



THE HOLY TRINITY HERALD

FEBRUARY 2012

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HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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QUICK NEWS



Construction of the new Holy Trinity Church is now underway! Earth-moving equipment arrives at the new church property and begins clearing the entrance for the construction vehicles. 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.



The Icon of "Deisis" or "Supplication": The Lord sits serenely on His Throne as the Ruler of the universe, with the Theotokos at His right with her hands raised in supplication towards her Son and our God, while St. John the Baptist and Forerunner stands on His left also praying for us.

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

Dean A. Balouris Marios Kritiotis

George Danis Charles Petredis

George Dickos Vasilios Scoumis

Jason Farmakis Stephanie Sedor

Troy Geanopoulos Alex Trivilas

Louis Kort Gerri Valliant

Ministries

Philoptochos Kay Balouris, Pres.

GOYA.....Pres. Becky Touloumes, Advisor

ChoirJohn Nychis, Director

Over 50 Club.....Stella Athanasiou, Pres.

St. Lydia Study.....Stacy Dickos, Coordinator

Cemetery.....Bill Fiedler, Chairman

Bookstore.....Bill and Linda Areheart



The good man out of the good treasure of his heart produces good”

(Luke 6.45)

Dear Brothers and Sisters in Christ,

This issue of *The Herald* contains an exciting new community event: “A Sampling of Holy Trinity” (see page 13). This is a wonderful opportunity for our Vision Committee to bring the entire community up-to-date with the latest progress and support opportunities for our new church project. It is also a great way for the many newcomers to our community (and there are many of them!) to get to know the ministries and the people of Holy Trinity Church. I look forward as the spiritual father of this community to sharing a delightful family evening with all.

So, getting to know the ministries and the people of this parish is a great start, but to truly understand what Holy Trinity Church is all about, there is another important thing to know: its heart. And where is the heart of Holy Trinity Church? How is it possible to know? If, as Jesus says above, “the good man out of the good treasure of his heart produces good”, then the heart of a person—and therefore, a community of people—ought to be reflected through it outward acts.

Please allow me to share a moment from last Sunday that, for me as a priest, provides a deep and revealing look into the heart of Holy Trinity Church. I was asked by our Outreach committee to put an announcement in the Sunday bulletin concerning the resumption of our “Feed the Homeless” ministry. You see, since moving to the North Hills, we no longer have the opportunity to provide hot meals to the homeless of the North Side, as we did for years at our former location. That has left an unsettled feeling in the hearts of many parishioners, so contact was made with a homeless ministry back on the North Side to see if there were ways we could still participate. An opportunity was, indeed, identified with a shelter and the announcement last Sunday stated, “All they ask is that we prepare (dinner) for 30 people and serve at 8:00pm.” and “Holy Trinity organizations, groups, individual families or a ‘parea’ of friends (only 4-6 are needed each time) are encouraged to sign up for this opportunity to sponsor a date for this ministry.” Five dates were listed in the bulletin. When I finished distributing antidoron to the parishioners and made it back to coffee hour, I asked Mike, the coordinator, if any dates had been reserved. Amazingly, in only about 15 minutes, all five dates were taken! It nearly brought me to tears.

This is the heart of Holy Trinity Church. God has so richly blessed this community that the ground being turned over at our new property is making room not only for bricks, but for seeds of the love of Christ and His Gospel that the faith and works of our hearts may shine. As Saint Paul told the Corinthians, “You will be enriched in every way for great generosity, which through us will produce thanksgiving to God; for the rendering of this service not only supplies the wants of the saints but also overflows in many thanksgivings to God.”

So come, be there for “A Sampling of Holy Trinity.” Connect with our people and our community. Its heart is open to you.

Herald Personal Sponsor for this Issue:

**Happy Birthday to my beloved son, +Jimmie Regakis
I Love You! From your mother, Olga**

WORSHIP LIFE

Divine Liturgy 9:30 a.m.

With the move to the North Hills bringing us within closer proximity to most of our parishioners, Holy Trinity Church is now maintaining a permanent, year-round worship schedule of 8:30 a.m. Orthros and 9:30 a.m. Divine Liturgy. Remember, all **SUNDAY** services are held at the interim location on Browns Lane (HT). **WEEKDAY** services (unless otherwise indicated) are held at the Saint George Chapel (SG), 8941 Ringesen Road, Allison Park. Please be there on time!

Weekday Services February

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. and weekday services are held at the Saint George Chapel (SG), 8941 Ringesen Road, Allison Park.

- Wed. Feb. 8, 6pm: Paraclesis to the Theotokos
- Thu. Feb. 9, 6:00pm: Vesperal Liturgy - St. Haralambos the Martyr
- Sat. Feb. 25: Saturday of the Souls

Upcoming Lenten Dates. February-April

Wondering about Lenten and Paschal dates? Here's a helpful guide to some of the important events coming up:

- Pure Monday (Lent begins) Feb. 27**
- Sunday of Orthodoxy Mar. 4**
- Godparent Sunday Mar. 18**
- Palm Sunday Apr. 8**
- Holy Friday (schedule off work & school) Apr. 13**
- Pascha Apr. 15**
- Feast of St. George (Nameday of Chapel) Apr. 23**

RELIGIOUS EDUCATION

Orthodox Studies Forum February 1 & 15

The Orthodox Studies Forum continues its season on Wednesday evenings at 7:00pm at Holy Trinity Church's interim location (495 Browns Lane). 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.

Saint Lydia Women's Study Feb. 9, 23

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 beginning September 29 at St George Chapel, 8941 Ringesen Road, Allison Park.

9:30 - Coffee and Fellowship; 10:00 - 11:15 Study. For more information contact Stacy Dickos at 412-367-0925.

YOUTH MINISTRIES

GOYA Teen Ministry Events February

- Sat. Feb. 11: Hoagie making at church
- Sun. Feb. 12: Valentine Hoagie Sale
- Sun. Feb. 12, 6:00pm: GOYA Fellowship at Petredis home
- Fri. Feb. 17-Sun. Feb. 19: Basketball Tournament - Reading
- Sun. Feb. 26: GOYA Lenten Soup Sales begin!

GOYA Basketball Practice Schedule February

GOYA will basketball practices in preparation for its last tournament of the year on the following dates. All practices are held at the Treesdale "Barnasium."

- Wed. Feb. 1: 6:00-7:30pm Girls/7:30-9:00pm Boys
- Mon. Feb. 6: 7:00-9:00p Boys
- Wed. Feb. 8: 7:00-9:00p Girls
- Mon. Feb. 13: 7:00-9:00pm: Girls
- Wed. Feb. 15: 7:00-9:00pm: Boys

Players, if you are not able to make a scheduled practice, please contact Pres. Becky ahead of time. Thank you!

PHILOPTOCHOS NEWS

Philoptochos: A Ministry for You!

At the start of the year 2012, the Ladies Philoptochos is anticipating many new activities to achieve our goals which are always the same—philanthropic (the name 'Philoptochos' means 'Friends of the Poor'). We have received recognition for our 100 percent participation in fulfilling Philoptochos National Ministry Commitments for 2010 & 2011. In addition we have donated to many other local causes as well as a pledge to the Capital Campaign. This is not possible without help from many hands as well as the support of our parishioners, friends and neighbors. If you are interested in joining please feel free to call Kay Balouris at 312-766-1263 or Joyce Countouris at 412-366-1498. We welcome all to join.

COMMUNITY NEWS

2012 Parish Council Installed



The 2012 Parish Council was installed on Sunday, January 8, at the conclusion of the Divien Liturgy. Serving the first year

of their newly-elected (or re-elected) terms are: Dean A. Balouris, George Dickos, Jason Farmakis, Louis Kort, Marios Kritioris and Alex Trilivas. Continuing on for the second year of their two-year terms are: Chris T. Balouris, George Danis, Troy Geanopulos, Charles Petredis, Stephanie Sedor, Vasiliou Scoumis and Gerri Valliant. The newly-elected Council then convened under the leadership of Father John and conducted the election of officers. Officers elected for the coming year are: President - Chris T. Balouris; Vice-President - Vas Scoumis; Treasurer - George Danis; Secretary - Stephanie Sedor. May God be their guide and strength in all things! Please be sure to give their your full support as they serve Christ and serve you in the coming year.



Construction Reminder: Site Safety Guidelines

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

With the long awaited start of our new Church campus starting in the next few days, we must 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.

BAPTISMS & CHRISTMASTIONS

Ryan

The servant of God, Nektarios Ryan, son of Allen and Theologia Ryan, was received into the Orthodox Church through the Holy Mystery of Baptism on September 18, 2011. The Godparent was Terri Rigas. May God grant him many years!

Steiner

The servant of God, Luci (Loukias) Steiner, daughter of Craig and Nicole Steiner, was received into the Orthodox Church through the Holy Mystery of Baptism on September 24, 2011. The Godparent was Marios Kritiotis. May God grant her many years!

Brennen

The servant of God, Ava (Evangelia) Brennen, daughter of Billy and Holly Brennen, was received into the Orthodox Church through the Holy Mystery of Baptism on October 16, 2011. The Godparent was Maria Pantelakis. May God grant her many years!

Andromalos-Dale

The servant of God, Damian Andromalos-Dale, son of Michael and Beth Andromalos-Dale, was received into the Orthodox Church through the Holy Mystery of Baptism on November 19, 2011. The Godparent was Victoria Andromalos-Dale. May God grant him many years!

Cook (Loomis)

The servant of God, Amy (Elizabeth) Cook (now married to Anthony Loomis), was received into the Orthodox Church through the Holy Mystery of Chrismation on September 18, 2011. The Godparent was Diane Balouris. May God grant her many years!

Kritiotis

The servant of God, Julia Kritiotis, was received into the Orthodox Church through the Holy Mystery of Chrismation on September 18, 2011. The Godparent was Joyce Athanasiou. May God grant her many years!

Farmakis

The servant of God, Rebecca Farmakis, was received into the Orthodox Church through the Holy Mystery of Chrismation on October 23, 2011. The Godparent was Marianne Bonfield. May God grant her many years!

Leontiadis

The servant of God, Jill (Angeliki) Leontiadis, was received into the Orthodox Church through the Holy Mystery of Chrismation on December 11, 2011, by the hand of His Eminence Metropolitan Savas. The Godparents were Stacy and George Dickos. May God grant her many years!

Geanopulos

The servant of God, Mark Geanopulos, son of Troy and Annika Geanopulos, was received into the Orthodox Church through the Holy Mystery of Baptism on January 14, 2012. The Godparent was Peter Kolios. May God grant him many years!

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

February 2012 – The Pre-Lenten Sundays



Father John Androutsopoulos

My beloved brothers and sisters in Christ: Rejoice always!

Four Sundays preceding the Great Lent are dedicated to some aspect of repentance. Thus, the Church prepared us for Great Lent and invites us to meditate on its meaning and significance.

Four Gospels for Four Sundays

Please read the following four Gospel passages for the Pre-Lenten

Sundays (calendar dates are for 2012 only; they change every year):

1. Sunday, February 5th: The Sunday of the Publican and the Pharisee. The Gospel reading is Luke 18: 10-14. Also, on this day, the Triodion begins, which is a sacred book of hymns which is used only for the Pre-Lent and Lent (the Great Fast).
2. Sunday, February 12th: The Sunday of the Prodigal Son. The Gospel reading is Luke 15:11-32.
3. Sunday, February 19th: Meat-Fare Sunday/Sunday of the Last Judgment. The Gospel reading is Matthew 25: 31-46.
4. Sunday, February 26th: Cheese-Fare Sunday/The Sunday of Forgiveness. The Gospel reading is Matthew 6:14-21.



Remarks And Conclusions

There are important lessons for all of us in these four Gospel readings: Prayer, Humility, Repentance, Almsgiving, Forgiveness, Fasting and Good Works. All of these and more will help us for the Second Coming of our Lord Jesus Christ.

Why Is There Suffering?

Beloved, the sources of our faith are the Holy Scriptures: that is the Old Testament, the New Testament and the Sacred Tradition. My first message for this month will be from the Old Testament.

"And the Lord God called unto Adam, and said unto him, "Where are you?" (Genesis 3:9). For the complete story, read Genesis, chapter 3.

Why are we subject to sickness and infirmity? Why do brambles grow where we have planted wheat? Why must death stand awaiting us at life's end?

The revelation contained in the book of Genesis is that suffering was not a part of God's original plan for mankind. It was through man's sin that sickness and suffering entered the world. Death itself is the byproduct of sin: "Sin entered the

world through one man and through sin death" (Rom. 5: 12). Scripture teaches that the suffering that afflicts mankind is the result of man's rebellion, not God's maliciousness.

Beloved, we are not left without hope, however. After man's sin, God searches man out. God calls to man, "Where are you?" The Church has traditionally understood verse 15 of chapter 3 of Genesis as the first glimmer of the promise of salvation in Jesus Christ. Even as Genesis teaches us about our fall and its consequences, it hints at our eventual redemption.

We thank you Lord that you did not abandon mankind because of our sin but unfolded a plan of redemption. We thank you for offering us full redemption from suffering and death, through the resurrection of Jesus Christ.

Follow Me

Read the Gospel of Luke, Chapter 5. Jesus was not content merely to preach the word of God to the crowds. He also entered into the lives of men and women, and asked them to follow him. Thus, Jesus not only preached from Peter's boat, he also helped Peter in his fishing business. He did this as a sign of his power, but also he very likely did it because he knew Peter had had a long and futile night, and needed the fish.

Jesus sat down at the table of common people. He sought out those who were not religious, and brought God's word to them. He addressed their needs: he healed them when they were sick, he forgave their sins. He was not horrified by leprosy of body or soul. Jesus simply healed what needed healing.

As he entered the lives of men and women, he asked them to enter his life. He said, "Follow me." He invited men and women to be with him wherever he went, to share all that he had, to follow him on his journey to his Father.

Peter protested that he could not be with Jesus, for he was a sinful man. Jesus knew that he was a sinner, and that was precisely why he had called Peter. "It is not those who are well who need the doctor, but the sick" (5:31).

In Jesus the love of God is revealed. God gives us his love, not because we deserve it, but because we need it.

An Example Worth Following

"Remember your former leaders, who spoke God's message to you. Think back on how they lived and died, and imitate their faith. (Hebrews 13:7) This verse speaks of those to whom the Lord has given special assignments in His Church and reminds us not only to remember their Scriptural messages but to follow in the footsteps of their faith. Why? Because Christianity, our religion, is a life to be lived. "Do not forget to do good and to help one another for these are the sacrifices that please God." (Hebrews 13:16)

The Lord is pleased when we follow the example of those whose favorable sermons are backed up by fruitful service! "A good example is the best sermon!"

*With His Love and Blessings,
Rev. Fr. John K. Androutsopoulos, Protoperbyter*

Hello My Precious Children!



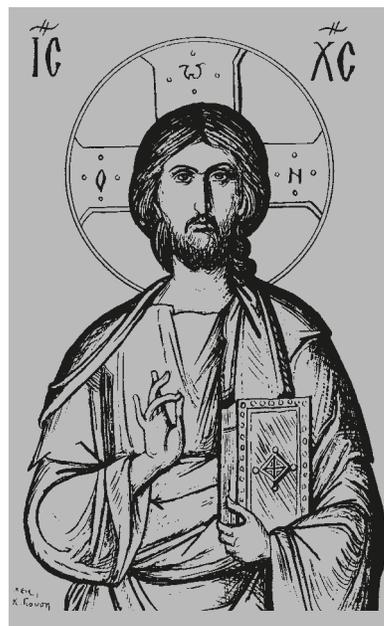
The month of February has arrived and along with this comes thoughts of love. This month, Valentine's Day we should remember everyone who is very dear and special to us. If we really care about them as God's children, we also give these people unconditional love. This is what my "Video of the Month" is all about.

In one of the episodes from the series, "Fruits of the Spirit", called, "The Broken Jewel," we see the unconditional love between siblings (that's a fancy word for "brothers and sisters," like me and Zoel!). Nancy breaks her special glass ticket to a royal concert in Agape Land. Stevie, her brother, decides to give her his ticket, even though he r-e-e-e-aly wants to go, too! Throughout this story, my precious children, you will learn the meaning of love, the kind of love Jesus called, "agape," which is the highest form of love. This is the same love that I, Spero, have for you. It is why I try so hard to teach you about Jesus, because that love can only come from God! And, believe it or not, it is the same love I have for my own sister, Zoe, too! (See, Mom and Dad are right ... we can get along if we try!)

- Love means many different things to many different people.
- Love is walking with someone when they need a helping hand.
- Love is bring true to them when they need a faithful friend.
- Love is loving someone when it is the hardest thing to do.
- Love is what comes from the inside of you and me.
- Love is going the extra mile when you don't feel like going at all.
- Love is giving your last dime, it is is all you have in your pocket.
- Love is being kind to your neighbor when he is not kind to you.
- Love is doing a favor for someone just because you are asked to.

As Saint Paul says in one of his most famous letters, 1 Corinthians 13, love is patient, generous and true! Love is the greatest gift you can give. Love is the gift of the Holy Spirit!

Love in Christ,
Love, Spero



The Orthodox Clergy Brotherhood of Greater Pittsburgh
presents its biennial

ICON FESTIVAL

and

THE TRIUMPH OF ORTHODOXY SERVICE

St. George Antiochian Orthodox Cathedral, 3400 Dawson St. Pittsburgh, PA

Saturday March 3, 2012

- 9:30am Orthros
- 10:30am Liturgy
- 1pm-6pm Icon Festival, Vendors, and food
- 2 & 4pm Lectures: Icons and Liturgy
by Fr. Bogdan Bucur
- 3:15pm Icon demonstration
by Randi Sider-Rose
- 6:30pm Great Vespers

Sunday March 4

- 9:30am Orthros
- 10:30am Liturgy
- 1pm-6pm Icon Festival, Vendors, and food
- 2pm Lecture: Icons and Liturgy
by Dr. Edith Humphrey
- 4pm Annual Triumph of Orthodoxy
Service with clergy and faithful
from throughout Pittsburgh



Voula Hareras

Reflections in modern Greek on the feast of the Presentation of the Lord from the Greek language periodical, "Pros Tin Nikin"

Η ΕΟΡΤΗ ΤΗΣ ΥΠΑΠΑΝΤΗΣ

Η Παναγία Μητέρα φέρνει τό βρέφος Ιησού στο Ναό.

Η δεύτερη Φεβρουαρίου είναι η έορτή της Υπαπαντής του Σωτήρος Χριστού.

Τήν ημέρα αυτή έχει καθιερώσει ή Εκκλησία μας για να τιμήσει τή Χριστιανή μάνα.

Καί καλεί όλες τίς μάνες να ακολουθήσουν τά άχνάρια τής Παναγίας Μητέρας. Νά οδηγούν τά παιδιά τους στο σπίτι και στην άγκαλιά του Θεού.

Δέν έχει σημασία άν ή παγκόσμια κοινότητα άναγνωρίζοντας τή συμβολή τής μητέρας στην πορεία τής άνθρωπότητας έχει καθιερώσει (έορτή τής Μάνας) μία τυχαία ημέρα στο μήνα τών λουλουδιών, τόν Μάιο.

Οί σίχοι μιάς σύγχρονης Χριστιανής μητέρας έκφράζουν τήν άναγνώριση του ύψηλου ρόλου τής μάνας και τή βαθιά εύγνωμοσύνη που τής άνήκει...

Σάν τή βρήτε στο δρόμο,
μεριάστε...
πάντα τρέχει μέ βία
νά προκάνει τό χρέος...

Στήν γερτή της πλάτη,
ένός κόσμου τούς άθλους σηκώνει!
Ποιός τής μάνας τό έργο
Μπορεί να λογιάσει...

Όταν στή χάρη τής Παναγίας ήχούνε τά καμπαναριά, ή ψυχή μας ψελλίζει πάλι του ποιητή τά λόγια.

Βασίλισσα τής Εκκλησιάς
σε κράζει ή καμπάνα,
μά ή καρδιά μου, Δέσποινα,
αυτή σε κράζει Μάνα...

Στή μάνα του Χριστού, και τήν δική μας μάνα άυθόρμητα ή ψυχή και τά χείλη μας στέλνουν λόγια προσευχής.

Μεγάλη μητέρα του Υίου του Θεού, σκέπε μέ τή χάρη Σου και στήριζε στους κόπους στίς πίκρες και στίς χαρές τους τίς μάνες όλου του κόσμου.

Προς Την Νικη

Ionian Village 2012

Want to really experience "The Cultural Side?" Immerse your teen in the total experience of Ionian Village, the Greek travel camp ministry of the Greek Orthodox Archdiocese of America. Registration is open and spots are filling quickly! Visit www.IonianVillage.org for info.

About Ionian Village | The Program | Meet the Team | Get Involved | Alumni | E-Travel | Contact Us

About Ionian Village

Ionian Village is an experience.

Teens and young adults that participate in Ionian Village travel across Greece, venerate the relics of saints, walk in the footsteps of the Apostles, and visit significant sites of Greek history and culture. Ionian Village is a unique summer camping program located in Greece and operated by the [Greek Orthodox Archdiocese of America](http://www.GreekOrthodoxArchdiocese.org).

Located in Greece, Ionian Village offers its participants a unique experience that is unavailable elsewhere. At the end of the program, staff and campers return to their homes with strengthened faith and with a greater

Search here...

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HOLY TRINITY GOYA



January 13-15: Holy Trinity GOYA took four teams and a lot of the year at Holy Dormition Church in Oakmont. In addition to Senior Girls team took fourth place and our Junior Girls team won additional games later in the day and finishing in second place boys took second place. Congratulations to all our players and coaches!



BASKETBALL 2012



parents and fans to the first Metropolis Basketball Tournament of enjoying wonderful Christian fellowship and sportsmanship, our on their first game in two years on Saturday morning, going on to place in their division! Our senior boys placed first and our junior thank you for the parents and community for all their support!



January 8: Holy Trinity Philoptochos sponsored its annual Vasilopita celebration for the Feast of Saint Basil. After the blessing, representatives from each ministry of the parish were brought forward to receive a slice of the blessed bread. A collection was also taken that day in support of the Saint Basil Academy in Garrison, NY, a Philoptochos-supported ministry.



"Demetrios" Namedays "Vasileios" Namedays Vision Committee/Capital Campaign Longest Members Present



Acolyte Ministry 2012 Parish Council "Protopsalti" & Chanters Holy Trinity Choir



Church School Ministry St. Spyridon Library Cemetery Committee Adult Study Ministries



Greek Education Program College Students GOYA Teen Ministry Young Adult Ministry



Missionaries Greek Festival Committee Seminarians Stewardship Committee FOCUS Pittsburgh



Herald Mailing Volunteers Longest Married Couple Present Newest Members Present Youngest Child Present

Holy Trinity Greek Orthodox Church First Dirt Moved - January 24, 2012



Above: Only weeks after His Eminence Metropolitan Savas officially broke ground on our New Church project, the equipment is here and construction has begun! Pictured here, a Bobcat clears the land for the creation of the entrance road into the new property. This road will pave the way into the worksite for the construction vehicles and will eventually become the main entrance to the new church property. Here we go!

Right: Surveyors measure the property prior to the start of construction to ensure all digging and building is in order and matched up with the drawings.

Below: Members of the Vision Committee meet to discuss progress, schedules, finances and all other aspects of this historic Holy Trinity project as part of their offering of many evenings and hours on behalf of the entire parish.





IOCC®

IOCC Pittsburgh Metropolitan Committee



Ethiopian Coffee Ceremony & Discussion

All Proceeds to Benefit

International Orthodox Christian Charities

Sunday, February 12, 2012

2:30 PM - 4:30 PM

Tana Ethiopian Restaurant
5929 Baum Boulevard
Pittsburgh, PA 15206

(412) 665-2770

[\(Driving Directions\)](#)

Enjoy a traditional Ethiopian Coffee Ceremony with light Ethiopian hors d'oeuvres, learn about IOCC's recent projects in Ethiopia and other regions, and enjoy fellowship. Nicholas Chakos, IOCC Development Director, will lead the discussion.

Suggested donation \$10.
Additional donations welcome.

If the weather conditions prevent this gathering, the event will be postponed until the following Sunday (February 19) at the same time and place. Reservations are not required for this event. For event questions please call Nick Terezis at 740-282-5198 . Tana Ethiopian Restaurant welcomes you to make reservations for dinner following the event (please call 412-665-2770 .

Please Print this Event Flyer, Post it in your Church, and Insert it in your Bulletin!

To learn more about IOCC please visit: www.iocc.org



For Questions about the
IOCC Pittsburgh Metropolitan Committee
or to sign up on our email list

Contact Nick Terezis: nterezis@mstrategic.com or 740-282-5198

**ATTENTION ALL HOLY TRINITY FAMILY MEMBERS:
GET TO KNOW HOLY TRINITY CHURCH, FELLOW COMMUNITY MEMBERS, MINISTRIES AND
THE LATEST NEWS ON THE NEW CHURCH PROJECT**



Meet, Greet & Get To Know
AT
A Sampling of Holy Trinity
Saturday, February 25, 2012, 6:00-9:00pm
Holy Trinity Church, 495 Browns Lane, Pittsburgh

Spend an evening with your Holy Trinity family. Get acquainted with new parishioners. Reconnect with old friends. Enjoy an evening of fellowship, food and lots of great information. We will have updates from several Holy Trinity ministries—including how to get involved! You'll hear from the Parish Council, Philoptochos, St. Lydia's Women's Study Fellowship, and the GOYA, JOY and HOPE youth ministries. There's something for everyone. And the GOYANs will be providing complimentary child care services.

There will also be a presentation by the Vision Committee and Capital Campaign on the progress of the new church and how you can help.

6:00 – 6:30 p.m. Arrival and sampling of light hors d'oeuvres

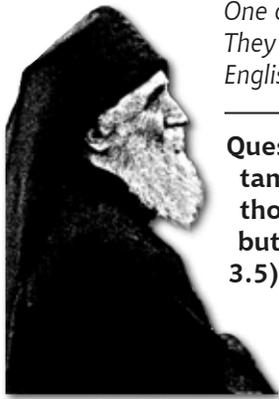
6:30 – 7:45 p.m. Information session

7:45 – 9:00 p.m. Meet and Greet with a light buffet

Please RSVP at the reservation table after Liturgy beginning Sunday, January 29th.



For more information or if you have any questions, please see Parish Council President Chris T. Balouris, Vision Committee Chairman Gus Georgiadis or Capital Campaign Chairman Jim Balouris.



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: Gheronda, in the Old Testament is it written, "For devout thought does not uproot the passions, but is their antagonist" (IV Macabees 3.5). What does this mean?

The passions are rooted in us, but good, devout thought helps us to not become enslaved to them. When man brings only good thoughts to mind and establishes a strong and healthy spiritual state, then the passions lie dormant, and it is as if they did not exist. One good thought is equal to a very long vigil. It is very powerful. Similar to how certain new weapons can intercept a missile at its base by using laser beams and prevent it from being fired, so good thoughts can also anticipate and immobilize evil thoughts at the devil's "airports," where they are being launched from. A good and pure thought has more power than any ascetic exercise. For example, a young man is tempted by the devil and has impure thoughts, and he undertakes vigils and three-day fasts in order to be rid of his impure thoughts. But one single good and pure thought which he manages to bring to mind can have greater effect than the vigils and fasts; it can be of more positive help to the young man to overcome his problem.

Question: Geronda, when you say "pure thought," are you referring to specific matters or more general ones?

I am referring to more general matters. For when man can see all things with good thoughts, he is purified and filled with the grace of God. With evil thoughts one condemns and wrongs others, impedes the coming of divine Grace, and then the devil comes to do his evil work to us and in us...Everything starts from good thoughts. This is what elevates him and changes him for the better. One must reach a point of being able to see all things in purity.

Question: Geronda, how do good thoughts help our overall spiritual condition?

Whoever has good thoughts also has spiritual health, and what is evil can be changed into good. I remember during the German occupation, the physically strong children ate with a healthy appetite a piece of cornbread and were healthy. By contrast, some wealthy children, who ate bread and butter, tended to be sickly because they did not have a strong constitution. Something similar happens in spiritual life. Someone who has good thoughts, even if struck unjustly, will say, "God has permitted this in order to redeem my old faults. Glory be to God!" On the other hand, someone who does not have good thoughts will imagine you are trying to hurt him even when you try to caress him. Take an example from someone who is drunk. If he is bad, he will destroy everything in his drunken stupor. If he is good, he

will be either weeping or forgiving everyone, both the dead and the living.

Question: How do good thoughts change our overall attitude toward life?

Some people tell me they are scandalized because they see many things wrong in the Church. I tell them that if you ask a fly, "Are there any flowers in this area?", it will say, "I don't know about flowers, but over there in that heap of rubbish you can find all the filth you want." And it will go on to list all the unclean things it has been to. Now, if you ask a honeybee, "Have you seen any unclean things in this area?", it will reply, "Unclean things? No, I have not seen any; the place here is full of the most fragrant flowers." And it will go on to name all the flowers of the garden or meadow. You see, the fly only knows where the unclean things are, while the honeybee knows where the beautiful iris or hyacinth is. As I have come to understand, some people resemble the honeybee and some resemble the fly. Those who resemble the fly seek to find evil in every circumstance and are preoccupied with it; they see no good anywhere. But those who resemble the honeybee only see the good in everything they see. The stupid person thinks stupidly and takes everything the wrong way, whereas the person who has good thoughts, no matter what you tell him, maintains a positive and good thought.

Question: Geronda, how can the same thing be interpreted differently by two people?

Do all eyes see with equal clarity? For one to see clearly, he must have the eyes of the soul in a most healthy condition, for it is then that he has inner purity. Each person interprets the event according to his own thought. Each thing can be seen from its good side or its bad side...A person's spiritual state is indicated by the quality of his thoughts. People judge things according to their spiritual content. If they do not have spiritual content, they will draw the wrong conclusions and do wrong to other people. For example, one who is doing charity work at night so as to not be seen will never think anything evil if he should see someone late at night out on the street. But if a person who spends his nights in sin sees someone out on the street late at night, he will say, "Who knows where that bad fellow is spending his nights?", because he himself has such experiences...Do you remember how the two thieves who were crucified with Christ addressed Him? They both say Christ on the Cross, the earth quaking and so forth. But what a difference there was in the thought of the one and the thought of the other! The one on the left blasphemed and said, "If you are the Christ, save yourself and us." The other on the right said, "We need justice, for we receive the due reward of our deeds. But this man has done nothing amiss." One was saved, but the other was lost.

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

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**Please note new contact information for
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**Address: 495 Browns Lane
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Phone: 412-366-8700
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Internet: www.HolyTrinityPgh.org

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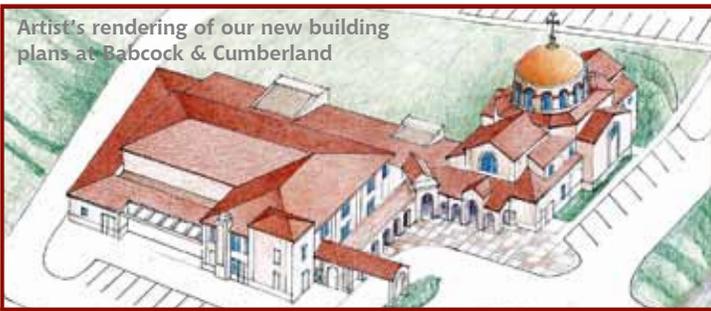
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plans at Babcock & Cumberland



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The Most Important Time of Our Life: Now



ur continual mistake is that we do not concentrate upon the present day, the actual hour, of our life; we live in the past or in the future; we are continually expecting the coming of some special moment when our life will unfold itself in its full significance. And we do not notice that life is flowing like water through our fingers, sifting like precious grain from a loosely fastened bag. Constantly, each day, each hour God is sending us people, circumstances, tasks, which should mark the beginning of our renewal; yet we pay them no attention, and thus continually we resist God's will for us. Indeed, how can God help us? Only by sending us in our daily life certain people, and certain coincidences of circumstance. If we accepted every hour of our life as the hour of God's will for us, as the decisive, most important, unique hour of our life—what sources of joy, love, strength, as yet hidden from us, would spring from the depths of our soul! Let us then be serious in our attitude towards each person we meet in our life, towards every opportunity of performing a good deed; be sure that you will then fulfill God's will for you in these very circumstances, on that very day, in that very hour.

+Fr. Alexander Elchaninov
"The Diary of a Russian Priest"

Scripture of the Month: "For everything there is a season, and a time for every matter under heaven" (Ecc. 3.1)