



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

November 2022  
Volume 30 | Issue 9

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## PHOTO OF THE MONTH



Holy Trinity teens and adults volunteered at the IOCC Ukrainian Relief Dinner, which raised thousands of dollars to help feed, clothe and assist those so terribly affected.



**The Relics of Saint Andrew the First-Called Apostle  
Enshrined in the Cathedral of Saint Andrew, Patras, Greece  
Feast Day: November 30**



Father John Touloumes  
Proistamenos

## Now therefore, our God, we thank You and praise Your glorious name.

1 Chronicles 29.13

My beloved Holy Trinity family,

While on sabbatical last year, we took a number of exhilarating hikes, including Mount Zas in Naxos, one of the highest spots in the Aegean at 3,290 feet. Along the way, I learned of a hiking tradition apparently well-known to hikers, but new to me. The higher we traveled up the rocky mountain, the harder it got to tell where the trail was. Then I started to notice small piles of rocks that seemed to be intentionally built. I learned that this is something hikers do to mark turns along the way when it's not clear which way to go. It turned out to be a significant help as we climbed, and we were thankful that others had left their trail markers or we would have been wondering lost in 100 degree heat for hours.



Thinking back over that experience, those piles of rock intended as trail markers remind me of events in the lives of Noah, Abram, Isaac and others, who built altars to the Lord using piles of rocks as "life markers" commemorating encounters with God as offerings of thanks. Those are good models for us, too, so we never forget we are not on our own, but "God is with us." How many of those markers can you count in your life? There are the significant events of God's grace, such as baptisms, weddings and other liturgical markers. Perhaps you have had other major moments in your life that you remember God's presence, direction and action. You may not have stacked a pile of stones to mark them, but you probably have some way of commemorating them. Hold on to them.

There is also, of course, this month's Thanksgiving holiday. What a beautiful way to think of it as a life marker, not just a meal. The people that have sat at those tables and now rejoice in the Heavenly Kingdom, the blessings that have been shared and even the challenging opportunities for growth can and should be offered in memorial thanks as we round another year and leave another "stone" on the pile that our future generations will know and remember that God has been with us and will be with them. These are moments whose value we should never allow to be diminished.

During the upcoming Holy Trinity Centennial in 2023, we will reflect on the past 100 years and the beginning of the "trail" to see God's steady hand and the history of markers that have led us to where we are today, and we will look forward to laying new markers on the journey to come. And as we approach the 10th year of residency in our new church, we know it is certainly more than a well-constructed pile of rocks; it is a marker that, by God's grace, will be a beacon and a guide for future generations. A blessed and thankful Thanksgiving to all!

With paternal and pastoral love in Christ,

### OUR VISION

Faith. Family. Community.

### OUR MISSION

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



# NOVEMBER

## WORSHIP LIFE

### Weekday Services - November

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](http://HolyTrinityPgh.org/calendar) for updates. (HT=Holy Trinity Church; SG=Saint George Chapel.)

- **Tue. Nov. 8:** The Holy Archangels (SG)
- **Wed. Nov. 9:** St. Nektarios the Wonderworker (SG)
- **Mon. Nov. 21:** Entrance of the Theotokos (SG)
- **Tue. Nov. 22, 6:30pm:** Paraclesis Service to St. Nektarios (SG)
- **Fri. Nov. 25:** St. Katherine the Great Martyr (SG)
- **Wed. Nov. 30:** St. Andrew the Apostle (SG)

### YOU Are Invited To Join Holy Trinity Choir!

Are you interested in joining the Choir? Or do you simply want to learn the music of our beautiful Orthodox worship services better? Please join the Choir on any Sunday in the upcoming months. All are welcome! No prior music experience is necessary. For more information, please see our Choir Director, Eleni Valliant, seek out a current Holy Trinity Choir member or contact [choir@HolyTrinityPgh.org](mailto:choir@HolyTrinityPgh.org).

## RELIGIOUS EDUCATION NEWS

### Church School Starts with Church!

Attention all Holy Trinity parents and youth: Remember, **Church School begins with Divine Liturgy**. So please be sure to have all our students there at 9:30 am each Sunday. The youth sermon—a special time for your priests to teach and connect with our youth—takes place early in the service after the Gospel, so they won't want to miss that. Also, parents and young people please remember that all youth ministries at Holy Trinity Church begin with Church School. Thanks for your faithful participation!

### Church School Thanksgiving Food Drive ... November

During the month of November, Holy Trinity Church School is once again holding its Fall Food Drive...and again it's Church School vs. the Community! All month there will be two food collection bins in the Gallery during Coffee Hour: one for Church School collections and the other for the rest of the community. You do not need to have children in Church School to participate. At the end, the winner will be announced, and a special award given. Items will be donated to the Orthodox Christian ministry at the Neighborhood Resilience Project in the Hill District of Pittsburgh. A shopping list of requested Food Drive items

can be found at the church office window. Thank you for your support!

## YOUTH MINISTRY NEWS

### GOYA Meeting ..... November 13

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on Sunday, November 13. The meeting will be followed by the GOYAns heading out for lunch and then playing Frisbee Golf. All Holy Trinity teens (grades 7-12) are invited to attend and participate in the many exciting GOYA activities.

### JOY Pizza Party/Movie/Craft Project .....Nov. 13

The JOY ministry children (grades 3-6) are invited to the Fireside Room on Sunday, November 13, 2022, from 12pm-2pm for an afternoon of fellowship and fun! Each child may bring a food item (chips, fruit, dessert, etc.) to share with the group as we eat pizza and watch "Charlie Browns Thanksgiving." We will also make a holiday craft to give to the senior citizens of our community. RSVP to [JOY@HolyTrinityPgh.org](mailto:JOY@HolyTrinityPgh.org) so we know how much food to prepare!

### GOYA Turkey Bowl ..... November 28

GOYA will hold its annual Turkey Bowl Football Game on Thanksgiving Sunday following Divine Liturgy. This is a fun and friendly GOYA tradition, and everyone is invited, players, non-players, cheerleaders, parents and fans! Players should bring a change of clothes and shoes for play. The flag football game will be followed by hot chocolate, meatless "walking tacos" and other goodies. Yum! See you there!

## PHILOPTOCHOS MINISTRY NEWS

### Philoptochos Meeting..... November 6

Holy Trinity Philoptochos will hold its monthly meeting on Sunday, November 6, 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!

### Philoptochos Festival of Tables ..... November 12

Holy Trinity Philoptochos is hosting a "Festival of Tables", a luncheon with themed tablescapes to promote creativity, fun & fellowship Saturday, November 12th, 2022, from 11:00am-2:00pm in Holy Trinity's Grand Room. View tables from 11am-12pm. Lunch will be served at 12:15pm. A prize will be awarded for Best Decorated Table. There will also be door prizes. Entertainment will be provided by

Ventriloquist Cindy Speck & her Puppet friends with entertaining & inspiring jokes, skits & songs! Tickets are \$45/person (includes tickets for door prizes!). Deadline is Tuesday, November 1. For ticket information call Marianne Stearns at 412-600-2159.

### **Philoptochos Holiday Bake Sale ..... November 20**

The Ladies Philoptochos is offering pastries in limited quantities for the holiday season. All items will be sold following liturgy on Sunday, November 20, 2022. Pans of Baklava, Spanakopita, and cookies by the dozen will be available. Sorry, no preorders accepted at this time. All proceeds benefit our sponsored charities. As always, thank you for your support and happy holidays!

### **Hospitality Hour Hosts Needed.....Dec. 4 & 11**

Thank you to the many families and ministries that have stepped up to host our newly re-formatted "Hospitality Hour" following our Sunday Divine Liturgies. There are a number of available Sundays in December. Remember a loved one. Celebrate a special event. Or just offer your family's or ministry's hospitality to the community. Interested? Visit [HolyTrinityPgh.org/ministries/hospitality-hour](http://HolyTrinityPgh.org/ministries/hospitality-hour) for details on how to host one.

### **Bereavement Support Ministry .....December 5**

Join us for our upcoming bi-monthly group gathering on Monday evening, December 5. There will be fellowship and light refreshments at 6:30pm, followed by the Group Support meeting from 7:00-8:00pm.

## **COMMUNITY NEWS & EVENTS**

### **"Parish Family Game Night" .....Nov. 11**

Come at 7pm for an evening of games, fun and fellowship for all ages! Lots of great board games, skill exercises and more. Bring your own favorites with you to share! Popcorn, snacks, and drinks provided. It's for the entire family, so bring Papou & Yiayia, Mom & Dad, too!

### **Military Appreciation Day 2022.....Nov. 13**

In observance of Veteran's Day, the Visitation Ministry Team requests your prayers and support once again to honor parishioners, family, and community members who have served and are still serving our country in the military.



Our tribute on Sunday, November 13 will include a memorial service for all veterans and fallen heroes, and special recognition of living veterans

and active military service members. We will proudly display our military honoree names on the monitors in the Grand Room and Gallery as an offering of love and gratitude for their service. May God bless all those who have served and continue to serve our country!

### **Fall General Assembly ..... November 20**

Please plan to attend the regular Fall General Assembly on Sunday, November 20. An agenda is included in this issue of *The Herald*. The purpose of the Fall Assembly is to review parish life, nominate candidates for the Parish Council and other important committees and hear reports on important parish matters. Please remember that, to vote at an assembly or in elections, you must be a member in good standing. Also, the requirements to run for Parish Council according to the Archdiocese Parish Regulations and the Holy Trinity By-Laws are indicated in the nomination form mailed in the Herald. These include, but are not limited to, being an enrolled member in good standing for three years prior to the date of nomination. Whether taking in a leadership role in a ministry or just getting involved more, the Lord has a calling and a role for every one of us at Holy Trinity Church because you are a part of the Body of Christ and have an important contribution to offer. God has already equipped you with it. Consider it. Pray about it. What's yours?

### **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](mailto:stewardship@HolyTrinityPgh.org).

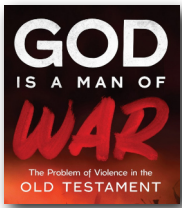
### **Christmas Card Forms .....Due December 6**

If you would like to include your name in this annual community tradition, please be sure to submit your form and donation to the Church Office by December 6. The card will be mailed with the Christmas/New Year bundle.

### **Holiday Poinsettias Form.....Due December 6**

Please consider sponsoring of holiday poinsettias for use in the church during the Christmas and Theophany season. To donate one or more flowers in memory of a loved one or in honor of a special person or event, please complete the form and return it to the Church Office with your donation by December 6. ❖





# GOD IS A MAN OF WAR



## The Problem of Violence in the Old Testament

*"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 are available for purchase at the Three Hierarchs Bookstore in the Gallery.*

### Introduction

*"God is a Man of War."* This is what Israel sung after being rescued from Egyptian slavery. God had just unleashed the plagues on Egypt and caused the drowning of their soldiers in the Red Sea. From our modern viewpoint, this type of violence attributed to God can be hard to swallow and it seems like a far cry from the Jesus described in the New Testament.

The purpose of this book is to address this dissonance between the modern understanding of the God of the Old and New Testaments. To properly understand the violence described in the Bible, we must have a correct understanding of:

- The meaning of **justice**
- The consequences of **sin**
- The reason God instituted **death**
- The reality of spiritual **warfare**

### Justice

The violence wrought by God in the Old Testament is closely tied with the idea of justice. The Hebrew word for justice is defined as follows: *All things existing in their proper place and relationship to each other. The original state of the God-created order.*

God's commandments are intended

to prevent injustice. When we break His commandments, God restores justice through judgment, thus preventing the world from descending into more and more chaos, violence, and destruction. Though judgment is unpleasant, it prevents further pain and suffering from uncontrollably multiplying throughout humanity.

### Sin

Sin disrupts the created order. In the Old Testament, sin is viewed more as a deadly disease than a morally wrong action. It disrupts justice and leaves a potentially permanent mark on the soul, the body, and the physical material order, including the land we inhabit.

Sin can spread throughout a community like a virus. Therefore, God collectively punished entire nations for their sins, regardless of how much each individual was complicit in the sin. The rules given in the Bible were written for the community as a whole. To be part of a community was to participate in its beliefs and rituals. Therefore, everyone was impacted by the sin of the community.

### Death

Death is the consequence of human sin. However, the author, Fr. Stephen de Young notes that the Bible describes death not as a punishment, but as a benefit to man. If there was no death, we would forever be mired in the ever increasing pain and suffering caused by our sin.

We make the mistake of viewing the

Bible in materialistic terms. We often assume our temporal life is all there is and any death or killing of a human, especially that caused or ordered by God, is the ultimate evil. Instead, the Biblical framework understands death as a relief from this suffering and life as a time available for repentance.

### Spiritual Warfare

We must not view Old Testament violence as occurring only in the physical realm. Wars were not merely two nations fighting for land. They were battles of good versus evil forces. Gods against gods. Yahweh fought for Israel to provide them land that had been corrupted by the sin of other nations. But He was also fighting against the spiritually evil forces that had infected these communities through their sinful choices. Sometimes war required the total destruction of the community to eradicate the evil forces threatening to overtake the world around them and the next generation of people.

### Conclusion

This book does not make the uneasy feeling of Biblical violence go away, nor does it resolve every difficult example presented in the Bible. What it does is explain the framework of God's plan by giving insights on the created order of the world, how humans disrupted this order, and how God lovingly brings order and salvation back to those who repent and follow Him.❖

*Rick Paese*



Varlaam Monastery, Meteora, Greece

# I AM A CHRISTIAN!



Come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty.

(2 Cor. 6.17-18)

One of the most amazing experiences Presvytera Becky and I had on our sabbatical last year was a visit to the ancient monastery of Varlaam at Meteora, Greece. As we were touring the public areas, a monk named Father Seraphim came walking through and, recognizing I was a priest, came to welcome us.

After some conversation, he took us into the private area of the monastery to a chapel used by the monks. On the walls of that chapel were scenes from the life and martyrdom of a relatively new saint named George of Ioannina. The icons were unusual in that the saint was wearing a traditional Greek *foustanella* folk outfit.

After explaining the history and martyrdom of this brave and holy man—who refused to renounce his faith when demanded by his Moslem overlords—he offered us the blessing of venerating the relics of that very



saint, which were housed on the chapel's holy altar table.

Saint George was one of many faithful Christians known as "New Martyrs" who were killed for their faith during the 400 years of Turkish occupation of Greece. In brief, as an orphan with no formal education, he was conscripted into the service of the oppressors as a stable keeper in the Turkish army.

He eventually married a Greek girl named Eleni and they bore and baptized a son named John. When the Turks realized that he was still a practicing Christian, they were furious because they claimed him to be a Turk who had abandoned Islam. He could have been given a reprieve by simply saying he was indeed a Moslem, but he refused to deny his Christian faith and was persecuted and tortured.

Sentenced to be hanged, George answered his tormentors' final question to him "What are you?" After he had asked that his hands be untied, he made the sign of the Cross and replied, **"I am a Christian and I shall die a Christian. I bow before my Christ and my Lady Theotokos."** He was martyred by hanging on January 17, 1838.

Often times when we hear stories of martyrs, ancient or new, they seem far away and so removed from our day-to-day life here in America, the land of freedom, that we think it could never happen to us, so we continue to live our comfortable Christian lives without challenge. We go to church, we marry, we baptize and we don't worry that anyone will ask us to deny our faith. And that faith becomes

another comfortable and safe part of our life, which demands no real sacrifice.

In his famous book, *The Screwtape Letters*, (which was reviewed in the recent October *Holy Trinity Herald*), C. S. Lewis documents the imaginary training of a junior demon by an experienced senior demon as they



Saint George of Ioannina

plot to capture the souls of Christians. At one point the senior coaches the junior, "If you can once get him to the point of thinking that 'religion is all very well up to a point,' you can feel quite happy about his soul." Meaning? I'll stick by my faith up to a point (usually that point involves some kind of sacrifice of our comfortable life), and that's where I draw the line.

Screwtape, the senior demon, lets his trainee in on a secret: most Christians will never be called to a martyrdom which openly demands that they deny Christ. They will simply do it on their own, day to day, in the smallest ways. They just need to be convinced that each of those choices is no big deal. They're not denying their faith. It's just not really making a difference in their daily choices. They become like everyone else.

Metropolitan Gregory of St. Petersburg (+1860) exposes the truth of that slow erosion of faith every day and challenges us, "Do you call yourself a Christian?" Are you a Christian in actual fact? Do you live as a Christian should live? That is, do you fervently desire and earnestly seek after that which a true Christian desires and seeks after?"

With this challenge, he brings to light the continual minimizing and eventual selling out of our faith to the point that, other than the outward identity as a Christian, there is no real difference between us and the rest of the world. He continues: "A Christian must not love the world (1 John 2.15). But many are completely bound to the world, so that it seems like they live only for the world; they always think like the world; they always behave like the world; and all the rules they follow

in their lives are precisely those rules that the world follows."

Today's Epistle to the Corinthians touches on that same challenge. Christians must be different, must live, choose and behave according to their faith and not the standards and goals set up by the rest of society. The opening quote from this Epistle makes that boldly clear: "come out from them, and be separate from them," says Saint Paul. He called the



early Christians ... and us ... to live differently from the world around them. If they walk in holiness, God will bless them. And He will bless us.

So where does this happen in everyday life? Please allow me to offer these questions we can ask ourselves to find out:

- Are we truly different in any meaningful way than the world around us?
- Do we represent something other than what people encounter in public, in their workplace, at their school or in their other gathering places?
- Are we living a life that we ourselves would use as an example if we were trying to describe what a Christian is to others?
- Are we the kind of person others would turn to when they need Christian advice, prayer or help?

I know I have fallen short in every one of those questions. I also know I am inspired on a regular basis by the faithful models I see in this very church on a daily basis. Many of you are inspiring examples for me, your

priest. I thank God for that. And I also know that unless we continually ask those self-examining questions, we can easily be lulled into the lukewarm condition that the Book of Revelation (3.16) warns against.

So, after all that general direction, please allow me to offer some areas of life we can examine on a daily basis to see if we are separating ourselves from the world as Saint Paul calls us in the Epistle today, or just going along to get along as *The Screwtape Letters* says. Does your faith make a difference, are you separate from the world, and will anyone know you are a Christian by...

- What you eat and drink?
- What you wear?
- How you speak?
- How you use your time?
- How you spend your money?
- How you set your priorities and the priorities of your children, including allowing sports and activities invading more and more of your children's Sunday mornings and other faith-centered activities?
- Who you associate with, and who you allow your children to be

influenced by?

- How you treat others?
- How you conduct yourselves at work?
- How you make important decisions, including careers, schools and relationships?
- How you face illness?
- How you face good times ... and how you face tough times?
- And ultimately—as the true mark of our faith—how you show love?

In any of those areas of life, when was the last time you made a deliberate choice or refused to do something because you have said to yourself or others, "I am a Christian?" When have you taken a position, declined an opportunity or separated yourself from the crowd because "I am a Christian" and that is not what a Christian does?

Last week I had a rather forgettable meal. Let's just say it was bland. Not well flavored. Nothing different or special. That's what we become when our faith ceases to season and guide our life, according to Jesus: "You are the salt of the earth; but if the salt loses its flavor, how shall it be seasoned? It is then good for nothing but to be thrown out and trampled underfoot by men" (Matt. 5.13).

Saint George knew that. Even as he stood facing his own death, he could have spared himself by giving in and going along. He refused. He separated himself as a child of God and a true Christian believer. Today Saint Paul reminds us that that is what is expected of us by the God Who loves us and responds to those choices in love: "Come out from them, and be separate from them, says the Lord." May we always have the faith, the discernment, the courage and the strength to be worthy of that high calling. Amen. ❖

Delivered October 9, 2022



# Stewardship

## Our Shared Love for Our Church

The Holy Trinity Stewardship Ministry will kick-off our 2023 campaign with Stewardship Sunday on November 20th. The Stewardship Ministry will host the Hospitality Hour that day and will be distributing pledge cards for next year.

This will be an exciting year for our parish as we celebrate our Centennial: The 100 year anniversary of Holy Trinity Church! It will also be an exciting year for our Stewardship program as we implement a new charitable giving platform that will expand our on-line pledging and giving capabilities allowing us to continue to grow this critical ministry.

As Holy Trinity reaches our 100 year milestone, our Stewardship goal continues to be to cover 100% of our Church's operating expenses through Stewardship giving, and offerings from trays and candles. You can help make that happen...this year!

Pledging in 2023 will be easier than ever before. Stewards will be able to return their usual paper pledge cards to church as always or—new this year—complete their pledge on-line on the Holy Trinity website. Yes, a new membership, pledges and offerings system is being implemented in November enabling us for the first time to accept on-line pledges, a long-time request from our parishioners. We will also be installing a giving kiosk in the Narthex to enable electronic giving at church. No cash? Forgot your envelope? No problem!

This new system will be better able to track donations from all sources, paper and electronic, so it will be much

more efficient in maintaining our office records and easier for parishioners to view and maintain their offerings. We kindly ask to complete your pledges by Sunday, December 18, as we will collect and bless the 2023 pledges in church that day,

Your faithful Stewardship has seen this community grow and flourish. You have given so much of your time, talents and treasures that we have



been able to schedule the completion of the Church Consecration project as part of our Centennial Celebration, expanding our ministries and serving as Christ commanded us..

Before submitting your pledge cards for next year, please take time with your family to prayerfully consider how you can continue to best contribute your time and talents in support of Holy Trinity Church and devote the treasures that God has bestowed upon you to the church as part of the Stewardship program.

Now as we look for your commitment to this ministry for 2023, it is important to consider what Orthodox Christian Stewardship means and how we can demonstrate it on a daily basis.

**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 together 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.

As we enter the last couple months of 2022, we urge those who have not submitted pledge cards to please consider making that commitment for this year. We also ask Stewards who have made a financial commitment to be diligent about fulfilling your pledge prior to the end of the year.

As of this writing, we have received pledges of about \$384,000, which is a few thousand less than our total pledges last year. Our average pledge has increased by about \$130 over last year, but so far we have received 25 fewer pledges than 2021. Still, it is great news to see our average pledge increase so significantly from last year, and we ask those who have not yet made their commitment to do so today.

Additionally, we are on track for our Stewardship contributions to surpass our pledged amount for the year. Please keep up the good work by continuing to donate so we can meet and exceed our total pledged amount.

We are grateful for the time you have given and continue to provide in support of our ministries. We hope that you prayerfully feel it in your heart to be as generous with your treasures, as you are with your time and talents. Thank you, good stewards.❖





Top, Left: The Blessing of the Animals service. Below: Members of the first Orthodox Volunteer Corps team visited Holy Trinity Church to share the news of this new ministry with the community and with our GOYA teens. Bottom: Holy Trinity Church hosted the 2022 Metropolis of Pittsburgh Clergy-Laity Assembly on September 24. Opposite: Holy Trinity adults and teens volunteered at the IOCC Ukrainian Relief Banquet at St. Nicholas Cathedral. Opposite bottom right: Brian Fitzpatrick Chrismation.















Opposite top: GOYA officers installed for 2022/2023. Opposite middle: The Holy Trinity Acolyte team. Opposite bottom: Youth Sunday greeters and speakers Mia Palamara and Themis Balouris. Top, Left: GOYA teens served up fall goodies at their annual Fall Fest. Bottom: Holy Trinity HOPE and JOY children enjoy a beautiful fall afternoon with a hayride and pumpkin picking at Shenot Farm.





SAVE  
THE  
DATES

# HOLY TRINITY CHURCH

## 2023 CONSECRATION & CENTENNIAL WEEKEND

FRIDAY, NOVEMBER 3  
CONSECRATION VESPERS

SATURDAY, NOVEMBER 4  
CONSECRATION SERVICE  
CONSECRATION LUNCHEON

SUNDAY, NOVEMBER 5  
DIVINE LITURGY  
CENTENNIAL GALA CELEBRATION

MARK YOUR CALENDAR NOW!  
WATCH FOR DETAILS TO COME!

100 YEARS — 1923-2023



# Faith & Family Weekdays

## Something for Everyone This Fall! (Updated)

### JOM

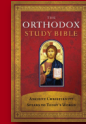
**Journey of Marriage**  
1st Tuesday, 7:00pm



Marriage seminar aimed at preparing couples for their wedding. Based on the "Journey of Marriage" course by Dr. Philip Mamalakis. Conducted as group sessions with couples to share and grow together. Nov. 8, Dec. 6, Jan. 3, Feb. 7, Mar. 7, Apr. 4, May 2.

### ETW

**Explore the Word**  
Wednesdays, 6:30pm



Father Radu continues his exploration of the Holy Bible, this time with a survey of the Old Testament. Learn about prophets, biblical history and the story of God's chosen people in their journeys and struggles. Fall dates: Oct. 5, 12, 19, Nov. 9, 16, Dec. 7, 14.

### MPS

**Monthly Paraclesis Service**  
Monthly on Tuesdays, 6:30pm



Come and spend an hour in hymns and prayer, honoring the Theotokos, Saint Nektarios and Saint Paisios of Athos at our beautiful Saint George Chapel. Pray for those in need. Renew your spirit in peace and prayer. Nov. 22, Dec. 13, Jan. 10, Feb. 20 (Mon.).

### FGN

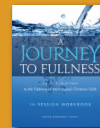
**Family Game Night**  
Second Friday, 7:00pm



Games, fun and fellowship for all ages! Board games, skill exercises and more. Bring your own favorites with you to share! Popcorn, snacks and drinks provided. It's for the entire family, so bring Papou & Yiayia, Mom & Dad, too! Nov. 11, Dec. 9, Jan. 13.

### JTF

**Journey to Fullness**  
Mondays (6-week series), 7:00pm



An overview of the Orthodox Christian Faith for newcomers interested in joining or life-long members yearning to deepen their understanding. Format: Videos and Q&A/discussion. Nov. 7, 21, 28, Dec. 5, 12, 19. Repeats Apr. 24, May 1, 8, 15 & 22, Jun. 12.

### P&P

**Prayer & Panera**  
2nd & 4th Thursday, 7:00am



Prayer and Christian fellowship for men. Meets at church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then moves up the hill to Panera for 45 minutes of coffee & conversation. Nov. 17, Dec. 1, Jan. 5 & 19, Feb. 16, Mar. 2, 16, more.

**F**aith and Family Weekdays offers something for everyone to grow in their faith and share in community. Ready to learn more about the Bible, about your Faith, about navigating life's challenges as a Christian, a woman or a man? It's all there.

Enjoy games, fun and fellowship with other parish families of all ages at **Family Game Night!** For adults and young people, too! Newly engaged? Prepare for Christian marriage at the **Journey of Marriage** sessions. Share the journey and grow together with other couples. Spend quiet time in prayer and fellowship time over coffee at the **Saint Nikodemos "Prayer and Panera" Men's Prayer Fellowship**. There are lots of other opportunities to learn about the Faith, the Bible, marriage and Christian living. Watch the bulletin and check the online calendar at [HolyTrinityPgh.org/calendar](http://HolyTrinityPgh.org/calendar) for details and locations.

### ALSO WATCH FOR THESE SPECIAL OPPORTUNITIES!

**Saint Euphrosynos Liturgical Cooking Classes:** Learn how to make Prosforo (Divine Liturgy Bread), Kollyva (Memorial Wheat), Arto (Bread for the Blessing of the Five Loaves) and Fanouropita (St. Fanourios bread). Dates TBA.

**Community Christmas Caroling:** Adults and youth will head over to the Sisters of Divine Providence on Wed. Dec. 21 at 6:30pm to bring Christmas blessings!



HOLY TRINITY GREEK ORTHODOX CHURCH  
invites you to support our

# CHRISTMAS GIFT COLLECTION

for the residents of Kane Community  
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Help us to spread the joy of the Nativity by  
offering the residents gifts of love!

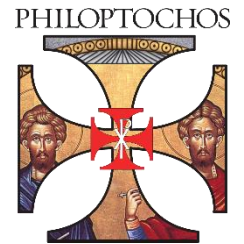
Requested new personal items include: Hand Lotion, Shampoo, Bodywash, Lip Balm, Deodorant, Brushes/Combs, Hair Ties/Headbands, Nail Polish, Colored Pencils/Markers, Fleece/Plush Blankets, Easy Adult Coloring Books, Large Print Word Search Books, Bite Size Candy, Snack Size bags of Chips, Pretzels, Combos, Cookies, Crackers, etc. (Hint; many of these items can be purchased in bulk at the Dollar Tree Store, Costco, or Sam's Club)

*Please return items to Holy Trinity no later than Sunday, December 4*

*No need to wrap! Collection Bins will be available in the Gallery. Thank you!*







It's time to gather together again and celebrate the holidays!  
Holy Trinity Philoptochos is honored to host its annual

# *Senior Citizens Christmas Luncheon*

**Thursday, December 1, 2022**

**DIVINE LITURGY AT HOLY TRINITY CHURCH**

**8:30 am Orthros/ 9:30 am Divine Liturgy**

Feast Day of the Holy Prophet Nahum and Ananian the Persian  
followed by

**11:00 AM LUNCHEON IN THE HOLY TRINITY GRAND ROOM**

RSVP: Yvonne Balouris 724-934-4850 or [ybalouris@zoominternet.net](mailto:ybalouris@zoominternet.net)

**Please respond by November 22, 2022**

# THE SACRAMENT OF THE HOLY EUCHARIST

The partaker, having experienced the sweetness of this manna, afterwards cannot help hungering and thirsting after this divine supper more and more.

## Geronda, why is the Holy Eucharist so essential?

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. He who has fallen after baptism loses this grace. Rising from his fall and coming back to the Lord, he should again be counted worthy of it. 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 15:46). 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 repentance, He comes within and feasts with the partaker.

## What is the relationship between the Eucharist and repentance?

Now a man is being born anew. He begins a life which is of an entirely different nature. 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 en-



Saint Theophan the Recluse

genders a vital and genuine desire 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.

## Having made my confession and repented, how should I proceed?

Having received pardon and forgiveness for all your sins in repentance, draw near to the Holy Eucharist for the full resuscitation of your inner man. There is no need to prescribe any special rule to prepare for this. A man who has repented already has everything needful for this and he naturally proceeds to communion. He who mourned over his sins and confessed them is ready to partake of this great Sacrament. The Apostle does not prescribe anything more. He only says, Let a man examine himself and so let him eat of that bread, and drink of that cup. One may say, "Keep what you have and do not lose what you possess; this is sufficient." ❖

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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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!

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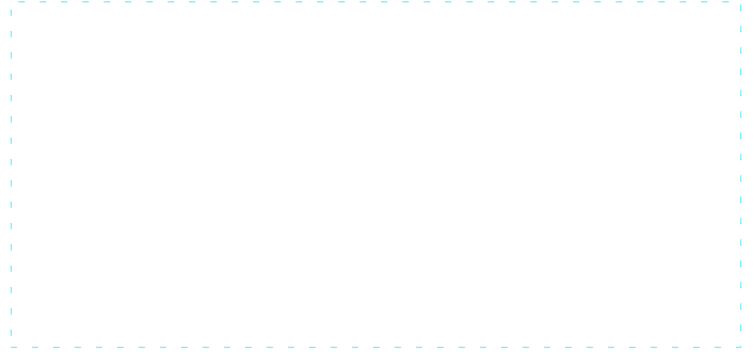
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## THE PERFECT PERSON

The perfect person does good through love. His actions are not motivated by desire for personal benefit, so he does not have personal advantage as his aim. But as soon as he has realized the beauty of doing good, he does it with all his energies and in all that he does. He is not interested in fame, or a good reputation, or a human or divine reward. The rule of life for a perfect person is... to be the image and likeness of God.

Clement of Alexandria, 3rd c.

