



THE HOLY TRINITY HERALD

NOVEMBER 2013

VOLUME 21 • ISSUE 10

HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

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QUICK NEWS



Smiling Holy Trinity children greet Father John with banners and smiles for his surprise 20th Anniversary celebration. Want to see more photos of the life and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 8-9 or visit our **new** online photo gallery site at photos.HolyTrinityPgh.org.



Saint John Chrysostom - Feast Day: November 13

The grace that shines forth from your mouth like a torch has enlightened the whole universe, bestowed treasures of generosity upon the world, and shown us the eminence of humility. While you teach us by your words, Father John Chrysostom, pray to the Word, Christ our God, that He may save our souls.

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

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 Trilivas

Leo Loomis

Gerri Valliant

Ministries

Please visit the Holy Trinity website at 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!



What thanksgiving can we
render to God for you, for
all the joy which we feel
for your sake before our God?

1 Thessalonians 3.9

My Dear Spiritual Children,

If there is a word that captures the moment pictured to the left, on October 6th as I entered the Gallery to behold the entire Holy Trinity family chanting and celebrating, it can only be the same one used by Saint Paul above: "JOY!"

From the littlest of children holding banners and signs that they made themselves to the line stretching down the entire length of the bright and beautiful Gallery to the first hug of the day being offered by my own mother to Presvytera Becky waiting with a bursting smile and opens arms in the middle of the room, it was a moment that I will hold forever in my heart as an emblem of life at Holy Trinity Church: a life of love and joy.

And that joy was complete not because it was about me. It was because it was about you sharing your love as you always do and shining so brightly in Christ, almost as if glowing from within and lit from above. The quote offered by a visitor to our website photos of the event, offered on pages 8 and 9 of this issue, captures it best:

Oh my goodness! What beautiful pictures—so much joy and light...almost a glow that blankets these moments. Experiencing all the love, support and care your parish extends to its own members has given me a tangible example of the very concept of Community.

The amazing fact that you all pulled off such a surprise means I wasn't around to see it happening (don't ask me how I possibly missed something that big in the works!), so I can't possibly know all the labors of love that went into putting it together. Instead of singling out individuals, then, please allow me to stretch out my arms of thanks and wrap them around this entire beloved and blessed family and embrace you with my love, my tears, my deepest respect and all the joy I can.

I thank God for the blessing of being able to serve you and I thank you for your patience with my shortcomings over these many years. As I said that day, God has used us to test each other and teach each other what we need to learn, so thank you for simultaneously learning and growing so much in Christ and allowing the Holy Spirit to use you to help me. In the end, that's what members of a loving family do for each other.

In 2 Corinthians 4, Saint Paul describes why he does what he does: not for his own glory or fame, but for the salvation of his flock and that God may be glorified: "It is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God" (2 Cor. 4.15). And though much of our labors, resources and attention of the past few years has been focused on this beautiful new church with which God has blessed us, we all know it is not the end but only a beacon that brings the light and salvation we find in Jesus Christ to all who see it and come here, because as Saint Paul says, "We look not to the things that are seen but to the things that are unseen; for the things that are seen are transient, but the things that are unseen are eternal" (2 Cor. 4.18).

It has been a joy walking that path toward the Kingdom of Heaven with you. Along with Presvytera Becky, George, Maria, Niko and all my family, I thank you from the bottom of our joy-filled hearts. We love you so much!

So ... now that we have all taken a few moments to celebrate all that ... on to the next 20 years, God willing. People are waiting to experience the Good News and love of Christ, and He is waiting for us to bring it to them. Let's get back to work!

With paternal love, thanks and prayers in Christ,

WORSHIP LIFE

Weekday Services November

Please take note of the following weekday Liturgies and services this month. Unless otherwise indicated, Orthros is at 8:15 a.m., followed by Divine Liturgy at 9:30 at the St. George Chapel (SG).

Nov. 7, 6:30pm: Great Vespers of the Holy Archangels (at Angel's Acres in Eighty-Four, PA)

Nov. 8: 9:00am/10:00am Liturgy - The Holy Archangels (at Angel's Acres in Eighty-Four, PA)

Nov. 9: St. Nektarios the Wonderworker (SG)

Nov. 13: St. John Chrysostom (SG)

Nov. 21: Entrance of the Theotokos (HT)

Note earlier time for this service. Liturgy will start at 8:30am and will be celebrated at Holy Trinity Church, followed by St. Lydia Women's Study.

Nov. 25: St. Katherine the Great Martyr (SG)

Nov. 30: St. Andrew the Apostle (HT)

This service will be celebrated by His Eminence Metropolitan Savas at Holy Trinity as he hosts the Metropolis of Pittsburgh Archons for the Archons' Feast Day.

Holy Trinity Church Services Now Live on the Internet

One of the wonderful new outreach opportunities our new facilities provide is the ability to stream our services live on the Internet. We are now officially listed on the Greek Orthodox Archdiocese list of live broadcasts and are the first parish in the Metropolis of Pittsburgh to be listed there. The official list can be found at www.goarch.org/chapel/live.

How to access Holy Trinity live: Unable to attend Sunday services because of travels, illness or otherwise home bound? To follow the services online go to:

www.HolyTrinityPgh.org/live

Legal Notice: "Holy Trinity Church now broadcasts its Sunday services live on the Internet. Your presence in the Church is subject to audio and video recording."

RELIGIOUS EDUCATION

Notice About Church School Dismissal Times

A message from our Church School Staff to all parents: Please assist us in offering our children the time to fully participate in their lessons each Sunday by allowing them to remain in class until the end of the session. Classes for Pre-School and Kindergarten will end each Sunday at 11:15am. Parents of those students may pick up their children on the second level Education Center by using the Education Center stairs at in the Gallery near the Bookstore. All other classes will dismiss at 11:30 and parents are asked to wait for their children downstairs in the Gallery or Grand Room during Coffee Hour. Thank you.

Church School Food Drive November

This year the Holy Trinity Church School and Holy Trinity GOYA are teaming up in November to collect food to benefit FOCUS Pittsburgh. They are collecting canned and non-per-

ishable foods to be distributed to those in need in the local Pittsburgh area. All Church School students will be given a food collection bag to hopefully fill and return to their teachers by December 1. It is a great way to show God's love by giving to those who have less. And remember: anything helps!

Saint Lydia Women's Study November 7, 21

Attention women of all ages: you are invited to participate in the exciting 15th year of Holy Trinity Church's St Lydia Women's Study. This ministry is dedicated to the concerns and spiritual needs of women and begins with your choice of fellowship in the Fireside Room or quiet prayer time in the Church at 9:30am. The study portion takes place from 10:00-11:15am. NEW THIS YEAR: Since we have our wonderful new facility, we will be gathering in the Fireside room! This year's study topic is "Women of Faith," and will look at many inspiring examples of women in the life of the Church and the Bible through scripture readings, stories of saints, spiritual writings and hymns, all with an eye toward applying their examples in our own lives. We will attempt to offer child care if there is enough interest. Please come and bring a friend, sister, koumbara, etc!



The remaining schedule of meetings for 2013/2014 is: November 7 & 21, December 5, January 9 & 23, February 6 & 20, March 6 & 20, April 3 and May 1 & 15. For more information contact Stacy Dickos 412-298-9409 or StLydia@HolyTrinityPgh.org.

YOUTH MINISTRIES

GOYA Meeting Nov. 17

The GOYA teen ministry will hold a brief meeting following Church School on Sunday, November 17, in the Fireside Room. All GOYAns are asked to attend.

GOYA Fall Coat Drive November/December

Holy Trinity GOYA is coordinating a Fall Coat Drive to support the North Hills Community Outreach, which is collecting gently used winter coats to distribute at our their free winter coat shops. Last year more than 1,100 low income individuals received a winter coat, hat, scarves and gloves. Please bring in any coats you wish to donate during the month of November or December and deposit them in the collection container in the Gallery during Coffee Hour. Thank you!

Metropolis GOYA Fall Retreat Nov. 22-24

The 2013 Metropolis will sponsor its annual GOYA Fall Retreat from November 22nd - 24th at Camp Nazareth in Mercer, PA. The theme is "Orthodox on Purpose," and the main speaker is Fr. Barnabas Powell, from Cumming, GA. You may find more info on Fr. Barnabas at OrthodoxOnPurpose.org. Information and an online registration link has been sent directly to all GOYAns. The Holy Trinity GOYA discount code for our teens is "GFRHTN". ALL Holy Trinity GOYAns are asked to attend as part of their overall commitment to the youth ministries of our parish and Metropolis. Sign up ASAP

because the event is sure to sell out soon!

GOYA Turkey Bowl Dec. 1

The GOYA will hold its annual Turkey Bowl Thanksgiving Weekend Football Game on Sunday, December 1, following Divine Liturgy. This is a fun and friendly GOYA tradition, and everyone is invited: players, non-players, cheerleaders, parents and fans! The game will be played on the field at our new church. Players should bring a change of clothes and shoes for play. Sign up ahead of time with chairpeople Yianni Balouris or Dimitri Gagianas. The flag football game will be followed by hot chocolate, meatless "Walking Tacos" and other goodies. Yum!

PHILOPTOCHOS NEWS

Philoptochos SABIKA Fall Sale & Fundraiser Nov. 3

Our Holy Trinity Ladies Philoptochos invites you to a special afternoon Fundraiser featuring SABIKA Austrian Crystal Jewelry, on Sunday, November 3, from 11:00am-1:00pm. The Fundraiser will showcase the New Fall/Winter 2013 Collection and the Classics Collection. Please come and enjoy refreshments while you shop the Beautiful Collections. Create your own style! Begin your Christmas Shopping Early!! Our own Alexandra Mayr-Gracik, Vice President of Design at Sabika, will be there to help you select a timeless design. All proceeds benefit the Philanthropic work of our Philoptochos. Call Jan Petredis at 724-935-0805 for more information.

Philoptochos Sunday November 3

Holy Trinity Philoptochos will celebrate Philoptochos Sunday on November 3 with a special Coffee Hour and a visit from Metropolis Philoptochos President Rosemary Nikas.

SENIORS MINISTRY NEWS

Senior Fellowship Ministry Wine Tasting. Nov. 14

The Senior Fellowship Ministry will meet this month on Thursday, November 14, in the Gallery. They will be joined by two wine experts who will assist attendees in selecting holiday wine. For example, they can answer questions such as can you buy just one wine for your entire meal or will you want to buy some special selection for a main course with a follow up dessert wine? As always this is a "pot luck" luncheon. Bring your casserole, salad, fruit or desert to share. There are no other requirements to attend any of the meetings unless specified. There will be no special meeting in December. All seniors will soon receive an invitation to the annual Christmas luncheon that is sponsored each year by Ladies Philoptochos. This will be held Thursday, December 5 at noon. Reservations are required.

Seniors Fellowship Ministry Tamburitians Trip Feb. 16

The Senior Fellowship Group has reserved a limited number of seats for a Tamburitians performance scheduled to take place at 2:00 pm on Sunday, February 16, 2014, at the Cumberland Woods Village Legacy Theatre, less than 5 minutes from church. This show is certain to sell out quickly, so get your reservations in ASAP. With our group discount,

tickets are only \$20.30 each (normally \$34.00 at the door). Prepayment is required to secure your reservation. Please see Tina Fiedler during Coffee Hour or give her a call at 412-364-1545. America's longest-running multicultural song and dance company, the Duquesne University Tamburitians is a unique ensemble of talented young folk artists dedicated to the performance and preservation of the music, songs, and dances of Eastern Europe and neighboring folk cultures.

COMMUNITY NEWS AND EVENTS

Adult Conversational Greek Classes Wednesdays

Looking to learn modern conversational Greek? Holy Trinity Church has started a 90-minute Adult Conversational Greek Class Wednesday evenings at 6:30 p.m. Materials are available for purchase through our Three Hierarchs Bookstore. No prior knowledge of Greek is required. For information, contact Chrysoula Balouris at chrysoulab@gmail.com or 412-302-4518.

These classes are the first installment of the larger "Faith and Family" Wednesdays experience coming to Holy Trinity Church soon, including classes for inquirers to the Orthodox Faith, the Orthodox Studies Forum and other family ministry, educational and cultural opportunities. Watch the Holy Trinity Herald and the Holy Trinity email list for information.

God's House - Our Responsibility!

Father John has been offering the "God's House - Our Responsibility" message to the students of our Church School. but that lesson is not just for kids! Please remember that every corner of the building - in the Church or not - is a part of God's house. And we are the good stewards God has blessed to take care of it. So remember:

- When you use it, leave it as you found it (or better!)
- If you create or see trash, pick it up and throw it away.
- Be gentle! Careful not to dent and knick things up.
- Treat the place better than you own...it's God's!

So whether that means clean it up, put it away, put it back, lock it up, wipe it off, close it or throw it away, don't give away the honor of taking care of God's house to someone else: do it yourself! Leave it as you found it or better, because when we moved in we committed to keeping the entire place in "Like New" condition. Only you can help make that happen. Thank you, good and faithful stewards of Christ!

Community Christmas Card Form Due Dec. 6

If you would like to include your name in this annual community tradition, please be sure to submit your form and donation to the Church Office by December 6. Thank you!

Holiday Poinsettias Form. Due Dec. 6

The current issue of the *Herald* contains a form for the sponsoring of holiday poinsettias for use in the church during the Christmas and Theophany season. If you would like to donate one or more flowers in memory of a loved one or in honor of a special person or event, please complete the form and return it to the Church Office with your donation by December 6. And remember: we have a lot bigger church to decorate this year, so please be generous. Thank you!

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

NOVEMBER 2013 – "THE VOICE OF HOLY TRINITY CHURCH"

REMINDER: THE FAST OF THE NATIVITY: NOVEMBER 15 – DECEMBER 24



**Father John
Androutsopoulos**

"Advent"

On Friday, November 15, the Nativity fast begins. "Advent" is a Latin word that means "the coming". Here it is used to signify the visible coming of the Son of God into the world. Advent is a time of spiritual preparation, a time of getting ready for Christmas, the great and Holy feast of the Nativity of our Savior Jesus Christ. We can be ready to meet our Savior through prayer, fasting, through the sacraments of confession and Holy Communion and by attending Church services during the Advent.

Giving Thanks

Thursday, November 28 is Thanksgiving Day: "In every thing give thanks: for this is the will of God in Christ Jesus concerning you." (1 Thess. 5:15).

The Epistle of Colossians has seven Thanksgiving suggestions for us. "Let us give thanks to the Lord," as sung in the Divine Liturgy. The following verses are from the Bible (Good News for Modern Man):

- 1) We always give THANKS to God, the Father of our Lord Jesus Christ, when we pray for you. (1:3)
- 2) And give THANKS, with joy, to the Father who has made you fit to have your share of what God has reserved for His people in the Kingdom of light. (1:12)
- 3) Keep your roots deep in Him, build your lives on Him, and become ever stronger in your faith, as you were taught. And be filled with THANKSGIVING. (2:7)
- 4) The peace that Christ gives is to be the judge in your hearts; for to this peace God has called you together in the one body. And be THANKFUL. (3:15)
- 5) Christ's message, in all its richness, must live in your hearts. Teach and instruct each other with all wisdom, sing psalms, hymns, and sacred songs, sing to God, with THANKSGIVING in your hearts. (3:16)
- 6) Everything you do or say, then, should be done in the name of the Lord Jesus as you give THANKS through Him to God the Father. (3:17)
- 7) Be persistent in prayer, and keep alert as you pray with THANKS to God. (4:2)

One Remembers to Thank

Read The Miracle of Healing Ten Lepers (Luke 17:12-18)

Ten lepers went to Christ for healing; only one returned to thank. Ten went to ask; only one came back to praise. Why did the nine fail to thank Christ for His blessing? Why do we fail to thank? There are several reasons.

Beloved, pride is the greatest reason for the thanklessness of man. We are never thankful for what we have earned. To be thankful means that we must admit that we have received more than we deserved. Gratitude comes from a sense of

unworthiness. The Bible tells us to humble ourselves, but instead we like to boast and to promote ourselves, and we like to use our blessings to support our pride. That is why we are not thankful. Also, we are not thankful because we concentrate on our troubles instead of our blessings.

This one leper recognized that he had received answer to his prayer. He, too, had a home and family he was anxious to get back to. But also, he was a decent man. Something had come to him that he had not earned nor deserved. He had come praying, "Master, have mercy," and through mercy he was blessed. Now he recognized that and was big enough to express gratitude.

When Jesus saw him coming back alone He said, "Were there not ten cleansed? But where are the nine?" To the one man with the faithful heart He said, "Arise, go thy way: thy faith has saved you."

TRUE STORY: When I was parish priest in New Kensington, our parish used to give food baskets and monetary donations to 10 families on Thanksgiving and 10 families on Christmas. The local Red Cross would give me their names and the number of family members that lived in the house. I would then go to the grocery store and buy 10 gift certificates for the families to use to purchase their groceries. I would then go back to the Red Cross so that they could distribute the certificates to the families. Every year, the Church received a thank-you card for the certificates. Not everyone, but at least four or five families would thank us. One day, no one sent a thank-you card. While in Church, I was thinking that not one person thanked us and it reminded me of the Ten Lepers. As I was leaving the Church, and a woman opened the door for me. And that woman said to me, "Father John, I am sorry I am late with my thank-you. I come, like the one leper, to say thank-you for the gift certificate." I knew that the woman was a good and faithful Christian woman with many children.

A Thanksgiving Prayer

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

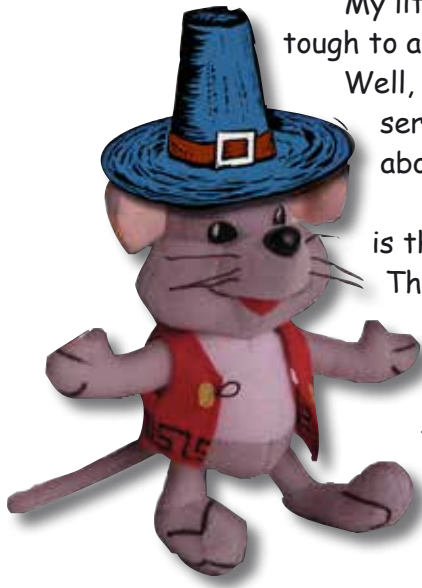
Let us give thanks unto the Lord. I would like to give thanks to the Lord, because on the third Sunday of November, 1960, I was ordained a deacon. I do remember one admonition from the late Archbishop Iakovos, who said to me in Greek: "Deacon John, imitate your patron saint, St. John the Baptist, and preach the truth." Did I preach the truth? God knows.

We wish you all a happy, holy day of Thanksgiving!

With His Love,

Rev. Fr. John K. Androutsopoulos, Protopresbyter

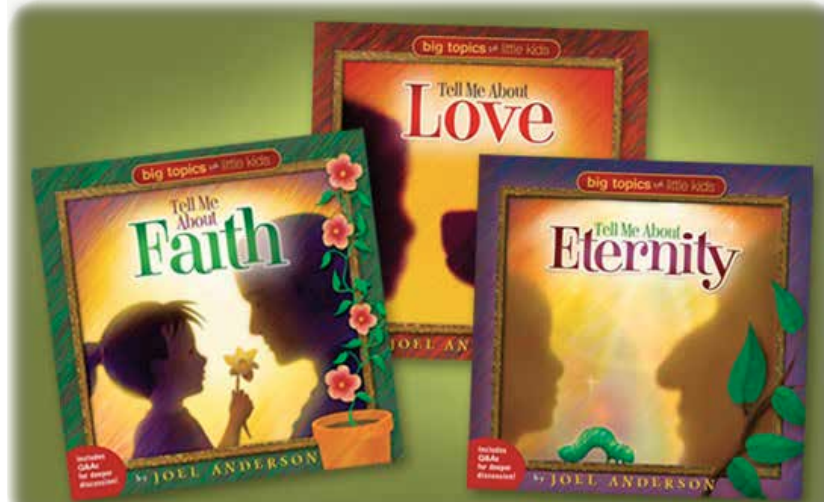
Hello to All My Precious Children and Happy Thanksgiving to everyone!



My little sister, Zoe, is always asking me many questions and sometimes they are tough to answer! (She thinks just because I am the "Big Cheese" I know everything!) Well, I, Spero, am happy to tell you, my precious children, about one of my favorite series of books by Joel Anderson that uses simple stories and pictures to talk about big subjects. The series is called, "Big Topics for Little Kids."

"Tell Me About Love," is one of the books in this series. It tells us that love is the greatest gift we can give anyone. You know, there are many kinds of love. The love of a friend is different than the way you love Mommy and Daddy or brother and sister. Our Heavenly Father's love is the most perfect love. In fact, Yiayia tells us that the Bible says, "God is love" (1 John 4.16) and that God loved us so much He sent His only-begotten Son to save us (John 3.16). This is how we know real love: that Jesus gave His life for us. So today, try to show someone you love them with a hug, some kind words, a good deed or even a small gift. It is a small way of sharing the love that our Heavenly Father has given us.

"Tell Me About Faith" is a story about a little girl named Faith, whose father is a soldier. She knows him only through his letters, but she trusts in his promises and believes in his love. This story will help my little ones understand the meaning of hope and trust. You know, one summer when I went to camp, the children learned about trust through a fun exercise. They stood in front of another camper and closed their eyes and fell into the arms of the other camper. Why did they do this? Because they were putting their trust in someone who could see for them. That is how it is with our Heavenly Father. He sees and knows everything. He gives us commandments to help us through life without stumbling along the road. But it takes faith to do what is right, not doing what others want you to do. It takes trust to follow His words.



The final book in this series I want to chat about is "Eternity." It shows us how life continues forever by talking about two births: the birth of a baby, which begins life on earth, and the eternal birth of an old man, as he enters his new home in heaven, which is for us life everlasting. We know God has no beginning or end.

But each of us have a beginning when we were born on earth. Yiayia tells us little ones that Jesus said if we believe in Him and follow His Father's commandments, He will go ahead of us and prepare a place for each of us in Heaven, where we can be with Him for all eternity.

Boy, I am really looking forward to Heaven, because it will last forever and ever! (But I have to be patient, because the only way in is when Jesus opens the door for us!)

In Christ,
Love, Spero



All three of our children—George, Maria and Niko—were away at college and not able to attend our surprise 20th Anniversary at Holy Trinity Church celebration. They did, however, send their greetings which were read aloud at the event by their Thea Theanne. We have offered them here to share their heartfelt and inspiring testimonies with the entire Holy Trinity community. -Fr. John & Presvytera Becky

Hi Mom, Dad, and everyone back home!

George here. Unfortunately, I couldn't make it home today to congratulate you in person, but hopefully I'll be able to still say a few nice things!

Lincoln started the Gettysburg address "Fourscore and seven years ago", and gave such sacredness to those words during the Civil War. It's that same importance I want to recognize when I want to say thank you to Mom

and Dad for a score—20 years—of service at Holy Trinity. In my head, the two of you are inseparable from HT. I can't think of our church without you both, and I can't think of you without Holy Trinity. My whole identity is built on that relationship, because I'm not just a PK—I'm a PK who grew up at Holy Trinity—Fr. John and Pres. Becky's church.

Everywhere I go I get recognized for being Fr. John's son, and I think that alone should tell you just how much of an impact your ministry (Dad) has had not only on our church, but on the whole Archdiocese. People know about Holy Trinity. They know about our beautiful new church, they know about the amazing community that built it, and they know about the love and wisdom that a incredible priest and presvytera have cultivated and served with for 20 years now.

It really is an incredible realization to be a part of, and it wouldn't be possible without you. Everything you've done, you've done with love and for the church. I've been there for every part of it, and growing up I knew that more personally than most others will ever realize. I don't want to speak on behalf of everyone else, but in my mind, Holy Trinity, Pittsburgh could not be the beacon of Orthodox love and faith without 20 ceaseless, tireless years of your work.

I was there to see you come home late at night and leave early in the morning for church, meetings, and hospital visits. I've driven with you both an hour or more every Sunday and during Lent, without complaint and always on time. Your dedication and love for our church in particular has been quite possibly the most inspiring example I have of anything in my life.

In 20 years, you've done more than just raising us (me, Maria, and Niko)—you've raised an entire community. It's why I love coming home, and it's why thousands of miles away in Greece, I cried in church on Pentecost as it finally stuck me that I couldn't be home to celebrate the new home of our community. I always carry Holy Trinity with me, everywhere I go. Even traveling around Greece and witness the fullness of Orthodoxy, I never felt quite as peaceful and welcome as I do back home, in YOUR church.

So from the bottom of my heart, thank you Mom and Dad for all your amazing work. I love you so much, and I can't wait to come back to Holy Trinity again as it continues to grow in size, love, and faith.

Love always,
George



Dear Dad,

Congratulations on your 20th anniversary as the parish priest of Holy Trinity! Your love and dedication to Christ and his holy Church shows through in everything you do, and we are so proud to have you as our father. And Mom - He couldn't have done it without you! From the years of homeschooling to high school to college, you have been there for us every step of the way not only as our amazing mother but also as a Presvytera who has taught us more

than we could have ever hoped to learn. We love you both so much, and are beyond blessed to have role models like you to look up to every single day. May God grant you many many many more years so that together you can continue to serve Him and impact others the way you have impacted us. Axios!

Love always,
Maria

Howdy from the South!

First let me say that I am crushed that I am missing out on this celebration, and also that wonderful Pittsburgh weather!

I think this is a both appropriate and deserved recognition, for this new church has been the focus of this community for the past few years or so, and justifiably so. This recognition focuses on the past, your past here together.

Our religion is not something which is easily understood. I am not referring to those who look in through the windows, but to the faithful in the pews, the clergy in the altar. I am not sure if it can ever be understood, for this faith is the word of God, and how can one fully, truly understand that?

Being in college, a college example is surely due. Having someone take my exams for me may be a temporary solution, but only succeeds in a greater failure later. No education has taken place. I need professors, tutors, and peers. Without being guided by them as a whole, my education will not advance. Without being tested, I can not claim to be a true student.

This community that you all sit in provides these professors, these tutors, and these peers that are necessary to understand Orthodoxy. Incredibly, all of these lie in my parents. They are both professors. My father lectures during his sermons, my mother during Sunday school. They are both tutors. My parents are not far off leaders who are unreachable, but will spend endless hours after church ensuring no member of this church is neglected. They are your peers. They spend as much time attempting to understand Christ as each of you. They know the journey to salvation is one that lasts their entire lives, and does not end with seminary or the classroom.

Both this community and I have known my parents for 20 years. Thank you from your community and from me ... for this lifesaving education. Since I can't hug them today, someone please do that for me.

Love, Niko



Oh my goodness! What beautiful pictures—so much joy and light.

I finally think I get—in part—why Community is so important and understand the important role that the Church can play in that. I realized (or rather it was revealed to me) that Community, Faith and Church transcend geographic boundaries: no matter where you go, you always have a built in system.

There is a light—that I can't quite explain—almost a glow that blankets these moments. Experiencing all the love, support and care your parish extends to its own members has given me a tangible example of the very concept of Community.

Comments from a visitor to the online gallery of photos from the 20th Anniversary at photos.HolyTrinityPgh.org





It has come to my pastoral attention recently that one of most important developments of Orthodox Christian unity in America—the formation of the “Assembly of Canonical Orthodox Bishops of North and Central America”—has not received the broad recognition it should have. Nor have our Church’s positions and statements on important contemporary issues, including same sex marriage, been as widely known as they should be. The information below is the first update on the work of the Assembly. Look for more to come.

Father John



ASSEMBLY OF CANONICAL ORTHODOX BISHOPS OF NORTH AND CENTRAL AMERICA

Assembly of Canonical Orthodox Bishops Makes Progress at 4th Annual Meeting

The Assembly of Canonical Orthodox Bishops of North and Central America held its fourth annual meeting September 17-19, 2013 in Schaumburg, IL. Forty-three hierarchs representing 11 jurisdictions were in attendance. At the conclusion of the meeting the Assembly released three official statements to the faithful: on the Church’s unchanging view of marriage; expressing grave concern over escalating violence in the Middle East; and a message on the conclusion of the fourth Assembly. (See the complete press release and other news at assemblyofbishops.org/news)



The Assembly of Bishops Meeting: September 2013

2013 Assembly of Bishops Statement on Marriage and Sexuality

From the Assembly of Bishops to our Orthodox Faithful:

- 1. We, the Assembly of Canonical Orthodox Bishops of North and Central America, representing millions of Orthodox Christians in the United States of America, Canada and Central America, express our deep concern over recent actions on the part of our respective governments and certain societal trends concerning the status of marriage in our countries, in particular the legalization of same-sex unions.**
- 2. The Orthodox Christian teaching on marriage and sexuality, firmly grounded in Holy Scripture, two millennia of Church Tradition, and Canon Law, holds that the sacrament of marriage consists in the union of a man and a woman, and that authentic marriage reflects the sacred unity that exists between Christ and His Bride, the Church.**
- 3. Persons with homosexual orientation are to be cared for with the same mercy and love that is bestowed on all of humanity by our Lord Jesus Christ. Moreover, the Church is a spiritual hospital, where we all are called to find the healing of our fallen humanity through Jesus Christ, who assumed human nature in order to restore it. All of us struggle with various passions, and it is only within the Church that we find the means of overcoming these passions with the assistance of God’s grace. Acting upon any sexual attraction outside of sacramental marriage, whether the attraction is heterosexual or homosexual, alienates us from God.**
- 4. We exhort the clergy and faithful of the Orthodox Church to bear witness to the timeless teachings of Christ by striving for purity and holiness in their own lives, by instructing their families and communities in the precepts of the Holy Gospel, and by placing their trust in our Lord, who “has overcome the world.” (John 16.33)**
- 5. Finally, we encourage our faithful to approach their parish priest or spiritual father with any questions or concerns about this statement and its practical repercussions in their daily lives.**

**FOR ALL
WOMEN!**



**NOW IN ITS
15TH YEAR!**

Holy Trinity Greek Orthodox Church – Pittsburgh, PA
Saint Lydia Orthodox Women's Study Ministry
 Study Agenda for 2013/14: "Women of Faith"

This year we are studying inspiring examples of women in the Scriptures and the Orthodox Christian Faith. We will see examples from the Bible, the history of the Church, the lives of the Saints, the hymns of the Church and the life of the contemporary Church. The basis for the study is the 2-volume series, "Encountering Women of Faith." The materials can be purchased at the meeting through the Three Hierarchs Bookstore. As always, participants are also encouraged to bring an Orthodox Study Bible as well. All women of any age are welcome. If you can't make every session, don't worry. Each topic is independent.

Date	Topic	Century	Vol.
Thurs., Oct. 10	Introduction / Women Disciples	21st/1st	1
Thurs., Oct. 24	St. Susana: Revelation	4th	1
Thurs., Nov. 7	St. Thekla: Salvation	1st	2
Thurs., Nov. 21	St. Katherine: Education	4th	1
Thurs., Dec. 5	St. Olympias: Sisterhood	4th	1
Thurs., Jan. 9	St. Melania: Philanthropy	4th	1
Thurs., Jan. 23	St. Juliana: Tears	16th	2
Thurs., Feb. 6	St. Anna the Prophetess: Silence	1st	2
Thurs., Feb. 20	St. Elizabeth: Martyrdom	20th	1
Thurs., Mar. 6	St. Paula: Widowhood	4th	2
Thurs., Mar. 20	St. Xenia: Transformation	18th	1
Thurs., Apr. 3	St. Mary of Egypt: Repentance	6th	2
Thurs., May 1	Four Women: Steadfastness	OT, 4th, 20th	2
Thurs., May 15	The Theotokos: Motherhood	1st	

- Meeting location: Holy Trinity Greek Orthodox Church, 985 Providence Boulevard, Pittsburgh, PA 15237
- Meeting time: Thursday from 9:30 am-11:15 am
 - 9:30-10:00 – Fellowship Time with other women in Fireside Room or Personal Prayer Time in Holy Trinity Church
 - 10:00-11:15 – Study begins promptly at 10:00 and goes until 11:15.
- Study Materials:
 - "Encountering Women of Faith" Vols. 1 & 2, Holy Cross Orthodox Press, Brookline, MA
 - Additionally, participants should bring an Orthodox Study Bible.
- Contact: Stacy Dickos - 412-367-0925 (SaintLydia@HolyTrinityPgh.org).
- On-line schedule: www.HolyTrinityPgh.org/stlydia

An original Greek composition about the "seasons of life."



Vickie Bellios

Φθινόπωρο στη φύση
και στην ζωή

Για μερικούς από εμάς

Γεράσαμε
κί' ήλθαν τα χιόνια στα μαλιά.
Μα τα καλοσορίζωμε, γιατί εζήσαμε
Καλώς, κακώς, και το αναγνωρίζωμε.

Κοντά μας, όμως, έχωμε όλες τις αναμνήσεις
Που δεν μπορεί κανείς ποτέ, ποτέ για να τις σβύση.

Ηλθαν, όμως, τα γεράματα που όπως λένε οι αρχαίοι,
είναι ο ΠΑΝΔΑΜΑΤΟΡ χρόνος και το χέρι του θεού
Που δεν λαθεύη ποτέ και που μόνο αυτός δίνει την αρχή και το τέλος, την γέννηση και το θάνατο.

Μαραίνοντε τα δένδρα μας, τους πέφτουνε τα φύλα, αλλά είναι τόσο όμορφα, γεμάτα με ελπίδα.

Δόξα νά'χει ο Κύριος που τά'χει δημιουργήση με τόση τελειότητα να μας ευχαριστήση.

Vickie expresses her deep appreciation to those who called, visited, wrote or offered prayers during her recent illness. This original poem is a gift of therapy from her to all.

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



Voula Hareras

Αύξέντιος Καλανγκός

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

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

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

μέ τούς άλους.

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

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

Ό Έλληνας καρδιοχειρουργός Αύξέντιος Καλανγκός, δέν απέκτησε τυχαία τόν τίτλο τού γιατρού τών φτωχών παι- διών. Στά 23 του χρόνια άποφοίτησε από τήν Άμερικάνικη Ίατρική Σχολή τής Κωνσταντινούπολης καί στά 40 του έγινε τακτικός καθηγητής στό Πανεπιστήμιο τής Γενεύης.

΄Αργότερα ήταν ό καλύτερος μαθητής τού κορυφαίου καρ- διοχειρουργού Μαγκντί Γιακούμπ.

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

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

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

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

Τόν ρωτάμε άν πιστεύει στό Θεό. Άν έχει κάποια βάση

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

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

΄Αμέσως μετά όταν όλα πάνε καλά, σέ κάθε εύκαιρία θαυ- μάζω τό έργο τού Θεού πάνω σέ μάς τούς ανθρώπους. Ναί, λοιπόν πιστεύω στόν Θεό. Αλλωστε ό Παππούς μου ήταν ιερέας.

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

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

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

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

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

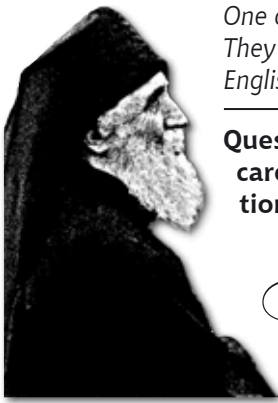
Αγγελοΐδια, πού δέν είχαν πρόσβαση στή δημόσια καί δωρεάν ύγεία τών χωρών πού ζούσαν, στά όποία χάρισε άφι- λοκερδώς τό δικαίωμα νά άναπνέουν καί νά μπορεί ή καρ- δούλα τους νά χτυπάει κανονικά.

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

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

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

Από τό Περιοδικό πρós τήν Νίκη
Βούλα Χαρερά



Elder Paisios

One of the great blessings of Orthodoxy is the presence, prayers and inspired words of the Holy Elders of the Faith. They have been referred to as “precious vessels of the Holy Spirit.” In recent years, many books have been published in English with their writings and talks. This column provides an opportunity for each of us to be blessed by their words.

Question: Geronda, why should we be careful who we engage in conversations?

In our Communications centre in the army we had an organizational chart to identify the distinctive signals of all our stations, to be able to tell which were our own and which were the enemy’s. For a while, we were under training at the Communications centre, serving as intermediaries and identifying the signals. We would say to the other, “What is this?” or, “One,” just to see what they would say, and this way we could work out who they were. That is, when we were not certain which station it was, we had no confidence, and with tic-tac tricks, we would try to make the identification. The same thing happens in spiritual life; when we see that a particular “station” is a foreign one, we must say, “Well, am I going to cooperate with him?” Of course not! It is a serious matter to recognize a foreign station and decide to cooperate with it, and far worse to recognize it as not only a foreign but also an enemy station, and thus to collaborate with the enemy! I wish to emphasize that in our relations with others we must exercise discernment and care. The safest way is to consult one’s Spiritual Father.

Question: What about the damage our own words can do?

Even in conversations, we must be careful, because sometimes they begin as spiritual conversations and end up as gossip. And it is not only that we are wasting our time; we are also wasting our souls when condemning someone else, for we have no right to judge other people or other situations. If we can, following a painful conversation, we should try to help in an unpleasant situation. We should not even speak ill of the dead, because every soul is fortunately in God’s hands. I have noticed how frequently many people’s thoughts are damaged by a careless word. If we were to be taxed for every word we uttered, do you know how careful we would be? If the rule were, “If you say so many words, you will pay so much tax,” we would end up counting our words! Even on the telephone, we try to think out what we will say, how long we will be able to talk, because we have to pay. Much time is now lost in idle talk.

Question: Geronda, what should someone do when two people disagree and they ask for his opinion?

If you find yourself with people who have personal differences, it is better to express your opinion in front of both of them. Otherwise each may take a word of yours out of context, as it suits him, and then use it as heavy artillery—should his words carry weight—striking mercilessly at his opponent, and thus risk being struck himself, for no good reason, by the flying missiles. One should avoid such

persons as much as possible, in order to be tranquil and able to pray for their peace and for the peace of the world in general. When it is impossible to entirely avoid such scandalous people, we should at least try to avoid much interaction with them and limit the scandals. It doesn’t matter that some people have no evil in them but only a simple superficiality, because they, too, through their superficiality, can cause scandals.

Question: Geronda, what should we do when someone comes and tells us his problem over and over again, when in fact it has been more or less taken care of?

When the problem is stated for the first time, it is right to allow someone to speak for as long as he wants, and say as much as he needs to say. Then you have to listen to him. If you don’t, he will think you are tired of him and don’t understand him. Later, however, if he continues to repeat the same things, you will tell him, “It is not that I can’t listen to you, but to do so won’t do you any good. You turn even the summer into winter. Now you are better; it is spring. Soon it will be summer. But you think of winter in the summer and you catch a cold.”

Question: If someone is feeling badly and I am well, can I influence him?

What if it is temptation making it seem that way? How do you know that you are in a better state than the other person? From the moment I believe that I am better than the next person and I feel sorry for him, I should feel sorry for myself and not the other. Even when we see that the other person is really not well spiritually, we should still make excuses for him. Only for himself should someone not make excuses; he should judge himself worse than others and grieve for his own shortcomings. Such a person will recognize that he has not done anything for all that God has given him and will confess, “My God, do not take me into account, put me off to the side; I have done nothing to merit Your help, but do help the other person.” Those who actually do progress spiritually do not recognize their great progress; they only experience great compunction and humility and the love of God together with an inexpressible exultation of joy.

Question: Geronda, when I don’t excuse others for some action of theirs, does this mean that I have a hard heart?

You don’t excuse others but you excuse yourself? Then, tomorrow Christ will not excuse you. Your heart can become hard as a rock in an instant if you are not careful, and it can equally quickly become tender. You must acquire a maternal heart. You see, a mother will forgive all things, and sometimes will pretend not to see certain mischief. Be patient with others and excuse them; tolerate others so that Christ will tolerate you.

Excerpted from Elder Paisios of Mount Athos, “Spiritual Counsels, Vol. II: Spiritual Awakening”

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FREEDOM AND JOY: SIGNS OF TRUE PRAYER

Perfect prayer consists of speaking to God without distraction, holding all the thoughts and all the senses quietly concentrated. When you pray, you only have to say this: "Lord, save me from evil! Your will be done in me!"

Concentrate your spirit on the presence of God and speak to Him. True prayer is recognized by the fact that an individual is free from all kinds of distraction and is full of joy under the influence of the illumination of the Lord.

And you can tell that someone has reached this freedom and this joy from the fact that he is not worried even if the whole world assails him.

St. Barsanuphius, *The Philokalia*

Scripture of the Month: "Where the Spirit of the Lord is, there is freedom." (2 Cor. 3.17)