



THE HOLY TRINITY

# HERALD

*Faith. Family. Community*

June-July 2024  
Volume 32 | Issue 6

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## PHOTO OF THE MONTH



Holy Trinity children participate in the taking down from the Cross and burying of the Crucified Lord Jesus on Holy Friday afternoon. See more Holy Week photos on pages 8-18.



Two newly-canonical Saints who lived and reposed in our lifetimes: Saint Sophrony of Essex (July 11) and Saint Paisios of Athos (July 12) Both were canonized after the construction of Holy Trinity Church but before the completion of the iconography. They are found side-by-side in the Narthex.



Father John Touloumes  
Proistamenos

**H**e appeared to the eleven themselves as they sat at table and He upbraided them for their unbelief and hardness of heart, because they had not believed those who saw Him after He had risen.

**Mark 16.14**

My beloved Holy Trinity family,

Christ is Risen! As we continue to walk in the light of the Risen Lord during this glorious season of the Resurrection, it is our ancient tradition to greet one another with the words, "Christ is Risen" or "Christos Anesti," to which the other responds, "Truly He is Risen" or "Alithos Anesti." It keeps us walking in the joy of the Resurrection all the way through the leaving-taking of Pascha (the day before the Ascension).

It is indeed a beautiful and light-bearing practice. Or at least it should be. That is, if we guard ourselves against the danger of it becoming just habit or merely words, empty of real belief. As we see in the quote above from the Resurrection account in the Gospel of Mark, the Lord expects His followers—including us—to be as solid as the large rock that guarded the tomb.

The life-saving and cosmos-changing truth behind those words can never be casual. Exchanging the good news of the Resurrection of the Lord is a double-blessing. It is a proclamation and witness of faith for those who offer it, and for those who respond it is an affirmation of that belief. Whether you are a life-long Orthodox Christian or new to the faith, please accept the invitation to keep the Resurrection celebration alive throughout the season and to continue to bear witness through that apostolic proclamation.

As we head into the summer months, it is also a good time to remember that we proclaim and bear witness to our faith with more than words, and that starts with worship. I must admit as a priest it is a truly uplifting inspiration to see the many families that attend worship with their children regularly during the school year; we are so blessed! It is also a truly challenging frustration to see how many simply disappear for the summer. Vacations, camps and other family commitments are certainly understandable, but I reach out to us all—whether we have children or not—to keep our commitment to honor the Lord in worship throughout the year, including summer. It is part of our response to the promise of the Lord, Who has said He will be with us "always, to the close of the age" (Matthew 28.20). We should likewise be there for Him throughout the year and throughout our lives to thank Him, pray to Him and love Him.

Of course, in addition to worship services, there are many other events and activities throughout the summer at Holy Trinity: the Golf Outing, the Philoptochos Traditional Greek Dance, our Active Older Adults Frick Museum visit, Greek Dancer practice and food preparation for upcoming "Taste of Greece" Festival, the "Journey to Fullness" faith and growth series and more. And remember, even when you are traveling this summer there is most likely an Orthodox Church nearby. Expand your horizons and be sure to visit.

With paternal love in Christ our Risen Lord,

**Now in our 101st year!**  
**1923-2024**

**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.**

**WORSHIP LIFE**

**Weekday Services - June-July**

The following weekday services will be offered this month at 8:30am Orthros/9:30am Divine Liturgy unless otherwise indicated. Please visit HolyTrinityPgh.org/calendar for updates. (Note location: SG=Saint George Chapel.)

- **Thursday, June 13: The Ascension of the Lord** (SG)
- **Saturday, June 22: Saturday of the Souls** (SG)
- **Monday, June 24: Monday of the Holy Spirit** (Parish Feast Day - **Note location - at HT**)
- **Saturday, June 29: Saints Peter and Paul the Holy Apostles** (SG)
- **Thursday, July 11: Saint Sophrony of Essex** (SG)
- **Friday, July 12: Saint Paisios of Athos** (SG)
- **Monday, July 15: Saint Kyrikos the Martyr** (SG)
- **Saturday, July 27: Saint Panteleimon** (SG)

**Holy Trinity Feast Day Weekend..... Jun 22-24**

Please plan on celebrating Holy Trinity Church's Feast Day weekend by attending the following services:

- **Saturday, June 22, 8:30am Orthros/9:30am Liturgy: Saturday of the Souls** (SG)
- **Pentecost Sunday, June 23: 8:15 Orthros/9:30 Liturgy at Holy Trinity Church, followed by the "Kneeling Vespers" of the Holy Spirit.** (HT)
- **Monday, June 24, 8:30am Orthros/9:30am Liturgy: Feast Day of the Holy Spirit. This is the Nameday of our parish** (HT)

**Prophet Elias Day Weekend (Saxonburg)... Jul 19-20**

Gherontissa Theophano and the Sisterhood of the Nativity of the Theotokos Monastery (121 St. Elias Lane, Saxonburg, PA) invite all to their summer feast for the Prophet Elias. Great Vespers and Vigil will be offered at 5:00pm on Friday, July 19. Divine Liturgy will be held on Saturday, July 20, starting at 9:00am under the pavilion.

**Our Youth Need Blessings All Year...Summer Too!**

Parents, remember: while Church School 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. Please plan for a summer that includes worship. Be Orthodox Christians all year long!

**COMMUNITY NEWS & EVENTS**

**JOY Providing Meals for the Needy..... Jun 14/15**

The JOY youth ministry will be providing meals for the

needy and delivering them to the Neighborhood Resilience Project on June 14 and 15. Watch the bulletin for information or contact JOY@HolyTrinityPgh.org.

**"Active Older Adults" Trip to Frick Museum .....June**

Holy Trinity Church's new ministry, "Holy Trinity Active Older Adults" held its first event, the "Paint Party," on May 23 with great success. This group is designed to engage the 60+ members of our community for fun and interesting activities such as get-togethers and day trips. Their next event will be in June and will offer a trip to the Frick Museum, date to be determined. For information, contact Tasy McCann at AOA@HolyTrinityPgh.org or 724-612-9145.

**2024 Pilgrimage: "Greece By Faith" ..... Sep 23-Oct 4**

The Holy Trinity Pilgrimage Ministry is pleased to announce its 2024 Pilgrimage: "Greece By Faith." Explore Greece through its Orthodox Christian heritage as we visit famous sites such as Kefalonia (St. Gerasimos), Aegina (St. Nektarios), Meteora (monasteries), and many other cultural and historic sites. Whether it's your first trip or you go often, you haven't seen Greece like this before! For information, visit HolyTrinityPgh.org/2024-greece.

**Important: There are still a few spots left for members of the Holy Trinity community. Final payment is due June 11, so if you're interested, don't wait!**

**2024 "Stewardship Independence" - Pledge Today!**

The Stewardship ministry reminds that even with that even with our strong 2023 response, we still are not doing everything we can to keep our church opening and ministering without outside financing. As such, we invite all Holy Trinity Stewards to make a **2024 "Stewardship Independence Pledge"** this year. To enter a pledge, visit HolyTrinityPgh.org/pledge. Or you may access your account by visiting HolyTrinityPgh.org/realm and click "Sign in". Never logged in? Just enter your email address and click "Forgot Password." Questions? Send a message to realm@HolyTrinityPgh.org.

**Holy Trinity 2024 "Taste of Greece" ... Aug. 29-Sep. 1**

This summer's Holy Trinity "Taste of Greece" Festival is set for Thu., August 29, through Sun., September 1. The Festival Committee is asking everyone, new members and old hands, young and young at heart, to pledge a donation of their time and talents so that we can continue to grow both the success of the festival and the fellowship with all our Holy Trinity church family members ❖



# I DON'T HAVE ENOUGH FAITH TO NOT BELIEVE

“If you don’t believe what I’m sharing with you about the most important event in the history of the world, that saved us and grants us eternal life, what do you believe?”



**U**nless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in His side, I will not believe.” (John 20.25)

This famous phrase from Saint Thomas in John 20.25 is often linked with the idea of doubt, thus the expression “Doubting Thomas” (somewhat unfairly tagged to this faithful Apostle who proclaimed Jesus as “My Lord and my God” and was later martyred for his faith). Sometimes we apply that expression to friends, family or others we’ve run across who for various reasons do not believe in Jesus Christ, the Virgin Birth, the Resurrection or a host of other deeply held Christian teachings. It’s just too easy to dismiss them as “doubters.”

So let’s take a different approach today on the Sunday of Saint Thomas. If you will join me, I would like to answer today’s challenge to believe that Jesus was God, died, was buried and rose from the dead with three simple premises:

- Nobody believes in nothing.
- This is what I believe and have a lot of backup to support it.
- It takes a lot more faith in something else to deny it than to believe it.

### **Nobody Believes In Nothing**

Today, rather than stand timidly on defense in the

face of such challenges and allow ourselves to be put in the position of "proving" what we believe (which would make it no faith at all, but simply scientific observation), I would like to draw on a perspective that starts with this pre-supposition:

"One who claims to be a skeptic of one set of beliefs is actually a true believer in another set of beliefs." (P. Johnson)

This approach is laid out quite well in a book titled, "I Don't Have Enough Faith to be an Atheist" by Norm Geisler and Frank Turek. According to the authors, "Faith is also required to believe any worldview, including atheism and pantheism."

Before I go further, please allow me to clarify those terms, because though we will be dealing mainly today with Christianity (theism) vs. Atheism, it is important to understand the three major worldviews people can hold: Theism, Pantheism and Atheism. Here they are using an artwork analogy:

- **Theism: "God MADE ALL"** (Judaism, Christianity, Islam) A personal God Who created the universe but is not part of the universe. *God made the painting.*
- **Pantheism: "God IS ALL"** (Zen Buddhism, Hinduism, New Age) An impersonal god that is the universe. *God is the painting.*
- **Atheism: "NO God AT ALL"** (Religious Humanism) *The painting exists, but nobody painted it.*

In other words, "Nobody believes in nothing." But, you may say, what about the famous philosophical system called "Nihilism?" An actual definition from the Encyclopedia of Philosophy is not even able to speak about this teaching without using the word "belief." "A true nihilist would believe in nothing, have no loyalties,

and no purpose other than, perhaps, an impulse to destroy." (Note the presence of the word "believe.")

Blaise Pascal, the 17th century French mathematician, physicist, inventor, writer and Christian



philosopher said, "People most invariably arrive at their beliefs not on the basis of proof but on the basis of what they

find attractive," so be forewarned: any challenge to a person's system of beliefs (or supposed "non-beliefs") moves them out of their comfort zone, so even though truth about what we believe is important, destroying a person's world to get them there doesn't work. In other words, put your two-by-fours away. We won't be needing them today, and "speaking the truth in love" (Ephesians 4.15) says that's not the way to go anyway.

### **This Is What I Believe And Have a Lot of Backup To Support It**

When you have had discussions with your friends or others about your beautiful Holy Week and Pascha services and celebrations, the great joy and excitement of our midnight Resurrection Service and celebratory meal after, or for that matter simply the existence of this magnificent new Church, does anyone ask, "why?" It is perhaps the dreaded question, because the rest of that sentence is "...do you believe?"

If we take the easy way out with, "I simply do," we are covered by Holy Scripture, for Hebrews 11.1 clearly states, "Faith is the assurance of

things hoped for, the conviction of things not seen." But that will not often satisfy the question, because we secretly often fear the question might come from the person who means, "Show me what you believe because I don't believe it and I'm going to challenge you to believe something else if you can't prove it," but we sometimes overlook the opportunity that exists when the question is actually coming from the person who means, "My life is empty. I need something real. Help me believe."

So, for those who think that the very keystone of our Faith – the Resurrection of Jesus Christ – is a myth, a fable or a lie, let's step into a larger view than "because that's what I believe" and get some perspective, lest the greatest and most transformative event in the history of mankind be reduced to simple personal opinion.

A researcher named Gary Habermas did an analysis of 1,400 mostly critical scholarly works on the Resurrection written from 1975 to 2003 and reported his findings in the book, "The Risen Jesus and Future Hope." According to Geisler and Turek, virtually all scholars—from ultra-liberal to conservative—agree that the following points concerning Jesus and Christianity are actually fact:

1. Jesus died by Roman crucifixion.
2. He was buried, most likely in a private tomb.
3. Soon afterwards, the disciples were discouraged, bereaved and despondent, having lost hope.
4. Jesus' tomb was found empty very soon after his interment.
5. The disciples had experiences they believed were actual appearances of the risen Jesus.
6. Due to these experiences, the

disciples' lives were thoroughly transformed. They were even willing to die for their beliefs.

7. The proclamation of the Resurrection took place very early, from the beginning of Church history.
8. The disciples' public testimony and preaching of the Resurrection took place in the city of Jerusalem, where Jesus had been crucified and buried shortly before.
9. The Gospel message centered on the death and Resurrection of Jesus.
10. Sunday was the primary day for gathering and worshiping.
11. James, a "brother of Jesus" and a skeptic before this time, was converted when he believed he also saw the risen Jesus.
12. Just a few years later, the great persecutor Saul of Tarsus (Paul) became a Christian believer, due to an experience that he also believed was an appearance of the risen Jesus."

According to Giesler and Turek, this compilation of analysis points to three things that give us more than personal opinion or private, non-affirmed belief on which to stand with our lighted Resurrection candles:

1. The New Testament story is not a legend. It is well-documented and corroborated by many non-Christian sources.
2. The New Testament story is not a lie. It was not polished and packaged like the movie "The Truman Show," where one crack in the story causes the "big lie" to be exposed, but rather has withstood many challenges and still causes those who believe to die in its defense.
3. The New Testament story is not an embellishment. (i.e., "The Big

Fish" story) The authors were meticulously accurate, with over 140 historically confirmed details.

### **It Takes a Lot More Faith In Something Else To Deny It Than To Believe It**

All that does not prove that the accounts written in the Bible are true. Again, that would be factual scientific observation, not belief.

It does, however, leave room for skeptics who claim, "Ok, we accept that the disciples and followers believed, but they were deceived.



Again, Giesler and Turek: "While skeptics have formulated numerous alternative theories to explain away the Resurrection, there is no evidence from any first-century source supporting any of them. The only alternative theory that's even mentioned in a first-century source (the disciples stole the body) is from Matthew, and it is clearly identified as a lie. Nobody from the ancient world—not even the enemies of Christianity—have offered a plausible alternative explanation for the Resurrection." Other than simply, "I don't believe it."

So ... "Those who have alternative theories for the Resurrection should be asked, 'What evidence do you have for your theory? Can you please name three or four first-century sources that support your theory?'"

### **Conclusion**

Nothing presented today can cause anyone to believe. But simple challenges to the most basic tenet of our faith – that as we have seen today have many good responses – should not cause us to not believe. A faith that can be that easily shaken by simple challenges is not the faith of the martyrs who have preserved the Church for us by their own blood.

When it comes to challenges to our overall Christian faith or the most difficult to accept parts, such as the Resurrection of Jesus Christ, remember:

1. Nobody believes in nothing.
2. This is what I believe and have a lot of backup to support it.
3. It takes a lot more faith in something else to deny it than to believe it.

So today's message is not a presentation of undeniable facts, nor is it a collection of patristic Resurrection commentaries and scriptural exegeses. It has been, rather, an opportunity for us to go "outside the city" and the path to the crossroads of belief and unbelief where many people get stuck and to say to them, "Look, friend, there is more here than flimsy, unsupported claims. And if you don't believe what I'm sharing with you about the most important event in the history of the world, that saved us and grants us eternal life, what do you believe, because nobody believes nothing?"

Gisler and Turek's conclusion: "If there was no Resurrection, how could this life be the most influential life of all time? We don't have enough faith to believe that this one solitary life from a remote, ancient village could be the most influential life of all time ... unless the Resurrection is true." ❖

Delivered May 12, 2024

# Experiencing the Joy

What Stewardship at Holy Trinity Church means to me.

By Sam Dickson

I will never forget the first time I entered the doors of Holy Trinity Church to be present for and participate in the Divine Liturgy: smiling faces greeted me, the beauty of worship and icons (many of them still in progress at the time!) surrounded me, and the fellowship of soon-to-be friends waited for me afterwards.

Following the guidance and instruction of Father John, Father Radu and many others to name here, I would soon call Holy Trinity my spiritual home, and begin participating in Stewardship for the community that I love.

As one of the “newer” stewards of Holy Trinity Church, I was recently asked if I’d like to express what Stewardship means to me for the Holy Trinity Herald, and so I happily share these thoughts. Since many wonderful gifts have been given to me through our church and I am deeply thankful, giving back and participating in Stewardship feels natural, although there are many reasons as to why offering time, talent, and treasure as a steward of Holy Trinity is important to me.

A straightforward meaning of Stewardship is certainly helping our community climb the “Stewardship Mountain” to attain the goal of Stewardship financial independence, that is, having church operating expenses met by the Stewardship contributions of our members.

Since Stewardship independence helps our church to contribute even

more to its many ministries, educational, and charitable initiatives – the Agape Fund, visitation ministries, GOYA, and JOY to name a few—what a noble goal this is! A gift of being a member of a community like Holy Trinity is the opportunity to have others to work with for charitable acts and ends, so that with the support of one another, our efforts are strengthened.

For me, being a steward of Holy Trinity goes even beyond the financial aspects. It has also meant having the honor to participate in Holy Trinity’s Broadcast Ministry. Not too long after becoming a part of the Holy Trinity community, Father John asked if I would be willing to help manage the cameras used to broadcast many of the services at Holy Trinity. Having enjoyed the broadcasts many times, I knew immediately that this was a great way for me to share my talents. I am very thankful for the contributions of others in this ministry, such as John Lowman, who also helps manage the cameras, and George Hulse, who does the post-broadcast processing for posting online. Together, we make sure that others can experience the Divine Liturgy even if they are away from the church.

Beyond goals such as achieving Stewardship independence and particular ministries of our church, I believe Stewardship in a community can also be a simple thing and can consist of small acts. Things like praying for one another, greeting one another



with a smile, being present and ready if help is needed, and welcoming visitors with warmth and hospitality, among others.

As a new steward, I am amazed, inspired, and humbled by the generosity I see in so many others at Holy Trinity which makes this all possible. As I finished my reflections on what Stewardship at Holy Trinity means to me and why I am a steward, these words from scripture came to my mind: “Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory, receiving the end of your faith—the salvation of your souls” (1 Peter 1:8-9). I believe that, through our Holy Tradition, I have experienced a small taste of this inexpressible Christian joy that Saint Peter describes, and through stewardship to support the Holy Trinity community, our worship and ministries, I trust that I can help others experience it as well. ❖



# Saturday of Lazarus



Our Visitation Ministry continued its tradition of Pascha gifts to our homebound parishioners this year. A total of 35 flowers and Pascha gift bags were delivered by cheerful volunteers. A special thanks to the following Visitation Ministry helpers: Mary Ellen Stewart, Nancy Palamara, Yvonne Balouris, Afaf Saikaly, Diana Abdo, Katina Tanner, and Amanda Copeland. God bless you all!



# Palm Sunday





# Holy Week



# Holy Week





# Holy Week



# Holy Friday

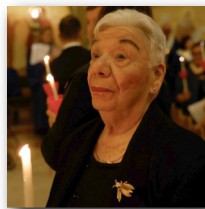




# Holy Friday



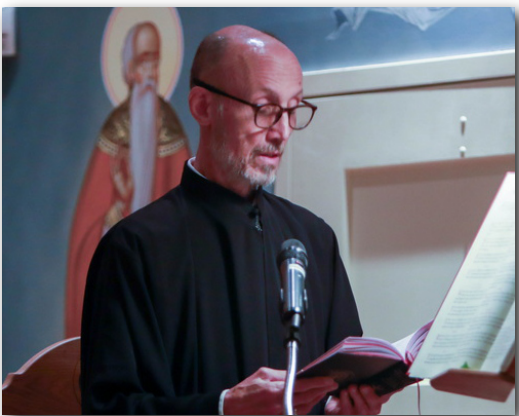
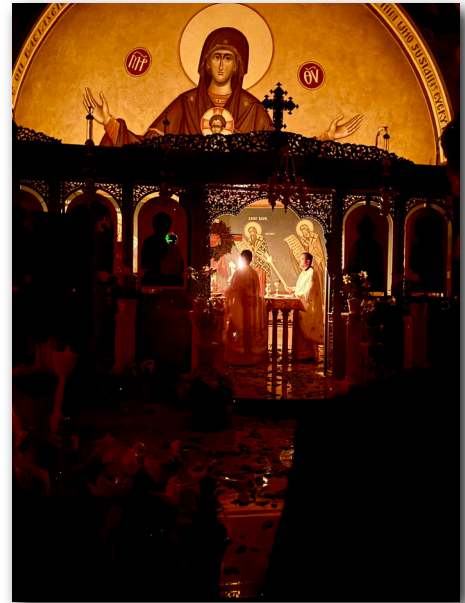
# Holy Friday







# Pascha Services



# Agape Vespers



# HOLY TRINITY 2024 GRADUATES



## Vasile Balouris | Pine Richland High School

Vasile is a scholar-athlete, National Merit Scholar Finalist and member of student government. He was a captain of the football and basketball teams, a 2-time all-conference football selection and an all-section basketball selection and a member of the track and field teams. Vasile has participated Holy Trinity youth ministries all his life, including JOY, Greek dancing, Acolytes and GOYA, where he especially enjoyed GOYA basketball. He will attend Purdue University and study engineering.

## Vassilia Bouzos | South Park High School

Vassilia is a recent arrival at Holy Trinity Church and has been involved youth ministries all her life at Saint Nicholas Cathedral and at Holy Trinity Church most recently. She has attended Church School and Greek School, participated in GOYA, basketball and Greek Dance and summer camp. She also served as a GOYA officer her senior year. She will be attending Slippery Rock University and major in Health and Physical Education K-12.

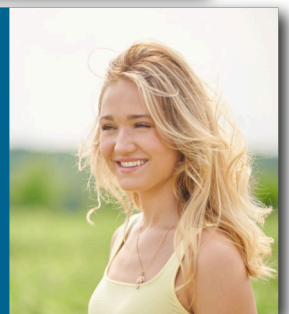


## Joshua LeDuc | Pine Richland High School

Josh is a member of the National Honor Society. He has been active at Holy Trinity Church in Church School and GOYA, where he served as an officer and a member of the GOYA basketball team. He has also served as an Acolyte and participated in the GOYA mission trip to the Saint Gregory Palamas Monastery. He will be attending college at The Ohio State University in the fall.

## Ekaterina "Katyusha" Peregoncev | North Allegheny Senior High School.

Katyusha is a member of the National Honor Society and was active in the Best Buddies program. She was a captain of the North Allegheny Water Polo team and 2-time varsity letter recipient. She has participated in Church School, Greek Dance and GOYA, where she was Outreach Coordinator. She will attend The Ohio State University to major in Mechanical Engineering and is excited to be a part of the Orthodox community in Columbus.





# 2024 Lenten and Paschal Flowers

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

## Salutations to the Theotokos Icon

Eleni & Joseph Abdalah..... in memory of Khouria Joanne Abdalah  
 Efthalia & Lynn Barker..... in memory of the Kalogeras & Geanous families  
 John & Georgia Franciscus ..... in memory of George & Betty Beckas  
 Penny & Jeff Mercadante..... in memory of George Nicholas Christ  
 Jon & Judy Stipanovich..... in memory of George, Stella, Greg, Ilija, and Boja Stipanovich

## Lent, Holy Week and Resurrection Services

Annunciation Icon Flowers..... Eugenia Graser, in memory of her husband Robert Graser and parents Michael & Maria Patsalos  
 Processional Flowers for the Veneration of the Holy Cross ..... Chris & Kathy Balouris, in memory of Rev. Fr. John Androutsopoulos, Anthony & Helen Balouris and for the health of Presvytera Ethel Androutsopoulos  
 Saturday of Lazarus Icon Flowers ..... James S. Johnson and Kristina Johnson, in memory of their parents Homer J. & Stella Johnson  
 Palm Sunday Icon Flowers..... Andreas & Valori Fournaridis, for the health of their family  
 Palm branches for Palm Sunday..... Mr. & Mrs. Salvatore Re, for the health of their families  
 Christ the Bridegroom (Nymphios) Icon Flowers ..... Reggie & Marianne Bonfield, for the health of family & friends  
 Burial Shroud Sheet for Epitaphion..... Arlene Metropulos, in memory of her husband Dean Metropulos  
 Holy Friday Rosewater..... Chris T. Balouris & Family in memory of his father Themistocles C. Balouris  
 Holy Friday Icon Flowers ..... Bill & Tina Fiedler, in memory of the Parikakis, Anargyros, Fiedler, Zagnacky & Barron families

## Epitaphion Flowers

Flowers for the Epitaphion ..... Holy Trinity Offering Envelopes, plus the following:  
 Chris & Kathy Balouris ..... in memory of Rev. Fr. John Androutsopoulos and Anthony & Helen Balouris  
 Chris & Kathy Balouris ..... for the health of Presvytera Ethel Androutsopoulos  
 Helen N. Bonaros ..... in memory of Nicholas C. Bonaros  
 Helen DeMoss ..... in memory of John DeMoss, Steve Pefanis & Anthoula Pefanis  
 Helen DeMoss ..... for the health of the DeMoss, Gross & Stum families  
 Frank & Katina Erdeljac..... in memory of the Alexiades Family  
 Andreas & Valori Fournaridis..... for the health of their family  
 Gus & Penny Georgiadis ..... for the health & protection of their family  
 Eugenia Graser ..... in memory of her husband Robert Graser and parents Michael & Maria Patsalos  
 Nicole & Tim Gross ..... for the health of the DeMoss, Gross, Stum & Pefanis families  
 George & Anna Halkias ..... for the health of family & friends  
 Pennie Hareras..... in memory of Gus Hareras, Angelo Hareras & Athena Hareras  
 Gus Kalaris ..... in memory of his wife Stella Kalaris  
 Irene Karavolos ..... in memory of Steve & Kelly Karavolos  
 George & Scarlet Karpakis..... in memory of Christopher Karpakis, John Karpakis, & Greta Tramel  
 Dr. James & Mrs. Bettina Kermes ..... in memory of dearly departed family & friends  
 Fanny Kostos..... in memory of Steve & Kelly Karavolos  
 Vasiliki & Elenie Kourouklis ..... for their health and well-being  
 Vasiliki & Elenie Kourouklis ..... in memory of Achille Kourouklis  
 Mike & Julie Kritiotis ..... for the health of family & friends  
 Nicholas T. Loomis ..... in memory of his beloved wife Joy  
 Judith Mermigas ..... for the health of Mary Mermigas  
 Judith Mermigas ..... in memory of Theodore Mermigas

Arlene Metropulos .....in memory of her beloved husband Dean  
 Deacon Matthew & Diakonissa Nina Palamara ..... for the health of the Anh & Palamara families  
 George Pantelakis ..... in memory of his wife Rhea Pantelakis  
 Demetra Serviou & Lisa Serviou Oddo ..... in memory of Father Sarantos Serviou & Presvytera Athanasia Serviou  
 James Sicalias ..... in memory of his mother Bessie Cocheres Sicalias

**Pascha & Paschal Season Flowers & Items**

Decoration of the Epitaphion..... Joyce Athanasiou, Holy Trinity Philoptochos, Women & Youth of the parish  
 Myrrh Bearing Women Icon Flowers..... Gus Kalaris, in memory of his wife Stella Kalaris  
 Bay Leaves for Holy Saturday ..... Pamela Bolkovac, in memory of her parents Nick & Mary Bolkovac (3 large baskets)  
 Rose Petals for Holy Saturday ..... Bill & Tina Fiedler in memory of the Parikakis, Anargyros, Fiedler, Zagnacky & Barron families  
 Resurrection Icon Flowers..... Andreas & Valori Fournaridis, for the health of their family  
 Resurrection Banner Ribbons..... The family of Chrissie Georgiadis in her memory  
 Dying and Preparation of Red Resurrection Eggs..... Holy Trinity Philoptochos  
 Priest's Resurrection Candle ..... A faithful parishioner, for the health of her children  
 Priest's Resurrection Candle ..... A faithful parishioner, for the health of her grandchildren

**Paschal Lillies**

Art & Christina Avlon..... in memory of Stella Kalaris  
 Lisa & Dean J. Balouris.....in memory of Helen & John C. Balouris  
 Anastasia & Joseph Barron..... in memory of Makryna (Marge) Parikakis  
 Anastasia & Joseph Barron..... in memory of Eleftherios (Lou) Parikakis  
 Anastasia & Joseph Barron..... in memory of Danielle Zagnacky  
 Anastasia & Joseph Barron..... in memory of James Mousadis  
 Pamela Bolkovac ..... in memory of her parents Nick & Mary Bolkovac (3 plants)  
 Helen N. Bonaros ..... in memory of Nicholas C. Bonaros  
 Helen N. Bonaros ..... in memory of Mr. & Mrs. Emanuel Tsivitis  
 Bill & Sophea Chapas..... in memory of John & Helen Chapas  
 Reggie & Marianne Bonfield ..... in memory of John & Mary Bonfield  
 Reggie & Marianne Bonfield ..... in memory of John & Helen Chapas  
 Reggie & Marianne Bonfield ..... for the health of family & friends  
 The Bonfield & Chapas Families ..... in memory of Frank & Anne Chapas (2 plants)  
 Frank & Katina Erdeljac..... in memory of Mike & Theologia Alexiades (2 plants)  
 Frank & Katina Erdeljac..... in memory of Mary Alexiades  
 Frank & Katina Erdeljac..... in memory of Alex Alexiades  
 Andreas & Valori Fournaridis..... in memory of Steve & Elenie Cocheres and Kostas Fournaridis  
 John & Georgia Franciscus .....in memory of the Beckas & Katsafanas families  
 John & Georgia Franciscus ..... in memory of John Beckas  
 Connie Fries..... for the health of family & friends  
 Connie Fries..... in memory of Mary & Peter Panos  
 Connie Fries..... in memory of John & Toula Giannoutsos  
 Connie Fries..... in memory of Spiros & Catherine Giannoutsos  
 Connie Fries..... in memory of Mr. & Mrs. Lou Parikakis  
 Connie Fries..... in memory of Alex Trilivas  
 Connie Fries..... in memory of Georgiann Bounas  
 Connie Fries..... in memory of James Statheas  
 Connie Fries..... in memory of Olga Regakis  
 Connie Fries..... in memory of Marian Pantelas  
 Gus & Penny Georgiadis ..... in memory of their parents (2 plants)  
 Eugenia Graser ..... in memory of her husband Robert Graser  
 Tim & Nicole Gross ..... in memory of John DeMoss  
 Tim & Nicole Gross ..... in memory of Steve & Anthoula Pefanis  
 Tim & Nicole Gross ..... in memory of Nick & Deannie Gelis  
 James S. Johnson and Kristina Johnson..... in memory of their parents Homer J. & Stella Johnson  
 James S. Johnson and Kristina Johnson..... in memory of their grandparents George & Augustina Makris  
 Gus Kalaris ..... in memory of his wife Stella Kalaris  
 Gus Kalaris ..... in memory of George & Pauline Kalaris  
 Gus Kalaris ..... in memory of Gus & Panagiota Bistolos  
 Irene Karavolos ..... in memory of Charles Siebott  
 Irene Karavolos ..... for the health of her family  
 George & Scarlet Karpakis..... for the health of Patricia Karpakis

## LENTEN AND PASCHAL FLOWERS & DONATIONS

---

George & Scarlet Karpakis.....	for the health of Jim Moroudas
George & Scarlet Karpakis.....	for the health of JL Tramel
George & Scarlet Karpakis.....	in memory of Christopher Karpakis
George & Scarlet Karpakis.....	in memory of John Karpakis
George & Scarlet Karpakis.....	in memory of Greta Tramel
Dr. James & Mrs. Bettina Kermes.....	in memory of dearly departed family & friends
Vasiliki & Elenie Kourouklis.....	in memory of Achille Kourouklis
Vasiliki & Elenie Kourouklis.....	in memory of Georgios Kourouklis
Vasiliki & Elenie Kourouklis.....	in memory of Dimitrios Repanas
Vasiliki & Elenie Kourouklis.....	in memory of Stavroula Repana
Angela & Michael Leist and Eugenia Hoehn.....	in memory of James & Margaret Phaturous
Nicholas T. Loomis.....	in memory of his beloved wife Joy (2 plants)
Maria Mason.....	in memory of her husband N. Jeffrey Mason
George & Veronica Mellis.....	in memory of Anna Mellis
George & Veronica Mellis.....	in memory of James Mellis
Milita Mellis.....	in memory of Michael G. Mellis
Milita Mellis.....	in memory of Dean Metropulos
Penny & Jeff Mercadante.....	in memory of George & Elaine Christ
Judith Mermigas.....	for the health of Mary Mermigas (2 plants)
Judith Mermigas.....	in memory of Theodore Mermigas
Arlene Metropulos.....	in memory of her beloved husband Dean
Arlene Metropulos.....	for the health of Milita
Arlene Metropulos.....	for the health of her Godmother Christine & Godson David
Christine Metropulos & David Steiner.....	in memory of brothers Dean & Tommy Metropulos
Meno & Jean Mitaras.....	in memory of dearly departed members of the Mitaras & Condos families
William J. Pagonis.....	in memory of James & Mary Pagonis (2 plants)
Deacon Matthew & Diakonissa Nina Palamara.....	for the health of the Anh & Palamara Families
George Pantelakis.....	in memory of his wife Rhea Pantelakis
Orestes & Arlene Paras.....	in memory of John & Maria Paras
Orestes & Arlene Paras.....	in memory of Albert, Rose & Arthur Russell
Anthony & Betty Pickios.....	for the health of Anthony, Elizabeth, Stephen, Anna, Sophia, Nicodemas, Maria, Gerasimos, Georgios, Panagiotis, Konstadinos, Sarah, Katherine, Angelica & Kristen (5 plants)
Anthony & Betty Pickios.....	in memory of Irene, George, Agelos, Panagiotis, Maria, Areti, John Angela, Sophia, Anna, Olga, Demitrios, Eleni, Everdiki & Margarita (5 plants)
Mr. & Mrs. Salvatore Re.....	for the health of their families (2 plants)
Afaf Saikaly.....	in memory of her dearly departed family
Fanya Serviou.....	in memory of Father Sarantos Serviou and Presvytera Athanasia Serviou
James Sicalias.....	in memory of his mother Bessie Cocheres Sicalias
Anna Zissis.....	in memory of Anthony & Aspasia Zissis
Anna Zissis.....	in memory of Frank & Anezo Zissis
Anna Zissis.....	in memory of George & Vasiliki Christodoulos
Anna Zissis.....	in memory of Theas: Fofu / Kiki & Tasoula

### Other Offerings and Donations

Prosforon (Offering Bread).....	Joyce Athanasiou, Presvytera Evangelia Daskalakis, Stacy Dickos, Mike & Julie Kritiotis, Maria Mason & Diakonissa Nina Palamara
Sacramental Wine used for the preparation Holy Communion.....	Reggie & Marianne Bonfield, for the health of family & friends
Candy/Paschal treats Agape Vespers service.....	Gus & Penny Georgiadis, for the health & protection of their family
Candy/Paschal treats Agape Vespers service.....	Nicole & Tim Gross, for the health of the DeMoss, Gross, Stum & Pefanis families
Candy/Paschal treats Agape Vespers service.....	George & Anna Halkias, for the health of family & friends
Candy/Paschal treats Agape Vespers service.....	Irene Karavolos, in memory of Steve & Kelly Karavolos
Candy/Paschal treats Agape Vespers service.....	George & Scarlet Karpakis, for the health of family and friends
Candy/Paschal treats Agape Vespers service.....	Fanny Kostos, in memory of Steve & Kelly Karavolos
Candy/Paschal treats Agape Vespers service.....	Vasiliki & Elenie Kourouklis, for their health & well-being
Candy/Paschal treats Agape Vespers service.....	Judith Mermigas, for the health of Mary Mermigas
Candy/Paschal treats Agape Vespers service.....	Judith Mermigas, in memory of Theodore Mermigas
St. George Feast Day Icon Flowers.....	Jon & Judy Stipanovich, in memory of George, Stella, Greg, Ilija & Boja Stipanovich
Pentecost Icon Flowers.....	Mary-Magdalene Welsh, in memory of her mother Julia Welsh

**Many thanks to all for their generosity!**

# A GIFT OF LOVE

Love was in the air! Instead of candy or flowers on Valentines Day, Holy Trinity parishioners told those that they wanted to honor or those whose memory they would hold eternal, how much they cared. The donations that were collected are being used by Philoptochos to spread our love to the many missions that we support. We wish you all love every day and thank you from the bottom of our hearts for your generosity.



- Victor Amurgis ..... In memory of Harriet Amurgis, my mother
- Vasie-Leigh Andriotis ..... To honor all I love and have loved
- Georgia Anetakis ..... To honor Katherine and Alex Anetakis
- Christina & Art Avalon ..... In memory of Stella Kalaris
- Penny Balouris ..... To honor Kay Balouris
- Lisa Balouris ..... In memory of Mary Colton; Helen Balouris
- Anonymous ..... In memory of John N. Beckas
- Mr & Mrs James T Balouris and Family ..... To honor Katherine Balouris
- Helen Bonaros ..... In memory of Nicholas C. Bonaros, my husband
- Reggie & Marianne Bonfield ..... In memory of Anne & Frank Chapas; Mary & John Bonfield
- Christine Dickos ..... In memory of Dinos Dickos
- Louis T Cherpes ..... In memory of Penny Kathryn Cherpes
- Sherry Clayton ..... Love and memory eternal to everyone
- Mr & Mrs Josh Elliott & Family ..... In memory of Joy Loomis
- Katina Erdeljac ..... In memory of Mary & Alex Alexiades
- Tina Fiedler ..... To honor husband Bill, father Eleftherios & all our family
- Carol Fiffas ..... In memory Dana Fiffas
- Georgia Franciscus ..... In memory of Betty Beckas, George Beckas
- Fabiola Georgallis ..... In memory of Nicholas Georgallis
- Penny & Gus Georgiadis ..... In memory of Our Parents
- Eugenia Graser ..... In memory of Robert Graser, my husband
- Anna Halkias ..... In memory of George N Kontos, my father
- Pennie Hareras ..... To honor Voula Hareras ; In memory of Athena Hareras
- Zita Iasella ..... In memory of John & Helen Balouris; Paul & Sandy Balouris
- Debbie Jewell ..... In memory of Sophia Bridoux
- Kristina Johnson ..... In memory of Homer J & Stella Johnson
- Gus Kalaris ..... In memory of Stella Kalaris
- Irene Karavolos ..... In memory of Kelly Karavolos
- Paula Kirifides ..... In memory of Helen Koinis
- Vasiliki Kourouklis ..... In memory of Achilles Kourouklis ; Stavroula Repana
- Despina Ladakos ..... To honor Everyone
- Nicholas T Loomis ..... In memory of Joy Loomis
- Karen Joseph ..... To honor Curtis Magnuson
- Anita Maier ..... In memory of Katherine & George Malames, my parents
- Maria Mason ..... In memory of my loving husband, Jeff
- Melita Mellis ..... To honor and in memory of everyone
- Arlene Metropulos ..... In memory of Dean
- Bill Pagonis ..... To honor Mary Pagonis
- Georgia Miller ..... To honor Olga Beckas
- Robert G Panagulias ..... To honor Lillian B Panagulias
- George Pantelakis ..... In memory of Rhea Pantelakis
- Orestes & Arlene Paras ..... In memory of Harry, George & Russell Paras
- Katina Re ..... To honor all who have been part of my life
- Afaf Saikaly ..... In memory of Shafik Saikaly, my husband
- Sandra Schall ..... In memory of Tom & Dora Morris
- Angeliki Scoumis ..... In honor of Angeliki, Triontafilos, Paige, Nick, Theodore, Angeliki, Triantafyllos & Alexander
- Bob & Marianne Stearns ..... In memory of Eric Michael and In honor of Stephen
- Nicole Steiner ..... To honor Craig, Sofia, Luci Steiner; Bill & Tina Fiedler; Grampa Lou
- Jon Stipanovich ..... In memory of Stella Stipanovich
- Joanne Watson ..... To honor Despina Ladakos





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# The Spiritual Life

No matter how hard we try, the spiritual life is something that someone else gives to us. And this “someone else” is the Spirit of God, the Comforter, the “Treasury of good things and the Giver of life,”

**Gheronda, we often hear about living “a new life in Christ.” What is that “new life?”**

It is a gift, an opportunity given to us by God for...the new life to which we have been called. What are the distinguishing marks and features of this new life? Some people laugh at us, and some praise us. Some say that Christians are sensible people, while others say we're mad. And whereas we struggle to lead a Christian life, to become candles shining in Christ, others live their lives without ideals, devoid of spiritual vision, concerned only with minor and vain things.

And yet sometimes we envy such people. How strange! Those who are called to heaven, who have been chosen to live with the angels, arch-angels, and saints, are envious of those who are bound to the earth! But this is not how we should be. As for them, let them roll around in their lies.

**Not everyone sees life that way. How should we respond?**

A French philosopher was once asked what he thought about his life. He replied that he thought nothing of it. Then they asked him: “Have you ever thought about heaven? About God?” “No, never,” he replied. But yet, look at what this man, who gave no thought either to God or his own life, was actually concerned with. Again he was asked: “Do you have difficult moments in life, worries, problems, moments when you are gripped by fear?” “Yes—there are many things which produce psychological anxiety in me,”

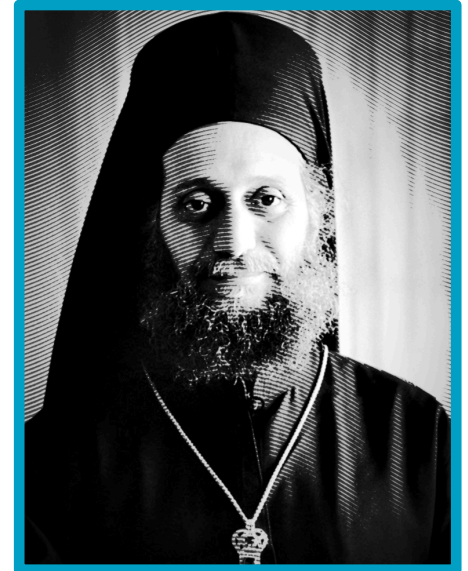
the philosopher said, “and at those moments, I seek consolation in my frogs.”

The philosopher disdained to look at God. He was concerned however with his pet frogs, which he bred to console himself during the difficult moments of his life.

**Gheronda, spiritual life is not exalted by the world. It is so easy to be wooed into other goals and desires.**

Sometimes we are dazzled by worldly people, but we forget that all their marvelous palaces are built on sand, and that, one day, they will watch them collapse into a heap of dust (Mt. 7.26-27). If we need to approach them, let it be during their moments of honesty, when they can open their hearts to us. Then we will see that their eyes are filled with tears, and filled with the things of the world; we will see their hearts plunged into despair and choking on their empty satiety. It is then that you will hear what their tired lips are whispering: “Tell me, where can I find oblivion in this heartless world?” They are dead souls, even if they are still alive. Souls without ideals, without any striving for a higher spiritual life—that's the only way they can be described: dead souls.

For those of us, on the other hand, who want to be living hearts, on fire with higher ideals, what are the principles that should govern our spiritual life? First and foremost, for us to be spiritual people, for our lives to be true, we must live a sacramental and



Elder Aimilianos of Simonopetra

mystical way of life. What does a sacramental and mystical way of life mean? Was any of us born of his own accord? No. All of us received the gift of life from our father and our mother. In the same way, no one acquires the gift of the spiritual life by his own efforts, try though he may. No matter how much I stretch myself, I'm not going to get any taller, however much I struggle. In the same way, I'm not going to create a spiritual life for myself. Even if I exhaust myself trying, if I toil, and weep, or undertake long fasts, the spiritual life is a gift granted to me by the Holy Spirit (Eph. 2.8-10).

It follows, then, that a basic condition for the spiritual life is that we should understand that, on our own, we can do absolutely nothing. No matter how hard we try, the spiritual life is something that someone else gives to us. And this “someone else” is the Spirit of God, the Comforter, the “Treasury of good things and the Giver of life,” the treasury from which all the riches of spirituality come forth, the source from which the spiritual life emerges and overflows. ❖

Excerpted from  
*The Church at Prayer*

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

**About the Herald**

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

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**About the Parish**

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Web site: 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  
 Deacon Matthew Palamara, Deacon

**2024 Parish Council**

Anthony Balouris, President (pcpresident@HolyTrinityPgh.org)

Alexander Anetakis	Evan Danis	Dean Passodelis
Andrew Fournaridis	George Dickos	Michael Passodelis
Ashley Bournias	Tom Germanos	Chris Sarandou
George Danis	George Mellis	Jeanne Willow

**Ministries**

Please visit the Holy Trinity website at 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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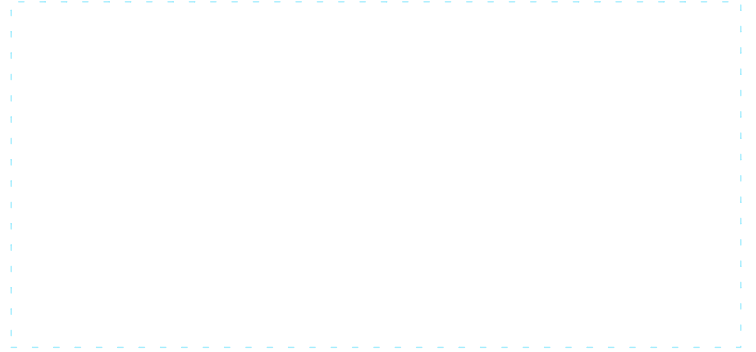
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## WHY GOD ALLOWS US TO BE TESTED

**A man who is untried, untested, lacking in experience, is like a little boat that has never been in the water: you don't even know if it can float, let alone survive in choppy seas and difficult weather. If we are untried and untested we cannot and must not trust in our own abilities. We will be tried and tested by the people around us and by the difficulties that life puts in our way. If we are unable to rise above such difficulties, if we cannot endure the resistance, false accusations, and pain that others introduce into our life, if we do not experience affliction, we are not even at the beginning of our spiritual journey. We must first experience these things before we can have any confidence in our abilities.**

*Elder Aimilianos, The Mystical Marriage*

