



# THE HOLY TRINITY HERALD

MARCH 2013

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**NEW CHURCH  
OPENS IN  
THREE MONTHS!**

## QUICK NEWS



The impressive new church interior takes shape with the installation of the drywall in preparation for the iconography. Want to see more scenes from the life and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 8-10 or visit our online photos and videos at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

## The Restoration of the Holy Icons in the Year 843



**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

#### 2013 Parish Council

George Dickos, President

Dean A. Balouris

Marios Kritiotis

George Danis

Charles Petredis

Andrew Janis

Joyce Athanasiou

Jason Farmakis

Stephanie Sedor

Louis Kort

Alex Trivilas

Leo Loomis

Gerri Valliant

#### Ministries

Please visit the Holy Trinity website at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org) for descriptions and contact information on Holy Trinity Church's ministries, including educations, youth, senior, family and cultural opportunities. There is something for everyone, so please get involved today!



“Strive to excel in building up the church.”

1 Corinthians 14.12

Dear Brothers and Sisters in the Christ,

From the earliest planning stages of our new church project, I felt it to be both my strong belief and sacred responsibility as the spiritual father of this community to help us avoid the “Edifice Complex,” as we have come to call it in church life. That expression comes from a little wordplay on the ancient Greek tragedy, “Oedipus Rex.” What our version of it means is that churches can become pre-occupied with their “edifice”, that is their buildings, to the exclusion of everything else. It happens all too easily. Now, that is quite a challenging thought when we have undertaken the largest single construction project in the 90 year history of this most blessed parish and so many people have given, sacrificed and spent so much time for the project, isn't it?

Through what I can only credit as a God-inspired thought, I have been using a single expression to keep us properly grounded and focused throughout: “We are not just building a building; we are building a community.” What does that mean as we approach the opening of our glorious new facility in just over three months? We need only look to Saint Paul, who stood at the foot of the Acropolis when he reached Athens and preached the following to the Greeks of his day:

God who made the world and everything in it, being Lord of heaven and earth, does not live in shrines made by man, nor is he served by human hands, as though he needed anything, since he himself gives to all men life and breath and everything. And he made from one every nation of men to live on all the face of the earth, having determined allotted periods and the boundaries of their habitation, that they should seek God, in the hope that they might feel after him and find him. Yet he is not far from each one of us” (Acts 1.24-27).

How are Christians different, then? Because, as Saint Paul revealed, we worship the One True God in Trinity Who is not constrained by either human efforts or buildings. Yet in love of and honor of God, we build buildings and shrines so that we might reflect His love for us and ours for Him. Our ultimate goal is not, however, the building, but the community—the Body of Christ, His Church—that surrounds, equips and uses the building for His glory and the spreading of His word to the world. That is why, after two thousand years of Christian history, grand churches have been built and destroyed (some, like the famous Hagia Sophia, more than once!), but the Faith remains. It is our only eternal hope.

So it is an inspiring and gratifying wonder to see that the dedicated and faithful members of this parish are “building the community” as fast as they are “building the building!” New members have been signing up regularly thanks to the warmth and welcome they receive when they walk through the doors. Our Stewardship Committee has driven our support for the community to record levels. The Parish Council has developed Strategic Goals for the year that are ministry-centered. Our Vision Committee is also looking to the future beyond the opening of the new church. In every way, this parish has embraced the thought that we will not sit around the day after the June 22nd opening and say, “We did it!”, but rather, “Glory to God! Well done! Now let's use it ‘to equip the saints for the work of ministry, for building up the body of Christ’” (Ephesians 4.12). In other words, yes, we have built a strong and beautiful building, but even more we are, by the grace of God, building an even stronger and more beautiful community of faith to bring the Great and Holy Church of Jesus Christ to the world.

Let's keep up the good work on both fronts. Rejoice and glorify God at all times as we walk through the coming Lent toward the opening of the new church and the glorious Resurrection it proclaims. Kali Sarakoste!

Herald Personal Sponsor for this Issue:

**Sponsored in memory of Antonia Vlahakis Karas by her  
Children, Grandchildren and Great-grandchildren. May her memory be eternal!**

## WORSHIP LIFE

### Weekday Services .....March

**Wed. Mar 13, 6:30 pm: Paraclesis to the Theotokos**

This service of supplication to the Mother of God is held on the second Wednesday of each month. Please note that the time has changed to 6:30pm. (SG)

*Please see enclosed schedule for additional Lenten services*

## RELIGIOUS EDUCATION

### Church School Lenten Activities ..... March/April

As always, our Church School ministry will be active during Lent. Don't miss these opportunities:

- The Sunday of Orthodoxy Procession with icons on March 24. Remember to bring your icon to Liturgy!
- The readings for the Pre-sanctified Liturgies on the Wednesdays of Lent (followed by covered dish dinners). Children, please sign up during Church School to read at the services; Parents, join them at the service, too! Also, everyone is asked to please sign up to bring food so everyone can enjoy the fellowship after (not just parents - anyone can sign up!).
- The opening readings for the Services of Salutations on Fridays during Lent for any children who arrive before the service and wish to offer.
- Watch for information on the "Luminaria" project being sponsored by the Church School Ministry to benefit the New Church Capital Campaign. All our Church School students will be asked to be involved!
- And, of course, attendance at Lenten services and special Church School Lenten lessons.

Parents: please encourage your children to participate in these important faith and learning experiences. Thank you!

### Saint Lydia Women's Study ..... March 14

The St. Lydia Women's Study Fellowship is now in its 13th 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 year the women are studying selections of spiritual guidance topics from Elder Paisios of Mount Athos (+1994), one of the most read and beloved elders of the contemporary Orthodox world. All women of any age are welcome. Meetings are held every other Thursday beginning September 13 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. This month's meeting is March 14.

## LENTEN INFORMATION

### Lenten and Holy Week Schedule of Services

This issue of The Herald contains a complete schedule of services for Lent. A Holy Week schedule will be included. Please post it in a conspicuous place in your home. Circle the services you are able to attend and place them on your schedule. Talk about them and make plans with your family. As the hymn from the Book of Psalms tells us during the Great

Compline service, "God is with us." Lent provides us a special time to be with Him. See you there!

### Lenten Soup & Sauces Sales ..... Weekly During Lent

The GOYA is once again offering its very popular Lenten soup and sauces sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... plus they taste great and they are good for you! Please visit the Lenten Soup and Sauces table in Coffee Hour each week! Thank you for supporting our youth as you strive to maintain your spiritual discipline!

### Lenten Coffee Hour Reminder .....Through May 4

Please keep in mind that during Lent our Coffee Hours following the Divine Liturgy observe the Orthodox Lenten fasting schedule. Anyone sponsoring a memorial coffee hour or providing Church School snacks is asked to take care that non-meat and non-dairy items are provided. The Philoptochos and the Church School can provide a list of suggestions for good alternatives. Thank you for helping our community grow in this proper and helpful Orthodox spiritual practice and discipline.

### Lenten Video Series ..... March 21, & 28, April 4

Holy Trinity Church will be presenting a series of Orthodox Christian-themed videos during Great Lent at the church. Selections will include "Ostrov" (The Island), a Russian-made film about a monk carrying the burden of a heavy sin and his yearning for redemption and "The Mysteries of the Jesus Prayer," an inquirer's look at Orthodox Christian spirituality. Our clergy will be there to discuss the relevant themes and light refreshments will be served. All are welcome to attend for these evening of fellowship and spiritual edification. The meetings will take place at our interim facility on Browns Lane from 7:00-9:00pm.

### Women's Lenten Retreat .....April 8/9

Holy Trinity Church is offering an overnight Women's Lenten Retreat on Monday, April 8-Tuesday, April 9, at the Holy Protection of the Theotokos Monastery in White Haven, PA. The event is being coordinated by the St. Lydia Women's Fellowship Ministry and is open to all women. See the enclosed flyer or contact Stacy Dickos (412-367-0925).

### Upcoming Lenten Dates ..... March/April/May

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

**Pure Monday (First Day of Lent)..... Mar. 18**  
**Sunday of Orthodoxy ..... Mar. 24**  
**Godparent Sunday .....Apr. 7**  
**Palm Sunday & Community Fish Luncheon .....Apr. 28**  
**Holy Friday (schedule off work & school)..... May 3**  
**Pascha ..... May 5**  
**Feast of St. George (Nameday of the Chapel).. May 6**

## COMMUNITY NEWS

### Project Mexico Deadline Extended ..... March 15

The GOYA is extending its deadline for all teens, parents

and chaperones interested in participating in the 2013 Project Mexico Mission Trip to submit their reservation forms and deposits. See the information and form on page 13 of the February *Herald* for details.

### Holy Trinity Choir Looking for New Members

Attention everyone: the Holy Trinity Choir needs your help recruiting new members. Who are they looking for? 1) People who would like to sing with the choir every Sunday; 2) People who would like to contribute their singing talents during the special services of Lent and Holy Week; 3) **FORTY PEOPLE** who would like to have the special and historic honor of singing for the June 22 Grand Opening of the new Holy Trinity Church. To prepare properly for all those offerings, rehearsals are a must. Each Sunday, unless announced, members will meet in the choir room as follows: 1) New members should exit with current choir members and go directly to choir room; 2) Rehearsals will be 15 minutes in length; 3) The choir will work on 5-10 pages at a time until they learn the entire Liturgy, then they will also work on special hymns and Lenten music closer to Pascha. And no worries, after the 15 minute rehearsal there will be plenty of time to join the rest of the congregation for coffee hour! Questions? Please see Choir Director Harriet Valliant.

### Iconography Lecture Series . . . . Mondays, April 8-May 13

Watch for forthcoming information on an exciting lecture series to be offered by our New Church iconographer, Dr. George Kordis. In addition to being a distinguished Byzantine iconographer with an international portfolio, Dr. Kordis is Assistant Professor in Iconography at the University of Athens and a visiting professor at Yale University as well as the author of many publications. Some of his major commissions include: Docheiariou Monastery (Mount Athos), St George Orthodox Cathedral, (Beirut, Lebanon), Faneromeni Church (Vouliagmeni, Greece) and Saint Sophia Church (Valley Forge, PA). Dr. Kordis has graciously offered to conduct lectures in iconography during his time here in April and May as he and his team complete our church project. Sessions will be on Monday evenings (except Holy Monday).

### First Holy Trinity Festival at New Church! . . Aug.28-Sep. 1

Please mark August 28 through September 1 (Labor Day Weekend) on your calendar as the inaugural Greek Festival at our new Church location. The Festival Committee is reaching out to everyone to join in helping at what will be an unprecedented and historic event at our new Church, and our Parish Council has challenged us with the goal of holding our parish's most successful festival ever! They are looking for parishioners to fulfill a variety of roles-there is something for everyone! To learn about how to help, please contact one of the following festival chairpeople: Harry Athanasiou: 412-292-4205, Leo Loomis: 412-563-2323, Stephanie Sedor: 412-780-6183, Penny Tomalski: 724-813-5726 and Gerri Valliant: 412-487-3977 More information regarding festival prep will be forthcoming. We look forward to welcoming and sharing our Holy Trinity hospitality with the North Hills in our new Church!

### Sign Up For the Holy Trinity Email!

Want to receive the Sunday Bulletin directly via email? Want to keep up to date with the latest Holy Trinity news or weather cancellations? Sign up at [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org).

## NEW CHURCH PROJECT NEWS

### Keep Up With Construction Progress Online!

Want to keep up with the construction progress of the new Holy Trinity Church? Simply visit our website, [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org), and click the Gallery link for lots of photos. There are also links to up-close walking tour videos with descriptions about construction progress and features of the new facilities. For direct access to the videos or to "Like" and post comments about them, visit [Facebook.com/holytrinitypgh](https://www.facebook.com/holytrinitypgh).

### OPENING OF THE NEW CHURCH: JUNE 22, 2013!

It's only around four months away, so, keep the weekend of June 22-24 clear for the "Thyranoixia" (Official Opening) of the new Holy Trinity Church! His Eminence Metropolitan Savas will preside over a weekend including the Opening of the Doors service and Liturgy on Saturday, Pentecost Liturgy on Sunday and our Feast Day Liturgy on Monday. There will also be a Gala Fund-raising Dinner-Dance on Saturday evening, so keep your calendar clear and make it a Holy Trinity Weekend from start to finish! Watch for info this month!



### Construction Reminder: Site Safety Guidelines

Construction is nearing completion on the new church, but it is still an active construction work site. The building committee and contractor, therefore, send this message to us all:

**Things are progressing well with our new church project, but even though it looks like it's almost ready, it's not ready for us to visit yet! Our Building Committee and General Contractor once again remind us that it is an ACTIVE WORK SITE which is RESTRICTED to visitors. Please do not enter onto the construction site at any period of the day (weekdays or weekends) or stop along the road observe. There are many safety and liability issues that our contractor has been asked to enforce and we must respect them. Our website will continue to be updated with photos and videos as construction nears completion. If you have any questions, please talk to Bill Fiedler or Jason Farmakis. Thank you!**



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

## MARCH 2013 – "THE VOICE OF HOLY TRINITY CHURCH"



**Father John Androutsopoulos**

On Sunday, February 24th—the first day of the Pre-Lenten season—"The Triodion" begins.

### What Is The Triodion?

The Triodion is a sacred book of our Church, which contains hymns and troparia of repentance, emotion and prayer. They are chanted during the Pre-Lenten season and Great Lent and conclude during

midnight services of Holy and Great Saturday, before the Resurrection Service.

Our Church during the Pre-Lenten period prepares us for the Great Lent, which begins March 18th this year. During the pre-lent season, our Holy Orthodox Catholic Church tries to prepare us for this time of spiritual renewal. Four Sundays prior to the Great Fast, we are prepared for this great spiritual experience. The Church, through the gospel lessons, guides us along the path of repentance.

### The Sunday Of The Publican And Pharisee

The First Sunday of the Pre-Lenten season is the Sunday of the Publican and Pharisee (February 24th this year). Beloved, 52 years ago as a deacon at St. Nicholas in St. Louis, Missouri, I preached my first sermon on the Sunday of the Publican and the Pharisee. From this parable, we learn the power of humble prayer and humility (Read St. Luke 18:10-14).

### The Sunday Of The Prodigal Son

The Second Sunday of the Pre-Lenten season is the Sunday of the Prodigal Son (March 3rd this year). From this parable, we learn that for the repentant soul, spiritual joy is never too late to be found; the Church always welcomes those who sincerely repent of their evil ways and seek to walk the path of righteousness (Read St. Luke 15: 11-32).

### Meatfare Sunday

The Third Sunday of the Pre-Lenten season is Meatfare Sunday (March 10th this year). The lesson from this Sunday of the Triodion is the Last Judgment, when all who have lived from the beginning of man until today will face the righteousness King and Judge. We are also reminded of our need to perform acts of virtues, to be compassionate, merciful and charitable (Read Matthew 25: 31-46).

### Cheesefare Sunday

The Fourth and last Sunday of the Pre-Lenten season is Cheesefare Sunday (March 17th this year). The theme on this day is the lost paradise and ways to regain it: to forgive, to observe the laws of fasting humbly, and to gather up treasures in heaven and not on earth (Read Matthew 6: 14-21).

### "And Then:" A Story of the Last Judgement

A young man with materialistic goals was speaking to a Christian friend. Surveying a large estate, he exclaimed, "If I

could gain possession of this property, I'd be happy. I'd tear down that old house and build a new one. I'd keep the best wines and choicest foods available, and have a high old time with my buddies."

"And, then?" asked the believer.

"Well, I'd purchase some horses for hunting and riding, and have a continual open house. I'd really enjoy life!"

"And then?" persisted his companion.

"Why, I suppose I'd grow old and have to die."

"And, then?"

By this time, the worldly fellow was thoroughly irritated. Walking away in disgust, he said, "Oh, don't bother me with your 'then'? I haven't time to talk any longer."

The Christian called after him, "Don't forget, John, 'It is appointed unto men once to die, but after this the judgment!'"

Later, when they met again, there was a new look of joy on the young man's face!

"God bless you!" he exclaimed. "I owe my present happiness to that conversation we had and the Scripture you quoted. Those words – 'and then' – which you kept repeating made me face the realities of eternity."

When you keep your unavoidable appointment with God, "WHAT THEN?" Where will we spend eternity? This question comes to you and me. *No man is truly ready to live until he is fully prepared to die!*

### Forgiveness: A Clean Start

Which is better: "I forgive you, but I cannot forget what you did to me" or "I'll forgive and forget. We'll start all over again?" (Greek: "mnsthiakia" = holding a grudge)

Glorious words! Forgive and forget. We'll start all over again as though nothing bad had ever happened between us. We can have this wonderful, clean feeling all the time. Every day, all over again. God gave it to us as a gift through his Son, Jesus Christ. All we have to do is open up and accept it. We can turn from a friend or a loved one and say, "I don't want your forgiveness! Go away and leave me alone." And be miserable and lonely and without love, and wonder why.

We can do the same to God. He doesn't force his love on us. We have to accept it. We can ignore God, refuse to accept his love, take him for granted. We can do it for years and even get to where we feel it doesn't matter. There is no burden of sin on our hearts. Thank goodness it doesn't have to end there! We can decide to make a clean start and turn to him and he'll be waiting with love and open arms, welcoming us back. Do you know anyone on earth who would do that?

During this Great Lenten season, all of us can make a clean start. We can turn to him and beg his forgiveness for our apathy and know again the wonder of his forgiving, saving love.

*With His love,*

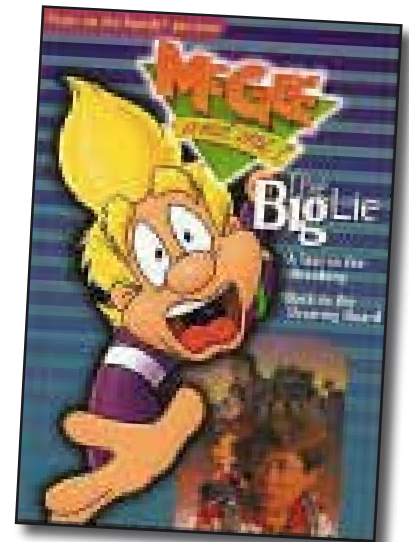
*Rev. Fr. John K. Androutsopoulos, Protopresbyter*



Hello my precious children! It is me, Spero! I am here to bring you all a wonderful new video series but first I want to remind you of your responsibilities to church, God and Jesus. This is for those of you that are old enough to remember and those still learning the importance of fasting and church during this great time of Lent. Fasting helps make us clean and leads our souls to holiness. It is something that takes so little to do, but shows Jesus that we are grateful for so much that he has given to us. This is the month that we begin fasting and special church services honoring Jesus. He gave us so much; let's honor Jesus and our Heavenly Father by doing what we should and can do.

Now, on to the videos! The McGee and Me video series is about an eleven year old boy named Nicholas, who moves with his family to a new town where they do not know anyone. One of his neighbors is an eccentric kind old man that the children make up scary stories about. Also, there is the school bully (Derrick) who does not like Nicholas before the first day of school is over! His

best friend is a cartoon character named McGee, who always tries to give Nicholas advice. My little ones, you will learn many valuable lesson from their adventures. The first video from the series is called, "The Big Lie". They discover that telling lies is not a way to make friends instead is a sure way to hurt others especially if the lie is mistaken for the truth. They will teach all of my precious children to never forget to be truthful and kind to always hold these virtues deep in your heart. Yiayia says, "to tell a lie about some one hurts their heart like hitting them with an axe, or wounding them with a sword or shooting them with arrows would hurt their body." In this story Nicholas believes that by telling a big lie, he will make a great impression on his first day of school and everything will be a piece of cake. When he realizes what he had done, his conscience starts to bother him terribly so he talks to his father. His father tells him, "no one likes to get some one in trouble unless it is the truth, but of course if it is not the truth then a lot of people could get hurt". First, there is the person who is lied about, then the person who is doing the lying, not only the truth will find him out but the very fact that lying is a sin that will cut his relationship and friendship with his Heavenly Father. However, there is a third person that gets hurt. Yes, there is. Remember Jesus says "that what ever we do to others we do also to him". So, when we lie and hurt others we hurt Jesus. Oh you may say that it is not going to hurt anyone it is just on little lie, no matter what you have done the truth will get you by for when we say we are sorry our Heavenly Father will forgive us, for His unconditional love is true forever!



One last thing: some people lie because they are unhappy about who they are and what they have. We all want certain things, but we need to realize how much we already have and be thankful for them. We also have to like ourselves and the path God has given us. Lying, cheating, and stealing is not in His plan for us. It is the Devil's plan for us. If we are happy with ourselves and what we have it does not matter if someone else does better than us or has more than us. If we worry about things, we will never be happy. No matter what, you can choose to be happy and content when you know you your Heavenly Father has made you that way!

Love in Christ, Spero



Compositions on the Greek March 25th holiday of the Annunciation of the Theotokos and Greek Independence Day



Voula Hareras

### ΘΑ ΎΘΕΙ Η ΛΕΥΤΕΡΙΑ

**Ε**, παπούλη, φώναξε ό Αγγελής  
στον μπάρμπα Μανωλιό, πού  
καθόταν συλλογισμένος στή ρίζα  
τής φλαμουριάς. Κύτταξε τί σου  
φέρνω!... Ενα λάφυρο, ένα τούρ-  
κικο φέσι!...

Πηδώντας έφτασε κοντά του  
καί στριφογύριζε στό δάκτυλο τό  
λάφυρό του, χασκογελώντας.

Αντάμωσα, παπού, τόν Ισμέτ, τού Χασάν τό γιό. Σάν μ'είδε  
κ'έκανα τό σταυρό μου, μέρα πού είναι σήμερα, γιά νά μάς  
στείλει ό Θεός τή Λευτεριά, άρχισε δυνατά νά γελάει.

Εσύ, ραγιάς γεννήθηκες καί ραγιάς θά πεθάνεις, μού είπε.  
Η Ελλάδα σου, έχει σβήσει γιά πάντα.

Κλείσε τό στόμα σου, άπιστε, τού φώναξα όρμή. Η Ελλάδα  
ζει καί θά ζήσει. Κί'ή Λευτεριά θά'ρθεί! Σκιαχτηκε ό Ισμέτ,  
παπού, άπό τό βρόντο τής φωνής μου, πρασίνισε, κιτρίνισε  
κ'άρχισε νά τρέχει. Ετρεχε σάν κυνηγημένος καί τού έπεσε  
τό φέσι του.

Τί σκιαχτηκες έτσι καί τρέχεις σά λαγός, όρέ. Γύρνα τό  
φέσι σου νά πάρεις, τού φώναξα γελώντας. Μά, πού αυτός!  
Ετρεχε, σά λαγός. Πήρα τό φέσι κ'ήρθα νά σέ βρώ, παπού.

Ο γερο κλέφτης χαμογέλασε μ'έλπίδα. Χτύπησε τόν  
Αγγελή στήν πλάτη καί ξανάγινε συλλογισμένος...

Παπούλη, τί συλλογιέσαι; Ρώτησε τότε ό Αγγελής.

Τί συλλογιέσαι καί γυαλίζουνε τά μάτια σου; Κύτταξε!  
Ηρθανε πάλι τά χελιδόνια! Νάτα! Νάτα!

Ο μπαρμπα Μανωλιός έπιασε άνάμεσα δυό του χούφτες  
τό κεφαλάκι τού Αγγελή. Τό σήκωσε ψηλά, ψηλά, όσο  
μπορούσε καί τό έστησε άπέναντι στά γέρικά του μάτια πού  
γυαλίζανε.

Τή Λευτεριά, λεβέντη μου, τή Λευτεριά! μουρμούρησε.

Ω παπού! Θά'ρθεί ή Λευτεριά! Θά'ρθεί! Ετσι, όπως μάς  
τόχες πεί τόσες φορές, θά'ρθεί κάποια λουλουδισμένη  
άνοιξη στήν σκλαβωμένη γή μας! Θά έρθει μέ τά χελιδόνια!...

Ναί, Αγγελή. Θέ νά 'ρθει μέ τήν άνοιξη καί τά χελιδόνια!  
Χρόνια καί χρόνια τώρα τήν προσμένουμε... 'Ως 400 χρόνια!...  
Μά θά'ρθεί!...

Εεε, Αγγελήη! Μήν είδες τόν παπούλη σου, όρέ!...

Ο πατέρας! Εδώ είμαστε πατέρααααα! φώναξε δυνατά ό  
Αγγελής καί άρχισε τρέχοντας νά σκαρφαλώνει στήν πλαγιά.

Σέ λίγο, νάτοι κ'οί τρείς άγκαλιασμένοι, πατέρας, γιός καί  
έγγονός, κάτι λένε καί κλαίνει!

...καί πού λέτε, συνέχισε ό πατέρας, σάν σήκωσε ό  
Δεσπότης στήν Αγία Λαύρα τό Λάβαρο τής Λευτεριάς καί  
κήρυξε τήν επανάσταση, γονατίσαμε όλοι καί όρκιστήκαμε...  
Ελευθεριά ή Θάνατος!

Επειτα κοινωνήσαμε τό Σώμα καί τό Αίμα τού Χριστού  
μας. Πήραμε δύναμη, ζωστήκαμε τ'άρματα καί βγήκαμε στόν  
άγώνα!... Ζήτω ή Λευτεριά!...

Τά μάτια τού μπάρμπα Μανωλιού τού γέρο κλέφτη,  
άστραψαν τούτη τή φορά! πέταξαν σπίθες!

Ακου το, Αγγελή μου, άκου το καί κλείσε το μέσα στήν

καρδιά σου. Τούτη ή μέρα θά γραφτεί μέ χρυσά γράμματα  
στήν ιστορία.

Ο Αγγελής στριφογύρισε στό δάκτυλό του τό φέσι τού  
Ισμέτ.

Εεε, Ισμέτ, φώναξε γελώντας, σάν νά τόν έβλεπε μπρός  
του. Τί λές, θά'ρθεί ή δέ θά'ρθεί ή Λευτεριά;

Εβγαλε τό σουγιαδάκι του καί χάραξε προσεχτικά  
στής φλαμουριάς τή φλούδα...25 Μαρτίου 1821! Μέρα τής  
Λευτεριάς!

Ενα σμήνος χελιδόνια έσχισε τό γαλανό ούρανό. Αύτή τή  
φορά έφερναν στά φτερά τους τή Λευτεριά!

Τή Λευτεριά πού τή χαίρεται σήμερα κάθε Ελληνόπουλο.

“ΠΡΟΣ ΤΗΝ ΝΙΚΗΝ”

### 25 ΜΑΡΤΙΟΥ: Ο ΕΥΑΓΓΕΛΙΣΜΟΣ ΤΗΣ ΘΕΟΤΟΚΟΥ

**Ο** Ευαγγελισμός της Θεοτόκου είναι η αρχή όλων των  
Δεσποτικών εορτών. Στο απολυτίκιο της εορτής  
ψάλλουμε: “σήμερον της σωτηρίας ημών το κεφάλαιον και  
του απ'αιώνος μυστηρίου η φανέρωσις...”. Το περιεχόμενο της  
εορτής αναφέρεται στο γεγονός κατά το οποίο ο αρχάγγελος  
Γαβριήλ – ο άγγελος εκείνος με τον οποίο συνδέονται όλα  
τα γεγονότα που έχουν σχέση με την ενανθρώπιση του  
Χριστού – επισκέφθηκε με εντολή του Θεού την Παναγία  
και την πληροφόρησε ότι έφθασε ο καιρός της σαρκώσεως  
του Λόγου του Θεού, και ότι αυτή θα γίνη η μητέρα Του. (βλ.  
Λουκά α', 26-56).

Η λέξη “ευαγγελισμός” αποτελείται από δύο επί μέρους  
λέξεις, ήτοι εύ και αγγελία, και δηλώνει την καλή είδηση, την  
καλή αγγελία. Πρόκειται για την πληροφορία που δόθηκε δια  
του αρχαγγέλου ότι ο Λόγος του Θεού θα ενανθρωπήσει για  
την σωτηρία του ανθρώπου. Ουσιαστικά πρόκειται για την  
εκπλήρωση της υποσχέσεως του Θεού, που δόθηκε μετά την  
πτώση του Αδάμ και της Εύας (βλ. Γεν. γ', 15), η οποία λέγεται  
πρωτευαγγέλιο. Γι' αυτό, η πληροφορία της ενανθρωπήσεως  
του Λόγου του Θεού είναι η μεγαλύτερη είδηση μέσα στην  
ιστορία.

Ο αρχάγγελος Γαβριήλ απεκάλεσε την Παναγία  
“κεχαριτωμένη”. Της είπε: “Χαίρε, κεχαριτωμένη, ο Κύριος  
μετά σου, ευλογημένη συ εν γυναιξίν” (Λουκ. α', 28-29). Η  
Παναγία αποκαλείται “κεχαριτωμένη” και χαρακτηρίζεται  
“ευλογημένη”, αφού ο Θεός είναι μαζί της.

Κατά τον άγιο Γρηγόριο τον Παλαμά, και άλλους αγίους  
Πατέρας, η Παναγία είχε ήδη χαριτωθή, και δεν χαριτώθηκε  
την ημέρα του Ευαγγελισμού. Παραμένοντας μέσα στα  
άγια των αγίων του Ναού έφθασε στα άγια των αγίων της  
πνευματικής ζωής, που είναι η θέωση. Εάν το προαύλιο του  
Ναού προοριζόταν για τους προσηλύτους και εάν ο κυρίως  
Ναός για τους ιερείς, τα άγια των αγίων προοριζόνταν για τον  
αρχιερέα. Εκεί εισήλθε η Παναγία, δείγμα ότι έφθασε στην  
θέωση. Είναι γνωστόν ότι στην χριστιανική εποχή ο νάρθηκας  
προοριζόταν για τους κατηχουμένους και τους ακαθάρτους,  
ο κυρίως ναός για τους φωτισθέντας, τα μέλη της Εκκλησίας,  
και τα άγια των αγίων γι' αυτούς που έφθασαν στην θέωση.

“ΤΟ ΒΟΙΟΝ”



**February 15-17:** Holy Trinity GOYA took three teams and a lot of parents and fans to the second Metropolis Basketball Tournament of the year, right here in Pittsburgh. The weekend was hosted by the Holy Cross Church in Mt. Lebanon. In addition to enjoying wonderful Christian fellowship and sportsmanship, our Junior Boys won third place in their division. Congratulations to all our players and thank you to the parents, coaches and community for all their support for our youth!











**Top row:** The very impressive central space of the church is made evident with the installation of the drywall. **Middle row (L-R):** The Grand Hall receives its final colors, with three bands graduating from darker to lighter. The women's rest room is tiled in a beautiful selection of colors and shapes. **Bottom row:** The classroom level is painted with a series of engaging colors. Parish Council President George Dickos and Frank Erdeljac of Arista Catering and Event Planning sign the final catering contract.

**WATCH CONSTRUCTION PROGRESS ONLINE! PHOTOS AT [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org). VIDEOS at [Facebook.com/holytrinitypgh](https://www.facebook.com/holytrinitypgh).**



## The Stewardship of Talents

In biblical times, stewards were important trusted servants. They were responsible for their owner's property and affairs. Think of Joseph's steward in the time of the famine in the Canaan/Egypt. He was the person the brothers had to deal with, but even so the steward was accountable to Joseph. We know that God treats us like stewards - stewards of his creation. He expects us to use his 'garden' and care for it well - yet, always knowing that he's the owner!

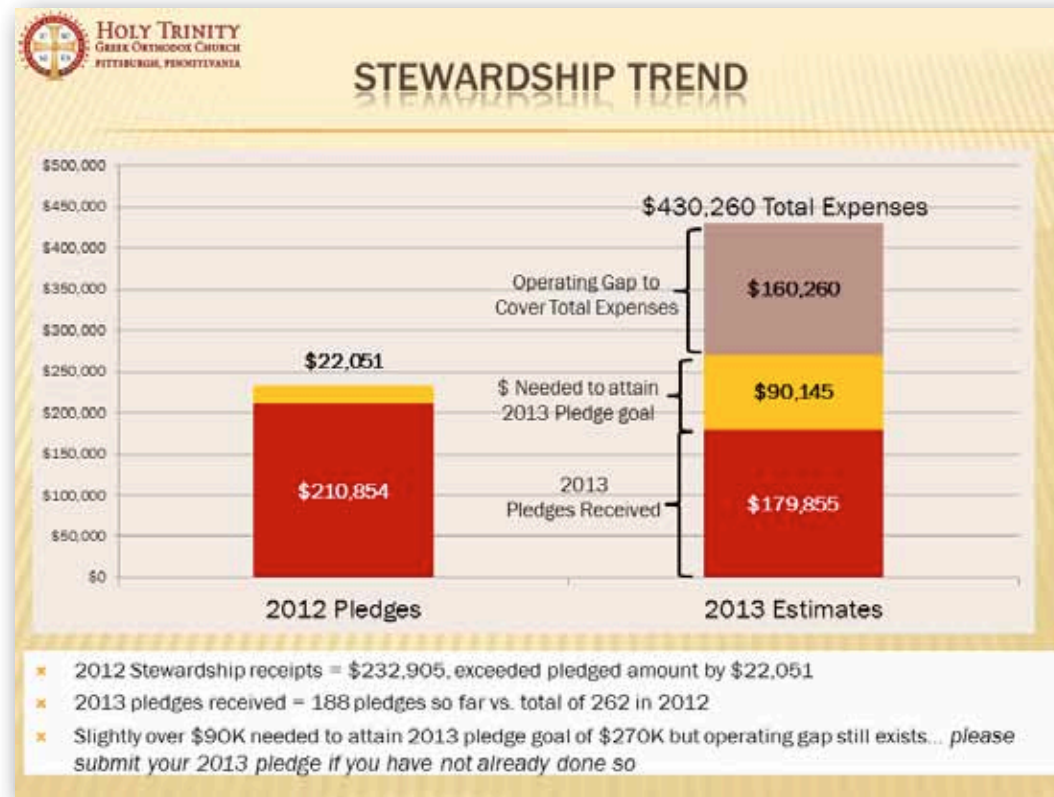
Let's take a look at our Talents as stewards. Many of us may often say: "I wish I was gifted with the skills and abilities that I see so much in others." Even though we're all created in God's image, we have differing sets of talents (skills, abilities, aptitudes). Some of us may feel like the one servant in

the parable of the talents (Mat. 25:14-30): God didn't give me much to work with - so what's the use? But God doesn't measure us by another's standard, rather He expects each person to use the abilities that God gave, to make a difference in His kingdom (Luke 12:48b). In this part of His 'garden' that we call the community of Holy Trinity Church, each one is a talented and faithful steward; each one has a role and a place; and each one has the responsibility to not shy away from our God-given gifts. Some of us may not know we have them in us until we try. It is said that the icon of Christ Pantocrator inside the dome looks with large open eyes directly into our souls. As we continue to grow and improve, both personally and collectively, let's respond to the call to His Ministries with the confidence that, as we stand under the dome, He

will look upon us approvingly; that by His measure, we did well, and spread good around us, to the best of our abilities as his faithful stewards.

## Holy Trinity 2013 Stewardship Update

Our 2013 Treasures got off to a great start, with pledges streaming in consistently. This is another indication of an engaged community that clearly understands the important work being done here. The stewardship committee believes that Holy Trinity Church could exceed 300 pledges for the first time ever this year. We are counting on each one of you to turn in your pledge and be regarded among the active stewards who will reach this lofty goal and make this church financially self-sufficient.



Thank you to the following faithful stewards who have submitted their pledge cards for the 2013 pledge year since the last publication. Please join them in their support for the ministries of Holy Trinity and complete your 2013 pledge commitment today!

Mr. & Mrs. Harry Athanasiou  
 Mrs. Stella Athanasiou  
 Mr. & Mrs. Chris T. Balouris  
 Mrs. Katherine Balouris  
 Mr. George N. Beckas  
 Dr. & Mrs. George Bellios  
 Mr. & Mrs. Gus Bellios  
 Mr. & Mrs. Chris Berexa  
 Melanie & Charles Black  
 Mr. & Mrs. Billy Brennen  
 Mr. Thomas Chapas  
 Mr. & Mrs. William Chapas  
 Mrs. Afrodite Condos  
 Fr. & Pres. George Daskalakis  
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Mr. Jason Farmakis  
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 Mr. John Fries  
 Mrs. Constance Fries  
 Mr. & Mrs. Nicholas Gelis  
 Mr. & Mrs. Charles Henigin  
 Miss Voula Kapnisis  
 Mrs. Alice Kapnisis  
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 Mr. & Mrs. Constantine Passodelis

Mr. & Mrs. Charles William Petredis  
 Mrs. Dorothy Phaturios  
 Mr. & Mrs. Joseph Phaturios  
 Mr. Marios Savvides  
 Mr. Stephen Sedor  
 Mr. James Statheas  
 Mr. George Stavropoulos  
 Mr. & Mrs. Robert Stearns  
 Mr. Stephen D. Stearns  
 Mr. & Mrs. Craig Steiner  
 Mr. Chris Tarinos  
 Mr. & Mrs. Michael Tzanakakis  
 Miss Harriet Valliant  
 Mr. Peter Valliant  
 Dr. & Mrs. Antonios Zikos  
 Ms. Deborah Zuniga



**Saint Basil the Great**

One of the great blessings of Orthodoxy is the presence, prayers and inspired words of the Holy Fathers of the Faith. They have been referred to as “precious vessels of the Holy Spirit.” In recent years, many books have been published in English with their writings and talks. This column provides an opportunity for each of us to be blessed by their words. This issue features a newly-translated homily of Saint Basil from St. Vladimir’s Seminary Press.

**Question: Why must we be so careful of worldly burdens in our spiritual journey of life?**

It is necessary and advantageous for all of us, brothers, to ready ourselves like travelers or runners, and once we have figured out how to make this

journey

as light as possible for our souls, to push on straight to the end of the path. [David the prophet] had a good reason for thinking that this term [“path”] was always appropriate for the life of human beings upon the earth, whether marvelous or dismal... We do not grasp how indeterminate is the time which the One who has sent us on this journey wants to give us to complete our course. Neither do we know when he will open the entrance gate for each runner, nor do we realize that we should be prepared each day for our departure there and wait for the decision of the Master with our eyes fixed upon him.

**Question: Why do you consider material wealth of no eternal benefit?**

If some were to amass gold in boundless measure in this life, [it does not] remain their personal possession in perpetuity. Despite all their efforts to secure it, either it deserts them while they are still alive by passing over to those more powerful, or it abandons them at the point of death, not being accustomed to depart along with those who owned it.

**Question: How can we avoid the dangers of material indulgence?**

As for the foods and drinks we have developed, and all that outrageous wealth has concocted, beyond what is needed, to gratify the insatiable stomach that refuses nothing, could such things ever be ours, even if they were poured into us continually? As a matter of fact, there are some treats which produce only a little pleasure when tasted in passing, but when they are eaten to excess they become troublesome and immediately we feel disgust for them and are eager to get rid of them, thinking that our life would be seriously endangered if they were to remain in our bowels for any length of time. Indeed, over-indulgence has brought death to many or made it so that they no longer

enjoy anything. Since these pleasures are altogether alien to us and excessive, and cannot become the personal possession of anyone, it is best to run past them with our eyes closed.

For beneath all these fabulous delights lurks our common enemy, waiting to see if we will ever, enticed by what we see, turn from the path of uprightness and fall into his trap. And we ought especially to be wary, if we do run heedlessly after

these delights and regard the pleasure of enjoying them as not harmful, that we do not swallow the fishhook of deceit hidden in the first taste; and then through this first taste grow attached, partly willingly, partly unwillingly, to these pleasures, and are dragged by them, without our realizing it, to the dreadful lair of the robber, that is to say, to death.

**Question: Where, then, should we focus our attention?**

It is fitting to expend great care on those things which are truly ours. But what is truly ours? The soul by which we live,

which is light and intelligent, and needs none of things that weigh us down. And the body too, which the Creator gives to the soul as a vehicle for living this life. And so, this is a human being: a mind united to a suitable and fitting body. This is what the all-wise Artisan of the universe forms in the wombs of mothers. This is what the time of travail brings to light from those dark inner chambers. This is what has been

appointed to rule over the earth. It was for this that creation was spread out as a place to practice virtue. It was for this that a law was laid down, to imitate the Artificer in his power and to bring about upon the earth a reflection of the good order in heaven. This is what

departs when it is summoned from here.

**Question: Should we give any attention to our physical needs?**

If anyone wishes to have regard for his body too, as it is the soul’s only necessary possession and its co-worker for living upon the earth, he will give his bodily needs minimal attention, only just enough to keep it together and maintain its health through moderate care so that it can serve the soul. In addition, he will do all he can to avoid over-indulgence lest the body become unruly. But if he ever sees his body inflamed by desires for more, even beyond what is advantageous, he will cry out and prescribe





to it what Paul said: We brought nothing into this world; it is clear that we cannot take anything out of it.

**Question: How can we avoid the trap of wanting more things?**

If we have food and clothing, with these we shall be content [1 Tim 6.7-8]. For by continually reciting these words to his body and crying out to it, he will render it ever docile and agile for its journey to heaven and will possess a co-worker for the tasks that lie ahead. But if he allows his body to be given over to unbridled self-indulgence and to be stuffed with as much food as possible every day, he will in the end, like some wild beast, be dragged down to the earth by the violent counter-reactions he experiences, and there he will lie, groaning to no avail. And when he is led to the Master and asked for the fruit of the journey on earth entrusted to him, then he will loudly wail since he has nothing to give. And he will dwell in perpetual darkness, fiercely blaming self-indulgence and its deceit, by which he was robbed of the opportunity for salvation.

**Question: Why is it important to “lighten our load” in this life?**

Let us flee self-indulgence as quickly as possible, lest we voluntarily choke ourselves to death. And so, if anyone baited in the past has either amassed a dust heap of riches for himself through acts of injustice and imprisoned his mind by worrying over them, or defiled his nature ... with other offenses, let him, while there is still time, before he comes the final destruction, cast off the greater part of his burdens. Before his ship sinks, let him jettison the cargo he ought not have accumulated.

Let him imitate those who work on the sea. For these men, even if they are transporting necessities on the ship, when a raging tempest arises from the sea and threatens to engulf the ship that is loaded down with cargo, as quickly as they can, they jettison most of what weighs them down and are unsparing in casting their merchandise into the sea. They do this to raise the ship above the waves and possibly give only their souls and the bodies a chance to escape from the danger.

Now it is surely far more appropriate for us rather than for them to think and act in this way. For they lose in an instant whatever they jettison and eventually fall into poverty by force of circumstance. But as for us, the more we jettison our wicked burdens, the more we shall accumulate even better riches for the soul. For fornication and all such things are utterly destroyed when they are jettisoned and are brought to nonexistence when washed away by our tears. And then holi-

ness and justice take their place, and being light things, they are not likely to be engulfed by any waves.

**Question: Is there any benefit to material wealth?**

When money is jettisoned in the good way, it is in fact not lost to those who have jettisoned it and flung it overboard. Rather, as if transported to other, safer ships—the stomachs of the poor—it is saved, and its arrival in the safe harbor is anticipated, and it is kept for those who jettisoned it as an ornament, not a source of danger. Therefore, dearly beloved, let us resolve to do the humane thing for ourselves: if we really want to turn our burdensome wealth into something that benefits us, let us distribute it to many



people. They will bear it in abundant joy and deposit it in the lap of the Master, as in a safe storeroom, where neither moth consumes nor thieves break in and steal [Mt 6.20].

Let us give permission for our riches, which are intended for this purpose, to be poured upon the needy. Let us not ignore the Lazaruses who even now still lie before our eyes, nor begrudge them the crumbs from our table, which would be enough to satisfy them. Let us not emulate that savage rich man, lest we go with him to the same fires of hell, where with importunate cries we will beg not only Abraham, but also anyone who has lived a virtuous life.

**Question: So I would like to use my wealth to help the poor, there are many con artists out there. How can I be sure I'm helping the truly needy?**

If a poor man who is so hungry that he can barely speak presents himself to us, we turn away him, even though his nature is the same as ours. We feel loathing for him and get away from him as quickly as we can, as if we are afraid that walking slowly would cause us to share in his misfortune. And if he bows down to the ground because he is ashamed of his circumstances, we say that he is putting on a pretense. But if he boldly looks us in the eye on account of his oppressive pangs of hunger, instead we call him a shameless lout. And if he happens to be wearing clothes given to him by someone else, and they are in good shape, we drive him away as greedy swindler and swear that he is feigning poverty. But if he is covered with rags that are falling to pieces, instead we drive him away as a smelly dirtbag. And neither by appealing to the name of the Creator in the midst of his supplications, nor by continually praying for us that we too may not fall into similar sufferings, can he bend our merciless decision.

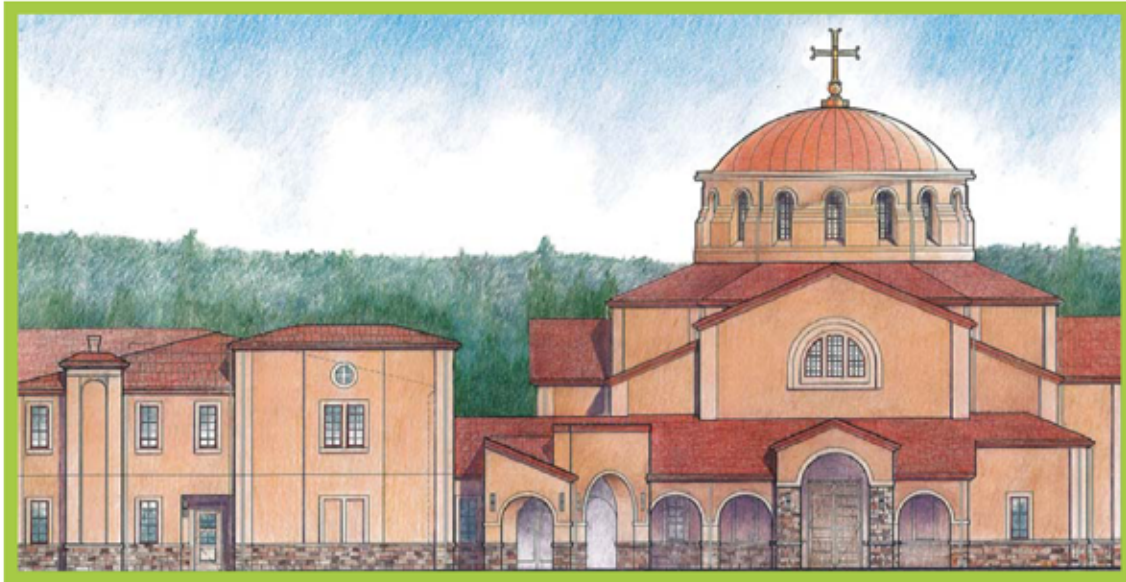
*Excerpted and adapted by the editor from  
“Homily on Detachment from Worldly Things”  
St. Basil the Great: “On Christian Doctrine and Practice”  
Images from FOCUS North America video: [www.focusna.org](http://www.focusna.org)*



*The excitement continues!* Holy Trinity Church's exciting project continues to generate interest in news sources throughout the area.

# Holy Trinity Heralds the Future of McCandless Crossing

BY JILL CUENI-COHEN



The corner of Babcock Boulevard and Cumberland Road in McCandless is slowly going through a transformation as Holy Trinity's new \$8 million Greek Orthodox Church finally becomes a reality. Situated across the street from Divine Providence's majestic Mother House and UPMC Passavant Hospital's large, remodeled campus, the Byzantine-style church will be a striking addition to the North Hills.

Holy Trinity is one of the first structures to be built in McCandless Crossing's fourth and final phase of development. In the near future, McCandless Crossing's new town center will eventually encompass a variety of businesses, including a movie theater, a grocery store, retail stores, a childcare facility, a hotel and town homes.

According to Rev. John Touloumes, Holy Trinity's pastor, the church intends to serve as an important community hub. "We believe that God chose this place for us, and we want to add value and facilities to the area," he said, noting that the church's new community center will be open to the public.

Well-known for their Greek food festivals, the 90-year-old congregation originated in the North Side. In June of 2011, they sold their old

church and moved to the North Hills, where they've since been operating out of the former Northway Elementary School in Ross on Browns Lane. "We will be less one-dimensional after the building opens," said parish council member and festival chairperson Stephanie Sedor of West View.

Sedor acknowledged that the Greek Festival has gained the church much positive attention in the North Hills, but says that there is so much more to Holy Trinity than just amazing spanakopita and Greek dancing. "The festival is only one part of a much larger picture," she noted. "We aspire to be a vibrant, seven-day-per-week church, offering a number of ministries to all of our parishioners – as well as residents of the Pittsburgh community – as active members of Christ's church."

Starting with a community open house in July, the congregation plans on opening its doors to the public as a venue for weddings, meetings and other events and celebrations. "The hall (which seats 400 and features a full kitchen), along with all of our offices and classrooms, will be outfitted with the latest wiring and technology," said Sedor, noting that the church is prepared to provide a variety of

services to the public. "We want to get involved with the community."

One way that they plan to do that is with a community garden located on church grounds. "The food we grow will mostly go toward the new FOCUS center in the Hill District," Sedor said, adding that FOCUS stands for Fellowship of Orthodox Christians United to Serve. "It's a nationwide effort to provide social services to the needy, and many of our church members, including Troy Polamalu, are involved."

The building itself is already constructed, and now they're putting on the finishing touches. "Tile is going down, arches are going up and we're picking out the flooring," said Sedor, noting that the big pile of dirt currently sitting in the front of the church will soon be replaced by a grassy field and, eventually, a baseball field.

However, there's also another matter which begs attention, according to Sedor. "Our next festival will be on August 28th and run until September 1st," she said. As one of five chairpersons, she is anxious to put the festival together for the first time in their new building. "One of our goals for the year is to make this the best, most successful festival we've ever had. So, there's no pressure there at all." ■



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### **Please note new contact information for Holy Trinity Greek Orthodox Church Interim Location**

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**Phone: 412-366-8700**

**Fax: 412-366-8710**

**Internet: [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org)**

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## THE PURPOSE OF FASTING

One of the spiritual tools the Church reminds us of during Lent is fasting. This is one of the most spoken of and misunderstood practices of the Faith. Fasting does not and should not be used to try to impress God or man. It is a personal exercise of spiritual discipline, always rooted in prayer, that prepares us, cleanses us and equips us for our life in Christ. Here are a few inspiring comments on fasting from various sources to help us understand it better.

*Fasting does not seek to repress the appetite for food. It renounces this appetite and, in renunciation, elevates it to relish the love of God.*

*Matthew the Poor*

*Fasting does not imply confinement or restriction, but aims at joy and magnanimity of heart.*

*Matthew the Poor*

*We may liken fasting to a burning coal and prayer to frankincense. Neither has value without the other, but together, the sweet savor of their incense fills the air.*

*Matthew the Poor*

*Do not labor for the food which perishes, but for the food which endures to eternal life.*

*Gospel of St. John, 6.27*

*Fasting does not humiliate the flesh, but refreshes the spirit.*

*Matthew the Poor*

*Fasting by itself is not a virtue. It is nothing at all. Without prayer, it becomes a bodily punishment that induces spiritual dryness and bad temper. The same is true of prayer; without fasting, it loses its power along with its fruits.*

*Matthew the Poor*

Scripture of the Month: "When you fast, do not look dismal." (Matthew 6.16)