



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

April 2022  
Volume 30 | Issue 4

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### PHOTO OF THE MONTH



Godparents and Godchildren celebrated a special renewal Sunday on March 27, starting with the Divine Liturgy and concluding with the Philoptochos Lenten Luncheon.



**Saint George the Great Martyr and Trophy-Bearer  
Patron Saint of Our Chapel**

**Feast Day: April 23 or Bright Monday if April 23 is During Lent  
16<sup>th</sup> Century Icon from the Museum of Byzantine Culture, Thessaloniki**



Father John Touloumes  
Proistamenos

**If we make every effort to avoid death of the body, still more should it be our endeavor to avoid death of the soul.**

**Saint Anthony the Great**

My beloved Holy Trinity family,

The next time you are at the Saint George Chapel for one of our Lenten services, weekdays festal Liturgies or even a funeral, take time to read the inscriptions on the icons. They were chosen specifically to fit the character of that special place, which although located at Holy Trinity Cemetery, is boldly deliberate in celebrating life. Each inscription speaks about either the resurrected life we find in the victory of our Lord and Savior Jesus Christ, or of the time we have in this life to prepare for that eternal life through faithful Christian living and our watchfulness of soul right here and now.

The quote above is inscribed in the scroll being held by Saint Anthony the Great, a third century leader of the movement of the Desert Fathers who sold everything he owned, gave the proceeds to the poor, and left the city behind to live in the desert. He was a man of action, both in body and soul.

The inscription in the Chapel icon bears testimony of his life and his advice for us. And it is every bit as powerful and relevant in the 21st century as it was in the 3rd. Think about this: how much time, money and thought go into taking care of our bodies? We visit doctors, take medicine, do therapy, exercise, diet and more, all in an effort to take good care of our body—a gift of God of which we are stewards. We even take out insurance if something goes wrong. Now use Saint Anthony's advice to challenge yourself: "Do I take as much care of my soul as I do of my body?" How long would the list of things we do for our soul be? They are all found in the words of Christ, the traditions of the Church and the advice of the Holy Saints and Elders.

Lent is such a beautiful opportunity for us to take inventory again. We can do that with some simple questions. "What have I done lately to take care of my soul?" "Have I unloaded the extra weight on my conscience I am carrying around by accepting the Lord's promise to lift it from me through Holy Confession?" "Have I properly and regularly administered the 'Medicine of Immortality' we call 'Holy Communion' to my soul?" "Have I read up as much on the care of my soul through spiritual books and the Bible as I have on how to exercise, treat and care for my body?" There is so much more to ask, and our heart will provide the questions we need to answer in our own life.

Saint Paul affirms that we, being created by God with both body and soul, need to take care of the whole self when he tells his disciple Timothy, "Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come" (1 Tim. 4.8). As we prepare to celebrate the Holy and Life-Giving Resurrection of Jesus Christ at Pascha, *that* is the life to come of which Saint Paul and Saint Anthony speak. I pray we will all be celebrating it together, both here and in the Heavenly Kingdom.

With paternal and pastoral love in Christ,

**OUR VISION**  
Faith. Family. Community.

**OUR MISSION**  
The mission of Holy Trinity Greek Orthodox Church is to proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ.

# APRIL

## WORSHIP LIFE

### **Saint George Chapel Feast Day ..... April 25**

The Feast of Saint George the Great Martyr, Patron Saint of our Chapel, falls on the Orthodox calendar on April 23. However, if that date occurs during Lent, the feast is transferred to Bright Monday, the day after Pascha. Due to the great importance of the saint. That is the case this year, so please join the community for the celebration of the Feast Day of our Saint George Chapel on Bright Monday, April 25, with Orthros at 8:30am followed by Divine Liturgy. Hronia Polla!

### **Holy Martyrs of Ntaou Penteli Monastery ..... April 26**

During the Consecration of the Saint George Chapel, three relics were sealed in the Holy Altar table: Saint Panteleimon, Saint Kyrikos, and the Holy 179 Martyrs of the Ntaou Penteli Monastery. The Feast of the 179 Holy Martyrs falls each year on Bright Tuesday, so we will offer services in their honor on that day at the Chapel, with Orthros at 8:30am followed by Divine Liturgy. Hronia Polla!

### **The Theotokos the Life-Giving Fountain ..... April 29**

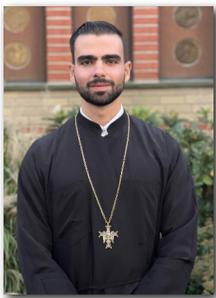
Service to be held at Saint George Chapel on Bright Friday, with Orthros at 8:30am followed by Divine Liturgy.

## LENTEN AND HOLY WEEK NEWS

### **Lenten Services Continue ..... April**

The March issue of *The Herald* contained the schedule of Lenten services at Holy Trinity Church. It is also available on our website. The beauty, solemnity and spirituality of these services are gifts from the holy traditions of the Orthodox Faith to guide us through the season of Lent toward the glory of the Resurrection. Please embrace them as your own, making them a central part of what makes Lent a special time in your life and journey of faith.

### **2022 Seminarian-In-Residence: Yianno Tsamutalis**



Holy Trinity Church continues its "Seminarian-In-Residence" ministry this year with Yianno Tsamutalis, who will be with us from the Saturday of Lazarus through Bright Monday. Yianno is a second year seminarian at Holy Cross Greek Orthodox School of Theology. He is a graduate of Rutgers University where he graduated with a Bachelors in Biotechnology in 2018. He is originally from New Jersey and grew up at the parish of St. Andrew in Randolph where he participated in the Greek school, GOYA,

and Sunday school programs and as an altar boy. Yianno enjoys outdoor activities such as running and gardening and also enjoys playing music in his spare time. He is looking forward to serving at Holy Trinity this Holy Week and meeting the community.

### **Readers for Presanctified Liturgies.....Wednesdays**

All teen students are asked to sign up for readings for Presanctified Liturgies during the Wednesdays of Lent. At least 8 readers are needed for each service. This is a great way for our young people to contribute to the services and the worship life of our church as active participants.

### **Holy Week Schedules of Services ..... Enclosed**

This issue of *The Herald* contains a complete schedule of services for Holy Week. It is also posted on our website. Let's be motivated by the desires of our hearts and souls to let nothing keep us from worshipping our Lord together as the Holy Church of Christ!

### **Saturday of Lazarus Palm Crosses/Candles... Apr. 16**

Calling all Holy Trinity Church School students and staff, their families, friends relatives, and everyone at Holy Trinity Church: Your help is needed to prepare some important items for our Holy Week services! Divine Liturgy is at 9:30 a.m. followed by a Lenten breakfast and the project. Plan to stay and help make the many Palm Crosses (note: everyone can help with this!) as the younger students prepare the cupped candles for Holy Friday and Holy Saturday evenings. The GOYA teens will be setting up for the Palm Sunday luncheon. Parents, please be sure to attend with your children and family.

### **GOYA Community Palm Sunday Luncheon.... April 17**

The GOYA teen ministry will be hosting their very popular annual Community Palm Sunday Fish Luncheon again this year in the Grand Room of Holy Trinity Center. Please make plans to attend with your family and be sure to buy your tickets in the Gallery after Liturgy or online at [HolyTrinityPgh.org/events](http://HolyTrinityPgh.org/events) by April 12, because advance purchase is required. Take out will be available, too!

### **Help Decorate Kouvouklion on Holy Friday!... April 22**

As we prepare to celebrate Pascha, please consider taking the day off from school or work on Holy Friday. All ages are invited to come to the church and help with decorating the Kouvouklion (the Tomb of Christ) with flowers immediately following the 9:30am Service of the Royal Hours. Important note: this is a family opportunity, not a "drop-off" event. Young children must be supervised by a responsible adult.

**Make Plans for the Anastasi Dinner ..... April 23**

Don't forget to make plans to attend the Resurrection Orthros, Liturgy and Dinner at Holy Trinity Church on Saturday evening/early morning of Pascha. Following the liturgical celebration of the Resurrection, join your family, friends and other members of Holy Trinity to celebrate the Feast of Feasts!

**Agape Vespers & Paschal Candy Hunt ..... April 24**

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the Main Lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at 12:00 p.m. All the children are invited to come for this beautiful and bright service. It is a great way for those with small children who are not able to attend the midnight service to share in a special celebration of Pascha.

**PHILOPTOCHOS MINISTRY NEWS****Philoptochos Easter Bread Is Back ..... April 17**

Holy Trinity Philoptochos will again be making Easter bread this year. There will be about 100 loaves available. There will be **no preorders**. It will be available on a first-come, first-served basis. The bread will be available for pick up on Palm Sunday, April 17th, for \$10.00 a loaf.

**YOUTH MINISTRY NEWS****GOYA Meeting ..... April 10**

Holy Trinity GOYA will hold its monthly meeting on Sunday, April 10, in the Conference Room following Church School. All teens are invited to attend.

**GOYA Lenten Soup Sales ..... Through April 17**

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

**Summer Camp 2022 Dates**

The Metropolis of Pittsburgh has announced the dates for its 2022 Summer Camp season. They are as follows:

- Week 1 (Grades 2-4): June 19 - June 25
- Week 2 (Grades 5-7): June 26 - July 2
- Week 3 (Grades 7-9): July 3 - July 9
- Week 4 (Grades 10-12): July 10 - July 16

Please keep these dates in mind when making your

family's summer plans so your children have an opportunity to participate in this wonderful ministry.

**IMPORTANT:** All active youth participants of Holy Trinity Church may register for camp using code "HTPSC22" to receive \$350 off the registration fee. The code must be used at the time of registration, which opens April 7 at 7:00pm. Register early because sessions fill quickly!

**MINISTRIES NEWS****Visitation Ministry Drivers Needed**

The Holy Trinity Visitation Ministry Team is in need of drivers to help parishioners with medical appointments, shopping, local errands and pharmacy drive thru. If anyone can assist, please contact Amy Armanious at [visitation@HolyTrinityPgh.org](mailto:visitation@HolyTrinityPgh.org) or see Amy in person.

**Bereavement Support Ministry ..... April 5**

Join us for our upcoming bi-monthly group gathering on April 5th Tuesday evening. There will be fellowship and light refreshments at 6:30pm, followed by the Group Support meeting from 7:00-8:00pm. The Holy Trinity Bereavement Support Ministry Team provides spiritual care to our parishioners and their extended family & friends in times of grief and loss of a loved one. However, during this challenging time, we are opening up our ministry to helping those in dealing with other losses too. Loss comes in many forms such as loss of a job or family business, loss of identity and purpose when family caregiving changes, loss of a pet, loss of independence and mobility when one ages, loss of one's mental alertness with dementia and chronic illness, and loss of a role when children leave home and go to college.

**COMMUNITY NEWS & EVENTS****"Men Who Cook" Returns! ..... May 22**

The very popular—and delicious!—"Men Who Cook" event is returning to Holy Trinity Church on Sunday, May 2 from 5:00-8:00pm. The evening will feature food stations with samples of appetizers, entrees, sides and desserts. Vote for your favorite dishes using the tip jars and see who is chosen as Holy Trinity's 2022 "Top Chef!" Lively entertainment will be provided by the Holy Trinity Jazz Band. Tickets must be purchased in advance online at [HolyTrinityPgh.org/events](http://HolyTrinityPgh.org/events). See the enclosed flyer on page 17 of this issue. Questions? See Karen Georgiadis or Kathy Balouris, or email [social@HolyTrinityPgh.org](mailto:social@HolyTrinityPgh.org).

**2022 Holy Land Pilgrimage: Spaces Available**

The 2022 Holy Land Pilgrimage is scheduled for October 24-November 3 and spaces are still available. For information, visit our website at [HolyTrinityPgh.org/pilgrimage](http://HolyTrinityPgh.org/pilgrimage).

# Life-Changing Resurrection

## Mike Kritiotis, Stewardship Ministry

As the Lenten Season brings us closer to the Passion and Cross of Jesus, the Church asks us to prepare for Resurrection Sunday, Easter. There are plenty of opportunities as we observe in the many passages from the Old and New Testaments that are read during the Lenten services. Not to be overlooked, the teachings on Stewardship and being more conscious of our responsibilities are valuable ways of preparing for the Resurrection.

“Let’s start at the very beginning, a very good place to start...” Julie Andrews sang the famous line in *The Sound of Music*. And that’s good advice. In examining Christian Stewardship, most of us look to the teachings of Christ and the Apostles. Yet, that was really Act II. Christ came to make all things new, so that not one of God’s plans has failed. And that includes God’s plan for the very creation itself, of which humanity is the capstone. So in another sense, Act I starts at the very beginning, when God entrusted the earth to Adam and Eve and their offspring (Genesis 1:26-28). Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.” Here, what He is really doing is giving us a mission! Our “dominion” over the earth comes with a huge responsibility on us as to how to manage it all in God’s likeness, which is with care and love. Our primary responsibility is the stewardship of God’s creation.

When Jesus enters the scene, every-

thing gets a “refresh”! There are countless quotes and teachings that guide us on the same mission as the one in Genesis – and beyond. Because this time, it’s also much more personal. He literally walks with us, prays with us, touches us, cries with us; not to mention the horrific, and triumphant, Holy Week events. Love, Compassion, Grace, Ethics, Faith, Church, Family, Stewardship, Sacrifice. These are common themes He implores us (commands us) to live with. Having failed on our Act I mission, we cannot let Him down. He left us in charge – again! How loving and trusting our God is! Will we fail (again), or rise above our shortcomings and fulfill our mission? He has entrusted us with the keys to the vineyard. Will we tend to it and help it flourish, or allow it to decline? Often, the times humanity endures feel devastating. People in power – or closer, persons in our lives – disappoint us and cause much pain, so some may question their faith. But, let’s remember the life-changing power of the Resurrection. And let’s stick with the plan. The evil one rejoices with our wavering doubt. Stick with the plan; we cannot fail Him this time. The season of The Resurrection is a time of renewal and change. It is no coincidence that nature is celebrating with

springtime. It reminds us that we are the gardeners and stewards of His Creation. Like a good Father, He taught us well during the time together; and departed, trusting in His children to honor His legacy.

In our little vineyard at Holy Trinity, we really have been trying to stick with the plan! Your faithful Stewardship has seen this community grow and flourish. You give so much of your time, talents and treasures that we are moving ahead with completing our church project, expanding our ministries and serving as Christ commanded us.

Our contributions have struggled a bit with the recent tough times, so we are aiming to increase our sponsorship of the church needs, this year and going forward. So far this year, pledging started a little slow, and we apologize for getting some pledge cards to you a little late. If you haven’t pledged yet, your church needs you now more than ever. Consider your blessings and the importance of having this community garden, our Church, that God entrusted us with, to keep for Him. Times of growth and increasing costs also require additional funds to fulfill our mission. We hope that you prayerfully feel it in your heart to be generous with your treasures, as you are with your time and talents. Thank you, good stewards, and Blessed Pascha! ❖

Faithfully yours,  
The Holy Trinity Stewardship Ministry

HOLY TRINITY GOC -- STEWARDSHIP TRENDS					
Year	# Pledges	Pledged Amt	Contributed Amount Pledged	Non-Pledged Contributions	Total Contributed
2019 *	287	\$ 398,400	\$ 410,460	\$ 32,143	\$ 442,603
2020	257	\$ 362,120	\$ 389,267	\$ 28,993	\$ 418,260
2021	269	\$ 387,990	\$ 386,193	\$ 24,750	\$ 410,943
2022YTD	173	\$ 268,465	@		
* contributed amount for 2019 includes \$25,000 in one-time donations					
@ pledges as of March 17, 2022					

# The Quiet Journey of the Heart

**“Enter eagerly into the treasure house that is within you, and so you will see the things that are of heaven.”**

**(St. Isaac the Syrian)**

There was once a young man who didn't have the foggiest notion of what he wanted to do with his life. One day he said to himself, "I know what. I'll enter a monastery." Finding one nearby, he knocked on the door, and the porter of the monastery soon answered. The young man said, "I'd like to enter the monastery." The porter said, "Well, you've come to the right place. Just come right in, and I'll take you down to the novitiate. I'm sure something can be arranged."

The young man settled into life at the monastery with relative ease. He found he liked all his fellow novices and pretty much all the monks he came across. It wasn't long before he felt certain he wanted to stay here for the rest of his days. So he went to the novice master and said, "I believe I'm ready to make my profession." [In other words, officially become a monk.]

In due course an appointment with the abbot was arranged, and the young man sat down to speak with the abbot about his vocation. The abbot asked him why he felt he was ready to make his profession. The young man said, "Well, I've come to like it here very much. Everyone is nice to me, and I like all the monks."

The abbot said, "Well, that is very encouraging to hear, and I'd have to say that we are very happy to have



you and we hope that you stay. But just the same, I think you should remain a novice for a while longer. It'll do you no harm."

The young man left in great distress. Did he say something wrong? Was he deluded about his vocation? Nonetheless, the young man obediently returned to his life as a novice. The abbot's gentle rebuff ended up teaching the young man a great deal about his own faults and failings and presumption. He began to grow in self-knowledge and applied himself with great dedication to the monastic life and he soon mastered it.

After more than a year the young man was convinced that now he would be

able to answer correctly any question the abbot might put to him and he could see, moreover, the abbot's wisdom in putting him off for a time. Again he went to the novice master and said, "I believe I'm ready to make my profession," and again he was brought to the abbot.

The abbot said, "I'm very happy to hear that you still want to make your profession and to live out your monastic life among us. But tell me, why do you feel you are ready to make your profession?"

The young man responded, "I'm convinced that this is what God is asking of me. I don't claim to understand it. I only know it is something I must do. I identify with it

very deeply and think it confirms the sense of interior call that I feel."

The abbot was obviously listening to him very intently and sincerely. He said to the young man, "What you say is very edifying indeed, and I feel even myself encouraged in the life just listening to you speak the way you do about your conviction of God's love for you and of his call. But I think you should go back to the novitiate until you are really ready."

The young man left the abbot's office completely shattered. He couldn't imagine what on earth the abbot could possibly have wanted to hear. He knew he belonged more in the monastery than half of those other wretched monks. But he returned to the novitiate. He had already completed his formal studies, so he took to helping in the garden, pruning vines and thinning carrots and also served in the infirmary.

He carried on with these jobs for what seemed like years. One day the abbot asked the novice master, "What about that man who was so intent on making his profession in our monastery. Is he no longer interested?"

"He doesn't mention it much any more," said the novice master. "Is he unhappy?" asked the abbot. "No, he seems content enough," responded the novice master. "He doesn't say much to anyone. He goes about his tasks in the garden; he consoles the old monks in the infirmary, and encourages the new ones in the novitiate." "Bring him to me," he said.

The man was brought to the abbot who began to question him: "I was wondering if you were still interested in making your profession. You don't seem as keen to do it as you once were when you were making such a thorough study of our tradition. Have you gone off the idea altogether?"

The man looked at the abbot. The lines beginning to show round the man's eyes reflected the fact that he'd been in the monastery a number of years now. But his face had the freshness and peace of those whose poverty had taught them they had nothing to defend. The man said to the abbot, "Jesus Christ is my monastery." The abbot sat up in his chair and leaned forward, stood up slowly, towered over him and said, "You have learned well. May I have your blessing?"

My dear Holy Trinity family, this story,



**Let us lay aside all the cares of this life.**

**The Divine Liturgy**

adapted from a wonderful book on spiritual life titled *Into the Silent Land* (Martin Laird) may at the surface be telling us about the life of a young man's journey into monastic life, but more importantly it is about another deeper journey for him and for us: the journey into the heart. Like the monk who entered the monastery thinking it was about living a life in a certain way and doing certain things, we have entered Lent and may be thinking that checking the boxes of church services, fasting and charitable works are the goals. As the monk learned, it was only when his monastic life was guided from the inside by his heart and not from the outside by a to-do list that he found what he was truly looking for: his deep and personal relationship with Jesus Christ. All the things leading up to that moment, guided by the wise abbot, were tools to get there, not the destination itself. And that was discovered only on the

quiet journey of his heart.

What does all this mean for us? As Orthodox Christians in the modern world, we have so much on our plates. So when the Church offers us all the "extras" of Lent, we might be tempted to think of them as a spiritual to-do list, or even a "too-much-to-do list." They are not. Like the wise abbot who offered the young man a way to get to where he needed to be, the experience of the Church is offering us the time, the space and especially the silence to discover what is already in us. It is leading us on the quiet journey of the heart. It is offering us dedicated ways to actually forget about the "to-do's" and discover what Saint Isaac said as the beginning is "the treasure house that is within you."

I beg you to not walk away from this message thinking I have said we don't need to embrace the services, fasting, charity and other tools of the Lenten journey. Quite the opposite. In fact, when the young man simply absorbed his monastic tasks and genuine relationships into life as who he "was" instead of what he "did," it changed him and everything around him. Likewise, the tools of Lent are there for us, too, to put aside "all the cares of this life" as the Divine Liturgy says, to regather the scattered attention of our mind from our constant distractions and be blessed by the silence. And in that silence our faith can descend from our mind (a faith we "do") into our heart (a faith we "are"). Then we will no longer need to go looking for Christ, for we will find Him there as the Divine Resident of our heart. And in Him we will find, as Saint Isaac says, "the things that are of heaven." May we all be so blessed. Amen. ❖

Delivered at Holy Trinity Church  
March 20, 2022

# WOUNDED BY LOVE

## Saint Porphyrios

“The Orthodox Bookshelf” is a new Holy Trinity Herald column by Rick Paese focusing on Orthodox Christian books for everyone. Many of the books highlighted will be available for purchase at the Three Hierarchs Bookstore in the Gallery.

### Introduction

Have you ever wondered what it would be like if an Orthodox saint walked among us in modern times, giving us guidance for the modern world? This is what *Wounded by Love* offers. It is about the life and teachings of Saint Porphyrios, a saint who lived during the 20th century. He was a monk, a priest, a hospital chaplain, and a confessor. He was given the gift of 'clear sight', he worked miracles, saw the divine in the littlest things, and lived a life of extreme obedience.

### The Life of Saint Porphyrios

St. Porphyrios was born into a poor family in Evia, Greece where he tended sheep and worked in local general stores. From an early age, he had a strong desire to imitate St. John the Hut Dweller. After hearing someone at the general store talking about Mount Athos, St. Porphyrios became determined to go there and become a monk. So, as a very young boy he left his family without a word and went to Mount Athos. Another monk found him during his journey, brought him to the monastery, and became his spiritual father. The book tells of all his activities while there. What stood out to me was his extreme unswerving obedience to his two elders, his zeal toward hard physical labor, his discipline in

focusing his mind on scripture and prayer, and how he saw God's hand in the smallest of things.

After many years on Mount Athos, he became ill and was forced to leave the monastery. He took on various other priestly roles where he greatly influenced the community around him. This included caring for people as a chaplain at a hospital in Athens for over 30 years and planning the construction of a monastery.

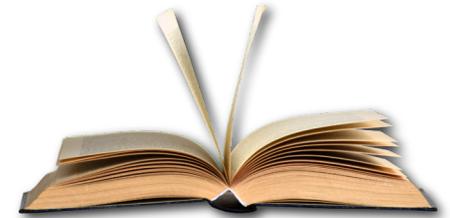
### His Teachings

Part Two of the book includes 13 chapters, each focusing on a different topic. Here is what most resonated with me from his teachings:

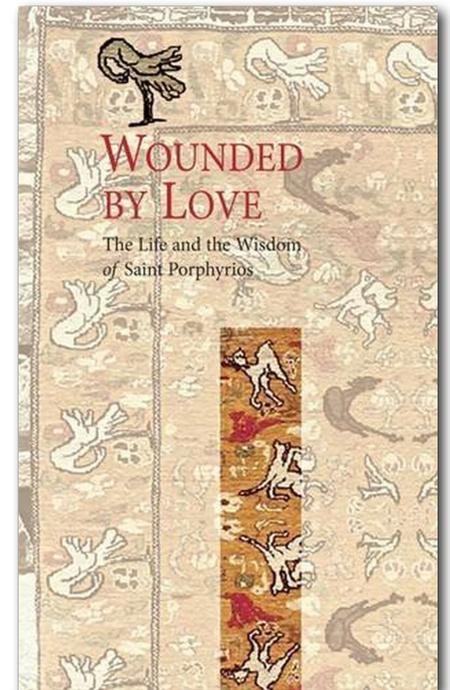
**Spiritual Struggle** - There is a hard way and an easy way to fight spiritual battles. With the hard way, we focus on our sin and battle evil directly. With the easy way, we focus on Christ's love, occupying ourselves with good activities and heavenly thoughts. The easy way is best. God has given us the ability to channel the power within our soul for good or evil. The good is like a garden, the evil is like weeds, and the power is like water. We can overcome evil by channeling the water to the garden. The flowers, trees, and plants will grow and the weeds will die from neglect.

**God's Creation** - All things are holy, so be attentive and take delight in all that surrounds you, even the little things. Nature is the secret gospel. It awakens us. It helps our spiritual life when we sense the harmony of nature.

**Repentance** - Do not focus on your sins after you have confessed. The recollection of sins is harmful. Being



excessively downcast or having despair is a snare set by Satan to make us lose our appetite for spiritual things. Be thankful for God's forgiveness and move on.



**Raising Children** - Parents are generally to blame for the bad behavior of their children. The best way to influence your children is not through excessive advice, reprimands, discipline, criticism, or strictness but through saintly living and prayer. Do not be overly protective or put too much pressure on them. You do not need to say much.

There are many more useful teachings and fascinating stories in this book. His teachings feel fresh and new, yet still align with our timeless faith. They offer us an anchor in the distraction-filled world that we live in today.” - Rick Paese ❖



March: The Festival is BACK for 2022, and so is the cooking! The complete list of dates is found on Page 16 of this issue. Please mark them down and be there. Your help is really needed...and you wouldn't want to miss out on the fellowship, the opportunity to serve your church...and the fun! Bring a friend! No experience necessary. We train on the job! See you there!

**2022 Festival Dates: September 1-4**





March 13: Students and staff of the Holy Trinity Church School Ministry participated in full force and full faith in the annual Sunday of Orthodoxy procession honoring the historic event of the restoration of the Holy Icons and the "Triumph of Orthodoxy" in 843.



**Synodikon of the 7th Ecumenical Council**

As the prophets beheld, as the apostles have taught, as the Church has received, as the teachers have declared, as the world has agreed, as grace has shown forth, as truth has been revealed, as falsehood has been dispelled, as wisdom has become manifest, as Christ awarded; Thus we declare; thus we affirm; thus we proclaim Christ our true God, and honor His saints in words, writings, thoughts, sacrifices, churches, and holy icons; On the one hand, worshiping and reverencing Christ as God and Lord, and on the other, honoring the saints as true servants of the same Lord of all, and offering them proper veneration. This is the faith of the apostles. This is the faith of the fathers. This is the faith of the Orthodox. This is the faith on which the world is established.



March 13: Dozens of clergy and hundreds of Orthodox Christian faithful celebrated the “Triumph of Orthodoxy” at the annual service and fellowship offered by the Orthodox Clergy Brotherhood of Greater Pittsburgh.

The presiding hierarch and guest homilist was His Eminence Metropolitan Gregory of the Carpatho-Russian Diocese in Johnstown, PA. This tradition has been part of Pan-Orthodox life in Pittsburgh for many years. The Brotherhood meets on a monthly basis and fosters fellowship, worship and ministry opportunities for the Orthodox parishes and clergy of the region.





March 21: Holy Trinity Church hosted a special event centered on the public release of a new movie about Saint Nektarios. "Man of God" premiered for what was billed as a one-night-only showing at many theaters around the country. Our parish purchased the entire collection of seats at the Cinemark Theater up the hill from the church, and then when that theater was sold out the management added a second screen, which we also fully purchased. 119 people in all attended the evening, including His Eminence Metropolitan Savas, who presided over a Paraklesis to Saint Nektarios prior to the movie and spoke about the Saint during dinner.

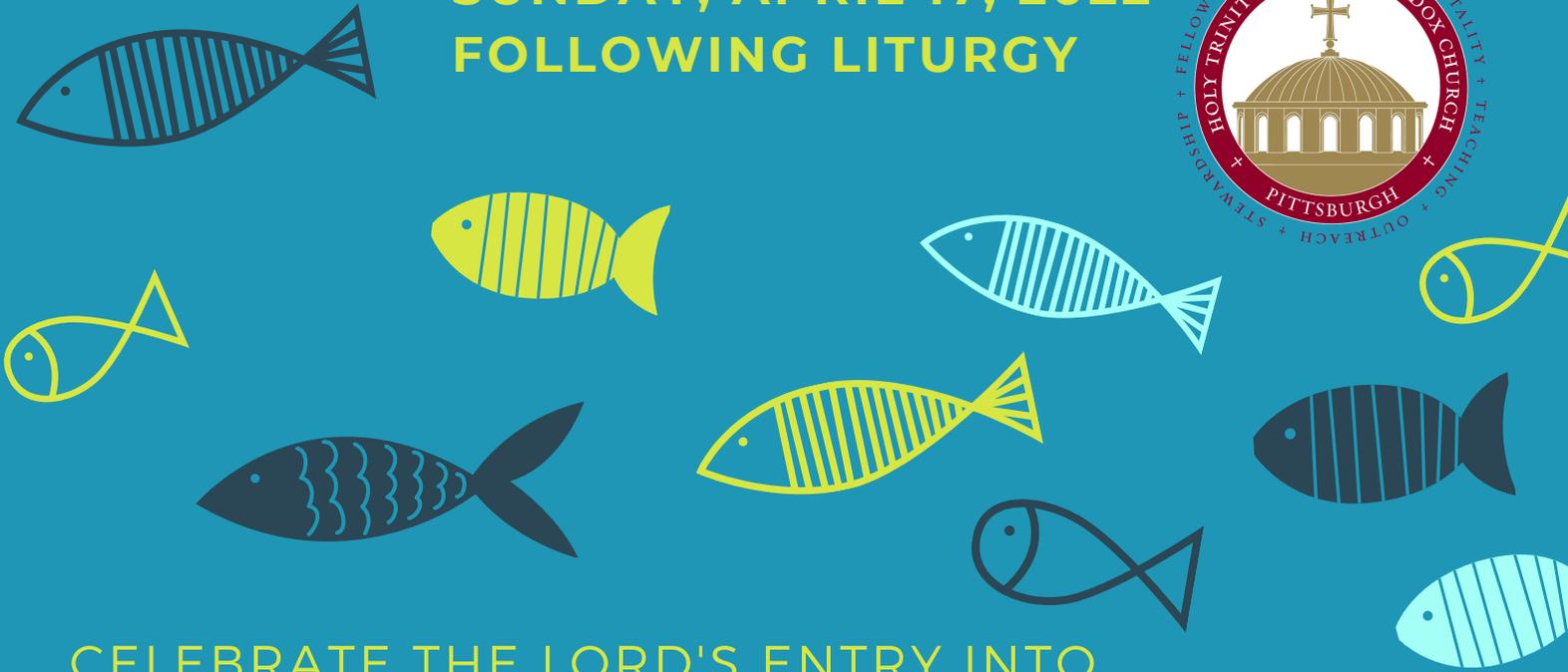




March 27: Holy Trinity Church held its annual Godparent-Godchild Sunday celebration on the Third Sunday of Lent. Prior to Holy Communion, prayers of recommitment to the faith were offered. A special procession for the Veneration of the Holy Cross was also conducted at the end of the Liturgy. Following the service, the Philoptochos hosted its annual Lenten Luncheon, with the proceeds going to benefit our beloved Holy Cross Greek Orthodox School of Theology, which celebrates one of its two feast days on that day.



**SUNDAY, APRIL 17, 2022  
FOLLOWING LITURGY**

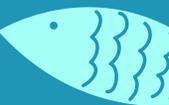


CELEBRATE THE LORD'S ENTRY INTO  
JERUSALEM WITH THE GOYA'S ANNUAL

# Community Palm Sunday Luncheon

- **HOMEMADE FISH MEAL**
- **ADVANCE RESERVATIONS ONLY**
- **ADULTS \$15 / CHILDREN 12 & UNDER \$8**
- **TO-GO PRE-ORDERS ALSO AVAILABLE**

**RESERVE AT [HOLYTRINITYPGH.ORG/EVENTS](https://www.holytrinitypgh.org/events)  
DEADLINE: TUESDAY, APRIL 12, 2022**



# THE 2022 HOLY TRINITY ANASTASI DINNER



**Saturday Evening  
April 23, 2022  
Following the 11:00pm  
Resurrection Divine Liturgy**

Hosted by the Holy  
Trinity Parish Council

Come and celebrate the  
glorious and life-bestowing  
Resurrection with your Holy  
Trinity family! Greek-style  
Roast lamb and more.

Free-will offerings accepted

**CHRIST IS RISEN!  
CHRISTOS ANESTI!**





THE FESTIVAL IS BACK...AND SO IS THE COOKING!  
YOUR CHURCH NEEDS YOUR HELP! JOIN IN!



MARK THESE DATES ON YOUR CALENDAR — TELL YOUR FRIENDS — EVERYONE IS WELCOME!

SPANAKOPITA	
DONE! THANK YOU!!	

BAKLAVA	
DONE! THANK YOU!!	

APRICOT ROLLS	
Tue., May 3	9am-9pm

GALAKTOBOUREKO	
Tue., May 10	9am-9pm

PASTITSIO	
Thu., May 19	9am-9pm
Fri., May 20	9am-9pm
Sat., May 21	11am-5pm

KOULOOURAKIA	
Tue., May 31	9am-9pm

KOURAMBIETHES	
Tue., June 7	9am-9pm

FINIKIA & PORTOKALOPITA	
Tue., June 14	9am-9pm

DIPLES	
Tue., June 21	9am-9pm

SOUZOUKAKIA	
Tue., June 28	9am-9pm

MOUSSAKA	
Thu., July 21	9am-9pm
Fri., July 22	9am-9pm
Sat., July 23	9am-5pm

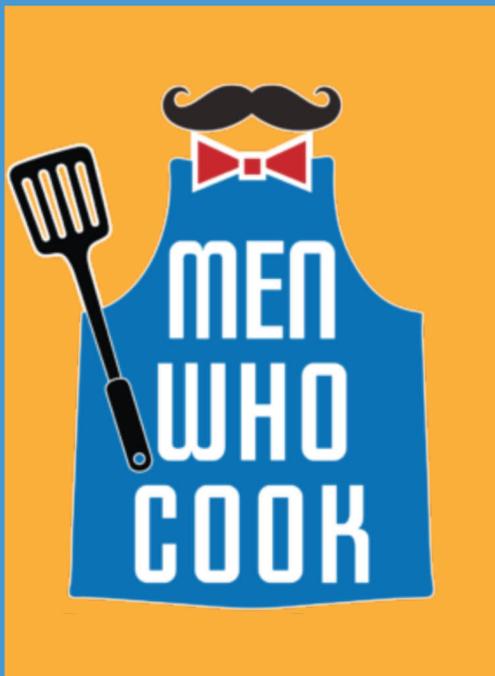
Our goal is to get at least 30 people each day so that we may finish on time!

Can YOU give at least a few hours of time for YOUR community's festival?  
 Look over the dates and times listed here. You'll see both evening and daytime hours, during the week and on the weekends. Everyone's help is needed!

No experience needed...we train on the job! Think of it as free cooking lessons. Questions? Contact Joyce Athanasiou (jcbathanasiou@aim.com or 412-292-4206) or Paula Valliant (paulavalliant@gmail.com or 412-445-4119).



SPREAD THE WORD! TELL YOUR FRIENDS! IT'S BACK AND IN PERSON!  
 THE 2022 "TASTE OF GREECE" - THURS.-SUN. SEPT. 1-4



# **Men Who Cook Returns**

**Sunday, May 22, 2022**

**5:00-8:00 pm The Grand Room  
at Holy Trinity Center**

**985 Providence Blvd, Pittsburgh  
Reservations: \$30 - Cash Bar**

**Join us for a repeat performance as Holy Trinity's most notable men compete for the coveted title of**

**HT'S TOP CHEF 2022!**

**Guests will visit food stations and be served samples of appetizers, entrees, sides & desserts.**

**Vote for your favorite chefs via tip jars in this friendly competition!**

**Entertainment by the Holy Trinity Jazz Band**

**Reserve and pay for your seats online today at  
[www.HolyTrinityPgh.org/events](http://www.HolyTrinityPgh.org/events)**

**Free \$1 tip to everyone who brings a non perishable food item to be donated to the Pittsburgh Neighborhood Resilience Project.**

**Questions? Contact Kathy Balouris or Karen Georgiadis, or email  
[social@HolyTrinityPgh.org](mailto:social@HolyTrinityPgh.org)**

**Proceeds to benefit the Holy Trinity Capital Campaign.**

# CHRIST'S VICTORY OVER DEATH

Jesus Christ has conquered death absolutely and totally. And in His ineffable goodness He freely grants us this very same victory for our eternal inheritance.

## Geronda, was death part of God's plan for mankind?

God could never have intended that man, the most wondrous of all His creatures, should die. God created man for life, not for death, and death entered human life as an impostor. It is true that our transgression opened the door by which death entered. But the Fathers say that it was the righteous judgment of God that allowed death into our life so that our malice and our passions would not become immortal in us. Death is the chastising power that enables us to come to our senses, to think correctly and search for the way of salvation, for the Way of life which is Christ Himself.

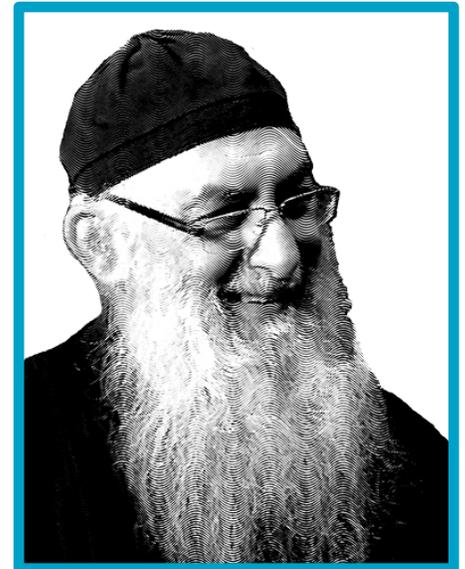
## How has death affected our human condition?

The law of death has entered man's life through his own unlawfulness, and human life no longer takes "naturally" to immortality. The desire for immortality remains, but the shadow of his mortality is none the less real. In his anguish, man devises ways of escaping the reality of death, and seeks refuge in the passions. But this only takes him deeper into sinfulness, and death only looms the larger.

Hence the tragic vicious cycle that characterises the human condition: in order to live in spite of death, man seeks pleasure in the passions in a deluded attempt to prolong and give purpose to this present life. Thus he becomes increasingly entangled in the unbearable threat and power of death. The more he sins, the more death prevails. As Scripture says, death is the greatest enemy of man. It is because of his fear of death that man is subject to the bondage of sin.

## How does the Jesus' death on the Cross change all that?

This new beginning was inaugurated and accomplished by Christ Himself. He received our human nature, not through human seed and its attendant pleasure, but in spiritual manner, of the Holy Spirit and the Virgin Mary. His conception and birth were therefore not mingled with corruption as defined by the law, and the Son of God—born of the Virgin—was not subject to mortality. As God, He was free from sin and so would not have died. However, of His free will, and in perfect obedience to His Father, Christ accepted our death in the flesh, never once having tasted of sin. As He Himself said, "Which of you



Archimandrite Zacharias of Essex

accuses me of sin?" He is indeed the blameless and spotless Lamb of God, Who taketh away the sin of the world.

Those who cleave to Christ in spirit are reborn spiritually of the Holy Spirit, neither "of the will of the flesh, nor of the will of man, but of God." They live according to the new law of Christ in Whom new life begins. And in dying voluntarily to themselves for the sake of the commandment of God, they will be born into the eternal life of His Resurrection. To be spiritually reborn, therefore, is to inherit Christ's victory over the devil — over sin and death.

## So even though death is still present, God still gives us victory over it?

Our death, too, is a victory over death. By God's grace, then, eternal death is an unjust end even for us sinners. We go down into the grave taking with us the pledge of Christ's Resurrection, and on the day of His Second Coming, at the sound of the Angel's trumpet, we shall rise from the grave with spiritual bodies and be lifted up in the clouds "to meet the Lord in the air: and so shall we ever be with the Lord." His victory is our inheritance. ❖

Excerpted from  
*Remember Thy First Love*

**THE HOLY TRINITY**  
**HERALD**  
*Faith. Family. Community*

**About the Herald**

The Herald is the Monthly Newsmagazine 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 ([pittsburgh.goarch.org](http://pittsburgh.goarch.org)) and the Greek Orthodox Archdiocese of America ([goarch.org](http://goarch.org)) under the Spiritual Jurisdiction of the Ecumenical Patriarchate of Constantinople.

**Parish Administration Clergy**

Rev. Fr. John Touloumes, Proistamenos  
 Rev. Fr. Radu Bordeianu, Assistant Priest

**2022 Parish Council**

George Dickos, President ([pcpresident@holytrinitypgh.org](mailto:pcpresident@holytrinitypgh.org))

Alvin Backeris	Evan Danis	Michael Passodelis
Anthony Balouris	Tom Germanos	Chris Sarandou
Ashley Bournias	George Mellis	Alexandra Valliant
George Danis	Dean Passodelis	Jeanne Willow

**Ministries**

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

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## ANTICIPATING THE RESURRECTION

**N**ow all things have been filled with light, both heaven and earth and those beneath the earth; so let all creation sing Christ's rising, by which it is established.

Saint John of Damascus  
The Resurrection Canon

