



THE HOLY TRINITY

HERALD

Faith. Family. Community

November 2024
Volume 32 | Issue 9

INSIDE

- Father John's Message | 2
- News & Events | 3
- Faith & Family
Weekdays | 5
- Community Life | 6
Photo Journal
- Journey to Fullness 16
Orthodox Education
Spring Series
- Philo托chos Seniors | 17
Christmas Luncheon
- Ask the Elders | 18
- The Higher Rock | 20



PHOTO OF THE MONTH



The Festival kitchen crew takes a brief picture moment out of their four days of amazing food production during the 2024 Holy Trinity "Taste of Greece." See more photos on pages 6-15.

You led a spiritual life, and thus you captivated the godless tribunal, and you stood victorious, O Katherine, with dignity, decked in divine brilliance as if with flowers. And having put on the power of God, you ridiculed the tyrant's decree, and you stifled the nonsensical chatter of the orators, O holy Martyr who suffered much.

Ss. Katherine the Great | Feast Day: Nov. 25 | Icon from Holy Trinity Church | George Kordis, Iconographer



Father John Touloumes
Proistamenos

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4.6-7

My beloved Holy Trinity family,

Years ago on a trip to visit a monastery near Thessaloniki, our van was broken into and among the things that were stolen were our passports...six of them! Imagine the worry, anxiety and angst that could cause. As we tried to figure out how to solve the problem—and return home!—one of the monks made a powerful observation. He said, “One can best understand the faith and character of a person not when things are going well, but when they are not.” That insight helped us renew our trust in God, get through the crisis and return home safely. But more than that, the amazing benefits that came from that singular experience—which we thought was terrible at the time—turned out in hindsight to be one of the best experiences and greatest blessings of our lives.

Perhaps I am just a slow learner, but the Lord continues to present such opportunities to give me a chance to learn that powerful lesson over and over. Just because I think it’s a bad thing at the moment doesn’t mean God isn’t using it in ways I do not understand right now, but will later. I can affirm that truth as I look back over what I used to think were the worst experiences of my life and ministry and confess in humility that Saint Paul was spot on in writing, “In all things God works for the good of those who love him, who have been called according to his purpose” (Romans 8.28).

If we give ourselves over to the spirit of thanksgiving, God showers upon us even greater blessings, inspiring us to ever-increasing fervor. And there comes a point when we see God’s providence everywhere we look. We will thank Him for every breath of air, as we say in one of the prayers during the Sacrament of Holy Baptism. The spirit of thanksgiving also leads man to repentance, because he senses that his fallenness stops him from offering such gratitude as is worthy of God.

Archimandrite Zacharias

As we approach our annual celebration of Thanksgiving in America (a most Orthodox holiday in my opinion), we often think it’s just for offering God a catalog of the “good things” (in our opinion) in our life and being thankful for them. Yet Saint Paul and Archimandrite Zacharias in the quotes above both remind us the Lord is far more creative and insightful a teacher than that. He can use anything, no matter what we think of it at the time, to bless us, teach us and grow our faith.

So this year, remember to thank Him for all the ways His love offers us opportunities that pave our way back to him, both on the smooth paths and the rocky roads. A blessed and truly thankful Thanksgiving to all!

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 - November

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.)

- **Fri. Nov. 1:** Ss. Cosmas and Damian the Holy Unmercenary and Wonderworkers (SG)
- **Sat. Nov. 16:** St. Matthew the Evangelist (SG)
- **Thu. Nov. 21:** Entrance of the Theotokos (SG)
- **Mon. Nov. 25:** St. Katherine the Great Martyr (SG)
- **Tue. Nov. 26, 6:30pm:** Paraclesis Service to St. Nektarios (SG)
- **Sat. 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.

RELIGIOUS EDUCATION NEWS

Church School Starts with Church!

Parents, want to raise your children well in the faith? Always 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. Be there! 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.

Fall Food Drive: Feeding Those in Need

From November 3-December 8, the Holy Trinity Church School ministry is once again holding its Fall Food Drive...and again it's **Church School vs. the Community!** Here's how the contest works:

- For **Church School students**, each Sunday bring your bags to the Conference Rooms - please be sure the nametag is on your bag.
- For the **community**, there is a bin in the Gallery to drop your bags.

You do not need to have children in Church School to

participate. Food will be donated to the Orthodox Christian ministry at the Neighborhood Resilience Project in the Hill District of Pittsburgh. A shopping list of can be found at the church office window or in the enclosed flyer.

YOUTH MINISTRY NEWS

GOYA Parents MeetingNov. 7

Attention GOYA parents: there is a lot going on in GOYA, and we need to be aware of and participate in it. On Thursday, November 7, there will be a parents meeting at 6:30pm to plan for the Christmas bread project, the upcoming Metropolis Basketball Tournaments and our participation in the local and Metropolis events.

GOYA MeetingNov. 17

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes on Sunday, November 17. All Holy Trinity teens (grades 7-12) are invited to attend and participate in GOYA activities.

GOYA Basketball Practice BeginsNov. 14, 21

GOYA will start practicing on November 14 for the 2024 season on Thursday evenings from 6:00-8:00pm at North Allegheny Intermediate School (NAI), 350 Cumberland Road, Upper Gym. All GOYAn are invited.

GOYA Turkey Bowl Dec. 1

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 and other goodies. Yum! See you there!

HOPE and JOY Parents' "Drop-N-Shop"Nov. 15

Hey parents, need some time to go out and Christmas shop or just get away for a few hours? GOYA is sponsoring the answer! Drop off your HOPE (K-2nd) and JOY (3rd-6th) age children from 5:00-8:00pm for a fun movie and dinner while you get away to shop or dine. Information is being sent to all Church School families. Register at HolyTrinityPgh.org/events by November 11.

COMMUNITY NEWS & EVENTS

Military Appreciation Day 2024.....Nov. 10

In observance of Veterans 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 10th 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. Tables will also be available in the Grand Room for parishioners wishing to bring and display a framed photo of their military honoree(s). May God bless all those who have served and continue to serve our country.

“AOA” Active Older Adults Christmas TourNov. 17

Holy Trinity Active Older Adults will visit the Pitt Cathedral of Learning Nationality Rooms Christmas Open House on Sunday Nov 17th after Liturgy. There will be a Tour of the decorated rooms; Crafts and Demonstrations; Ethnic food; Holiday music; Dance Performances & Shopping. Cost is FREE. We can carpool or find someone willing to drive a minibus that we can rent. Interested? See or call Tasy McCann at 724-612-9145.

Philoptochos Meeting..... November 24

Holy Trinity Philoptochos will hold its monthly meeting on Sunday, November 24, in the Fireside Room following Divine Liturgy. All members are invited to attend. Ladies, still not a member of Philoptochos? Get involved. Sign up at the meeting!

Youth 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. Are you not yet certified? Do you have any questions? Please see our parish Youth Safety Coordinator Victoria Ambrose or email youthsafety@HolyTrinityPgh.org.

Visitation Ministry Needs Your Help

Currently, we have a few elderly parishioners who are in need of help in their homes. They need regular visits for companionship, light housekeeping, laundry care, and grocery shopping. It would require about 1-2 hours depending on the person's schedule and needs. If you can offer some help and time, please contact Amy Armanious, Visitation Ministry coordinator at visitation@holytrinitypgh.org Or you can contact the church office and ask Amy to call you. Any help is greatly appreciated.

Stewardship Update – Are You Ready to Cross the “Stewardship Independence” Finish Line?

We have made excellent progress in our shared goal of “Stewardship Independence” in 2024, but there is still work to do and we are missing a number of pledges. Are you one of them? As of October 1, we 263 families have submitted pledges for this 2024, almost 40 short of our

goal of 300 Stewardship participants. You can help us reach this historic level of participation for the Stewardship Ministry. The good news is that our average pledge has increased by 33% from last year, so clearly stewards have responded positively to the request to incorporate prior years Capital Campaign contributions into their pledges, but we cannot leave it to “others” to carry the load. We simply need those that have not pledged yet to submit a 2024 pledge (it’s not too late!), and those who pledged to fulfill their pledge prior to the end of the year.

What does “Stewardship Independence” mean in action? It is the freedom to use your gifts to fulfill the work of the Gospel like we have never been able to do before. And that means real and concrete actions. From the progress made thus far this year, we are now able to allocate more of our festival income for philanthropic efforts. For example, we are matching the \$5,448 in donations made by festival patrons in donation jars from our festival income. This will result in a donation of nearly \$11,000 split between the North Hills Community Food Bank and the fire relief efforts in Greece. Our pilgrims who have just returned from Greece can testify that this philanthropic love is sorely needed. And our local outreach puts food on the tables of our very own neighbors right here in the North Hills.

We can do more, but we need everyone to be on board. Truly, we are so thankful to all who have submitted pledges and increased their pledge to help Holy Trinity reach this milestone of Stewardship Independence. Please join them. Not sure about your pledge status? Just log on to your Realm account at HolyTrinityPgh.org/realm, scan the QR code above or call the office at 412-377-8700.

Christmas Card FormsDue 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. ❖



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: 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 the Wonderworker and Saint Paisios of Athos at our beautiful Saint George Chapel. Pray for those in need. Renew your spirit in peace and prayer. Nov. 26, Dec. 10, Jan. 14, Feb. 11.

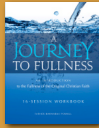
LCC



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. Nov. 7; Dec. 19; Jan. 2, 16 & 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!

















Top row: (September 7) Parishioners bring their pets to the front of Holy Trinity Church for the annual "Blessing of the Animals" Service. Middle row: (September 8) A full group of Holy Trinity Acolytes offers their dedicated help during the holy services at Holy Trinity Church. Middle and Bottom rows: (September 8) Youth of all ages gather on the Solea at Holy Trinity Church for a back-to-school blessing of their own backpacks and the blessing of dozens of backpacks to be donated to needy students of the area.

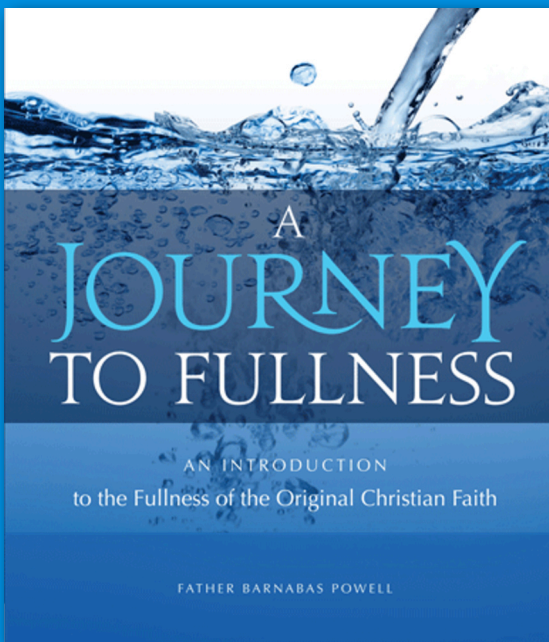


(September 8) Children from HOPE, JOY and GOYA, along with their parents, gather for the annual combined Holy Trinity Youth Ministries Kick-off picnic at North Park to share in fellowship and organize the upcoming year.





The Holy Spirit's goal is to remake us into being like Jesus Christ.



New to the Orthodox Faith? Ready to dive in and learn how to live it fully?

Born and raised Orthodox? Ready to deepen your understanding of the Church you love?

Either way, please join us for a 6-week series of video lessons, live Q&A and engaging discussions about the Orthodox Christian Faith. This series is for everyone who wants to learn more about the “fullness of the faith” found in the Orthodox Church. Father Barnabas Powell is sincere, straight-forward and he is not afraid to raise and speak to the tough questions. Come. Learn. Grow.

**CHALLENGE YOURSELF TO KNOW AND GROW YOUR FAITH!
ATTEND THIS 6-WEEK SERIES - MONDAYS AT 7:00PM
OCTOBER 28; NOVEMBER 4, 11, 18, 25; DECEMBER 2**



ALL HOLY TRINITY SENIORS ARE INVITED TO JOIN
TOGETHER FOR AN ANNUAL CHRISTMAS TRADITION:

Philoptochos Seniors Christmas Luncheon

TUES. DECEMBER 3, 2024

8:30 ORTHROS/9:30 LITURGY

THE PROPHET ZEPHENIAH

11:00AM LUNCHEON



Enjoy the company of your Holy Trinity friends!
Dress in your Christmas best! Celebrate the season!

For reservations, contact Yvonne Balouris
at 724-316-2847 by November 29

Meal choices: Fish or Chicken

Hosted by Holy Trinity Philoptochos

Philotimo: The Most Grateful Love

People who have *philotimo* glorify God for their difficulties as well as for their blessings, and thus, constantly receive the blessing of God.

P*hilótimo* is the devout quintessence of goodness; the most grateful love which is all goodness and humility. It is the polished love of a humble person who does not put his own self whatsoever into whatever he does, and whose heart is full of spiritual refinement, sensitivity and gratefulness to God and to the images of God, his fellow human beings.

People who have *philotimo* melt away inwardly, out of gratitude to God, which they express through every spiritual means, as children of God. They even gladly accept trials and tribulations. They glorify God for their difficulties as well as for their blessings, and thus, constantly receive the blessing of God.

People who have *philotimo* are indeed noble souls. They go through agonies over the slightest good others do for them and try to return the favor; but, no matter what they do, they never feel they have done enough, and they never forget it.

Gheronda, Does *philotimo* have any limits?

No, it has no limits. It is one great, continuous foolhardiness...; spiritual foolhardiness! *Philotimo* has discernment, sensitivity and nobility... It has everything... The person who has this *philotimo* is not a fool; he may be wronged, but he has Christ in his heart; for the most wronged person is Christ.

Geronda, does the person who has *philotimo* always have self-denial as well?

If the *philotimo* he has is pure, then he has self-denial. The more a person removes his own self from his love, the more *philotimo* he acquires. There is no *philotimo* where self-love exists, because the enemy of *philotimo* is self-love.

Is one who has *philotimo* aware of it himself?

Do you have it? It is something that's evident, bleseed one! One can more or less understand himself so that he is aware, because he has a sense of inner comfort and peace. But then again, a person who has *philotimo* will not boast and say, "I have *philotimo*," because he is always thinking, "I must act with greater *philotimo*."

A person with *philotimo* has sincerity; he doesn't take himself into account; he is simple; he has humility. All of these qualities provide him with a sense of peace that is also palpable to others around him. He communicates inwardly with others and fully understands them. And although you are in pain, if you were to instead tell him that you are fine so that he won't worry about you, he will understand that you are indeed in pain and will try not to tire you. But some others, because they want you to take your time with them, even though they see that you are exhausted, and even dizzy, say, "O Geronda, I see you that you



Saint Paisios of Athos

are much better than ever before; you look very healthy!" Now, if such people at least had a rather serious problem, they might be justified in their persistence. On the contrary, a person with *philotimo*, even when he does have a serious need, will say, "Geronda, just give me your blessing, so that I don't take up your time." I ask him to stay and his eyes well up. "No, Geronda, I will go," he says, "I will go. I see that you are tired now." Well, how can such a person not receive divine help?

There are people who have so much *philotimo* that they know at once what will help and what will please the other person, in the good sense, because they are always thinking of the other and not of themselves. There are some people who, even though they do not know me, somehow know what I need, and send me little packages containing exactly that. That small package of theirs is enough to understand their entire inner world. You see their refined conscience reaching into every single thing their package contains. ❖

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THE HOLY TRINITY
HERALD

Faith. Family. Community

About the Herald

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

Editor

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

Production

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

Photographers

Peter Gagianas Theanne Gagianas
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

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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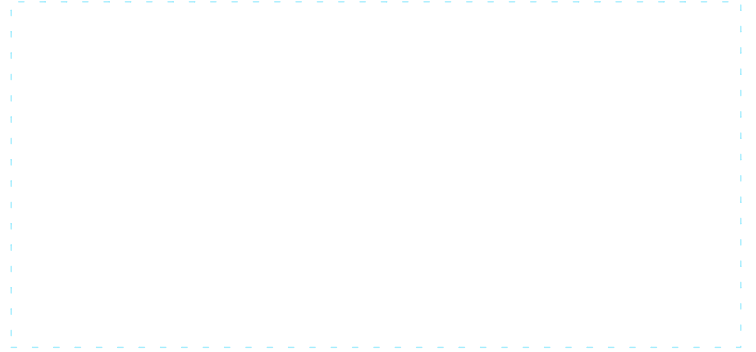
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THE HIGHER ROCK

**Hear my cry, O God;
attend to my prayer.**

**From the end of the
earth I will cry to You,
when my heart is
overwhelmed;**

**Lead me to the rock that
is higher than I.**

**For You have been a
shelter for me, a strong
tower from the enemy.**

Psalm 61.1-3

Agios Nikolaos Anapafsas Monastery
 Meteora, Greece

