



# THE HOLY TRINITY HERALD

SEPTEMBER 2008 VOLUME 16 • ISSUE 7

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## QUICK NEWS



These smiling faces are from the recent Holy Trinity missionary trip to the Blackfoot Indian Reservation in Browning, Montana. Our 26 missionaries joined 90 others from Pennsylvania and Ohio for 10 days of Christian outreach, construction projects, medical care and, of course, adventure. See pages 8-11 for more photos.

**DIVINE LITURGY BEGINS AT  
9:30 A.M.**

**HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA**

**Universal Exaltation of the Holy Cross ~ September 14**



A Mount Athos Cross stands vigil during the setting of the sun over the Aegean Sea.

**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

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### About the Parish

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

### 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

Sondra A. Balouris George Dickos

Anthony Loomis Robert Marsh

John Phillips 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 Club ..... Stella Athanasiou, Pres.

St. Lydia Study ..... Stacy Dickos, Coordinator

Cemetery ..... Bill Fiedler, Chairman

Greek School .... Effie Kilantonis, Coordinator

Social Hall ..... Kathy Romanias, Coordinator

Bookstore ..... Bill and Linda Areheart



Therefore, brethren, be the more zealous to confirm your call and election, for if you do this you will never fall; so there will be richly provided for you an entrance into the eternal kingdom of our Lord and Savior Jesus Christ."

2 Peter 1.10-11

Dear Brothers and Sisters in Christ,

Orthodoxy, steeped so richly and historically in our worship and tradition, often seems like a stranger in a non-traditional and non-liturgical foreign land here in America. Many of our neighbors attend non-sacramental churches and have a hard time relating to the centrality and regularity of the holy mysteries in our daily faith.

But there are ways to relate the core importance of this aspect of our spiritual life to the everyday American: try to take away the right to vote and see just how truly bound to tradition our compatriots really are. According to the Mirriam-Webster dictionary, the first definition of "sacrament" is "a Christian rite (as baptism or the Eucharist) that is believed to have been ordained by Christ and that is held to be a means of divine grace or to be a sign or symbol of a spiritual reality." But an alternate definition lends a sacrament-like quality to other matters treated with great respect. It defines it as, "something likened to a religious sacrament" and uses the interesting example, "voting as a sacrament of democracy." Interesting.

With both political parties in their high season, they are entirely wrapped up in the preparation for that experience, that "sacrament." And almost any soundbite from either convention has an almost "evangelical" ring to it, albeit not the Gospel we usually quote. Unfortunately, it often carries more fervor and enthusiasm than our zeal for our true "call and election" Saint Peter speaks of above. Though we may be willing to throw ourselves entirely into a fevered pitch over political issues which come and go like the headlines, when it comes to spreading the true Gospel of salvation in Jesus Christ, our thermometer barely registers. Worse, it can become downright lukewarm, and as the Book of Revelation warns us, God has stern words for those in that condition: "Because you are lukewarm, and neither cold nor hot, I will spew you out of my mouth" (Rev. 3.16).

So this season, may we not make that mistake. No, Orthodoxy does not advocate an extremist or imbalanced zeal for our faith—that leads to judgement, hatred and sin. Rather, if there is good to be taken out of this process and used to the benefit of the Faith—in addition to making informed and prayerful election choices—may it be to further re-dedicate ourselves to bringing the truly Good News about the One Who can really save not just us, not just our country, but the entire universe, to those around us whom the Lord expects us to reach. Political stadiums and arena filled with balloons and placards today are empty and desolate tomorrow, but churches filled with intense worship and God-inspired faithful today are filled with grace and salvation in Jesus Christ every day ... and that's worth getting "hot" about. That is our true "call and election" as Christians and souls surround us every day who need to know it's worth getting excited about!

Yours in the freedom of Christ,



## WORSHIP LIFE

### Weekday Liturgies ..... September

Please take note of the following upcoming liturgical dates. Unless otherwise indicated, Orthros starts at 8:30 a.m., followed by Divine Liturgy at 9:30 a.m..

- Sept. 8: Nativity of Theotokos
- Sept. 10, 6:00pm: Monthly Paraclesis Service
- Sept. 13: Vespers of the Exaltation of the Holy Cross (7pm at the Holy Cross Church in Mt. Lebanon.)
- Sept. 17: Saint Sophia and her Daughters
- Sept. 26: St. John the Theologian

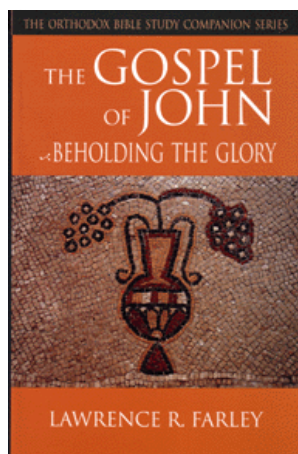
## RELIGIOUS EDUCATION

### Church School Begins ..... September 7

If you missed advance registration in August, don't worry: there's still room! Simply take your child to their room and sign them up before class starts. The first day of classes for Church School is Sunday, September 7 at 9:30 with Divine Liturgy and the children's sermon, followed by classes after Holy Communion. See you there!

### St. Lydia's Orthodox Women's Fellowship ..... Sep. 4, 18

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 the home of Stacy Dickos, 8130 Brittany Place, Pittsburgh. New participants are always welcome! The fellowship is enjoyable, the approach is casual and discussion-oriented, and the subjects are important for today's women and families. All Holy Trinity women are welcome and invited to bring a friend! For further information on this worthwhile and informative group or for directions to the meetings, call Stacy Dickos at 412-367-0925. This year's topic for study is the Gospel of St. John, using the Study Guide "The Gospel of John: Beholding the Glory" by Lawrence Farley. A complete schedule is available online at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).



### St. Nikodemos Men's Fellowship ..... Sept. 25

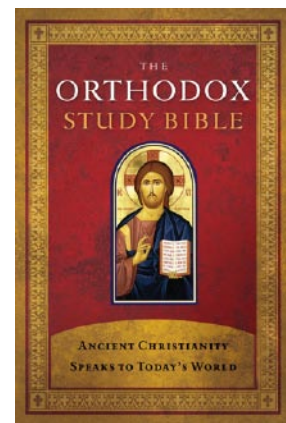
The St. Nikodemos Men's Study Fellowship is an Orthodox men's fellowship, study and discussion group which meets on the second and fourth Tuesdays of each month at from 12:00 noon to 1:00 p.m. at the office of TriadUSA, Suite 1600, Three Gateway Center, downtown. The group seeks to provide a regular meeting for working men to discuss issues of faith, work and family. It is open to all interested men and has been centrally located downtown to accommodate easy access for the lunchtime meetings. For directions, call Gus Georgiadis at 412-880-4999.

### Orthodox Studies Forum ..... September 17

Now in its third year, the Orthodox Studies Forum is designed for adults who are interested in learning more about the Orthodox Christian Faith. It is led by Father Radu Bordeianu and is for both those who have been Orthodox all their lives and want to learn more as well as those seeking to embrace Orthodoxy from another background and grow further in their faith.

This year's forum will investigate one of the most important biblical themes: the People of God. Beginning with Old Testament, the participants will explore selected texts that reflect the story of creation, the fall into sin, the election of Israel, the different covenants that God has established with his people (especially the Decalogue), and the need for a new covenant as described by the prophets. The study of the New Testament will continue with the establishment of the new covenant in Jesus the Christ, as reflected in the Gospel according to Matthew (which will be read in its entirety), fragments from Luke, John, and Saint Paul's Epistles. It will conclude with the study the life of the early Church as reflected in the Acts of the Apostles and several Epistles.

The group meets on the first and third Wednesday of each month from 7:00-8:30 p.m. starting Sept. 17 at the La Roche College WEST Campus, 9000 Babcock Blvd., Pittsburgh. The room is in Providence Hall at the top of Mary Way on the WEST Campus. Room 126. Parking is available behind the maintenance building. See the enclosed flyer for details.



## FUNERALS & MEMORIALS

### Penny Cocheres

The servant of God, Penny Cocheres, fell asleep in the Lord on August 5, 2008. The Funeral was held at Holy Trinity Church, followed by interment at the National Cemetery of the Alleghenies. May her memory be eternal!

### Upcoming Memorials ..... September

Sept. 7 - Penny Cocheres (40 days), Nicholas Tanner (1 yr.), Achilles Kourouklis (2 yrs.).

## YOUTH MINISTRIES

### Holy Trinity Combined Youth and Young Adult Ministries Kick-Off ..... September 21

Holy Trinity will host a combined Youth and Young Adult Ministries Kick-off event on Sunday, September 21 from 1:00 to 5:00 pm at Pine Park in Gibsonia. This picnic and fun event will be the first event of the season for HOPE (Kindergarten through 2nd grades), JOY (3rd through 6th grades), GOYA (7th-12 grades) and the Young Adult Ministry (age 18 and over). Combining the event will provide a convenient one-

stop destination for families with children in multiple age groups; it will also remind us that even though each group has its own identity and will have its own meeting during the event that day, we worship, live and cooperate as one Holy Trinity family, from the very youngest to the oldest. So parents, please be sure to be there with all your children, from Kindergarteners through Seniors, and Young Adults, please plan on attending and getting involved, too! (As a bonus, the event has also been timed to give everyone a chance to get home afterwards and watch the rest of the Steelers vs. Eagles game!) See you there!

### PARISH NEWS & EVENTS

#### Stewardship Pledges Received

Thank you to the following Holy Trinity Stewards who submitted their 2008 Stewardship pledge since the last publication:

Mrs. Marie Backeris  
General & Mrs. William Pagonis  
Mr. Robert Pagonis  
Mrs. Veronica Panagiotou  
Mr. & Mrs. Gregory Pefferman

Also, please note the following names that were accidentally omitted from the last list:

Mrs. Angie Roman  
Miss. Anna Zissis

#### Philoptochos "Undy Sunday" Drive ..... September

Holy Trinity Philoptochos is once again holding its "Undy Sunday" drive to collect underwear for local needy families. A collection bin will be located in the narthex through the end of September. Donated items will be given to the Auberle, a local charity which has been dedicated to the mission of caring for and healing abused, neglected and troubled children throughout Southwestern Pennsylvania for over 50 years. Thank you for your help!

### REGIONAL NEWS

#### Holy Cross Autumn Greek Food Fair ..... Oct. 7-9

Holy Cross Church in Mt. Lebanon will be holding its annual Autumn Greek Food Fair and Bake Sale on Tues.-Thurs., Oct. 7-9. Hours are 11:30-2:00 for lunch and 4:30-8:00 for dinner. They will also hold a "Yiayia's Attic" rummage sale during those hours.

#### Walk For Missions 2008 ..... October 12

The Orthodox Clergy Brotherhood of Greater Pittsburgh will once again sponsor its annual Walk for Missions on Sunday, October 12 at 2:00 p.m. (Registration at 1:00 p.m.) at the South Park Fair Grounds. Proceeds from the Walk will benefit the Orthodox Christian Missions Center (OCMC), which sends missionaries throughout the world. This year the focus will be on supporting the indigenous clergy in Tanzania. The registration and sponsor flyer is enclosed in this issue of *The Herald* and should be brought to the Walk. Please notify Holy Cross Church at 412-833-3355 if you plan to participate.



### HISTORIC COMMUNITY EVENTS

#### 85th/50th Anniversary Celebration Week: Oct. 19-25

The current issue of *The Herald* contains two important flyers concerning upcoming celebrations of great importance to honoring the the past of Holy Trinity Church and preparing for her future. More information is forthcoming, but please post these flyers in your home and keep these dates open on your calendar for you and all the members of your family:

#### October 19: First Divine Liturgy and Ground Blessing Service at the New Church Property.

This historic event will feature a Hierarchical Divine Liturgy and the Blessing of the Grounds of the new church property by His Eminence Metropolitan Maximos, followed by a celebratory luncheon. More details will follow, but please plan on attending this great event.

#### October 25: "A Time to Remember" Dinner/Dance Celebrating the 85th Anniversary of Holy Trinity Church as a Community and the 50th Anniversary of the Opening of the North Avenue Church.

There are many exciting and memorable things planned for this evening, including some great entertainment..stay tuned, and book the date!

Watch for more information and other special events in the coming weeks. Be a part of Holy Trinity's history ... and future! Honor and celebrate Holy Trinity Church's 85 years of history and many generations to come!



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



**Father John Androutsopoulos**

**SEPTEMBER 14**

## The Elevation of the Precious and Life-Giving Cross

On Sunday September 14th, the Holy Orthodox Catholic Church celebrates the Feast of the Elevation of the Precious and Life-giving Cross of the Lord. This is one of the twelve major feasts of the Church. The miraculous appearance of the Cross to Emperor Constantine the Great and the discovery of the Cross of Christ by his mother, St. Helen, gave the first occasion to the Feast.

*"Thy Cross, our Master, we adore, and thy Holy Resurrection do we glorify."*

*"O glorious and venerable Cross! O precious wood! O wonderful sign, by which sin, the devil and hell were overcome, and the world was redeemed, through the blood of Christ. Thou art exalted above all the cedars of the forest, for on thee hung the life of the world! On thee Christ gained the victory, and by His dying overcame death forever."*

*"O Lord Jesus Christ, we adore and bless Thee; for through Thy Cross Thou hast redeemed the world."*

Beloved, the Feast of the Elevation of the Holy Cross is equal to the Holy and Great Good Friday. Therefore, our Holy Church prescribes strict fast day. (But, according to the teachings of our Church, because it falls on a Sunday this year, wine and oil are permitted.)

## Why Do We Make The Sign Of The Cross?

To confess openly: 1) That we are Christians and adore Christ crucified. 2) That we are redeemed by the Cross, and that all blessings come to us from God through the sacrifice of our Lord Jesus Christ upon it.

## The Child And The Sunday School

Parents have a great responsibility and a great privilege. They are responsible for the welfare of their children. From infancy, the parents must nourish the tender body with the best foods. Parents nourish the mind of the child with stories, poems, pictures and books. They nourish the child's emotions with love. But how do parents nourish the soul of the child?

In Holy Scriptures, we read "Train up a child in the way

he should go; and when he is old he will not depart from it" (Proverbs 22:6). Since a child possesses a soul, it must be nourished as extensively as the body and the mind. A child must be trained in the spiritual life. Just as a loving, caring parent teach the child manual skills, so the parents must start training the child from infancy by bringing the child to the Divine Liturgy, having the child partake of Holy Communion, praying with the child at home.

When the child is old enough, he or she should be sent to Sunday School to learn about his faith and Orthodox Catholic Church. The child will grow closer to God. In Holy Scripture there is a verse that reads, "Even a child is known by his doings, whether his work be pure, and whether it be right." What about your child? Do you want him to be pure and to do what is right? He must be trained in the Orthodox Church.

## Eager to Learn the Faith

At a certain age, the child is ready for public school, and the parents do not hesitate to send him whether the child desires it or not. The parents do want the child to learn about the world, how to live in it, and how to work in it. As a Christian, the parents should be even more eager to have the child grow in faith. Living the life the way in which God intended us to live it will bring us a great reward.

By attending the Sunday School regularly, the child will learn in detail about the duties he or she must perform here on earth. The child will grow spiritually and the soul will be nourished.

Remember that the Sunday School is a handmaid of the Church. Its work is to lead the children to worship regularly in God's family. Its work is to train the children to be practicing members of Christ's Church. The teachers are there to help the children. They are there because they love God, His Church, And His children. To each teacher, it is a privilege

of serving God in teaching the Faith to the children, training them to seek the more excellent way, and leading them in the knowledge and obedience of God's Word so that in the end, they may attain everlasting life.

Beloved, Sept. 1st, marks the beginning of the New Ecclesiastical Year. May we all have a blessed and fruitful New Year For the Glory of God and His Church. with His love and blessings,

*With His love and blessings,  
Rev. Fr. John K. Androutsopoulos*



*Stewardship, like faith itself, is a personal issue in the sense that it is a reflection of our personal relationship with Jesus Christ and His Holy Church. Therefore, just as personal stories of faith such as the Epistles of Saint Paul, helped bring others into a deeper understanding of the faith, personal reflections on stewardship also deepen our understanding of the vital role it plays in our lives as well as the lives of our church and our families. Below are some personal reflections of Cliff Brubaker, a member of Holy Trinity Church and the Stewardship Committee. Thank you, Cliff, for your commitment and your willingness to share it!*

**H**ow much should we commit to Stewardship? How much we should commit to the upcoming Holy Trinity Capital Campaign? Perhaps you have given this a great deal of thought ... or perhaps not.

### A Personal Matter

This message is not designed to tell you what your obligations and responsibilities are, or should be. Such decisions are a matter of personal judgment and commitment. Yet, I would hope to pose some provocative questions that may help us to think seriously about these important questions, both on a personal basis and also collectively as a community with common interests and responsibilities.

### A Biblical Foundation

We hear from time to time about tithing – the commitment of one-tenth of our income to God in some manner. My mastery of biblical reference on this subject is rather limited, but it is described fairly extensively in the Old Testament – and to a lesser extent in the New Testament. It is a derivative of Jewish religious tradition and is practiced to varying extent by many protestant denominations. There are many reasons why people give to support their religious faiths. Some seem more wholesome than others. Perhaps the most relevant message on this point has been presented to us by St. Paul: “So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver” (2 Corinthians 9:7).

### A Cultural Phenomenon

It may be interesting to contemplate why we conduct ourselves in the manner that do. Where, how, and by whom we have been nurtured and raised has a compelling influence on how we view life and how we conduct ourselves. Another way to look at this is in the context of culture. Our culture is quite probably the primary factor in molding our behavior, our values, and quite generally our view of the world. And there is an imposing fact about culture that is of surpassing consequence – it is remarkably resistant to change.

Let me digress to note that Greek culture is replete throughout history with examples of courage, nobility, loyalty and contributions to science, the arts and philosophy. It also seems fair to point out that Greek culture has a decidedly tenacious element: it, too, is quite resistant to change. I have not attempted to obtain objective data, but it does seem evident that financial support for the Greek Orthodox Church lags behind many other Christian denominations, including other branches of Orthodoxy. This too would appear to be a cultural phenomenon, as the primary source of support for the Greek Orthodox Church in Greece is not personal stewardship, but government funding. And it seems to be consistent with some of the observable tendencies of Greek Orthodox communities in America.

### Tithing: A Broader Understanding

To return to the notion of tithing and cheerful giving it is important to note that giving ten percent of your income to God does not mean that you must give ten percent of your income to a church. Whenever you help another soul you are giving to God. It is also quite obvious that giving ten percent from an income of \$20,000 is a markedly different proposition than giving ten percent from an income of \$200,000 or \$500,000. We also give to God in different ways. Our talents and our willingness to work on God's behalf are equally as important as our willingness to give our treasure.

### A Bold New Commitment

We have set an ambitious agenda for ourselves. We have a new Church to build and a Parish to maintain. This latter community obligation has many dimensions, some of which may not be as evident to us nor their relevance and importance adequately appreciated. I think it would be enlightening for us all to become more fully aware of the expense of maintaining our Church, its many programs and its considerable responsibilities.

How will we respond? It seems likely that some of us may yield to the temptation for us to contribute to the Capital Campaign at the expense of our regular stewardship responsibilities. Or, perhaps conversely, we will commit less to the building fund in order to sustain our regular stewardship pledge.

This seems inconsistent with the commitment we have made as a community. After lengthy and sometimes contentious deliberations we reached a decision with a supermajority to proceed with a building plan to establish a new Holy Trinity Greek Orthodox Church in the North Hills to better serve our contemporary needs and to accommodate the growth of our parish and its programs and ministries.

### Stewardship: Belief and Conduct

Let me conclude with a brief exploration of the concept and dimensions of giving. While our intentions are to act in the best interests of our Holy Trinity Community, it is important to also recognize that we do this by giving to God. Gifts to God must be offered with a sense of charity, in good cheer and of full and free will. How much should we give? My personal knowledge of the Church's view of giving is rather modest, but I think this should not be done as a bargain with God. Let us think in the terms of the depth of our faith. If we truly believe that God does care for us and that we are returning only a portion of what God has given to us, we would likely be more generous. Everything that I have learned and believe as an Orthodox Christian leads me to the conclusion that God does not need us, but He does indeed love us and care for us. It is us who need God. Let us believe and conduct ourselves accordingly!

*Cliff Brubaker*



June/July, 2008: The Metropolis of Pittsburgh Summer Camp ministry once again saw a large number of participants from Holy Trinity Church, including campers, counselors, staff and clergy at the JOY and GOYA levels. Thank you to all you supported and attending this vital Metropolis ministry!







July 24-August 2: Holy Trinity Church continued its long-standing missionary tradition by sending 26 teen and missionaries as part of the first YOCAMA Metropolis Trip to the Blackfoot Indian Reservation in Browning, Montana. The entire team comprised 116 missionaries, many from Greek Orthodox parishes in Pennsylvania and Ohio. Construction-type work done on this trip included building a safety fence at a nursing home, reconstructing a community baseball field, painting a community library, installing capped ramps for elderly Indians, and various maintenance projects at schools, a hospital and individual homes. The teams also assisted in school day-care and athletic programs, visited nursing home residents and shut-ins and provided medical services at a local clinic.



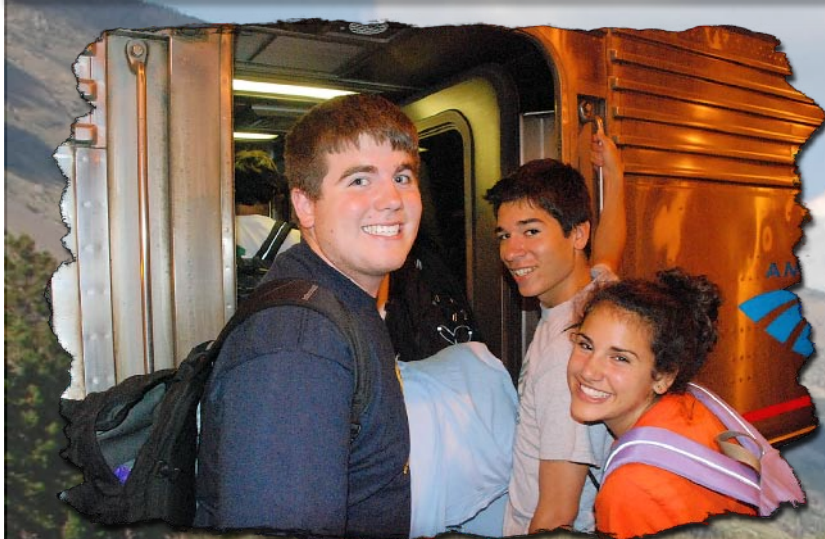




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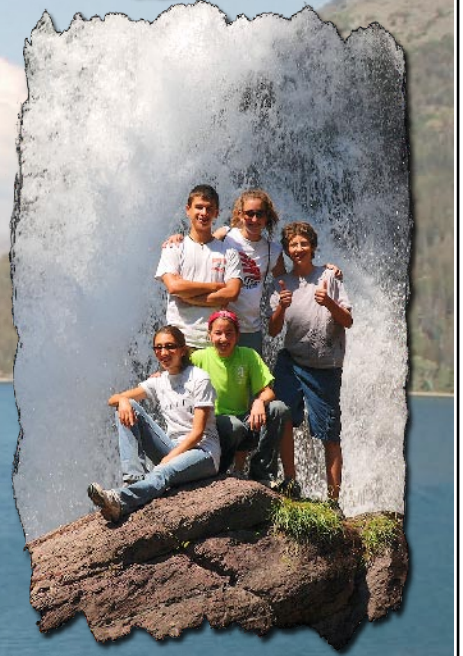








The ministry “YOCAMA” stands for “Young Orthodox Christian Missionary Adventures,” and there was certainly a fair share of adventure on this year’s trip to Montana. It included: a 30-hour Amtrak trip from Chicago to Montana; hikes through Glacier National Park; getting to know new friends from other cities and parishes, an outdoor Divine Liturgy in Glacier National Park and magnificent scenery over hundreds of miles of the American landscape and lots more!







Voula Hareras

## ΣΕΠΤΕΜΒΡΙΟΣ

Εχεις βέβαια αντικρύσει βουνοκορφές. Τί μεγαλόπρεπο τό θαμά τους, όταν μάλιστα συμπλέκονται αλυσιδωτά μεταξύ τους και δημιουργούν βουνοσειρές.

Ποιός δέν μένει έκπληκτος μπροστά στην 'ομορφιά τους, στο έξαιρετο θέαμα τών έπαλλήλων κορφών, άλλων μικρών κι' άλλων μεγάλων κι' άλλων ύψηλότερων.

Μιά θαυμάσια ποικιλία στον όγκο και στο ύψος, στο χρώμα και στο φώς, σέ κάνει Αύθόρμητα νά αναφωνείς. [ώς έμεγαλύνθη τά έργα σου Κύριε]

**Κορφές.** Μεγαλόπρεπες κι' 'επιβλητικές, έκπέμπουν μηνύματα δυνατά, πού λένε. Υπάρχουν ύψη, υπάρχουν ανεβάσματα, υπάρχουν όμορφιές άγνωστες, και συναρπαστικές. Άλλά [κορφές] υπάρχουν και κοντά σου. Πνευματικές κορφές. Και αυτές πρέπει Νά αντικρύσεις τώρα πού αρχίζει και πάλι τό σχολείο. Κορφές στην γνώση Κορφές στην άρετή.

**Κορφές στην γνώση.** Ατένισέ τες μέ χαρά. Είναι για Σένα. Μή μένεις στά λίγα, τά γνωστά, τά έτοιμα και φορμαρισμένα. Αναζήτησε, Μελέτησε, Σπούδασε. Τίς γνώσεις, τών ανθρώπων, τήν σοφία του Θεού.

Δέν είναι πού θά μαθαίνεις. Είναι και πού θά βαθαίνεις. Θά πλουτίζεις. Θά φωτίζεσαι.

Η γνώση είναι δώρο του Θεού πού έκανε τόν άνθρωπο όν λογικό. Η γνώση είναι δύναμη μαζί μέ τήν Πίστη. Κι' ή χαρά πού δίνει, από τίς πιό ύψηλές και Εκλεκτές. Και τίς πιό μόνιμες.

**Κορφές και στην άρετή.** Στην άγάπη στον Θεό. Στην άγάπη τής άγνης, καθαρής ψυχής. Στην τιμιότητα, τήν είλικρίνεια, τήν σεμνότητα, τήν ψυχική εύγένεια και άνδρεια.

'Υπάρχουν κι' έδώ βαθμίδες, υπάρχουν ύψη, κορφές πού προκαλούν σέ υπέρβαση τής χαλαρότητας και μετριότητας και αύτάρκειας. Κι, ή χαρά από τόν καθαρό άέρα τών κορφών τής άρετής πρωτόγνωρη και βαθεία.

Ξεκίνησε κι' αυτή τή σχολική χρονιά πού έφθασε, μέ ανανεωμένη τή διάθεση.

Οχι σάν μιά συνέχεια ρουτίνας αλλά σάν μιά νέα άρχή. Ξεκίνησε κι' έφέτος επιδιώκοντας ΤΟ ΠΙΟ ΠΟΛΥ και τό ΠΙΟ ΚΑΛΟ. Κοιτάζοντας μέ προσήλωση τίς κορφές σου, και άνεβαίνοντάς τες.

Οί ύψηλοί στόχοι δίνουν νόημα στην ζωή. Τήν κάνουν πιό ύψηλή. Ξεδιπλώνουν τίς δυνάμεις τής ψυχής και αναδεικνύουν τόν άνθρωπο όντως άνθρωπο.

Γιά τήν άνάβαση χρειάζεται τόλμη και θέληση. Αγάπη του ώραιου, του ύψηλου, του Αγίου. Αλλά, αυτά τά βρίσκει κανείς άγνά και άμόλυντα στην νεανική ψυχή.

Στησε λοιπόν μπροστά σου τίς ΚΟΡΥΦΕΣ και ξεκίνησε. Και μήν ξεχνάς ό Θεός Θά είναι μαζί σου.

Καλή χρονιά.

Πρός τήν Νίκη

## Η ΜΕΓΑΛΗ ΜΑΝΑ

Πόσες φορές σέ άγιο μικρό ρημοκλησάκι Απελπισμένος έμπαινα γλυκειά μου Παναγία, Μά στην εικόνα σου μπροστά περνούσε τό φαρμάκι Και πλημμυρούσε μέσα μου άγνώριστη εύτυχία.

Αχ τή χρυσή εικόνα σου, και νά τή βλέπω μόνο, Τό δάκρυ μου χαμογελά, σάν βράχος δυναμώνω. Ναι, μόνο νά Σέ στοχαστώ, γλυκαίνεται ή καρδιά μου, Μοσχοβολούν τά σπλάγχνα μου, τριαντάφυλλο μυρίζω,

Καλωσυνεύω σάν μικρό παιδάκι Παναγία μου. Και του παιδιού μου τό ψωμί είς τόν φτωχό χαρίζω.

Εκείνος όπου του Θεού τή Μάνα συλλογάται Στην άγκαλιά τής άρετής, στή Σκέπη Σου κοιμάται, Άλλοι σέ κράζουν [ελεος] [Ελπίδα] ό θλιμμένος, [Βασίλισσα τής έκκλησίας] Σέ κράζει ή καμπάνα, [Ελεημοσύνη] ό φτωχός, [Νερό] ό διψασμένος, Μά ή καρδιά μου Δέσποινα, αυτή Σέ κράζει [ΜΑΝΑ].

Θά παρακαλούσα τούς γονείς τών παιδιών πού δέν γνωρίζουν νά διαβάζουν Έλληνικά νά λάβουν τόν κόπο νά τούς τό έξηγήσουν, πιστεύω ότi πολύ θά ώφελιθούν.

Εύχομαι και έγώ μέτην σειρά μου καλή χρονιά στα παιδιά και έγγόνια μας ή Παναγία πάντα νά είναι μαζί τους.

Βούλα Χαρερά



Statue of Alexander the Great at the Thessaloniki Waterfront, 2007



Hello, my precious children!

Well, I'm back from my summer travels, and I have a really big prayer for all of you: that our Heavenly Father will bless your new school year and help you do your very best in all your studies, sports and activities. And I especially look forward to seeing you at the many places your church has for you this year: Church School, JOY, HOPE, GOYA, retreats, camp, missions and more! What a year it's going to be!

Why are those things so important? Because they are all ways of saying "Thank You!" to our Heavenly Father, Who has shown so...o..o much love for us by sending His Only-Begotten Son Jesus to save us. Always remember this as a sign of the greatest love ever!

And in the month of September, we celebrate a special day to honor the sacrifice of Jesus. On September 14th, we remember the Holy Cross of Jesus. Why is this so important? Well, if you ever want to know how much God loves us, just look into the manger where Jesus was born (you can see it in the Christmas icon), and then look at the Cross, where Jesus died to forgive us and save us. Yiayia says this is really important for us to remember because nobody who receives God's love ever earns it or deserves it: it is a pure and holy gift from Him because He created us and cares for us.

Have you ever received a gift of love? Sure you have! Want to read about it? Look up these places in your Bible: Matthew 1:21, John 3:16, Romans 5:8, Acts 16:31 and Ephesians 2:8. OK, they're so good, I'll look them up for you ... here they are:



Matthew 1:21: "She (Mary) will bear a son, and you shall call his name Jesus, for he will save his people from their sins."

John 3:16: "God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life."

Romans 5:8: "God shows his love for us in that while we were yet sinners Christ died for us."

Acts 16:31: ""Believe in the Lord Jesus, and you will be saved, you and your household."

Ephesians 2:8: "by grace you have been saved through faith; and this is not your own doing, it is the gift of God."

OK, I got you started. Now it's up to you! Every day, remember God and His great love for you. And have a great school year!

Love in Christ,  
Spero



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.

### Philoptochos Report: September 2008

In a few weeks summer will be over and school will begin. I hope that everyone had a great summer and enjoyed your travels. Welcome back to everyone!

#### A GREAT BIG THANK YOU

To everyone who came every Tuesday and Wednesday over the summer to help make spanakopita, tiropita, and pastisio for the Festival.

#### STEWARDSHIP

If you are a member of the Philoptochos are your Stewardship dues paid? Please do so in order to help us stay current with our National Ministries commitments and other philanthropic responsibilities.

#### COFFEE HOUR SPONSORS.

We are still looking for sponsors for the coffee hour. If you have someone who is celebrating a birthday, anniversary, or you would like to honor someone special, won't you please consider sponsoring a coffee hour in their honor? See or call Kay Balouris (412-766-1263).

#### GET WELL CARDS

As part of reaching out to those in need, the Philoptochos likes to send get well cards to anyone who is in the hospital or ill at home. If you know someone that we may send a card to, please call (412-761-3977) or email ([del1947@yahoo.com](mailto:del1947@yahoo.com)) Esther Ladakos and give her their name and address. Thank you for helping us help others!

#### MEMORIES

Here is a little poem that many of us had to learn to recite for the 25th of March. The mothers taught their children to recite this on their way to their "secret schools" during the "Tourkokratia" (Turkish occupation) of Greece, when access to schools and churches was very limited. I am sure that many of you had to learn and recite this going to Greek School.

"Fengaraki mou lambro  
Fenge mou na perpato,  
Na pigaino sto skolio  
Na mathaino grammata,  
Grammata, spoudamata,  
Tou Theou ta prammata."

Greek: Φεγγαράκι μου λαμπρό,  
φέγγε μου να περπατώ,  
να πηγαίνω στο σκολεϊό  
να μαθαίνω γράμματα,  
γράμματα σπουδάματα  
του Θεού τα πράματα.

English: My little bright moon,  
shine on my way,  
that I may go to school,  
to learn to read and write,  
and the teachings of God.

#### "UNDY SUNDAYS" - SEPTEMBER

Holy Trinity Philoptochos is once again holding its "Undy Sunday" drive to collect underwear for local needy families. A collection bin will be located in the narthex through the end of September. Donated items will be given to the Auberle, a local charity which has been dedicated to the mission of caring for and healing abused, neglected and troubled children throughout Southwestern Pennsylvania for over 50 years. Thank you for your help!

#### COOKBOOKS-COOKBOOKS

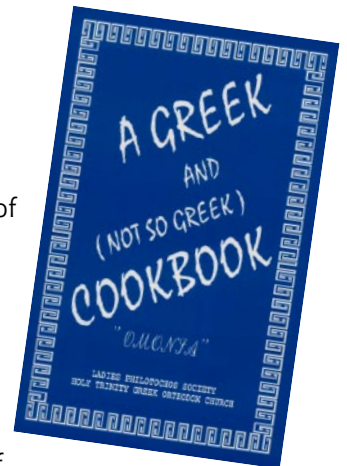
Our cookbooks are still available. If you have not bought one for yourself, a relative or friend now is the time to do so. There are many very good recipes in it. They can be purchased at the Holy Trinity Festival or throughout the year from the Philoptochos.

Speaking of recipes, here is recipe of another sort:

#### "A RECIPE FOR SUCCESS"

- P: One platter piled high with  
POSITIVE THINKING
- H: One heaping handful of  
HONOR
- I: One fragrant bouquet of  
INSPIRATION
- L: One home-brewed vat of  
LOVE
- O: One overflowing of  
OPTIMISM
- P: One International potage of  
PHILANTROPY
- T: One clarified tin of solid  
TOLERANCE
- O: One whole united can of  
ONENESS then add
- C: Extra crumbs of  
COMPASSION and
- H: One handy flip-top box of  
HUMOR, toss in
- O: One can of deep sincere  
OBLIGATION,  
...and for good measure...
- S: One shake of pure  
SOUL,  
The salt of the earth.

Stir all together. READY TO SERVE IMMEDIATELY. You will be REWARDED with an Olympic-sized BRAVO! Membership to the Philoptochos is always open. Please join!



Submitted respectfully,  
Esther Ladakos  
Philoptochos President



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for booking information. Thank You!*

## Holy Trinity Greek Orthodox Cemetery

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Serving the needs of our community since 1945. Please,  
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Contact Cemetery Chairman Bill Fiedler  
412-364-1545

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## On the Sign of the Cross

INQUIRER: What is the significance of the sign of the Cross?

ELDER CLEOPA: The Christian who is a faithful child of the Church of Christ at the beginning and the end of his work, when setting out to travel, when confronted with bad news or evil thoughts, and before and after eating his meals makes the sign of the Cross upon himself, acquiring thereby the immeasurable power of the True Cross upon which was shed the All-holy Blood of Christ over and against our common enemy the devil. Concerning this holy sign the following has been written: "You have given a sign unto them that fear You, that they may flee from before the face of the bow." And also: "The light of Your countenance, O Lord, has been signed upon us; You hast given gladness to my heart." We know that in our prayer our body with all of its members should take part. Thus, our hands play an important role in the performance of this sign.



In the New Testament the sign of the Cross is made, as is known, in the following way. We unite the three fingers (thumb and two closest fingers) of the right hand and bring them to our forehead saying, "In the name of the Father," honoring God the Father, the Master of all. Next, in the mid-to-lower section of the chest we say, "and of the Son," which denotes the descent of the Son of God to earth via His conception and gestation in the spotless womb of the Theotokos for our salvation. Afterward we place our hand on our right shoulder [and finish by crossing over to our left] saying, "and of the Holy Spirit," which expresses our reconciliation and unification with God via the Grace of the Holy Spirit.

*From "The Truth of the Faith" by Elder Cleopa of Romania*

Scripture of the Month: "The Lord will rescue me from every evil and save me." (2 Timothy 4.18)