



THE HOLY TRINITY

HERALD

Faith. Family. Community

May 2022

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PHOTO OF THE MONTH



Holy Trinity children reverence the icon of the Crucified Lord and assist Father John wrapping it in a burial shroud at the Holy Friday afternoon "Taking Down from the Cross" Service.



Saints Constantine and Helen, Equals-to-the-Apostles

Feast Day: May 21. Icon by the Monastery of the Danilaioi, Mount Athos

THE NEWS MAGAZINE OF HOLY TRINITY GREEK ORTHODOX CHURCH, PITTSBURGH, PA



Father John Touloumes
Proistamenos

Jesus said to them, "The light is with you for a little longer. Walk while you have the light, lest the darkness overtake you."
John 12.35

My beloved Holy Trinity family,
Christ is Risen! Christos Anesti!

The icon at the top right is one of the most prominent icons in the dome of Holy Trinity Church: The Resurrection of Jesus Christ, portraying His three-day descent into Hades. Below to the right, but opposite it in the dome, is the icon of the Transfiguration of the Lord.

They are in some ways parallel images, and one interesting feature they share is the aura of light surrounding Jesus Christ at the center of the icon. It has a formal name: a Mandorla (Italian for almond, which describes its shape). It is found in these two icons for a specific reason. As explained by one Orthodox author:

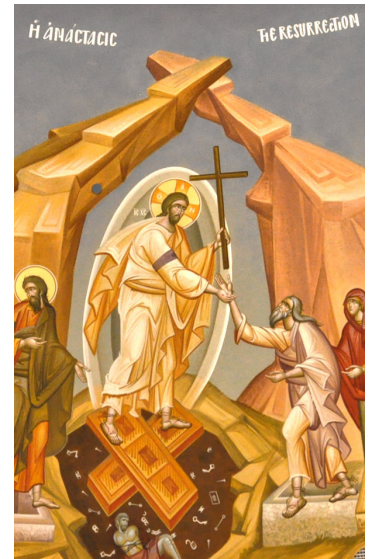
"The Mandorla is the uncreated, eternal light of Christ. It is the same light which filled the apostles with wonder when they witnessed His Transfiguration. It is the light that filled the once perpetual darkness of Hades when Christ descended and brought life into the realm of death."

Importantly, that light is not reserved for the two great feasts of the Transfiguration and Resurrection. It is the light which Christ Himself described as the power of the Kingdom of God, and it is the light that is seen when one approaches the Lord with a pure heart, mind and faith.

What a beautiful experience it was to see the church lit with the light of your Resurrection candles at Pascha this year, and each flame was a reflection of the light and faith in your hearts and minds as you let nothing stop you from celebrating and proclaiming the victory of our Lord, Who is the Light of the world. What a joy it was to proclaim and sing of that together!

As Jesus Himself reminds us, it is our calling to walk in that Light and to bring that light to the world around us through our lives, our deeds and our faith. Let us go forth and live Pascha every day, for His light is with us always!

With paternal and pastoral love in the Risen 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.

MAY

WORSHIP LIFE

Weekday Services - May

In addition to regular Sunday Orthros at 8:30am, and Divine Liturgy at 9:30am, the following weekday services will be offered this month at the same time unless otherwise indicated. Please see the online parish calendar at HolyTrinityPgh.org/calendar for updates. (Location code: HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Sat. May 21: Sts. Constantine and Helen, God-crowned Equals to the Apostles (SG)**

PHILOTOCHOS MINISTRY NEWS

Unbake Sale Thank You

The Ladies Philoptochos "Omonia" would like to thank our very generous parishioners for contributing to our UnBake Sale fundraiser. It was wonderful to see so many people contributing once again being that these last two years have been difficult to raise funds. We can't thank you enough for supporting Philoptochos, so that in turn we are able to help those in need. We receive so many thank you notes from people who are so appreciative of the help we offer to them. I think the Lord is proud of our community for the many ways we continue to do the Lord's work!

Pascha Bread Thank You

The Ladies Philoptochos "Omonia" would like to thank all the people who purchased our Pascha Bread. We had 100 loaves of bread and they were all sold on Palm Sunday! The breads looked beautiful and were delicious! Again, thank you for always supporting our Philoptochos, it means a great deal to us, to know you have faith in our wonderful ministry to see to it that we can help those in need! A special thank you to Kay Balouris, Yvonne Balouris & Chrysoula Balouris for donating the ingredients for the bread baking and for preparing the dough! You truly are special ladies and very generous with the contributions you always make to our ministry. May God bless you and keep you in His care always! Also, thank you to the following people who helped braid and bake the breads: Kay Balouris, Lynn Barker, Athena Bober, Carol Fiffas, Angeliki Scoumis, Marianne Stearns, Nicole Steiner, Vasillios (Vas) Scoumis, his son, Triantafyllios!

YOUTH MINISTRY NEWS

GOYA Meeting May 15

Holy Trinity GOYA will hold its monthly meeting on Sunday, May 15, in the Conference Room following Church School.

All teens are invited to attend.

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

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. Register at y2am.pittsburgh.goarch.org.

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 or see Amy in person.

Bereavement Support Ministry June 6

Join us for our upcoming bi-monthly group gathering on Monday evening, June 6th. There will be fellowship and light refreshments at 6:30pm, followed by the Group Support meeting from 7:00-8:00pm.

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 22 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. Questions? See Karen Georgiadis or Kathy Balouris, or send an email to 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. This is the original trip from 2020/2021 rescheduled, so those with existing reservations are already confirmed. For information, visit HolyTrinityPgh.org/pilgrimage. ❖



At last we arrived in Jerusalem," the woman said. "I spent the days before the festival in the town, living the [most unholy] life [you could imagine], perhaps even worse. I was not content with the youths I had seduced at sea and who had helped me to get to Jerusalem; [I also seduced] many others—citizens of the town and foreigners. At daybreak I saw that everyone was hurrying to the church, so I ran with the rest [to see what was happening]. In the church the Cross [of Jesus] was being shown to the people. But when I [set foot] on the doorstep which everyone [else] passed, I was stopped by some force which prevented my entering."

"Thinking that this had happened because of my weakness," she said, "I again began to work my way into the crowd, trying to elbow myself

forward. But in vain I struggled. Again my feet [touched] the doorstep over which others were entering the church without encountering any obstacle. I alone seemed to remain unaccepted by the church. It was as if there was a detachment of soldiers standing there to oppose my entrance. Once again I was excluded by the same mighty force."

"Having repeated my attempt three or four times, I went aside and stood in a corner of the porch. And only then with great difficulty it began to dawn on me, and I began to understand the reason why I was prevented from being admitted to see the life-giving Cross. The word of salvation gently touched the eyes of my heart and revealed to me that it was my unclean life which barred the entrance to me. I began to weep and lament and beat

my breast, and to sigh from the depths of my heart."

Mary, the woman telling the story and whose memory we celebrate today, had been careening through life with little thought or care for eternity and had **finally hit her wall**. It was not a physical wall, because everyone else was easily entering to venerate the Holy Cross and honor the Lord's life-giving sacrifice on it for us. She was stopped by a spiritual wall of sin resulting from her lecherous life, and that wall formed a prison around her. She was not free to follow Christ because she was enslaved to her own passions. It was a wall that had to be torn down before she could find true love, peace and salvation in Jesus, her Savior and ours.

Walls are indeed powerful barriers. During our travels on sabbatical last

year, Presvytera Becky and I visited many impressive walls. On the island of Kefalonia we visited the 16th century Assos Castle. Built with solid stone blocks by the Venetians a mile-and-a-half up a rocky mountain overlooking the Ionian Sea, it is claimed to be the longest wall in all of Greece at over 2 kilometers. It was one of the most impregnable fortresses in the Ionian region. We likewise encountered walls and fortresses in Lefkada, Kerkyra, Meteora, Thessaloniki and more.

Thinking of Mary's experience from the opening story, **maybe today is a good day to ask, what walls are there in my life?** Am I the one who built them? Are they protecting me or harming me? Are they hindering my life? And are they keeping me from the relationships I need, especially from the fullness of my relationship with my Lord, Jesus Christ? **Am I free...or are my walls my prison?**

The walls we visited in Greece were made of stone. Mary's wall was an invisible hand of God. **There are many other things we might be using to build the walls of our life. Sometimes they are walls between us and our spouse, our family, our friends and others close to us. Do these exist in your life?**

- **Walls of judgment:** When we think ourselves above others, we build a wall of pride between us. But Jesus Himself warns us that the very wall of judgment may instead keep us from Him: "Judge not, and you will not be judged; condemn not, and you will not be condemned" (Luke 6.37).
- **Walls of anger:** This is a one of the strongest materials we can use, and one of the hardest to tear down, but we must. As Ephesians 4.31-32 counsels us, "Let all bitterness and wrath and anger and clamor and slander be

put away from you, along with all malice. Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you."

- **Walls of hate:** When anger stews untended long enough, it becomes stone-cold hate, and all the way back to Leviticus in the Old Testament we are warned against it: "You shall not hate your brother in your heart, but you shall reason frankly with your neighbor, lest you incur sin because of him" (Lev. 19.17)

Other times we build walls that we fool ourselves into thinking are helping or protecting us but are actually harming us and those around us.

- **Walls of fear:** Instead of facing the things we fear in life with the Lord's help, sometimes we just call them off. But the Lord says through His Apostle Paul's letter to Timothy, "God gave us a spirit not of fear but of power and love and self-control" (2 Tim. 1.7)
- **Walls of pain:** These are the ones we fortify as life continues to beat us down and we think by going deeper into the castle of our self and the layers of emotional stone will protect us. Saint Paul faced his pain a different way as he said, "I consider that the sufferings of this present time are not worth comparing with the glory that is to be revealed to us" (Rom. 8.18)
- **Walls of doubt:** When it is the Lord calling us, why do we doubt? Proverbs 3 encourages us "Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."
- **Walls of sin:** Finally, the one that plagued and prevented Saint

Mary of Egypt in the story today is often the one that we sometimes don't even think of as a wall, but surrounding us on all four sides it has become the house in which we live. This is not a personal judgment of anyone, but a reality professed by Saint John the Evangelist: "If we say we have no sin, we deceive ourselves, and the truth is not in us" (1 Jn. 1.8).

What happened to Saint Mary's wall of sin? By God's grace, a true change of life and with sincere turn of heart, it came tumbling down, and today she remains one of the greatest examples of repentance in the life of the Church.

What's going to happen with the walls of our life? That's up to us. In our relationships with others, sledgehammers help – not to be used against others or to beat ourselves up, but to go after the wall one stone at a time. But in our relationship with the Lord, we need a wrecking ball to go after them. It's called confession. And it tears down not only walls in this life, but the walls between us and eternal life in the Kingdom of God. As the confession prayer of forgiveness concludes, "Whatever you have confessed...may God forgive you in this age and in the age to come."

On June 12, 1987, President Ronald Reagan stood at the Brandenburg Gate on the outside of the Soviet Union looking in and shouted to the Soviet leader, "Mr. Gorbachev, tear down this wall!" and millions were freed. Today Saint Mary stands in Paradise looking out and calls us to finally face all that keeps us from the life Jesus Christ has in store for us. Today she cries out, to us, **"Dear brothers and sisters, by the grace of God I did it. You can do it too! Be free! Tear down your walls, and enter into the joy of your Lord."** Amen. ❖

Stewardship 2022 Roster

Rev. Fr. John & Pres. Becky
Touloumes
Rev. Fr. Radu & Pres. Loredana
Bordeianu
Rev. Fr. George & Pres. Evangelia
Daskalakis

Mr. & Mrs. Mark Adamczyk
Ms. Gabrielle Alberty
Mr. & Mrs. Justin Ambrose
Mr & Mrs Victor Amurgis
Ms. Georgiana Anargyros
Mrs Beatrice Andromalos
Mr Michael Andromalos-Dale
Victoria Andromalos-Dale &
Frank Blakemore
Mr. and Mrs. H. William Areheart
Mr & Mrs Mark Armanious
Mrs. Tessie C. Athens
Ms. Andrea R. Athens
Mrs. Desi Anthou Austin
Mr & Mrs Alvin Backeris
Dr & Mrs Christ A. Balouris
Mr & Mrs James T. Balouris
Mr. Nicholas Balouris
Mrs. Katherine Balouris
Ms. Penny T. Balouris
Mr. & Mrs. Lynn Barker
Mr. & Mrs. Joseph Barron
Mrs. Anne-Marie Battaglia
Mrs Georgia Beckas Miller
Mrs Olga Beckas
Victoria and Maurice Bedel
Ms. Constance Bistolas-Walters
Mrs. Athena Bober
Ms. Pamela M. Bolkovac
Dr. & Mrs. Christopher Bonfield
Dr & Mrs Reggie Bonfield
Mr. & Mrs. Michael Bounos
Dr. & Mrs. Alexander Bournias
Mr. & Mrs. Michael Bournias
Mrs Sophia Bridoux
Clifford Brubaker & Sondra Balouris

Mr & Mrs James Buldas
Mr. & Mrs. Jonathan Caromano
Mr. Peter J. Castellano
Mr & Mrs Charles Chapas
Mr & Mrs James Chapas
Mr Thomas Chapas
Mr & Mrs William Chapas
Mr. John Clayton
Ms. Sherry Clayton
Mrs. Elenie Cocheres
Mr. & Mrs. Steven E. Cole
Amanda and Ryan Copeland
Ms. Cynthia Morris Criss
Ms. Chelsea Cross
Mr & Mrs George Danis
Mr. & Mrs. Evan Danis
Mr. & Mrs. Peter Dedousis
Mrs. Helen DeMoss
Mr. & Mrs. George Dickos
Mrs. Christine Dickos
Mr. & Mrs. Nikolas Doris
Mr. & Mrs. Jeff Durosco
Mr & Mrs Frank Erdeljac
Dennis Bossick & Penny Fakles-
Bossick
Mr. & Mrs. Christian Farmakis
Mr. and Mrs. Matthew Ferrari
Mr & Mrs William Fiedler
Mrs. Carol Fiffas
Mr. & Mrs. Brian Fitzpatrick
Mr & Mrs Andreas Fournaridis
Mr. Andrew Fournaridis &
Ms. Anna Mamo
Mr. & Mrs. John Franciscus
Mrs Tessie Frankos
Miss Diana Fries
Mr. John Fries
Mrs Constance Fries
Mr. & Mrs. Josh Skrba
Mr & Mrs Markos Gambieris
Mrs. Joan Gatsiopoulos
Mr & Mrs Thomas Geanopulos
Mr. & Mrs. George Geanopulos

Mrs. Fabiola Georgallis
Dr. and Mrs. Mark Georgiadis
Mr & Mrs Gus Georgiadis
Mr & Mrs Steven Georgiadis
Mr & Mrs Peter Giannoutsos
Mr. & Mrs. Jason Gidas
Mr & Mrs Gary Glew
Mr & Mrs Peter Glyptis
Mrs Eugenia Graser
Mrs Voula Hareras
Ms Pennie Hareras
Mrs. Faye Henigin
Mr. & Mrs. George Hulse
Mr. & Mrs. Carlo Iasella
Dr. Kristina Johnson
Mr & Mrs James Johnson
Mr & Mrs Nick Kakavis
Mr. Gus Kalaris
Mr. & Mrs. Evangelo Kaparakos
Dr. & Mrs. Gregory Karabin
Mrs. Irene Karavolos
Ms. Melissa Karidis
Mr. & Mrs. George Karpakis
Dr & Mrs James Kermes
Mr & Mrs Gus Kilantonis
Mr & Mrs Lazarus Kirifides
Mr. Jonathan Kohan
Mr. and Mrs. James Kolovos
Mr. & Mrs. Doug Lupnacca
Mr. & Mrs. John Komninos
Mrs Penelope Komninos
Mr Louis J. Kort
Mrs. Fanny Kostos
Dr & Mrs Dimitris Kraniou
Dean and Helena Kraniou
Mr. & Mrs. Jonathan Kratsas
Mr. & Mrs. Marios Kritiotis
Mr & Mrs Michael Kritiotis
Mr. & Mrs. James Kukunas
Mr. Stephen Kukunas
Mrs Irene Kukunas
Mrs Despina Ladakos
Mr. James L. Lakes

Thank you to the following faithful stewards who have submitted their pledge cards for the 2022 pledge year. Please join them in their support for the ministries of Holy Trinity and complete your "One Holy Trinity" 2022 pledge commitment today!

Mr. & Mrs. Philip LeDuc
Mr. & Mrs. Michael Leist
Dr. Nektarios & Dr. Jill Leontiadis
Mrs. Antonia Lesser
Mr. & Mrs. Anthony Loomis
Mr. & Mrs. Chris Loomis
Mr & Mrs Louis T. Loomis
Mr & Mrs Nicholas Loomis
Scott and Cassandra Lynch
Ms. Margo Machuga
Mr. Curtis B. Magnuson
Mr & Mrs Gregory Manis
Mrs Maria Mason
Mr & Mrs John McCann
Marc McMullen and Alexandra Valliant
Mr. & Mrs. George Mellis
Mrs. Milita Mellis
Mr & Mrs Jeff Mercadante
Mrs. Mary Mermigas
Mrs. Arlene Metropulos
Christine Metropulos and Dave Steiner
Mr & Mrs Meno Mitaras
Mr. & Mrs. Eric Mitchell
Mr. Gregory Morris
Mr Stanley Morris
Mr. Thomas Mourtacos
Mr & Mrs Mark Opacic
Gen. & Mrs. William Pagonis

Mr. Michael Pagonis
Mr & Mrs William Pagonis
Mr & Mrs Matthew Palamara
Mrs. Veroniki Panagiotou
Mr & Mrs Robert Panagulias
Mr. & Mrs. George Pandelios
Mr Michael Panos
Mr George Pantelakis
Mr. & Mrs. Danny Papakalos
Ms. Loukia Papatheodorou
Ms. Eleni Pappas
Mr. Anthony Pappis
Mr. Michael Pappis
Mr & Mrs Orestes Paras
Mr Eleftherios Parikakis
Mr & Mrs Michael Passodelis
Mr & Mrs George Pastor
Gregory & Kelly Karavolos-Pefferman
Mr. & Mrs. Charles W. Petredis
Mr. Christian Petredis
Mr. & Mrs. John S. Petropoulos
Mr. & Mrs. Joseph P. Phaturos
Mr & Mrs Stephen Pickios
Katina and Salvatore Re
Kevin and Andrea Rohm
Mr & Mrs Stephen Roman
Mr. & Mrs. Nicholas Sarandou
Dr & Mrs Dean Scoumis

Mr. Vasilios Scoumis
Mr. & Mrs. Stephen E. Sedor and Valya
Presvytera Eileen Sedor
Jamie and Lorne Seifert
Mr & Mrs Emmanuel Sideris
Mrs. Anita Sinicrope-Maier
Brett & Stephanie Spagnola
Ms. Theone Stateson
Mr & Mrs Robert Stearns
Mr. & Mrs. Craig Steiner
Dr & Mrs Samuel Stepanow
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Mr & Mrs Nicholas Terezis
Mr. & Mrs. James Thomas III
Mr & Mrs Michael Tzanakakis
Mr & Mrs Gerri Valliant
Mrs Joanne Ladakos Watson
Mrs Elaine Weaver
Miss Mary-Magdalene Welsh
Mr & Mrs Eric White
Mr & Mrs Daniel Willow
Mr. & Mrs. Michael Zagnacky
Mr. & Mrs. George Zappas
Dr & Mrs Antonios Zikos
Mr & Mrs Anthony Zissis
Ms Anna Zissis
Mr & Mrs Louis Zozos
TO GOD BE THE GLORY! ❖

WHAT IS STEWARDSHIP?

Orthodox Christian Stewardship is a **way of life**, which acknowledges **accountability, reverence, and responsibility** before God. A primary goal of Stewardship is to **promote spiritual growth and strengthen faith**. Becoming a Steward begins when we **believe in God**, to whom we **give our love, loyalty and trust** and act on those beliefs. As Stewards, we affirm that **every aspect of our lives comes as a gift from Him**. Stewardship calls on the faithful to cheerfully **offer back to God a portion of the gifts** with which they have been blessed.

(stewardship.goarch.org)

A SONG IN THE FURNACE

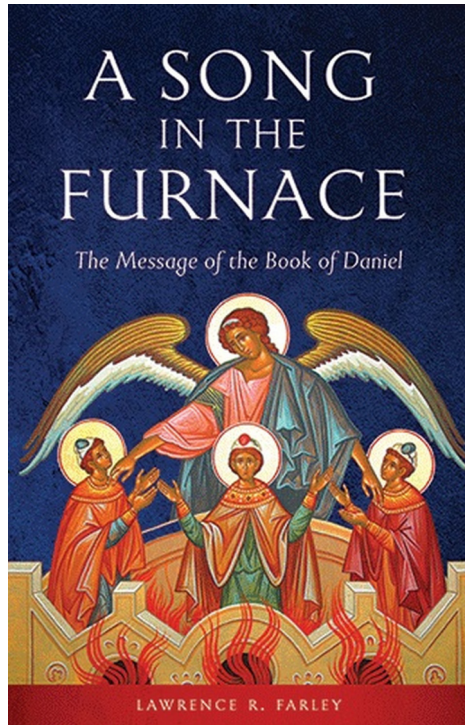
The Book of Daniel

"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.

Following the news makes it seem like we are on a fast track towards darkness. It gives us a constant reminder of the depravity of those in power and how we Christians are often expected to compromise our beliefs. We are demanded to conform to modern cultural norms and worship the idols set up by our secular leaders and those around us. The only proper response is to resist this and stand up for what is right, even in the face of persecutions. This takes vigilance and bravery. Read the Book of Daniel and read "A Song in the Furnace" by Father Lawrence Farley and you will understand this more deeply and be encouraged.

Heart Pounding Stories

As you know, the story of Daniel is about Daniel and his three friends who are taken into Babylonian captivity and become part of the higher echelons of Babylonian society. Daniel interprets several dreams for the kings, reminding them all that their earthly kingdoms are fragile and temporary, and the Lord of the Israelites will eventually come and establish His everlasting heavenly kingdom. Daniel and his friends are repeatedly asked to compromise their

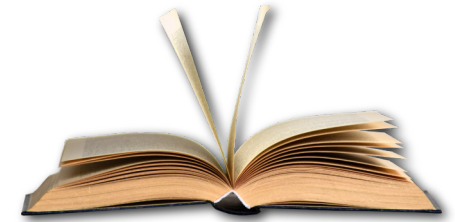


faith in this pagan society, but they resist and are heavily persecuted. In the end, God protects and delivers them.

The Lessons

Here are some lessons from Fr. Lawrence:

God is the Main Character - Fr. Lawrence tells us that neither Daniel nor his friends are the main characters of the book. God is. The story is not about any one man's heroism or wisdom. It is about the gracious wisdom of God and how nothing happens outside of His will. He is a God who acts and he acts not only in His land but also in foreign lands. As Fr. Lawrence puts it, "It is



the central contention of the book of Daniel that the pagan rulers do not actually rule the world as they imagine, but the God of Israel accomplishes His purposes through them, and they are merely His instruments." This is why we can be calm in the tumultuous world, even when persecuted and threatened.

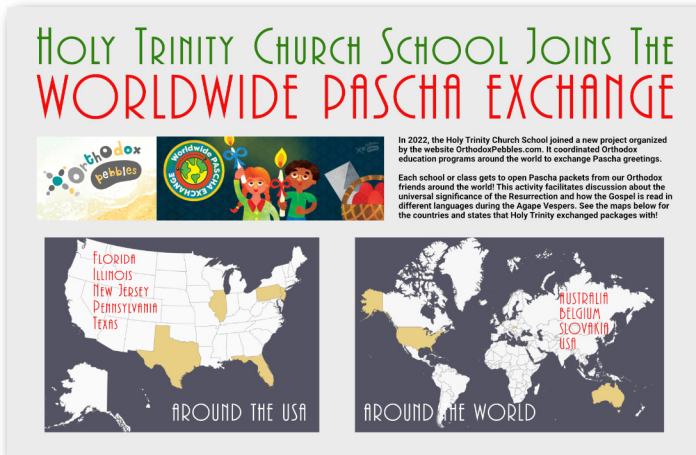
Paganism Deserves Our Ridicule

We should ridicule the paganism around us. The Book of Daniel is full of satire towards the Babylonian kings. The author of Daniel mocks the absurdity of the king's way of life. We need a similar satirical and defiant attitude towards the current secularism of our time.

Remain Diligent - Daniel is an apocalyptic book. Fr. Lawrence says that the main message for apocalyptic books like Daniel is not predicting the exact time of the end of the world. The main message here is "to be wise enough to resist secularism and prepare yourselves for the final judgment." The Babylonian kings eventually acknowledge God as Lord. God delivered Daniel and his friends. He will deliver us also.

The defiance of Daniel's three friends sums up the book of Daniel and "A Song in the Furnace" well: "If He wills, our God whom we serve is able to deliver us from the burning fiery furnace. But if He does not, let all men everywhere know that we will not serve other gods." ❖

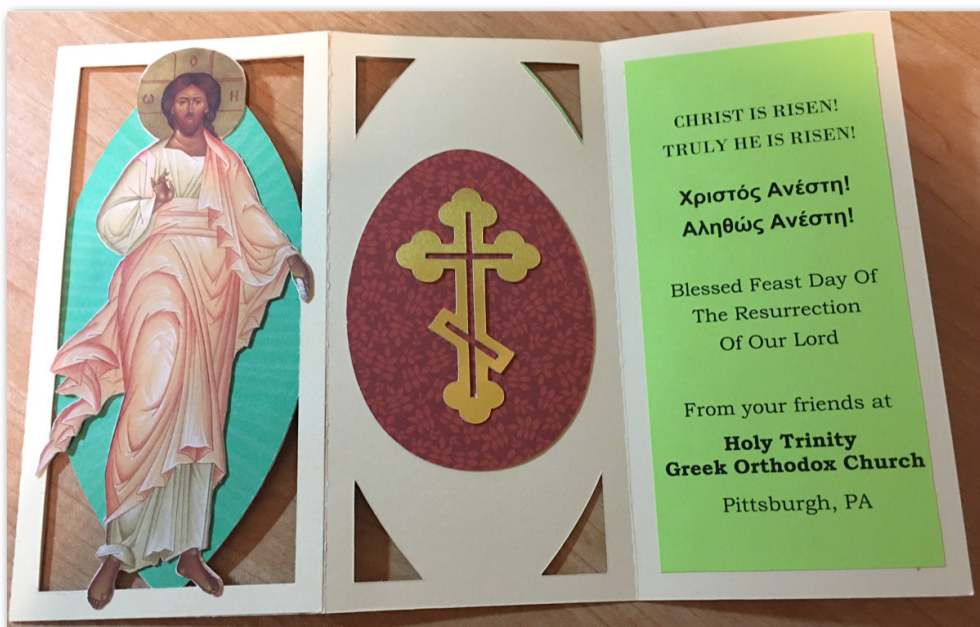
Rick Paese



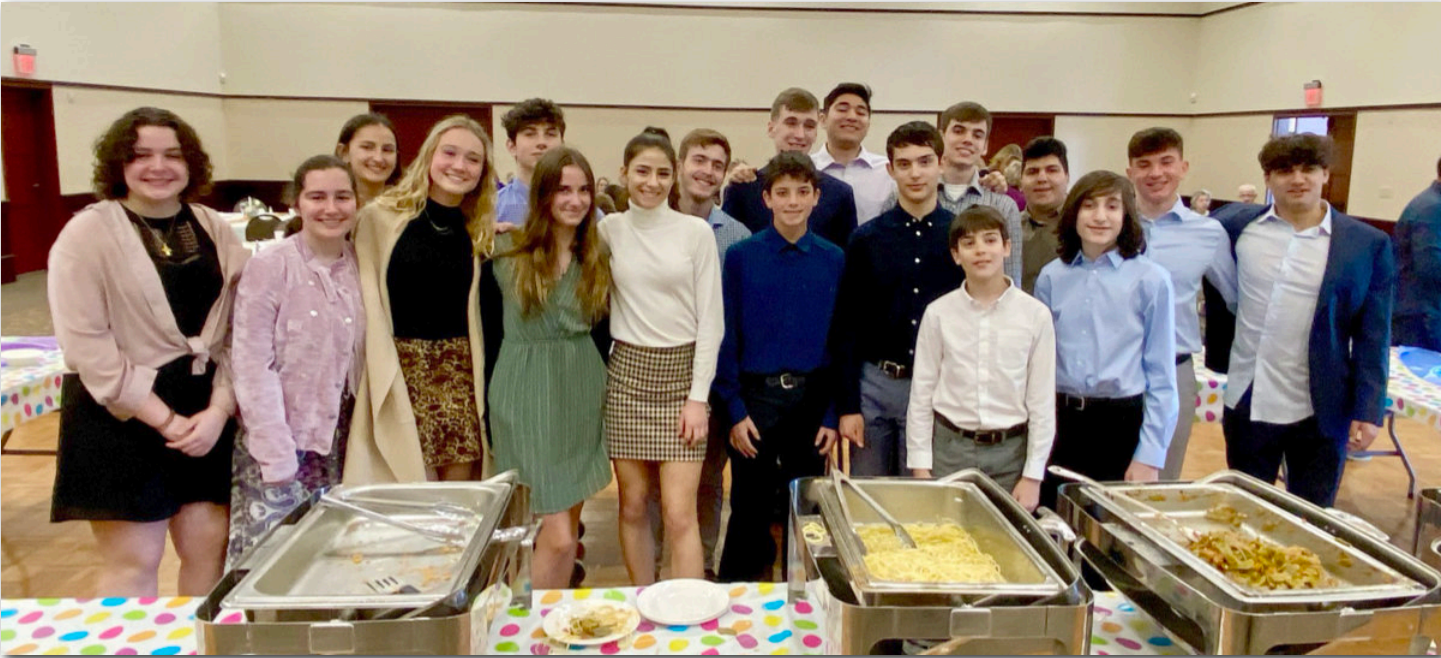
For Lent 2022, our Church School students participated in a new project: The Worldwide Pascha Exchange. Hosted by OrthodoxPebbles.com, an Orthodox Christian education site, Holy Trinity children exchanged Pascha greetings with students around the world, including 5 states in the U.S. and 3 other countries: Australia, Belgium and Slovakia. It was a great way to spread the universal Good News of the Resurrection of our Savior!



April 16: The Holy Trinity Agape Fund, true to its name and mission, sponsored a bag lunches outreach, delivered to the Neighborhood Resilience Project on April 16. This on-going project, originally founded by the Orthodox Clergy Brotherhood of Greater Pittsburgh, is supported by the Orthodox parishes of the region and feeds 140 hungry souls on a weekly basis. Thank you to our Holy Trinity Outreach Coordinator, Mike Kritiotis, and to all who came to help prepare and deliver this mission of love. Interested in donating and preparing a lunch with your family, ministry or group of friends? Contact Mike at outreach@HolyTrinityPgh.org.



The Visitation Ministry once again sent out beautiful cards and flowers to all the home-bound and those in facilities to brighten their Pascha with color, love and prayers.











FOREVER GRATEFUL

JIM KOLOVOS

Jim is a Holy Trinity parishioner who most people recognize by his tall stature and his always-present smile. Jim was placed in the ICU with COVID in February, 2021, and eventually worsened to the point where he was confined to bed and sustained by life-support equipment for months. More importantly, he was emotionally and spiritually sustained by the love and prayers of his family, friends and fellow believers. Despite the “odds” and predictions, he is fighting his way back to health by sheer will and the grace of God. This story appeared recently on KDKA News. Jim has asked the update be passed on to the Holy Trinity community along with his and the family’s deepest thanks for the support.



Jim, Lauren, Elena & Demetri prior to his battle with COVID.

Jim Kolovos filled his day with work, his hockey team, and his family until everything changed.

“I contracted COVID towards the end of February 2021, and I was admitted to hospital on March 2,” said Kolovos, a Mars resident.

Just a few weeks shy of his first vaccine, he ended up at UPMC Presbyterian on a machine to keep his heart and lungs pumping.

“It was truly terrible,” he said. “Your oxygen level would be 100 percent, but I felt like it was 20 percent. All the shortness of breath, it was really, really tough.”

After six months in the hospital with no improvement, he boarded a plane for Chicago. Dr. Ankit Bharat, a transplant surgeon at Northwestern Memorial Hospital, believed he could save the father of two.

“It really emphasizes that sometimes you just have to try,” Bharat said. “And without trying, you don’t know whether the patient is going to have a good outcome or not.”

When other doctors wanted to withdraw care, Bharat scrubbed in for a double lung transplant.

“He was extremely motivated,” the doctor said. “He had a very supportive family that was there with him, and that I think played a very big part in this outcome.”

Kolovos survived the surgery, beating all the odds.

Robert H. Lurie Medical Research Center
April 18 11:06 AM



“When I was able to take clear breaths with my new lungs with no ventilator on, oh, my goodness, it was just amazing,” Kolovos said.

Kolovos started rehab in Chicago, graduating from standing up to riding the bike to walking with two helpers.

“I made a commitment early on,” he said. “I knew this was going to be a long road, but I was willing to fight very hard. I did not want to see my kids grow up without a dad and be sad and go through that.”

Now, he is walking on his own, forever grateful to the doctors who believed in him, his kids and his wife, Lauren.

“I’m going to be in Chicago until the latter part of summer, maybe fall,” Jim said. “So, I’m looking forward to that special moment when I get to get back home.”

KDKA’s Meghan Schiller asked him what he is craving from Pittsburgh.

“You’re always craving a Primanti’s sandwich. So, I’m sure that will be pretty quick for me to go to Primanti’s. And I just can’t wait to be back in my own house with my family and to enjoy how things used to be.”

Jim hopes to be settled in his home before the first Steelers game hits the TV this fall. ❖ © 2022 KDKA News



Right it is indeed,
life-bestowing
Lord, to magnify
You, for upon the
cross were Your
hands outstretched
and the strength of
our dread foe You
have destroyed.

Holy Friday Engomia



2022 Lenten and Paschal Flowers

Thank you to the many parishioners and friends
who offered donations for Lent and Holy Week.
May those who have given and those whom they
have honored be blessed always!

Salutations to the Theotokos Icon

John & Anna Balouris for the health of family & friends
Efthalia & Lynn Barker in memory of the Kalogeras and Geanous families
Matt & Nancy Palamara for the health of the Anh and Palamara families
Jon & Judy Stipanovich in memory of George, Stella, and Greg Stipanovich
Antonios & Susan Zikos in memory of the Zikos and Lutkevich families

Lent, Holy Week and Resurrection Services

Annunciation Icon Flowers William J. Pagonis, in memory of James & Mary Pagonis
Processional Flowers for the Veneration of the Holy Cross Reggie & Marianne Bonfield, for the health of family & friends
Saturday of Lazarus Icon Flowers Vaia Kolovos-Lupnacca, for the health of family & friends
Palm Sunday Icon Flowers Antonios & Susan Zikos, in memory of the Zikos & Lutkevich families
Palm branches for Palm Sunday Andreas & Valori Fournaridis, for the health of family & friends
Palm branches for Palm Sunday Mary Mermigas, for the health and well-being of herself & her family
Christ the Bridegroom (Nymphios) Icon Flowers Irene Karavolos, in memory of Steve & Kelly Karavolos
Burial Shroud Sheet for Epitaphion Arlene Metropulos, in memory of her husband Dean Metropulos
Holy Friday Rosewater Chris T. Balouris & Family in memory of his father Themistocles C. Balouris
Holy Friday Icon Flowers Irene Karavolos, in memory of Charles Siebott
Myrrh Bearing Women Icon Flowers Art & Christina Avlon, in memory of Stella Kalaris

Epitaphion Flowers

Holy Trinity Offering Envelopes, plus...

A faithful parishioner for the health of her children & grandchildren
John & Anna Balouris for the health of family & friends
Pamela Bolkovac in memory of her parents Nick & Mary Bolkovac
Sherry Clayton for the health of family & friends
Helen DeMoss in memory of John DeMoss
Helen DeMoss for the health of the DeMoss family and Tim & Nicole Gross & family
The Duroske Family in memory of James & Elli Stephanou
Frank & Katina Erdeljac in memory of Mike & Theologia Alexiades and Mary Alexiades
Bill & Tina Fiedler for the health of their family & friends
Bill & Tina Fiedler in memory of their loved ones
John & Georgia Franciscus in memory of George & Betty Beckas
Diana Fries in memory of Olga Regakis
Diana Fries in memory of Marian Pantelas
Diana Fries in memory of Mary & Peter Panos
Eugenia Graser for Peace in the World
Pennie Hareras for the health of her family & friends
Gus Kalaris in memory of his wife Stella Kalaris
Dr. James & Mrs. Bettina Kermes in memory of family & friends

Vaso & Elenie Kourouklis for their health
 Meno & Jean Mitaras and family in memory of the deceased members of the Mitaras & Condos families
 George Pantelakis in memory of his wife, Rhea Pantelakis
 James Sicalias in memory of his mother Bessie Cocheres Sicalias
 Joanna Sideris in memory of Olga Litsakis & Sophie Sideris
 Joanne Ladakos Watson for the health of family & friends
 Anthony & Aspasia Zissis in memory of their siblings, Kiki, Tasoula, Fofo, John and George

Pascha & Paschal Season Flowers & Items

Decoration of the Epitaphion Joyce Athanasiou, Holy Trinity Philoptochos, Women and Youth of the parish
 Bay Leaves for Holy Saturday Connie Fries, for the health of family & friends
 Bay Leaves for Holy Saturday Mary Mermigas, for the health and well-being of herself and her family
 Bay Leaves for Holy Saturday Salvatore & Katina Re, for the health of their families
 Rose Petals for Holy Saturday Mary Mermigas, for the health and well-being of herself and her family
 Resurrection Icon Flowers James & Judith Mermigas, in memory of Theodore and Kay Mermigas
 Resurrection Banner Ribbons The family of Chrissie Georgiadis in her memory
 Dying and Preparation of Red Resurrection Eggs Holy Trinity Philoptochos
 Priest's Resurrection Candle Athena, Munish, Nicholas & Chrysanthi Grover, in memory of Anthony & Helen Balouris
 Priest's Resurrection Candle A faithful parishioner, for the health of her children & grandchildren
 Pentecost Icon Flowers Mary-Magdalene Welsh, in memory of her mother Julia Welsh

Paschal Lillies

A faithful parishioner for the health of family & friends
 Lynda Areheart for the health of and in honor of her Godmother, Mary-Magdalene Welsh
 Amy & Mark Armanious for the health of the Armanious & Balash families
 John & Anna Balouris in memory of Paul & Sandy Balouris
 John & Anna Balouris in memory of John & Helen Balouris
 Efthalia & Lynn Barker in memory of the Kalogeras & Geanous families (2 plants)
 Anne-Marie Battaglia in memory of Maria Andrews
 Anne-Marie Battaglia for the health of Adrianna & her family
 Pamela Bolkovac in memory of her parents Nick & Mary Bolkovac (3 plants)
 Reggie & Marianne Bonfield in memory of John & Mary Bonfield
 Reggie & Marianne Bonfield in memory of John & Helen Chapas
 Reggie & Marianne Bonfield for the health of family & friends
 The Bonfield & Chapas Families in memory of Frank & Anne Chapas (2 plants)
 Sherry Clayton for the health of family & friends
 George & Sophia Danis in memory of Demetrios & Shea Danis
 George & Sophia Danis in memory of George & Vasiliki Gatsiopoulos
 George & Sophia Danis in memory of John & Sophia Regas
 Mrs. Helen DeMoss in memory of John DeMoss, Steve Pefanis & Anthoula Pefanis
 Mrs. Helen DeMoss for the health of the Gross Family
 Mrs. Helen DeMoss for the health of the DeMoss Family
 The Duroske Family in memory of James & Elli Stephanou
 Frank & Katina Erdeljac in memory of Mike & Theologia Alexiades (2 plants)
 Frank & Katina Erdeljac in memory of Mary Alexiades
 Bill & Tina Fiedler for the health of their dad, Eleftherios, and their family & friends
 The Fiedler Family in memory of William & Josephine, grandparents, aunts, uncles, cousins & friends
 Andreas & Valori Fournaridis in honor of Maria Charnas
 Andreas & Valori Fournaridis in memory of Elenie Cocheres
 Andreas & Valori Fournaridis in memory of Steve Cocheres
 Andreas & Valori Fournaridis in memory of Kosta Fournaridis
 Andreas & Valori Fournaridis for the health of family & friends
 John & Georgia Franciscus in memory of George & Betty Beckas
 John & Georgia Franciscus in memory of John Beckas
 Tessie Frankos in memory of her beloved husband James & daughter Demitria Frankos
 Connie Fries for the health of family & friends
 Connie Fries in memory of Spiros & Catherine Giannoutsos
 Connie Fries in memory of John & Toulia Giannoutsos
 Connie Fries in memory of George Lemberopoulos
 Connie Fries in memory of Peter & Mary Panos
 Bill & Barb Georgiadis in memory of George & Chrissie Georgiadis

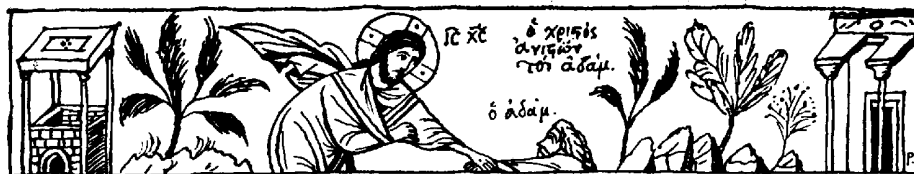
LENTEN AND PASCHAL FLOWERS & DONATIONS

Paschal Lillies (continued)

Eugenia Graser in memory of her husband Robert Graser and parents Michael & Maria Patsalos
Pennie Hareras in memory of Gus Hareras, Angleo Hareras & Athena Hareras (2 plants)
Kristina Johnson and James S. Johnson in memory of their parents Homer J. & Stella Johnson
Kristina Johnson and James S. Johnson in memory of George & Augustina Makris
Gus Kalaris in memory of his wife Stella Kalaris
Gus Kalaris in memory of George & Pauline Kalaris
Gus Kalaris in memory of Gus & Panagiota Bistolas
Irene Karavolos for the health of her family
James & Bettina Kermes in memory of family & friends
Vaso & Elenie Kourouklis in memory of Achille Kourouklis
Vaso & Elenie Kourouklis in memory of Georgios Kourouklis
Vaso & Elenie Kourouklis in memory of Dimitrios Repanas
Vaso & Elenie Kourouklis in memory of Stavroula Repana
Pennie Hareras in memory of Gus Hareras, Angelo Hareras & Athena Hareras (2 plants)
Angela Leist and Eugenia Hoehn in memory of James Phaturos
Angela Leist and Eugenia Hoehn in memory of Margaret Phaturos
Angela Leist for the health of her Godmother, Mary Magdalene Welsh
Anita & George Maier in memory of Richard Maier
Anita & George Maier in memory of George & Katherine Malames
Mary Mermigas for her health and well-being
Scott & Cassie Lynch in memory of George & Chrissie Georgiadis
George & Veronica Mellis in memory of Anna & James Mellis (2 plants)
Milita Mellis in memory of Constantine Metropulos
William J. Pagonis in memory of James & Mary Pagonis (2 plants)
Matt & Nancy Palamara for the health of the Anh & Palamara Families
George Pantelakis in memory of his wife Rhea Pantelakis
Eleni Pappas for the health of her grandmother, Eleni Papaioannis
The Parikakis Family in memory of Sophie, Danielle, grandparents, aunts, uncles, cousins & friends
Salvatore & Katina Re for the health of their families (2 plants)
Stephanie & Stephen Sedor and Valya in memory of Father John & Presvytera Louella Kostopolos
Stephanie & Stephen Sedor and Valya in memory of Joseph & Anastasia Sedor
James Sicalias in memory of his mother Bessie Cocheres Sicalias
Joanna Sideris in memory of Mary Constantino
Joanne Ladakos Watson for the health of Despina Ladakos (3 plants)
Joanne Ladakos Watson for the health of Joanne & Bob Watson (3 plants)
Joanne Ladakos Watson for the health of Elaine, Detlef & Valerie Vogt (2 plants)
Joanne Ladakos Watson for the health of Stephanie & Max Silverstein (2 plants)
Anthony & Aspasia Zissis in memory of their parents, Anna & Frank
Anthony & Aspasia Zissis in memory of their parents, Vasiliki & George
Julie & Lou Zozos in memory of Eileen Hoffmann
Julie & Lou Zozos in memory of Persephone Zozos
Julie & Lou Zozos in memory of George Zozos
Julie & Lou Zozos in memory of Helen Sfakianos

Other Offerings and Donations

Agape Vespers Candy/Paschal treats for children Bill & Lynda Areheart, in honor of their grandchildren
Pamela Bolkovac, in memory of her parents Nick & Mary Bolkovac
Anthony & Aspasia Zissis, for their health and well-being
Prosforon Liturgical Bread for Liturgies Joyce Athanasiou, Presvytera Evangelia Daskalakis
Stacy Dickos, Maria Mason, Nancy Palamara,
Angie Pappas, Joanna Sideris, and Mary-Magdalene Welsh





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

KOULOURLAKIA	
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

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Applicants must be member of a Greek Orthodox parish and a graduating high school senior enrolling in a 4-year accredited U.S. university this fall.

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[THEFAITHENDOWMENT.ORG/SCHOLARSHIPS](https://thefaihthendowment.org/scholarships)

Founded in 2004 by a group of ten visionary Greek American leaders and philanthropists, "FAITH: An Endowment for Orthodoxy and Hellenism" is an independent 501(c)(3) organization that supports the development of innovative educational, cultural, and scholarship programs that promote Hellenism, an understanding of the Greek Orthodox faith, and the relationship of the two to America's history and multicultural landscape for young people. FAITH has proudly awarded over 1,800 grants and scholarships to our community's brightest young leaders.

HOLY TRINITY SCHOLARSHIPS FOR INCOMING COLLEGE FRESHMEN & SOPHOMORES

**NEW SCHOLARSHIP OPPORTUNITY
EXCLUSIVELY FOR HOLY TRINITY STUDENTS****THE VLAHAKIS SCHOLARSHIP
"MY SISTER PENNY AWARD"****DEADLINE: JUNE 15, 2022****Established:** By Nick & Kimi Vlahakis – January, 2022

About Penny: My sister, Penny Vlahakis Cherpes, passed away in 2020 at the age of 81. She was a smart, beautiful, funny, and caring sister who had a huge influence on my life and whatever success I may have achieved. Our dad died in 1952...I was 4, my other sister, Georgia, was 6, and Penny was 13. Penny helped our mom maintain during those difficult years, with all the family needs with 3 young children, even though she was only in her first year as a teenager. I will never forget that!

About the Award: This Scholarship (administered through Holy Trinity Greek Orthodox Church, Pittsburgh, PA) is intended to memorialize her and to advance many of her strongly held values, particularly regarding education. The Scholarship will be awarded annually in July for the ensuing academic calendar in the fall of that same year in the amount of \$2,500.

ELIGIBILITY REQUIREMENTS

- Be a high school senior entering college freshman year or a college freshman entering college sophomore year.
- Have a current high school or college GPA of 2.75 or greater.
- Submit an essay (400 words minimum, 500 words maximum) with reflections on the positive and specific personal impacts that their family and the Orthodox Christian faith have had on their life.
- Be a member in good standing of Holy Trinity Greek Orthodox Church, Pittsburgh, PA, for a minimum of 2 years.

APPLICATION INFORMATION

Visit HolyTrinityPgh.org/scholarships for an application form and instructions. Deadline: June 15, 2022.

FOOD INDEED

Inasmuch as the Lord Himself invites and commands you to draw near, be ready to partake in all confidence, with desire and thirst, as the deer pants for the water brooks, and in the sure and certain hope of receiving the Lord Himself.

Why is Holy Communion so central to our life?

The Christian life is life in the Lord Jesus Christ. A man who believes has put on the Lord Jesus Christ and lives in Him and by Him. And he is truly counted worthy through Holy Communion. The Lord says, He who eats My flesh and drinks My blood dwells in Me, and I in him (John 6:56). Here in the one who repents is the beginning of life in Christ Jesus.

The Lord said that He is the vine and those who believe in Him are the branches (John 15:4-6). As a branch cannot live by itself unless it abides in the vine, so neither can believers unless they abide in the Lord. There is no true life anywhere except in this vine. Everything that is not in the vine is dead. That is why a man who wishes to live the true life must be grafted into the vine, partake of its vital richness and live, feeding on it. This grafting is accomplished in the Sacrament of the Eucharist; here a Christian becomes one with the Lord. When the Lord was merely guiding a sinner to a full and complete repentance, He was just knocking at the door of the heart. But when the heart opens by means of contrition and re-

pentance, He comes within and feasts with the partaker.

How important is Holy Communion as food?

This life cannot continue without nourishment, and moreover, that kind of nourishment which is natural for it. And this particular kind of food is precisely the Body and the Blood of the Lord. He Himself said, My flesh is food indeed, and my blood is drink indeed (John 6:55). A man who has begun the new life must feed this life with precisely this sacramental food. It is all the more necessary to partake of this food during the initial stirrings of this new life. They say that a person's first nourishment has an influence on the life of the flesh, and afterwards constitutes a constant desire of the body. What kind of life, then, must be in a man who has repented? Life which is in Christ Jesus, our Lord. What must be his constant desire? The desire for communion with the Lord.

Let him hurry, then, at the initial stirrings of this life to partake of the precious and holy Body and Blood of the Lord. This lays down the foundation for a life that conforms to Christ and engenders a vital and genuine desire



Saint Theophan the Recluse

for constant communion with Him by means of partaking in the Eucharist. The partaker, having experienced the sweetness of this manna, afterwards cannot help hungering and thirsting after this divine supper more and more.

How can we properly prepare our heart to receive this divine food?

Inasmuch as the Lord Himself invites and commands you to draw near, be ready to partake in all confidence, with desire and thirst, as the deer pants for the water brooks, and in the sure and certain hope of receiving the Lord Himself, and with Him all the treasures of life which are hidden in Him. From this earnest longing and hope, which will not put you to shame, turn again to yourself with a willingness to meet the Lord. Stir more vigorously into flame the contrition of your heart, and renew your promise to turn away from sin, even if you must die for it.

Finally, in this well-favored inward disposition, draw near to the cup of the Lord, and having beheld it, give worship to the Lord who is coming to you. ❖

Excerpted from
Turning the Heart to God

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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www.HolyTrinityPgh.org | Email: office@HolyTrinityPgh.org

Holy Trinity Church is a parish of the Greek Orthodox Metropolis of Pittsburgh (pittsburgh.goarch.org) and the Greek Orthodox Archdiocese of America (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)

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 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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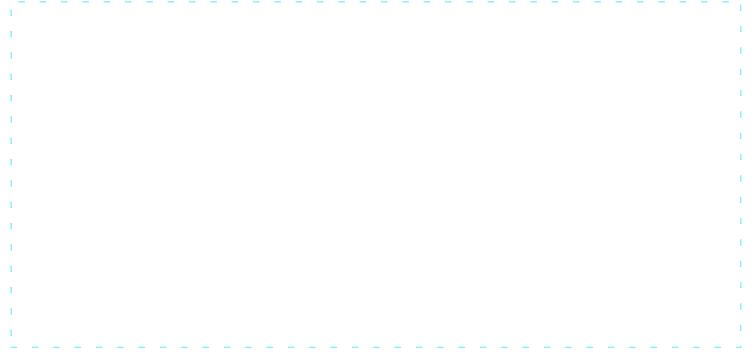
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THE POWER OF PRAYER

During Saint Peter's imprisonment, the early Church gathered together and lifted up constant prayer on his behalf. Then the angel awoke Peter from his sleep, his chains fell off and he was released from prison. This is one more reminder of the power that is found in prayer, individually and as a Church. We have the potential to move mountains.

*Father Aristotle Damaskos
Keeping the Light Burning
Daily Reflections from Pascha to Pentecost*