



THE HOLY TRINITY HERALD

JULY-AUGUST 2014

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HOLY TRINITY GREEK ORTHODOX CHURCH • PITTSBURGH, PENNSYLVANIA

The Seven Holy Youths of Ephesus • Feast Day • August 4

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QUICK NEWS



The GOYA teen ministry and its families honored their graduating seniors on June 22 with a surprise luncheon in the Fireside Room. Want to see more photos of the life and ministries of Holy Trinity Church? See the Community Life Photo Journal on pages 7-12 or visit our online photo gallery site at photos.HolyTrinityPgh.org.



The Seven Youths hid themselves in a cave near Ephesus in the year 250, to escape Christian persecution. By divine grace, a sleep came upon them and they slept for 184 years, until the reign of Saint Theodosius the Younger, when the doctrine of the resurrection was being assailed by heretics. They then awoke, that is, were resurrected, confirming in the sight of all the bodily resurrection; and again after a short time, by divine command, they reposed in the Lord in the year 434.

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

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2014 Parish Council

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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!



“Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

Matthew 11.29-30

Dear Brothers and Sisters in Christ,

The quote from the Gospel of St. Matthew above is in red according to the style of “red letter Bibles” that place the words of Jesus in red to make them stand out. Taken on its face value, it certainly makes Christianity look easy, doesn't it? If the very central figure in the faith says we will find rest and help with our burdens, who would not want that? But why doesn't it always work out that way? In fact, hewing a path of Christian life often does feel like we are hacking our way through the underbrush, or even the rocks, our life in a far greater struggle that we seemed to have been promised above. Yes Jesus' words are always true, so where is the “rest of the story” here?

We need look no further than the Prophet Jonah, who, when things stopped going his way (meaning God did something He didn't like), the Bible says, “it displeased Jonah exceedingly, and he was angry.” (Jonah 4.1). And with nobody to console or counsel him,

the Book of Jonah ends with a question mark—the only book of the Bible to do so. But Christian life is full of question marks, especially when we do not understand the Lord, Who says when that happens it is because “my thoughts are not your thoughts, neither are your ways my ways,” and, “as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.” He just knows better,

It is those question marks that represent times of not only testing but of proving—of our faith, patience and ultimate trust that even though we don't understand how, we are still in God's hands. According to Elder Paisios it is precisely those times that we need to “completely trust in God, leave everything in His hands, and believe that His love will act for your own benefit. Then God will take care of everything, because there is nothing He cannot do; everything is easy for Him.” And we learn that trust in His Holy Church.

It is also in those times that we should be able to turn to others within the Christian community and lean on their love for us. Saint Pauls puts it this way: “Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. ...Bear one another's burdens, and so fulfil the law of Christ” (Galatians 6.1-2). In other words, rather than multiply the struggles of a brother or sister, we can understand that God has placed us in his or her life as part of finding peace and truth. This is reflected in another way in the contemporary Christian song in the sidebar above: rather than allowing confusion and doubt to blossom into anger, each of us has the calling to “do something” that leads to understanding, reconciliation and a return to life in Christ for all. And the degree to which we are willing to participate on that path to divine peace will determine just how heavy the burden is. If we do as directed in Proverbs, “Trust in the Lord with all your heart and lean not on your own understanding” (Prov. 3.5), it will not be so hard. In fact, as promised by Jesus, our yoke will be easy and our burden will be light.

There are times that seems impossible, but “all things are possible with God” (Mark 10.27) when we choose to be part of the solution, part of lightening the load of a brother or sister and true instruments of God's peace. May it be our goal at all times in all things.

With sincere paternal love in Christ,

I woke up this morning,
Saw a world full of trouble now.
Thought, how'd we ever get so far down?
How's it ever gonna turn around?
So I turned my eyes to Heaven.
I thought, “God, why don't You do something?” ...
So, I shook my fist at Heaven,
Said, “God, why don't You do something?”
He said, “I did, I created you!”
(Matthew West, "Do Something")

WORSHIP LIFE

Weekday Services July/August

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).

Jul. 19: 6:00pm Great Vespers & Orthros of the Prophet Elias
(at the Nativity of the Theotokos Monastery, Saxonburg)

Aug. 1: 6:30pm Paraclesis Service (SG)

Aug. 4: 6:30pm Paraclesis Service (SG)

Aug. 5: 6:30pm Great Vespers of the Transfiguration and the Blessing of the Grapes (SG)

Aug. 6: 10:00am Liturgy of The Holy Transfiguration
Liturgy of the Transfiguration will be celebrated at the Holy Transfiguration Monastery in Ellwood City.

Aug. 8: 6:30pm Paraclesis Service (SG)

Aug. 11: 6:30pm Paraclesis Service (SG)

Aug. 13: 6:30pm Paraclesis Service (SG)

Aug. 14: 7:00pm Great Vespers of Koimissis
Aug. 14 services will be held at our sister parishes in Oakmont and Aliquippa for their feast days.

Aug. 15: The Falling Asleep of the Theotokos (Liturgy at SG)

Aug. 29, 8:00am Orthros/9:00am Liturgy: The Beheading of St. John the Baptist (Liturgy at HT. Note special earlier time due to Festival)

FESTIVAL NEWS

Holy Trinity's Taste of Greece Labor Day Weekend

It's coming! From Wednesday, August 27, through Sunday, August 31, join us for second "Taste of Greece" Festival at our new location. The Festival Committee is asking everyone, new members and old hands, young and young at heart, to pledge a donation of their time and talents so that we can achieve our two big goals: 1) another "most successful festival ever", and 2) fellowship with all of our new Holy Trinity church family members! See you there!

Festival Volunteers Needed by the Day, Not Just the Hour!

The Festival Committee is looking for parishioners to fulfill a variety of roles—there is something for everyone and everyone's help will be needed! Please consider donating your day (or days!) as your offering of stewardship to Holy Trinity Church. Many of our parishioners use vacation days from work, as we will need lots of help during the weekday lunches on Wednesday, Thursday and Friday. If you are subscribed to the parish mailing list, look for more information in your inbox soon! To learn about how to help, please email festival@holytrinitypgh.org or contact one of the following festival chairpeople: Harry Athanasiou: 412-292-4205, Leo Loomis: 412-563-2323, or Stephanie Sedor: 412-780-6183.

Pastry Cooking July 8, 15

Pastry preparation and cooking will be continue on Tuesdays, July 8 & 15, from 9:00 a.m. until 9:00 p.m. All are welcome to help and much help is needed! Contact Joyce Athanasiou at 412-292-4206 for information.

Spanakopita Preparation Tuesdays in July & August

Additional spanakopita preparation is being held every Tuesday starting again on July 22 from 9:00 am until 2:00 pm and will continue into August until it is completed. All are welcome to help. Contact Kay Balouris at 412-766-1263.

Souvlaki Lamb Cutting July 25 & July 26

Please sharpen your knives and mark your calendars for souvlaki cutting and skewering on Friday, July 25 from 3:00pm-Midnight and Saturday, July 26 from 7:00am-12:00 noon.

COMMUNITY NEWS AND EVENTS

Gerontissa Taxiarchia 20th Anniversary Events . . . Aug. 2/3

The Holy Nativity of the Theotokos Monastery in Saxonburg is commemorating the 20th Anniversary of the Repose of its first Abbess, Gerontissa Taxiarchia, with a special two-day event that will also celebrate the 25th Anniversary of the founding of the monastery and the launch of a new campaign to expand the current quarters. A flyer is enclosed. Reservations are due July 11. For information, call the monastery at 724-352-3999. The events are:

August 2 - Services and Meal at Monastery: Gerontissa Theophano and the sisters invite the public to join His Eminence Metropolitan Savas and area clergy for the celebration of Orthros, Divine Liturgy and a Memorial Service for Gerontissa Taxiarchia, all starting at 9:00am. The services will be followed by a meal.

August 3 - Vespers and Banquet: His Eminence will preside over a 4:00 Vespers service followed by a Dinner Banquet to launch the monastery's vision of growth and expansion. A silent auction will feature hand-painted icons and beautiful monastery handcrafted items.

Seniors Ministry News: Driver Safety, Theater Trip

The Senior Fellowship Ministry will resume regular meetings in September with a program for senior drivers on Monday, September 15, 2014 and Wednesday September 17, 2014 that will update and enhance their driving skills as well as reward those who attend the 2 sessions (from 10:00am to 2:30pm) with a discount on their car insurance for 3 years for senior drivers 55 yrs and older. You may register for this program by calling the church office at 412-366-8700. The cost is \$15 for AARP members or \$20 for non-members and must be paid prior to the first session. Each session will be informative and casual. There will be no tests. You may invite a friend or neighbor to participate in this program. Refreshments and a lunch break will be provided. A flyer is enclosed in this issue.

The other next official group activity will be a trip to the Mountain Playhouse-Restaurant in Jennerstown, PA on October 1. We will enjoy a good lunch and a play entitled "Midlife: the Crisis", a musical comedy. The cost of bus, lunch, and play, including all taxes and tips, will be \$80 per person. Reserve your seats and select your luncheon offering early, as seating is limited and must be confirmed by September 1 by calling Georgiann Bounos (412-761-6953), Tina Fiedler (412-364-1545) or Joyce Countouris (412-366-1498).

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

JULY/AUGUST 2014 – "THE VOICE OF HOLY TRINITY CHURCH"



Father John Androutsopoulos

My Church Obligation

As we begin our second year in the new church, let us read the following prayer and practice it every day during the coming year: Having accepted Jesus Christ as my personal Saviour and having made this known by uniting with His Church, I, therefore, acknowledge that I want to give my Church:

AFFECTION – I want to give my Church affection that she may be strengthened by the knowledge that I, as a member of the Church, am trying to serve with my fellow believers in the bonds of holy love and unity.

APPRECIATION – I want to give my Church a kindly word of appreciation for her ministry and want to have a part in sending her truths to all the world.

CONSIDERATION – I want to give my Church sympathy and consideration and want to rejoice in the good she is going and share to the limit of my ability.

ENCOURAGEMENT—I want to give my Church encouragement when temptations, vexations and annoyances make the work of Christ difficult.

FAITH – I want to give my Church faith that she may be free to proclaim the message of peace goodwill and brotherhood.

GRATITUDE – I want to give my Church gratitude and praise for the many things she has helped me to bear; for the precious outpouring of God's love that strengthens and gives me courage in time of trouble.

PRAYER – I want to give my Church prayer each day that God may bless her and make her services a blessing to everyone who enters her gates.

REVERENCE – I want to give my Church reverence as the Divine Institution, as a body of baptized believers organized to teach men a better way of living.

STEWARDSHIP – I want to give my Church a tithe of my income.

TIME – I want to give my Church enough of my time to help in the work of Our Lord Jesus Christ, to win others to Him, when and where He needs me.

What Christians Say

Another said, "I will follow you, Lord; but let me say farewell to those at my home." (Luke 9:61).

This text is typical of many so-called Christians today. People say, I can't do it because...." and then give 101 reasons why they cannot teach a Church school class, help with Church projects, or come to Church regularly. To many of us, these excuses seem reasonable; the mother with the young child, the father who is too tired after working all week. Yet these same people find time to do things they want to do: go to a card party or to the golf course. What would have happened if Jesus had said, "I am too young to die"? Or, "Give

me a few more years to enjoy life"? On the contrary, He submitted Himself completely to God. It is not for us to say, "I'll follow You, but first...." Rather, as followers of Christ, we feel compelled to say, "Here I am. Use Me." No excuse is good enough for not doing the Master's will.

The Transfiguration – August 6th

The Feast of the Transfiguration of our Lord is one of the 12 great feasts of the Holy Orthodox Catholic Church. It is celebrated each year on August 6th. When Jesus our Lord took His three disciples, Peter, James, and John to the top of Mount Tabor, He did truly prefigure His Resurrection to them on that memorable day. These three disciples were to be with Jesus at His betrayal, so Jesus wanted them to see the wonderful event so that they might not be dismayed and distressed at His suffering at the crucifixion.

Mount Tabor was covered with light during the Transfiguration; the light was so bright that the three Disciples threw themselves on the ground, unable to look upon the transfigured Lord. He did shine forth in glory. At that glorious revelation, Moses and Elijah appeared and conversed with Christ that they might manifest that He was the Lord of the living and the dead, and that He was the God who spoke of old in the law and the Prophets, and He was the One to whom the voice of the Father did bear witness from a radiant cloud saying, "This is My Beloved Son in whom I am well pleased, hear him."

The Transfiguration was the mystery hidden before the ages, and now it was revealed before Peter, James and John. They were not able to stand the radiance of Christ's countenance and the splendor of His raiment, so they fell down on their faces, kneeling, and being overcome with astonishment at the sight of Moses and Elijah talking with Jesus.

In the Transfiguration, we have proof of the resurrection and life after death. Moses had been dead 1569 years and Elijah and been gone 895 years. Yet, here they are alive. The disciples saw them and heard them talking. One by one our loved ones are leaving us. We bury them out of sight, we lay them in their narrow beds, and their bodies become dust. Shall we ever see them again? Will the grave ever give them back to us? Are we to sorrow like others who have no hope? In the Transfiguration, we have the strongest evidence that the dead will rise again. We find two men appearing on the earth who had long been separated from the land of the living, so here we see a guarantee of our resurrection.

Beloved, each Feast has its special message for us Orthodox Christians, if we would just take the time to study or meditate the occasion and the meaning of the Feast. The Feast of the Transfiguration uplifts us. We are shown the glory of our Lord and Savior, and we are inspired by the events of the Transfiguration.

*With His Love,
Rev. Fr. John K. Androutsopoulos, Protopresbyter*

A Greek language offering on the themes of the summer months of July ("The Time of Fruits") and August ("The Month of the Greeks").



Voula Hareras

Ίούλιος. Η Ωρα Τών Καρπών.

Μεστώνουν ώριμάζουν, γλυκαίνουν οί καρποί στή φύση. Χαρά Θεού αυτή ή καρποφορία.

Μέσα από στά σπλάχνα τής γής άθόρυβα και άσταμάτητα, μήνες τώρα, έτοιμαζόταν τούτο τό Θαύμα, πού όρισε ό Θεός για τίς ανάγκες τού άνθρώπου.

Και ό καλλιεργητής πού έβαλε και αυτός τήν δική του προσπάθεια και τούς κόπους και τά έξοδα,τά

ξεχνάει όλα, τώρα δοξάζει από τήν καρδιά του τόν Θεό και άπολαμβάνει τούς καρπούς. Δέν ξεθαρρεύει όμως ξέρει πώς ό μήνας τούτος φέρνει βροχές και χαλάζι και φωτιές. Πρέπει να άσφαλίσει τή σοδιά του, να μήν χαθεί όλου τού χρόνου ό κόπος, τό ψωμί τού σπιτιού του.

Και τόν έαυτό του πρέπει να άσφαλίσει, από τού ήλιου τά πυρά, πού άπειλούν καθένα πού δέν τόν λογαριάζει και άφύλακτα έκτίθεται.

Ή χαρά τής καρποφορίας μαζί και ή φροντίδα για τήν διαφύλαξη της, κι'άκόμα τού καλλιεργητή ή προστασία. Αύτά στήν φύση, στήν γεωργική ζωή.

Αλλά τί σπουδαίες άναλογίες και μέ τήν ζωή τού πνεύματος, τής μαθήσεως, τών γνώσεων. Μήνας ό Ίούλιος, πού οί κόποι όλης τής χρονιάς καρποφορούν. Ερχονται τά άποτελέσματα τής μελέτης, οί βαθμοί, τ'άπολυτήρια, οί ποικίλοι τίτλοι σπουδών. Τί χαρά να έχεις άποδεικτικά τών γνώσεων σου, τίτλους πού θα σου χρειαστούν στό μέλλον.

Είναι ύστερα και κάποιος άλλος καρπούς, πού μέ τήν χάρη τού Θεού έδεσαν μέσα σου'ή άγάπη στον Θεό, ή πίστη, ή σεμνότητα, ή ύπακοή στου Θεού τό θέλημα, ή καθαρότητα τής ψυχής.

Μήν ξεθαρρεύεις όμως, και γιαούτους τούς καρπούς, τούς πνευματικούς, ύπάρχουν κίνδυνοι. Δέν είναι τώρα οί βροχές και τό χαλάζι. Είναι ή αυτάρκεια, ή ραθυμία, ή τεμπελιά, τό άφημα και ξεχυμα τού Νου σε άπαγορευμένες από τού Θεού τόν νόμο περιοχές, ή άλαζονεία, ή έλλειψη στόχου.

Και ύστερα είναι ό ήλιος πού γίνεται επικίνδυνος. Είναι τά κυνικά καύματα, οί πειρασμοί, ή άμαρτία, πού άπειλεί τόν πνευματικό εργάτη και τού κάνει επικίνδυνα Εγκαύματα.

Λοιπόν, φύλαγε και σύ τή σοδειάσου, τά πνευματικά σου πλούτη, τίς γνώσεις σου, τίς άρετές σου, μέ τήν προσοχή, άσφάλισε τόν έαυτό σου θυμίζοντάς του τήν παρουσία τού Θεού παντού και πάντοτε.

Αύγουστος. Ο Μήνας Τών Έλλήνων.

Ο Αύγουστος είναι ό μήνας τών Έλλήνων. Αύτός ό καλοκαιριάτικος μήνας μέ τήν ήμεράδα του και τό γλυκό φώς του, γεμίζει τίς ψυχές μας από μιά άλλοιώτικη χαρά και άγαλλίαση. Τό γιατί τό άπαντάει καθένas μας, από τό τρυφερό παιδί ως τόν πολύχρονο παππού σε κάθε γωνιά τής Πατρίδας μας.

Είναι ό μήνας πού εύωδιάζει ζυμωμένος λές μέ τήν χάρη τής Παναάχραντης Μητέρας τού Χριστού μας, και δικής μας Μητέρας.

Αρχίζει μέ τήν άγνή χαρά τής νηστείας τού Δεκαπενταύγουστου, πού μάς τήν παρέδωσαν οί αιώνες από γενιά σε γενιά. Νομίζεις μάλιστα πώς και ή γή μας ή πατρική μας συμπαραστέκεται μέ κατανόηση στο άγιο δέος προς τήν Παναγία μας.



Γεμίζει τά μάτια και τά χέρια μας μέ τούς πιο ώραίους και εύγευστους καρπούς της σάν να μά λέει ξεύλογημένοι να είστε, έξαγνισθήτε αλλά πάρτε και γευθήτε από τόν μόχθο μου}. Δεκαπενταύγουστος φίλοι μου, γιορτάζει εκείνη πού στάθηκε ή προστασία και ή έλπίδα τού Γένους μας.

Μέ τό γέμμα τού ήλιου μέσα στο μασχοβολημένο δειλινό, άς πάμε στις έκκλησίες μας, να μάς γλυκάνουν τήν καρδιά οί παρακλητικοί ύμνοι στή χάρη Της.

Νά μάς φτερώσει, Έκείνη τήν ψυχή μέ αυτό πού δίνει μέ τίς πρεσβείες Της σήμερα, μέ εκείνο πού κρύβει για να μάς φανερώσει αύριο.

Άς άπολαύσουμε άς χαρούμε τήν γαλήνη και τήν όμορφιά τής γιορτής Της, άς τήν ύμνήσουμε. Είναι ή Κυρία Θεοτόκος τό μόνο δώρο πού πρόσφερε ή Γή στον Ουρανό, για να κατέβει ό Θεός άναμεσα άς μας. Τώρα μέ τήν μετάστασή Της, άνεβαίνει στον ύψηλότερο θρόνο, πού τής έτοιμάσε ή άγιότητά της και ή προσφορά της στο θείο θέλημα. Πηγαίνει στα ούρανια δώματα στολισμένη, {πεποικιλμένη} με θεία δόξα.

Και μή μάς φοβίσει ποτέ έχθρός πανούργος. Ή Παντάνασσα μάς έχει στή σκέπη Της και μάς περιφρουρεί μέ έγνοια γλυκειάς μητέρας.

Καλό Δεκαπενταύγουστο.

Σας εύχομαι να περάσετε ένα υπέροχο καλοκαίρι, ξεκούραστο και μέ υγεία να τά ξαναπούμε τόν Σεπτέβριο, καλή άντάμωση στω Food Festival!

Από τό περιοδικό Προς Τήν Νίκη
Βούλα Χαρερά

Three beautiful hymns and prayers: "A Hymn to Our Lord Jesus Christ", "Prayer of the Fathers of Optina" and "A Prayer of Jesus."



Vickie Bellios

ΥΜΝΟΣ ΤΟΝ ΚΥΡΙΟΝ ΗΜΩΝ ΙΗΣΟΥΝ ΧΡΙΣΤΟΝ

ΕΝΑΣ είναι ο Κύριος. Αυτόν προσκνήσωμεν καί δοξολογήσωμεν εις πάντος τούς αιώνος.
ΔΕΥΤΕΡΗ είν' ή Παναγιά.
ΤΡΙΑ ή Αγία Τριάς.
Μά, ένας είναι ο Κύριος. Αυτόν προσκνήσωμεν καί δοξολογήσωμεν εις πάντος τούς αιώνος.

ΤΕΣΣΕΡΕΙΣ Ευαγγελιστές
ΠΕΝΤΕ ή Πεντάτευχος.
ΕΞΙ τά Εξαπτέρυγα.

Μά, ένας είναι ο Κύριος. Αυτόν προσκνήσωμεν καί δοξολογήσωμεν εις πάντος τούς αιώνος.

ΕΠΤΑ είναι τα Μυστήρια.

ΟΚΤΩ ή οκτόηχος.

ΕΝΝΕΑ είν' τά Τάγματα.

Μά, ένας είναι ο Κύριος. Αυτόν προσκνήσωμεν καί δοξολογήσωμεν εις πάντος τούς αιώνος.

ΔΕΚΑ είν' οι Εντολές.

ΕΝΔΕΚΑ Εωθινά.

ΔΩΔΕΚΑ οι Απόστολοι.

Μά, ένας είναι ο Κύριος. Αυτόν προσκνήσωμεν καί δοξολογήσωμεν εις πάντος τούς αιώνος.

ΠΡΟΣΕΥΧΗ ΤΩΝ ΠΑΤΕΡΩΝ ΤΗΣ ΟΠΤΙΝΑ

ΚΥΡΙΕ, βοήθησέ με ν' αντιμετωπίσω με ψυχική γαλήνη όλα, όσα θα μου φέρει ή σημερινή ημέρα. Βοήθησέ με να παραδοθώ ολοκληρωτικά στο άγιο θέλημά Σου.

Στην κάθε ώρα τής μέρας φώτιζέ με και δυνάμωνέ με για το κάθε τι.

Οποιοι ειδήσεις κι αν λάβω σήμερα, δίδαξέ με νά τίς δεχθώ με ηρεμία και με την ακλόνητη πεποίθηση ότι τίποτε δεν συμβαίνει, χωρίς να το επιτρέψεις Εσύ. Καθοδήγησε τις σκέψεις και τα συναισθήματά μου σέ όλα μου τα έργα και τα λόγια.

Στις απρόοπτες περιστάσεις μη μ' αφήσεις να ξεχάσω ότι όλα παραχωρούνται από Σένα.

Δίδαξέ με να συμπεριφέρομαι σέ κάθε μέλος τής οικογένειάς μου και σ' όλους τούς συνανθρώπους μου με ευθύτητα και σύνεση, ώστε να μη συγχύσω και στενοχωρήσω κανένα.

Κύριε, δος μου τη δύναμη να υποφέρω τον κόπο και όλα τα γεγονότα τής ημέρας αυτής, σέ όλη τη διάρκειά της. Καθοδήγησε τη θέλησή μου και δίδαξέ με να προσεύχομαι, να πιστεύω, να υπομένω, να συγχωρώ και ν' αγαπώ. Αμήν.

Εκδοση Ιεράς Μονής Παρακλήτου - Ωρωπός

(Provided by Vickie Bellios)



Η ΕΥΧΗ ΤΟΥ ΙΗΣΟΥ

Ὡς άγιορείτης καλόγερος ό άγιος
Κοσμάς συνιστά τήν ευχή:

Μάς έδωκε (ό Θεός) τό στόμα μας
νά δοξάζωμεν τόν Κύριόν μας, νά
λέγωμεν τό

Κύριε Ίησού Χριστέ, γίέ καί λόγε
τού Θεού τού ζώντος, διά τής
θεοτόκου καί πάντων τών άγίων
έλέησόν με τόν άμαρτωλόν καί
ανάξιον δούλον σου.

Μέσα είς τό "Κύριε Ίησού Χριστέ",
θεωρείται ή άγία Τριάς, ό Θεός, ή
ένσαρκος οίκονομία τού Χριστού
μας, ή Δέσποινά μας ή θεοτόκος καί
πάντες οί άγιοι.

Όθεν, άδελφοί μου, ή τρώγωμεν ή
πίνομεν ή δουλεύομεν, νά μή μάς
λείπη αυτός ό λόγος (ή ευχή Κύριε
Ίησού Χριστέ...) από τό στόμα μας καί
ό σταυρός καί καλόν καί άγιον είναι
νά προσευχόμεθα πάντοτε τό πρωί, τό
βράδυ καί τά μεσάνυκτα.

άπό τήν γ' διδαχή

(Provided by Vickie Bellios)

Church School Graduation | Community Life Photo Journal

Congratulations to all our students and many thanks to the Church School staff, parents and volunteers for a successful year!



Pre-School Class



Kindergarten Class



First-Second Grade Class



Third-Fourth Grade Class



Fifth-Sixth Grade Class



Seventh-Eighth Grade Class



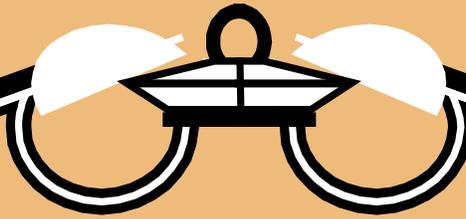
Ninth-Tenth Grade Class



Eleventh Grade Class



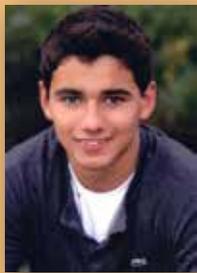
Graduating Seniors and Their Families



HOLY TRINITY CHURCH CLASS OF 2014

Please join us in celebrating the talents and God-given gifts of the students from Holy Trinity Church who are graduating from high school this year. We also thank God for the families, relatives and community which have nurtured them in the rich soil of the Holy Orthodox Faith. May God be with them always!

Antonios Balouris North Allegheny High School



Andoni graduated from North Allegheny High School with honors. He was active in NA athletics and was the starting setter for the boys' volleyball team and led the Tigers to an eighth straight WPIAL title, while being named as the setter to the First Team All-WPIAL and to the All-State Class AAA All-Star Team and single-season assist record

holder in boys volleyball. Andoni has been active at Holy Trinity in Church School, GOYA, local mission trips and has served for years as an acolyte. He will be attending The Pennsylvania State University.

Alex Danis North Hills High School



Alex graduated from North Hills High School

where he was a member of the National Honor Society and participated in the Academy for Business & Finance and the Academy for Law and Government. He was also a two-year varsity starting lineman for the Indians football team. At Holy Trinity, Alex has been an active GOYA member and has participated in Church School and served as an acolyte. He will be attending Carnegie Mellon University where he will major in business and be on the football team.

Shannon graduated from North Allegheny High

School where she was a cheerleader for 11 years and was the state runner-up this year. She has been in school choir since the 4th grade. At Holy Trinity she has participated in Church School, GOYA and has been a Holy Trinity Greek dancer. She will be attending the University of Kentucky and will be majoring in Pre-Pharmacy.

Shannon Danis North Allegheny High School



Tommy graduated from Seneca Valley High School,

where he played high school volleyball for six years and club volleyball for two years. He was in National Honors Society for two years and a Student Council representative his senior year. He has been an active GOYA member, Church School student and basketball player at Holy Trinity and has attended four years of Summer Camp. He will be attending the Pennsylvania State University to study engineering.

Thomas Fitzpatrick Seneca Valley High School



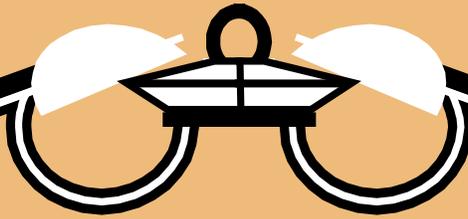
"Well done, good and faithful servant; you have been faithful over a little, I will set you over much" (Matthew 25.21)



KeeP my words and treasure up my commandments with you; keep my commandments and live.

(Proverbs 7.1-2)





CONGRATULATIONS TO OUR GRADUATES!

Georgia Gagianas **Peters Township High School**



Georgia graduated from Peters Township High School as a National Honor Society member. While there, she lettered in track and field hockey and was Homecoming Queen. At Holy Trinity she has been GOYA President and been in Church School, Summer Camp, mission trips and the Greek dance troupe. She will be attending the University of Delaware Honors in the fall.

Christopher Georgiadis **Mars Area High School**



Christopher graduated with honors from Mars Area High School, where he was awarded the Marine Corps' "Distinguished Athlete Award." He was a PIAA state champion swimmer and cross-country runner. At Holy Trinity he participated in Church School, GOYA, served as an acolyte and was a Greek dancer and Greek Festival volunteer. He will attend Ashland University in Ohio on Provost Academic and Athletic Swimming scholarships, will study Finance and Healthcare Communication.

Arielle Germanos **Fox Chapel Area High School**



Arielle graduated with honors from Fox Chapel Area High School. At Holy Trinity she was active in GOYA, Summer Camp and local and international mission trips. She will be attending Ionian Village this summer and then will be enrolled at Youngstown State University, where she will study Biology and prepare for a career in health care.

Nicholas Jewell **North Allegheny High School**



Nicholas graduated from North Allegheny High School with honors as an All-American Scholar Athlete and a National AP Scholar. He was captain of the soccer team, is an All-WPIAL player and is a recipient of the "Esmark All-American Award." He has also been specially dedicated to caring for special needs children. Nick has been a Holy Trinity GOYA basketball player and attended Church School. He will attend Lehigh University, where he was recruited to play soccer and where he will major in Pre-Med.

Alexa Mermigas **North Allegheny High School**



Alexa graduated from North Allegheny High School, where she was on the soccer team. She has been a member of Holy Trinity GOYA since joining Holy Trinity Church five years ago and is a two-year officer. She has also participated in Church School, basketball, volleyball and Greek dancing. She will attend Carlow University in the fall to major in Nursing and will play soccer for the Lady Celtics.

"The family should strive to be that image of godliness that will preserve the holiness that is intended to be its identity. Surrounding the child with the Holy Sacraments and sacred images, a regular life in the Church, and strengthening the good in the child are what instill this life of grace. This grace acts as a powerful hedge of protection around the family."

(Margaret Hock, "Blessed Are the Pure In Heart For They Shall See God.")

Community Life Photo Journal | HOPE and JOY Gardening Project

May 10, 2014: Young people from the HOPE and JOY ministries held a "Wake Up the Garden" work day to get our Holy Trinity garden ready for spring and summer. The children—with the help of Father Radu and some dedicated adults!—built planter beds and planted vegetables, pulled weeds and made signs. Even the rain didn't stop them! Thanks to all our dedicated young stewards! Good work!





Pentecost Sunday, 2014: Holy Trinity Church celebrated the First Anniversary of its 2013 Thyra-noxia and Opening of the Doors with a special Coffee Hour reception and display of historical items and artifacts from the building project and opening weekend.





June 22, 2014: Holy Trinity GOYA hosted a “surprise” Senior Recognition Luncheon following Divine Liturgy with a reception for GOYA teens and families in the Fireside Room. A special package of useful items for college, with a few personal surprises, was presented to each senior and the group enjoyed a multimedia presentation prepared by Emme Germanos. Pictured below are the seniors (L-R): Georgia Gagianas, Shannon Danis, Alex Danis, Alexa Mermigas, Tommy Fitpatrick (via Skype!) and Andoni Balouris. Not present: Christopher Georgiadis and Nick Jewell.



June 15, 2014: Holy Trinity Church honored its dedicated Church School teachers and staff at its first “Teacher Appreciation Sunday” celebration. Among those honored were two Kindergarten teachers and sisters-in-law, Karen Georgiadis and Leslie Georgiadis, who are retiring after 14 years of faithful service and offerings of love to our precious young children. Many thanks to Karen, Leslie and the entire staff for their dedicated love and service to God’s little ones ... and big ones, too!

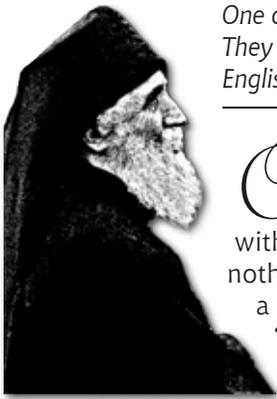


2014 Holy Trinity Stewardship Roster To Date | Stewardship

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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.

One day a person came to my Kalyvi and told me that he is very upset because he does not agree with his wife. But I noticed that there was nothing serious between them. He had a “bulge”, and his wife had another “bulge”; and so they couldn’t get near each other. They just needed a little planing to smooth out their differences. Take, for example, two

rough, unplanned wooden boards. One has some knot at one point, the other another at some other point. If you try to connect them, they will have some empty space between them. But if you plane one down here and the other a little there, but with the same plane, they come together at once!

Question: How does God allow for such strange matches of husband and wife?

“Couldn’t He provide so that couples would be compatible and live spiritually?” But I tell them, “Don’t you understand that in this very difference of character lies hidden the harmony of God? It is the different characters which create harmony. God forbid that you should be the same in character! Think of what would happen if, for example, both of you had a short fuse; you would tear the house down! Or, if both of you were mild in character, you would fall asleep standing up! If you were both stingy, you might have been suited to each other, but you would both go to hell. And, if again, you were both too open-handed, would you be able to maintain your household? You would have destroyed your home, and your children would be running in the streets. If you were both contrary and disagreeable characters, would there ever be anything similar between you? You would kill each other in one day! So, do you see what happens? God provides for one good character to marry another who may be disagreeable in order to be helped; for it may have been that he or she had a disposition to be good but never had the help to become so from an early age.”

The little insignificant differences in the characters of spouses help to create a harmonious family, because one completes the other. A car needs the petrol pedal to move, but it also needs the brakes to stop. If the car only had brakes, it would not budge; and if it only had gas, it wouldn’t stop. Do you want to know what I told a couple once? “You don’t match because you are a match!” They were both very sensitive. If something happens at home, they lose their composure and both start “Oh my God, what’s going to happen to us!” says one; “Oh my God, what’s going to happen to us!” says the other. In other words, one just makes the other more hopeless. One can’t help the other a little by saying, “Wait a minute, this is not as serious as you make it out to be, after all.” I have seen this in many married couples.

Question: What if there are differences in, for example, ideas about raising children?

Even when it comes to raising their children, parents can be more helpful to them when they’re different in character. One holds on to the brakes, while the other says, “Let’s give the children a little freedom.” If they both pressure and restrain the children too much, they will lose them. And if both leave them completely unrestricted, again they will lose them. Through a balance, the children are kept on an even keel. What I’m saying is that everything is needed. One shouldn’t go to extremes, but each husband or wife can help the other in his own way. For example, if you eat something very sweet, you also want something that’s a little salty. Let’s say that you eat a lot of grapes, but then you also want a bite of cheese, to cut back on the sweetness. Or, if the green vegetables are too bitter, they cannot be eaten, but with a little olive oil, they become delicious. But a little bitterness, as with a little sourness, is very good for you. But, if someone who’s sour says, “All of you ought to be sour like me” and another who’s bitter says, “All of you ought to be bitter like me,” then we just can’t get along.

Question: Geronda, what is it that most unites husband and wife?

Gratitude. They love each other for what they give as a gift to one another. The wife offers her husband trust, devotion, obedience. The husband offers his wife assurance and security that he can protect her. The wife is the noble lady of the household, but also the mature servant. The husband is the captain of the household, but also the lowest laborer. Couples should have a purified love for one another, so that they can experience the mutual consolation needed to carry out their spiritual obligations. In order to live harmoniously, couples need from the very start to set their love as the foundation of their life, a true and genuine love, one that is found in spiritual nobility, in sacrifice, and not in fake, worldly and carnal love. If there is love, if there is sacrifice, one will always arrive at the standpoint of the other, understand the other, have compassion for the other. And when we take our neighbor into our suffering heart, then we take Christ Himself into our heart, and He fills us with His ineffable exultation.

When there’s love, even if one is required to be far away from the other in certain circumstances, they will still be close because the love of Christ cannot be separated by distance. But if, God forbid, there is no love, the two may be physically close, but in reality are miles apart. This is why they must always strive to preserve their love throughout their life; they should sacrifice themselves for each other. When there is spiritual, true love between a couple, and if one spouse loses his or her worldly attributes, not only will this not separate them, but it will unite them all the more.

Excerpted from “Spiritual Counsels, Vol. IV: “Family Life”



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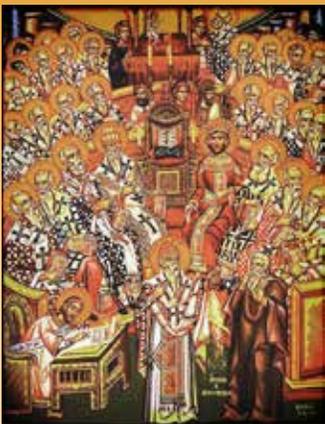


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PRESERVING THE TEACHINGS OF THE CHURCH



The Apostles entrusted the teaching of Christ to the Pastors of the Church who find themselves in continuous and unbroken Apostolic Succession and ensure the safe transmission of the Apostolic teaching to the coming generations..

This “tradition” or “deposit” (1 Tim. 6, 20) which was transmitted “once and for all times” to the saints (Jude 3) is transmitted throughout the ages “without gaps” or “disruption” in the Church. It is not made up of the “commandments of men” but is the result of the continuous presence of the Holy Spirit in the Church, which has Christ as its Head (John 14,16. 26,15, 16, 16,13).

The “deposit” about which the Apostle speaks is not a book, but...the result of the presence of the Holy Spirit within the Church and of life within the Church, which is the “pillar and ground of Truth” (1 Tim. 3, 15); of the life of communion with the Head of the Church and with all the saints.

That which the Church calls Tradition constitutes the sacred memory of the Church, the experience “of all the saints” and not human injunctions. It is expressed as the common conscience of the Church, its “mouth” being the Ecumenical Councils.

These Ecumenical Councils are convoked whenever certain individuals within the Church, chiefly pastors, preach heretical teachings which disturb the entire Church. In these Councils the bishops responsible for the shepherding of the Local Churches participate. This means that the bishops express in the Councils the faith and common conscience of the Church — not their own personal opinions. The Dogmatic texts of the Ecumenical Councils are... limits...beyond which, if anyone were to proceed, he would become a heretic.

The presence of the bishops therefore and their unbroken succession from the Apostles’ times up to the present as well as the Synodical system of the Church guarantee the purity of the teaching of the Church, the safe-guarding of it from the danger of heresy and error and its transmission, whole and unadulterated, to the succeeding generations.

Rev. Fr. Antonios Aleviopoulos, “The Orthodox Church: Its Faith, Worship & Life”

Scripture of the Month: “Stand firm and hold to the traditions which you were taught by us.” (2 Thess. 2.15)