



THE HOLY TRINITY HERALD

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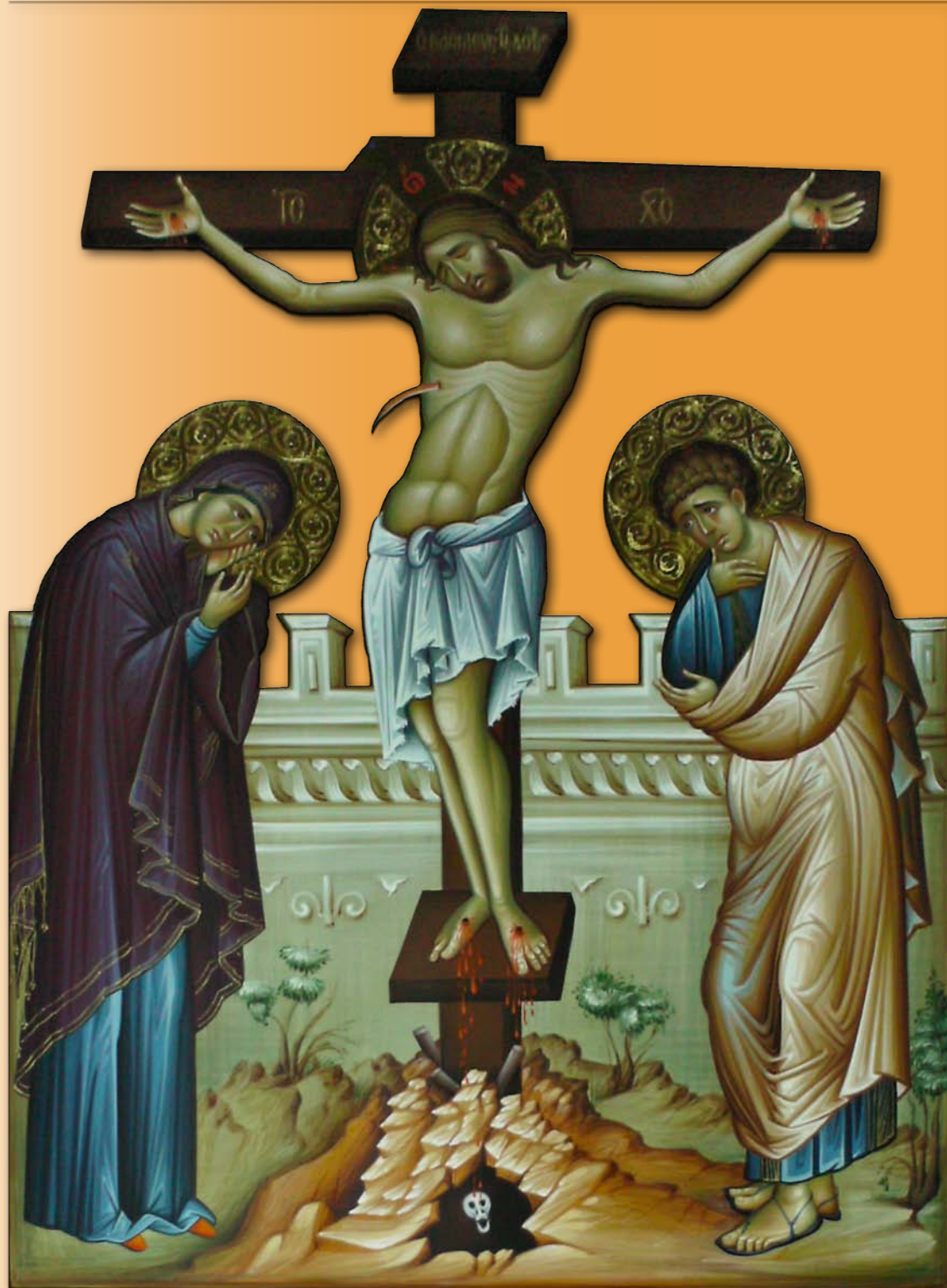
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QUICK NEWS



Holy Trinity Church School students continued the centuries-old tradition of honoring the holy icons on the Sunday of Orthodoxy, March 8, 2009. The children and the staff carried icons of their patron saints and other special feasts around the church in procession, ending with the hymn, "Who is so great a God?" See p. 6.



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) and Greek Orthodox
Archdiocese of America (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

Chris T. Balouris, President

Anthony Loomis Alex Trivilas

Sondra A. Balouris Yvonne Balouris

George Danis George Dickos

Joanne Germanos Robert Marsh

Nicholas Sarandou Vasilios Scoumis

Gerri Valliant

Ministries

Philoptochos Esther Ladakos, Pres.

GOYA Pres. Becky Touloumes, Advisor

Choir Victoria Andromalos-Dale, 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



If, because of one man's trespass, death
reigned through that one man, much more
will those who receive the abundance of
grace and the free gift of righteousness reign in
life through the one man Jesus Christ.

Romans 5.17

Dear Brothers and Sisters in Christ,

In the course of producing the *Herald*, it is most often the case each spring that there is a Lenten issue followed by a Resurrection issue, simply because that's how the liturgical calendar and civil calendar usually fall. This year, there was a clearly Lenten issue last month, but this issue stands in somewhat of a state of anticipation. Most of the month of April fall during Lent and Holy Week, with Pascha being celebrated on April 19. So we stand here in the gap: not yet through Lent, not yet at the empty tomb.

I invite you, then, to join me in solemn anticipation and appreciation of the unique and saving sacrifice of our Lord Jesus Christ, and there is no better place to experience that than at the foot of the Cross. The front cover of this issue provides the model: the Theotokos and Saint John the Beloved Apostle and Evangelist with bowed heads, saddened faces and heavy hearts as they receive from the pierced and outstretched hands of our Savior something no one else in the history of creation had been able to offer. What is it? "The free gift of God is eternal life in Christ Jesus our Lord" (Romans 6.23).

It is spoken of by Saint Paul in the quote from Romans above, in which he compares the original Adam (the "one man" who committed the "trespass" that led us to expulsion from Paradise and, thereby, death) and the "new Adam," Jesus Christ, who conquered that very same death and was uniquely able to break its bonds and re-open Paradise. This old Adam/new Adam contrast is referred to by St. Paul ("as in Adam all die, so also in Christ shall all be made alive" - 1 Cor. 15.22) as well as many times over by the fathers and the hymnographers of the Church. And it is forever ensconced visually in the life of the church in the holy icon of the Resurrection, which shows the victorious Risen Christ reaching down into the new-conquered Hades and lifting up Adam from death to life. It is in the joining of those two hands—the old Adam and the new Adam—that we have hope and the ultimate realization that just as the old Adam, enslaved by death and unable to earn, work or reason his way out, so we are likewise fully and completely dependent on the "free gift" of salvation in Jesus Christ.

We must realize at that moment, sensing it is not just the hand of the old Adam, but ours instead, just how much God loves us, because He has made us "those who receive the abundance of grace and the free gift of righteousness." Again, there is no better place to receive this message and hope into our heart than at the foot of the Cross. Come Holy Thursday evening and Holy Friday morning. Be there for Him who is always and eternally there for you.

Next month, we'll joyfully move on to proclaim the glory of the Resurrection. For now, let's stand with the Holy Theotokos and Saint John in bowed reverence, awe and prayerful thanks for this "free gift." Kali Anastasi!

RELIGIOUS EDUCATION

St. Lydia's Orthodox Women's Fellowship April 2, 30

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 (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.

St. Nikodemos Men's Fellowship April 2

The St. Nikodemos Men's Study Fellowship is an Orthodox men's fellowship, study and discussion group which meets on the first and third Thursdays 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. The topic for this year is "Practical Wisdom." For directions, call Gus Georgiadis at 412-880-4999.

Special Orthodox Studies Forum Thursday, April 2

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. The group meets on the first and third Wednesday of each month through May from 7:00-8:30 p.m. at La Roche College, 9000 Babcock Blvd., Pittsburgh. The room is in the Palumbo Science Center, Room SC102. Parking is available next to the building. *Please note: these meetings have been moved to Thursdays during Lent, and on April 2 there will be a special guest, Dr. Peter Gagianas, with his fascinating presentation on the medical aspects of the Crucifixion from a doctor's perspective. All are invited.*

WORSHIP LIFE

9:30 Regular Divine Liturgy Hours Now in Effect

Don't forget, regular 9:30 Divine Liturgy hours have resumed effective April 1. Orthros is at 8:30 a.m. and Divine Liturgy starts at 9:30 a.m. for both Sunday and weekday services through October. Please set your clocks and your personal schedules to be there on time.



Weekday Services April

In addition to the Lent and Holy Week services, please take note of the following weekday Liturgies for the feast days in April. Unless otherwise indicated, Orthros is at 8:30 a.m., followed by Divine Liturgy at 9:30.

Thu. Apr. 23 St. George the Great Martyr

This is the annual Feast Day of the Saint George Chapel at Holy Trinity Cemetery.

Fri. April 24 "Zoodohos Peghe"/Life-Giving Fount

Special feast in honor of the Theotokos. Service at Holy Trinity Church.

LENT & HOLY WEEK INFORMATION

Change of Location for Wed. & Fri. Lenten Services!

IMPORTANT: Please note that since the original schedule was published last month, there has been a change in location for remaining Wed. & Fri. Lenten services:

- Mondays: Great Compline at the Church (as usual).
- Wednesdays: Pre-Sanctified Liturgy at St. George Chapel
- Fridays: Salutations/Akathist Hymn at St George Chapel

Thank you for your understanding in these unexpected but rewarding changes. Please make every effort to attend these inspiring services. If anyone is need of transportation to attend services at the Chapel, please contact Parish Council President Chris T. Balouris.

Lenten "Soup & More" Sales Sundays During Lent

The GOYA is again holding its very popular Lenten "soup and more" 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!

Lent & Holy Week Schedule of Services

This issue of The Herald contains a complete schedule of services for Holy Week. Please post it in a conspicuous place in your home. Circle the services you are able to attend and place them on your schedule. Talk about them and make plans with your family. This and the schedule of services for Lent can be found on our web site, www.HolyTrinityPgh.org.

Lenten Coffee Hour Reminder March 8 - April 12

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 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. 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 about specific questions or to schedule Holy Confession. *Kali Metanoia!* (May your repentance be good!)

Make Plans for the Anastasi Dinner April 19

Don't forget to make plans to attend the Resurrection Liturgy and Dinner at Holy Trinity Church, Saturday evening, April 18/Sunday, April 19. 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 19

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.

COMMUNITY NEWS

Upcoming Memorials

March 29: George Pantelas (1 yr.), Sophie Parikakis (6 mos.); April 5: Steve Karavolos (10 yrs.), Tom and Dora Morris.

Philoptochos Mother's Day Tea March 2

This issue of the *Herald* contains a flyer for a new Philoptochos event: The Mothers' Day Tea. Please plan on attending. RSVP information is on the flyer.

FESTIVAL NEWS

Festival Cooking Through August

A updated schedule for Festival Pastry Cooking and Food Cooking is enclosed in this issue of The Herald. Please note the dates on your schedule and step up to your place as a Holy Trinity steward. Everyone is invited and asked to help. Bring a friend and pack a snack. Call Joyce Athanasiou (412-322-6002) regarding pastry preparation, Paula Valliant (412-487-3977) for dolmathes or Kay Balouris (412-766-1263) for other food cooking dates.

"Spring Festival" Dates. May 28-30

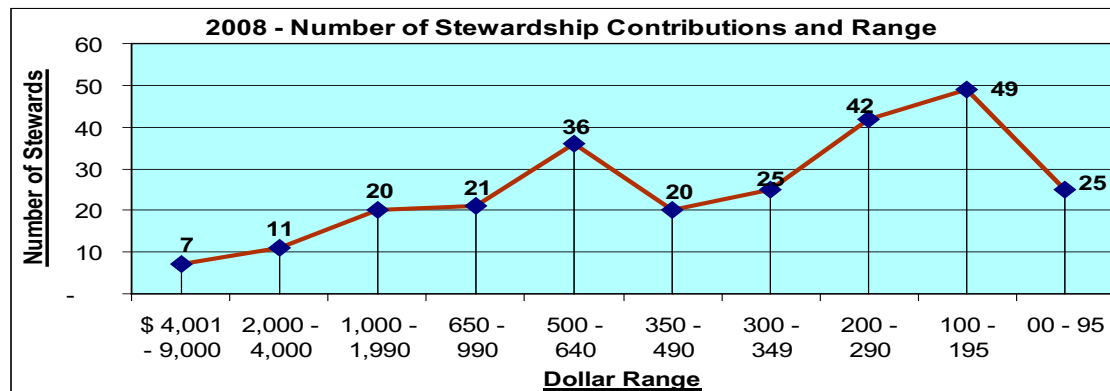
Please note the change of dates: Holy Trinity Church will hold a three-day "Spring Festival" this year from Thursday-Saturday, May 28-30. Remember, no matter how many days the festival lasts, it still takes a lot of work, so please be ready to offer your help. Thanks! Watch for info to come.

"Summer Festival" Dates August 27-30

Don't forget to also keep Thursday-Sunday, August 27-30, free to work at, eat at, bring your friends to and enjoy the Holy Trinity Greek Summer Festival. Please don't wait until the last minute to help: please show up for cooking now and sign up to help at the Festival as soon as the sign-up boards appear at Coffee hour.

Stewardship 2009 Update | Michael Kritiotis

The chart below shows the number of stewards by each range of giving. A total of 256 pledging members contributed a total of \$167,800. This amount fell slightly short of our goal of \$172,000. The breakdown on the chart shows that the number of high-range donors is increasing. On the other hand, many of the low-end givers haven't moved up the scale. Many times



we have brought this disturbing trend to the community's attention. It is important to point out that the 141 stewards who gave less than \$350 are almost twice as many as the ones who gave between \$350 and \$1,000, while they are almost four times more than ones giving \$1,000 or more. Keeping in mind that the church's operating budget now averages over

\$1,000 per day, many more of us are needed to step up and make the necessary investment in this community. After all, how many things mean as much to us as our contributing to our Orthodox faith moving forward? Thus far in 2009, pledges have been generally positive and show an increase over last year. 160 pledges were returned, totaling over \$107,000. There are a lot of you out there who did not submit their card yet. Our goal is to have 265 pledges, contributing \$178,000. Please help Holy Trinity achieve this goal. Consider what it costs for everything else in our everyday activities. Why do we still believe that the church deserves the same amount year after year? Return your pledge card with a deserving and meaningful increase in your pledge. It will be a very rewarding and appreciative act. *Michael Kritiotis, Stewardship Chairman*

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



Father John Androutsopoulos

Faith Without Works is Dead

(James 2.20)

A faithful Christian man worked each day transporting tourists across a lake. On occasion he would present the Gospel and its implications for life in a most unusual way. He had painted the word "Faith" on one of the oars of his rowboat and "Works" on the other. When they got quite far from shore, he would stop; then, beginning to row with only the one marked "Faith," he would cause the boat to go in circles to the left. Reversing the process, he would pull on the other oar marked "Works," and they would circle in the opposite direction. By this time, the bewildered passengers were waiting for an explanation. This afforded him a wonderful opportunity to give them the truth concerning salvation and how it changes the lives of men. He always concluded by saying, "You see, neither faith nor works can stand alone. They are twins that cannot be separated!"

These two aspects of man's redemption are inseparable; we cannot have one without the other! If we display no outward evidence that a new life from God is dwelling within, we would better hold a funeral for our faith ... it is dead!

What Is Christian Faith?

St. Paul says ... "faith is the evidence of things not seen" (Hebrews 11:1), because that which we see we can not say that we believe it, but that we saw and we know it. Faith in God means that we believe what we do not see.

Christian faith is a divine gift by means of which we accept as truth all which God has revealed to us and teaches in His Holy Church. Faith is a Divine Gift because it is an operation of God's Grace, which enlightens the mind, warms the heart and moves the will so that we may accept and hold with determination as truths beyond doubt all which God has revealed to us.

One of faith's greatest enemies is fear. When Peter was walking on the water toward Jesus and saw the wind boisterous, he was afraid and began to sink. Jesus rebuked him by saying, "O thou of little faith. Wherefore didst thou doubt?"

Our faith must be genuine and strong enough for us to put some action with it. There was a man who was going to walk a rope from one high building across the street to

another. Not only was he going to walk the rope, he was also going to roll a wheelbarrow across it. Hundreds of people had gathered to see this remarkable feat. The performer called for a volunteer who believed that he could walk this rope to come on top of the building and make a speech for him to the crowd announcing his intentions. After the volunteer had finished his speech and had stated that the man was going to walk the rope, and that he believed the man could do it, the performer asked him again if he believed it. The reply was "yes". Then the performer asked him to get in the wheelbarrow. His faith immediately became very weak. Sure, he believed the man could walk the rope, but he did not believe enough to get into the wheelbarrow!

Many times it is the same way with us. We believe God can do or may do a certain thing, but we do not believe it enough to step out on His promise and be His witness to the world that God will do it.

Good Works

Good works are those which are done according to God's will. We perform good works, if we, with a good intention, do those things which please God, and abstain from those which displease Him.

The principal good works are: 1) Prayer, by which we keep in communion with God; 2) Fasting and self-denial, by which we restrain ourselves from sin and evil inclinations; 3) Alms-giving, by which are understood all works of mercy, which we do to our neighbor as an outcome and proof of our dutiful love for him.

There are two kinds of works of mercy: spiritual and corporal. The spiritual works of mercy are those that are done for the good of the soul of our neighbor, namely: 1) to correct sinners; 2) to counsel the doubtful; 3) to instruct the ignorant; 4) to comfort the afflicted; 5) forgive offences; 6) to bear wrongs patiently; 7) to pray for the living and the dead. The corporal works of mercy are those which are done for the temporal welfare of our fellow-men. They are : 1) to feed the hungry; 2) to give drink to the thirsty; 3) to cloth the naked; 4) to visit the prisoners; 5) to visit the sick.

Can anyone be saved without good works? No. God rewards everyone according to his works. It is not enough for a Christian to abstain from evil in order to be saved: he is obliged to perform good works or mercy. Great Lent is a time for all of us to do so!

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




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Sunday of Orthodoxy

Distracted by the world and its financial crisis during the holy season of Lent? If so, it's time to re-evaluate our spiritual "portfolio." The following time-tested guidance from the Vespers of Cheesefare Saturday reminds us that the things of the world are possessions that must not possess us.

In the World, Yet Not of It



I would like to urge you to forsake everything, but that I do not presume to do. Yet, if you cannot give up everything of this world, at least keep what belongs to the world in such a way that you yourself are not kept prisoner by the world. Whatever you possess must not possess you; whatever you own must be under the power of your soul; for if your soul is overpowered by the love of this world's goods, it will be totally at the mercy of its possessions.

In other words, we make use of temporal things, but our hearts are set on what is eternal. Temporal goods help us on our way, but our desire must be for those eternal realities which are our goal. We should give no more than a sideways glance at all that happens in the world, but the eyes of our soul are to be focused right ahead; for our whole attention must be fixed on those realities which constitute our goal.

Whatever is vicious must be utterly eradicated, wrenched away not merely from being put into action but even from being so much as thought of. No carnal pleasure, no worldly curiosity, no surge of ambition must keep us from the Lord's Supper. But further, our minds should merely skirt even the good deeds we perform in this life; in this way, the physical things which give us pleasure will serve our bodily needs without hindering the soul's progress.

You see, my brothers, I dare not say to you, give up everything. Yet, if you will, you can give everything up even while keeping it, provided you handle temporal things in such a way that your whole mind is directed toward what is eternal. A man can use the world as if he were not using it, if he makes all external needs minister to the support of his life without allowing them to dominate his soul. They remain external to him and under his control, serving him without halting the soul's drive to higher things. For such men, everything in this world is there for their use, not to be desired. Nothing should interfere with your soul's longing; no created pleasure in the world should ensnare you.

If the object of love is what is good, then the soul should take its delight in the higher good, the things of heaven. If the object of fear is what is evil, then we should keep before ourselves the things that are eternally evil. In this way, if the soul sees that we should have a greater love and a greater fear about what concerns the next life, it will never cling to this life.

To help us achieve all this we have the help of the mediator between God and man. Through Him we shall obtain all this the more quickly, the more we burn with a great love for Him, who lives and reigns with the Father and the Holy Spirit, for ever and ever. Amen.

Saint Gregory the Dialogist

From "Synaxarion of the Lenten Triodion and Pentecostarion"

Translated by Father David and Mother Gabriella

Hello, my precious children!

Well, it's been such a wonderful Lent so far! It is really one of my favorite times of year, because I get to see so...o...o many of you so often at all the special services! But the best thing is, of course, Pascha (or Easter) at the end of the road! I just can't wait to sing "Christ is risen!" with all of you again this year! It's just the greatest news ever!

Speaking of good news, I know about a boy who could use some. In my library there is a book about a boy named Justin, who loses two great grandmothers and a beloved dog in just two months! All of them die as a result of old age, so Justin becomes very concerned

about his mother, his father and all his other loved ones, because they could get old and die, too!

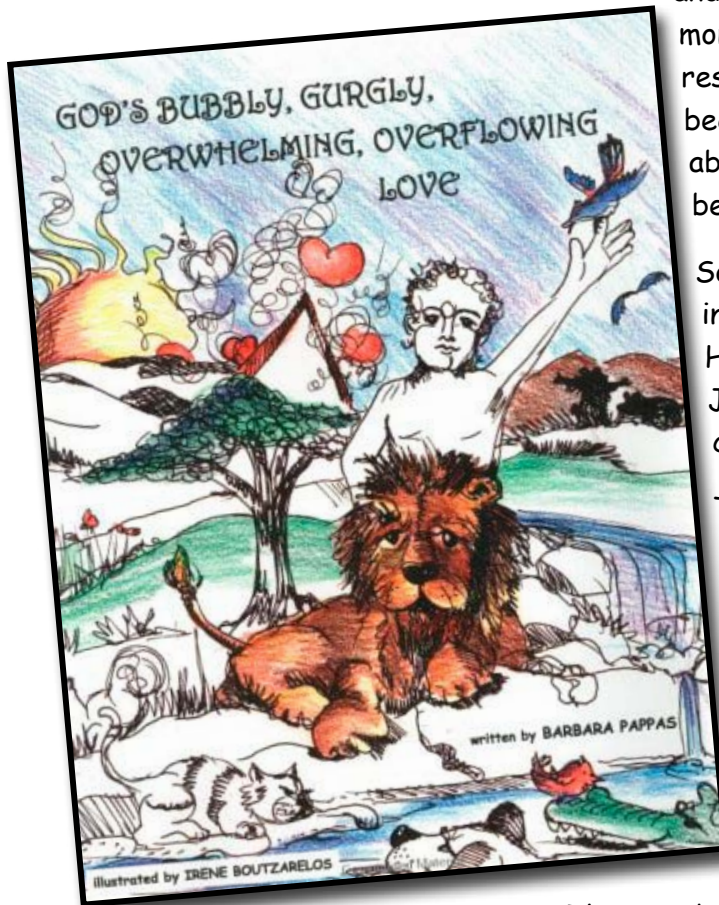
Some time later, Justin finds himself in church, peering into the icon of our Savior Jesus Christ on the Cross. He wants to know all the details of what happened to Jesus. What he really need, however, is good answers to calm his own fears about death.

Thus, the book, God's Bubbly, Gurgly, Overwhelming, Overflowing Love by Barbara Pappas and Irene Boutzarelos was written in response to Justin's questions. You will read about the wonder of God's creation and the despair of Adam and Eve when they disobey God and are evicted from the Garden of Eden. You will also learn about the divine Birth, sacrificial Crucifixion, miraculous Resurrection and glorious Ascension of Jesus.

This wonderful book shows the great love our Heavenly Father has for each of us. This love will help us to overcome jealousy, greed, selfishness and even the big sin of pride. You will learn from this book that He wipes away every tear, always cares for us and provides for all His children ... including you!

Love in Christ,
Spero

PS: I look forward to seeing all my precious children at the beautiful Holy Week services. I REALLY need help getting the palm Crosses and candles ready on the Saturday of Lazarus. Come for the Liturgy and stay to lend a hand. It's a great way to serve your Church!





Voula Hareras

Δεν Ανεβαίνουν Με Ονειρα

Δέν τίς πατάνε τίς κορφές μ'ό-
νείρατα καί πόθους
Σέ δροσοπλάτανου κλαριά από
κάτου ξαπλωτοί
Σιμά σέ γάργαρες πηγές καί
ποταμιώνε ρόχθους,
Σέ παραδείσου χλωρωσιά, χωμέ-
νοι, σκιερή.

Δέν ανεβαίνουν στίς κορφές, μέ σφαλιστά τά μάτια
Γλυκορουφώντας τ'άγεριού τήν πρωινή δροσιά,
Γλυκορουφώντας εύδιές άπ' άνθισμένα βάτα
Καί κέρδου μύρο κι έλατιού, άπ' τήν βουνοπλαγιά.

Δέν τίς πατάνε τίς κορφές ράθυμα καρτερώντας,
Πέρασμα κάποιων χρυσαετών, φλογέρας τήν λαλιά.
Μέσ' τίς βαθύσκιες φυλλωσιές, άηδόνια άγροικώντας,
Κι' άναζητώντας άγρανθούς σιμά στη δημοσιά.

Γιά τίς ψηλές βουνοκορφές, μόχθο θέλεις κι ιδρώτα
Θέλεις περπάτημα γοργό, σ'άνήφορο όρθό.
Ξεκίνημα άπ' τής αύγής τ'άχνά τά πρώτα φώτα,
Ανέβασμα ως τό σπερνό μ'άνασασμό κοφτό.

Θά σ'άγκιλώσουν άγκαθιές, θά σ'ανάκόψουν βράχια.
Φαράγγια, λόγγους θά διαβείς, ψηλά όσο νά ρθείς.
Σέ πέτρες καί κακοτοπιές, γκρεμούς καί καταρράχια,
Σαν σκαρφαλώνεις καί πηδάς ίσως καί ματωθείς

Βήμα στό βήμα...κι' ή όρθή άνηφοριά αύγαταίνει.
Βράχο στό βράχο...κι' ή κορφή δική σέ λίγο πιά,
Γύρω σου ώρηος, γαλανός όρίζοντας πλαταίνει.
Ρόδισμα παίρνει σου ή μορφή, καί λάμπει σου ή ματιά.

Δέν τίς πατάνε τίς κορφές, παρά όσοι μοχθήσουν,
Τ' ανέβασμα όσοι αγαπούν, τού κόπου τή χαρά,
Δέν τίς πατάνε τίς κορφές, παρά, πολύ άν χύσουν
Ιδρώτα πρώτα ως προχωρούν, στη βραχερή πλαγιά.

Μά ποιός θά πή τί όμορφιές ψηλά είναι κρυμμένες
Δικοί σου γύρω οί ούρανοί, δική σου, λές, ή γή,
Κάμποι, λαγκάδια, δημοσιές, στά πόδια σου ριγμένες
Ζηλεύουν τήν ψηλή κορφή καί σένα πάνω κεί.

A. K. / Βούλα Χαρερά

Πίσω από τόν τοίχο..

Ήθελα νά γνωρίσεις έναν άνθόκηπο, πού έχει πανέ-
μορφα καί εύωδιαστά λουλούδια.

Δέν τόν γνωρίζουν τόν άνθόκηπο πού σου λέω
πολλοί. Γιατί, νά! μπροστά του κάποιοι ύψωσαν τοίχο
παχύ, μέ βαρύ μετόν. Τώρα ό περαστικός δέν ξέρει
τί είναι πίσω από τόν τοίχο κι ούτε φθάνουν ως αύτόν
οί όμορφιές κι' οί εύωδιές άπό τά κρυμμένα καί ξεχα-
σμένα πιά λουλούδια. Τώρα ό περαστικός περπατάει
στην σκιά τού γκρίζου τοίχου. Έχει χίλιες έγνοιες. Δέν
τού μένει καιρός νά τό ψάξει, νά μάθει τί είναι πίσω
άπό τόν τοίχο. Δέν τού χρειάζεται...

Νά σου γνωρίσω λοιπόν αύτόν τόν άνθόκηπο. Θά

μπορέσεις κι έσύ σίγουρα νά μπείς μέσα σ' αύτόν, άν
καταφέρεις νά βρεις μιά μικρή πόρτα, πού λέγεται
Πίστη. Γιατί ό Κήπος είναι ένα περιβόλι τού Θεού. Καί
μέσα σ' αύτόν άνθούν τά λουλούδια τού Θεού, όσα
φυτεύει ό λόγος του καί ποτίζει ή χάρη του...θά κατά-
λαβες βέβαια.

Νά σου παρουσιάσω τώρα τά λουλούδια τού κήπου
τού Θεού. Νά μπροστά μας πανεύοσμο λουλούδι ή
εύγνωμοσύνη. Σού άνοίγει ή καρδιά καί φωτίζονται τά
μάτια.

Γιατί τί είναι ή εύγνωμοσύνη?

Ή καλή διάθεση λένε, άπέναντι σ' αύτόν πού μάς
κάνει ένα καλό μιά εύεργεσία, μιά έξυπνέτηση, ένα
δώρο. Ή άναγνώριση τής προσφοράς τού άλου σέ μάς
κι ή έκφραση εύχαριστίας. Μ'ένα [εύχαριστώ] μ'ένα
λόγο καρδιακό, μέ μιά κίνηση εύγενική, μ'ένα βλέμμα
φιλικό, μέ μιά πηγαία διάθεση γιά άνταπόδοση.

Ρωτάς ποιός τάχα μπορεί νά μάς προσφέρει δώρα,
έξυπηρετήσεις, διευκολύνσεις,

σέ ποιόν μπορεί κανείς νά προσφέρει τούτο τό
άκριβό λουλούδι;

Πρώτα-πρώτα, βέβαια στόν Θεό Πατέρα μας, πού
όλα μάς τά χαρίζει, ζωή, ύγεία, μυαλό, δυνάμεις, τό
φώς, τόν ήλιο, τό νερό...όλα..ποιός μπορεί άπό μόνος
του νά τάχει αυτά, Δέν είναι τού Θεού, καί πώς νά μήν
τού λές [εύχαριστώ] πού τά δίνει καί σέ σένα,

Κι' ύστερα είναι οί γονείς, οί δάσκαλοι, ..οί γονείς,
ποιός μπορεί νά μετρήσει τούς κόπους καί τίς Θυσίες
τους γιά τόν καθένα. Είναι καί οί πνευματικοί γονείς
, πού μάς μαθίνουν τήν πίστη καί μάς δείχνουν τόν
δρόμο τής άρετής. Οί δάσκαλοι μετά ...θυμήσου τί
έλεγε ό Αλέξανδρος ό Μέγας γιά τόν δάσκαλό του τόν
Άριστοτέλη, ότι τού όφείλει τό [εύ ζήν] τό ότι δηλαδή
τού έμαθε νά ζεί άνώτερα, μέ στόχους ύψηλούς, πάνω
άπό τήν μετριότητα.

Καί είναι άκόμη όλοι εκείνοι πού εργάζονται γιά
νά κάνουν τή ζωή μας πιό εύκολη, πιό όμορφη. Εχεις
σκεφθεί άραγε τούς κόπους αύτών πού άπομακρύνουν
τά σκουπίδια μας, ή τήν προσφορά αύτών πού συναλ-
λασσόμαστε στίς διάφορες ύπηρεσίες, Δέν είναι ώραίο
ν' άκούνε κάποτε κάποτε κι ένα [εύχαριστώ].

Καί νά σέ ρωτήσω, σου έχει τύχει νά σου πούν γιά
κάτι πού έσύ έκανες ένα άληθινό [εύχαριστώ]. Πώς
ένοιωσες?

Όσοι ύψωσαν τόν τοίχο μπροστά στόν άνθρωπο
είπαν, Γιατί νά λέμε [εύχαριστώ]? Ύποχρέωσή τους
είναι: πληρώνονται. Καθήκον τους είναι. Δέν χρωστάω
τίποτε καί σέ κανέναν...Κι ύψώθηκε άπότομα ό τοίχος
έναν πήχη. Κι ή ζωή έγινε γκρίζα, χωρίς όμορφιές,
χωρίς χαρές, χωρίς ποιότητα.

Τί λές? Μπορούμε νά γκρεμίσουμε τόν τοίχο? Νά
βλέπουμε τά πράγματα καί τή ζωή όχι μέσα άπό
τό χρήμα, τήν άμοιβή, τήν ύποχρέωση, τό καθήκον
άκόμη?

Μπορούμε νά τά βλέπουμε μέ εύαισθησία, μέ
άγάπη, μέ καρδιά, μέ ...εύγνωμοσύνη?

Ανεβαίνουμε τότε έμείς έναν πήχυ!

I.K. / Βούλα Χαρερά

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 or contact a local member.

Philoptochos Report: April 2009

Stewardship

If you have not paid your 2008-2009 stewardship please do so ASAP. Your stewardship must be paid and up-to-date by April 26 to be eligible to run for office and vote.

Elections

Ballots for the 2009-2010 election will be mailed by April 26. Please be sure your vote counts by returning the completed ballot by May 17, 2008.

Easter Bake Sale

The Easter Bake Sale is underway. The following items are available for purchase:

- Baklava, 9"x13" pan \$30.00
- Spanakopita (Spinach Pie) 9"x13" pan \$25.00
- Sweet Bread - Plain loaf..... \$7.50
- Sweet Bread - Loaf with Sesame Seeds \$7.50
- Holy Trinity Philoptochos Cookbook..... \$15.00

Order forms are available each Sunday at the coffee hour. Proceeds benefit the charities and overall ministry of Holy Trinity Philoptochos. Prepaid orders are due March 29.

Mother's Day Tea And Luncheon


Please join us on Saturday, May 2, at 11:30 a.m. to honor our mothers. The requested donation for the Mother's Day Tea and Luncheon is \$15.00 per person. Please contact Joyce Countouris at 412-366-1498 to make reservations as soon as possible.

Sergio

Who is Sergio? Approximately 6 months ago a newborn baby boy was dropped off at an orphanage in Guatemala. He had a serious eye problem and could not see. Cynthia Raftis and Demetra Papas of the Holy Cross Mission Team saw the baby and fell in love with him. They brought Sergio to Pittsburgh to see if a local doctor could help him. Unfortunately, nothing can be done at this time. Sergio will wear goggles to protect his good eye. The doctors will monitor his condition for a year to determine future treatment, if any. After one year he will return to Guatemala. A foundation has been set up to cover the cost of medical treatments for Sergio. Anyone wishing to make a donation may do so by making a donation to Holy Cross Philoptochos,

123 Gilkeson Rd., Pittsburgh, PA 15228. Reference "Sergio" on your donation.

Submitted respectfully,
Esther Ladakos
Philoptochos President



**NORTHSIDE
COMMON
MINISTRIES**

◆◆◆◆◆◆◆◆◆◆
P.O. Box 99861
Pittsburgh, PA 15233-4861

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Administrative Office
(412) 323-1163


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Community Food Pantry
(412) 323-1170

◆
Pleasant Valley Shelter
(412) 321-4272

◆
Fax: (412) 323-1749

◆
Email: mglass@ncmin.org

◆
Website: www.ncmin.org

◆

United Way Member
Code # - 1476

24 February 2009

Holy Trinity Greek Orthodox Church
302-314 North Ave
Pittsburgh, PA 15212—

Dear Friends,

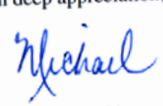
There are 25 beds in our Pleasant Valley Emergency Men's Shelter. In December 2008, we served an average of 27 clients per night. There were nights when 30 – 32 men stayed with us, sleeping on couches or chairs because we simply would not turn a man away into the bitter cold.

Probably the economic situation in the country is being reflected in the increase in the number of families using the Food Pantry. In December 2006 we served **568** families. In December 2007, we served **638** clients. In December 2008, our Community Food Pantry served **670** families, a total of **1,349 individuals**. Of the total number of families served, 35 (5%) were first time users.

The circumstances that bring clients to our door are as varied as the individuals themselves. But the solution is always the same. People need a helping hand, hope, and an opportunity to change their circumstances. Here at Northside Common Ministries, we are offering that helping hand... helping them to help themselves. When generous people like you contribute to this ministry, you make it possible for us to do this important work. Thank you for your donation of \$500.00 to help us do this work.

On behalf of the men and families we serve every day, thank you for partnering with us, and thanks for your continued support.

With deep appreciation,


Michael Aaron Glass
Director

THANK YOU SO MUCH!

Easter Wishes

Happiness keeps you sweet.

Trials keep you strong.

Sorrow keeps you human.

Failure keeps you humble.

Success keeps you glowing.

But only God keeps you going!

You are so special!

HAVE A BLESSED EASTER!

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Company Events

Remember Holy Trinity Community Center!

*Call Kathy Romanias at 724-934-3915
for booking information. Thank You!*

Holy Trinity Greek Orthodox Cemetery

McCandless Township, North Hills

Serving the needs of our community since 1945. Please,
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\$500 each.

Contact Cemetery Chairman Bill Fiedler
412-364-1545

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Holy Trinity Greek Orthodox Church



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The Greatest News Ever

St. Romanos uses his hymnographer's inspired license to give us a glimpse into the experience of the Myrrh-bearing Women relate the miraculous news from the Life-Giving Tomb

"From where, maidens, have you learned what you now say?

Did an angel speak?"

"Yes," they said, "both spoke and showed us.

**And the God and fashioner of the angels
appeared to Mary and said,**

'Say to my own, "The Lord has arisen."'

Come, then, like rams and like young sheep

Let us all leap and say,

**'Our Shepherd, come gather us together
who were scattered by cowardice.**

You have trampled on Death.

Come near those who love you, who grant resurrection to the fallen."



St. Romanos the Melodist, Kontakion on the Resurrection, Stanza 23

Scripture of the Month: "He is not here; for he has risen, as he said. Come, see the place where He lay." (Matt. 28.6)