



# THE HOLY TRINITY HERALD

SEPTEMBER 2010

VOLUME 18 • ISSUE 8

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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September Parish Calendar  
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## QUICK NEWS



Parishioners make an outreach visit to Olga Regakis, a senior member of Holy Trinity, during her stay at a local physical rehabilitation facility. For more photos of their visit or to get involved in the visitations ministry, see the Philoptochos Report on page 7. For more photos, see the Community Life Photo Journal on pages 8-9.



The Dome of the Chapel at Holy Cross Greek Orthodox School of Theology, Brookline, MA

Save, O Lord, Your people and bless Your inheritance; grant victory to Your rulers against their adversaries; and protect Your commonwealth through Your Cross.

Apolytikion Hymn of the Feast of the Holy Cross • September 14

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

THE HOLY TRINITY  
**HERALD**

**About the Herald**

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

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**About the Parish**

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

**Holy Trinity Greek Orthodox Church Parish Administration**

*Clergy*

Rev. Fr. John Touloumes, Proistamenos

Rev. Fr. Radu Bordeianu, Assistant Priest

*Parish Council*

Chris T. Balouris, President

Anthony Loomis Alex Trivilas

Jason Farmakis Yvonne Balouris

George Danis George Dickos

Troy Geanopoulos Joanne Germanos

Louis Kort Andrew Athanasiou

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



Proclaim the acceptable year of the Lord.

Luke 4:19

Dear Brothers and Sisters in Christ,

At the beginning of His public ministry, there came a time when Jesus went into the synagogue, opened the Book of the Prophet Isaiah, and delivered this message:

“The Spirit of the Lord is upon Me, because He has anointed me to preach the Gospel to the poor; He has sent me to heal the brokenhearted, to proclaim liberty to the captives and recovery of sight to the blind, to set at liberty those who are oppressed, to proclaim the acceptable year of the Lord.” (Luke 4.18-19)

As He went on to explain how He had both the authority and grace to make such a bold proclamation, the leaders of that supposed temple of God were so enraged that “they rose up and threw Him out of the city” (Luke 4.29). Why? On the one hand, His essential message was, “I claim this year for the Lord your God. I remind you how He has called you to serve Him and the world around you. Let’s get to work doing His work.” No problem, right? Wrong.

On the other hand, His message was, in today’s words: “It’s time to get out of your comfort zone and let God’s presence and work be the center of His House.” That’s where, in the eyes of many “comfortable” leaders and people of the day, He went wrong. Just when they were settled into the idea of “owning” the temple and the faith, the True Owner showed up and reminded them that they are really now owners, but stewards. It is a powerful reminder for all people of God, including all of us at Holy Trinity Church.

So, with the Orthodox Christian ecclesiastical year beginning on September 1, it is a good time to place ourselves in the Lord’ House and the Lord’s presence and be reminded with the words above that the Gospel and its message to God’s people—especially those with need to be served—is still at the center of His work. Everything we do comes back to that if we understand why.

- The building of a new church is not about building a building but equipping a ministry and strengthening the House of God.
- Buying items at a Philoptochos or GOYA bake sale is not about an organization but about giving ministries greater abilities to do God’s work.
- Attending Church School, adult studies or retreats and camp is not about classwork but about learning the Gospel so we can be stronger believers and better communicators of it when we proclaim it to the world.

As we head into this new and exciting ecclesiastical year, then, may we embrace together as a community that it is not our year, but the acceptable year of the Lord, made acceptable by our dedicating it to Him and His work.

May our merciful Lord bless every effort, every ministry and everything we do in His name that it may fulfill His purpose and be truly acceptable to Him!

In Christ,

Herald Personal Sponsor for this Issue:

**In loving memory of John W. Chapas  
from Bil & Sophea Chapas & Family**

**WORSHIP LIFE**

**Weekday Liturgies . . . . . September**

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

- Sept. 7, 6:00pm:** Nativity of Theotokos Vespers & Vigil
- Sept. 8, 9:00am:** Nativity of Theotokos Divine Liturgy  
*These services will be held at the Nativity of the Theotokos Monastery in Saxonburg, PA.*
- Sept. 8, 6:00pm:** Monthly Paraclesis Service (Second Wednesday of each month)
- Sept. 13, 7:00pm:** Exaltation of the Holy Cross Vespers
- Sept. 14, 9:00am:** Exaltation of the Holy Cross Orthros/Liturgy  
*These services will be held at the Holy Cross Church in Mount Lebanon.*
- Sept. 17:** Saint Sophia and her Daughters Orthros/Liturgy

**RELIGIOUS EDUCATION**

**Church School Begins. . . . . September 12**

Church School is here again! Registration will take place on August 29 and September 5. The first day of classes for Church School is Sunday, September 12 at 9:30 with Divine Liturgy and the children's sermon, followed by classes after Holy Communion. See you there!

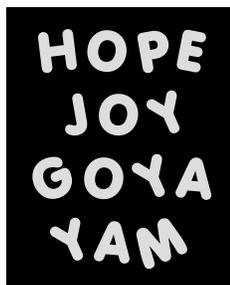
**Adult Study Opportunities . . . . . September**

Please watch the Sunday Bulletin and the Holy Trinity web site ([www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org)) for information on the St. Lydia Women's Study Fellowship, the St. Nikodemos Men's Study Fellowship and the Orthodox Studies Forum to be posted during the month of September.

**YOUTH MINISTRIES**

**Holy Trinity Combined Youth Ministries Kick-Off. . . Sep.12**

Holy Trinity will host a combined Youth and Young Adult Ministries Kick-off event on Sunday, September 12 from 4:30 to 8:00 pm at Bellevue Memorial Park on Bellevue Road. This picnic and fun event will be the first event of the season for HOPE (Kindergarten through 2nd grades), JOY (3rd through 6th grades), GOYA (7th-12 grades) and the Young Adult Ministry (age 18 and over). Combining the event will provide a convenient one-stop destination for families with children in multiple age groups; it will also remind us that even though each group has its own identity and will have its own meeting during the event that day, we worship, live and cooperate as one Holy Trinity family, from the very youngest to the oldest. So parents, please be sure to be there with all your children, from Kindergarteners through Seniors, and Young Adults, please plan on attending and getting involved, too!



**Important:** Please see the flyer on page 14 for informa-

tion on attending and bringing food. See you there!

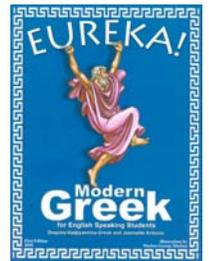
**GREEK SCHOOL NEWS**

**Children's and Adult Classes Greek Classes 2010-2011**

Greek School is moving to Thursdays. If Monday was not a good day for you, and Thursday is, come join us on Thursday evenings at 6:00 PM starting September 9, 2010. 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.

**New Greek Textbooks Available**

An exciting new Modern Greek textbook is now available at the Three Hierarchs Bookstore and is being used by our Greek School. This first edition is designed to be used by English speaking adults wishing to learn Modern Greek either on their own or with the help of a teacher. All grammar rules are explained in English. In addition to many resources found in the book, it contains a CD with hundreds of exercises and answers.



**MEMORIALS**

**Upcoming Memorials**

September 19: Nelle Manesiotis (1 yr.), Nicholas Tanner (3 yrs.); September 26: Nicholas Mihalopoulos (6 mos.), Bessie Cocheres (1 yr.), Sophie Parikakis (2 yrs.).

**NATIONAL NEWS**

**CNN's "World's Untold Stories" to Examine Greek Orthodox Community In Turkey**

The following press release was recently issue by the Greek Orthodox Archdiocese: NEW YORK – CNN International will air a program entitled "Turkey's Dwindling Greek Christians" as part of its series "World's Untold Stories." The program will air on the CNN International Channel (look for it in your local cable, satellite listings) as follows:

- Saturday, Aug. 28: (GMT) 13:30, 20:00 - (EDT, New York) 9:30 a.m., 4:00 p.m.
- Sunday, Aug. 29: (GMT) 1200, 20:30 - (EDT, New York) 8:00 a.m., 4:30 p.m., 11:00 p.m.
- Monday, Aug. 30: (GMT) 03:00
- Tuesday, Aug. 31: (GMT) 12:30, 17:30 - (EDT, New York) 8:30 a.m., 1:30 p.m.

The following excerpt is taken from the CNN website: (CNN) – Patriarch Bartholomew is the living embodiment of one of the world's oldest institutions -- the Greek Orthodox Church in Constantinople. But he could be the last to hold the title in what is modern-day Istanbul, in secular but Muslim majority Turkey.

CNN's "World's Untold Stories" examines the dwindling Greek Orthodox community in Turkey and how they are faring.

There has been a patriarch in Constantinople for 14 centuries, ever since it was the capital of Byzantium and the Eastern Roman Empire, ruling over the Eastern Mediterranean and much of the Middle East.

To this day, Orthodox Christians around the world recite prayers to the Ecumenical Patriarch Bartholomew, the "first among equals." Some describe him as the equivalent of the "pope" for the world's Orthodox Christians. But Bartholomew, who is now 70, may become the last in a line of some 270 bishops in Constantinople.

The Turkish government refuses to recognize Bartholomew's title as "Ecumenical Patriarch." Twenty-five years ago, the Turkish government shut the seminary where Greek Orthodox clergy traditionally trained. Greeks who do not hold Turkish passports are barred from becoming clerics.

Instead of being the spiritual leader of his faith, Bartholomew has become a symbol of the dwindling community of ethnic Greeks still living in modern-day Istanbul. There are only around 2,000 ethnic Greeks left in Istanbul. The last members of this community are gradually dying out, but they cling tenaciously to the churches and schools their ancestors built in what was once the capital of a Greek empire.

**METROPOLIS & ARCHDIOCESE NEWS**

**Summer Camp Photos Available Online**

Looking for photos from this year's Metropolis of Pittsburgh Summer Camp Ministry? Go to the Metropolis web site at [pittsburgh.goarch.org/gallery](http://pittsburgh.goarch.org/gallery).

**Orthodox Observer Online**

Like many publications that have made the jump to the digital world, the Orthodox Observer offers an online version. This is part of an overall effort by the Archdiocese to be environmentally aware. The address for current and archived issues is: [www.goarch.org/news/observer](http://www.goarch.org/news/observer).

**2010-2011 Orthodox Planner Available**

Want to help keep track of your schedules and appointments while keeping your daily focus on Christ? Looking for a great back-to-school planner to give to high school or college students?

Pick up The Planner, a resource offered by the Department of Youth and Young Adult Ministries. The Planner offers Scriptural readings, fast days, prayers, saints of the day, and inspiration from the Fathers. The planner follows the Ecclesiastical (church) year beginning in September and ending in August. Order one of two ways:

- 1) Purchase at Holy Trinity Online Bookstore at [www.HolyTrinityPgh.org/store](http://www.HolyTrinityPgh.org/store) and select the Planner.
- 2) Order via email or phone from the Department of Religious Education ([religioused@goarch.org](mailto:religioused@goarch.org) or 1-800-566-1088)



**REGIONAL NEWS**

**Walk For Missions 2010 ..... October 10**

The Orthodox Clergy Brotherhood of Greater Pittsburgh will once again sponsor its annual Walk for Missions on Sunday, October 10 at 2:00 p.m. (Registration at 1:00 p.m.) at the South Park Children's Playground. Proceeds from the Walk will benefit the Orthodox Christian Missions Center (OCMC), which sends missionaries throughout the world. This year the focus will be on Spanish translations of Orthodox catechetical materials for use in Latin America. The Orthodox Christian Mission Center receives many such requests from individual inquirers and independent church groups for instruction into the Orthodox Christian Faith. The registration and sponsor flyer is enclosed in this issue of *The Herald* and should be brought to the Walk. Please notify Holy Cross Church at 412-833-3355 if you plan to participate.

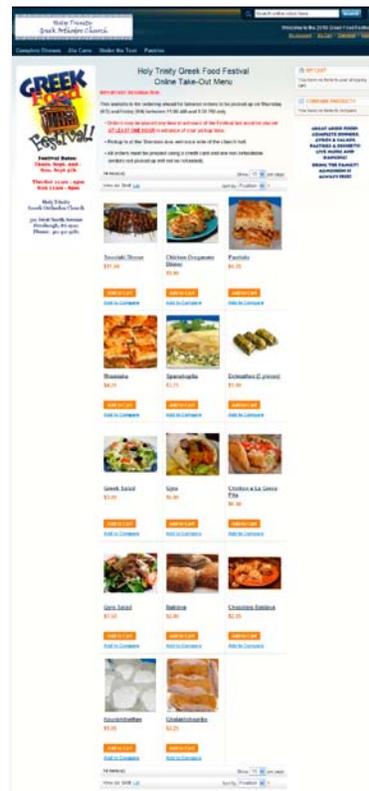
**FESTIVAL NEWS**

**"Summer Festival" Dates ..... September 2-5**

Don't forget to also keep Thursday-Sunday, September 2-5, free to work at, eat at, bring your friends to and enjoy the Holy Trinity Greek Summer Festival. A Festival flyer and fax order form posted on our web site. Please be sure to pass it around to friends, family, co-workers and anyone else you know who might enjoy our great Greek food and hospitality. Thanks for being the best advertising we have!

**New Online Festival Takeout Ordering System Available!**

Holy Trinity Church is once again on the leading edge with



our new online Greek Festival Takeout Ordering System! A quick Internet search will reveal that very few parishes have provided this service to their festival supporters. Tell your friends and co-workers they can now order their festival lunch for Thursday and Friday right from their own computer. This system allows them to pre-pay using a credit card and indicate the time for pick-up, then simply stop by and pick it up at the requested time. It couldn't be easier! (Note: Orders can be placed at any time but must be received at least ONE HOUR before the requested pick-up time.)

Many thanks to Holy Trinity parishioner Paul Balouris for making this

exciting new Holy Trinity Festival possible!

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

SEPTEMBER 2010: THE VOICE OF THE GOSPEL



Father John Androutsopoulos

Beloved Brothers and Sisters in Christ: Rejoice in the Lord always! September 1st is the First Day of our Ecclesiastical New Year.

**What is the Message of the New Ecclesiastical Year?**

In the language of the highway: STOP! One-Way Street. Turn around. He who travels further risks his life. In the language of the Bible: REPENTANCE! I must stop and turn

around—repent and confess my sins.

**What is Repentance?**

Change of mind. Turn from sin to salvation, from darkness to light, from hatred to love! Repent for the Kingdom of God is ahead was the first sermon of St. John the Baptist. If this sermon was good for St. John, it was also good for our Lord Jesus Christ to begin his ministry with the same sermon. Jesus said, "I did not come to call the righteous, but sinners to repentance. In the sight of God, we are all sinners." Beloved, during this new ecclesiastical year, we must repent and confess our sins.

**What is Sin?**

Whoever sins is guilty of breaking God's law; for sin is a breaking of the law. (1 John 3: 4) When man does not fulfill the commandments established by divine law or when he breaks the will of God, we say that such a man sins. One can sin by deed, by word or by thought. Any unpure thought, any forbidden desire or thought is sinful.

**What is Confession?**

Confession (the neglected sacrament of many Orthodox Christians) is the Holy Sacrament through which a penitent Christian receives absolution of the sins he confesses to his spiritual father and confessor with contrition in his heart and tears in his eyes. Remember Peter who shed bitter tears when he denied Jesus three times. The sins which are forgiven are the sins committed after our baptism, that is why our confession is considered our second baptism. The original sin (spiritual sin) which we inherited from our ancestors Adam and Eve was forgiven when we were baptized.

**Roads of Life (Matthew 7:12 -14)**

What road are we going to travel this new ecclesiastical New Year for our spiritual regeneration? "Do for others what you want them to do for you: this is the meaning of the law of Moses and the teaching of the prophets." "Go in through the narrow gate, for the gate is wide and the road is easy that leads to destruction, and there are many who travel it. The gate is narrow and the way is hard that leads to life, and few people find it."

Beloved, we must obey the rules of the road, or the traffic

officer will arrest. We chose the road we travel. Jesus showed us the "STRAIGHT" street, which leads us to peace and happiness. He also pointed out the "broad" way, which leads down to sorrow. Let us choose today which road we desire:

1. **The Prodigal Road.** The prodigal son took the wrong road, one that was beset with many hazards. It was slippery, and he skidded. He learned his lesson. If you would like to understand the meaning of the prodigal road, read the Gospel of St. Luke, Chapter. 15. In this chapter there are three parables: The lost sheep, the lost coin and the lost son. The main teachings of these three parables is that a great joy takes place in heavens when a sinner repents.
2. **The Damascus Road.** The conversion of Saul (Paul). This was nearly a road of disaster. But it became a road of consecration as Saul met the Master and experienced a spiritual awakening. (Read Acts 9: 1- 18.)
3. **The Jericho Road.** The Good Samaritan traveled this road, and Zacchaeus lived on it. It is the road of compassion and commitment. Read the parable of the Good Samaritan (Read Luke 10:30 -37) and for Zacchaeus (Read Luke 19: 1-10).
4. **The Emmaeus Road.** This was the road of companionship. Cleopas and another disciple met the risen Lord on this highway (Read Luke 24: 13-35).
5. **The Jerusalem Road.** On this road of dedication, Jesus made his triumphal entry (Read Mark 11: 1-11). He led a great parade on that great day (Palm Sunday).
6. **The Golgatha Road.** This was the road of suffering and sacrifice for our Lord. Christians also walk this road when they crucify their old way of life, become living sacrifices for Christ, and are willing to share in his sufferings. WHO CRUCIFIED JESUS? The Jews? The Romans? The answer to these questions if your sins and my sins. Jesus said, "I came to give my life as a ransom for many to redeem many."
7. **The Bethany Road.** It was a dead-end road, yet a turning point for the 11 disciples. They returned with a great mission. (Acts 1: 8-11)

Let us choose this day which road we will travel. Only one leads up to life, and few will find it. The road of popularity and pleasure is heavily travelled, but it leads in the wrong direction. Jesus said, "I am the real vine and my father is the gardener. He breaks off every branch in me that does not bear fruit, and prunes every branch that does bear fruit, so that it will be clean and bear more fruit. (Read John 15: 1-2) With God's blessings, may we have a fruitful, ecclesiastical New Year in the Vineyard of our Lord, Jesus Christ.

**Food for thought:** What is patience? Patience is love in waiting, or waiting in love. What is happiness? Happiness is to love and be loved.

*With the love of Christ,  
Rev. Fr. John H. 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**

**ORTHODOX CHRISTIAN STEWARDSHIP: A WAY OF LIFE**

by  
Fr. James W. Kordaris  
Archdiocese Director of Stewardship, Outreach & Evangelism  
**(Continued from July/August 2010 issue)**

**Stewardship With A Minimum**

If there are people in your community who are only able to give \$50 in a given year, wouldn't it be better to have these Orthodox Christians think of your parish their spiritual home, offering their time and talent, and striving to increase their financial support over time?

**Stewardship**

Stewardship is our response to God's grace and moves us from grace to gratitude. Just as we love because God first loved us (I John 4:14), we give because God first gave to us.

The question of the Psalmist "What shall I give to the Lord in return for all His benefits towards me?" (Ps 116:2), is answered in every liturgy when the celebrant calls us to "offer ourselves and one another and our whole life to Christ our God."

One January day, nearly 20 years ago, a young parish council president was just getting accustomed to his new duties when someone placed a stack of checks in front of him to be signed. As he quickly signed each check, his pen was suddenly stopped by the sight of a check that had been placed before him for his signature. It was the salary check for his priest - the priest who had baptized him, for whom he served as an altar boy, to whom he had gone for confession and whom he loved and respected as his spiritual father.

It was one of the most humbling experiences of his life. And the amount of the check seemed ridiculously small in

consideration of the effect that this priest had on the lives his parishioners.

This is the same feeling we should have when we make our stewardship offering to the Church - humility, appreciation, thanksgiving, joy, respect, and love.

**2010 HOLY TRINITY STEWARDS**

Thank you to the following Holy Trinity Stewards who submitted their cards since the last publication. Still not on the list? Please sign & send yours today!

Drs. George Dimitriou & Maria Tranto

Mrs. Areta Kalogeras & Mr. & Mrs. Doug Lupnacca

**2009/2010 STEWARDSHIP HIGHLIGHTS**

<b>2009 Offerings Received from Stewards Submitting Pledge Card</b>	<b>\$163,070 (229 pledges)</b>
<b>2009 Offerings Received from Donors Without Pledge Card</b>	<b>\$35,204 (38 donors)</b>
<b>2009 Total Stewardship Income</b>	<b>\$198,274 (267 donors)</b>
<b>2009 Average Stewardship Pledge</b>	<b>\$680</b>
<b>2010 Offerings Received from Stewards Submitting Pledge Card</b>	<b>\$83,347 (194 pledges)</b>
<b>2010 Offerings Received from Donors Without Pledge Card</b>	<b>\$9,628 (51 donors)</b>
<b>2010 Total Stewardship Income</b>	<b>\$92,975 (245 donors)</b>
<b>2010 Average Stewardship Pledge</b>	<b>\$687</b>
<b>2010 Stewardship Pledges Total</b>	<b>\$133,338 (194 pledges)</b>



*We are able to fulfill God's mission for the Church only to the extent that we support it. We do this by our physical, spiritual and financial support. Did you know that there are some 500 references to prayer in the Bible? But there are some 2,300 references in the Bible about offering financial assistance to the Church to assist in transforming people. Giving to the Church is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves and to grow in grace. It is an opportunity to participate in the work of God. Come and see what we can do together with your support!*

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

## Philoptochos Report: September 2010

### ΨΩΝΕΣ ΓΛΕΚΕΣ

"Fones Glekes" = "Sweet Voices." Philoptochos is searching for people who would like to sing old Greek Folk Songs, ("Yialo. Yialo," "Samiotisa" and others), Christmas Carols and other songs. We would like to form a group for the enjoyment of all. We will not discriminate because of sex, age, or singing voice. If you don't know how to sing our music teacher will teach you. Please consider joining us in the hall after church on Sunday, September 19, 2010 to join up. If you have any sheet music you are encouraged to bring it along. If we can have a group of interested people we shall look forward to a productive seasonal activity that will be enjoyed by many if not all. There is no cost but great rewards are expected. Looking forward to seeing you on September 19th!



### Get Well Cards

When someone is ill they like to receive a card from the Philoptochos wishing them a Speedy Recovery. However, if we are not informed that someone is ill we cannot sent a card. Please, if you know someone that is in the hospital, nursing home or is ill at home, please call the office so that Josie can relay the message to us. Thank you.

### Undies And Socks

We will be collecting undies and socks until the end of September. Please help us fill the box that is in the Narthex. There are many, many children in homes that have little or no underwear or socks. Let's be the most generous and help a worthy cause. Monetary donations can be given to Joyce Countouris.

### Membership/Stewardship

We are always looking for new members. If you have not joined us, won't you please join. We have many missions that we cannot fulfill because we so not have young members. How long can we survive without new members?

### Next Meeting

The next meeting will be held in the Church Library on September 12, 2010, following Divine Liturgy. It is important that we have everyone there because we have many things to discuss.

### Philoptochos Missions

One of the missions at the heart of the Philoptochos ministry is to visit the ill in nursing homes and hospitals and even to make visits to the homes of those that are home-bound. This means a lot to those who are visited and served, and it is also very rewarding to those who serve. This is evident in the photos below.

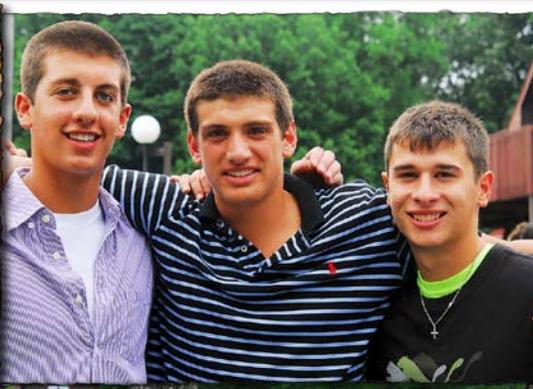
On Thursday, August 12, 2010, Father John Touloumes, Father and Presbyter Ethel Androustopoulos, Connie Fries, Josie Stofko, Chris Rockey, and myself went to the HEalth-

South Harmerville Rehabilitation facility to see Olga Regakis. There were multiple reasons for the visit. First, as mentioned above, this is truly the work of the Philoptochos. Second, Olga is a long-time parishioner who has been in and out of care facilities in recent years and always enjoys the visits. Third, we pre-celebrated her 93rd birthday while we had the opportunity. Finally, we wanted to say goodbye. The following Saturday, Olga left Pittsburgh and moved to Virginia to live with her nieces Helen and Teddy. God Bless you, Olga! We will miss you!

Would you like to be part of this meaningful ministry? There are always Holy Trinity parishioners in confined to nursing homes, hospitals and their own homes. In addition to Father John's pastoral visits, it means a lot to these people to be visited by friends and parishioners. We would like to have volunteers to go and see them. If you would like to be one of those volunteers, please contact me at 412-761-3977.

Respectfully submitted,  
Esther Ladakos, Secretary







Reflections in Greek on the month of September and a story titled, "The Little Eagle." Original compositions by our own Voula Hareras.

## ΣΕΠΤΕΒΡΙΟΣ 2010



Voula Hareras

**Η**ρθε και ό Σεπτέβριος, αλήθεια πόσο γρήγορα πέρασαν Ίούλιος και Αύγουστος πάει τό Καλοκαίρι, άς έχουμε υγεία για τό φθινόπωρο, πού έχει και αυτό τίς όμορφιές του, ιδικά έδώ στό Pittsburgh έχουμε τήν τύχη νά βλέπουμε γύρω μας τήν άλαγή τών φύλλων άπό τά δένδρα νά πέρνουν αυτά τά υπέροχα χρώματα.

Έχει όμως ό Σεπτέβριος και τίς μεγάλες φροντίδες του, τέρμα οί διακοπές, τώρα όλοι μέ τήν βοήθεια τού Θεού και μέ άνανεωμένες δυνάμεις άς προχωρήσουμε μπροστά νά πετύχουμε τούς σκοπούς μας.

Τό κυριότερο άνοιγουν τά σχολεία, και όλοι οί Νέοι μικροί και μεγάλοι ξαναγυρίζουν στό θρανεία, και μέ τήν βοήθεια τής Παναγίας νά έχουν υγεία, ύπομονή, έπιμονή, και Θάρρος, νά μήν δειλιάζουν στό μικροεμπόδια πού μπορεί νά συναντήσουν στό δρόμο τους.

Τίς προάλες διάβαζα ένα βιβλίο και είχε μέσα ένα ωραίο παράδειγμα γιαυτό, άς τό μοιραστούμε, είναι πολύ διδακτικό.

## ΤΟ ΑΕΤΟΠΟΥΛΟ

**Μ**ιάν άνοιξη ένας άγρότης διασκέδαζε καθημερινά μέ ένα ζευγάρι άετών πού τούς έβλεπε ν'άνεβαίνουν και νά κατεβαίνουν κοντά στό χτήμα του. Όταν μετά από μερικές ήμέρες τούς έχασε πήγε στόν τόπο όπου είχε έντοπίσει ότι κατεβαίνουν, για νά δει τί υπήρχε εκεί.

Βρήκε μιá έγκαταλειμμένη φωλιά μέ ένα αύγό μέσα, πήρε τό αύγό, τό πήγε στό κοτέτσι και τό έβαλε μαζί μέ τά αύγά μιás κότας, μέ τήν έλπίδα νά τό κλωσήσει εκείνη, νά γεννηθεί τό 'Αετόπουλο, νά μεγαλώσει και νά πετάξει.

Σέ δυό βδομάδες τό αύγό άνοιξε και ένα υγιέστατο Αετόπουλο γεννήθηκε.

Ζώντας ανάμεσα στό κοτόπουλα άρχισε σιγά σιγά νά μαθαίνει και νά συνηθίζει τούς τρόπους τους, και νά θρέφεται μέ τό καλαμπόκι πού ό άγρότης τά τάιζε.

Ξαφνικά ένα ήλιόλουστο πρωϊνό βλέπει άπό πάνω του

πουλιά νά πετάνε. ζτί θαυμάσιο πού είναι νά πετάς έτσι, θά ήθελα πολύ νά μπορέσω νά πετάξω κι'έγώ ζκέφτηκε.

Μόλις είπε τήν ιδέα του στό κοτόπουλο εκείνα γέλασαν και τού άπάντησαν. ζΤί ήλίθια ιδέα, έσύ είσαι κοτόπουλο τά κοτόπουλα δέν πετούν εκεί ψηλά, ποτέ δέν θά μπορέσεις νά πετάξεις, ότι κι'άν κάνεις ζ ή Μητέρα του φοβισμένη τού είπε. Αν προσπαθήσεις νά πετάξεις τόσο ψηλά θά πέσεις πάνω στό σύρματα τού κοτετσιού και θά σπάσεις τά φτερά σου. 'Ο Κόκορας Πατέρας του συμπλήρωσε μέ τό λογικό έπιχείρημα, ζάκόμα κι'άν πετάξεις θά είναι πολύ δύσκολο νά βρεις τροφή θά πεινάσεις και θά πεθάνεις ζ όλα τά κοτόπουλα συμφώνησαν ότι τό μικρό Αετόπουλο δέν έπρεπε νά προσπαθήσει νά πετάξει. ζείναι όνειρεμένα νά πετάς έτσι ψηλά όπως τά πουλιά ζέλεγε μέ λαχτάρα, έπιθυμώ τόσο πολύ νά τά καταφέρω ζ έλεγε και ζανάλεγε, κοίταζε τά πουλιά πού πετούσαν ή καρδιά του λαχταρούσε, όμως δέν προσπαθούσε, έτσι άρχισε νά μελαγχολεί, αλλά ποτέ δέν προσπάθησε, πίστεψε τά κοτόπουλα.

Όσο οί μέρες περνούσαν τό Αετόπουλο όλο και λιγότερο μιλούσε για πέταγμα. Δέν μπορούσε όμως νά βγάλει άπό τήν καρδιά του τήν μεγάλη του έπιθυμία νά πετάξει.

Η θλίψη και ό καημός του άρχισαν σιγά σιγά νά κατασπαράζουν τό σωματάκι του.

Ητροφή και ή έπιθυμία για ζωή έχασαν κάθε νόημα για κείνο, πέρναγε όλο και περισσότερο καιρό μόνο του μέσα στό πέτρινο κοτέτσι.



Κάποια μέρα ό άγρότης παρατήρησε ότι έλειπε άπό τήν αύλή τού κοτετσιού, πίστεψε μέ χαρά ότι τό 'Αετόπουλο μεγάλωσε άρκετά και άκολούθησε τόν δρόμο τής καρδιάς του, και πέταξε εκεί πού έπρεπε, αλλά πήγε νά τό έπαληθεύσει.

Τό κοτέτσι ήταν σκοτεινό, άλά όταν άναψε τό φώς σε μιá γωνιά είδε ένα σωρό μαύρα φτερά, τά σήκωσε και μέ λύπη του είδε τό Αετόπουλο, είχε πεθάνει άπό τήν θλίψη του, γιατί τού έλειπε τό θάρρος, νά δοκιμάσει.

Εύχομαι κανένας νά μήν μοιάσει στό δειλό 'Αετόπουλο, αλλά μέ θάρρος και περηφάνια νά προχωρεί, και νά άριστεύει φθάνοντας στους ύψηλους σκοπούς πού όνειρεύεται για τήν ζωή του.

Βούλα Χαρερά

*With all the press attention and public furor over the proposed building of an Islamic center and mosque within close proximity to "Ground Zero", site of the September 2001 terrorist attacks, little attention has been paid to the clear fact that nine years after the attacks, the only worship site destroyed on that day—our own Saint Nicholas Greek Orthodox Church—has still not been rebuilt.*

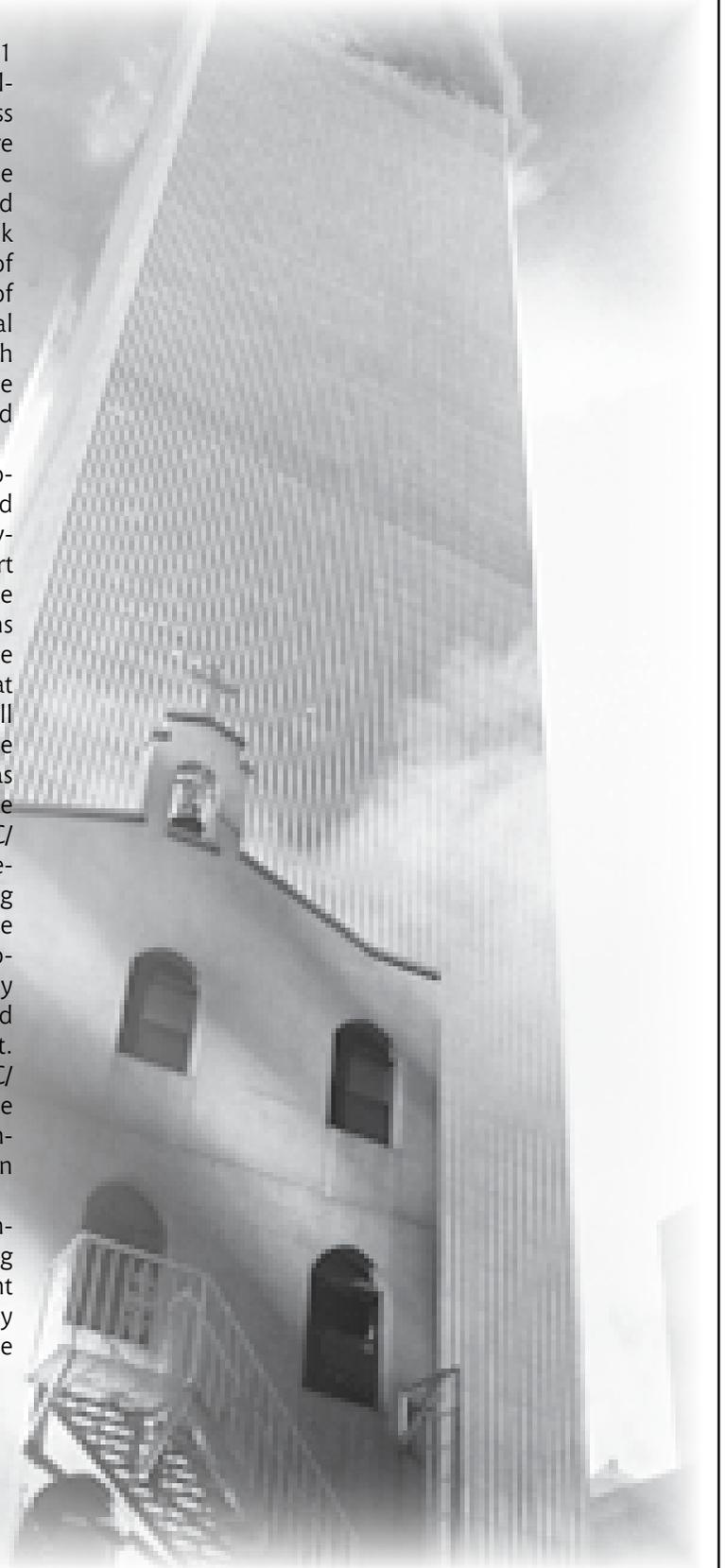
*The press release and forthcoming information concerning the progress of rebuilding of Saint Nicholas Church—or the lackthereof—can be found on the Archdiocese web site ([www.goarch.org](http://www.goarch.org)).*

**N**EW YORK - As is well known, on September 11, 2001 our city and nation suffered a terrorist attack of unparalleled proportions. In addition to the tragic and horrific loss of almost 3,000 innocent victims, a number of whom were members of our own community, the world witnessed the unimaginable collapse of the Twin Towers. When the second Tower fell, it landed on and erased all traces of the Greek Orthodox Christian Church of St. Nicholas, the only house of worship destroyed that day. Opened in 1916 by a group of Greek immigrants, the church not only served the spiritual needs of its parishioners but was also a sacred space in which people of all ethnic and religious backgrounds working in the surrounding area would often stop, light a candle and spend a few moments in prayer and reflection.

Following the events of 9/11, the Greek Orthodox Archdiocese of America and the St. Nicholas parish fully cooperated and worked closely with the relevant authorities. Former Governor George Pataki pledged without reservation his support for rebuilding in the belief that it was a necessary part of the healing of New York City and of our nation. Early on, as plans were being formulated for the reconstruction of the area, the Church agreed to relocate and rebuild its house of worship at a new locale to facilitate the envisioned design for the overall site. In 2004, the authorities proposed that the new edifice be built at 130 Liberty Street, a parcel on the same block as the original site, and an agreement was reached between the Archdiocese and the Port Authority. Four successive LMDC/Port Authority administrations honored this mutual agreement which entailed extensive on-going work and planning on the part of all parties. All site plans for the area which the LMDC/Port Authority released to the public show St. Nicholas at this new locale. Regrettably, the latest Port Authority administration in 2009 unexpectedly and arbitrarily reneged on this agreement and as a result, the Archdiocese and St. Nicholas parish are suddenly offered no viable option. LMDC/Port Authority has refused to meet with us. In the meantime the LMDC/Port Authority has excavated the original site without our consent, rendering it unusable, in flagrant violation of our legal rights.

The Archdiocese and parish leadership remain firmly committed to the rebuilding of the church honoring the long standing agreement with LMDC/Port Authority. Confident that we have acted in good faith and trusting in Almighty God, we expect that justice will prevail and that we will be successful in this sacred endeavor.

Press Release Contact Information:  
Stavros Papagermanos  
Tel.: 212-570-3530  
Email: [pressoffice@goarch.org](mailto:pressoffice@goarch.org)



George Athanasiou, son of Harry and Joyce Athanasiou, is a life-long parishioner of Holy Trinity Church, a Senior Seminarian at Holy Cross Greek Orthodox School of Theology, President of the Hellenic College/Holy Cross Student Government Association and a dedicated servant of the Lord in many areas of local, Metropolis and Archdiocesan ministries. He will graduate from Holy Cross in May. The article below reflects not only his observations from Father John's Alumni Anniversary celebration, but also his great love for our beloved college and seminary. Thank you for your faithful service, George, and for sharing this experience with your Holy Trinity family!



**George Athanasiou**

**Αξιός!**

Σώσον Κύριε τον λαόν Σου και ευλόγησον την κληρονομίαν Σου, νίκας τοις βασιλεύσιν κατά βαρβάρων δωρούμενος και το σον φυλάττων διά του σταυρού Σου πολίτευμα.

Many of you may recognize the words above as the Apolytikion Hymn of the Holy Cross. This hymn has been chanted since the early

centuries of our Church and continues to be sung to this day. Its words and melody have echoed through thousands of Churches and has filled the hearts of millions of faithful Orthodox Christians. However there is one place where this hymn of praise has been recited everyday for the past 73 years and serves as a foundation for ministry. Hellenic College and Holy Cross Greek Orthodox School of Theology has been the breeding grounds and educational facility for the clergy of our Holy Archdiocese. For the hundreds of gradu-

ates of Hellenic College and Holy Cross, this institution created for them opportunities to mature in faith, to grow in theological knowledge and to settle in individual spiritual formations and journeys. It is a place where true everlasting friendships are made, where a true brotherhood and sisterhood continue to this day. The students and graduates of Holy Cross over the past 73 years, no matter how old or young, retired or active, share in one common purpose, one common understanding and one common faith in the Gospel of Jesus Christ, living the One, Holy, Catholic and Apostolic Church.

This camaraderie of the living Church is both real and palpably present during the end of the year festivities at Hellenic College and Holy Cross. It has been a tradition, that at every academic year's end the school honors the Silver (25 year) and Golden (50 year) graduation anniversaries of the Alumni of both Hellenic College and Holy Cross by hosting them and presenting them with a commemorative silver or gold Cross. This year was a special year not only for the



*Father John receiving the 25-year Cross and a blessing from His Eminence Archbishop Demetrios*

school and for me, but also for our entire Holy Trinity Family. Our very own Fr. John Touloumes (Class of 1985) celebrated the 25th Anniversary of his graduation from Holy Cross. Joined by his classmate His Grace Bishop Savas of Troas, former Chancellor of the Archdiocese as well as many of his professors, dear friends and schoolmates, that week promised to be an exciting "blast from the past" for Fr. John.

Not only did Fr. John return to the origins of his theological education, he served the Divine Liturgy on the very Altar where Patriarchs, esteemed Hierarchs, and theologians once served. Fr. John not only experienced fond memories of his days in that blessed chapel, but also was surrounded by people who have stood beside him throughout his ministry: Fr. George Livanos, beloved friend and brother clergyman of our Pittsburgh Metropolis (whose wife Presvytera Dyanthe was also celebrating her 25th Anniversary from Hellenic College), Fr. Theodore Petrides of Holy Cross Church in Stroudsburg, PA, and myself, a son of Holy Trinity and living witness of the fruits of Fr. John's ministry. What a truly amazing week it was and what an honor and privilege it was to be present, and witness our Living Church!

I ask you to join me in congratulating Fr. John, not only for



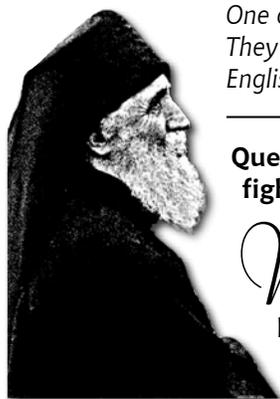
*Father John censing the congregation during the Great Vespers of the Ascension at the Holy Cross Chapel*



*Classmates His Grace Bishop Savas of Troas and Father John celebrating Divine Liturgy of the Ascension*

this momentous occasion but also for the love of Christ and pastoral care that he has brought to this community, our Holy Trinity family over the past 17 years! Let us proclaim with one voice "Αξιός" ("Worthy!") to our beloved Spiritual Father!

George Athanasiou



Elder Paisios

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.

**Question: Geronda, what is “the good fight?”**

My heart rejoices when I see souls who take heed and struggle in a world that has become full of little devils. Our Benevolent and Righteous God has bestowed upon all of us the proper gifts, for example, manliness upon men and tenderness upon women, so we may struggle

and thus climb the spiritual ladder with the help of divine Grace, and come ever closer to Him Who is our Creator. We must never forget that beside us, apart from people who can help us spiritually, we also have Christ Himself, Panaghia\*, the Cherubim and the Seraphim, and all the Saints. Take courage then! Christ is Mighty; He is Almighty and will provide His divine power for us to break the power of the evil one. Ever-present and invisible, He watches over us constantly and will strengthen us whenever we struggle humbly with a good will. We must as far as possible avoid the causes of sin. We must guard our senses, because it all starts from there.

**Question: Geronda, how can we do this in a world which surrounds us with so much unholiness and impurity?**

If this is sometimes or even often difficult, let us at least steer away from curiosity; that is, not allow our eyes to take in sinful images, through which the devil tempts us by replaying them as cinema in our mind. If we grasp a small piece of burning coal, it will burn us; but if we roll it around in our palm for a few moments, then it won't. It is the same with sinful images; our eyes cannot hold them when they pass by quickly, for they are simply fleeting images that cannot burn the soul.

Let those who were heedless and who acquired bad habits while living a worldly life accept uncomplainingly the war the enemy will wage against them once they have changed their ways. They must do this, however, without cultivating any evil desires. If they work hard at this, they will be purified and reach the level of pure people, who have never known great sins, learnt bad habits or been sorely tempted. Also, if they learn from their previous failings, they will make great progress. If someone has to walk through a minefield and is not familiar with the terrain, he will need to proceed with caution, otherwise he will be blown up. If, however, he is familiar with the territory, he may indeed suffer some wounds, but with the experience he already has, he will be able to advance steadily and quickly. If one is to work on one's fallow soul, one must first weed out all the thorns, its passions, and then plant virtues in their place. However, this process is an arduous one and requires a strong will and great patience.

**Question: Geronda, could you please tell us in practical terms how this work is done?**

Every day you should try to plant in your soul some-thing spiritual, which will eject something worldly and sinful. Gradually, the old self will be disclaimed, and you will be able to move freely in the spiritual realm. Replace the sinful images in your mind with holy ones. Replace songs with hymns, worldly magazines with spiritual books. If you do not break away from all that is worldly and sinful, if you do not commune with Christ, with Panaghia, with the Saints, with the Church Triumphant, and if you do not place yourself completely in the hands of God, you will not be able to acquire spiritual health.

**Question: Geronda, what is spiritual health?**

Spiritual health equals pure thoughts, an enlightened mind, and a purified heart that unceasingly harbours Christ and Panaghia. Watchfulness over ourselves and prayer are a great help in acquiring spiritual health. Prayer is essential for the purification of the soul, and prudence is essential for the preservation of a healthy spiritual condition.

Life, of course, is no summer camp; it has joys but also sorrows. The Resurrection is always preceded by the Crucifixion. The blows of life's trials are essential for the salvation of the soul, for the soul is refined through them. Just as with clothes; the more we rub them in the wash, the cleaner they become. Even with the octopus, the more it is beaten, the more it is cleaned and tenderized. And the fish, too, appears so graceful when alive and swimming in the sea, or even when displayed in the market with the scales and entrails intact. But it becomes useful only once it is cleaned and made to look less appetizing on the outside before it is broiled. It is much the same with people; when a person sheds all things secular - his scales, if you will - it may seem that he is losing life, his worldly liveliness, but in fact, he is merely removing all useless matter in order to be “broiled”. Only then is he made useful.

**Question: Geronda, does this good fight lead to salvation?**

God is kind; He wants us all to be saved. If only a few were to be saved, why then was Christ crucified? The gate into Paradise is not narrow. There is room for all those who bow humbly, and are not puffed up with pride, as long as they repent and give the burden of their sins to Christ; then there is plenty of room to pass through the gate. Man can be saved with a single humble thought, or with a proud one lose everything.

*(More next issue: “What Helps Spiritual Progress”)  
Excerpted from “Elder Paisios of Mount Athos. The Spiritual Counsels, Vol. II: Spiritual Awakening”*

\*“Panaghia”: A Greek word meaning “All Holy.” It is one of the many epithets bestowed upon the Virgin Mary by the Orthodox Faith, and is used as a proper name when referring to her.



**Attention all Holy Trinity children, families and Young Adults:**

Holy Trinity is ONE FAMILY, so we will kick off our fall youth ministries with all ages TOGETHER! This is for these ages and families:

- ☞ Kindergarten through Second Grade = H.O.P.E.
  - HOPE children will meeting with Fr. Radu & HOPE Coordinators
  - HOPE parents planning meeting with Fr. Radu & HOPE Coordinators
- ☞ Third through Sixth Grade = J.O.Y.
  - JOY children's meeting with Fr. Radu & JOY Coordinators.
  - JOY parents planning meeting with Fr. Radu & JOY Coordinators
- ☞ Seventh through Twelfth Grade = G.O.Y.A.
  - GOYA planning meeting with GOYA Officers
  - GOYA parents meeting with Fr. John & GOYA Advisor Presvytera Becky
- ☞ Ages 18 & over = Y.A.M.
  - Young Adult Ministries planning meeting with Fr. John

**SUNDAY, SEPTEMBER 12, 4:30 pm to around 8:00 pm**

**4:30p-5:00p Welcome / 5:00p Dinner / 6:00p-7:30 Group/Parent Meetings / 7:30 Wrap-up**

**Food and Drinks Needed! Respond to the people below. Please bring lots!**

PLEASE RSVP by Thursday, September 9. We are expecting over 100 people, so bring large quantities!

**HOPE (K-2nd):** Call Yvonne Balouris at 724-934-4850 and volunteer to bring a food/drink item

**JOY (3rd-6th):** Call Penny Georgiadis at 724-935-2383 and volunteer to bring a food/drink item

**GOYA (7th-12th):** Call Maria Touloumes (412-831-3574) or Marielena Balouris (412-635-0482) and volunteer to bring a food/drink item

**YAM (18+):** Email Andrew Athanasiou (bigathetitan@yahoo.com) and volunteer to bring a food/drink item

**Come Ready For Fun!** This park has sports facilities, so bring whatever you'd like: soccer balls, basketballs, baseballs, footballs, etc. Dress for fun!

**Directions:** Take I-279 North or South to the Perrysville exit. Turn left at light on Perrysville Avenue. Follow 0.9 miles to Bellevue Rd. Left on Bellevue Rd. 1.0 miles to park entrance. For GPS, use "322 Bellevue Rd., Pittsburgh."

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# Holy Trinity Greek Orthodox Church



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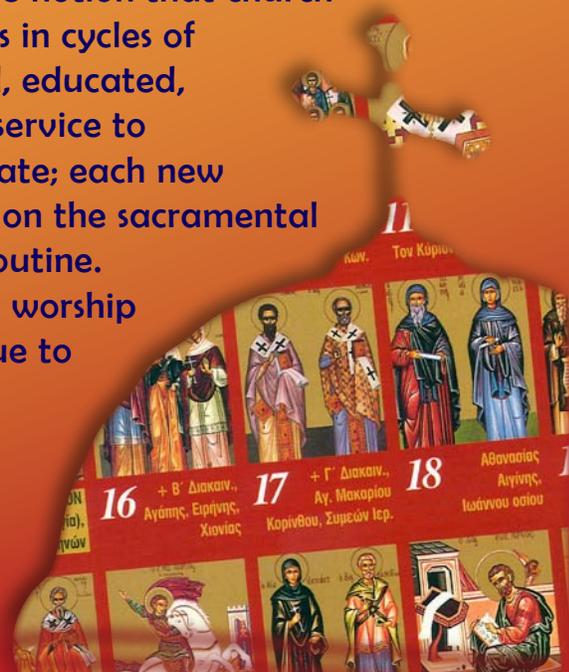
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## The “Liturgical Year”

The Liturgical Calendar in Orthodoxy is premised on the notion that church is not just relegated to Sunday mornings. The year rides in cycles of fasting and celebration in which the person is reformed, educated, and inspired as the year unfolds. Each sunrise brings a service to welcome the day; each new day brings a saint to emulate; each new season brings a new feast; each year brings a new step on the sacramental life. The church becomes intertwined with one’s daily routine.

According to Bishop Meletios, “The liturgical year is the worship of God with human garb. With its great fluctuations due to such different feasts, the liturgical year becomes joyful, the amusement of the people of the Church; tied with their life.” The aim, then, of designing the liturgical life was for the Church to become an integral part of the individual’s life.

Excerpted from “Beauty fo Ashes: The Spiritual Transformation of a Modern Greek Community” by Stephen R. Lloyd-Moffett



Scripture of the Month: “Let us, therefore, celebrate the festival, not with the old leaven ... but with the unleavened bread of sincerity and truth.” (1 Cor. 5.8)