



# THE HOLY TRINITY HERALD

JANUARY 2009

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January Parish Calendar

## QUICK NEWS



Holy Trinity GOYA teens gathered on December 14 for the annual GOYA Christmas Fireside chat. They prepared for Christmas by discussing the theme "For God So Loved The World" as seen in the Scriptures and the worship services of the Church. They also enjoyed a lenten dinner after first enjoying the last half of the Steelers game!

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

SAINT JOHN THE BAPTIST AND FORERUNNER - JANUARY 7



ICON FROM THE CHURCH OF PANAGHIA BLACHERNAE IN CONSTANTINOPLE

**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



God did not give us a spirit of timidity but a spirit of power and love and self-control.

2 Timothy 1.7

Dear Brothers and Sisters in Christ,

One of the often-misunderstood scriptures in the New Testament is found in the Beatitudes, where Jesus proclaims, "Blessed are the meek, for they shall inherit the earth" (Matt. 5.5). The meekness Christ spoke reflects not weakness or lack of character, but rather humility, gentleness, courtesy and kindness in our relationships with others. This is echoed in 1 Col. 3.12-13 by St. Paul, who directs us as Christians to: "put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience, forbearing one another."

Yet a misinterpreted idea of "meekness" can be used powerfully by the evil one to convince Christians in their heart that true faith is only reflected in a person who is lacking in self-assurance, courage, or bravery. That does not describe meekness in Christ; it is the definition of timidity. And if that was truly what God was calling us to be, how could we explain that Moses, a great prophet and leader of God's chosen people, was described thus: "Moses was very meek, more than all men that were on the face of the earth" (Numbers 12.3)? What about the conviction of the Apostles and the conviction of the martyrs? All were truly meek; none were timid.

So we stand as the community of Holy Trinity Church facing the New Year and staring the challenge of climbing a mountain range with twin peaks: a faltering economy is the first crest, and beyond it lies the summit of a large new church project. So that we may "gird our minds" (1 Peter 1.13) for the task and the call, it is crucial that we lay aside the misconception that these challenges are there to defeat us and accept that they are there to raise us up to victory in Jesus Christ for His glory.

In the banner passage above, St. Paul reminds us above, "God did not give us a spirit of timidity but a spirit of power and love and self-control." Whether we are serving on the Capital Campaign Committee soliciting pledges, or whether we are on the receiving end of those calls trying to discern our commitment; whether we are currently involved in the ministries of this parish as leaders and participants or we are willing to share our ideas and talents with the Ministries Development Subcommittee so that God's people may be better served; whether we are able to reach deep into our pockets and offer up great contributions or reach deep into our hearts and lift up abundant prayer, those will all require the spirit of power and love. Remember, before Moses was a great leader, he cowered and angered God, saying, "Oh, my Lord, send, I pray, some other person" (Exodus 4.13). May we spare the ourselves us such a spirit and step up from the start, like the Prophet Isaiah, who said, "'Here am I! Send me'" (Isaiah 6.8). Thank you to everyone who has made such offerings this past year. We can do even more in this New Year of the Lord and whenever He calls us. Be strong in the Lord!

Christ is born! Glorify Him! Happy New Year!

Herald Personal Sponsor for this Issue:

**Gus and Vickie Bellios**

**For the health of their family in honor of the feast of Saint Basil**

## RELIGIOUS EDUCATION

### No Church School Class ..... Dec. 28, Jan. 4

Attention, parents: there will be no Church School class on December 28 and January 4 due to the holiday celebrations, so please plan on being in church together as a family for the entire service on those days.

### St. Lydia's Orthodox Women's Fellowship . . . January 8, 22

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).

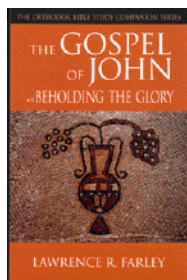
### St. Nikodemos Men's Fellowship. .... January 15

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." 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. The remaining dates for 2009 are: Jan. 15, Feb. 5, Feb. 19, Mar. 5, Mar 19, Apr. 2, May 7 & May 21.

### Orthodox Studies Forum ..... January 7, 21

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 is studying 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. 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 flyer at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org) for details.

## YOUTH MINISTRIES

### GOYA Monthly Fellowship with Graduates ..... January 4

The GOYA will hold its monthly fellowship meeting on Sunday, January 4, from 6:30 to 8:30 p.m. To celebrate the return of our many GOYA graduates from college, the GOYA is inviting them all back to join their younger brothers and sisters for the evening to share stories, lessons and encouragement - and even a look ahead at things to come! The location is to be announced.

### HOPE and JOY ..... January

The HOPE and JOY ministries will be holding an exciting event in January: a visit and sleep-over at the Pittsburgh Zoo! Please watch for information soon.

### GOYA Superbowl Hoagie Sale ..... February 8

The GOYA will be pre-selling hoagies during January for Superbowl Sunday on February 8. Please support our teens in this effort, which helps raise funds for the various events of the GOYA, outreach projects, trips and the Metropolis basketball tournaments. Thanks!

## REGIONAL NEWS

### AHEPA Holiday Ball ..... December 27

AHEPA Chapter 34 is hosting its Holiday Ball on Saturday, December 27 at St. Nicholas Cathedral in Oakland. Live music will be provided by the Alpha Omega Orchestra. See the enclosed flyer for details.

### IOCC Theophany Charity Ball ..... January 17

The Pittsburgh area committee of International Orthodox Christian Charities will host its Fourth Annual Theophany Charity Ball on Saturday, January 17, 2009, Hors D'oeuvres 5:00 p.m., Dinner & Dance 6:00 p.m. The event will be held at the Serbian-American Cultural Center, 1000 Colliers Way, Weirton, WV 26062. For reservations, go online to [www.iocc.org/pittsburgh](http://www.iocc.org/pittsburgh) or call IOCC at 877-803-4622.

## WORSHIP LIFE

### Fast-Free Celebration of the Nativity ..... Dec. 25-Jan.4

In celebration of the Feast of the Nativity of the Lord, please note that the holy canons indicate that there is no fasting from December 25-January 4. This refers, of course, to the daily fasts of the church and does not eliminate the

eucharistic fast (no food or drink from the time of waking up until Liturgy) for those receiving Holy Communion. Question? Please see Father John. Christ is born! Glorify Him!

## Weekday Services ..... January

Please take note of the following weekday Liturgies for the feast days in the month of January. Please note that we are currently on the time schedule for "Winter Hours:" Orthros is at 9:00 a.m., followed by Divine Liturgy at 10:00.

### Wed. Dec. 31, 6pm.....Vespertal Liturgy of St. Basil the Great

This will be a Vespertal Liturgy for the January 1 Feast of Saint Basil. A great way to start your New Year with God's blessings!

### Mon. Jan. 5, 6pm ..... Forefeast of the Theophany of our Lord

This is the first of two Theophany Divine Liturgies and services of Great Blessings of the Waters. The evening Vespertal Liturgy will be followed by the Great Blessing of the Waters service. Please note that this is a STRICT FAST day in preparation for Theophany and those wishing to receive Holy Communion should refrain from eating from noon until Liturgy.

### Tue. Jan. 6, 9am/10am.....The Theophany of our Lord

This is the main Orthros and Divine Liturgy of this great Feast, this year held on a Sunday. We will offer the Great Blessings of the Water at the conclusion of the Divine Liturgy.

### Wed. Jan. 7, 9am/10am.... The Synaxis of St. John the Baptist

This feast of the "greatest of the prophets" and Forerunner of Christ is held on the day after Theophany.

### Wed. Jan. 14, 6:00 pm ..... Paraclesis to the Theotokos

This service of supplication to the Mother of God is held on the second Wednesday of each month.

### Fri./Sat. Jan. 16/17..... St. Anthony the Great

Note: Great Vespers on Friday and Orthros/Divine Liturgy on Saturday for St. Anthony will be held at St. Anthony Church in Clairton in celebration of its feast day. His Eminence Metropolitan Maximos will preside.

### Tue./Wed. Jan. 20/21 ..... St. Maximos the Confessor

Note: Great Vespers on Tuesday and Orthros/Divine Liturgy on Wednesday for St. Maximos will be held at the Metropolis Chapel at 5201 Ellsworth Avenue in Shadyside. His Eminence Metropolitan Maximos will preside in celebration his patron saint and his nameday.

### Fri. Jan. 30 ..... The Three Hierarchs

Note: Liturgy for the Three Hierarchs (St. Basil the Great, St. John Chrysostom and St. Gregory the Theologian) will be held at the Three Hierarchs Easter Orthodox School (THEOS) in Heidelberg, which celebrates its feast day on January 30. The school is located at 1819 Ellsworth Avenue. Phone: 412-278-3333.

## COMMUNITY NEWS & EVENTS

### Year-End Stewardship Notes

The Stewardship Committee and Parish Council thank all our Holy Trinity Stewards for their pledges and contributions this year and ask that everyone brings their offerings up to date for 2008. Please take note that all offerings you would like listed as received during the 2008 tax year (Jan.

1-Dec. 31) for tax deduction purposes must be received at the church by Dec. 31. This is an IRS regulation. You may indicate the offerings to apply for either your 2008 pledge (to pay the balance) or the 2009 pledge (to pay ahead) and your pledge balance will be accurately calculated no matter when the offering is made. Year-end statements will be sent out at the end of January. Thanks! Also, the 2009 Holy Trinity Stewardship Pledge Cards have been distributed and all Holy Trinity Stewards should complete one as soon as possible.

## Parish Council Election Results/Installation .....Dec. 28

Thank you to all those whose names were submitted for Parish Council elections this year. The results from the vote have placed the following members on the Council for the 2009-2010 term: Chris T. Balouris, Dean J. Balouris, Yvonne Balouris, George Danis, Joanne Germanos, Vasilios Scoumis and Gerri Valliant. Parish Council installation will be held the last Sunday of December. Continuing on for the second half of their two-year terms are: Sondra Balouris, George Dickos, Anthony Loomis, Robert Marsh, Nick Sarandou and Alex Trilivas. The installation of the 2009 Parish Council will be held on Sunday, December 28, followed by the election of officers. May God be our guide and strength in all things!

## Vasilopita Celebration..... January 11

The Philoptochos will sponsor the annual Vasilopita Celebration on Sunday, January 11, following Divine Liturgy. Representatives from all parish ministries are asked to be present. In addition to commemorating the Feast of St. Basil, a collection will be taken to benefit St. Basil Academy, the young people's philanthropic institution run by the Archdiocese in Garrison, NY. Thank you for your participation!

## House Blessings.....January

Services for Holy Theophany and its surrounding feasts will be held as usual on January 5-7. An important part of that celebration is the Great Blessing of the Waters service. In order to bring the blessings of the feast and the Lord into our homes, Orthodox Christians traditionally invite the priest to bless their home with the Holy Water from the feast. Please see the enclosed information and schedule your visit by January 5. A House Blessing Request Form can be found on the back page of this issue. Please note that dates of your area and be available at that time. Rescheduling will only be done for cases of inclement weather.



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



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





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



**Father John Androutsopoulos**

## New Year 2009

*"Brethren, I count not myself to have apprehended: but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus."*

(Philippians 3: 13, 14)

My Beloved brothers and Sisters in Christ:

Our Heavenly Father, is the giver of many wonderful new things. We come to Him by faith in Christ and He gives us the New Birth. "Behold, I make all things new" (Rev. 21.5).

### All Things New

Now to you and me God is giving a New Year. This means a new start for some of us. We have not done so well in the old year—we have not lived for God as we should. Now we have a chance to make a new start. This means a new hope for some. We have dreamed that certain things would happen in the old year, but these dreams have not come true, so we will hold on to the hope that they will come true during this new year. This means new obligations for some. Maybe it means a new job, maybe it means new family responsibilities, maybe it means a new position to maintain. You are resolving to carry these responsibilities more successfully in the coming year. Maybe it means a new life to live. It is time for all of us to turn over a new page and to write a new story on a clean page.

### Looking Forward

In our text we see Paul looking two ways. He looked backward and thought of all that he had suffered for Christ and all that he had accomplished for Christ. Then he said, "I am going to turn my back upon all of that, for there is something more important ahead." Then looking forward he said, "I am going to re-dedicate my life to Christ and redouble my efforts for Him. In like manner, it behooves us to look back over the past for a time—we are to turn all of that over to God and leave it with Him. Then we are to look toward the New Year, resolving in our hearts that with God's help we will make it a better year for Him, His Church and ourselves.

### The Three "R's" for the New Year

We wish each other a Happy New Year, but we must do more than that. Let me give you a recipe for a Happy New Year. This recipe consists of three "R's": **REPENT, RESOLVE**

and **REMEMBER**.

1) We are to **REPENT**: We know that repentance is the first step to God. We will never be saved until first of all we have repented of our sins.

2) We are to **RESOLVE**: Our resolution for the New Year "I want to be a better person. I will try to be a better Christian."

3) We are to **REMEMBER**: We must remember that we never can repay Christ for all that HE has done for us. What has He done? He knew that we had sinned and that the wrath of God would fall upon us. So He went to the cross and took our place and died in our stead. **REMEMBER** and **SAY** "In this New Year I will do my best for Christ."

### Committing to Worship

In Luke 4:16, we are told that regular attendance at public worship was a part of our Lord's weekly activity. Orthodox Christians are admonished to walk even as He walked, and to form similar good habits of meeting together with other believers. If we neglect to worship God on the Lord's Day, we grieve Him and injure our own soul.

Some years ago a news reporter invited people to send in their response to the statement, "Why I Don't Go To Church." After he had received a number of replies, he decided to show the weakness of their alibis by inserting the word "movies" wherever "church" appeared in their letters. Here is a sampling of his column:

One said, "I am out of the habit of going to the movies, that's why I no longer attend." Another wrote, "I know a man who has gone to the movies for years, and he is no better than I am." Still another remarked, "There are as many good people outside the movies as inside." Some commented, "I stay away from the movies because I went when I was a child." A number of other excuses were given which proved equally absurd when "movies" was substituted for the word "church."

The reasons given were not valid. They were attempts to conceal a declining interest in their spiritual life, a refusal to walk in the footsteps of Jesus, or a lack of love for God's people. Let us follow the footsteps of Jesus' custom of attending Church services regularly.

**Thought for the New Year:** "Attending Church services does not depend on how far you live from your church, but how close you live to God!"

My family and I wish to Fr. John, Fr. Radu, their families and all the members of the Holy Trinity Church, a Healthy, Happy and Blessed New Year!

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





**Voula Hareras**

## Ίανουάριος 2009

Ηρθε και τό 2009, και λοιπόν, τί άλλαξε, πέρασε ό χρόνος και αντί νά δούμε κάτι καλύτερο στην άνθρωπότητα δυστυχώς τά πράγματα πήγαν από τό κακό στό χειρότερο

Χρηματιστήρια κατρακύλισαν στην άβυσσο, και ό Θεός μόνον ξέρη πώς θά ταχτοποιηθούν οικονομικά όλλα τά Κράτη πού υποφέρουν από ανεργεία και δυστυχία, σεισμοί, πλημμύρες, φωτιές, όλα τά δοκίμασε ή άνθρωπότητα τό 2008 άς φύγη λοιπόν και άς ξαναγεμίσουμε τήν ψυχή μας μέ έλπίδα γιά κάτι καλό πού μπορή νά φέρη ό Νέος χρόνος.

Έλπίδα Ναι, μόνον πού χρειάζεται νά σηκώσουμε τά μάτια μας ψηλά και νά ζητήσουμε μέ όλη τήν δύναμη τής ψυχής μας τήν βοήθεια τού μεγαλοδύναμου Θεού. Νά προσευχηθούμε νά φωτίση μέ τό Άγιον Πνεύμα του, τούς ισχυρούς τής Γής αυτούς πού διευθύνουν τήν τύχη τού Κόσμου, νά φύγουν από τόν δρόμο πού τούς καθοδηγή ό Σατανάς και νά κυτάξουν μέ αγάπη τόν κοσμάκη ανεξαρτήτου χρώματος και φυλής, γιατί όλοι ανεξερέτως παιδιά τού Θεού είμαστε.

Άδελφωμένοι πολλά περισσότερα θά προσφέρουμε στην άνθρωπότητα, αντί τού μίσους και τής αίσχροκέρδιας. Λοιπόν, ας έλπίσουμε, στό κάτω κάτω ή έλπίδα είναι τό καλύτερο δώρο τού Θεού.

Ατομικά εύχομαι σέ όλους σας καλή Χρονιά μέ υγεία, γαλήνη, και χαρά.

*Βούλα Χαρερά*

## 30 Ίανουαρίου - Οί Τρεις Ίεράρχες

Τρεις μεγάλοι. Τρεις άστέρες. Τρεις Φωστήρες τής Οίκουμένης. Οί Τρεις Ίεράρχες άναδείχθηκαν οίκουμενικοί διδάσκαλοι.

Γιατί μέ τά λόγια, τά συγγράμματα, τήν διδαχή τους έπηρέασαν βαθύτατα όλες τίς δομές τής κοινωνίας και τού πολιτισμού όχι μόνο τής εποχής τους αλλά και διαχρονικά. Μέτεράστια οί ιδιοιόμορφωση, άσχολήθηκαν [ιδίως ό Μέγας Βασίλειος] μέ κάθε τομέα τής έπιστήμης τού καιρού τους, γι' αυτό και άναδείχθηκαν προστάτες τών γραμμάτων και τής παιδείας.

Μιάς παδείας πού κατακτάται όχι μόνο μέ τήν στείρα άπόκτηση γνώσεων, αλλά κυρίως μέ τή βαθύτερη καλλιέργεια τής ψυχής τήν κατά Θεόν μόρφωση.

Έστιάζουμε έφέτος τό ενδιαφέρον στον Μέγα Βασίλειο, τόν πολυταλαντούχο αυτόν μεγάλον άνδρα μέ τήν εύρύτατη μόρφωση και τήν πολύπλευρη παιδεία και άρετή.

Στή συνέχεια θά παραθέσουμε, σχολιασμένη, περικοπή έπιστολής του πρός τόν φίλο του Γρηγόριο τόν

Θεολόγο, όπου άνακαλύπτει κανείς και τήν δεοντολογία τού διαλόγου.

Έπίσης δύο περικοπές από τό περίφημο έργο του [Έξαήμερος] όπου ως σοφός έπιστήμων μελετά σέ βάθος και σέ πλάτος τή δημιουργία τού κόσμου και τού ανθρώπου από τόν Πάνσοφο Δημιουργό.

## Μεγάλου Βασιλείου Έπιστολές

Γιά έναν καλό διάλογο. Από τότε- μέχρι σήμερα - και πάντα. Η χάρη τό πνεύμα, ή εύγένεια, όταν υπάρχουν στον άνθρωπο, ξεχύνονται φυσικά και άβίαστα, όπως τά άφθονα νερά ενός μεγάλου ποταμού, και καλύπτουν όλες τίς περιοχές τής ανθρώπινης ζωής.

Αυτό παρατηρεί κανείς και στην πλούσια έπιστολογραφία τού Μεγάλου Βασιλείου, όπου ό μελετητής συναρπάζεται από τήν έμβάθυνση στα μεγάλα θέματα τής Θεολογίας, αλλά και προσγειώνεται εύχάριστα και σ' αυτά τά καθημερινά και ανθρώπινα.

Έτσι στον 4ο άκόμα αιώνα μ.χ. στή χρυσή εποχή τής χριστιανικής γραμματείας, μέσα στα κείμενα τού πολυγραφότατου Μεγάλου Ίεράρχου τής Έκκλησίας βρίσκει κανείς τούς όρους και τίς προϋποθέσεις πού θεωρεί άπαραίτητες γιά έναν καλό διάλογο - θέμα τόσο πολυσυζητημένο και σύγχρονο.

Τί χρειάζεται λοιπόν γιά νά είαι κανείς καλός συζητητής, ό Άγιος άριστος γνώστης τής ψυχολογίας τού ανθρώπου, υποδεικνύει.

- Νά έρωτά χωρίς έριστικότητα,
- Νά άπαντά χωρίς ύπεροψία και έγωισμό
- Νά μήν διακόπτει τόν συνομιλητή του, όταν λέει κάτι χρήσιμο
- Νά μή θέλει νά παρεμβάλλει έπιδεικτικά τό δικό του λόγο
- Νά κρατάει ίσορροπία άνάμεσα στό νά λέει και στό νά άκούει
- Νά έχει τή διάθεση και τήν ταπείνωση νά μαθαίνει, χωρίς νά ντρέπεται γιά τήν άγνοιά του
- Νά διδάσκει χωρίς φθόνο, χωρίς ζήλεια
- Όταν μαθαίνει κάτι χρήσιμο από κάποιον, νά τού έκφράζει εύγνωμοσύνη, νά φανερώνει τό όνομά του στους άλλους και νά μήν τό κρύβει.
- Η φωνή αυτού πού όμιλεί νά μήν είναι ούτε πολύ σιγανή, ώστε νά μήν άκούγεται, αλλά ούτε και πολύ έντονη, ώστε νά κουράζει, ό μέτριος τόνος νά προτιμάται.
- Προτού έξωτερικεύσει κανείς τό λόγο του, πρέπει μέσα του νά έξετάσει τί πρόκειται νά πεί.
- Νά είναι καταδεκτικός και εύχάριστος στις συνομιλίες του.
- Νά μήν έπιδιώκει νά άρέσει μέ τούς άστεισμούς και τά εύτράπελα αλλά νά έλκύει τόν



συνομιλητή του μέ τις εύχαριστες παραινέσεις του. [Έπιστολή 2, Γρηγορίω έταίρω]

Δέν είναι δυνατόν παρά νά θαυμάσει κανείς τού σοφού 'Ιεράρχου, Μεγάλου Βασιλείου τού έκ Καισαρείας, τήν διακριτικότητα καί τήν διεισδυτικότητα στήν ανθρώπινη ψυχή, τά κινήματά της καί τίς διαθέσεις της, άπ' όπου έχουν τήν άρχή τους καί όλες οί έξωτερικές τού άνθρώπου έκδηλώσεις.

Τελικά, καταλαβαίνει κανείς άπό όσα πολύ ψυχολογημένα έκθέτει στόν φίλο του Γρηγόριο ό [φωστήρ] τής Καισαρείας, πώς γιά έναν πολιτισμένο καί άποδοτικό διάλογο χρειάζεται άρετή, άγάπη καί σεβασμός στόν άνθρωπο. Ταπεινώση.

*Πρός τήν Νίκη*



**Vickie Bellios**

### Ποίμα: Χριστούγεννα Πρωτόγεννα

Χριστούγεννα πρωτόγεννα,  
Πρώτη γιορτή του χρόνου,  
Ετσι τα λέγαν οι παλοί,  
Λόγια που δεν παληώνουν.

Τα χρόνια κί'αν περάσανε  
κί'ολα παληώναν  
Οι άνθρωποι γιορτάζουνε  
τα ωραία που εξώσαν.  
Τα παλαιά αλλάξανε  
ήλθαν νέα κοντά μας.

Μα δεν μπορέσανε ποτέ  
Να σβήσουν τα εθιμά μας.  
Το σπουδαιότερο άπ' αυτά καί  
αυτό που παραμένει η Γέννηση  
του Ιησού Χριστού που όλους σφηχτά  
μας δένει.  
Τα χρόνια δεν μπορέσανε  
να σβήσουν την ημέρα  
Που ήλθες εις τον κόσμον αυτόν  
Από μια άγια Μητέρα.  
Αν ήταν εύκολο πολύ  
να'ρθώ να σε ρωτήσω  
Να πάρω μια απάντηση  
Και πίσω να γυρήσω.  
Το κόσμο αυτόν που έφτιαξες,  
με σύνεση και χάρη  
Πως άλλαξε και χάλεσε  
άπ' της ζωης τα βάρη;  
Γιατί η κακία και η ψευτιά  
κρατάνε τα ινιά;  
Και η αγάπη και η τιμή  
λειπη άπ' την κοινωνία;  
Ας κλίνωμε τα γόνατα  
Και άς προσευχηθούμε  
Μαζί με το Νεογέννητο  
Να ξαναγεννηθούμε.  
Ζητούμε να μας λυπηθής  
μη μας εγκαταλίψης  
Στην αγκαλιά σου την ζεστή  
όλους να μας τηλήξεις.

Καλά Χριστούγεννα!

*Vickie Bellios*

## GOYA Fireside Chat | Community Life Photo Journal



**December 14, 2008:** Holy Trinity GOYAnS gathered at the home of Maria Georgiadis for their annual GOYA Christmas Fireside Chat. The evening was focused on the theme, "God So Loved the World." This gave them an opportunity to prepare for Christmas by appreciating the many ways God so unconditionally loves us as seen through the Holy Scriptures and the worship life of the Church. The teens also enjoyed a lenten dinner and—after rescheduling the event twice to accomodate the Steeler's schedule—the last half of the Steeler's win over the Baltimore Ravens!

# Saint George Chapel Iconography Progresses Significantly — Chap



Iconographer Florin Vlad uses a charcoal-tipped bamboo stick to make rough sketches of the resurrection and last judgement scenes on the curved walls of the chapel dome. He applies several layers of gesso (primer), re-sketching the outlines each time before completing them with acrylic paints.

## Mural brings images of life, hope to cemetery chapel

By William Loeffler

TRIBUNE-REVIEW / Tuesday, November 18, 2008

**On** a wooded rise near Duncan Avenue in McCandless is a reminder of the destination that awaits us all. Holy Trinity Greek Orthodox Cemetery sits on a wooded rise, which is crowned by St. George Chapel, a prim brick structure constructed along classic Byzantine proportions.

It is here that The Rev. John Touloumes, pastor of Holy Trinity Greek Orthodox Church on the North Side, conducts funeral and internment services for deceased parishioners.

He also has a happier duty—supervising an ambitious art project that's covering the chapel from floor to ceiling with religious scenes depicting heaven, the last judgment and the resurrection.



Keith Hodan/Tribune-Review

This glorious tumult, from heavenly firmament to the earthly souls near ground level, are painted in the classic tradition of Orthodox Christian iconography.

Mosaics, frescoes and paintings of saints, martyrs, angels and Christ himself adorn many such churches in Eastern Europe and Asia Minor.

Prior to the invention of the printing press, Touloumes says, religious iconography often conveyed the scenes and message of the bible to the masses. He wants the images to comfort the bereaved visitors to the chapel. "This is a visual sermon on the resurrection," Touloumes says, indicating a particular scene on the lower dome. "Even if I didn't say a word, they would look and understand."

The upper reaches of St. George Chapel teem with angels and apostles. From another part of the chapel, the twelve tribes of Israel are visible, as is the Virgin Mary and the good thief from the crucifixion. At the apex of the dome, Jesus Christ, Pantokrator—which means "Ruler of All" in Greek—



# Gospel Story and Iconographer Featured in Pittsburgh Tribune-Review

gazes beneficently downward.

The glorious tumult is the work of Romanian iconographer Florin Vlad. He studied the traditional methods of iconography—mosaics, frescoes and egg tempera—at the Religious Art School of Bucharest in Romania. He's restored churches in Romania and painted murals at Orthodox churches in his adopted home of Canada.

Vlad began working in February, atop scaffolding, beginning with the image of Jesus. This is his first commission in the United States. "I don't work on my back," he says. "Not even Michelangelo worked on his back. That was a mistake in the movie."

Vlad uses a charcoal-tipped bamboo stick to make rough sketches of the figures. He applies several layers of a primer called gesso, which is a powdered form of calcium carbonate mixed with acrylic polymer. The walls are then sketched, painted and varnished. The work is expected to be completed sometime next year.

After completing the painting of Jesus, Vlad worked downward, painting seraphim with six wings. The next levels featured Old Testament prophets, including Jeremiah, Ezekiel, Daniel and Zachariah. Each holds a scroll that contains a quote pertaining to creation and the resurrection, Touloumes says.

The scenes on the lower dome depict the raising of Lazarus, the resurrection of Jesus, the Second Coming and the Last Judgement. These particular scenes were inspired by the murals at the Church of Chora, an 11th-century Byzantine church in Istanbul. Touloumes saw the murals on a 2007 pilgrimage to Turkey. "I'd never seen anything like it in my life," he says.



Keith Hodan/Tribune-Review

The proportions were altered to fit the chapel, which was built in 2006. They deliberately omitted the more gruesome scenes of many Last Judgement murals, which often depict sinners being tormented in hell.

"When you walk in here," Touloumes says, "the first two things you should experience are life and hope."



This article reprinted with permission and with thanks for his excellent coverage to the reporter, William Loeffler. He can be reached at [wloeffler@tribweb.com](mailto:wloeffler@tribweb.com). View the article and the Tribune-Review photos online at [www.pittsburghlive.com/x/tribunereview/search/s\\_598866.html](http://www.pittsburghlive.com/x/tribunereview/search/s_598866.html).





**December 4, 2008:** Holy Trinity Philoptochos hosted its annual Senior Citizens' Christmas Luncheon. The day started with Divine Liturgy for the Feast of Saint Barbara. Lunch followed, with a tremendous entertainment program offered by the North Hills High School Jazz Band, with over two dozen very talented young musicians. Many thanks to the Philoptochos for this annual holiday treat!









Hello, my precious children!

## A NEW HOME FOR THE LIBRARY!



**H**appy New Year! There are so..o..o many exciting opportunities for you in the New Year! Don't forget to pray to our Heavenly Father every day for direction on how to use them! One those exciting new opportunities for the Saint Spyridon Library is that we are moving into a new home! As of January, the library will be moving out of the hallway and into the inner room in the church office. My helpers will be able to better organize and display the many, many books, DVDs and videos. I can't wait to have you visit!

## NO MORE CHEESE FUND (LATE FEES)

I announced this in the last issue, but I want to report that I have made great progress in cutting down on cheese snacking and have decided to continue this new policy for good. Therefore, I, Spero, hereby remind you that I have closed the Cheese Fund ... and that means no more late fees at the St. Spyridon Library! That's right: I want you to enjoy all the books and DVDs you can without worrying about late fees. Because I want to make sure everything comes back, however, so others can enjoy them, I am asking that you keep items no longer than 3 weeks. Items not returned for a long time will still have to be paid for if they are lost, but that won't be a problem if you just bring them back. Enjoy!

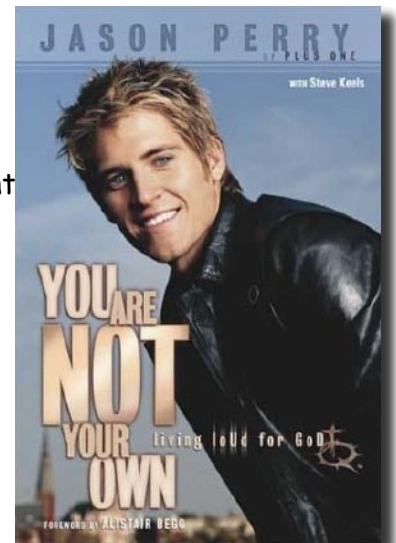
## TEEN UPDATE!

One of the books that will be available to my older students is "You Are Not On Your Own," by Jason Perry. Who is he? Jason Perry is the youngest member of Plus One. His dad is a pastor and he has one older brother, one younger brother, and one younger sister. Jason has traveled around the world with Plus One and could soak up the entire fame and fortune stuff, but the most important thing to him is encouraging young people like you to take matters of faith seriously. He feels strongly that teens need to know faith is not a game.

The book tells us about his faith in Jesus Christ and how much we can learn from the Holy Bible. It is also really important for him to tell his fellow teens that there is hope for all of them and not to think that the mistakes they have already made in their life disqualify them from any future usefulness to others or to God. With our Heavenly Father, failure never needs to be the final answer, for "God is love" (1 John 4.16).

The title of the book comes from a wonderful Bible quote and reminds us, "You are not your own, for you were bought at a price. Therefore, glorify God in your body" (1 Corinthians 6.19-20). And a very strong part of living that command is learning how to overcome those teen passions and become an example to others by your speech, love, faith and purity.

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: January 2009

**K**udos to the many kind and giving people of Holy Trinity who have contributed generously to the following:

### Turkey Fundraiser

The Turkey Fundraiser was so successful the Philoptochos was able to give out \$2900.00 in gift food cards to those in need.

### Light the Night Walk

Pam Bertos who represents the Leukemia - Lymphoma Society notified us that the "Walk" in which we participated raised a total of \$5605.00. Jimmy's Team, in memory of Jimmy Hartig (members of Holy Trinity), contributed \$3605.00 of that total!

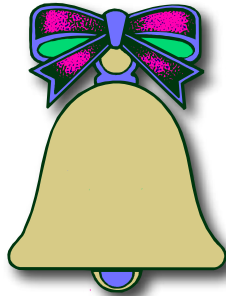


### Christmas Angel Tree

The Angel Tree held the names of all the children at Auberle Shelter. To date about 100 names have been turned in accompanied by many generous gifts which the children will enjoy at Christmas.

### Holiday Bake Sale

Also a kind "Thank You" to the many members and friends who have participated in the Holiday Bake Sale by Philoptochos to make it a success. They



include the many volunteers who came weekly to prepare and bake items, the many who made "in kind" contributions, and the many who support us each year by buying our bake goods.

### Get Involved!

As a follow-up suggestion to Father John's message on Sunday, December 14, if you can make a commitment to do just one thing for Holy Trinity, please consider an active Philoptochos membership. Philoptochos gives all the monies it raises to charity—both in house and in the world. You couldn't be with a finer group of women!



### Christmas Gathering Thank You!

Thank you to all the Philoptochos members who helped make the annual Philoptochos Christmas Senior Citizens Luncheon such a success. Thanks especially to Joyce Countouris for arranging the wonderful entertainment by the North Hills High School Jazz Band.

Submitted respectfully,  
Esther Ladakos  
Philoptochos President

## Heinz Hall Christmas Concert | Community Life Photo Journal



**December 15, 2008:** His Eminence Metropolitan Maximos of Pittsburgh and members of the Greek Orthodox Metropolis of Pittsburgh Combined Choir at the annual Christmas Festival at Heinz Hall. The event was sponsored by Christian Associates of Southwestern Pennsylvania and featured choirs from churches around the Pittsburgh area. This year's celebration also honored the 250th anniversary of the founding of the City of Pittsburgh. The combined Greek Orthodox Choir offered the Christmas Apolytikion, "Your Nativity, O Christ," in Greek and English in a special arrangement by director Steve Lemonakis which included members of the Pittsburgh Symphony as the accompaniment.

# The Feast of Theophany and the Blessing of Homes and Businesses

*"At Your Epiphany, the whole creation sang Your praises. For You, our God, have appeared on earth and dwelt among men. You have sanctified the streams of the Jordan, sending down from on high the most Holy Spirit."*

*From the Service of the Great Blessing of the Waters*



## "What is Theophany?"

Every year on January 6th, the Orthodox Church celebrates the Feast of Holy Theophany, which is the baptism of our Lord and Savior Jesus Christ. This is one of the Twelve Great Feasts of the Church and is also known by the name, "Epiphany." The Baptism of Christ in the River Jordan at the hand of St. John the Baptist sets the example for our own baptism by water in the Holy Spirit.

## "How do we celebrate Theophany?"

The main celebration is, of course, found in the Church with the holy services on January 5th (the Forefeast), January 6th (Theophany) and January 7th (Synaxis of St. John the Baptist). We also take the feast home with us by having our homes blessed with the Holy Water.

## "What happens during a House Blessing?"

You will receive a call to confirm your appointment a day or two ahead. When the priest arrives, he will conduct a brief service either in your dining room or at the place where your family usually offers its prayers. It is best to have the entire family present if possible, especially children. Please be sure to have an icon and a list of the first names of all the members of your household. If you have a home censer, you may prepare it also. A bowl of water is not necessary, as the priest will bring the holy water sprinkler from the church.

The priest will offer the blessing service and offer the names of the people present and those contained on the family names list in prayer. As the service concludes, please lead the priest throughout the house to sprinkle the holy water while chanting the hymn of Theophany. He will bring a copy of the service so you can follow along and chant the hymn. When the service is over, please understand if your priest needs to keep the visit brief in order to cover all the homes scheduled on that day.

## "Should I Have Our House and Business Blessed Every Year?"

Yes! In the Orthodox Christian tradition, homes should be blessed each year to bring the blessings of the Feast of Theophany into the home and to rededicate ourselves and our family to the Lord. It is an annual commitment, celebration, thanksgiving and family prayer. It is also a pious way of asking God's blessings on our business and livelihood as good stewards of all His gifts.

## 2009 House Blessing Schedule

Date	Time	Area	Zip Codes
Wed. Jan. 7	2pm-6pm	Northside, Perrysville	15212, 15214
Thu. Jan. 8	7pm-9pm	South Hills (all areas)	15102, 15216, 1522X, 1524X
Fri. Jan. 9	4pm-9pm	Cranberry, Mars, Gibsonia, Treesdale	15237, 160XX
Sat. Jan. 10	12pm-6pm	Wexford	15090
Mon. Jan. 12	4pm-9pm	North Hills (McKnight area), Allison Park	15101, 15237
Tue. Jan. 13	4pm-6:30pm	Bellevue, Westview	15202
Wed. Jan. 21	4pm-9pm	All other areas not listed/Make-up date/Snow date	Various

**Important note:** Please be available at the time scheduled for your area. Re-scheduling will only be done in cases of inclement weather. Thank you for your help!

**PLEASE RETURN THE FORM ON THE BACK OF THE HERALD BEFORE JAN. 5 TO SCHEDULE YOUR HOME. YOU WILL RECEIVE A CALL TO CONFIRM YOUR TIME.**

**Reminder: Please schedule your House/Office Blessing by January 5th! See back page.**



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Church Office for  
information.*

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*Anniversaries? Graduations?*

*Company Events*

*Remember Holy Trinity Community Center!*

*Call Kathy Romanias at 724-934-3915  
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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\$500 each.

Contact Cemetery Chairman Bill Fiedler  
412-364-1545

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### 2009 Holy Trinity House/Business Blessing Request Form



Name	
Address	
City, State, Zip	
Daytime phone:	Evening phone:
Notes, directions or special information	
(NOTE: You may also EMAIL this information to: <a href="mailto:fjt@HolyTrinityPgh.org">fjt@HolyTrinityPgh.org</a> )	

A schedule and description of the House Blessing tradition can be found inside this issue of The Herald. If you would like this special blessing for your family, home or business, please mail or deliver this form to the church office by January 5. Your date and time will be confirmed the day before your visit. Note: Please be available at the time indicated on the schedule. Re-scheduling will only be done in cases of inclement weather. Thanks!

Scripture of the Month: "As for me and my house, we will serve the Lord." (Joshua 24.15)