



# THE HOLY TRINITY HERALD

APRIL 2012

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HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

## INSIDE THIS ISSUE

- 2 Father John's Message
- 3 News & Events
- 5 Gheronda's Corner
- 6 Mouse Tales
- 7 The Cultural Side  
Η Πολιτιστική Πλευρά
- 8-11 Community Life  
Photo Journal
- 12 Philoptochos Outreach
- 13 Parish Council Update
- 14 Ask the Elders
- 16 He is All Things

Holy Week Schedule of Services

April Parish Calendar

Lenten & Paschal Donations Form

Holy Friday Names Form

**"A TASTE OF GREECE"**

**SPRING FESTIVAL FLYER:**

**MAY 24-27, 2012**

## QUICK NEWS



Ladies from the Holy Trinity Philoptochos offer food and Christian compassion over 100 needy Hill District residents at the new FOCUS Pittsburgh center. Read about it on page 12. Want to see more scenes from the life and ministries of Holy Trinity Church? Check out the Community Life Photo Journal on pages 8-11.



"It is the day of Resurrection, people, brilliantly shine! Pascha, the Lord's Pascha! For Christ our God has out of death passed us over into life, and likewise from earth to heaven, as we now sing unto Him a triumphal hymn: Christ is risen from the dead, by death trampling upon death and to those in the tombs he has bestowed life."

**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

Dean A. Balouris	Marios Kritiotis
George Danis	Charles Petredis
George Dickos	Vasilios Scoumis
Jason Farmakis	Stephanie Sedor
Troy Geanopulos	Alex Trivilas
Louis Kort	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  
 Bookstore ..... Bill and Linda Areheart



“While we are at home in the body we are away from the Lord, for we walk by faith, not by sight...So whether we are at home or away, we make it our aim to please him.”

(2 Corinthians 2.6,9)

Dear Brothers and Sisters in the Risen Christ,

Where are you at home? I suppose that depends on what you think of when you hear the word “home.”

If you are like me, family and holidays are two of the first things that pop into mind when I think of “home” as a place to live. Also, when it comes to referring to “home” as any place we feel comfortable and safe, church tops my list and it probably does yours, too. Just the word “home” and the emotionally comforting thoughts that accompany it are a good experience.

It does not, however, always stay that way. For example, I recently had the opportunity to pass by the home in Harrisburg where we lived when I was born. I actually have some early memories of it and the beautiful, friendly neighborhood where it was safe to walk down the street to visit family as a child. It’s not like that anymore, a victim of urban decline and crime. That home is no longer a home, even in my mind. And so we may all ask, where are we really at “home?”

Well, Pascha is upon us, and it’s time to go “home” and celebrate. “But wait,” you might say, “we don’t have our home anymore!” The old one was sold, the new one is under construction and can we really call a school gymnasium “home?” Well, interestingly enough, Saint Paul says above that none of those locations—the old building, the interim facility or the new church—are ultimately our true home. And this very concretely brings to us the message of Pascha: it is only in the Resurrection and our return to life in Paradise that we will ultimately be “home.”

So what do we do in the mean time? As stated above, “aim to please Him.” Here at Holy Trinity Church that can happen in a lot of ways. Let’s leave the storybook models behind, avoid feeling sorry for ourselves and understand that our temporary location issues pale when we see that not everyone will be able to find that comfortable and safe place to be “home” for Pascha this year. Some may be suffering from personal crises or tragedies. Others may not be able to afford the food for the feast. And still others may in their loneliness not even have anyone with whom to crack that red egg and to hear the “Truly He is risen” in response.”

Whether it is through the compassionate offerings of the Philoptochos in the Hill District or welcoming someone into our meal, our circle of friends and family or our community, it is a deeply central part of the mission of this parish to greet everyone who walks through the door with those sweet words, “Welcome home!” And, lest we forget the truth of the Epistle above, we will know that means, “Welcome to your temporary home, where you can find your way back to your true home in Christ.” It is as much of a real home as we can provide in this world.

This year we may be tempted to give in to the thought, “It’s just not the same as it was on the North Side” or the question, “How can we celebrate Pascha in a gym?” Resist those deceptive thoughts and know that God has us here for a purpose, and that “whether we are at home or away, we make it our aim to please Him.”

I pray that you, your family and this entire community will shine more brightly than ever in the light of the Risen Christ. I look forward to celebrating with you. Christos Anesti! Christ is Risen!



**RELIGIOUS EDUCATION**

**Orthodox Studies Forum ..... April 18**

The Orthodox Studies Forum resumes its studies on Wednesday evenings at 7:00pm at Holy Trinity Church's interim location (495 Browns Lane) on the first and third Wednesdays of the month. The study topic for this year is the book, "Living the Beatitudes" by Father Tom and Presvytera Kyriaki Fitzgerald. The book is 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@HolyTrinityPgh.org. (Note: Meetings resume after Lent.)

**Saint Lydia Women's Study ..... April 19**

The St. Lydia Women's Study Fellowship is now in its 12th year! If you have missed out on this wonderful time with fellow sisters in Christ sharing, learning and growing in faith, maybe this is the year you can join in! This group is open to women of ALL ages and ALL places in life! They do not know everything...they are learning, so please don't feel that you don't know enough to attend! This year they are studying a selection of the Epistles of the New Testament using a book entitled "Universal Truth: The Catholic Epistles of James, Peter, Jude, and John" (An Orthodox Bible Study Companion). Meetings are held every other Thursday at St. George Chapel, 8941 Ringeisen Road, Allison Park. 9:30 - Coffee and Fellowship; 10:00 - 11:15 Study. For more information contact Stacy Dickos at 412-367-0925.

**WORSHIP LIFE**

**Holy Friday Trisagion at the Epitaphion ..... April 22**

Each year we offer a Trisagion Service in front of the Epitaphion (the Tomb of Christ) prior to starting the Holy Friday evening service of the Praises (*Engomia*). It is an important way to honor and pray for all those who have fallen asleep in the Lord as part of the Holy Trinity community by offering their names before the Tomb of the Lord Whom they served and worshiped during their life here. Please be sure to complete the Holy Friday names form enclosed in this issue of *The Herald* and submit it before the start of the service on Holy Friday. Thank you for remembering all our departed members.



**Weekday Services ..... April**

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

**Fri. April 20...."Zoodohos Peghe"/Life-Giving Fountain**

Special feast of the Theotokos commemorating the miracle of the Life-Giving Fountain in Constantinople. Note: *We have the extra blessing of celebrating this feast at the Holy Transfiguration Monastery in Ellwood City, PA. Father John will be serving.*

**Sun. Apr. 22, Great Vespers, 7:00pm.....St. George**  
*Held at the St. George Chapel for its nameday.*

**Mon. Apr. 23 .....St. George the Great Martyr**  
*The annual Feast Day of the Saint George Chapel. Please join in honoring this great saint and giving thanks for the great blessing of the Chapel in the life of Holy Trinity Church.*

**YOUTH MINISTRIES**

**HOPE/JOY Sleepover .....April 6/7**

The JOY & HOPE ministries will have a sleep over at the Holy Trinity Church interim location at 495 Browns Lane on Friday April 6th/Saturday April 7th. They will meet at 6:00pm on Friday evening. Friday night's activities will include dinner, a Lenten activity, a discussion with Fr. Radu, evening prayer and movies. On Saturday morning we will attend the Saturday of Lazarus service (Liturgy starts at 9:30am) and then we will stay to make palm crosses and cup candles. Breakfast will be provided. Please RSVP to Penny Tomalski at pennybt@roadrunner.com or 724-813-5726 by Sunday April 1st. All parents are welcome to stay with their children.

**Metropolis GOYA Retreat.....April 20-22**

Attention all GOYAnS: Don't forget to register for the upcoming Metropolis GOYA "Re-Tweet" at Camp Nazareth, April 20-22. His Eminence Metropolitan Savas will be the featured speaker. Registration is available online at pittsburgh.goarch.org. IMPORTANT NOTE: Please be sure to use the Holy Trinity discount code provided in the GOYA email update to obtain a reduced rate. This must be done at the time of registration.

**COMMUNITY NEWS & EVENTS**

**GOYA Community Palm Sunday Luncheon..... April 8**

The GOYA teen ministry will be once again hosting their very popular annual Community Palm Sunday Fish Luncheon this year on April 8. It will held community style in our interim Browns Lane location. Reservations are being taken to make sure they have enough seating and food. Rather than individual tickets, a free-will offering will be accepted in support of our GOYA ministry. Please be generous, as this is one of the largest fund-raising events of the year for the GOYA to support their many activities.

**Make Plans for the Anastasi Dinner ..... April 14**

Don't forget to make plans to attend the Resurrection Orthros, Liturgy and Dinner at Holy Trinity Church on Saturday evening, April 14/early morning Sunday, April 15. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to break the fast and celebrate the feast. Instead of our old church hall, this one will be held in a literal "hall," just like the Palm Sunday Luncheon the week before. We will be serving a traditional Greek Paschal meal of delicious Holy Trinity style lamb, rice, bread, cheese and olives. Free-will offerings will be accepted to help cover the costs of the meal. Bring family

and friends for the greatest Feast in the Orthodox Christian Faith! The Resurrection Orthros starts at 11:00 p.m., but with a full house expected, doors will open at 10:00 p.m., so be sure to get there early to get a seat!

**Agape Vespers & Paschal Candy Hunt..... April 15**

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the lawn of the church at Browns Lane (weather permitting) on Pascha following the Agape Vespers Service at 1:00 p.m. All the children are invited to come for this beautiful and bright service. It is an especially good way for those with small children who are not able to attend the midnight service to share in a special celebration of Pascha.

**Cemetery Clean-Up Day ..... May 5**

From the Cemetery Committee: We will be having a Cemetery Clean-up Day on Saturday, May 5, 9am to 3pm at Holy Trinity Cemetery, located at 8941 Ringeisen Road, Allison Park. Everyone is welcome to help us prepare the grounds for spring & summer. We will be mulching plant beds, pulling weeds, planting flowers, & cleaning up graves. Please join us—with your lawn & garden tools—for a few hours or the entire day. Lunch will be provided. The rain make-up date will be May 12. Please contact Penny Tomalski at 724-813-5726 or pennybt@roadrunner.com with any questions.



**Construction Reminder: Site Safety Guidelines**

Construction is underway on the new church site, so our new property is now an active construction work site. The building committee, therefore, sends this message to us all:

**C**onstruction is underway at full speed on our new Church campus, and visible changes are happening weekly. We must, however, ask all parishioners to follow a few simple requests. Please do not enter onto the construction site at any period of the day or week and please do not stop along Cumberland and Babcock to observe the site. There are safety and liability issues that our contractor, Bridges & Company, has been asked to enforce. In the near future we will publish scheduled dates were supervised site visitation will be conducted for the entire Holy Trinity community. Look for these future dates, but until then, if you have any questions, please talk to Bill Fiedler or Jason Farmakis. Thank you for your understanding.

**FESTIVAL NEWS**

**Spring Festival Dates..... May 24-27**

Holy Trinity's Spring "Taste of Greece at Northway" Greek Festival will be held at our interim location on Browns Lane from Thursday, May 24 through Sunday, May 27, 2012. Please mark your calendars and plan on volunteering, eating, spreading the word and bringing your friends! A flyer is enclosed and more are available from the Church Office is you would like to distribute them to your friends and co-workers.

**Festival Ad Book**

The last issue of *The Herald* contained a Festival Ad Book form. The Ad Book is an important part of the financial success of the Festival, so please consider placing an ad or taking the form to businesses and individuals you know are willing to support this event. Thank you!

**Greek Dance Practice for Festival**

Greek Dance Practice for all youth of ages will be held on Sunday, April 1 and again on April 22 through the Festival. Practice will not be held Palm Sunday or Pascha. For more information please see Yvonne Balouris or call 724-934-4850.

**Calling All Festival Yard Signs: Please Come Home!**

If anyone has any of the yard signs from our last festival, please return them to the church as soon as possible. The Festival Committee needs to change the dates on the signs so they can re-use them for the upcoming festival in May. Please deposit them in the box outside of the office.

**PHILOPTOCHOS NEWS**

**New Philoptochos Fellowship Ideas**

The Philoptochos is looking for ways to take advantage of our new location in the North Hills and provide opportunities for our seniors. Here are two thoughts. Please provide feedback to Joyce Countouris at 412-366-1498.

Pot Luck Luncheons: Retired and looking for something to do? Tired of TV and the same old routines? How about coming to a "pot luck" luncheon? Whatever you bring is shared with everyone else, and others do the same. Get off the sofa and come to do something different! The cost is nothing more than your time and your casserole, salad or whatever you bring. It is sure to be a change of pace and might actually be a lot of fun! What would you like to do for the first get-together? How often would you like to meet? Do you want to share music and stories or have educational discussions?

**NOTE: The first of the Pot Luck Luncheons will be held in the church library on Thursday, May 3rd, at 12:00 noon. Please join us!**

Exercise Program: Our interim facility has long, open hallways, so why go to the mall to walk when we can do it together at our own place? Would you be interested in a regular day or days when we get together for an indoor walking program? How about a fitness program with some mild stretching and health-building moves? There are professionals who are willing to guide us.

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

**APRIL 15TH – HOLY PASCHA (EASTER) – THE RESURRECTION OF OUR LORD JESUS CHRIST**



**Father John Androustopoulos**

**B**eloved Brothers and Sisters in Christ: Rejoice in the Risen Lord! Christ is Risen! Truly He is Risen!

**Rejoice: It Is Pascha**

"This is the Day which the Lord hath made; we will rejoice and be glad in it." "He is not here: for He is risen, as He said. "Come, see the place where the Lord lay." (Matthew: 28: 6.)

For two nights and a day, our Lord's sealed tomb was a symbol of man's lost hope. On the third morning, the empty tomb became a symbol of man's hope renewed. More than ever, the life and teachings of Jesus took on increased meaning.

Every Pascha over the centuries the glad cry, "Christ is Risen" has echoed throughout the earth. As nothing else can, it brings a hope to a world torn by turmoil and strife. It provides a haven of serenity for all who are weary of sin and disillusioned with life and commit themselves in faith to Christ the Redeemer.

"Because I live, you shall live also." (John 14:19). Can we doubt that for the women at the tomb it was, "He has risen from the dead, and behold, He is going before you to Galilee, there you will see Him?" His appearances to them confirmed the truth of this greatest good news. His continued presence—"Lo, I am with you always—empowered them to tell the world that Jesus Christ is living Lord of all. Their transformed lives bore convincing witness.

Pascha is the time of joy and gladness. Jesus the crucified was raised from the dead. His word of promise to conquer death was fulfilled. The living Lord's teaching and promises, His spirit and guidance we can rely upon, as have Christians in past generations. We are the people of Christ during the days of life here on earth. Through death we pass into His presence and join Him forever with the company of the redeemed.

When Jesus Christ walked about Palestine, He told of God's love, healed the sick, and forgave sinners. Jesus even raised people from the dead. He brought back to life a widow's only son, who was being carried out for burial. He restored Jairus' daughter, who had just died. At another time, He commanded Lazarus, dead for four days, to come out of his tomb. Lazarus walked out of the burial chamber—alive.

Christ raised these people from the dead, but later each of them died again. Jesus Himself died. On the third day, God raised Him from the dead, to die no more.

Jesus Christ was a man among men. He was also God incarnate. In Him we have a Savior—a Savior risen from the dead—a living Redeemer, who gives eternal life to all who come to Him. "He is risen, as He said" is the Pascha message we proclaim! Rejoice and be glad for Christ is Risen!

The voice that called, "Lazarus, come forth" will be the same voice that will call to each of us.

PASCHA! Day of Hope, Day of Promise, Day of Fulfillment, Day of Joy! No wonder we sing on Pascha, "Christ is risen from the dead, trampling down death by death; and upon those in the tomb bestowing life."

May all we all have a blessed Pascha!

*With the love of the Risen Lord,  
Rev. Fr. John H. Androustopoulos, Protopresbyter*

**"Pascha!"**

**From A Homily of  
St. Gregory Of Nazianus  
4th century**

The Pascha of the Lord! And again I say: "It is Pascha!" that I may honor the Most Blessed Trinity.

Today is the feast of feasts, the solemnity of solemnities; it surpasses not only those who are secular and worldly in character, but even excels, as the sun outshines all stars, those feasts which are dedicated to and are celebrated in honor of Christ Himself.

Yesterday the Lamb was immolated and the doorposts reddened with its blood; the Egyptian sorrowed over his firstborn; but the Angel of death passed over us, for we were protected by the precious blood of the Lamb.

Today in great haste have we fled from Egypt, from the ill-natured Pharaohs, from the harsh masters, from mud, and from baking bricks.

There is no one who can hinder us from celebrating our exodus into our Lord and God. We shall celebrate not with the leaven of malice and wickedness, but with the bread of sincerity and truth.

Only yesterday was I in anguish with Christ on the Cross; today I am glorified with Him. Yesterday I died with Him; today I receive new life in Him. Yesterday I was buried with Him, today I arise together with Him.

Nevertheless, let us bring and offer gifts to Him Who for us suffered and has risen. But, do not think I have in mind gold or silver, rich damasks or shining jewels of princely prices. No, it is ourselves that we ought to offer; such is the gift most befitting and dear to God.

According to the divine image and likeness have we been made; let us humbly attribute the high dignity of our being to its model; with greatest esteem let us imitate our Exemplar.

Let us understand the power of this mystery, and for whom it was that Christ has suffered. Let us be like Christ, for He was like unto us.

Let us become divine because of Him, since He became man for our sake. ❖



Hello, my Precious Children!

Hi! It's me, Spero! It's April, and boy, I sure hope that these April showers bring us some terrific flowers ... and soon!



I am here today to chat with all my precious children about this month's video. It is a Disney classic called, "The Fox and the Hound." Tod, the fox, and Copper, the hound dog, will touch my little ones and teach them about true friendship. They are two friends who are different and completely opposite. As a matter of fact, they are supposed to be enemies, but no one tells them that while they are growing up!

So, they do what comes naturally: they become friends and play together. They know that true friends care about each other and are sensitive to each other's needs. They know that there is a time to joke and a time to be serious. They know that true friends show respect and caring for each other. They know that true friends also come in all shapes and sizes, and that some differences are not that important. Copper's friend, Chief, teaches him how

to hunt! In fact, Copper gets so good at hunting that Chief even gets a little jealous. However, if it were not for him, Copper would never have turned into a good hunting dog. Because Chief shares what he knows, they all grow and become better friends. That's how friendship works!



When we listen carefully, that also means that if we are friends, I care about what

you are saying. It is good to share what you know with your friends and to learn from each other. In one of the scenes, Tod meets Dixie for the first time. Tod pretends to be someone he is not by trying to impress her. What he does not understand is that just being you makes the best impression of all. Dixie judges him on who he is, not on who he pretends to be. That is what true friends do, too. Remember, the best friendship is based on honesty.



Tod and Copper learn that friendship lasts through the good as well as the bad times. True friends are trustworthy which means that you can rely on them through thick and thin. As Tod and Copper grow, they learn all the secrets of being a great friend. After all, they are the best of friends, and everyone needs a good friend. So be good to your friends and they will be good to you.

Have wonderful, blessed and happy Pascha!

Love in Christ,  
Spero



Voula Hareras

### ΘΕΙΚΕΣ ΣΥΝΟΔΟΙΠΟΡΙΕΣ

Κάποτε, τά πολύ παλιά χρόνια, όταν ό άνθρωπος μετρούσε τά πρώτα του βήματα πάνω στό πρόσωπο τού πλανήτη, καί τά μάτια του ήταν ακόμα φωτεινά καί άπλά καί ή όψη του ώραία καί νεανική, τότε λοιπόν συνέβαινε νά περπατά ό άνθρωπος μαζί μέ τό Θεό μέσα στά μονοπάτια τού μεγάλου κήπου πού είχε φυτέψει γι αυτόν ό Πλάστης του, τά μονοπάτια τού κήπου τής Εδέμ. Περπατούσαν τά

δειλινά μαζί, κι ό άνθρωπος έβλεπε τό πρόσωπο τού Δημιουργού του, καί φωτιζόταν όλο καί πιό πολύ τό δικό του πρόσωπο καί γινόταν όλο καί πιό ώραίο, πιό παραδεισένιο...

Μετά ήρθε ή πονηριά στόν άνθρωπο, ή άνταρσία του, ή αυτόνομηση άπ' τό Θεό πατέρα, ή άμαρτία. Μαύρισε ή ψυχή του, κι έγινε ή όψη του σκοτεινή καί άγρια καί φοβισμένη. Δέν ήθελε τώρα τό Θεό νά περπατούν μαζί στόν κήπο, τρόμαζε στην παρουσία Του, Τόν φοβόταν, Τόν έχθρευόταν, κρυβόταν όταν άκουγε τά βήματα τού Θεού κοντά του, πολύ περισσότερο τή φωνή Του νά καλεί {Αδάμ, πού είσαι.}

Πέρασαν έτσι πάλι πολλά χρόνια, κι ό άνθρωπος, μακριά τώρα άπ τόν κήπο τής Εδέμ, ξέχασε τό Θεό. Αλλά ό Θεός δέν ξέχασε τόν άνθρωπο καί άποφάσισε νά έρθει ό ίδιος στη γή, νά γίνει άνθρωπος, γιά νά ξανακαλέσει τόν άνθρωπο κοντά Του, μήπως καί τώρα, μετά άπό τόσες ταλαιπωρίες καί βάσανα, θά ήθελε ό άνθρωπος νά ξαναγυρίσει δίπλα στόν Πλάστη καί Δημιουργό του.

Ηρθε ό Θεός στη γή, άλλα ό άνθρωπος είχε γίνει πιό πολύ έχθρικός άπέναντί Του, καί γι αυτό άποφάσισε νά όδηγήσει στό θάνατο τό Θεό πού έγινε άνθρωπος. Καί τό έκανε. Τόν σταύρωσε καί μετά Τόν έθαψε μέσα σ'έναν κήπο.

Αλλά ό Θεός δέν πεθαίνει. Γι αυτό καί βγήκε άπό τόν τάφο. Αναστήθηκε ό Χριστός, καί μαζί Του ξεπήδησε άπό τό κενό μνήμα καί ή άγάπη καί ή συχώρηση γιά τόν άνθρωπο. Κι ό κήπος ξανάνθισε πάλι, κι ό άνθρωπος δέχτηκε τήν άνακούφιση καί τή ζεστασιά μέσ στην καρδιά του, καθώς βρισκόταν ξανά μαζί μέ τόν άναστημένο Χριστό τό δειλινό τής ήμέρας εκείνης στην πορεία προς Εμμαούς...

Από τότε μπορούμε άφοβα πιά, άγαπητικά καί πάλι, όπως καί πρώτα, νά περπατάμε μαζί μέ τό Θεό μέσ στις στρατες τής ζωής. Καί νά μή φοβόμαστε γιά τίποτε, γιατί νιώθουμε τό χάδι τού Θεού στό πρόσωπό μας, τήν αίώνια Αγάπη δίπλα μας.

Καί πλέον ή συνοδοιπορία μας μέ τό Θεό δέν πρόκειται ποτέ νά τελιώσει. Θά συνεχίζεται άδιάκοπα στις αιώνιες πορείες τού Παραδείσου! Γιατί ή Συχώρηση καί ή Αγάπη πού ξεπήδησαν μαζί μέ τόν άναστημένο Χριστό μέσα άπό τόν κενό τάφο τελειωμό δέν έχουν...

Πρός Τή Νικη  
ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ!

### ΑΝΟΙΞΗ ΜΠΗΚΕ

Ανοιξη μπήκε. Μέσ στη γή σάν  
κάτι νά σκιριτάει

Κι άπό τό χειμωνιάτικο τόν ύπνο της  
ξυπνάει.

Ξυπνάει ή πλάση ολόβολη μέ χίλια  
δυό λουλούδια

καί μέ χαράς τραγουδία.

Χριστός 'Ανέστη ό θείος Νεκρός  
άπό τόν τάφο λείπει.

Τού πένθους πάει τό στέναγμα καί  
τού θανάτου ή λύπη.

Η πλάκα κατασπάστηκε, πού χε  
μέσα της κλείσει

Αυτόν πού είναι ή ζήση.

Οί μυροφόρες δέ θρηνούν κι οι  
Μαθητές δέν κλαίνε

κι άκου λόγια άναστάσιμα ένας στόν  
άλλο λένε.

'Ολα όα τό διαλαλούν τά πικραμένα  
χείλη

στόν άνθισμένο 'Απρίλη.

Τό παίζουνε γλυκόλαλες καί  
μυστικές φλογέρες,

Τό πάνε έδώ τό πάνε εκει οι  
μυρωμένοι άγέρες.

Καί μία γέρικη ίτιά πού ως τώρα  
βόγγαε όλη

γελάει στο περιβόλι.

Χριστός Ανέστη άδελφοί, Χριστός  
Ανέστη, πάλι

χαίρονται ή γή κι ό ούρανός άπό μιάν  
άκρη σ'άλλη

πετά ή ψυχή, ή κάθε ψυχή, καί τούς  
δικούς της βρίσκει

καί μοναχή δέν μνήσκει.

Χαίρετε πνεύματα ιερά πάει τό  
Χπαλιό μαράζι,

είν' ό Χριστός άνάσταση, Αύτός είναι  
π'άγιαζει

αύτός τήν άβασίλευτη τή μέρα στά  
παιδιά του

έτοίμασε κοντά Του.

Γιάννης Σαντάρης





March 2012: Holy Trinity GOYA celebrates an active month. **Above:** Follow with community with their collection of this season's volleyball and basketball trophies. Also, their monthly fellowship meeting.







During the Sunday of Orthodoxy procession, the GOYAns are presented to the trophies. **Below:** Our teens participated in the annual Metropolis Volleyball tournament hosted special guest speaker Paul Abernathy of FOCUS Pittsburgh.





# Community Life Photo Journal | Sunday of Orthodoxy

March 4, 2012: Holy Trinity Church School students and staff participate in the Sunday of Orthodoxy procession with the holy icons.







**Above:** Despite a few days of snow, including the one pictured above, this project has been blessed with unseasonably warm and favorable weather. The long view above shows the progress as of early March.



**Left:** The main area where the Community Center is to be located is dug out and flattened. Because of the size of our property, we have been able to save on fill through some very astute decisions by our construction supervisors, who have used dirt from areas being dug out to fill spaces in other areas of the project. The pipes to the left are being embedded beneath the main entrance to the property.



**Below:** Not to be left out, the Saint George Chapel is also moving forward! In preparation for the installation of the beautiful new chandeliers, photographer Jim Portellos (husband of our secretary/office administrator, Mary) is pictured here photographing all the iconography in the chapel, aided by Bill Fiedler and the scaffolding.





One of the keystones in the logo and mission of Holy Trinity Church is "Outreach," which is described as "An outreach ministry which fulfills the command of Jesus Christ to reach out to the sick and needy, to serve the least of our brethren, and to spread the Gospel both locally and throughout the world." We do this through international and national mission work as well as local opportunities right here at home. Since its inception last year, we have been dedicated to fully supporting "FOCUS Pittsburgh," a philanthropic ministry which provides Orthodox Christians the opportunity to serve others in many ways in their own local area. The following account describes the blessed experience of our Ladies Philoptochos, who offered one of the first meals at the new FOCUS Pittsburgh center in the Hill District. Thank you to the ladies for representing Holy Trinity Church with such love and compassion, and thank you to Joyce Countouris for her personal account of the event.

### Holy Trinity Philoptochos Feeds Over 100 Needy Souls at FOCUS Pittsburgh Center in Hill District

**PITTSBURGH, PA.** On Wednesday March 14, 2012, four members of the "Omonia" Chapter of the Ladies Philoptochos Society from Holy Trinity Church gathered to prepare a complete meal to serve approximately 100 needy souls who would come to a FOCUS Pittsburgh center, which is located near the heart of Pittsburgh in an area called the "Hill District." The four members were Kay Balouris, Tina Fiedler, Alice Kapanis, and Joyce Countouris. "I don't know what we expected, but I know that we were all uplifted and very happy to have had this experience," reported Mrs. Countouris. She also the following personal account, which speaks to the great blessings we find in serving when it is based in the love of Jesus Christ and obedience to His Gospel.



"We were greeted by an enthusiastic young woman who picked our packages out of our arms and said politely, 'That's no job for old ladies while I am here!' Whereupon she proceeded to retrieve and tote our many items up stairs to the second floor room where we were to set up and serve in about an hour. We found out later that she was the 'intake specialist' for the facility, whose volunteer job was to arrange counseling and provide other coordination among the services offered by the center. While she proceeded to do the setup, Paul Abernathy, the Executive Director of FOCUS Pittsburgh, gave us a tour of the facility and introduced us to the children and adults who were there. It was quite an inviting community environment and he told us some children came there after school each day. As time to serve came closer, a woman named Najet from the St. George Antiochan Orthodox Church in Oakland came to assist us. She explained that she has been helping at the center regularly and let us know what to expect and how to serve the meals when people arrived. Specifically, she noted that although there was an area with tables and chairs where people could eat, most people would want their meals to 'take out' because it gave them the opportunity to eat with their families in their homes, something not all of them can do every day. Also, there were many people with family members who had illnesses, age-related issues or other restrictions which kept them from coming to the center, so giving them the food to take with them was a great help. We found her advice simple to follow and we operated like a well-oiled machine. The people we met were very warm and polite. They greeted us in a friendly manner and were appreciative of our menu (baked Greek chicken, rice, salad, roll, dessert, bottled water). The sincerity in their expressions of thanks was heartwarming and we all felt we got more out of the experience than they did. It was truly a wonderful Lenten experience!" A special thank you to our Parish Council President, Chris T. Balouris, for his help in transporting everything from Holy Trinity Church to the FOCUS Pittsburgh center using his Salonika Imports truck.



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Scenes from FOCUS Pittsburgh (L-R): 1) The FOCUS Pittsburgh center in the Hill District. 2) The chapel at the center that is used for services and personal prayer. 3) Volunteers and staff from the center, including executive Director Paul Abernathy (far right). 4) Serving and caring with God's love!



*This abbreviated review of the Parish Council minutes is provided to keep our Holy Trinity parishioners informed of the active work of the Council. Thank you to our Parish Council secretary, Stephanie Sedor, for providing these condensed minutes and helping us all stay informed. Want to get involved? Contact any Parish Council member or email [parishcouncil@HolyTrinityPgh.org](mailto:parishcouncil@HolyTrinityPgh.org).*

## Parish Council Update - February 2012

### Call to Order

The regular monthly meeting of the Parish Council of Holy Trinity Greek Orthodox Church was held on Tuesday, February 21, 2012. The meeting was convened in the church conference room and opened with a prayer at 7:12 pm by Fr. John.

### Approval of Minutes

A motion was made by Vas Scoumis to approve the January, 2012, minutes. The motion was seconded by Jason Farmakis. Approved unanimously.

### Father John's Report

The 2012 Holy Trinity Lent and Holy Week schedules have been distributed in the Herald and posted in the parish web site. Note the time and locations of services: all evening Lenten services will be held at 6:30 p.m. to keep things uniform. Complines on Mondays, Salutations on Fridays, and Saturdays of Souls will be held at St. George Chapel; Pre-Sanctified Liturgies on Wednesdays will be held at the church on Browns Lane. All Holy Week services will be held at the church on Browns Lane as well.

The GOYA would still like to hold a Palm Sunday lunch, but the lack of a community center is a challenge, so they would like to try holding it family style on a long stretch of tables in the classroom hallway. If tables and chairs are rented we could also keep them for the Anastasi dinner. The Parish Council endorsed the idea and requested the tables be kept for the Anastasi Dinner.

### Financial Update

Treasurer George Danis presented the financial update.

### Committee Reports

**Maintenance:** Snow removal (plowing) is going well this season. We need a new tire on the snowblower for clearing sidewalks. Regarding the security system, everyone should start entering the church through the back entrance (the entrance facing Northway Shoppes) as the keypad is now fixed. This will help people avoid going through the boiler room.

**Construction:** Land is completely cleared and soil/erosion procedures are in place. We ran into a topsoil issue and are working out other small problems as expected. We currently anticipate a summer 2013 completion date.

**Vision Committee:** As of February 15th, the building fund has \$3.35 million cash in the bank. We have prepaid \$46,000 on the kitchen, and have a land asset of \$1.02 million. So far the capital campaign has raised \$3.266 million in pledges and has collected \$2.04 million, which leaves \$1.3 million outstanding to be collected between 2013 and 2018. We have a shortfall on the project of \$2.3 million, which is covered by the Fidelity loan, but we would like to get that number much smaller by the time construction is finished to minimize our mortgage payment. We will be having a Capital Campaign social event ("A Sampling of Holy Trinity") on February 25th, which will hopefully educate everyone on what our assets and needs are at this point. We would like to ask those who have kept their commitments to extend their pledges, and we need to continue to add new pledges. Other goals of the social event are welcoming new members and introducing ministries.

**Stewardship:** How can we involve more people in the life of the church? Right now we have only 156 pledges for \$137,564, for an average pledge of \$881. We expected 250 pledges, so let's make sure we aren't forgetting anyone.

**Festival:** Lou Zozos has graciously donated a cooler/freezer, and we are in the process of planning to have it moved to the church (Northway location) for use in this coming festival. Lou Kort made a motion to pay for the movement and installation of Zozos' freezer up to \$3,000. The motion was seconded by Jason Farmakis and unanimously approved.

### Old Business/New Business

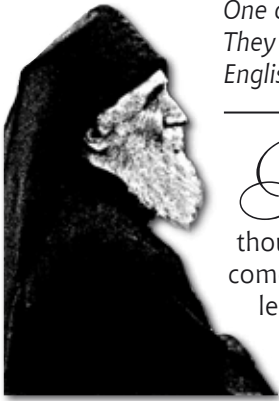
- There will be a regular Spring General Assembly on March 18th after Liturgy.
- We need to look into finding an AED (Automated External Defibrillator) machine for the church – this is a priority.

### Next Meeting

The next meeting date was set for March 20th at 7:00 p.m. in church conference room. No further business appearing, the meeting adjourned with a prayer at 9:35 p.m.

Respectfully submitted,  
Stephanie Sedor, Secretary





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.

People have drifted away from the Mystery of Repentance and Confession, drowning in their thoughts and passions. So many people come to me asking for help in their problems, but they don't go to Confession or to Church! "Do you ever go to Church?" I ask them. "No," they tell me. "Have you ever gone to Confession?" "No. I came to you to

make me well." "But how am I going to do this? You have to repent of your sins and transgressions and confess them; you have to go to Church; you have to receive Holy Communion when your Spiritual Father gives you his blessing; and I also will pray for you to get well." You talk to them about Confession, about the future life, and they tell you that such things are "fairy tales"; but on the other hand they insist, "Help me, I'm on drugs." But how can I help them? Even though their problems are caused by their sins, many of them don't go to a Spiritual Father for help, but instead they resort to "confessing" to psychologists, where they tell their story and receive advice for their problems. However, if they go and confess their sins to a Spiritual Father...the Grace of God, through the Mystery of Repentance and Confession, works on the soul and they are redeemed.

**Question: Geronda, some people say, "We don't go to Confession because we can't find any good Spiritual Fathers."**

These are excuses. Every Spiritual Father possesses divine authority when he is wearing his clerical stole. He performs the Mystery of Repentance and Confession and has divine Grace. When he reads the prayer of forgiveness, God erases the sins confessed in sincere repentance. It is up to us how much we are going to be helped by the Mystery of Confession. But I also see a new craftiness of the devil. He causes people to think that if they make a vow to God and fulfill it, if they go on some pilgrimage, then they are all right spiritually. You see hordes of people going to monasteries and shrines with tall candles and extravagant offerings, ostentatiously making the sign of the cross, even weeping a little, and feeling content. They do not repent, do not confess, do not correct or change their way of life... and this is quite pleasing to the devil.

**Question: Geronda, can a person who does not confess feel at peace with himself?**

How can he be at peace? For one to find peace, he must discard the rubbish from within. This will happen through repentance and confession. By opening his heart to his Spiritual Father and confessing his transgressions, a person is humbled. This opens the gate to Heaven, bringing abundantly the Grace of God and setting man free.

**Question: Geronda, how can we understand whether something that happens in our spiritual struggle stems from temptation or is a result of our own carelessness?**

One must go and ask.

**Question: Do you mean that one cannot come to understand it on his own?**

Even if one were to understand something on his own, he wouldn't be certain. Even an experienced person will often go and ask someone else. For some personal matter, I always ask. When I'm dealing with a personal matter, I consider my own solution to be foolish, even if it is wiser. And I don't go to someone who knows what will put me at ease; I go to someone who doesn't know. You see, even a doctor who wants to be certain that he has made the proper diagnosis will consult another doctor in difficult cases, so you see how much more an intern should do that! No matter how spiritual a person is and how well he may take care of his personal affairs on his own, he still won't be entirely at peace with that because God wants man to be helped by another person, be corrected by another person. The Good God works things out in this manner so a person may become humble. One must reveal his thoughts and his problems, his inner state to his Spiritual Father; he should seek his advice and not decide on his own when it comes to difficult matters. He shouldn't confront alone the difficulties in his spiritual struggle by "practicing medicine" on himself, because the tempter, the devil, can confuse him and cause him problems. Some people will even go as far as to impose a rule of penance upon themselves; such a thing is very dangerous.

One who does not have a Spiritual Father as an advisor on his spiritual journey will get confused, weary, delayed and will find it hard to reach his destination. No matter how wise he may be, if he comes up with solutions to his problems on his own, he will remain in darkness, for he proceeds with self-confidence and pride. But one who is humble goes to his Spiritual Father and asks for his opinion and guidance and is greatly helped. God will certainly enlighten the Spiritual Father to provide the right answer.

The most necessary thing today is for people to find a Spiritual Father, to confess, trust him and follow his advice. If people have a spiritual guide and establish a rule of prayer and study, if they go to Church on a regular basis and receive Holy Communion, then they have nothing to fear in this life.

Of course, one should choose his spiritual guide carefully and not entrust his soul to just anyone. Just as one seeks the best doctor for his physical health, he should also seek out a good Spiritual Father for his spiritual health, and go to him, the doctor of his soul, on a regular basis.

*Excerpted from "Elder Paisios of Mount Athos, The Spiritual Counsels, Volume III: Spiritual Struggle"*



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Fax: 412-366-8710  
Internet: www.HolyTrinityPgh.org

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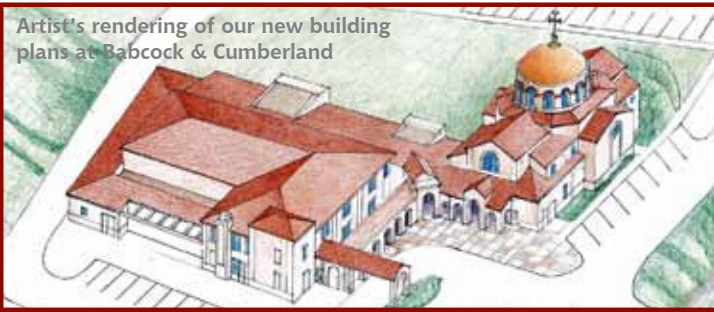
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Artist's rendering of our new building plans at Babcock & Cumberland



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He is **WORD**...

He is **GRACE**...

He is **SON**...

He is **SHEEP**...

He is **HUMAN**...

He is **GOD**...



... in that He **JUDGES**

... in that He **TEACHES**

... in that He **SAVES**

... in that He is **BEGOTTEN**

... in that He **SUFFERS**

... in that He is **BURIED**

... in that He is **RAISED UP**

This is **JESUS** the **CHRIST** to Whom be glory **FOREVER!**

*Melito of Sardis (2nd c.)*

Scripture of the Month: "Every one who believes that Jesus is the Christ is a child of God" (1 John 5:1)