



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

June-August 2022  
Volume 30 | Issue 6

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## PHOTO OF THE MONTH



Holy Trinity 2022 seniors take a moment to share the joy on their graduation from high school as they are honored by the Holy Trinity community on Graduation Sunday, May 22.



## The 40-Day Ascension of Our Lord and Savior Jesus Christ

You ascended in glory, O Christ our God, after You filled the Disciples with joy, by promising to send them the Holy Spirit, and You blessed them and established their faith, that You are the Son of God, the Redeemer of the world.

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



Father John Touloumes  
Proistamenos

**Let all that I am praise the Lord; may I  
never forget the good things He does  
for me. Psalm 103.2**

My beloved Holy Trinity family,

You hear it everywhere: after being locked down, limited and just plain frustrated, people are ready for summer and planning to make the most of it. Travel bookings are up, hotels and planes are full. Long-delayed vacations are finally possible again.

I certainly understand the anticipation. Having had my sabbatical postponed from 2020 to 2021, I remember vividly the countdown. I think there was an aspect that took me back to my childhood countdowns looking forward to the end of school or a family vacation.

In my spiritual care for this community, I pray you and your family will be blessed and protected by the holy angels of the Lord in whatever plans you make this summer.

As a priest and someone looking out for your spiritual life, I will also be so bold to ask that while you are planning and packing, have you planned to take God with you? I know the obvious answer is, "God is always with us!" Of course. But beyond that, have you thought about a few other ways to let the Lord know He is a welcome part of your summer and your travels? Here are some ways you can let Him know:

- Pack an icon. Even a small one. It's a great way to add a blessing to your travels and a comforting reminder of His presence in your hotel room.
- Take scriptures and prayers. Maybe you have a favorite Bible or a pocket edition, but an even easier way is to download the Daily Readings app from the Archdiocese. It's available for iOS and Android. It also has daily and special prayers for your use.
- Attend Divine Liturgy - both at home and on the road! Check out [orthodoxynamerica.org](http://orthodoxynamerica.org) to find the closest Orthodox church wherever you are.
- Make Orthodox Christian and other religious sites part of your travels.

These are just a few suggestions. Indeed God is always with you. He always remembers you. And blesses you. Remember Him, take Him with you and "bless His holy name" (Psalm 103.1) wherever you are, every day of your life...even during the summer!

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.**



# JUNE-JULY-AUGUST

## Weekday Services - May through August

In addition to regular Sunday Orthros at 8:30am, and Divine Liturgy at 9:30am, the following weekday services will be offered this summer. Please see the online parish calendar at [HolyTrinityPgh.org/calendar](http://HolyTrinityPgh.org/calendar) for updates. (HT=Holy Trinity Church; SG=Saint George Chapel.)

- Thursday, June 2, 8:30a Orthros/9:30a Liturgy - The Ascension of the Lord (SG)
- Saturday, June 11, 8:30am Orthros/Liturgy - Saturday of the Souls (SG)
- Monday, June 13, 8:30am Orthros/Liturgy - Monday of the Holy Spirit (Parish Feast Day - at HT)
- Wednesday, July 20 - Prophet Elias (Services held at the Nativity of the Theotokos Monastery, 121 St. Elias Ln., Saxonburg, PA)
- Wednesday, July 27, 8:30a Orthros/9:30a Liturgy - Saint Panteleimon the Great Martyr & Healer (SG)
- Friday, August 5, 6:30pm Great Vespers and Blessing of the Grapes- The Transfiguration of the Lord (SG)
- Saturday, August 6 - The Transfiguration of the Lord - (Feast Day Services held at Holy Transfiguration Monastery in Ellwood City)
- Paraclesis Services during August (SG) - 6:30PM
  - Monday, August 1
  - Wednesday, August 3
  - Monday, August 8
  - Wednesday, August 10
  - Friday, August 12
- Monday, August 15, 8:30a Orthros/9:30a Liturgy - Falling Asleep of the Theotokos (SG)
- Monday, August 29, 8:30a Orthros/9:30a Liturgy - Beheading of Saint John the Baptist (SG)

## YOUTH MINISTRY NEWS

### Kids Need Blessings All Year...Summer Too!

There is an unfortunate notion in the minds of many parents and children that when Church School classes end in May, they are "on break" and will be absent entirely from church for the summer. This could not be farther from the truth of our life as Orthodox Christians. While classes provide an essential way for our children to learn about their faith, as Orthodox Christians we know that living our faith begins with worship - and that continues year-round. Yes, summer is a time many families are traveling and not able to attend services here, but when we are at home base, Divine Liturgy at your children's spiritual home should be part of the weekly family schedule. So parents, please make a family plan for the summer that includes worship, preparing for Holy Communion and helping your children learn that God loves them...year round!

## Church School Resumes in September

Following the summer break (at is says in the previous announcement, from classes only, not from worship!), Church School will resume the week after the Festival, on Sunday, September 11. Watch for registration information and please register your children.

## PHILOPTOCHOS MINISTRY NEWS

### Philoptochos Meeting.....June 12

Holy Trinity Philoptochos will hold its monthly meeting on Sunday, June 12, in the Fireside Room following Divine Liturgy. All members are invited to attend. Ladies, still not a member of Philoptochos? Get involved. Sign up at the meeting!

## YOUTH MINISTRY NEWS

### Summer Camp 2022 Dates

The Metropolis of Pittsburgh will conduct sessions in 2022 Summer Camp season on the following dates:

- 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](http://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](mailto: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

### 2022 Holy Land Pilgrimage: Deadline Near!

The 2022 Holy Land Pilgrimage is scheduled for October 24-November 3 and spaces are still available. This is the

# JUNE-JULY-AUGUST

original trip from 2020/2021 rescheduled, so those with existing reservations are already confirmed.



Though many Holy Land pilgrimage opportunities can be found from various agencies and organizations, this is a uniquely Orthodox Christian experience, including an English-speaking Orthodox Christian guide to lead us through the holy sites and an Orthodox priest (Father John) as

the trip leader. The group will see historic sites and churches in Tiberias, the Sea of Galilee, Mount Tabor, Cana, Bethlehem, Jericho and, of course, Jerusalem. See the places we read about in the Bible where miracles were performed, where Jesus died on the Cross for us and where He resurrected: The Holy Sepulchre.

An information flyer and reservation form is available at [HolyTrinityPgh.org/pilgrimage](http://HolyTrinityPgh.org/pilgrimage). Please note that the first deadline is June 8, after which a \$50 late booking fee applies. Those with reservations must settle their final balance by August 10. There are only a few spots left, so if you are interested please download the brochure and contact Stephen at Cloud Tours immediately (718-721-3808) to express your interest.

## FESTIVAL 2022 NEWS

### The 2022 Greek Festival is BACK IN FULL!

For 48 years, Holy Trinity Church has extended an invitation to the community around us to enjoy our annual Greek Festival. Last year, due to the pandemic, we switched to a drive-through only event. Thanks to the creative planning of the Festival Committee and the great support of our parishioners and the community around us, it was a great success.

This year, we are, thank God, back in full swing! As the flyer on page 12 advertises, the full, in-person event will run from Thursday, September 1 through Sunday, September 4, 11am to 9pm. That means we will need

“all hands on deck” as our friends and supporters from around the area will certainly be returning in large numbers. Reports from other festivals in the area have already shown us that people are ready to “Go Greek” again!

Information on the Festival, including a flyer, is available at [HolyTrinityPgh.org/festival](http://HolyTrinityPgh.org/festival). Send it to your friends. Let them know we’ll be ready and waiting to host them again with the Holy Trinity hospitality they have come to know and love...not to mention great food and pastries, entertainment, church tours, vendors and more.

### Festival Food & Pastry Preparation This Summer

To get ready for the big event, your help is needed to prepare the delicious food and pastries our friends and neighbors have been waiting for! Please see the enclosed cooking schedule and be there for food and pastry preparation throughout the summer. Thank you!

### Festival Volunteers Needed...Sign Up Today!

We will need everyone to get excited and pitch in for our back-in-person Festival, so for anyone who has not signed up already, please visit [HolyTrinityPgh.org/volunteer](http://HolyTrinityPgh.org/volunteer) today!



# TIME AND DESPONDENCY

## Getting to the Root of Feeling Bad

"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.

**H**ave you ever felt a sense of restlessness, boredom, or apathy? "Time and Despondency," by Nicole Roccas, hits on something I have felt in my own life but have never been able to bring to full awareness until now. Roccas uses insights from an ancient ascetic, Evagrius Ponticus, to describe it and how it relates to our sense of time and eternity. She ends by offering several ways to conquer this pernicious sickness.

### Roots of Despondency

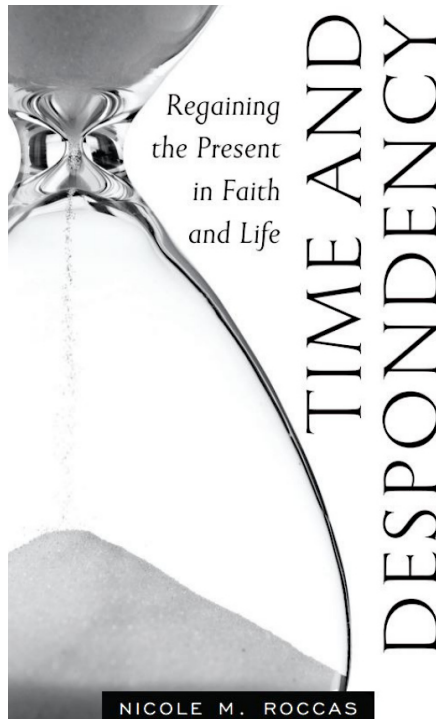
Evagrius says there are two roots of despondency: desire and anger.

**Desire:** At first glance, desire seems to be an odd root for despondency. Isn't despondency caused by a lack of desire? Roccas posits that maybe the problem is we have too many desires which cancel each other out and leave us with no desire left to seek what is truly desirable (i.e., God).

**Anger:** The anger of despondency comes from unfulfilled wishes and from the frustration of reality not meeting our own demands.

### Symptoms of Despondency

Despondency causes several symptoms. Among them are restlessness, sloth, distractibility,



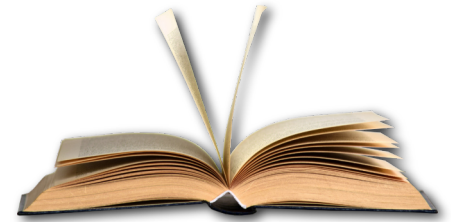
disinterest, despair, and evil thoughts. Despondency corrupts our soul and spreads to the body. It can cause depression. It pulls us away from God. It's a sickness. It needs healing.

### Despondency and Time

Despondency makes time an enemy, encouraging us to escape the present moment. We try to escape it physically, mentally, and spiritually. Why do we try to avoid the present moment? Because we can't control it. Engaging with the reality of the present is difficult. So, we dwell in the past and future because we can shape it.

### Combatting Despondency

Here are a few of the useful ways



Roccas gives for combating despondency:

**"Stay in your cell":** This phrase was originally meant for monks, but it can also be useful to us. We try to escape our present moment (our cell) whenever it gets uncomfortable, boring, painful, etc. During these moments, try to "stay in your cell," even if it is just for a moment. Resist the impulse to check the news or social media. Pause for a moment and just "be."

**Counter Statements:** These are short targeted phrases or prayers to combat a specific struggle. They act like swords to cut off our worst thoughts and protect our heart from the tyranny of our own harmful ideas. Use them to help you "stay in your cell." Several excellent examples are given in the book from Evagrius.

**Labor and Leisure:** Avoid mindless activities. Do light manual labor, coupled with a prayerful attitude. You can also try a restful recreational activity. Something to keep your mind sharp and focused and your heart prayerful.

**Watchfulness:** Be watchful over your mind and heart. The real enemy is our impulsiveness. Our dissatisfaction and desire to live anywhere other than the present moment. This is so harmful because we encounter Christ in the present moment. In His body time, space, and eternity converge. We live in the present moment as much as we dwell in His presence. ❖

Rick Paese

# ABUN DANT LIFE

**"I came that they may have life and have it abundantly" (John 10.10)**



**F**or three weeks now in these 40 days following the celebration of the Resurrection, we have been chanting in church and greeting one another with the joyous proclamation, "Christ is Risen!" That is not simply a saying; it is truth; and it is not only truth, it is the ultimate truth.

Saint Paul challenges us to reflect on our utmost belief in that ultimate truth when he says, "If Christ is not risen, your faith is in vain" (1 Corinthians 15.17).

My dear friends, I am here to remind you today, your faith is not in vain. Jesus Christ, the Crucified One, lives! And through the life He lives as the conqueror of death, we, too have life. And not just life, but abundant life. It is His gift to us when we accept Him, confess His truth and walk and live in Him.

Archimandrite Vasileios Gondikakis of the Iveron Monastery on Mount

Athos penned a beautiful essay on this topic, and as we continue to ponder the mystery of the Holy Resurrection of Jesus Christ and what that actually means to us. I would like today to share some excerpts from his work in an effort to provide some answers to the questions, "If Jesus came, taught us, was crucified for us and rose from the dead to bring us life, what is the abundant life He has given us? And what does it really mean for me and my life?" Let's see.

One of the marks of the age of social media is the unceasing posting of photos, houses, trips, clothes and every other kind of demonstration that says, "I am not like you," "I am better than you," and "My life is not like yours." In doing so, stars and influencers invite followers who will never have that life into a vain attempt to live it vicariously. The message is, "You cannot be me, but follow me and you can pretend."

Jesus needed no such false fame. In fact, Father Vasileios reminds us that "It is proof of His almighty power that He comes and conducts Himself as one who is weak, meek and lowly in heart." He comes as one of us. And He invites us to follow Him to true life, His life.

His truth is known to us through the main witness of His life on earth: love. He teaches us truth through love, and He demonstrates His ultimate love for us by His death on the Cross.

He does not try to convince of us truth as a politician, debater or, as they called them in His day, a Scribe or a Pharisee. "He speaks as one having the authority of love; He will not wrangle or cry aloud." According to Father Vasileios, only weak people do that.

So how does He come and teach us? And what has He left us to live that abundant life He promises? "He



comes as an abundance of...love, as a light wind in which God is. He knows [us] and [our] needs. He frees [us] from darkness and the shadow of death [and] He forgives [our] sins and leads us to repentance and transformation." When the temple guards were sent to arrest Him, they returned empty handed to the Pharisees, who asked them why they did not bring Him in. "No man ever spoke like this man," they said (Jn. 7.46). Indeed, no one ever did, and no one ever loved us as He does.

So in the abundance of the new life you can be living right now, what does that mean? What does it look like? Father Vasileios gives us some examples.

Are you struggling with anything in your life? Jesus is there with you. "He loves, He forgives and He gives strength to those who are struggling." To the adulteress woman, sinful by her own choice, and to the paralytic, crippled not of his own doing, he brings love, compassion, understanding and forgiveness, asking only, "Go and sin no more."

Are you weak in spirit or faith? "He does not condemn the weak, nor does He scold the sinner. He helps the infirm and heals the sick" like in today's Epistle and Gospel.

Are you in pain? Jesus is not far from it. He walked the earth in our flesh and joined us in our pain, even unto crucifixion. His loving hands reached out to those in pain. "He touched the leper and he was cleansed. He touched the deaf and mute man and he was healed. He touched the coffin of the dead young man from Nain and he arose into the arms of his widowed mother...[He radiates] power, consolation and health."

There is nothing in this life we can compare to Him, and that makes it so much more an act of faith to believe

in, hope in and follow Him. Father Vasileios says, "The presence of the Lord cannot be pinned down in worldly terms. It cannot be understood in human [reason]." It is not an illusion of magic signs and wonders. What is it, then? "It is a divine grace that opens the eyes of the soul. It illuminates [us]." And He is always there.



One obstacle we may all face at one time or another is the challenge, "Why doesn't Jesus do what we ask in faith now?" You can imagine this is an issue for every pastoral visit to a hospital, nursing home or rehab facility as we priests offer prayers and blessings in His name. Father Vasileios reminds us, "[Jesus] did not come simply to bestow bodily health. Or to provide solutions to [all our] questions. He came to free us from the tyranny of the evil one. To make [us] like God by grace. He came to give [us] the possibility of knowing God in a way worthy of [Him], of seeing, of feeling His presence as a light that enlightens and comforts 'every man coming into the world.'"

In stark contrast to the anarchy and meaninglessness of so much of life and society around us, the abundant life He brings us allows us "to realize the spiritual nobility and status of man. To open [our] eyes. To make [us] a child of God, a free person."

And most beautifully, He calls us by name. God calls you by name. Holy Communion is just one of the many examples. Father Vasileios says that elevates us to a whole new existence.

"Hearing your own name from Him who [created you,] loves you, who is love...it is this alone that gives you real existence. It honors you, it makes you a person with a unique name and leads you...into the land of [abundant] life." So today's message is simply to open your heart and mind to that joy.

What of those who do not hear His voice and do not know Him? That is not for us to judge, for He loves them and opens the door to them, too. "I am the door; if anyone enters by me he will be saved, and will go in and out and find pasture" (Jn. 10.9). He does not exclude them from the potential of abundant life but invites them to become His by entering His pasture. How can we rejoice in our own abundant life, which is a free gift of the Giver of life itself, without opening the door for all who desire to enter? "He shepherds and leads the other sheep by exuding the same grace, the same voice and the same power which belong to the Good Shepherd." We must not hesitate to invite them into the pasture of love and abundant life too. That is a cause worth embracing.

I hope today has somehow touched your heart, kindled the fire of your faith and helped you see how much the Risen Lord we proclaim loves you and lives in you. Yes, He came for us all, but always remember, He came for you. He has given you life, and he has given it to you abundantly, more than you could ever dream or imagine. What can we do with it? I conclude with the words of another contemporary monastic, Sister Maria, who says: "Life is a gift from God to be lived for Him" (Sister Maria Amistoso). So, dear ones, let's go do it. With thanks. With faith. And with joy. Christ is Risen! Amen. ❖

Delivered at Holy Trinity Church  
May 15, 2022

# HOLY TRINITY 2022 GRADUATES



## Michael Alizray | North Allegheny Senior High School

Michael is graduating as a member of the North Allegheny Wind Ensemble, Marching Band, Orchestra and Chorus. He has participated in the Antiochian, Carpatho-Russian and Greek Orthodox summer camps. He has been a member of SOYO and GOYA. Michael is also an active volunteer with IOCC, the Jamaican Orthodox Mission and others. He has been an Acolyte and in dance groups and plans to study Business.

## Emily Duroske | North Allegheny Senior High School

Emily is a life-long dancer and has earned numerous awards in tap, ballet, jazz, lyrical, and contemporary. She has been active at Holy Trinity Church including HOPE, JOY, GOYA, basketball, Church School, Greek Dance, the Greek Festival, the Houston mission trip and she served as the GOYA Events Coordinator. She will attend Ohio University to study pre-physical therapy and major in Psychology with a minor in Dance.



## Max Germanos | Fox Chapel High School

Max is a member of the National Honor Society, the Veterans Club and was a Best Buddy officer. He also lettered in football. He has been a life-long participant in HOPE, JOY, GOYA, Church School. He has also served as an Acolyte, Festival volunteer and a volunteer on the GOYA mission trip to Houston. He will be taking time to travel and plans to engage in the real estate business and possibly the military.

## Emmanuel Pappas | North Allegheny Senior High School

Manoli has been active in hockey for 12 years and was recognized as the Student of the Month at A. W. Beattie Career Center. He is a firefighter at the Berkley Hills Fire Company. Manoli has been a life-long participant in Holy Trinity Church School, GOYA, Greek Dancers and Festival volunteers. He has also served in the Holy Trinity altar as an Acolyte. He plans on pursuing a career in firefighting in the Pittsburgh area.



## Angelina Scoumis | North Allegheny Senior High School

Lena has been in the Holy Trinity Church School ministry since childhood. She has also been a member of the Holy Trinity Greek Dance Troupe. She participated in GOYA and has played on the GOYA basketball team. She has also volunteered for Holy Trinity Church's annual Greek Festival. She plans to attend CCAC in the fall to continue her education with a major to be decided.

## Jewel Thomas | North Hills High School

Jewel is graduating as a four-year Honor Roll student and has lettered on the Varsity Swim Team for four years. She has been a competitive swimmer for 13 years. Jewel has been in Church School and youth ministries including HOPE, JOY and GOYA, where she served as an officer. She has also been a member of the Holy Trinity Greek Dance Troupe. She plans to study Health Information Technology Management.







May 22, 2022: The Holy Trinity Church 2022 high school graduates are honored, along with their parents. From left-right: Father John; Angelina Scoumis with her parents Jessica and Dean; Emmanuel Pappas with his father, Andrew; Jewel Thomas with her parents Jim and Lori; Max Germanos with his parents Tom and Joanne; Michael Alizray with his mother, Zelfa; Emily Duroske with her parents, Jeff and Mina; Father Radu. Congratulations to all, and may God guide and bless you in all your future plans!

## HOLY TRINITY CHURCH



## CONGRATULATIONS CLASS OF 2022!









**"FAITH. FAMILY. COMMUNITY."**

## HOLY TRINITY GREEK ORTHODOX CHURCH

Our Mission: "To proclaim and live the Orthodox Christian Faith  
in its fullness as faithful members of the Body of Christ."

Reverend Father John Touloumes, *Proistamenos*  
Reverend Father Radu Bordeianu, *Assistant Priest*



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### GENERAL ASSEMBLY NOTICE AND AGENDA SUNDAY, JUNE 26 FOLLOWING DIVINE LITURGY

June 1, 2022

Dear Parishioners,

Our regular Spring General Assembly will be held on Sunday, June 26, 2022, following the Divine Liturgy. The agenda for the meeting will be as follows:

1. Invocation..... Father John
2. Election of Chairman of the Assembly
3. Reading of Minutes from the previous General Assembly ..... Jeanne Willow, Secretary
4. Priest's Report..... Father John
5. Parish Council President's Report..... George Dickos
6. Committee Reports
  - a. Financial Committee
  - b. Stewardship
  - c. Church Consecration and Completion Project
  - d. Festival Committee
  - e. Agape Fund
  - f. Cemetery/Chapel Committee
7. Old Business
8. New Business
9. Adjournment and closing prayer ..... Father John

Please register ahead of time and be present to participate as part of fulfilling your membership at Holy Trinity Church. Also keep in mind that a completed, signed 2022 Stewardship Pledge Card is required to vote. The Uniform Parish Regulations of the Archdiocese require that new members must be enrolled for at least 90 days before being able to vote.

Sincerely in Christ,

+Father John Touloumes  
Protopresbyter

George Dickos  
Parish Council President



# HOLY TRINITY'S **TASTE OF GREECE** IS BACK!

*Great Greek Food & Pastry  
Live Entertainment & Tours*

**September 1-4, 2022**

Thursday-Sunday 11am-9pm

**HOLY TRINITY GREEK ORTHODOX CHURCH**

**985 Providence Blvd., Pittsburgh, PA**

(Corner of Babcock & Cumberland  
across from UPMC Passavant )

**Free Parking and Shuttle Service Available**  
from the **GREEN LOT** at UPMC Passavant

Shuttle Hours: Thu-Fri 5-11pm; Sat-Sun 10am-11pm

See you Labor Day Weekend!  
[HolyTrinityPgh.org/festival](http://HolyTrinityPgh.org/festival)  
412.366.8700





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  
**DONE! THANK YOU!!**

GALAKTOBOUREKO  
**DONE! THANK YOU!!**

PASTITSIO  
**DONE!**  
**THANK YOU!!**  
**THANK YOU!!**

KOULOURLAKIA  
**DONE! THANK YOU!!**

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**

# ON ILLNESS

**The best medicine for illness is spiritual joy, because it pours Divine Grace into the soul.**

**Geronda, nobody likes being ill, but can it bring blessings?**

Health is a great gift, but the good provided by illness cannot be had through health! It is a spiritual good! It is a very great benefaction, very great!

The soul of a person is like gold, and illness is like the fire which purifies it. You see, even Christ said to Saint Paul, "My strength is made perfect in weakness." The more one suffers trials and tribulations through illness, the more he is purified and sanctified, as long as he is patient in his illness and accepts it with joy.

Physical illness can aid the healing process of a spiritual illness. The spiritual ailment is neutralized by the humility brought on by the physical illness. God utilizes all things for good! Everything that He permits is for our spiritual advantage. He knows what each one of us needs.

**Pain is usually a warning that something is happening to our body. Once it comes, what attention should it be given?**

One must test his endurance and accordingly, be careful. This is particularly important when we are at an advanced age. For an old automobile cannot continue to race as it did when it was new, otherwise the tires will fly off here, the carburetor will be left back there. During the time I had pain in my back, I could not do my Jesus Prayer with the prayer rope standing up. The moment I felt a little better, I started doing it standing up

again with great prostrations, and the pain came back. I sat down for a while. Then I said, "Let me try again." Again, the same thing happened. After that, I didn't go on, but at least my conscience was at ease.

**Geronda, when the body suffers, does the soul also suffer?**

When the driver is sick, the car can't go racing down the road. The soul suffers when the body is in pain. Do you understand? The soul lacks the disposition it would otherwise have when the body is well. In a way, the soul is also ill when the body is ill.

**Geronda, does pain make people become wild?**

When people do not face pain in a spiritual way, it can make them become wild. But when they face it in a spiritual manner, they can then become serene and experience divine consolation and then, the illness becomes a festival. One can rejoice in being numbered among the confessors and the martyrs. The holy martyrs would forget the pain, because their love for Christ, which was greater than the pain, neutralized it.

**Is there a blessing in sharing the pain of others?**

When a person shares in the pain of his fellow human beings, God, in a way, is moved over this and rejoices, because this person, through the love he demonstrates, is akin to God, Who grants him divine consolation. Otherwise, he would not be able to bear the pain of his fellow human beings.



Saint Paisios of Athos

When you, too, are in pain, you think of the other's pain; you put yourself in his place and feel his pain all the more. In other words, your own pain helps you to understand the pain of others. And when you accept your own pain with joy, you can give consolation to those who are suffering.

**Geronda, how much can emotions affect physical health?**

When someone is not distressed, the physical pain is lessened. When one is distressed, this unhealthy mental condition adversely affects the health of the body. Take a cancer patient whom the doctors have written off. If he believes in God and finds himself in a joyful spiritual environment, he may live longer; however under different circumstances, he may waste away from worry and despair within a few weeks. Sometimes a person can be healthy from a medical point of view; his tests do not show anything; but if he has something which disables him emotionally, then he may not be really healthy. All people have some sensitive point. Distress will strike one person in the stomach, another in the head. ❖

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## THE HOLY TRINITY

**HERALD***Faith. Family. Community***About the Herald**

The Herald is the Monthly Newsmagazine of  
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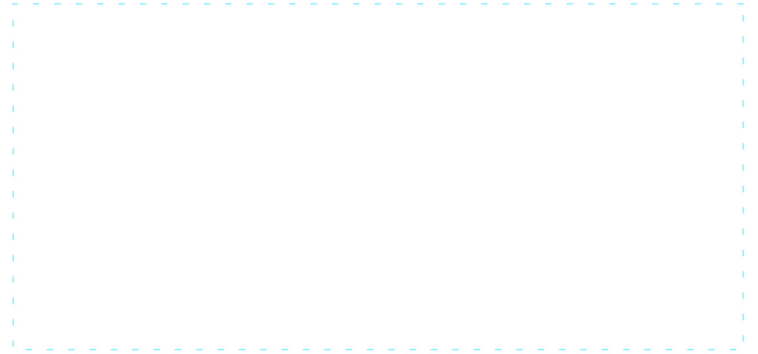
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## STAY CLOSE TO GOD

**Be mindful of God, so that in every moment He may be mindful of you. Do not forget Him, letting yourselves be seduced by vain distractions. Do you want Him to forget you in your times of temptation?**

**Remain constantly before His face, think of Him, remember Him in your heart. Otherwise, if you only meet Him from time to time, you risk losing your close friendship with Him.**

**Stay near Him and obey him in the days of your prosperity. You will be able to rely on His word in difficult days, because prayer will keep you safe in His continual presence.**

**Saint Isaac of Ninevah  
The Philokalia (7th c.)**