it together in a new sanctuary, beginning a new legacy for the future generations of Orthodox Christians in this corner of the world. This dream requires our total devotion and continued stewardship to become reality. Your treasures through your stewardship are the largest source of income for our parish, and with them we are able to meet our everyday costs. If we cannot, money we have put aside for the future will need to be withdrawn for today's needs. Continuing this practice will be an anathema and eventual failure. So, let us resolve to make our 2007 stewardship a meaningful offering of our gifts to Him. Step out in faith, "Giving our Gifts with Faith in Christ," and He will surely in turn again provide an overabundance. But, just like in

the miracle story, our giving precedes our getting.

We are off to a great start! We've already received 175 pledges, totaling nearly \$104,000! Have you thought about your pledge? Please remember to complete and submit your card for this year! Our Holy Trinity Church cannot function without your stewardship.

Thank you for your continued love and support! Keep up the good work, good and faithful stewards!

Michael A. Kritiotis  
Stewardship Chairperson





An update on the news and activities of our local Holy Trinity chapter of the Philoptochos Ladies Society, a national philanthropic ministry of the Greek Orthodox Archdiocese of America. and the Parish Council." Want more information? Visit their web site at [www.Philoptochos.org](http://www.Philoptochos.org) or contact a local member.

## Cookbook

We are planning to publish a Greek Cookbook from the members of Holy Trinity. Joyce Countouris has volunteered to chair this project. Please submit one or more recipes as soon as possible. We have enclosed a form for you to use. You may also send your recipes by e-mail to Joyce Countouris at [joyceco1@comcast.net](mailto:joyceco1@comcast.net) or Esther Ladakos at [DELA@yahoo.com](mailto:DELA@yahoo.com). Your help is necessary to make this project a success and profitable.

## Daffodil Luncheon

On Saturday, March 10, 2007, the Philoptochos Societies of Warren, Campbell, and Youngstown, Ohio are hosting the annual Daffodil Luncheon. The proceeds support the Rich Center for Autism In Youngstown, Ohio and the Metropolis Emergency Care Fund. If you are interested in going, please see Esther Ladakos or call her at 412-761-3977. Each year this luncheon gets better. Please support it.

## Membership Drive

We had a membership drive on January 20th. One lady joined. What can I do to get every lady at Holy Trinity to become a member of a great Philanthropic Organization? Here is one reason every woman should join.

Our National Philoptochos has donated over \$5.4 million to the National Philoptochos Commitments, Special Programs and Projects. This was made possible by the generous support of the committed chapters. We are one of them. How blessed and honored we are to be part of a Society that performs meaningful philanthropic work. Please Join.

## Elections

Elections will be held in May. To be eligible to vote your Stewardship must be paid by April. Please give your Stewardship to Kay Balouris or to Esther. Thank you for your cooperation.

## Prayers

Please pray for all the members of Holy Trinity who are ill. If you know someone is in the hospital or is ill at home please let Esther Ladakos or Sondra Balouris know so that we may send a card. Your cooperation is greatly appreciated.

## Lenten Luncheon

Our Lenten Luncheon is scheduled on Godparent Sunday, March 11, 2007 after church . Please help us to make this fund raiser a great success. We are accepting cash donations or a Lenten dish (preferred). Cost is: Children under six (6), free; Chil-

dren six (6) to twelve (12), \$4.00. Adults, \$6.00.

## Knitters And Crocheters

If you have been making the 7x9 inch panel please bring them to church by February 28 We will begin putting them together after March 1st. Our thanks to everyone who has made the panels or donated yarn

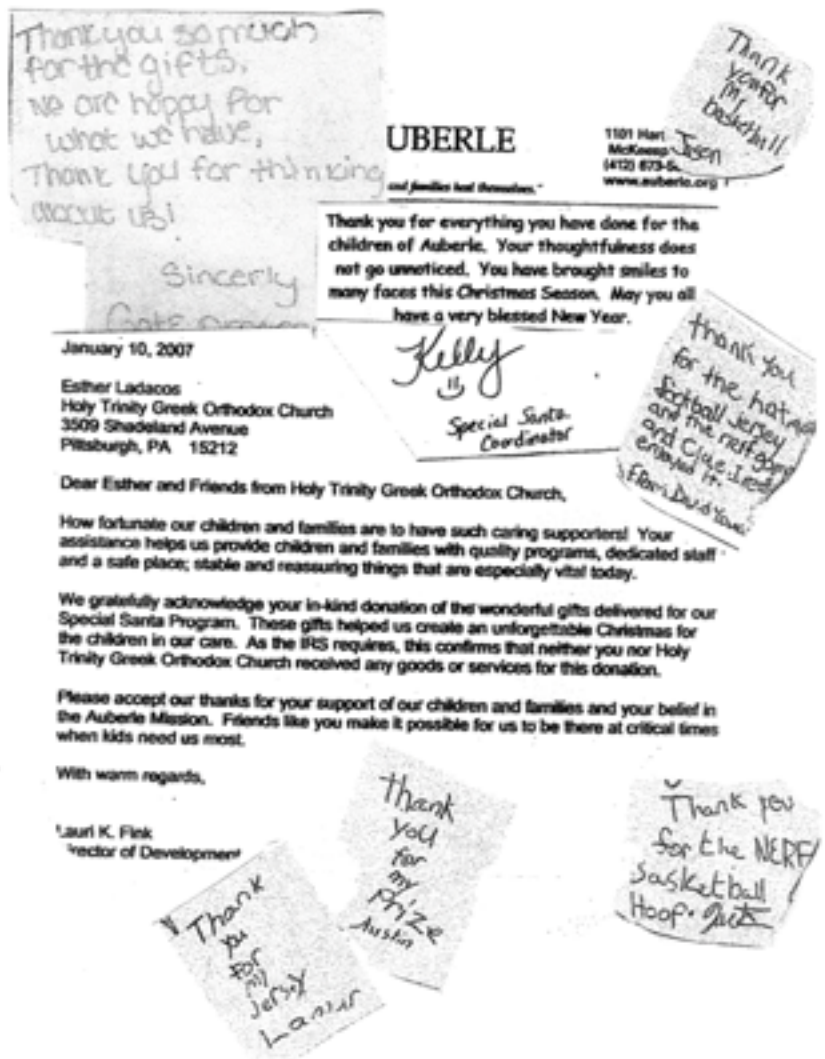
## Coffee Hour

We have repeatedly asked for Coffee Hour Sponsors and are still looking for more. Thank you to those who have volunteered.

## Auberle "Kids" Say Thank You

We received so many thank you notes from the children at Auberle. They will be on-display on Sundays during the coffee hour. Here are a few.

Esther Ladakos  
Philoptochos President



## About Project Mexico

"As you did it to the least of these, my brethren, so you did it to Me." (Matt. 25.40) With these words, Jesus provided both a divine command and moral imperative to do our part to serve the poor and needy.

Project Mexico, an outreach of SCOBA in which Orthodox missionaries help in the alleviation of suffering by building homes for Mexico's poor and supporting the work of the St. Innocent Orphanage and Mission Church in Tijuana, Mexico. Thousands of teens and young adults from all jurisdictions across the United States and Europe have participated since its inception, including team members from Holy Trinity Church in 2002, 2003 and 2004 and 2006.

Don't miss out on this fulfilling opportunity to put the Gospel of Jesus Christ into action in your life! Reserve your spot today with the form below! More information can be found on the Project Mexico web site: [www.ProjectMexico.org](http://www.ProjectMexico.org).

Also, photos of previous Holy Trinity mission trips can also be found at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).

**THERE'S A SPOT ON THE TEAM FOR YOU!**



THE HOLY TRINITY 2006 PROJECT MEXICO MISSION TEAM

## Top Ten Reasons GOYans and their Parents Should Be Part of the Project Mexico Team This Summer, June 27-July 3, 2007

1. "As you did it to one of the least of these my brethren, you did it to me." (Matthew 25.40)
2. It beats playing computer games all summer.
3. "Religion that is pure and undefiled before God and the Father is this: to visit orphans and widows in their affliction, and to keep oneself unstained from the world." (James 1.27)
4. There are more sunny days in Tijuana every week than there are in Pittsburgh all month!
5. "Never flag in zeal, be aglow with the Spirit, serve the Lord." (Romans 12.11)
6. It's a great family project that really helps people.
7. "For every person today there is a possibility to do missionary work. Mission is not only for priest or monks." (Archbishop Anastasios of Albania)
8. There's a waiting line of teams wanting to go and help the orphans and build homes. (Waiting lines always make people want to get in, don't they?)
9. "No one after lighting a lamp covers it with a vessel, or puts it under a bed, but puts it on a stand, that those who enter may see the light." (Luke 8.16)
10. It changes people's lives ... maybe yours!

## PROJECT MEXICO RESERVATION FORM - DUE DATE MARCH 25, 2007

☐ YES! SIGN ME/US UP! Please reserve space for me/us on Holy Trinity's 2007 Mission Trip to Project Mexico. I have enclosed a deposit of \$50 per person to hold space.

Name(s)	Age 18 or over	Signature (Parent must sign for those under 18)
1.	<input type="checkbox"/> Yes <input type="checkbox"/> No	
2.	<input type="checkbox"/> Yes <input type="checkbox"/> No	
3.	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Address:

City:

State:

Zip:

Phone:

E-mail:

**IMPORTANT NOTES:** This form will reserve a spot on the 2007 team on a first-come, first-served basis and SPACE IS LIMITED!! Additional application information will be required before final approval. Trip duration: one week. Dates: June 27-July 3, 2007 (Arrive/Depart San Diego at noon.) Participants should be capable of performing at least light construction work, though professional skills are not required. Each participant will be responsible for covering his/her per person cost of approximately \$600 (Project Mexico participation costs plus van transportation during trip) PLUS your personal airfare to/from San Diego. These costs can be underwritten by fund-raising efforts, and fund-raising materials will be provided. Individual cancellation after March 25th will result in your deposit being applied to the general trip funds.

Mail with check payable to "Holy Trinity Agape Fund" to: Holy Trinity Church, Attn: Project Mexico, 302 W. North Ave., Pittsburgh, PA 15212.



*This space available  
for your business or  
annual commemora-  
tive listing. Contact the  
Church Office for  
information.*

## 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.



21460 1 STREET SUITE 102  
CARLEO E. PA 15134



Spinnaker Group  
Samuel William Spinnaker, CFP, CFPA  
First Vice President  
Senior Residential Director  
Wealth Management Advisor  
Jill L. Spinnaker, CFP, CFPA  
Financial Advisor  
Todd C. Todorich, CFP  
Financial Advisor  
Robert M. Lewis, CFP  
Financial Advisor

Global Private Client Group  
4467 Third Street  
Des Moines, Pennsylvania 15009  
724.773.8700  
800.813.5191  
FAX 724.773.7060  
<http://www.merrill.com>  
The\_Spinnaker\_Group

## STEPHEN M. BRADY FUNERAL HOME

412-321-0495

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

## Salonika Imports

Food Importer and Distributor

**Chris T. Balouris**

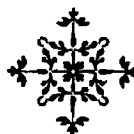
3509 Smallman St, Pittsburgh, PA 15201

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

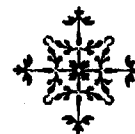
retail store hours:

Mon to Fri 9am-4pm & Sat. 10am-3pm

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 lots are available at the very reasonable price of  
\$500 each.

Contact Cemetery Chairman Bill Fiedler  
412-364-1545

### 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):



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

## From the Second Century Paschal Homily of Melito of Sardes

"I am your freedom," Christ declares.  
"I am the Passover of salvation,  
I am the Lamb slaughtered for you,  
I am your ransom,  
I am your life,  
I am your light,  
I am your salvation,  
I am your resurrection,  
I am your King.  
I shall raise you up by my right hand,  
I will lead you to the heights of heaven,  
There shall I show you the everlasting Father."

He it is who made the heaven and the earth,  
And formed humanity in the beginning,  
Who was proclaimed through the law and the prophets,  
Who took flesh from a virgin,  
Who was hung on a tree,  
Who was buried in the earth,

Who was raised from the dead,  
And ascended to heaven,  
Who sits at the right hand of the Father,  
Who has the power to save all things,  
Through whom the Father acted from the beginning and  
forever.

This is the alpha and omega,  
This is the beginning and the end,  
The ineffable beginning and the incomprehensible end.  
This is the Christ,  
This is the King,  
This is Jesus,  
This is the commander,  
This is the Lord,  
This is He who rose from the dead,  
This is He who sits at the right hand of the Father,  
He bears the Father and is borne by him.  
To Him be the glory and the might for ever! Amen.

Scripture of the Month: "I am the resurrection and the life; he who believes in me, though he die, yet shall he live." (John 11.25)