

THE HOLY TRINITY

HERALD

Faith. Family. Community

September-October 2024
Volume 32 | Issue 8

INSIDE

- Father John's Message | 2
- News & Events | 3
- Homily: "YOU Give Them Something to Eat" | 4
- Community Life | 8
Photo Journal
- Faith and Family | 11
Weekdays
- 2024-2025 Church | 12
School Calendar
- 2024 Youth | 13
Ministries Kick-Off
- Ask the Elders | 14
- We Are Here For a | 16
Short Time Only

PHOTO OF THE MONTH



Teams of energetic volunteers gave countless hours throughout the spring and summer to help prepare for our 2024 Taste of Greece Festival. See pages 7-10 for more photos.



Saints Joachim and Anna, Parents of the Theotokos · September 9



Father John Touloumes
Proistamenos

Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.

1 Peter 4.10

My beloved Holy Trinity family,

I wish you could be present to witness my conversations with people who comment about our beautiful church, our festival, various events and many other aspects of the life of Holy Trinity Church. It happens so often, and many times they ask, “How do you all do all this?” My answer invariably focuses on three things: 1) It’s all by the grace of God; 2) We are gifted with so many talented and faithful servants of the Lord; and 3) Our parishioners love their church.

As we head into the fall season each year, summer vacations wrap up, the new school year begins, the festival comes and goes and a whole new cycle of ministry activity begins. You can see what that looks like on page 11 with the Faith and Family Weekdays events, page 12 with an entire year of Church School, page 13 with our annual Youth Ministries Kick-Off and of course all the news on pages 3 and 4 - some of it asking for your help.

As I begin my 32nd year having the honor of serving as the spiritual leader of this most blessed parish, I truly stand in awe of how powerfully the Holy Spirit has worked in the hearts of so many families and people over those years, and how hard those families and people have worked to get where we are today. And lest we ever fall prey to the prideful temptation to think “we have arrived,” the question must be asked, “So where are we?” In many ways, the answer is and always will be, “just getting started!”



Our 2024 “Stewardship Independence” drive is nearing a close. And though the main attention has been to get us to the point that we can fully sustain ourselves on donations rather than using festival income, please keep in mind that the complete picture of Stewardship is much more than funding. Without the time and talents so generously offered by so many, what use would those funds be? It takes a synergy of all types of Stewardship to power a ministry that truly lives up to our mission as stated to the left. You make that mission real!

As we wrap up our 2024 Stewardship year and start the engines on our 2024-2025 ministry year, please take the time to have the conversation with the Lord and ask, “What can I give of myself to express my love for You and Your Holy Church?” It’s a great time to complete your financial pledge and an even better time to inventory your God-given talents as you survey the landscape of these ministries and plant them where they are needed by your church and where they can grow in your life.

And through your gifts, your actions, and your words, let everyone know...I ♥ **MY CHURCH!** Paternally yours in Christ,

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 - September-October

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.)

- **Wed. Sep. 11**, 6:30pm Paraclesis to the Theotokos (SG)
- **Fri. Sep. 13**, 7:00pm Great Vespers - Exaltation of the Holy Cross (Location: Holy Cross Church, 123 Gilkeson Rd., Mt. Lebanon, PA)
- **Sat. Sep. 14**, 8:15am: Orthros/9:30am Liturgy - Exaltation of the Holy Cross (Location: Holy Cross Church, 123 Gilkeson Rd., Mt. Lebanon, PA)
- **Tue. Sep. 17**, 8:30am Orthros/Liturgy - The Holy Martyrs Sophia and her daughters, Faith, Hope and Love (SG)
- **Sat. Oct. 26**, 8:30am Orthros/Liturgy - St. Demetrios the Great Martyr (SG)

Blessing of the Animals September 7

Attention all pet owners: Bring your pet to Holy Trinity Church on Saturday, September 7 at 2:00pm (promptly - pets don't usually wait patiently!) 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 8. 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 Starts with Church!

Thanks to our enthusiastic and dedicated staff—all of whom volunteer their time and talents to help you raise your children in the faith—our Church School year is off to a great start. Thank you to the parents who place this as a high priority in their children's lives by bringing them on time, discussing what they have learned afterwards and taking the time to thank the teachers and staff for their

offerings of love.

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. All HOPE, JOY, GOYA and Greek Dance children start by being regular attendees at worship services and Church School as part of the Holy Trinity family, together in Christ. Thanks for your faithful participation and witness.

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
 - Ninth through Twelfth Grade classrooms are located on the main floor of the Education Center
- **Dismissal Times**
 - Pre-School children through Sixth Grades are dismissed at 11:15am or following Liturgy.
 - 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 should 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 7

Holy Trinity Church will be hosting a combined Youth Ministries Kick-Off Picnic on Saturday, September 7 from 3:00-7:00pm at the Willows 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 Meetings Sep. 15, Oct. 20

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on

Sundays, September 15 and October 20. All Holy Trinity teens (grades 7-12) are invited to attend and participate in GOYA activities.

Acolyte Training September 28

Attention all young men ages 8 through high school seniors: our Holy Trinity Altar Team will be holding an Acolyte training session on Saturday, September 28 at 6:00pm. All young men who are interested in serving in this important ministry role should attend so they can be well-prepared to assist in the offering of the holy services. Questions? Contact Deacon Matthew, Rick Pease or Ted Stewart at acolytes@HolyTrinityPgh.org.

Youth Hayride October 20

The annual Fall Youth Hayride for our HOPE and JOY children will be held on Sunday, October 20, from 2:30 to 4:30. Watch for information to come on the location and other details.

Youth Sunday October 27

On Sunday, October 27, we will celebrate Youth Sunday, with parish responsibilities being fulfilled by our teens and with inspiring messages being offered by our youth during the youth homily. Please be there to support them.

GOYA Fall Fest October 27

On Sunday, October 27, GOYA will host its annual Fall Fest, with hot sandwiches, comfy fall appetizers, salads, pumpkin and apple treats and more for sale. Thank you for supporting our teens!

Youth Safety Certification Reminder for Adults

Youth Protection Policy Note: All adults involved with 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 Victoria Ambrose or email youthsafety@HolyTrinityPgh.org.

PHILOPTOCHOS MINISTRY NEWS

Philoptochos Meeting Sep. 22, Oct. 20

Holy Trinity Philoptochos will hold monthly meetings on Sundays, September 22 and October 20, 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!

COMMUNITY NEWS & EVENTS

Orthodox Volunteer Corps Visit September 15

Orthodox Volunteer Corps (OVC) is a Pittsburgh-based pan-Orthodox ministry whose mission is to develop and

equip Orthodox young adults to lead lives of faithful service for Church and world. We are honored to have Michael Sider-Rose, the CEO of OVC with us to speak about the important work of OVC and to introduce the 2024 team to us.

2024 "Stewardship Independence" - Pledge Today!

The Stewardship ministry reminds that even with that even with our strong 2024 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/realms and click "Sign in". Never logged in? Just enter your email address and click "Forgot Password." Questions? Send a message to realm@HolyTrinityPgh.org.

Bereavement Support Ministry October 14

Join us for our upcoming Holy Trinity Bereavement Support Ministry meeting. Our team provides spiritual care to our parishioners and their extended family & friends in times of grief and loss of a loved one. Meetings start at 6:30pm with fellowship and light refreshments. It doesn't matter whether your loss is recent or many years. This valuable ministry offers a safe sharing environment for sharing and caring, and there is no cost for sessions or written materials. Questions: contact Amy Armanious at visitation@HolyTrinityPgh.org.

Reminder to Reserve Church Facilities

With fall activities starting up, if your ministry or committee is planning a meeting or event 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!

Hospitality Hour - Can You Help Once a Year?

Our Holy Trinity Hospitality Hour is a wonderful part of the life of this community, but it doesn't happen on its own and should not be on just a few people's shoulders. Whether or not your ministry or family hosts a Hospitality Hour, your help is needed! Can you please volunteer to set up/clean up just once a year? It's not much work and not too much to ask. We need to share the responsibility. If every family in this community took one Sunday we could cover the whole year. See the sign-up sheet in the Gallery on Sunday or email hospitality@HolyTrinityPgh.org. ❖

YOU GIVE THEM SOMETHING TO EAT

Orthodox Christianity in general and Holy Trinity Church in particular have what it needs to satisfy the three hungers: body, soul and heart.

Jesus said, "They need not go away; you give them something to eat" (Matt. 14.16). In the Name of the Father and the Son and the Holy Spirit. Amen.

During a near-death experience, a certain man was given a glimpse of both heaven and hell as a foretaste of what was to come. First he was taken to what was called a preview of hell. He saw a lot of people sitting at a long banquet table loaded with all kinds of delicious food: bowls of steaming, fragrant soups, succulent roasts, perfectly cooked vegetables, aromatic loaves of bread, the finest of wines, fruits of every kind, and a dazzling array of cakes and pies. However, he noticed that all the people seated were unhappy. Amid all this luxurious bounty, the scene was one of pain and anguish. As he looked closer, he noticed that every person at the banquet had a spoon with which to eat, but the handles of the spoons were so long they could not bring the food to their mouths, making it impossible to feed themselves. With all kinds of good in front of them they were not able to taste any of it. So they were starving, angry and barely had enough strength to strike at each other with their spoons. It was a scene of anger and misery amid abundance.

After this scene in hell he was taken on a preview of heaven. He noticed that the people in heaven were also seated at a long banquet table like the other, loaded with all kinds of delicious food. But this place was happy and all the people here were cheerful and enjoying themselves. Their spoons were also too long to eat with, but since they could not bend bring the food to their own mouths, they were feeding each other. Each person in heaven was feeding the one across the table from him and was being fed in return. This was a beautiful community of people who cared for one another, not like the other scene where they cared only for themselves.

This story is powerfully undergirded by today's Gospel reading from Saint Matthew (14.14-22) about the feeding of the five thousand, and when we add today's Epistle reading which cautions us about allowing divisions among us, they all together say a lot about our calling as a church, our role in the world and our relationships with one another. So today let's take a look at recognizing three kinds of hunger and how we as a community of faithful Orthodox Christians

can do something about it by working together. Hunger comes in many forms, but today I would like to highlight these: hunger in our body, hunger in our soul and hunger in our heart.



Body: We have all experienced physical hunger at one time or another. For most of us it lasts about 15 minutes until we make it to the restaurant, refrigerator or grocery store: a blessing of life in the first world. I could compare that with international statistics, but let's instead stay closer. In 2024 in America, arguably the richest country in the world, there are more than 44 million people facing hunger, including 1 in 4 children. This is more prevalent in certain regions and demographic populations, but it is present everywhere, including right here in the North Hills. Think about the last time you had that empty gnawing in your stomach and said, "I'm starving." You weren't really, but many are, even in the midst of all this plenty, like those with the long spoons.

Soul: Now, remembering the emptiness of our stomachs, let's move on to another devastating kind of hunger: the hunger of our soul. Unlike food, there is an abundance of ways that churches, programs and even products try to feed the needs of the soul. Some of them are even patented, packaged and franchised. But let me use another food analogy. Have you ever finished a meal that you thought was ok at the time but it either left you hungry again not long after or left a bad taste in your mouth? Like physical hunger driven by the body, the hunger of the soul is sewn into our very creation: we yearn for meaning in life, a deep sense of who we are and why we are here, and ultimately a living connection with a God who made us and loves us.

Heart: It takes only one word to describe the hunger of our heart: loneliness. There are 333 million people living in the United States right

now. Let me ask: have you ever found yourself in need of someone to talk to and there's nobody? How is that possible? Maybe like the banquet preview of hell, we have allowed ourselves to become 333 million individuals. That is not how we were created. After fashioning us in His image and likeness and giving us everything we needed in creation, the Lord's first words in Genesis 2 were, "It is not good for man to be alone" (Gen. 2.18). We were made to be in community, which is so essential to a healthy and fulfilled heart.

Here's today's good news: right here at Holy Trinity Church we have opportunities to feed all three kinds of hunger: body, soul and heart. Maybe we can't solve all the hunger in the world, but we can and have started to help in many ways, and we're on the way to doing more with your help.

Body: Looking at the hunger of the body, it might be tempting to say, "Yea, we're really good at that. In fact, so good that 25,000 people come to our festival every year looking for gyros and loukoumathes!" Don't get me wrong, there's a place and a purpose for that, and we love to share our culture and culinary traditions, but should we be satisfied doing that for only those who can afford it? Absolutely not, and we aren't. So far this year we have provided many meals to those in need through the Neighborhood Resilience Project in the Hill District and at the Pleasant Valley Shelter on the North Side, and we have provided substantial food support to our neighbors at the North Hills Community Outreach. And with our "Stewardship Independence" comes the ability to do more, much more, including donating a portion of our festival proceeds to local programs for the hungry and needy. Please be a part of any or all of those efforts, and know that when you volunteer for the

festival, you are also making that outreach possible. You are not just putting food on the plates of paying guests, but food in the homes of hungry neighbors who cannot afford it themselves. That is our response to the command of Jesus, Who told His disciples, don't leave it to someone else, they're hungry: "YOU give them something to eat."



Soul: I'm not sure if you've noticed, but people have been wandering into this church in not small numbers lately. Why? A consistent message I hear from them as I sit down to hear their story is, "I'm hungry." Not for physical food, but for solid, satisfying, fulfilling food for the soul. Whether they have been left hungry by the empty promises of other systems or disappointed that what used to satisfy them no longer does, they are looking for more. And many are turning to ancient, timeless Orthodox Christianity as the answer. And you have made it possible for them to find it right here at Holy Trinity Church. You support in building and completing this beautiful temple of God says to others there is something here you truly love. Your participation in the ministries says to others there is a lot to offer. And your solid footing on the unshakeable and unchanging foundations of the Orthodox Christian Faith are a welcome rescue for those who have been drifting. Like the crowds who wandered out in the fields to hear Jesus preaching, they are saying to themselves, "There is something real

here. I need to find out."

Heart: Rounding out the ways we are meeting the three hungers today is the last word in our Holy Trinity Vision statement, which is simply, "Faith. Family. Community." Indeed community is something that everything in the life of this church points towards, builds on and promotes. Ultimately it says, "There is a place for you here" and "You don't need to be alone anymore." And lest we ever be tempted to allow the divisions, partisanship and hatred of the world to infect this community, Saint Paul offers some strong words in today's Epistle: "I appeal to you by the name of our Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment" (1 Cor. 1.10). Let's keep that in mind in the coming months leading to another contentious U.S. election: **Nothing the world has to offer is worth dividing the Body of Christ and its members from one another.**

In conclusion, the message today is quite simple. Orthodox Christianity in general and Holy Trinity Church in particular have what it needs to satisfy the three hungers we addressed today: body, soul and heart. Let's work together to do so. We are so blessed to be able to not only feed ourselves but also our neighbors so that none go hungry tonight. We are the inheritors of a faith which has fed souls for two millennia at a richly-laden banquet that never runs out. And our arms are long and wide enough to reach up to Heaven and out to the lonely at the same time. Grab your long spoons. Feed one another and all who are in need. Don't leave it to someone else. In body, in soul and in heart, as Jesus said, "They need not go away. YOU give them something to eat." Amen. ❖

Delivered August 18, 2024



We couldn't do it without you...really! Here are just a few photos of the many hard-working volunteers who worked throughout the spring and summer to prepare the food for our annual Greek Festival. God bless you all for your generosity, energy and love for Christ, His Holy Church and each other! Your offerings of time and talents make this amazing event possible. Thank you so much!



Our new "Active Older Adults" (AOA) ministry enjoyed time together and some good barbeque at their summer picnic on July 30. Moved inside the Gallery due to weather, it was an enjoyable afternoon of "parea" with some added games for fun.



The month of August is highlighted liturgically with two great feasts: the Transfiguration of the Lord on Mount Tabor on August 6, and the Falling Asleep (Koimissis/Dormition) of the Theotokos on August 15. It is Orthodox ecclesiastical tradition that when a parish or monastery celebrates a nameday, clergy and laypeople from the surrounding area join at that location for either Great Vespers or the actual Divine Liturgy, and Pittsburgh area parishes do so often. Pictured here are the celebrations at the Holy Transfiguration Monastery in Ellwood City (top, middle left) and the Holy Dormition parish in Oakmont (middle right, bottom).




August 11: Our Visitation Ministry once again hosted a card signing event following the Divine Liturgy, offering our parishioners an opportunity to reach out in love to those who are home-bound or in care facilities and not able to attend services or events. The large cards are filled with signatures and greetings that mean so much to the recipients and let them know they are not forgotten.

Faith & Family Weekdays

Grow Your Knowledge and Practice of the Faith!

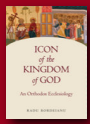
JOM



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. 5, Dec. 3, Jan. 7, Feb. 4, Mar. 4, Apr. 1, May 6.


ETW



Explore the Word
Wednesdays, 6:30pm

Father Radu leads us through his new book, "Icon of the Kingdom of God." Drawing on a rich knowledge of scripture, the Church fathers, and theologians, learn what the Church is and means to us. Fall dates: Oct. 16, 23, 30; Nov. 6, 13, 20; Dec. 4, 11.

MPS



Monthly Paraclesis Service
Second Tuesday, 6:30pm

Join in hymns and prayer, to honor 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. Sep. 11, Nov. 19, Dec. 10, Jan. 14, Feb. 11.

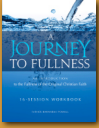
LCC



Liturgical Cooking Class
Dates TBD

Did you know that the Prosforo (bread for the Divine Liturgy), Kollyva (memorial wheat), Artoclasia (for the Blessing of the Loaves) are not bought from a store but made by parishioners? You can learn how to make them, too! Watch for dates of these free classes!


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. Oct. 28; Nov. 4, 11, 18, 25; Dec. 2. Repeats in the Spring.

P&P



Prayer & Panera
1st & 3rd 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. Sep. 5; Oct 24; Nov. 7, 21; Dec. 19 & more.

Orthodox Christian life happens every day, not just Sunday! Faith and Family Weekdays offers many ways during the week to grow in our faith and share in the community life of the Church. Ready to learn more about the Bible, about your Faith, about navigating life's challenges as a Christian, a women or a man? It's all there.

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**. Learn more about Orthodox faith, history, and worship on the **Journey to Fullness**. 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 for details and locations.

AND SAVE THE DATE FOR THIS ANNUAL OUTREACH EVENT: CHRISTMAS CAROLING AT THE SISTERS OF DIVINE PROVIDENCE! WEDNESDAY, DECEMBER 18

The entire community—adults and youth alike—are invited to this special evening of Christian holiday outreach to our neighbors at the Sisters of Divine Providence on Wed. Dec. 18. Meet at Holy Trinity at 6:30pm, then head over to bring Christmas blessings and cheer to these faithful sisters!

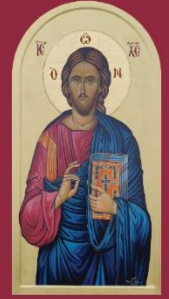


HOLY TRINITY CHURCH SCHOOL

A TEACHING MINISTRY OF HOLY TRINITY GREEK ORTHODOX CHURCH

2024-2025 Theme: "Learn and Live Your Faith"

"GROW IN THE GRACE AND KNOWLEDGE OF OUR LORD AND SAVIOR JESUS CHRIST." (2 PETER 3.18)



2024-2025 CHURCH SCHOOL CALENDAR

DATE	EVENT
Sun. Aug. 25	Blessing of the Backpacks
Sat. Sep. 7	Youth Ministries Kick-Off Picnic
Sun. Sep. 8	Class / First Semester begins
Sun. Sep. 15	Class
Sun. Sep. 22	Class
Sun. Sep. 29	Class
Sun. Oct. 6	Class
Sun. Oct. 13	Class
Sun. Oct. 20	Class
Sun. Oct. 27	Class / Youth Sunday / GOYA Fall Fest Thanksgiving Food Drive begins
Sun. Nov. 3	Class
Sun. Nov. 10	Class
Sun. Nov. 17	Class
Sun. Nov. 24	Class / Metropolis Fall GOYA Retreat
Thu. Nov. 28	Thanksgiving
Sun. Dec. 1	Class / Pageant Scenes Rehearsal / Food Drive ends
Sun. Dec. 8	Class / Pageant Scenes Rehearsal
Sat. Dec. 14	Full Pageant Rehearsal
Sun. Dec. 15	Christmas Pageant / Semester ends
Sun. Dec. 22	Christmas Break / No class
Wed. Dec. 25	The Nativity of Christ
Sun. Dec. 29	Christmas Break / No class

DATE	EVENT
Sun. Jan. 5	Second Semester begins "All Classes Assembly" for Epiphany
Sun. Jan. 12	Class
Sun. Jan. 19	Class / Metropolis Basketball Tournament (away)
Sun. Jan. 26	Class / Vasilopita Celebration
Sun. Feb. 2	Class / Metropolis Basketball Tournament (away)
Sun. Feb. 9	Class
Sun. Feb. 16	Class / Metropolis Basketball Tournament (away)
Sun. Feb. 23	Class
Sun. Mar. 2	Class / Cheesfare Sunday
Mon. Mar 3	Pure Monday - Great Lent begins. <i>Note: Grades 5-12 Readers every Wednesday of Lent</i>
Sun. Mar. 9	Class / Lenten Project Begins Sunday of Orthodoxy (bring an icon)
Mon Mar. 16	Class
Sun. Mar. 23	Godparent/Godchild Sunday No class - Attend worship together
Sun. Mar 30	Class
Sun. Apr. 6	Class / Metropolis Spring GOYA Retreat
Sat. Apr. 12	Sat. of Lazarus / Lenten Breakfast / Palm Crosses and Candle Preparation
Sun. Apr. 13	Palm Sunday / No class
Sun. Apr. 20	The Great & Holy Pascha / No class / Egg hunt following Agape Vespers
Sun. Apr. 27	Class
Sun. May 4	Class
Sun. May 11	Last class session / Semester ends
Sun. May 18	Graduation / Picnic / Register for next year!

HOLY TRINITY YOUTH MINISTRIES



KICK-OFF PICNIC

"Learn and Live Your Faith"
"Grow in the grace and knowledge of our
Lord and Savior Jesus Christ." (2 Peter 3.18)

SEPTEMBER 7, 2024
3:00-7:00PM

**WILLOWS PAVILION AT
NORTH PARK**

What To Bring

- HOPE- Desserts
 - JOY- Drinks
 - GOYA- Appetizers
- Main course will be provided

RSVP by Sep. 4

**Vicki Ambrose 412-720-5094 or
vambrose817@gmail.com**



Seeing Life Differently

It is necessary for you to reinterpret everything that comes before your eyes in a spiritual sense

Gheronda, I try to focus on God but household distractions and external things often make that hard.

This is the fact that each external thing in acting on the senses, turns our attention toward itself and attempts to tear it away from God. Even here there is a certain method by which visible objects do not distract the mind, but instead attract it towards God. How can this be? It is necessary for you to reinterpret everything that comes before your eyes in a spiritual sense.

This reinterpretation must fill your mind to such an extent that when you look at something, your eyes see something sensual, but your mind contemplates a spiritual truth. For example, you see a stain on a white skirt and sense that it is unpleasant, a shame to have happen. Reinterpret this as to how unfortunate and unpleasant it must be for the Lord, angels, and saints to see the stain of sin on our souls, pure from creation in the Divine image, renewed in the font of Baptism, and cleansed in the tears of repentance. You see how small children, when left by themselves, run around making noise and raising a fuss. Reinterpret this as to how our souls make noise and raise a fuss when their attention falls away from God and the fear of God. You smell a rose or something similar, and it is pleasant to you; but when you come into contact with something that has a foul stench, you turn away and hold your nose. Reinterpret it thus: Each soul gives off a particular odor, with a

good soul having a pleasing one, and a passionate soul a foul one. The Divine angels and saints, and sometimes even righteous people on earth, smell this; they rejoice over a pleasant one, but grieve over a foul one.

That sounds like a beautiful way to look at life, but I'm not a theologian.

I am telling you these only as examples, because each thing may give rise to different spiritual thoughts; for one person one thing, for another person, something else. You will find what is more pleasing for you, and you will reinterpret everything surrounding you and that you may come in contact with in addition.

Begin with your own home and reinterpret everything in it: the house itself, the walls, the roofing, the foundation, the windows, oven, tables, mirrors, chairs, and so on. Then continue with the people who live there and reinterpret: your parents, children, brothers and sisters...visitors, and the like. Reinterpret the everyday events of life, too: getting up in the morning, greeting each other, lunch, work, going out, returning, snack-time, entertaining, singing, day, night, sleep, and so on and so forth.

Gheronda, there are so many distractions and some of them are very important. What do I do first?

Both the bodily and intellectual needs are natural to us, just as are the spiritual needs; and the satisfaction of them cannot in and of itself create disorder and confusion in our lives anymore than does the satisfaction



Saint Theophan the Recluse

of the spiritual needs. Develop them all in harmony and in natural mutual subordination, and then human life would flow like a charm! Plant a seed, water it, keep it in the warmth it needs, and it will put out a sprout, and then a stem, and a leaf, and finally a beautiful flower.

Spiritual needs are above all, and when they are satisfied, then even though the others are not satisfied, peace exists; but when the spiritual needs are not satisfied, then, even though all other needs are richly satisfied, there is no peace. That is why the satisfaction of them is called the one thing needful.

When the spiritual needs are met, they teach a person to harmonize with those needs the satisfaction of the other needs, to that neither the needs of the intellect nor the needs of the body interfere with the spiritual life, but, instead, aid it. Then within a person is established complete harmony of all motions and revelations of his life. There is a harmony of thoughts, feelings, desires, undertakings, relationships, pleasures. And this is Paradise! ❖

Excerpted from
The Spiritual Life

THE HOLY TRINITY
HERALD
Faith. Family. Community

About the Herald

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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
 Sherry Clayton Lucy Klimko

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About the Parish

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

Phone: 412-366-8700 | Fax: 412-366-8710

Web site: HolyTrinityPgh.org | Email: office@HolyTrinityPgh.org

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 Clergy**

Rev. Fr. John Touloumes, Proistamenos
 Rev. Fr. Radu Bordeianu, Assistant Priest
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2024 Parish Council

Anthony Balouris, President (pcpresident@HolyTrinityPgh.org)

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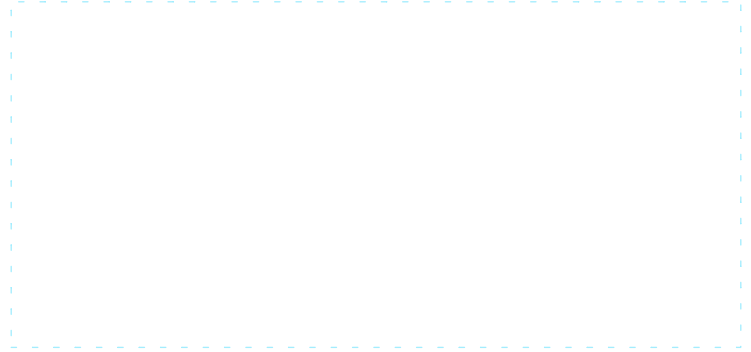
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WE ARE HERE FOR A SHORT TIME ONLY

The Lord is present everywhere, and nothing happens without His will or His permission, either in this life or in eternity. When we accept this idea, everything is made easier. If God would allow us to do everything the way we desire and when we desire, this would certainly result in catastrophe. One cannot even imagine the chaos that would occur. God reminds us in different ways of His presence. We, however, quickly forget about it, especially when things are going well for us. We forget that we are here for a short time only, and we think that we will be around forever, but when misfortune strikes, we cry, “Lord have mercy!” This is why we should try hard to change our character for the better.

Elder Thaddeus

