

THE HOLY TRINITY

HERALD

Faith. Family. Community



June-August 2025
Volume 33 | Issue 6

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PHOTO OF THE MONTH



His Eminence Metropolitan Savas introduces the newly ordained Deacon Theodore Stewart. See his ordination address and more Community Life Journal Photos on pages 4-19.



Even as You promised, You have richly poured out Your Spirit on all flesh, according to Your holy Prophets, and all the earth has been filled with Your knowledge, O Lord: From the Father You, the Son, are without change begotten, and the Spirit proceeds indivisibly.



Father John Touloumes
Proistamenos

Be careful not to forget the Lord your God.

Deuteronomy 8.11

My beloved Holy Trinity family,

In the famous verse from Ecclesiastes 3.1, the Bible says, “To everything there is a season, a time for every purpose under heaven.” So much of our life is, indeed influenced by or scheduled by seasons. Whether it is the sports we play or the foods we eat, we often associate times of year with times of life.

One of those seasons we often look forward to is summer (yay!). Children are out of school. The weather leaves the cold behind; sunny days warm us up; and individuals and families often take their vacations, visiting friends or families nearby or far away.

Each year when we celebrate our Church School graduation, I like to remind both the parents and the students the we may take breaks from school and work, but worshipping and thanking our generous, loving and compassionate Lord is a year-round commitment of faith and not one of the things we should be “taking a break” from. After all, as commanded by Moses in the Book of Deuteronomy above, “Be careful not to forget the Lord Your God.”

Some of us have been around long enough to remember the old church on North Avenue, with its single-pane, non-insulated glass walls and rather ineffective air conditioning. Those hot summer months were a challenge in a hot building. No more. Our beautiful North Hills church is comfortable year-round. Whether it is our previous lack of parking or the poor sound or the hard seats, just about every reason to not attend services throughout the summer has been beautifully addressed by good planning at our new location. So if you are in town, please know there is a place for you...and your children...in church, all year!

What about if you are traveling? One of the wonderful things about Orthodox Christianity its universal presence and nature. While there is not an Orthodox Church in every city and town, there are lots of them throughout the country and throughout the world in destinations often traveled. I encourage you to make an adventure of exploring Orthodoxy wherever you may be. Search ahead and plan to attend. Maybe you’ll come back with new ideas we can share, or maybe you’ll just appreciate the blessings of seeing how rich and varied Orthodox worship can be. Presvytera Becky and I have shared those experiences with our families for years and we still enjoy experiencing new churches wherever we travel.

Finally, even if there is no church nearby, Holy Trinity Church continues to still make it possible for you to remotely participate through its online broadcast at HolyTrinityPgh.org/live. Granted, you can’t receive the sacraments or antidoron online, but you can start you vacation or travel day in prayer, connecting with Christ and His Holy Church. Take the blessings with you wherever you are!

I commend our parishioners and families for their dedication over the past few years to actively participate in worship at Holy Trinity year-round. It is an inspiring and well-grounded witness of our love of God and our desire to remember Him always. Let’s keep it up through the summer and all year long and make every effort to “not forget the Lord our God.

Paternally yours in Christ,

Now in our 102nd year!
1923-2025

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-August

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.)

- **Saturday, June 7: Saturday of the Souls** (SG)
- **Monday, June 9, 7:30am Orthros/8:30am Liturgy: Monday of the Holy Spirit - Parish Feast Day (HT)** - *Note location and earlier time due to the Golf Outing.*
- **Saturday, July 19, 9:00am - Prophet Elias** (Services held at the Nativity of the Theotokos Monastery, 121 St. Elias Ln., Saxonburg, PA)
- **Paraclesis to the Theotokos Services** (SG) - 6:30PM
 - Friday, August 1
 - Monday, August 4
 - Friday, August 8
 - Monday, August 11
 - Wednesday, August 13
- **Tuesday, August 5, 6:30pm Great Vespers for the Transfiguration of the Lord and Blessing of the First Fruits** (SG)
- **Wednesday, August 6, 9:00am Divine Liturgy - The Transfiguration of the Lord** (*Note location - service held at Holy Transfiguration Monastery in Ellwood City for their Feast Day*)
- **Thursday, August 14, 6:00pm Great Vespers for the Falling Asleep of the Theotokos** (*Note locations - Holy Dormition Church in Oakmont and Koimissis Tis Theotokou Church in Aliquippa*)
- **Friday, August 15, 8:30a Orthros/9:30a Liturgy - Falling Asleep of the Theotokos** (SG)
- **Friday, August 29, 8:00a Liturgy - Beheading of Saint John the Baptist (HT)** - *Note location and earlier time due to the Festival. Liturgy only.*

Holy Trinity Feast Day Weekend..... Jun 7-9

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

- **Saturday, June 7, 8:30am Orthros/9:30am Liturgy: Saturday of the Souls** (SG)
- **Pentecost Sunday, June 8:** 8:15 Orthros/9:30 Liturgy at Holy Trinity Church, followed by the "Kneeling Vespers" of the Holy Spirit. (HT)
- **Monday, June 9, 7:30am Orthros/8:30am Liturgy: Feast Day of the Holy Spirit. This is the Nameday of our parish (HT)** - *Note location and earlier time.*

Prophet Elias Day Weekend (Saxonburg)... Jul 18-19

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 18. Divine Liturgy will be held on Saturday, July 19, 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

Hospitality Hour Hosts Needed

Thank you to everyone who has stepped up to host our reformatted "Hospitality Hour" following our Sunday Divine Liturgies. There are still a number of available Sundays in the Spring and plenty during the summer. Remember a loved one. Celebrate a special event. Share your hospitality with the community. Contact Stacy Dickos at 412-298-9409 or hospitality@HolyTrinityPgh.org to reserve.

Stewardship Independence: Let's Keep It Up in 2025

Thanks to the dedication and offerings of so many faithful stewards, 2024 was a record year for Holy Trinity Stewardship. As we strove together for "Stewardship Independence" we reached levels never seen before. As the Stewardship message in this issue notes, we have been able to realize our vision and mission in ways we could have never dreamed of before: growth of our ministries, support of our youth and offerings of love to ministries and philanthropies local and beyond. Stewardship independence has allowed our light to shine brightly as we share the love of the Gospel as commanded by the Lord. Glory to God and many thanks to the faithful stewards who stepped up to the challenge to make this all possible. So where do we go from here? Upward! Together, let's maintain and grow as our theme for 2025 calls us to be "Stewards of God's Blessings." You can pledge using a 2025 Stewardship pledge card or by going online at HolyTrinityPgh.org/pledge or via your Holy Trinity Realm account. And there are many ways to give: in person via cash; in person or by mail via check; online at HolyTrinityPgh.org/give; via text by texting HOLYTRINITYPGH to 73256; via the Realm app on your phone; and the giving kiosk in the Narthex. However you choose to support our ministries, thank you!

Bereavement Support Ministry: Helpful Resources

The Bereavement Support Ministry provides spiritual

listening and spiritual care to our parishioners and their extended family and close friends in times of grief and loss of a loved one. It is a part of the Visitation Ministry which has the mission of reaching out to our sick, homebound and bereaved parishioners. Grief is a universal part of the human experience... however, it is often overlooked and misunderstood. Sometimes we have questions of what normal grief looks like and may need to share our concerns with an expert who understands that each grief experience is unique. Your need for respect, confidentiality and privacy are the core values of our Bereavement Ministry. To learn more about the grief journey and/or to receive a mailing of simple, easy reading materials, please contact our Visitation Ministry Coordinator Amy Armanious at visitation@holytrinitypg.org. Amy is available to meet in-person, virtually or via a phone conversation. Or you can see her at Hospitality Hour following the Divine Liturgy.

Greek Dance Troupe Practice ScheduleJune

Attention all Holy Trinity Greek dancers: the annual Greek Festival is not far away, and that means it's time to get ready for another summer of great performances! Parents, please plan on having your children attend as many of the dance troupe practice sessions as possible. As a reminder, the groups are HOPE (5 years old through 2nd grade), JOY (3rd through 6th grade) and GOYA (7th through 12th grade). All practices will be held at Holy Trinity Church. Please feel free to reach out with any questions to Eleni Dedousis (412-953-3699) or Victoria Andromalos-Dale (412-496-9128).

Here is the schedule for the month of June.

- Sun., June 1 during Hospitality Hour: HOPE
- Thu. June 5, 6:00pm: HOPE, JOY, GOYA
- Tue. June 10, 6:00pm: HOPE, JOY, GOYA
- Sun. June 15 during Hospitality Hour: HOPE
- Tue. June 17, 6:00pm: HOPE, JOY, GOYA
- Sun. June 29 during Hospitality Hour: HOPE

AOA Pgh Pilgrimage: Shrines of Pittsburgh ..June 23

Pilgrimages to our historic overseas countries feature many ancient Orthodox Christian sites, but Pittsburgh also has a rich religious history dating back to the early years of immigration, including many sites belonging to the Roman Catholic Church. Please make plans to join our "Active Older Adults" Ministry for a Pittsburgh Pilgrimage to the "Shrines of Pittsburgh" on Monday, June 23rd from 9:00am to 4:00pm. A bus will pick up and drop off at Holy Trinity. Visit St. Anthony's Chapel of Troy Hill which houses 5,000 relics (known to the Roman Catholic public as the largest collection of relics outside of the Vatican) and a rare set of life-sized carvings depicting the Stations of the Cross. Then lunch at the Immaculate Heart of Mary Parish (included in cost). Followed by visiting St. Stanislaus Polish Cathedral founded in 1875 and designed by Frederic Sauer in Baroque style with magnificent stained-glass windows from the Royal Bavarian Art Institute. A presentation by the church historian about the church and the "Strip District" will be provided. Then shopping in the Strip District (including Stamoilis Brothers). The cost is \$40.00 per person. Everyone, old or young, is welcome to take the trip. For more information, please see or call Tasy McCann at 724-612-9145.

Holy Trinity 2025 "Taste of Greece" Aug. 28-31

This summer's Holy Trinity "Taste of Greece" Festival is set for Thu., August 28, through Sun., August 31. Everyone is asked to volunteer for their time and talents to grow both the success of the Festival and the fellowship with all our Holy Trinity Church family members. The Festival is a great opportunity to open our doors and bear witness to the life and faith of this community and the Orthodox Christian Church. Watch for volunteer sign-up information in the Weekly Bulletin, on our website and via email. Pick up one of the festival lawn signs and place it in a [legal](#) spot to advertise. And tell your friends to join you there for great food and Greek dancing! Thank you! ❖

INTRODUCING THE HERALD QUARTERLY

This issue of *The Holy Trinity Herald* covers June-August 2025. There will be one more monthly issue in September. After that, *The Herald* will be changing to a quarterly news magazine, with 4 issues per year: Spring, Summer, Fall and Winter. *The Herald Quarterly* issues will continue to feature color photos, news and articles on the life and ministries of Holy Trinity Church.

Regular news and events will continue to be communicated through the Weekly Bulletin as well as a new information update system. Watch for details in the September issue.

The Visitation Ministry: Gifts of Love



One of the amazing ministries to grow in the spiritual garden of Holy Trinity Church in recent years is the Visitation Ministry. The Holy Trinity Visitation Ministry exists to offer the love of Christ and Christian compassion to all those in need. The dedicated volunteers that comprise the various Visitation Ministry teams offer a variety of activities, including visits, greeting cards, meals, prayers and gifts.

On behalf of the entire community, we offer a big "Thank You" to the Visitation Ministry Creative Team for assembling 40 Pascha gifts to our homebound parishioners. We appreciate those individuals who delivered gifts and shared their time during Holy Week. A special thanks to Diakonissa Nina for creating our beautiful Pascha cards. We are grateful for everyone who took part in our Visitation Ministry outreach.



DEACON THEODORE STEWART

ORDINATION TO
THE HOLY DIACONATE
MAY 4, 2025

My deepest longing has always been to serve God with all I am. From a young age, this calling was planted in my heart and has guided me through every season of life. Whether as an athlete, a naval officer, in my community, at work or in His Church, I've sought to give my all—for His glory and the good of others. In service, I find purpose; in devotion, strength and in surrender true fulfillment.





Your Eminence,

With deep humility and gratitude, I stand before you, profoundly honored to serve the Greek Orthodox Church and this cherished parish through the sacred calling of the Diaconate. I am overwhelmed by God's blessings—through His Eminence Archbishop Elpidophoros, through you and through all who have entrusted me with this sacred duty. To be a Deacon is to live a life of service and reverence, and I vow to honor this calling each day, relying fully on God's grace.

As I look back on my life's journey, my heart overflows with gratitude and awe for the divine grace that led me to the Greek Orthodox Church. I often feel the quiet presence of my late parents, whose wisdom prepared me for life's unexpected twists and turns. This path to Orthodoxy has been full of those, each one a blessing that gently brought me home to Holy Trinity.

With love and deep gratitude, I reflect on the incredible gift my parents gave us—introducing us to God and the Christian faith. Growing up in inner-city Pittsburgh, they made church a Sunday priority and lived their faith with unwavering love and dedication. Their example shaped who I am and remains my anchor in a world of uncertainties, challenges and boundless opportunities.

I often reflect on the hardships, my parents faced as African-Americans—and how they rose above them with grace. Instead of bitterness, they embraced, love, service, and diversity, teaching us to see beyond skin color and honor the hearts of others. The inner city, rich with faith in resilience, will always be sacred to me—a reflection of the strength and spirit my parents passed on.

After high school, I carried my parents' lessons, to Tuskegee University, where I witnessed faith lived with deep love for God. My time

there, in the Christian community, and later in the military, shaped my heart and prepared me for the love I now hold for Holy Trinity Church. Each step of that journey was a gift and I am forever grateful.

This past, December, marked 10 years since my chrismation—a deeply personal milestone shared with my dear brother and friend, Dan Willow. As I reflect on this decade, my heart is full. From the festival to the stewardship committee, visitation ministry, parish council, and the altar, each moment of service has been a blessing that shaped my soul. I'm profoundly grateful to all who've walked this journey with me—your prayers, support and wisdom mean more than words can express.

My deepest longing has always been to serve God with all I am. From a young age, this calling was planted in my heart and has guided me through every season of life. Whether as an athlete, a naval officer, in my

community, at work or in His Church, I've sought to give my all—for His glory and the good of others. In service, I find purpose; in devotion, strength and in surrender true fulfillment.

To lead is first to serve—not just those who embrace you, but even those who may reject or misunderstand you. This is the heart of servant leadership, perfectly lived by our Lord Jesus Christ. He knelt before the undeserving, loved the unlovable, and gave Himself completely. As Matthew 20:28 says, "The Son of Man did not come to be served, but to serve, and to give His life as a ransom for many." That truth is etched in my heart. As I prepare to step into the sacred role of deacon, it's just not just a principle—it's a calling. Though I fall short, I pray God's grace will sustain me as I seek to serve with humility, lead with love and always reflect the One who gave everything for us.

Your Eminence, my heart overflows with gratitude for the many souls God has placed in my life to uplift, guide and strengthen me on this sacred journey. Above all, I feel the loving presence of my dearly departed parents—whose unwavering love, prayers and sacrifices laid the very foundation of my faith. They were my first teachers, my first examples of Christ's love and it was through their gentle hands and faithful hearts that I first came to know God. I carry their wisdom, their strength and their devotion with me every single day. I would not be standing here without them. From the depths of my soul—thank you, Mom and Dad. I love you always.

To Carole, Lynda and Derek—my beloved sisters and cherished nephew—I hope I've made you proud. I know I've stumbled at times and for those moments, I ask your forgiveness. But know this: my love is constant, my prayers unceasing and

my devotion to our family unshakable. I will stand by you always, with every breath God gives me. I love you more than words can ever truly say.

To the Holy Cross Hellenic College Diaconate Program—its devoted staff, alumni and my fellow candidates—thank you from the depths of my heart. Walking this sacred path with such faithful souls has been one of the greatest gifts of my life. To my dear brother in Christ, Ted Seidl—your journey from Ohio to stand beside me today means more than words can express. Thank you all for your prayers and unwavering support which have carried me. May God richly bless you always.

To Father John, journeying with you in ministry over the past decade has been a true blessing. Your example of humility, love and servant leadership has shaped me in ways I'll always carry. As my Spiritual Father, you've guided me with wisdom, patience and





unwavering compassion. My love and respect for you runs deeper than any title—it is rooted in the grace and goodness of who you are.

This parish is truly blessed by you and Presbytera Becky. From the moment we met, Mary Ellen and I felt Christ in your presence, words and hearts. Your devotion, selflessness and love have inspired us deeply. Thank you—truly—for everything. We pray we may serve you in return with the same faithfulness and love you've shown us.

To Father Radu, you have been a steady source of love and wisdom and strength—a true friend and spiritual guide whose presence has deeply blessed our lives. Your humility, compassion and quiet devotion reflect Christ in every way. As a priest, theologian and servant of God, you've inspired us beyond words. Presbytera Loredana and your beautiful family are a gift to us all. Mary Ellen and I are profoundly

grateful for your role in our faith journey. We love you dearly and will always cherish the impact you've had on our hearts and souls.

To Father George Daskalakis, your unwavering devotion to God and His Church has been a guiding light—an example of the servant I hope to become. Your quiet strength, humility and powerful witness have deeply shaped my faith and my path. I've come to see you much like a senior officer—respected, courageous and inspiring, leading with both conviction and heart. To you, Presbytera Evangelia and your beautiful family, Mary Ellen and I offer our love and heartfelt thanks. You've touched our lives in ways words can't fully express and we are forever grateful.

To Father George Athanasiou, my heartfelt love and deepest thanks for the lasting impact you've had on my spiritual journey. Your kindness, humility and steady compassion have left a mark on my soul I'll always

carry. With quiet strength and a joyful spirit, you've walked beside me, lifting others and seeing the best in everyone. You bring peace, unity and purpose wherever you serve. Mary Ellen and I are forever grateful to you and your beautiful family. Your love has changed our lives and I look forward—with joy—to continuing this sacred work together.

To my beloved brother, Dn. Matthew—words can't fully capture how grateful I am to God for blessing my life with you. From the start, we stepped into this sacred journey together and though my path temporarily paused, my heart never left your side. I've lifted you in spirit, cheered you on and watched with pride as you walked in faith and grace. I'm so proud of you, Diakonissa Nina, Mia and Lucia. The love and devotion your family shows for God and His Church inspires Mary Ellen and me more than you know. You've shown us what it means to serve with humility and heart. You'll

always be “Deacon One” and our love for you and your family is deep and eternal. I thank God for our bond, your example and the chance to serve beside you in the days and years to come.

To my beloved Holy Trinity family, my heart overflows with gratitude and love. Though I wish I could thank each of you personally, there is just not enough time in this service but please know you are always in my heart, thoughts and prayers. To those I’ve served alongside in the various ministries—thank you from the depths of my soul. Working with such devoted, loving and faithful people has been a true blessing. You’ve been more than fellow servants—you’ve been family. Mary Ellen and I are forever grateful for your love and support. I carry you all in my heart, always.

To my beloved Godparents, Gerri and Paula Valliant—thank you, from the depths of my heart. For the past 10 years, you and your beautiful family have been a light to Mary Ellen and me—a steady source of love, strength and grace. Your devotion to God and His Church has touched us more deeply than words can express. The day you became my God-Parents, you gave me a gift I will cherish forever. I carry that honor with humility, praying I’ve brought you a sense of pride, not regret. Where I’ve fallen short, I ask your forgiveness with a full heart. Please continue to hold us in your love and prayers as we walk this path of faith. We love you more than words can ever say.

To my beloved wife Mary Ellen, no words can fully express the depth of love, gratitude and awe I feel for you. You are my wife, my best friend and my fellow servant of the Lord—a treasure beyond measure. I am humbled by God’s grace in bringing you into my life, often feeling



unworthy of the blessing you are. You love with purity, pray with power and stand with unwavering faith, not just for me but for our family and the Kingdom of God. Your strength and heart will echo in my soul for eternity. There is no one else I could imagine walking this life with. I thank God for you every day and will love you forever with all that I am.

Having you, Tony and the Manias family is a blessing beyond words. We are united, bound by love, faith and an unbreakable bond. You know our motto Mary Ellen, “What we do, we do together” and that truth carries us through every step, every trial, every triumph. Ephesians 5:25 calls



me to love you as Christ loves the church and I strive—imperfectly but wholeheartedly—to do so in how I serve, protect and cherish you. By God’s grace, I will continue to love you in this way until my last breath. You are not just my wife: you are part of my very soul—bone of my bone, flesh of my flesh. I will love you, Mary Ellen, not just in this life but for all eternity.

Finally, To Your Eminence, with deep admiration, I cannot express enough how blessed we are to have you guiding us with your wisdom, vision and love within our church and faith community. Your vast knowledge—spanning Orthodoxy, history, music and the arts—is awe inspiring, and you embody the spirit of a true renaissance man. It has been a privilege to witness how you bring this richness into everything you do. What also touches me is the special bond we share, rooted in our shared experience growing up in the inner city. From the start, Your Eminence, you’ve embraced my background in a way that means the world to me and I treasure this connection deeply.

With love and gratitude, I look forward to many more years of service to you, drawing from the endless wisdom you so generously share. I’m also so profoundly grateful to Chancellor Fr. George Callos, Archdeacon Ryan and all the clergy who serve this community. From the bottom of my heart, I cherish and love you all.

In closing, Your Eminence, my deepest prayer is that God continues to bind us together in His love and service, so that all glory, praise and honor may be given to our Lord and Savior, Jesus Christ. May we always be united in His grace, drawing closer to Him in every step we take. Through the prayers of our Holy Fathers, Lord Jesus Christ, our God, have mercy on us and save us, amen. Eis Polla Eti Despota!. ❖

May 4: His Eminence Metropolitan Savas presided over the ordination of Theodore Stewart as Holy Trinity Church's second permanent Deacon. Other clergy present for the occasion were Father George Daskalakis, Father John Touloumes, Father Radu Bordeianu, Deacon Ryan Gzikowski and Deacon Matthew Palamara. AXIOS!







May 3: Parishioners George Danis and Gerri Valliant were honored as the 2025 Holy Trinity recipients at the Metropolis Saint Photios Awards Banquet, with many fellow parishioners and family members in attendance.













HOLY TRINITY 2025 GRADUATES

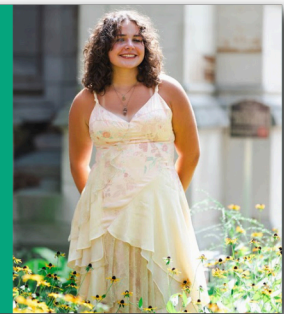


Rebecca Bordeianu | North Allegheny Senior High School

Rebecca is graduating as a member of the National Honor Society and is an AP Scholar with Distinction and recipient of the Girl Scout Gold Award. She has been an active participant in Church School, GOYA, GOYA Basketball, Camp Nazareth, Choir, Greek Dance Troupe and Festival. Rebecca is also a competitive Equestrian, and is a member of student government, Orchestra and Strolling Strings. Her future college plans include studying biology at The Ohio State University in their honors program.

Ella Bounos | Avonworth High School

Ella has been active in all areas of Holy Trinity youth ministries including Church School, GOYA and Summer Camp. She has especially enjoyed being a Holy Trinity Greek Dancer and festival volunteer. At Avonworth she has been Head Editor of the Yearbook, a member of the National Art Honors Society, Student Leader of the Art Club, Marching Band Section Leader, French Club Officer and a Trib Total Media '24-'25 Outstanding Young Citizen. Ella will be attending DePaul University, majoring in Arts, Media, and Design.



Steffi Bounos | Avonworth High School

Steffi has attended the AW Beattie Career Center for their Veterinary Science program. She has been inducted into both the National Honor Society (Avonworth) and the National Technical Honor Society (Beattie) and has been in the Yearbook Club. She has been a Holy Trinity Greek Dancer and festival volunteer. Steffi has her own pet sitting business and will be attending Delaware Valley University in the fall and majoring in Animal Science with a pre-veterinary specialization in hopes to be a zoo veterinarian.



Lena Drapas | Seneca Valley High School

Lena has been in many activities including the serving as secretary for the Science Honor Society and Key Club. She has conducted advanced scientific research in her school's Biotechnology lab and is a 2x awarded research grant recipient. She is also a member of the National Honor Society and a pre-professional ballet dancer at Pittsburgh Ballet House. At Holy Trinity Church, Lena has also been a Greek dancer. She will join Texas Ballet Theater's Studio Company and pursue a degree in Psychology through Penn State.



Yianni Giannoutsos | Thomas Jefferson High School

Yianni is graduating as a member of the National Honor Society and an AP Scholar on the High Honors Roll. He has also lettered in football. At Holy Trinity Church he has participated in Church School, GOYA, GOYA basketball and volleyball and has volunteered for the Festival. He enjoys lifting weights and fishing in his spare time. He will attend Robert Morris University in the fall and major in Nursing.



HOLY TRINITY 2025 GRADUATES



Arianna LeDuc | Pine Richland High School

Arianna LeDuc is graduating as a member of the National Honor Society on the Highest Honor Roll. She was the President of Children of Steel Pine-Richland Chapter of the Pine-Richland Dance Team and is a recipient of the Presidential Service Silver Awards. She is also a Company Member of LDI DanceWorks. Arianna has participated in Church School and GOYA, including basketball, volleyball and working at the Festival for many years. She will attend Syracuse University majoring in Chemistry/Pre-Med.

Ourania Marsh | North Catholic High School

Ourania ("Nia") achieved Highest Honors and is an AP Honors Student with Scholars Distinction. She served as vice president of publicity for the Spanish National Honors Society. She has been in Church School and in GOYA she served as vice president. She played basketball, was a Greek dancer and acted as a Wise Man in the Church Christmas Pageant. One of her most enlightening experiences was attending Ionian Village. She will be attending The Ohio State University, majoring in Biology, Pre-Med track.



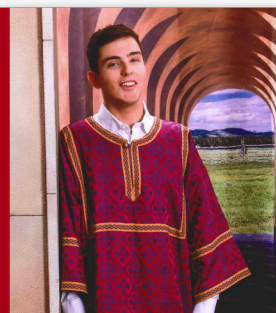
Andrew Stepanow | North Catholic High School

Andrew graduates with Highest Honor Roll distinction and Dean's List. He was a member of the North Catholic Track, Crew and Football teams. At Holy Trinity Church he particularly enjoyed serving as an acolyte, GOYA President and all the many GOYA activities. He will never forget the many memories made at Camp Nazareth and his trip to Ionian Village. Andrew will attending the CrossRoad Summer Institute and then Penn State, University Park, where he plans to major in Mechanical Engineering.



Christopher Willow | North Allegheny Senior High School.

Christopher was inducted into the National Honor Society in his junior year. He was a volunteer tutor at McKnight Elementary and is a member of the German Club. He has served as an acolyte for ten years and has been active in all aspects of GOYA, including basketball and Greek dancing. He has volunteered for the Festival and the backpack feeding program. He has attended Camp Nazareth every year and also attended Ionian Village in Greece. Christopher will attend Grove City College to major in Mechanical Engineering.



Stewardship 2025 Roster

Rev. Fr. John & Presvytera Becky
Touloumes
Rev. Fr. Radu & Presvytera Loredana
Bordeianu
Rev. Fr. George & Presvytera Evangelia
Daskalakis
Dn. Matthew & Diakonissa Nina
Palamara
Dn. Theodore & Diakonissa Mary Ellen
Stewart

Dr. Andrew & Mrs. Anna Abboud
Dr. Fayez & Mrs. Maria Abboud
Eleni Valliant Abdalah & Joseph Abdalah
Mr. & Mrs. Mark Adamczyk
Mr. & Mrs. Sotiris Aggelou
Mr. & Mrs. Justin Ambrose
Mr. & Mrs. Victor Amurgis
Ms. Georgiana Anargyros
Mr. Michael Andromalos-Dale
Ms. Victoria Andromalos-Dale &
Mr. Frank Blakemore
Dr. & Dr. Alexander Anetakis
Tiffany Ann
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| SPANAKOPITA | |
|-------------|---------|
| Wed, Feb 26 | 9am-9pm |
| Thu, Feb 27 | 9am-5pm |

| PASTITSIO | |
|---------------|------------------------|
| Thu, April 10 | 9am-6pm |
| Fri, April 11 | 9am-3pm (If needed) |

| DIPLES | |
|--------------|---------|
| Tue, June 10 | 9am-9pm |

| BAKLAVA & CHOC. BAKLAVA | |
|-------------------------|---------|
| Thu, March 23 | 9am-9pm |

| FINIKIA & KOURAMBIETHES | |
|-------------------------|---------|
| Sat, April 25 | 9am-6pm |

| PORTOKALOPITA | |
|---------------|---------|
| Tue, June 17 | 9am-9pm |

| KOULOURAKIA | |
|---------------|---------------|
| Sun, March 30 | After Liturgy |

| APRICOT ROLLS | |
|---------------|---------|
| Tue, May 13 | 9am-9pm |

| TIROPITA | |
|--------------|---------|
| Tue, June 24 | 9am-9pm |

| GALAKTOROUREKO | |
|----------------|---------|
| Tue, May 20 | 9am-9pm |

| SOUZOUKAKIA | |
|--------------|---------|
| Wed, July 16 | 9am-9pm |

OUR GOAL IS TO GET AT LEAST 30 PEOPLE EACH DAY SO THAT WE MAY FINISH ON TIME!

Can YOU give at least a few hours of time for YOUR community's festival? Look over the dates and times listed here.

You'll see both evening and daytime hours, during the week and on the weekends. Everyone's help is needed!

No experience needed...we train on the job! Think of it as free cooking lessons. Questions? Contact Joyce Athanasiou (jcbathanasiou@aim.com or 412-292-4206) or Paula Valliant (paulavalliant@gmail.com or 412-445-4119).



SPREAD THE WORD! TELL YOUR FRIENDS! DON'T MISS IT!
THE 2025 "TASTE OF GREECE" - THU. AUG. 28-SUN. AUG. 31

Receiving the Holy Spirit

Q: Geronda, having passed through the Paschal season and Pentecost, have each of us had the blessing of receiving the Holy Spirit?

Each of us, to a greater or lesser extent, celebrated those feasts and took something from them. What did we take? To this question, each of us will have a different answer, because even though the Church is a unity, it is a unity of distinct personalities. It is an assembly of persons, each one of them whole and complete, standing before God, and not an anonymous, undifferentiated mass. Thus it is entirely possible for all of us to be gathered together in church, to be standing next to each other and chanting in unison, but for each of us to get something different out of the experience. And what each of us receives is known only to that person, only to the spirit of the man, which is in him, as well as to God the Spirit, Who searches the depths of our own spirit (cf. 1 Cor. 2.10-11)..

Q: How is it that we receive together but experience it so differently?

In the first place, we received what we prepared ourselves to receive. Whatever food you've prepared, that's what you'll eat. Whatever bed you've made, that's the one you're going to lie on. Whatever you've sown in your field, that's what you'll reap. Throughout the liturgical year, then, we receive what we have prepared ourselves to receive. God will not bring something to fruition that we have not had a hand in cultivating; and what we cultivate, that which we expect to bear fruit, grows directly from the seeds we've sown within ourselves. Consequently, we'll get

whatever it is our heart has prepared for itself. One person will get God; another will be moved by the chanting; another will gain a few insights; someone else the kingdom of heaven. Each will receive whatever it is he desired. In each instance, the preparation of the heart is fundamental. One person cultivates the wind, and reaps nothing. Another prepares to receive the Holy Spirit. It all depends.

We also receive, not simply what we've prepared ourselves to receive, but what we're capable of receiving: what we're able to contain within ourselves. He who receives is the one who is able to contain what he receives within himself (Mt 19.12). We receive, then, whatever we're capable of understanding; in proportion to the idea of God that we have.

For example, I receive Holy Communion, and so do you, and so does somebody else. But each of us perceives the sacred gifts differently; each of us has a greater or lesser understanding of them, and thus we receive them in a manner that is distinctive to each. Our understanding of something is part of the way we experience it, and cannot be separated from it, so much so that the experience of God and His kingdom is a form of understanding, for it is the experience of true knowledge (cf. Jn. 8.32; Lk. 1.77; 1 Cor. 1.5). the more you learn to cultivate within yourself the knowledge of God, the more you can receive Him in the fullness of His truth and perfection.

Our capacity for God depends very much on the simplicity of our hearts,



Elder Aimilianos of Simonopetra

on the purity of our nights, on our spiritual reading and meditation, and on the degree to which we empty ourselves. It depends on our self-emptying; a kenosis of our substance and being (cf. Phil. 2.7). And this is the great mystery of human freedom, which God never violates. We are filled to the degree that we are empty, to the degree that we voluntarily make room within ourselves for God. This is why we say: "You receive as much as you can contain."

Q: Is it possible to increase what we receive?

The more we've prepared, the more room we've made, the more we've suffered, the more we've loved, the more we've cried aloud - wept and lamented without restraint - the more we'll have received God Himself. Needless to say, all of this remains hidden behind a cheerful countenance, beneath a smile, beneath the depths of true joy, beneath an entire life that witnesses to God by its tranquility, love, and truth, because we know that, no matter what happens, God for us is everything. ❖

Excerpted from
"The Way of the Spirit"

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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 Rev. Fr. Radu Bordeianu, Assistant Priest
 Deacon Matthew Palamara, Deacon

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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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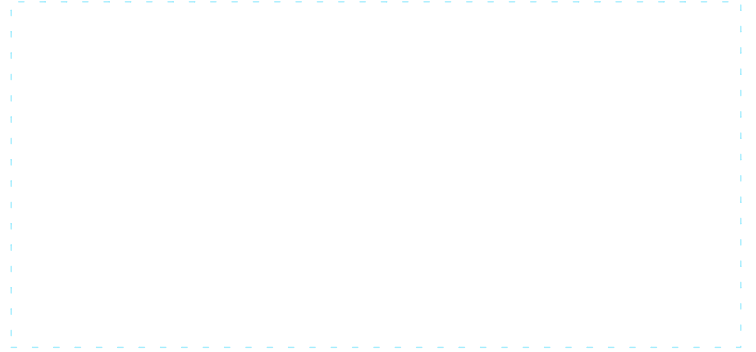
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THE DIVINE LITURGY: FROM HERE TO ETERNITY



In the Divine Liturgy, we meet the real presence of Christ in the elements of the sacrament and in the forgiving, elevating, and fulfilling presence of Christ in our lives, both as individuals and as members of the Church, which is the Body of Christ.

The Divine Liturgy is also the place where the Church itself affirms its existence as the “people of God.”

The Divine Liturgy is conducted on the “Lord’s Day,” which honors the Resurrection of Christ.

The Divine Liturgy, then, becomes the location where we are at the most intense level united with Christ and growing in the image and likeness of God.

The Divine Liturgy is that action which most of all characterizes us as the Church, emphasizing our real existence as members of God’s Kingdom, beginning in this life and extending into eternity.

From “Living the Liturgy” by Father Stanley Harakas