



THE HOLY TRINITY

HERALD

Faith. Family. Community

September 2022
Volume 30 | Issue 7

INSIDE

Father John's Message	2
News & Events	3
The Orthodox Bookshelf: "The Screwtape Letters"	5
Homily:	6
"Living My Faith in My Daily Life: Forgiveness"	
Holy Trinity 2022	8
Seminarian-in-Residence Reflection	
Stewardship	9
Reflection	
Community Life	10
Photo Journal	
Upcoming Event Flyers	11-17
Ask the Elders:	18
On Secular Spirit	
Molded by God	20

PHOTO OF THE MONTH



Father Radu leads the faithful in a Paraclesis to the Theotokos Service at our beautiful Saint George Chapel on August 3.



Saint Sophia and Her Daughters Faith, Hope and Love

Feast Day: September 17

Icon from our Saint George Chapel. Iconographer: Florin Vlad



Father John Touloumes
Proistamenos

Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it.

Psalm 103.2

My beloved Holy Trinity family,

Remember growing up and there were special visitors coming to your home? The entire family had to pitch in to get ready for the big event. Mom cooked, Dad got things ready around the house, and the kids ... of course ... cleaned their rooms! There was something for everyone to do, because everyone had a part in making sure the house looked good and everything was ready to host, feed and entertain the special guests.

As this article is being written, it is eight days until our annual Greek Festival and the same atmosphere of preparing our "home" for our special visitors is just as powerful as those childhood memories.

There are so many Holy Trinity family members doing so many things! And every one of them is important, not just because of what they do, but why they do it: **They LOVE their Church!**

As your priest, I cannot tell you how inspiring it is to witness the endless, selfless and sacrificial love so many of the Holy Trinity family members offer to sustain and grow the life and ministries of this Church, not just at Festival time, but throughout the year. Look around on any given Sunday or at any event or ministry meeting. How many offerings of love does it take to make this happen?

Here's the most important question? **What is my offering?** How am I contributing, not just financially, but in the giving of myself and the offering of my heart for the Church that—in the Name and by the Grace of Jesus Christ—baptizes, nurtures, teaches, unites, cares for and ultimately lays to eternal rest, me, my family and all those in its flock? How do I show my love for all that?

When our visitors arrive for each Festival, they enjoy the food, the dancing and the music, but what impresses them most is how it all happens through the efforts of so many volunteers. And when they ask how we do it, the answer is simple: **WE LOVE OUR CHURCH!**

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.

SEPTEMBER

Weekday Services - September

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

- **Sat., September 10**, 9:00a Service of the Hours and Divine Liturgy - Nativity of the Theotokos (Feast Day of the Nativity of the Theotokos Monastery, 121 St. Elias Lane, Saxonburg, PA. Services held there.)
- **Tue. September 13**, 7:00pm Great Vespers - Exaltation of the Holy Cross (Location: Holy Cross Church, 123 Gilkeson Rd., Mt. Lebanon, PA)
- **Wed. September 14**, 8:15am: Orthros/9:30am Liturgy - Exaltation of the Holy Cross (Location: Holy Cross Church, 123 Gilkeson Rd., Mt. Lebanon, PA)
- **Saturday, September 17**, 8:30a Orthros/9:30a Liturgy - St. Sophia and her daughters, Faith, Hope and Love the Martyrs (SG)

Blessing of the Animals September 17

Attention all pet owners: Bring your pet to Holy Trinity Church on Saturday, September 17 at 11:30am (promptly!) for the Blessing of the Animals service. It will be held outside the front of the church in honor of the Feast of St. Mamas, one of the Orthodox patron saints of Animals. All kinds are welcome! Please be sure to leash dogs and hold others to help keep the peace!

RELIGIOUS EDUCATION NEWS

Church School Resumes in September

Church School will resume the week after the Festival, on Sunday, September 11. If you have not yet registered your children, have them attend the appropriate class and register at the registration table in the Gallery after class.

Church School Snack Signup

All Church School families are asked to sign up for hosting one Church School Snacks Sunday. Even if there are multiple children in a family, each family is asked to pick one Sunday. A list is available in the Gallery following Liturgy.

Church School Class Times - Please note!

Attention Church School students and parents: please note the following times and locations for Church School classes:

- **Classroom Locations**
 - Pre-School through Eighth Grade classrooms are located on the upper level of the Education Center
 - Eighth through Twelfth Grade classrooms are

located on the main floor of the Education Center

Dismissal Times

- Pre-School children through Sixth Grade students are dismissed at 11:15am.
- Seventh through Twelfth Grade classes conclude at 11:30am. All students will be dismissed to the Church School snack area.

Student Pick-up

- Pre-School parents may wait on the main floor or meet their children outside the Pre-School classroom.
- All other parents are asked to wait on the main floor level to reduce upper level traffic.

Church School Snack Area

- The Church School snack table is located on the main floor Education Center hallway outside the Fireside Room.

YOUTH MINISTRY NEWS

Youth Ministries Kick-Off September 10

Holy Trinity Church will be hosting a combined Youth Ministries Kick-Off Picnic on Saturday, September 10 from 3:00-7:00pm at the Juniata Pavilion on Babcock Boulevard in North Park. Volunteers are needed to bring food and help with activities. See the flyer in this issue for details and to volunteer.

GOYA Meeting September 18

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on Sunday, September 18. All Holy Trinity teens (grades 7-12) are invited to attend and participate in the many exciting GOYA activities.

Youth Sunday September 25

Holy Trinity Church will highlight and feature the young people of our community on Youth Sunday, September 25. Our young people will be filling parish leadership responsibilities and offering some special messages for the entire congregation. Thank you for the love, encouragement and support this community offers its youth. You make a difference in their lives!

GOYA FallFest September 25

The GOYA teen ministry will be offering baked goods and food for their FallFest during Hospitality Hour on Sunday, September 25. See the flyer in this issue. Proceeds benefit our teen ministry. Thank you for your support!

Youth Safety Certification Reminder for Adults

Youth Protection Policy Note: All adults involved youth

ministry contact will need to complete the youth safety and protection requirements of the "Policies for the Safety of Youth and Children" of the Archdiocese, Metropolis and Holy Trinity Church. Not yet certified? Have questions? See our parish Youth Safety Coordinator Anthony Balouris or email youthsafety@HolyTrinityPgh.org.

PHILOPTOCHOS MINISTRY NEWS

Metropolis Philoptochos Fashion Show Sep. 18

The Metropolis of Pittsburgh Philoptochos will be holding a Fashion Show at the Hilton Garden Inn in Canonsburg, PA, on Sunday, September 18. Tickets are \$50.00. Proceeds benefit Pittsburgh Cure Sarcoma & local families in need. Contact Philoptochos President Marianne Stearns for information.

Philoptochos Meeting..... October 2

Holy Trinity Philoptochos will hold its monthly meeting on Sunday, October 2, 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!

MINISTRIES NEWS

Visitation Ministry Drivers Needed

The Holy Trinity Visitation Ministry Team is still in need of drivers to help parishioners with medical appointments, shopping, local errands and pharmacy drive thru. It just requires a car, some time and the willingness to care. If anyone can assist, please contact Amy Armanious at visitation@HolyTrinityPgh.org or see Amy in person.

Bereavement Support Ministry October 3

Join us for our upcoming bi-monthly group gathering on Monday evening, October 3. There will be fellowship and light refreshments at 6:30pm, followed by the Group Support meeting from 7:00-8:00pm.

St. Nikodemos "Prayer and Panera" Men's Prayer Fellowship Resumes..... September 15

Join other faithful Christian men in praying for their families, their community and the troubled world around us. Elder Thaddeus tells us that "prayer attracts God's Grace," and the Lord has promised that "where two or three are gathered in my name, there am I in the midst of them" (Mathew 18.20). Men, on the first and third Thursday of each month, gather with "two or three" other brothers in Christ to pray and enjoy fellowship. "Prayer and



Panera" gives men the dedicated time for both. At 7:00 be at Holy Trinity Church for morning prayer and quiet time. Then at 7:20, head up to Panera at the top of the hill for men's fellowship and discussion at Panera. See you there, guys!

COMMUNITY NEWS & EVENTS

Holy Trinity Church Hosting Metropolis Clergy-Laity Assembly September 24

Holy Trinity Church is honored to be hosting the annual Metropolis of Pittsburgh Clergy-Laity Assembly on Saturday, September 24. The program runs from 8:00am to 5:00pm and will include clergy and lay representatives from parishes across the Metropolis.

Annual Flu Shot Clinic..... October 9

Holy Trinity Church will be hosting its 9th Annual Flu Shot Clinic in the Grand Room following the Divine Liturgy on Sunday, October 9. Certified immunizing pharmacists from Rite Aid will be here to offer Flu Shots from 11:15am until 1:30pm for adult parishioners and children ages 9 years and older. The Center for Disease Control states that an "annual influenza vaccination is the most effective method for preventing influenza virus infection and its complications". Please be sure to bring your insurance card listing your ID# as there is \$0.00 Copay with the majority of insurance plans and Rite Aid will handle the direct billing for most insurances.

Stewardship Update

Although we are three-quarters through 2022, we are still seeking 2022 Stewardship pledge cards from all our parishioners. If you have not yet received a 2022 pledge card or are new to Holy Trinity, additional pledge cards can be found at the Welcome Table located in the Narthex of the church. And remember, **a signed pledge card is required as part of maintaining your membership in good standing at Holy Trinity each year.** We are grateful for your commitment. Questions? Contact Holy Trinity Stewardship Chairman George Mellis or email him at stewardship@HolyTrinityPgh.org.

Reminder for Church Facilities: Reservations Required!

If your ministry or committee is planning a meeting or activity to be held at the church, please note that reservations for rooms and event spaces are required. Please call the Church Office at 412-366-8700 and speak to our Office Administrator, Mary Portellos or email her at Office@HolyTrinityPgh.org. Your cooperation helps ensure every group that needs a place has one. Thank you! ❖

THE SCREWTAPE LETTERS

A Masterpiece of Timeless Religious Humor & Truth



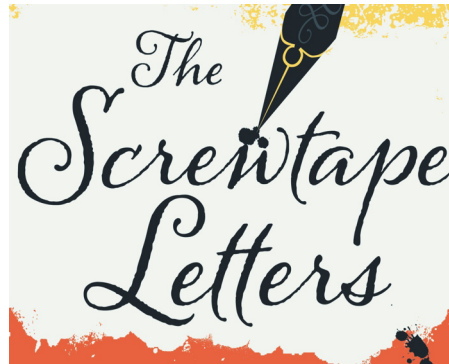
"The Orthodox Bookshelf" is a *Holy Trinity Herald* column by Rick Paese focusing on books of Orthodox Christian interest for everyone. Many of the books highlighted will be available for purchase at the Three Hierarchs Bookstore in the Gallery.

If you have never read C.S. Lewis, I strongly encourage you to start. He is a master at seeing the world through a Christian lens and describing the Christian faith in such a beautiful way. *The Screwtape Letters* is an excellent place to start.

Book Synopsis

The Screwtape Letters is a series of fictional letters sent by a senior devil "tempter" named Screwtape to his devil tempter-in-training nephew named Wormwood. The devils are in hell trying to control the lives of their human "patients." Through these letters, we learn how Wormwood tries to pull his patient towards evil. It is a behind-the-scenes look at how conniving and subtle demonic forces can be in controlling our lives. The devils try to exploit our thoughts and feelings, even the most subtle, and all that happens around us. What is their goal? To consume us into them.

Throughout the book, we see Wormwood's human patient live his life. He finds the Church, he quarrels with his mother, he falls in love with a woman, and he fights in the war. We watch him live these experiences and get to know his emotional state at each stage through the perspective of Screwtape and Wormwood.



Throughout the narrative, *Screwtape* advises Wormwood on how best to exploit each situation for their benefit and the patients' demise.

Key Lessons

We are under spiritual warfare whether we realize it or not. Though a fictional account, there are thoughtful insights into how demonic forces can clandestinely work in our lives. Importantly, it will allow you to recognize when you may be under spiritual attack. Here are 10 quick takeaways I took from the book:

1. The devils tailor their plan to the person. It is not a one-size-fits-all attack. Any state of mind, emotion, or spiritual experience, good or bad, can and will be exploited. They will focus our attention inward or outward, depending on how they are trying to manipulate us.
2. The devils encourage us to commit "baby sins" so that we do not realize what is happening until we are in deep.
3. The devils do not use reason to convince us. They use jargon and emotions.

4. We are tricked into abusing natural, God-given pleasures, leading to ever increasing desire with ever decreasing pleasure.
5. We are made to think about the future because nearly all vices occur in the future and we encounter eternity in the present.
6. The devils encourage any extreme view and will exploit them.
7. Christianity itself is exploited by making us treat it as merely a means to an end for worldly causes, such as for personal advancement or social justice.
8. Each generation is made to judge the sins that they are farthest from committing. Their approval is fixed on the virtue nearest to that vice which the devils are trying to make endemic.
9. Hardships and looming death are dangerous territories for the devils because through them we are often led to seek God and adequately prepare for death.
10. We think we have claims on life, such as claims to our time or claims on our bodies. When those claims are taken away we feel injured and are driven to anger. We forget these are gifts from God.

Conclusion

After he wrote the book, Lewis noted that for it to be a fully balanced account, we have to remember the angels working on our behalf. So, even though evil may abound, our guardian angel will help us to resist any temptation thrown our way. ❖

Rick Paese

LIVING MY FAITH IN MY DAILY LIFE: FORGIVENESS

Father Radu Bordeianu

Part of the 2022 Summer
Teaching Series messages
at Holy Trinity Church

As we continue the summer sermon series on “Living My Faith in My Daily Life,” let us see how we can make the forgiveness part of our daily lives.

We learned in an earlier sermon that we make 35,000 decisions a day. Making so many choices also means that we can make many mistakes, and so we need to ask for forgiveness from those whom we have wronged and to forgive ourselves. Also, others make 35,000 decisions a day. This means that they have many occasions to sin against us and we need to forgive them. Forgiveness has to be part of living our faiths in our daily lives. And we need to forgive often, as we fall short of perfect love for God and perfect love for neighbor.

What could the alternatives be if we do not forgive?



We could hold grudges. This is a burden that we carry, not those who wronged us. Sometimes we carry it for years, even when the other person has no chance of ever hurting us again. Sometimes we hold grudges even against people who have passed away. Please, Let go! Forgive!

Or perhaps we could seek revenge. After all, the Bible says, “eye for an eye, tooth for tooth, ... bruise for bruise” (Exodus 21:24-25). But the interpretation of this text from Exodus is much more nuanced, as I discovered at one of our local Christian-Jewish dialogues. Most of the commandments were given in the desert, so they are aspirational for when the People of God would eventually arrive into the Promised

Land and would have a well-functioning state. As my partners of dialogue quickly pointed out, this has rarely been the case, so this text is not applied literally. In fact, it would be practically impossible to apply justice evenly.

Take for example the instruction, “bruise for bruise.” How would one do that? Imagine that a person seeking revenge hits their adversary once, but later discovers that the other’s bruise is too small. Do you hit again? And what if this time you hit too hard? Do you let the other person hit you just a little, so that the bruises would be equal? The hilariousness of such a situation shows that this precept was not applied literally. Moreover, who does the hitting? The judge? The

police? The person who was wronged? Such a situation is clearly untenable. And, to end this hypothetical discussion, let us remember that, if we get revenge, we do not find satisfaction. We actually feel even more guilty.

We've been going around the only solution: forgiveness. The Apostle Peter asked Jesus how many times one is supposed to forgive their neighbor. Is it seven times? Perhaps there was an oral tradition that said that we should forgive seven times. Or maybe somebody bothered him many times, and Peter wanted to know how much he was supposed to forgive. We surely do the same in our lives and actually tend to think that forgiving once is enough.

But Christ answered Peter, seventy times seven, that is, 490 (other variants say, seventy-seven) times. Of course, no one can possibly trespass against us 490 times. Seven is a symbolic number: God made the world in seven days, so the number 7 symbolizes totality. 77 or 70×7 is a symbol for infinite. This means that we should forgive others every time they sin against us and thus there are no limits to our forgiveness. How can this be, one might ask? Why are we supposed to forgive so many times? And Jesus gives us the answer: because God forgives us even more than that.

Think of Jesus' acceptance of sinners: he dined with tax collectors and with the outcasts of society. When people who regarded themselves as holy protested, Jesus reminded them that those who are sick are in need of doctors and not those who are healthy; that the good shepherd leaves the ninety-nine sheep to find the one lost sheep; that God is merciful and forgiving and, most importantly, that we have to do the same: be patient with sinners,



heal them of their sin, seek their return, be merciful to them, and forgive them. Jesus certainly did that on the Cross when he prayed for those who crucified him: "Father, forgive them, for they do not know what they are doing."

In every aspect of our lives, we have what C.S. Lewis calls, "the terrible duty of forgiving our enemies." In the prayer, "Our Father," when we pray for our own forgiveness, we condition it on forgiving others: "forgive us our trespasses, as we forgive those who trespass against us." This is extremely difficult. But, as with everything that is impossible simply with our own power, it becomes possible if we ask for God's help.

We need to pray for the gift of forgiving others and have faith that we will receive this gift. Faith, in this sense, comes after the realization of our failure to practice the virtues. ... We change from confidence in ourselves to leaving it to God. Having failed numerous times, we do not have the option of giving up, but we try again in a new sense: less worried, not to get to heaven as reward, but

simply with faith that we will receive this gift of forgiving others.

Before we close, let me add a final request: please forgive yourselves! Oftentimes, forgiving ourselves is harder than forgiving others. But do not carry this burden. You forgive others; be kind to yourself, too.

Of course, this is not "cheap grace," it's not simply an excuse to sin again and again. On the contrary, it presupposes work: it presupposes going to Confession and receiving from our spiritual father the assurance that we have been forgiven, it involves making amends, changing our way of life, and counting on God's love by having faith.

In conclusion, we believe that Jesus came to save the lost and to forgive us. Because we have been forgiven so much, we need to forgive those who sinned against us. We make 35,000 choices a day and so does our neighbor; we all have many occasions to sin. But let us forgive 70 times 7 – both our neighbor, and ourselves. This is how we live our faith in our daily lives by forgiving. Amen. ❖

Delivered August 7, 2022

Like Being Home

Holy Trinity's 2022 Seminarian-In-Residence, Yianno Tsamutalis, reflects on spending Holy Week with the Holy Trinity community and the benefits this ministry of Holy Trinity Church has brought him.

Greetings in Christ! Having finished up my Spring 2022 semester at Holy Cross, I am looking back to the wonderful experiences I had during that time. Spending Holy Week at Holy Trinity was most definitely the crowning experience.



From the first moments I spent at the Church on Saturday of Lazarus, weaving palm crosses, I felt as if I never had left my home parish. Everyone was so welcoming and genuine that it was no trouble for me to get acquainted with everybody. This same attitude carried over into the Liturgy where I was moved by how active and invested everyone was in the service.

After services on Holy Monday and Tuesday, I accompanied Fr. John on his Holy Week pastoral visits to shut-in community members. This was the most significant part of my trip to Pittsburgh since it was my first time experiencing this type of ministry. I was moved by the deep faith of those we visited and helped me put my own faith in perspective. It also helped me

better understand what the role of priest is in a community and how to give back to those who had given so much throughout their lives to the community. I deeply appreciate Fr. John for the lessons that he taught me on these trips and the trust he placed in me to help serve the community in this manner. In addition to ministry, on these trips Fr. John taught me all about the parish history and I got to see a whole lot of of Pittsburgh.

My favorite part of Holy Week is falling into the rhythm of the services. It is one of the few weeks in the year where it is easy to really be immersed in the liturgical tradition and where the Church truly feels like a home. The hymns of Holy Week are so beautiful and really add to the journey to Pascha. They add to the journey spiritually but also add to the element of physical endurance involved in really appreciating the tradition. I am really thankful to Mr. George Pantelakis for



letting me join him at the chant stand and for all the wonderful conversations we had. His words of wisdom really made my week at Holy Trinity more special.

Holy Trinity really is a unique community and I pray that the wonderful ministries and warm fellowship I experienced continue to grow. I especially want to thank Fr. John and Presvytera Becky for taking me in for the week and providing me with wonderful hospitality. I also want to thank Fr. Radu and Presvytera Loredana for their philoxenia as well. Finally, I want to thank the whole community of Holy Trinity for such a warm experience. I definitely look forward to visiting again soon. ❖

Yianno Tsamutalis



September brings us to the start of a new school year and Ecclesiastical year. It is a time of transition from the warm, slower paced days of summer to cooler fall weather and the faster pace of activities that go along with it. It is a time of renewal in many aspects of our lives, including the church. We reset the church calendar in September, giving us an opportunity to recommit ourselves as full participants.

Hopefully you have had a chance to recharge your batteries over the summer. At Holy Trinity, we come out of the gate quickly with our annual Greek Festival. Many of you reading this article have already dedicated much of your time and talents over Labor Day weekend assisting in this huge project. That is a significant component of our Stewardship and we are grateful for the time you have given and continue to provide in support of our ministries.

In addition to rededicating your time and talents for Holy Trinity, we ask that you continue to devote the treasures that God has bestowed upon you to the church as part of the Stewardship program. Now that we are entering into a new year in the life of the church, it is a great time to reflect on what Stewardship means and how it can be personalized within each of us.

Christian Stewardship is:

- Learning how to be a responsible and concerned caretaker of Christ's Church
- Learning how to enjoy Church life and be happy in Church work, for in Her dwells the fullness of the Spirit of God.
- Our active commitment to use all our time, talent and treasure for the benefit of humankind in grateful acknowledgment of Christ's redeeming love.
- Caring for the needs of others

Stewardship Update

- Offering one's self to God as He offered Himself to us.
- What a person does after saying 'I believe...', as proof of that belief.
- Devotion and service to God and His Church as persons, as families, from the parish to the Metropolis to the Archdiocese and throughout the world.

Your faithful Stewardship has helped this community grow and flourish. You have given so much of your time, talents and treasures that we have been able to move ahead with the completion of the church consecration project, expanding our ministries and serving as Christ commanded us.

All this is in spite of the dip in Stewardship contributions due to the pandemic we have experienced. Our goal this year is to get back to pre-pandemic participation and contribution levels, but so far we have continued to struggle to reach the level in Stewardship that we saw a few years ago.

As you can see from the chart, as of August 1 we were still about 40 families short of last year and 60 families below 2019. If you haven't pledged yet, it is not too late to rededicate yourself as a full participant in the Holy Trinity Stewardship community for this year. Consider your blessings and the importance of having our

Church, that God entrusted us with, to keep for Him.

Thankfully, we have seen an increase in the average pledge this year over previous years, and we are on track for our actual contributions to exceed the amount pledged for the year. Please keep up the good work of fulfilling your pledges that you have made for 2022. If you haven't already, you will soon be receiving a year-to-date statement that should provide an update on the level of your donations thus far.

We continue to look for ways to enhance our program and make it easier for stewards to give. We are in the process of installing a kiosk in the Narthex to enable parishioners to give electronically as they enter Holy Trinity. Additionally, a new system is being implemented that will enable on-line pledging, in addition to the on-line giving capabilities that currently exist. We are working on making that available to parishioners for the 2023 Stewardship Program.

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. ❖

Faithfully yours,

The Holy Trinity Stewardship Ministry

Holy Trinity Stewardship Contributions Trends					
Year	# Pledges	Pledged Amount	Contributed Amt 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
2022 YTD**	228	\$362,660	\$197,850	\$27,213	\$225,063
* 2019 includes \$25,000 in one-time donations			** YTD 2022 data as of August 1st		



Top: August 3 - Father Radu leads the faithful in a Paraclesis to the Theotokos Service at St. George Chapel.
 Middle: August 21 - The Ladies Philoptochos Society members meet to plan their fall activities.
 Bottom: August 21 - The Holy Trinity Visitation Ministry hosts another Card Signing event, at which all parishioners are invited to sign cards to be sent to the home-bound, shut-ins and others in need of love and care. Visitation Ministry member Nancy Palamara created the large, beautiful, colorful cards with the icon of the Elevation of the Holy Cross, celebrated on September 14. Thank you all!





HOLY TRINITY CHURCH

985 PROVIDENCE BLVD,
PITTSBURGH, PA 15237

INVITES YOU AND YOUR PETS
TO THE

BLESSING OF THE ANIMALS SERVICE

SATURDAY, SEP 17, 11:30AM

IN FRONT OF HOLY TRINITY CHURCH MAIN ENTRANCE

A BRIEF PRAYER SERVICE IN HONOR OF
SAINT MAMAS, PATRON SAINT OF ANIMALS,
WILL BE OFFERED. ALL PARISHIONERS ARE
WELCOME TO BRING THEIR FAMILY PETS.



**Holy Trinity Pittsburgh
Ladies Philoptochos**
invites **everyone** to join them for a
Festival of Tables!

A luncheon with themed tablescapes to promote
creativity, fun & fellowship

Saturday, November 12th, 2022, 11:00a-2:00p

View tables from 11a-12p

Lunch served @ 12:15pm

in **Holy Trinity's Grand Room**

985 Providence Blvd., Pittsburgh, PA 15237

Prize for Best Decorated Table & Door Prizes

Entertainment: Ventriloquist Cindy Speck & her
Puppet friends will entertain & inspire with jokes,
skits & songs!

Tickets \$45/person

(Includes Tickets for Door Prizes!)

RSVP by Tuesday, November 1, 2022

For ticket information call

Marianne Stearns

@ **412-600-2159**





Ukrainian Relief Dinner & Prayer Service

Sunday, September 25, 2022 | Service 4:00 PM • Dinner 5:00 PM

ST. NICHOLAS GREEK ORTHODOX CATHEDRAL

419 South Dithridge St. • Pittsburgh (Oakland) 15213

LED BY OUR BELOVED HIERARCHS

Metropolitan SAVAS, Greek Orthodox Archdiocese of America

Metropolitan GREGORY of Nyssa, Carpatho-Russian Orthodox Church of the USA

Archbishop MELCHISEDEK, Orthodox Church in America

Archbishop DANIEL, Ukrainian Orthodox Church of the USA

Bishop THOMAS, Antiochian Orthodox Christian Archdiocese of North America

Bishop IRINEJ, Serbian Orthodox Church in North & South America

Tickets \$50 • RSVP By September 20, 2022 • Net proceeds will benefit IOCC's Ukraine Crisis Response

SPONSORSHIPS AVAILABLE

Grand Benefactor \$10,000 • Benefactor \$5,000 • Humanitarian \$2,500 • Patron \$500 • Friend \$250

Register online at iocc.org/pittsburgh

Or contact Zelfa 412-417-4706/zkhalil1@live.com,
Vera 412-833-0839, or Mary Ann 724-263-5605.

Make checks payable to IOCC with "Ukraine Relief" in memo.
Mail to IOCC c/o Nick Terezis, 306 Marberry Drive, Pittsburgh, PA 15215.

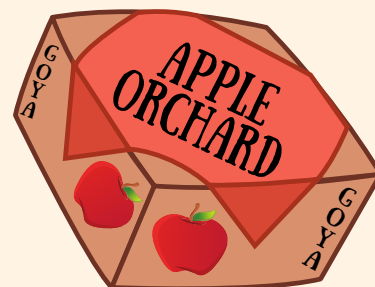
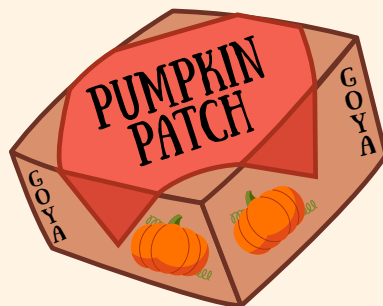
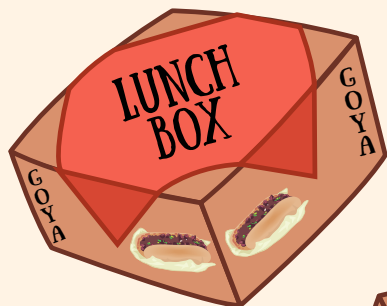
Tickets held at door, not mailed. Tables for groups of 8 only.
For info or to volunteer call Zelfa 412-417-4706.





GOYA FALLFEST

YOUTH SUNDAY, SEPTEMBER 25
IN THE GALLERY FOLLOWING LITURGY



PICK UP A READY-MADE
PACKAGE OR MIX YOUR OWN

SEE YOU THERE!
THANK YOU FOR SUPPORTING OUR TEENS!

INVITING ALL OUR YOUTH
HOPE | JOY | GOYA | CHURCH SCHOOL
to the Holy Trinity 2022
youth Ministries Kick-Off

Saturday, September 10th 3:00pm–7:00pm
North Park: Juniata Pavilion on Old Babcock Blvd.
Picnic food provided. Sides & Drinks needed.

Please RSVP on Evite: evite.me/bDEFq1ZPs6

Deadline: September 7
or email embalouris@gmail.com



2022 Youth Ministries Theme:
"Walk in the Truth" (John 1:14)





PRESENT

“REMEMBER SEPTEMBER”

“HRIPSIME’S AGONY, ATHENA’S MOURNING, AND RACHEL’S HEARTBREAK”

A CENTENNIAL MEMORIAL OF THE MARTYRS OF THE CHRISTIAN GENOCIDE IN ASIA MINOR, THE PONTUS, ANATOLIA (1915-1922),
AND THE JEWISH MARTYRS OF THE HOLOCAUST

SEPTEMBER 11 – 25, 2022

FOR DETAILS: PAHELLENICFOUNDATION.ORG/REMEMBERSEPTEMBER

7 PM, SUNDAY SEPTEMBER 11, 2022: **GENOCIDE IN ASIA MINOR, THE PONTUS, AND ANATOLIA (1915-1923) AS THE “FINAL SOLUTION’S” INSPIRATION.** FORMAL OPENING OF THE PROGRAM AND GREETINGS BY DISTINGUISHED GUESTS.

7 PM, MONDAY SEPTEMBER 12, 2022 : **“TETRAODEON TRIBUTE TO THE NEOMARTYRS OF ASIA MINOR”**. A MUSICAL/HYMNOLGIC COMMEMORATION OF THE GREEKS IN ANATOLIA, THE PONTUS, AND ASIA MINOR WHO WERE SLAUGHTERED IN THE CHRISTIAN GENOCIDE.

7 PM, TUESDAY SEPTEMBER 13, 2022: **“ETTY: WRITING AS RESISTANCE”**. ADAPTED FROM THE DIARIES OF ETTY HILLESUM AND PERFORMED BY SUSAN STEIN. DIRECTED BY AUSTIN PENDLETON. IN-PERSON EVENT. DETAILS AT: PAHELLENICFOUNDATION.ORG/REMEMBERSEPTEMBER.

7 PM, WEDNESDAY SEPTEMBER 14, 2022 : **“A PRISONER OF WAR’S STORY”** BY STRATIS DOUKAS. FOR THE FIRST TIME EVER, THE STORY WILL BE PRESENTED IN ITS ENGLISH TRANSLATION.

3 PM, THURSDAY SEPTEMBER 15, 2022 : **“THE STUDENTS OF UMBERTO PRIMO”** – A POST-FILM DISCUSSION WITH ALESSANDRA MAIOLETTI (DIRECTOR), DIANE BOULANGER (EXECUTIVE PRODUCER) & AVI BEN HUR. DETAILS AT PAHELLENICFOUNDATION.ORG/REMEMBERSEPTEMBER

7 PM, FRIDAY SEPTEMBER 16, 2022 : **“EXPERIENCE AND CREATIONS: VAGGELIS ANETOPOULOS”**.

3 PM, SATURDAY SEPTEMBER 17, 2022: **COMMEMORATING THE ARMENIAN GENOCIDE THROUGH TESTIMONY: AN INTERACTIVE DISCUSSION WITH THE UNIVERSITY OF SOUTHERN CALIFORNIA SHOAH FOUNDATION – THE INSTITUTE FOR VISUAL HISTORY AND EDUCATION.**

7 PM, SATURDAY SEPTEMBER 17, 2022: **“MEMORIES OF ASIA MINOR IN POEM”**. THE WINNING ENTRIES IN RESPONSE TO AN INTERNATIONAL POETRY COMPETITION ON THE THEME WILL BE PRESENTED; THIS COMPETITION IS A COLLABORATION BETWEEN THE EUROPEAN ART CENTER OF GREECE (EUARCE) AND THE AMERICAN HELLENIC FOUNDATION OF WESTERN PENNSYLVANIA. DETAILS AT PAHELLENICFOUNDATION.ORG/REMEMBERSEPTEMBER.

7 PM, SUNDAY SEPTEMBER 18, 2022 : **“HRIPSIME’S AGONY, ATHENA’S MOURNING, AND RACHEL’S HEARTBREAK”**. A MUSICAL AND POETIC CENTENNIAL COMMEMORATION OF, AND TRIBUTE TO THE MARTYRS OF THE CHRISTIAN GENOCIDE IN ANATOLIA, THE PONTUS, AND ASIA MINOR, AND THE JEWS IN THE HOLOCAUST.

5 PM, SUNDAY SEPTEMBER 25, 2022: **“MAPPING MIGRATION, LEARNING FROM ORAL HISTORY: OTTOMAN GREEK IMMIGRATION TO WESTERN PENNSYLVANIA”**, A LECTURE-PRESENTATION BY DR. YIORGO TOPALIDIS, PH.D., SAMUEL PROCTOR ORAL HISTORY PROJECT, UNIVERSITY OF FLORIDA.

7 PM, SUNDAY, SEPTEMBER 25, 2022: **“THE BUILDERS FROM ASIA MINOR”**. A SHORT DOCUMENTARY ABOUT THE IMMIGRANTS AND REFUGEES FROM ASIA MINOR, THE PONTUS, AND ANATOLIA WHO HELPED SHAPE THE GREEK-AMERICAN COMMUNITIES OF THE TRI-STATE AREA. WITH HYMNS DEDICATED TO THE NEOMARTYRS OF ASIA MINOR BY MEMBERS OF THE BYZANTINE CHOIR OF THE GREEK ORTHODOX METROPOLIS OF PITTSBURGH. DETAILS AT PAHELLENICFOUNDATION.ORG/REMEMBERSEPTEMBER.



HOLY TRINITY
GREEK ORTHODOX CHURCH

&



Hellenic College
HOLY CROSS
Greek Orthodox School of Theology

HOLY TRINITY CHURCH AND HELLENIC COLLEGE HOLY CROSS PRESENT “OUR SCHOOL—OUR FUTURE”

The past, present and future of Holy Trinity Church and the entire Archdiocese of America are inextricably linked to the on-going presence of Hellenic College Holy Cross, the only Orthodox Christian College and Seminary where the clergy and lay leaders of our churches are educated, nurtured in Orthodox tradition and prepared to serve and guide the Church of tomorrow.

You are the light of the world. A city set on a hill cannot be hidden.

Matthew 5:14

*Holy Cross Chapel, the diamond on the
“Holy Hill” of HCHC in Brookline, Mass.*

Please join the entire Holy Trinity family for a delicious, informative, and enjoyable fellowship luncheon where we will hear about the exciting progress of **OUR school: HCHC.**

We are honored and delighted to welcome to this special event:

- **Mr. George M. Cantonis, President of Hellenic College Holy Cross**
- **Fr. James Katinas, HCHC Vice President for Institutional Advancement**
- **Mrs. Helen A. Carlos, distinguished HCHC trustee and philanthropist**

SUNDAY, OCTOBER 23 FOLLOWING DIVINE LITURGY HOLY TRINITY GRAND ROOM

Admission is free. Free-will offerings to support the School will be accepted.



“The president of an academic institution must also be a student, ready to learn, understand, and absorb the reality of students’ lives. Our students and faculty are truly extraordinary, learning and teaching with tremendous energy, focus, and discipline. They know that everyone here can best serve the Church and society by fostering and achieving academic success.”

George M. Cantonis
President, Hellenic College Holy Cross

ON SECULAR SPIRIT

The secular spirit enters into our heart gradually until overwhelms us.

Geronda, why do they call the devil the ruler of the world? Is he really?

When Christ said that the devil is “the ruler of this world,” He did not mean that he has power over the world, but that he has dominion over vanity and lies. This means that the devil rules over vanity and all those who are dominated by it. My thought tells me that the greatest enemy of our souls, greater than the devil himself, is the secular spirit, because at first it lures us sweetly, but in the end will leave us bitter forever. People have taken this “world” into their hearts and have expelled Christ.

Why is it so difficult to understand how bad the secular spirit is for us? Why are we lured by it?

Because the secular spirit enters into our heart gradually, like the porcupine entered into the hare’s nest. In the beginning, the porcupine pleaded with the hare to allow it to put just his head inside the nest for a while so that it will not get wet. Then it put one foot in, then the other, until finally it entered fully and with its thorny quills evicted the hare completely from his nest.

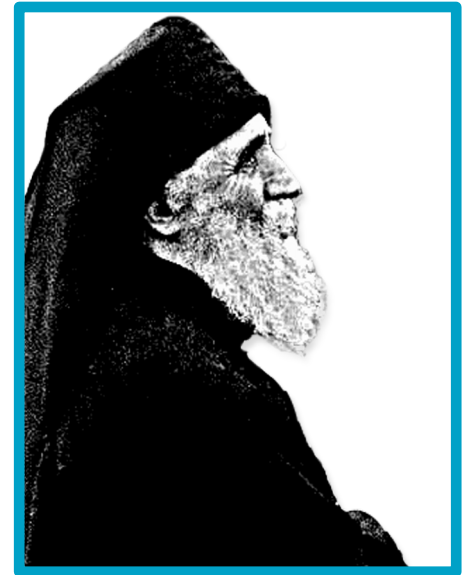
Similarly, the worldly spirit deceives us into making small concessions at first until it gradually overwhelms us. Evil progresses in small steps. If it were to come all of a sudden, we would not be deceived. You see, if you want to scald a frog, you must do it by gradually pouring hot water on it

at first. If you pour it all at once, it will jump, start running and escape. But if you start by pouring a little over it, the frog will at first move and shake it off but then it will accept it. If you pour a little more, it will again shake it off, until eventually it will be scalded without realizing it. If you could tell the frog, “Eh, frog, get up and leave, I have poured hot water on you,” it would still not leave. It would stay there and become more and more bloated until it’s fully scalded. This is the manner in which the devil operates: he scalds us gradually, and in the end, we find ourselves scalded without even realizing it!

How can we train our souls to be attracted to divine beauty instead of secular attractions?

A soul moved by material beauty reveals that the vain world lives inside it, and that it is attracted by the creation and not by the Creator, by clay and not by God. By contrast, when man loves spiritual beauty, then the soul is filled and becomes beautiful.

Priority must be given to the beauty of the soul and not to vain beauties, because the Lord has told us, “A soul is worth more than the entire world.” Those who do not put the brakes on their heart’s desires for unnecessary material things and do not gather their mind inside the heart in order to offer everything they have together with their very soul to God, will be very miserable.



Saint Paisios of Athos

Geronda, is it always bad to desire something?

No, the heart’s desire is not bad in itself. But when things, even things that are not sinful, take up a piece of my heart, they diminish my love for Christ. Again, this kind of desire is bad, because the enemy reduces my love for Christ.

When I desire a useful thing, a book, for example, and it ends up taking up a piece of my heart, then that is bad. Why should a book take up a piece of my heart? Will I desire the book or will I yearn for Christ? Any desire, no matter how good it appears, cannot rival the desire for Christ or for the Panagia. When I give my heart to God, will not God give me His entire Self in return? God seeks man’s heart: “My son, give me your heart.” If man gives God his heart, God will grant him his heart’s desires, as long as they will not be harmful to him. Only a heart given to Christ is not wasted, and only in Christ does one find in abundance the gift of divine love in this life and heavenly exultation in the next life.

We must avoid worldly things and not let them occupy our heart. ❖

Excerpted from
Spiritual Counsels, Vol. 5

THE HOLY TRINITY

HERALD

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

The Herald is the Monthly Newsmagazine of
Holy Trinity Greek Orthodox Church

Editor

Father John Touloumes, Protopresbyter (fjt@HolyTrinityPgh.org)
Church: 412-366-8700 | Home: 412-831-3574

Production

Mary Portellos, Office Administrator (office@HolyTrinityPgh.org)

Photographers

Peter Gagianas Theanne Gagianas
Mary-Magdalene Welsh Sherry Clayton

Copyright Notice

This magazine contains copyrighted material of Holy Trinity Greek Orthodox Church and third party copyright owners, including, without limitation, text, photos, and graphics, and the contents of the newsletter are protected under the United States and international copyright laws. You may not copy, modify, publish, transmit, display, participate in the transfer or sale, creation of derivative works, or in any way exploit, any of the content, in whole or in part. No copying, redistribution, retransmission, publication or commercial exploitation of any material in this newsletter is permitted without the express written permission of Holy Trinity Greek Orthodox Church and any applicable third party copyright owner.

**About the Parish**

Holy Trinity Greek Orthodox Church
985 Providence Boulevard
Pittsburgh, PA 15237

Phone: 412-366-8700 | Fax: 412-366-8710 Web site:
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@holyltrinitypgh.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!

"FAITH. FAMILY. COMMUNITY."**Thank you for supporting our Sponsors****Eye Physicians & Surgeons, Ltd.**

Christ A. Balouris, M.D.

Comprehensive Medical and Surgical Care
Three Convenient Locations in the Pittsburgh area
www.pgheyemds.com

North Hills/Wexford: 7000 Stonewood Drive, Suite 200, Wexford 724-940-4001
Aspinwall: 200 St. Margaret Medical Arts Bldg., Suite 2020 412-784-9060
Shadyside: Aiken Medical Bldg., Suite 103, 532 S. Aiken Ave 412-621-9060

**BALOURIS EYE CENTER, PC**

CONSTANTINE A. BALOURIS, M.D.

H. ROBERT PAPAS, M.D.

102 TECHNOLOGY DRIVE, SUITE 120
BUTLER, PA 16001
OFFICE: 724-482-0090
FAX: 724-482-0093

Visit us at.... www.BalourisEyeCenter.com

**H & A HEATING
AND AIR CONDITIONING, INC.**
412-366-2990

Sales, Service & Maintenance
Harry G. Athanasiou, President

**Chris T. Balouris**

3509 Smallman St., Pittsburgh, PA 15201

Phone: 412.682.2700 www.salonika.net

Retail Store Hours: Mon-Fri 8am-4pm | Sat 9am-2pm

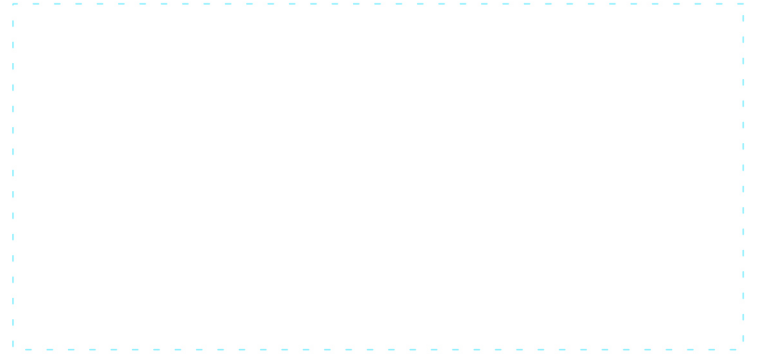
**HearingLife** (724) 719-2304WEXFORD
1500 Village Run Rd., Ste. 315**Tammy Backeris**

H.I.S. Hearing Instrument Specialist | License #F03293
efba@hearinglife.com

HOLY TRINITY GREEK ORTHODOX CHURCH
985 PROVIDENCE BLVD, PITTSBURGH, PA 15237
HOLYTRINITYPGH.ORG



NON-PROFIT
ORGANIZATION
U. S. POSTAGE
PAID
PERMIT NO. 1463
PITTSBURGH, PA



MOLDED BY GOD

We have received the seal of the Spirit. Our task now is to preserve the integrity of what we have received by living a truly Christian life. We must give our time to prayer and the study of Scripture, speaking to God, listening to His word to us, and letting His teaching mold us. He has enriched us with a treasure no one can take away.

Saint Cyprian of Carthage (3rd c.)