



# THE HOLY TRINITY HERALD

NOVEMBER 2010

VOLUME 18 • ISSUE 10

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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### Also enclosed:

November Parish Calendar

### IMPORTANT NOTICE:

**NOVEMBER 7, 2010  
FALL GENERAL ASSEMBLY  
NOTICE, AGENDA &  
PC NOMINATIONS FORM!**

## QUICK NEWS



Seniors from the Over 50 Club travelled to Oil Creek & Titusville Railroad for a tour in October. They also enjoyed the Apple Festival and a delicious lunch. For more photos of our seniors, as well as photos of the visit of the Weeping Iveron icon of the Theotokos from Hawaii, see the Community Life Photo Journal, pages 8-10.



## The Archangel Gabriel - Feast Day November 8

O Commanders of the Heavenly Host, we the unworthy beseech you, that through your entreaties you will fortify us, guarding us in the shelter of the wings of your ethereal glory, even as we fervently bow before you crying: "Deliver us from all danger, as Commanders of the Powers on high!"

**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

Chris T. Balouris, President

Anthony Loomis Alex Trivilas

Jason Farmakis Yvonne Balouris

George Danis George Dickos

Troy Geanopoulos Joanne Germanos

Louis Kort Andrew Athanasios

Vasilios Scoumis Gerri Valliant

#### Ministries

Philoptochos ..... Kay Balouris, 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.....Vas Scoumis, Coordinator

Bookstore .....Bill and Linda Areheart



Sing praises to the Lord, O you His saints, and give thanks to His holy name.

Psalm 30.4

Dear Brothers and Sisters in Christ,

Sometimes I wish you could join me and stand at the Holy Altar table to know what it means to be immersed in the worship life of our Church and sense as I do what it says on the back page of this issue, "The Liturgy is not a place to discuss the Kingdom, it is the presence of the Kingdom. It takes place at the spot where Moses must tread bare-footed, for fear of the Holy Presence." It is that reality that energizes the outpouring of joy that leads to the uncontainable joy that makes us sing: "Sing praises to the Lord, O you His saints, and give thanks to His holy name." That is what the Liturgy is to me.

Why would I say, then, I wish you could experience the Liturgy where I stand? Is the worship of the priest somehow more powerful and intense than that of the layperson? Certainly not, or at least not simply by virtue of the priesthood. Orthodoxy does not stratify classes of worshipers in that sense. We may be called to different roles, yes, but every prayer offered by the faithful is received with great love by God. Indeed, Saint James says, "The prayer of a righteous man has great power in its effects" (James 5.16).

Why, then, do I as a priest sometimes feel that what is happening in the pews lacks intensity and fervor? Perhaps it is the commotion from time to time, but that is simply a part of public worship. Perhaps it is the continuing stream of late arrivals—even as late at Holy Communion—but there are always emergencies and excuses, aren't there? Perhaps it is the number of people called to the Holy Chalice by Christ who Sunday after Sunday refuse His hospitality, His sacrifice and His command by not preparing for and receiving Holy Communion. Or then, perhaps it is a combination of all of these things leading to a pedestrian and observer status in the pews. Is this you, even just a little?

Our path out of that spiritual mire is to develop an acute awareness of thanksgiving; not the holiday, but the reality of thanksgiving toward God that compels our heart and soul out of lethargy and into action. When we truly embrace the realization that God continues to give (see "Take it. What else do you want?" in "Ask the Elders," p. 14), we must respond. How? As Father John Androutsopoulos says (see "Gheronda's Corner," p. 5), "All that is within us today cries out to bless and magnify Your holy name." That is how we can be surrounded by the glory of the Holy Altar without actually standing there.

My beloved flock in Christ, in this struggling and suffering world, the Kingdom of God is indeed close to you. It is there in "Service of Thanksgiving" ("Eucharist" = "Thanksgiving" = "Holy Communion" = "Divine Liturgy"). Please embrace it. It is yours by the gift of God. And may that help you have a blessed Thanksgiving holiday and a blessed life of thanksgiving every day!

In Christ,

Herald Personal Sponsor for this Issue:

**In Loving Memory of Jimmie Regakis from Mother, Olga  
May His Memory Be Eternal!**



**WORSHIP LIFE****Weekday Services . . . . . November**

Please take note of the following upcoming liturgical dates. Unless otherwise indicated, beginning November 1 Orthros starts at 9:00 a.m., followed by Divine Liturgy at 10:00 a.m..

**Nov. 1:** Ss. Cosmas & Damian the Wonderworkers

**Nov. 8:** Holy Archangels (at Angel's Acres, Canonsburg)

**Nov. 9:** St. Nektarios the Wonderworker

**Nov. 24, 6:00 pm:** Vespers Liturgy of St. Katherine the Great Martyr and Thanksgiving Blessing

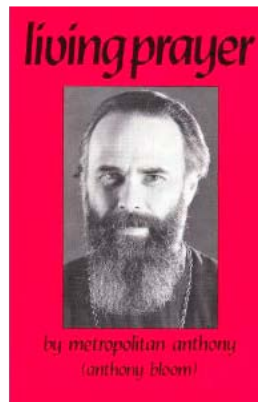
**Nov. 30:** St. Andrew the First-Called Apostle

**RELIGIOUS EDUCATION****Church School Underway**

Church School for the 2010/2011 year is underway! Missed registering your child(ren)? Don't worry! Simply accompany your child to class and see the teacher to sign up. And remember, signing up is just the start! Please give your child the best opportunity for learning the Faith in its fullness by starting with Divine Liturgy, because no matter how much we know about God in our head, it is in the holy worship services and sacraments of the Church that we come to know Him in our heart. Beginning November 1, Divine Liturgy starts at 10:00, and the children's message is offered immediately following the Gospel, which is not too long into the service. Thank you, parents, for your dedication and love for both your children and the Church!

**Orthodox Studies Forum . . . . . November 3 & 17**

The Orthodox Studies Forum will begin its season on Wed, Nov. 3 & 17, at 7:00pm, at La Roche College, 900 Babcock Blvd., in the Palumbo Science Center, Room 107. This is in the same building in which the group met last time. The study topic for this year is the book, "Living Prayer" by Metropolitan Anthony Bloom. The book will be available in our Three Hierarchs bookstore during Coffee Hour and at the study. All are welcome. For information, see Father Radu or contact him at FrRadu@Holy-TrinityPgh.org.

**Saint Lydia Women's Study Fellowship . . . . . November 18**

The Saint Lydia Women's Study Fellowship meets every other Thursday at the St George Chapel, 8941 Ringeisen Road (behind Duncan Manor Plaza) in Allison Park. The meeting starts at 9:30 a.m. with coffee and fellowship (a very important aspect of the group), followed by the study and discussion promptly from 10:00 to 11:00 a.m. The topic of study this fall is the book, "The Jesus Prayer: The Ancient Desert Prayer That Tunes the Heart to God," by Frederica Mathewes-Green. The ministry is open to women of all ages. Want more info? Contact Stacy Dickos at 412-367-0925 or SaintLydia@HolyTrinityPgh.org.

**YOUTH MINISTRIES****GOYA Fellowship . . . . . November 14**

The GOYA teen ministry will hold its monthly fellowship meeting on Sunday, November 14 at 4:00pm at the home of Chris and Kathy Balouris. All GOYAns are asked to attend.

**GOYA Metropolis Fall Retreat . . . . . November 19-21**

The Metropolis of Pittsburgh will hold its annual GOYA Fall Retreat on November 19-21 at Camp Nazareth in Mercer, PA. The guest speaker will be Father Constantine Valantis of Warren, OH. Applications must be made on-line and are available at the Metropolis web site: [pittsburgh.goarch.org](http://pittsburgh.goarch.org). As always, Holy Trinity GOYA covers half the cost of registration for all active GOYA participants. Please see Father John, Presvtera Becky or GOYA President Maria Touloumes for more info. NOTE: the Holy Trinity discount code MUST be used at the time of registration for the discounted rate.

**GOYA Turkey Bowl . . . . . Nov. 28**

The GOYA will hold its annual Turkey Bowl Thanksgiving Weekend Football Game on Sunday, November 28, following Divine Liturgy. This is a fun and friendly GOYA tradition, and everyone is invited: players, non-players, cheerleaders, parents and fans! Watch for details in the Sunday Bulletin.

**GREEK SCHOOL NEWS****Children's and Adult Classes Greek Classes 2010-2011**

Greek School has moved to Thursdays. If Monday was not a good day for you, and Thursday is, come join us on Thursday evenings at 6:00 p.m. Beginners and Advanced Adult Classes are available; as well as the Children's Classes starting at Pre-School Level and up. Pre-School students must already be at least 3 years old. For more information, call Effie Kilantonis at 412-831-3291.

**BAPTISMS****Lupnaca**

The servant of God, Athanasios Lupnaca, daughter of Douglas and Vaia (Kolovos) Lupnaca, was received into the Holy Orthodox Christian Faith through the Holy Mystery of Baptism on October 2, 2010 at Holy Trinity Church. His sponsor was Nikoleta Kolovos. May God grant him many years!

**Farmakis**

The servant of God, Esme Farmakis, daughter of Christian and Becky Farmakis, was received into the Holy Orthodox Christian Faith through the Holy Mystery of Baptism on October 23, 2010 at Holy Trinity Church. Her sponsors were Jim and Yvonne Balouris. May God grant her many years!

**COMMUNITY NEWS****Fall General Assembly . . . . . November 7**

Please plan on staying after Divine Liturgy on Sunday, November 7, to attend the Regular Fall General Assembly. This is the Regular Fall Assembly to review parish life, nomi-

nate candidates for the Parish Council and hear reports on important parish matters. It is important that all members attend, as these meetings are quite important in the day-to-day life of the parish. Please remember, to vote at an assembly, nominate or be a candidate for Parish Council or to vote in elections, you must be a member in good standing as defined in the Uniform Parish Regulations. This includes, but is not limited to, having a signed 2010 Holy Trinity Stewardship Pledge card submitted.

### **Choir Practice. . . . . Nov. 10, Dec. 22**

The Holy Trinity Choir will be holding regular practices on the fourth Wednesday of each month (moved to Nov. 10 due to Thanksgiving) at La Roche College in room SC107 of the Palumbo Science Center at 7:30pm. Anyone interested in offering their time & talents to the choir ministry is welcomed to attend. The choir will also be practicing for the upcoming regular monthly congregational singing Sundays. Watch for details forthcoming as this dynamic, energizing practice provides and opportunity for all the Holy Trinity family to become more involved in the worship life of the Church.

### **New Church Office Hours**

Please note the new daily secretarial schedule of the Holy Trinity Church Office: Monday through Friday, 10:00am to 3:30pm. Father John is always available in case of emergency, of course, by calling the Church Office at 412-321-9282 and selecting Option 1 for Father John, then 0 for emergency, or by calling his home at 412-831-3574. For all other non-emergency matters, please either leave a message or call again during office hours.

### **Thanksgiving Holiday**

The offices of the Archdiocese, Metropolis and Holy Trinity Church will be closed on Thurs. & Fri., November 25 & 26, in observation of the Thanksgiving holiday. May God bless everyone with a grateful celebration and safe travels!

### **APC Meeting & Metropolis Clergy Retreat. . . . November**

Father John will be attending the Archdiocese Presbyters Council meeting from November 2-4 and the Metropolis Clergy Retreat from November 11-13. If you need pastoral attention during those days, please contact the Church Office at 412-321-9282 or Father Radu at 724-933-0117.



### **Fall Community Homeless Outreach . . . . . November 20**

Holy Trinity Church has been blessed once again with the opportunity to host the "Feed the Homeless" Outreach event. Starting in 2003, our parish—which so often asks for the support of the community around us for the Festival, Weekly Lunch, etc.—has opened our doors to the poor and needy the Lord commands us to serve in His name for a sit-down hot lunch twice a year. A sit-down lunch will be held again for the homeless here at Holy Trinity Social Hall on Sat. Nov. 20 from 11:30 am to 1:00 pm. If you can help by cooking, serving or donating, please contact Julie or Mike Kritiotis at 412-766-5001. Thank you for your generosity and helping our community reach out to those in need right around us!

### **Notable Speaker: Frederica Mathewes-Green . . . . Nov. 6**

Make your reservations today! The Holy Trinity Notable Speakers Series will present Frederica Mathewes-Green at Holy Trinity Community Center on Saturday, November 6, 2010. She is a wide-ranging author, whose work has appeared in the Washington Post, Christianity Today, Smithsonian, the Los Angeles Times, First Things, Books & Culture, Sojourners, Touchstone, and the Wall Street Journal. She writes regularly for the multifaith web magazine Beliefnet.com, and writes movie reviews for National Review Online and Christianity Today Movies. She has published 9 books and published over 700 articles. We are pleased to be able to host her at Holy Trinity Church! For more information and reservations, see the table at Coffee Hour today or visit the Notable Speakers website at [www.HolyTrinityPgh.org/notablespeakers](http://www.HolyTrinityPgh.org/notablespeakers).

## REGIONAL NEWS

### **Orthodox "Dance Mixer" . . . . . November 13**

International Orthodox Christian Charities (IOCC) will be hosting a new event on Saturday, November 16: an Orthodox "Dance Mixer." With the multitude of Orthodox ethnic cultures in the area, they are inviting everyone to enjoy and celebrate that rich heritage: Greek, Romanian, Bulgarian, Serbian, Carpatho-Russian, Antiochian, Ukranian, Russian, Albanian and anything else! There will be two live bands and non-stop music for all ages. Admission is only \$5 and proceeds benefit IOCC.

Also available: come early and have dinner! A 6-course dinner will be served at 6:00pm for a dinner/dance donation of \$35. A flyer with details is enclosed.

### **T.H.E.O.S. "Taste of the Burgh" Event . . . . . November 11**

Back by popular demand! What could be more inviting than a relaxing and casual night out at the original Primanti Brothers in the heart of Pittsburgh's famous Strip District, located at 46 18th street. It's a great deal for a great meal! Enjoy an endless supply of food, fun and complimentary spirits! The event will be held Thursday, November 11th from 6:00 p.m. to 9:00 p.m. The requested donation is \$50 per person. Call 412-278-3333 for reservations or mail checks to: Three Hierarchs Eastern Orthodox School, 1819 Ellsworth Avenue, Heidelberg, PA 15106. Reservations by credit card can be accepted by phone in advance only. All proceeds benefit the Three Hierarchs School.

### **T.H.E.O.S. Christmas Concert . . . . . December 12**

A message from the Orthodox Clergy Brotherhood: "The leaves have not yet fallen off the trees, but before you know it, we will be in the Nativity Season. Please mark your calendars to attend this beautiful celebration of the Nativity of our Lord. We look forward to this beautiful event and your participation. More detailed information regarding the concert will be forthcoming. The event will be held at Holy Cross Church in Mount Lebanon on December 12 at 5:00 p.m. and is sponsored by the Orthodox Clergy Brotherhood of Greater Pittsburgh. All proceeds benefit the Three Hierarchs Eastern Orthodox School."

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

## NOVEMBER 2010: THE VOICE OF THE GOSPEL



**Father John Androutsopoulos**

### **The Fast of the Nativity: November 15–December 24**

On Monday, November 15th, the Nativity Fast begins. "Advent" is a Latin word which means "the coming." Here it is used to signify the visible coming of the Son of God into the world. Advent is a time of spiritual preparation, a time of getting ready for Christmas, the great and Holy Feast of the Nativity

of our Savior Jesus Christ. We can be ready to meet our Savior through prayer, fasting, through the Sacraments of Confession and Holy Communion and by attending Church services during the Advent.

### **Thursday, November 25: Thanksgiving Day - Happy Nameday to all those named Katherine!**

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you" (1 Thessalonians 5:15).

"Know ye that the Lord He is God: it is He that hath made us, and not we ourselves; we are His people, and the sheep of his pasture. Enter into His gates with thanksgiving, and into His courts with praise: be thankful unto Him, and bless His name. For the Lord is good; His mercy is everlasting; and His truth endureth to all generations" (Psalm 100:3-5).

### **A Thankful Thanksgiving**

The Pilgrims had much for which to be thankful. The Spaniards came here for gold, but the Pilgrims came for God. We also have much for which to be thankful. Count your many blessings; name them one by one. Ingratitude is a hurting sin. Only one of the 10 cleansed lepers came back to express thanks. We should be gracious receivers. Learn to say thank you easily. Be gracious always. St. Paul, in his Epistle to the Colossians, has some Thanksgiving suggestions for us:

Never forget to thank the heavenly Father for His blessings. Morning, noon and evening, give thanks. We are deeply in debt to Him.

Make thankfulness the habit of your life. Be fixed and founded in Him with thanksgiving. Give God thanks for your salvation.

Be kind, humble, meek, patient, forbearing, forgiving and loving. Receive peace from God, be at peace with men, and be thankful.

And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him. (Colossians 3:17) This is another golden rule. Even the cup of cold water in the Lord's name is a blessing. What a good world we would have if we heeded this verse.

Watch and pray with thankful hearts. Thank your

employer, teacher, husband, wife, and children. As you have opportunity, run over to the neighbor and thank him. Attend Church regularly and thank God. Thank your priest or spiritual father. Always be thankful. Make every day a thanksgiving day.

### **Stewardship Thoughts**

Our offerings show the degree of thankfulness in our hearts. If we love much, we give much. If we are truly thankful, we will show it by our cheerful giving. "God loves a cheerful giver." (2 Corinthians 9:7)

### **How to Be Unthankful**

- Think and talk about yourself and your troubles.
- Feel sorry for yourself.
- Use "I" as often as possible.
- Expect to be appreciated.
- Be jealous and envious of others.
- Be sensitive to slights.
- Never forget a criticism.
- Trust no one but yourself.
- Sulk if others seem ungrateful.
- Demand to be heard.
- Shirk your obligations.
- Do as little as possible for others.
- Love yourself supremely.
- Try to make everyone agree with your views.
- Be selfish.

### **A Thanksgiving Prayer**

"Our Heavenly Father, we worship Thee with thankful hearts, for Thou art our God, our Creator, and giver of every good and precious gift. All that is within us today cries out to bless and magnify Thy holy name. In the midst of thanksgiving we do not forget our sins and shortcomings. May Thy great love and goodness ever lead us to repentance. We thank Thee that Thou has made us so that our hearts are restless till they find rest in Thee. Amen."

### **Correction From the October "Gheronda's Corner"**

In last month's article, it was written that Moses died 1569 years before Christ. This is correct. It then states that Elijah "died" 895 years before Christ. This is not correct. Elijah had the unique privilege not to die a natural death on earth. Instead, he was taken up alive into heaven in a flaming chariot. Please read the following verse from II Kings 2:11: "And it came to pass, as they still went on, and talked, that, behold, there appeared a chariot of fire, and horses fire, and parted them both asunder; and Elijah went up by a whirlwind into heaven."

Have a Happy and Blessed Thanksgiving Holy Day!

*With the love of Christ,  
Rev. Fr. John K. Androutsopoulos, Protopresbyter*



A regular report on the Stewardship ministry of Holy Trinity Church, which provides every member a vital opportunity to become involved in supporting the life and ministries of the Church through their God-given time, talents and treasures.



**James Statheas**

## STEWARDSHIP: An Inclusive Way of Life

Good Stewardship is an inclusive way of life. It includes the loving treatment and care of others. It includes giving to the poor. It includes financial support of the Church. If we have a Christian understanding of stewardship, and if we are good stewards, then all of these elements are part of our lives.

We move beyond selfishness and stinginess toward giving as Christ gave. We do so because we realize that selfishness is a sin; it deceives us into thinking we "own" things eternally. Consider the revelation that was given to St. Anthony, founder of monasticism, about the holiest person he ever met. "It was revealed to Abba Anthony in his desert that there was one who was his equal in the city. He was a doctor by profession and whatever he had beyond his needs he gave to the poor and everyday he sang the Trisagion with the angels." (The Sayings of the Desert Fathers, translated by Benedicta Ward). The physician in Alexandria gave to the poor whatever he had beyond his needs.



Holiness and good stewardship are inseparably linked. This physician was a good steward because he was holy: Or, should we say he was holy because he was a good steward. Our salvation depends on us being self-less, to give of ourselves to other as Christ gave Himself to us so that we thereby restored to the divine image.

## The Essential Elements of Christian Stewardship

**Acceptance** of the Belief that all life and life itself is a gift from God.

**Freedom** to choose not to sin and freedom from constraints, pressure and temptations of the world that smother the expression of this belief.

**Life** in the Spirit, which is characterized by behavior, that uses and nurtures time, talents and treasures entrusted to us by God.

Source: Benjamin D. Williams  
"An Orthodox Understanding of Stewardship"



God in thanksgiving as we say in every Divine Liturgy "Your own of Your own we offer to You..."

## 2009/2010 STEWARDSHIP HIGHLIGHTS

2009 Offerings Received from Stewards Submitting Pledge Card	\$163,070 (229 pledges)
2009 Offerings Received from Donors Without Pledge Card	\$35,204 (38 donors)
2009 Total Stewardship Income	\$198,274 (267 donors)
2009 Average Stewardship Pledge	\$680
2010 Offerings Received from Stewards Submitting Pledge Card	\$106,379 (199 pledges)
2010 Offerings Received from Donors Without Pledge Card	\$15,631 (52 donors)
2010 Total Stewardship Income	\$122,010 (245 donors)
2010 Average Stewardship Pledge	\$687
2010 Stewardship Pledges Total	\$137,513 (200 pledges)

**"What shall I  
give to the  
Lord in return  
for all His  
benefits  
towards me?"  
(Ps 116:2)**



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: November 2010

### FOCUS and Undies

Last month we wrote about the new national, Pan-Orthodox Christian philanthropic organization called FOCUS North America ([www.focusnorthamerica.org](http://www.focusnorthamerica.org)). This organization helps many people that need food, clothing, help in getting a job, shelter and understanding how to deal with struggles in life. Our own Troy and Theodora Polamalu are national spokespersons for this organization.

Father Justin Mathews, Executive Director of FOCUS, on his visit to Holy Trinity saw the box in the Narthex marked "Undies and Socks" and was very impressed that we took the initiative to collect undies and socks for those in need. Since FOCUS needs clothes we sent all we had to them. The box will remain in the Narthex and we will continue to collect all year. If you have not made a donation, it is not too late. Packages of undies, t-Shirts, and socks can be purchased for as little as \$4.00 at Big Lots, Kmart, Target, and Walmart and many other local stores. Please help us to help others by picking up a few and depositing them in the collection box. Thank you!

### Sweet Voices ("Glykes Fones"): October 31

Sweet Voices, or "Glykes Fones", recently began to share their favorite Greek folk songs after Coffee Hour with 13 voices present. We began with the group favorite "Samotissa". Some of the other favorites we will be singing are, "Yialo, Yialo", "To Yelekaki", "Psaropoula", and so on. "Glykes Fones" will be meeting again October 31 (note change of date!), after coffee hour in the church hall. Our sharing and singing time is 30-40 minutes. (Yes, everyone will be home in time for Steeler kick-off!) Please join us to share the joys of our musical heritage. All voices are welcome!

### Γλυκές Φωνές - Κυριακή, 31 Οκτωβρίου

Η «Γλυκές Φωνές», που πρόσφατα άρχισαν να μοιράζονται τα αγαπημένα τους τραγούδια ελληνικά λαϊκά μετά καφέ ωρών με 13 φωνές σήμερα. Ξεκινήσαμε με την ομάδα φαβορί "Σαμιώτισσα". Μερικά από τα άλλα αγαπημένα μας θα τραγουδήσει - «Γιαλό Γιαλό», «Το Γελακακι», «Ψαροπούλα», και ούτω καθεξής. «Γλυκές Φωνές», θα συνεδριάσει εκ νέου 31 Οκτωβρίου (Αλλαγή σημείωμα της ημερομηνίας!), μετά την ώρα του καφέ στην αίθουσα της εκκλησίας. Επιμερισμό μας και του χρόνου το τραγούδι είναι 30-40 λεπτά. (Ναι, ο καθένας θα είναι το σπίτι εγκαίρως για τα "Steelers"! Παρακαλείσθε να ενωθούν μαζί μας να μοιραστούμε τη χαρά της μουσικής μας κληρονομιάς. Όλες οι φωνές είναι ευπρόσδεκτες!

### Helping Sergio

A while back we wrote about a young baby named Sergio from Guatamala being cared for by a local Greek Orthodox woman who was born with a severe eye problem. The Ladies Philoptochos of Holy Cross brought him to Pittsburgh to be evaluated and to see if surgery would help. We are happy to

report that on May 18, 2010 Sergio had outpatient surgery at the Wilmer Eye Institute at St. Johns Hospital. He was truly blessed and happy with the results, which helped restore his vision. The Philoptochos mission to help Sergio was successful. May God bless Sergio and all the Ladies of the Philoptochos!

### Philoptochos/GOYA Outreach

It has been brought to our attention that the GOYANS under the direction of Dr. Christ A Balouris would like to help anyone that is need of having porch furniture moved, yards cleaned up or an other needs around the house done. Please contact Dr. Christ at 412-635-0482.

### Visiting Shut-Ins & Nursing Homes

We will begin visiting the elderly in nursing homes or at their homes (if permitted) starting November 1, 2010. If you know someone in a nursing home or is sick at home, please call the office at 312-321-9282 and give Josie their name of the person and the name of the nursing home.

### Get Well Cards

If you know someone that is ill, in a nursing home, or is ill at home, please call the office and inform Josie. She will let us know so that we may send a card. It only takes a minute to call, and it means a lot to those receiving them.

### Membership And Missions

The Philoptochos has many missions that they cannot fulfill because we do not have enough young ladies to help. Once again we are asking all the young ladies to join the Philoptochos. We know that many of you have young children and they are involved with sports. That means you are very busy running the children here and there. Remember that Philoptochos is here to help those in need and that means we need your help, not everyday but just a few hours when needed. The Philoptochos Stewardship is \$20.00. Ten of it goes to National and Seven goes to the Metropolis, our chapter gets three dollars.

### Upcoming Events

- Thanksgiving "Turkey Fund-Raiser": Your letter should be in the mail by the time you receive this.
- Christmas Angel Tree: The names for the Christmas gifts will be put on the tree the November 21, 2010. When you take a name, please complete the tear off and put it in the box on the table.
- Prepaid Bake Sale: Forms are in the current Herald. They are also available at the coffee hour or by calling Joyce at 412-366-1498 or Esther at 412-761-3977
- Philoptochos Senior Citizens Christmas Party: Save the date - December 2, 2010. Liturgy will be offered, followed by the luncheon.

Respectfully submitted,  
Esther Ladakos, Secretary



**October 19:** Holy Trinity Church joined our neighboring parish of St. Alexander Nevsky Cathedral is receiving a visit from the Myrrh-Streaming "Iveron" Icon of the Theotokos from Hawaii. Father John and other area clergy co-celebrated the Service of the Akathist to the Theotokos along with Father Michael Senyo, Dean of the Cathedral. Those in attendance were also anointed with holy myrrh, which streams continuously and fragrantly from the icon. (Photos courtesy of Michael Goltz - [www.michaelgoltzicons.com](http://www.michaelgoltzicons.com))





**October 22-24:** Holy Trinity Church was honored to host the Fall 2010 meeting of the National Board of the National Sisterhood of Presbyteres. Representatives from all over the Archdiocese gathered for meetings and fellowship. They held meetings at the Three Hiearchs School on Friday and Holy Trinity Church on Saturday, then dined at the Tin Angel for the scenic view from Mount Washington. They also joined us at Holy Trinity Church for Liturgy, where Parish Council President Chris T. Balouris joined Father John in presenting a gift of support to the APC/NSP Benevolent Fund to help the needs of clergy families in crisis throughout the Church.





## Community Life Photo Journal | Over 50 Club Trip to Titusville Railroad

**October 1:** The Over 50's Club took a trip to the Oil Creek & Titusville Railroad and Franklin Apple Festival. They had a great time and enjoyed lots of good weather. There was much to see and do at the Apple Festival, and they heard an interesting historical presentation during their time on the train. They also enjoyed a delicious lunch at The Quality Inn (formerly the Inn of Franklin).





Hello, my precious children!

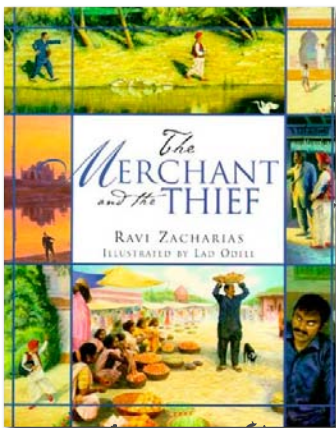
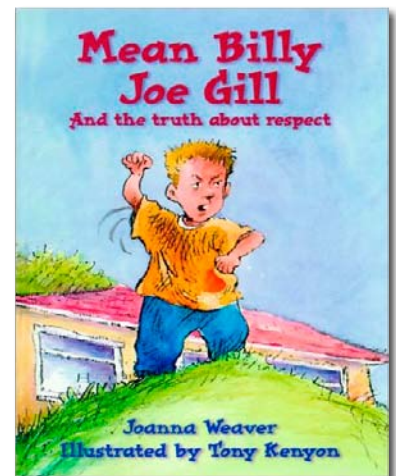


Welcome to that great month of November, when we gather as Americans to celebrate the wonderful holiday of Thanksgiving. I really like this holiday, because it's a time when we all are asked to pause and give thanks to our Heavenly Father for all His blessings. It says this also in the Bible: "Do everything in the name of the Lord Jesus, giving thanks to God the Father through him" (Colossians 3:17).

Another thing I always give thanks for are the many wonderful lessons in the books, videos and DVD's in our Saint Spyridon Church School Lending Library. The "Lending" part means you can come in, find stuff you like, and take it home for two weeks to enjoy. Don't forget to check the schedule for your the days your class is scheduled to visit.

One of those books is about a subject I've been hearing a lot about in the news:

bullying. Do you have a bully in school? Well, you will be able to relate to the book, "Mean Billy Joe Gill" by Joanna Weaver. It's from the "Attitude Adjusters" series and is a story about a big-time bully who pushes, shoves, steals, teases and makes like tough on other children at school. In the schoolyard he would holler, "I'm the biggest, the best, the toughest of them all! I'm the king of the hill!" Well, he learned the hard way what it feels like when your own plans are ruined, because that's what happened to him, and he just sat there and cried, "I need help, please!" Would you have helped him? Remember the Golden Rule: When you do to others what you'd like them to do to you, life's sure to be a lot better. So think about your answer again. My precious little ones, you may not be the biggest kid around, but when you have found true friends, you are truly blessed!



Another great book is "The Merchant and the Thief," by Ravi Zacharias. In the land of India, a wealthy jewel merchant went on a long journey. Soon he is joined by a would-be thief who hopes to steal his jewels. But the wise merchant, realizing what his companion's intentions are, has a surprise for the thief, for he offers him a treasure far greater than jewels: he discovers our Heavenly Father's awesome love and forgiveness.

Yiayia says that the Bible teaches, "Do not store up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal, but store up for yourselves treasures in heaven, where moth and rust do not destroy and where thieves do not break in and steal. For where you treasure is, there your heart will be also."

In Christ, Love, Spero

Reflections in Greek on the philanthropic life of Greek cardiologist Auxentios Kalangos, from the periodical "Pros Tin Nike"



Voula Hareras

## Αύξέντιος Καλανγκός

Ανοίγοντας την Τηλεόραση σέ πιάνει άπελπισία από τά νέα τους. Γιά ώρα δέν άκούς τίποτε άλο παρά Πολέμους, σκοτωμούς, πλημμύρες, πυρκαγιές,καί βάλε..βάλε.. βάλε..

΄Αναρωτιέσαι λοιπόν τίποτε καλό δέν γίνεται στόν κόσμο, νά μάς άνοίξη τήν ψυχή,

Χάθηκε ό άνθρωπισμός ή συμπό-νια, έτσι όταν βρης κάτι καλό χάρε-σαι καί θέλεις νά τό μοιραστής καί

μέ τους άλους.

΄Ας είναι καλά λοιπόν ό Καρδιοχειρουργός Αύξέντιος Καλανγκός, πού τόν εύλόγησε ό Θεός καί είναι ΑΝΘΡΩΠΟΣ. Διαβάστε τον.

΄Ο καρδιοχειρουργός Αύξέντιος Καλανγκός, ό καλύτερος μαθητής τού Μαγκντί Γιακούμπ, άποτελεί ένα ζωντανό μήνυμα έλπίδας ότi ή άνθρωπιά δέν έχει χαθεί. Τό όνομά του έχει συνδεθεί μέ τήν σωτηρία πολλών καρδιοπαθών, στό Λίβανο, στή Γεωργία, στή Σερβία, στήν Κύπρο, στήν Ίνδία, στό Μαρόκο, στήν Άλγερία, στό Μαυρίκιο, στή Μοζαμβίκη, στήν Ερυθραία, στό Κιργιστάν, στή Μαδαγασκάρη, στή Βενεζουέλα, στήν Ούκρανία, καί στήν Μποτσουάνα.

΄Ο Έλληνας καρδιοχειρουργός Αύξέντιος Καλανγκός, δέν απέκτησε τυχαία τόν τίτλο τού γιατρού τών φτωχών παιδιών. Στά 23 του χρόνια άποφοίτησε από τήν ΄Αμερικάνικη ΄Ιατρική Σχολή τής Κωνσταντινούπολης καί στά 40 του έγινε τακτικός καθηγητής στό Πανεπιστήμιο τής Γενεύης.

΄Αργότερα ήταν ό καλύτερος μαθητής τού κορυφαίου καρδιοχειρουργού Μαγκντί Γιακούμπ.

΄Ιδρυτής τού φιλανθρωπικού ιδρύματος [καρδιές γιά όλους] ό Έλληνας γιατρός από τήν Πόλη μαζί μέ τήν ομάδα του δέν κάνει τίποτε άλλο από τό νά χειρουργεί καθημερινά, δωρεάν, όλα τά παιδιά στίς φτωχές χώρες τού κόσμου, μόνον καί μόνο γιά νά ξαναδει τό χαμόγελο στά χείλη τους [Μπορεί νά άκουστεί κοινότυπο΄άλλα είναι άλήθεια] μάς βεβαιώνει, [ή μόνη μου άνταμοιβή είναι τό χαμόγελο τών παιδιών πού έχω σώσει καί ή χαρά πού νοιώθουν όι οίκογένειές τους αύτά μου άρκούν.]

Μοιράζει τήν ζωή του άνάμεσα στήν ΄Υεμένη καί στήν Γενεύη άλλά καί όπουδήποτε στόν κόσμο τόν χρειαστούν δηλώνει [παρών]. ΄Οταν δουλεύει δέν κοιτάει ποτέ τό ρολόι του. [Στήν ΄Υεμένη πού είναι ή βάση μου, χειρουργώ κάθε μήνα σαράντα μέ πενήντα περιστατικά. ΄Οταν ταξιδεύω γιά φιλανθρωπικό σκοπό, είμαι ικανός νά χειρουργήσω περίπου πενήντα περιστατικά μέσα σέ δέκα μέρες, γιά νά αύξήσω τόν άριθμό τών παιδιών , πού περιμένουν μήνες καί χρόνια νά υποβληθούν σέ επέμβαση.

΄Υπερβαίνω τίς δυνάμεις μου. Δουλεύω περίπου δεκαοχτώ ώρες τήν ήμέρα καί τά Σαββατοκύριακα.]

΄Ο πρώτος άνθρωπος πού τού έδειξε τό δρόμο τής φιλανθρωπίας ήταν όπως μάς άποκαλύπτει ό ίδιος,ό Πατέρας του, κορυφαίος παθολόγος στήν Κωνσταντινούπολη. [Από τά παιδικά μου χρόνια θυμάμαι, ότi ό πατέρας μου μου έλεγε νά άφουγκράζομαι τόν πόνο τών ανθρώπων καί ειδικά αύτών πού ζούνε στήν φτώχεια]. Τήν Μητέρα του τήν έχασε, όταν ήταν μόλις 10 χρόνων.

Τόν ρωτάμε άν πιστεύει στό Θεό. ΄Αν έχει κάποια βάση

αυτό πού λέμε, όταν κινδυνεύει κάποιος δικός μας } ό Θεός νά βάλει τό χέρι του. [Η άπάντησή του είναι άφοπλιστική.]

Πρέπει νά ξέρετε πώς κάθε φορά πού χειρουργώ, πάνω από τό χειρουργικό τραπέζι δέν κάνω τίποτε άλλο από τό νά έπικαλούμαι τόν Θεό. [Καί συνεχίζει συγκινημένος].

΄Αμέσως μετά όταν όλα πάνε καλά, σέ κάθε εύκαιρία θαυμάζω τό έργο τού Θεού πάνω σέ μάς τους άνθρώπους. Ναί, λοιπόν πιστεύω στόν Θεό. Άλλωστε ό Παππούς μου ήταν ιερέας.

Έρχονται όμως στιγμές , λέει ό κ. Καλανγκός, πού όλοι οι άνθρωποι νιώθουν ότi κάποια πράγματα είναι υπεράνω τών δυνάμεών τους. Θυμάμαι πρίν έννιά χρόνια είχα χειρουργήσει ένα δύσκολο περιστατικό στή Μοζαμβίκη. ΄Ενα παιδί 3 ετών μέ καρδιακή άνεπάρκεια, πού όμως άπεβίωσε στήν έντατική μονάδα τρεις μέρες μετά τήν επέμβαση.

΄Οταν πήγα νά συζητήσω μέ τή μητέρα του, έμαθα ότi ήταν έγκυος 7 μηνών,καί μόλις δυό μήνες πρίν είχε χάσει τόν άνδρα της. Είχε πουλήσει τά πάντα γιά νά μεταφέρει τό άρρωστο παιδί από τό χωριό στό ίατρικό μας Κέντρο,ένώ συγγρ-νως τήν είχαν έγκαταλείψει όλοι οι συγγενείς καί φίλοι. Τό κλάμα καί ό πόνος αύτής τής γυναίκας, πού δέν είχε χρήματα ούτε νά θάψει τό παιδί της, μέ έκαναν νά καταλάβω, μέ τόν πιό σκληρό τρόπο, τί σημαίνει ζωή. Τής έδωσα άμέσως όλο μου τόν μισθό καί ζήτησα από τόν διευθυντή τού ΄Ιατρικού Κέντρου νά τής δώσει δουλειά στό μαγειρείο τής μονάδας, όπως καί έγινε. Σήμερα είναι εύτυχισμένη. Γέννησε τελικά δυό παιδάκια καί συνεχίζει μέχρι σήμερα νά δουλεύει στό ίδιο Κέντρο.

Είναι τέτοιες οι συνθήκες στίς χώρες τού τρίτου κόσμου, πού μου δίνουν τήν έντύπωση πώς όρισμένα πράγματα εξα-κολουθούν νά είναι [υπεράνω τών δυνάμεών μου] όμως ποτέ δέν λυγίζω. Βέβαια γιά νά αλλάξουν οι συνθήκες ζωής καί τό βιοτικό επίπεδο σέ αυτές τίς χώρες ,πρέπει οι Μεγάλες Δυνάμεις νά δούν διαφορετικά τίς αίτίες τής φτώχειας.

Παρά τό γεγονός ότi έχει βραβευθεί δεκάδες φορές από Διεθνείς ΄Οργανισμούς, καί ΄Ιδρύματα,όπως ό ίδιος λέει δέν έχει αλλάξει στό έλάχιστο τίς συνθήκες καί τόν χαρακτήρα του. [Σάς λέγω μετά λόγου γνώσεως πώς όλα αύτά τά χρόνια όσο άκριβός πώρησα σέ έπιστημονικό καί σέ φιλανθρωπικό επίπεδο, άλλο τόσο προσπαθώ νά είμαι ταπεινός καί αύτό είναι τό μεγαλύτερο [ιδανικό στή ζωή].

Εκείνο πού έχει μεγαλύτερη σημασία όπως λέει είναι νά είσαι χρήσιμος γιά τόν διπλανό σου. Αυτό προσπαθεί νά μεταλαμπαδεύσει καί στά δυό του παιδιά τίς έλάχιστες ώρες πού είναι κοντά τους. Γιατί ό γιατρός Αύξέντιος Καλανγκός δέν έχει παιδιά μόνον τά δικά του, τόν Αλέξανδρο καί τόν Κωνσταντίνο, έχει σάν παιδιά του τά 9.000 φτωχά

Αγγελούδια, πού δέν είχαν πρόσβαση στή δημόσια καί δωρεάν ύγεία τών χωρών πού ζούσαν, στά όποία χάρισε άφι-λοκερδώς τό δικαίωμα νά άναπνέουν καί νά μπορεί ή καρ-δούλα τους νά χτυπάει κανονικά.

Συνεχιστές τού Φιλανθρωπικού καί τού έπιστημονικού του έργου εύτυχώς όπως λέει υπάρχουν ,καί είναι όλοι. Τό άγγιγμα τής καρδιάς του μεταγγίζει [καρδιά σέ όλους.]

Συνεντευξεις του δημοσιεύτηκαν στόν τύπο καί στό δια-δίκτυο, από όπου καί τά άναδημοσιεύουμε, τά τελευταία έντεκα χρόνια έχει δώσει ζωή σέ 9.000 παιδιά

Σέ όλόκληρο τόν κόσμο. Μοναδική του άμοιβή τό χαμό-γελο πού ξαναγεννήθηκε στά χείλη τους.

Από τό Περιοδικό πρós τήν Νίκη  
Βούλα Χαρερά



Some good pastoral and paternal advice recently used by Father John in a sermon on the subject of signs of God's grace in our life. Though titled, "Advice to a Young Man," it is a collection of teachings that every Christian—man, woman, elder, or child—can benefit from as we walk daily on the path to the Kingdom of God and hope to inspire others along the way as we "let our light shine among men."

## Advice to a Young Man

**My child, if you want to live amongst people,  
you must watch the following:**

**Do not criticize anyone at all.**

**Do not ridicule anyone.**

**Do not become angry.**

**Do not despise anyone.**

**Be very careful not to say, "So-and-so lives virtuously,"  
or "So-and-so lives immorally," because this is exactly  
what "judge not" means.**

**Look at everyone in the same way,  
with the same disposition, the same thought,  
the same simple heart. Accept them as you would  
accept Christ.**

**Be slow to speak but quick to pray.**

**Look at your own shortcomings  
and criticize only yourself.**

**My son, if youth has humility and purity,  
it is enough. God asks nothing  
else of it. For this reason, my lad,  
be pure and humble.**

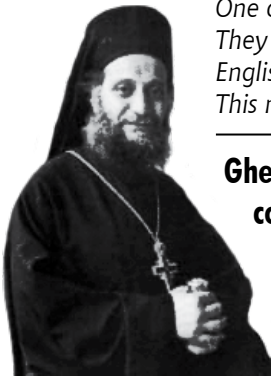
**Place yourself beneath  
everyone else.**

**Then you will truly  
live in fellowship  
with Christ.**



*About Saint Niphon, Patriarch of Constantinople - Commemorated on August 11*

He was born in Greece and became a monk at Epidauros at a young age. After the death of his Elder Anthony, he went to Mount Athos, where he occupied himself by the copying of books. The saint was later chosen Metropolitan of Thessalonica, and still later occupied the Patriarchal throne in Constantinople. After certain unknown accusations, He was banished by the Sultan, then served as archbishop in Wallachia in Romania for a time. He returned to Dionysiou Monastery on the Holy Mountain, where he reposed in peace at the age of ninety.



**Elder Aimilianos**

*One of the great blessings of Orthodoxy is the presence, prayers and inspired words of the Holy Elders of the Faith. They have been referred to as "precious vessels of the Holy Spirit." In recent years, many books have been published in English with their writings and talks. This column provides an opportunity for each of us to be blessed by their words. This month we continue the series based on the topic, "Communion with God"*

## **Gheronda, how will I know I am in communion with God?**

When your intellect is focused, you'll see that something strange happens. There, where you least expect it, in the foggy mists of your soul, in the gloom of your sins, your eyes will begin to shed tears. Like water from a spring, these tears will flow naturally, simply, and abundantly. And you'll say: "What's this? How is this happening?" It's very simple. This is the support that God gives us to lean on as we begin the journey toward union with Him. It's a sign of help from God, the first indication that He's heard us.

Without my wanting it, then, without my seeking it, without my striving to achieve it; without any pressure, without me being put to any trouble, or being placed under any stress, God Himself sends me this sign. Think of these tears as the first bell that God rings to let us know He's on His way. When such tears come, I know that help has arrived, and that God is somewhere in the vicinity. Having received this help, we realize that, without any effort on our part, we have attained a measure of spiritual concentration. And this happened because our intellect brought into unity all that was divided within it, thereby creating a singular, unified orientation towards God. The intellect now ascends upward and is afraid of nothing. The more it contemplates the heights to which it must ascend, the more it is astonished, amazed, and encouraged, and thus nothing can halt its climb.

## **Isn't getting that close to God a fearful thing?**

Standing alone upon the heights and facing the majesty of the invisible God, the intellect is seized with fear. It knows that it has arrived at the feet of God (cf. Ex 24.9-11).<sup>6</sup> If such an ascent takes place in church, the intellect will have arrived at the hem of His garments (cf. Is 6.1), at the shining boundary, in other words, composed of all the saints, the place of their mystical and absolutely real presence.<sup>7</sup> Here, together with the saints, the intellect enters into a mode of unceasing communion with God. That which was promised to us by God now becomes our very own: I shall be with you until the end of the ages (Mt 28.20).

But now I am seized with fear because I have grasped the mystery: my feet have trodden on the hem of His garment. Standing in awe lest something befall me, I am suddenly overtaken by a second event, more instinctively, I'd say, because I am not fully conscious of it: compunction of heart. And this is the foretaste of yet another experience, namely, the knowledge that this terrifying God is my Lord and my God (Jn. 20.28). He is my Father, Whose presence I haven't yet felt; but Who never ceases to be my Father (cf. Gal 4.6). And I am filled with compunction at the way He stoops down towards me, by His tender care for me - and I am moved to

confess my sins to Him.

## **Don't our sins become an obstacle before Him?**

I pour forth my confession: I tell Him my sins. I may do this, however, without really feeling that I'm a sinner, because to a certain extent I love my sins: I want them, I think about them, and I haven't made the decision to separate myself from them. Nevertheless I realize that they are obstacles, and, at that moment, I cry out to them: "Be gone!" But these are words that my heart refuses to pronounce - although my intellect knows they are true, because it has had a foretaste of God, and understands that, because of its sins, it cannot communicate with Him. And so compunction comes, which is another gift from God.

## **What if I cannot bear this overwhelming encounter?**

What man can't do, God does. What are we? Utterly weak and feeble. We begin something, and, not only do we fail to finish it, but we don't even remember what it was in the first place. We make a decision and commit ourselves to a course of action, and then we start something new, as if the previous decision had never been taken. We set out for God, and we're scarcely out the door before we forget why we left. Man is such a strange creature! He knows how to stagger around, but not how to walk in a straight line. His legs are broken and he is seriously ill. And then God comes along to strengthen him:

"What do you want?"

"I want this."

"Take it. What else do you want?"

"This."

"Take it. What else do you want?"

"That."

"Take that as well."

But even these magnanimous gestures are lost on me. They fall upon deaf ears. My soul is so infirm that it cannot speak. But my intellect understands, it has an intuition, it knows in advance, and it begins to go deeper. A mystical dialogue begins, independently of my own volition, without my being fully conscious of it, without my fully sensing what is taking place. It is a dialogue that unfolds within the unconscious, which has forgotten nothing, which remembers when it used to walk with God in paradise, when it used to seek Him out and speak to Him. For this dialogue to begin, we need only shed the tears we mentioned a moment ago, and God will respond, and we are amazed upon seeing the gifts He gives us

## **Where does this all lead, Gheronda?**

We have, then, a sense of fear, followed by compunction. And this, moreover, is followed by something strange: I feel, deep within myself, that God rejoices in me.

*Excerpted from "The Way of the Spirit"  
(to be continued next issue...)*



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## Orthodox Worship: Experiencing the Kingdom of God

Every liturgical service of the Orthodox Church is the joyful gathering of those who have chosen to follow Christ and who know that God loves them despite their weaknesses. This gathering has only one objective: to meet together with the Risen One in the upper chamber of the Last Supper and the descent of the Holy Spirit.

The Liturgy is not a place to discuss the Kingdom, it is the presence of the Kingdom. It takes place at the spot where Moses must tread bare-footed, for fear of the Holy Presence.

Similarly, the believer himself must strip his heart of all artifices of reason to greet the Holy Presence in the humble forms of bread and wine, Body and Blood of the Crucified and Risen One.

Then the glory of God envelopes him and his entire being is consumed in love, for God comes to him. He tastes of the joy of the Kingdom which is the coming of God into the humble human heart.

*Archimandrite Jean Renneteau, Itinéraires*



Scripture of the Month: "As often as you eat this bread and drink the cup, you proclaim the Lord's death until he comes." (1 Cor. 11.26)