



Spring 2026
Volume 34 | Issue 2

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PHOTO SPOTLIGHT

TBD
See many more Community Life
Journal Photos on pages 14-27.

THE HOLY TRINITY

HERALD

QUARTERLY *Faith. Family. Community*

Saints Constantine and Helen, Equals to the Apostles - May 21



The Maker of the sun and all creation was led once to the Cross. And now to himself He leads you, the shining star, by stars from heaven. And to you first He bestowed imperial power. Therefore, O most pious emperor Constantine, we extol you and your mother, Helen, the godly-minded.

Icon from the wall of Holy Trinity Church. Iconographer: Dr. George Kordis



Father John Touloumes
Proistamenos

“All of you, enter into the joy of our Lord!”

The Paschal Homily of St. John Chrysostom

My beloved Holy Trinity family,

This second volume of the new “Holy Trinity Herald Quarterly” bears the title of “Spring,” covering the months of April, May and June. Since the start of the “Herald” in its previous monthly form, 33 years ago, this column has highlighted something either seasonal or significant in the life of the Church and the parish. Most times when the month being produced contained the Great and Holy Feast of Pascha (usually the April or May editions), it wasn’t really much of a debate: nothing during that month took greater precedence than the Resurrection.

Well, now with this issue covering three months, the question arose: out of those three months, what feast or special focus during this three months should take precedence. It didn’t really take long to find an answer: even over a three month period—any three month period for that matter—nothing ranks above the Resurrection. After all, according to Archimandrite Zacharias of Essex, “This is the great mystery and experience of the Holy and Apostolic Church. God unites with us, defeats our death and imparts to us the experience of His Resurrection and life. The universe changes in an instant. Heaven and earth become indistinguishable. Such is the joy and glory of this day.”

Importantly, the “day” he refers to is not a period of 24 hours on the calendar that comes and goes, but an eternal day on which we as believers in the Risen Christ anchor our lives and our hope. It is what makes everything in life worth living, knowing that our lives here do not end in chaos and darkness but in the light and life of the Resurrection. We are indeed a faith that walks the path of repentance and the sorrow of the Cross, but above all we are the Church of the Resurrection. Perhaps this is why so many who had walked through the doors of our parish in recent times have often said they feel like they experience holiness, life, hope and joy here. Those are signs of a Church that does not celebrate the victory of Jesus only one day a year, but every Sunday liturgically and every day theologically and spiritually. The tell-tale sign of it all is...true joy.

As we head into the coming months there will be many services, events and activities in and around our Holy Trinity home: worship services, Church School classes and graduation, Greek School lessons, ministry meetings, weddings, baptisms and, of course, festival cooking and lots more! I am constantly amazed, thankful and frankly sometimes overwhelmed at the level of dedication and love with which so many people offer so freely of themselves to make everything that happens around Holy Trinity Church possible. Whether you are a ministry leader, event organizer or simply a supporter or attendee at any of those, I pray God may bless you and bring you fulfillment and joy in the knowledge that you have accepted the Lord’s invitation to become one of the laborers of His Holy Vineyard. This parish would not be the same within you.

May we go forth in the coming months with the bright summer sun shining from above (wishful thinking in Pittsburgh, I know!) and the unwaning light of the Resurrection glowing from without our faithful hearts. Christ is Risen! Truly He is Risen!

Now in our 103rd year!
1923-2026

OUR VISION
Faith. Family. Community.

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

WORSHIP LIFE

Weekday Services - April-June

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

- **Thursday, April 23: Saint George the Great Martyr and Trophy-Bearer. Feast Day of St. George Chapel (SG)**
- **Thursday, May 21: The Ascension of the Lord and the Feast of Sts. Constantine and Helen (SG)**
- **Saturday, May 30: Saturday of the Souls (SG)**
- **Monday, June 1, 8:30am Orthros/9:30am Liturgy: Monday of the Holy Spirit - Parish Feast Day (HT)**
- **Tuesday, June 9, 6:30pm: Paraclesis to the Theotokos (SG)**
- **Monday, June 29: Saints Peter and Paul (SG)**

Pentecost Saturday of the Souls..... May 30

The "Saturdays of the Souls" at St. George Chapel are offered to commemorate those who have fallen asleep in the Lord. Three are held at the start of Lent and one during Pentecost weekend. Download the names form at HolyTrinityPgh.org/documents/worship to submit names for commemoration and be sure to attend and commemorate your departed loved ones. **Important: Is in our Orthodox Christian tradition to offer "kollyva" (memorial wheat) during the memorial prayers. If you are able to bring a dish or small tray for the service and to be shared with the faithful afterwards, please do! Thank you!**

Holy Trinity Feast Day Weekend..... May 30-June 1

Join the Holy Trinity community from May 30-June 1 in celebrating its Feast Day Weekend. The schedule of services and events is as follows. Please note that the Saturday of Souls is at the Saint George Chapel (SG), all other services at Holy Trinity Church (HT).

- **Sat. May 30, 8:30am Orthros/9:30am Liturgy: Saturday of the Souls (SG)**
- **Sun. May 31, 8:15am Orthros/9:30am Liturgy: The Great and Holy Pentecost followed by the "Kneeling Vespers" (HT)**
- **Mon. June 1, 8:30am Orthros/9:30am Liturgy: Monday of the Holy Spirit/Feast Day of Holy Trinity Church (HT)**

RELIGIOUS EDUCATION NEWS

Church School Graduation & Picnic..... May 17

Attention Church School Staff, Parents and Students: Please note that the last day of Church School for this semester will be May 17. All students are asked to attend and sit with their class during Liturgy. Following the service, the Church School will have a graduation

celebration and picnic lunch. Church School registration for 2026-2027 will also be available all the Sundays of May. All families are asked to please register early!

YOUTH MINISTRY NEWS

GOYA Meetings April 26, May 24, June 7

The GOYA teen ministry holds monthly meetings on Sundays in the Conference Room following Church School. All teens are invited to attend. Please note that elections for the 2026/2027 year will be held June 7.

HOPE & JOY Activities..... April-May

Watch the HOPE and JOY email lists for the following combined HOPE/JOY events in April and May:

- HOPE & JOY Bowling: April 26
- Trip to local Saxonburg Monastery: May 16

Moms and Kids "Playtime and Parea" April-June

The "Playtime and Parea" ministry is a fun, faith-based playgroup for little ones (ages 0 to 4) and parents (or caregivers) to connect, make new friends, and grow together in Christ. Meets twice a month on Fridays from 10:00am to 11:30am in the Fireside Room. Upcoming dates are April 3, 17; May 1, 15, 29; June 12, 26. For info contact PlaytimeandParea@HolyTrinityPgh.org.

Greek Dance Parents Meeting April 26

Holy Trinity Dance Troupe will be having its 2026 introductory meeting for the festival on Sunday April 26 during Hospitality Hour in the Fireside Room. It is important that you attend this meeting if your child is thinking about dancing at our festival. We will be obtaining parent contact information as well as sharing dance group practice for the summer. Reach out to Victoria Andromalos-Dale and Eleni Dedousis with any questions at greekdancers@HolyTrinityPgh.org.

Greek Dance Troupe Practice Schedule June

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. 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) or email greekdancers@HolyTrinityPgh.org.

Here is the schedule for the month of June.

- Sun. June 7 during Hospitality Hour for all groups
- Sun. June 14 during Hospitality Hour for all groups
- Tue. June 16, 6:00pm: HOPE only

- Sun. June 21 during Hospitality Hour: JOY & GOYA
- Sun. June 28 during Hospitality Hour for all groups

Summer Camp Registration Opens April 2

The Metropolis of Pittsburgh has announced the dates for its 2026 Summer Camp season. They are as follows (attend the grade your child just completed):

- Week 1 (Grades 2-4): June 21 - June 27
- Week 2 (Grades 5-7): June 28 - July 4
- Week 3 (Grades 7-9): July 5 - July 11
- Week 4 (Grades 10-12): July 12 - July 18

IMPORTANT: The 2026 early registration fee (from April 2 through April 30) is \$725, but all active youth participants of Holy Trinity Church religious education and youth ministries may register for camp using code **"SC26HTP"** to attend **at no cost!** The code **must** be used at the time of registration and is **only good for early registration through April 30.** From May 1 through June 1 the price increases to \$750 and the Holy Trinity grant is not available.

For years Holy Trinity Church, with the assistance of Philoptochos, has offered a reduced fee for our Holy Trinity campers to make sure as many young people as possible attend this valuable ministry. To that end, and with the stewardship support of the entire community, Holy Trinity Church is able to offer NO COST participation in this essential experience to all our actively-participating young people. THANK YOU to the entire community for the love you show toward your Church and our children.

Remember, the Holy Trinity grant is only available from April 1-30! Find information and to register for camp, visit y2am.pittsburgh.goarch.org/summercamp.

HOLY WEEK NEWS & EVENTS

Holy Week Schedules of Services

This issue of *The Herald* contains a complete schedule of services for Holy Week. It is also available online at our website, HolyTrinityPgh.org. Please post it in a conspicuous place in your home. Make a family plan and circle the services you are able to attend and place them on your schedule and on your phone and computer calendars! As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us." He has planted the desire for His peace in our hearts and souls. Let's let nothing keep us from it.

Saturday of Lazarus Palm Crosses/Candles..... Apr. 4

Calling all Holy Trinity Church School students and staff, their families, friends relatives, and everyone at Holy Trinity Church: Your help is needed to prepare Palm Crosses and candles for our Holy Week services! Divine Liturgy is at 9:30 a.m. followed by a Lenten breakfast. The GOYA teens

will also be setting up for the Palm Sunday luncheon. And Holy Confession is available for the young people and teens. This is a family event for all.

GOYA Community Palm Sunday Luncheon..... April 5

The GOYA teen ministry will be hosting their very popular annual Community Palm Sunday Fish Luncheon again this year in the Grand Room of Holy Trinity Center. Please make plans to attend with your family and be sure to buy your tickets **in advance** in the Gallery after Liturgy or online at HolyTrinityPgh.org/events by March 31. Take out will be available, too!

Help Decorate Kouvouklion on Holy Friday!... April 10

As we prepare to celebrate Pascha, please consider taking the day off from school or work on Holy Friday. All ages are invited to come to the church and help with decorating the Kouvouklion (the Tomb of Christ) with flowers immediately following the 8:30am Service of the Royal Hours. Important note: this is a family opportunity, not a "drop-off" event. Young children must be accompanied and supervised by a parent or responsible adult. Excuse from school and work letters will be available for those who participate.

Make Plans for the Anastasi Dinner April 11

Don't forget to make plans to attend the Resurrection Orthros, Liturgy and Dinner on Holy Saturday evening/the early morning hours of Pascha. Following the Paschal Divine Liturgy, join your Holy Trinity family to celebrate the Feast of Feasts at the Holy Trinity family table! Reservations are not required, but there will be a sign-up sheet in the Narthex during Holy Week to sign if you plan to attend so we can plan for food preparation.

Agape Vespers & Paschal Candy Hunt April 12

The Church School ministry is again sponsoring the annual Paschal Candy Hunt on the Main Lawn of the church (weather permitting) on Pascha following the Agape Vespers Service at 12:00 p.m. All the children are invited to come for this bright, beautiful service. It is a great way for those with children who are not able to attend the midnight service to share in a special celebration of Pascha. Are you able to donate candy or treat items for this event? Visit HolyTrinityPgh.org/events to volunteer. Thank you!

FAITH & FAMILY WEEKDAYS

Journey to Fullness May 4, 11, 18; June 1, 8, 15

Father John and Sam Dickson will once again be offering the Spring series of the "Journey to Fullness" classes, an overview of the Orthodox Christian Faith for newcomers interested in joining or life-long members yearning to deepen their understanding. The series features videos

and discussion, with plenty of questions and answers. Meetings are at 7pm in the Conference Room. All are welcome.

PHILOPTOCHOS NEWS

Daffodil “Virtual” Luncheon Mar. 15-Apr. 18

The annual Daffodil Luncheon is a much anticipated in person tradition to raise funds for the Metropolis Social Services Fund and Our Seminarians Our Future Fund. However, due to our Metropolis hosting the National Clergy-Laity Congress and Philoptochos Convention this year in June, we will carry on the tradition in the true spirit of giving and connect virtually instead. Will you join us in almsgiving during this Lenten Season to make the 2026 Virtual Daffodil Fundraiser a true blessing to others? The enclosed flyer (see page 31) provides donation details for your convenience, and you may also use the following PayPal link: <https://www.paypal.com/ncp/payment/P8UDGUZ6XLGTU>. We greatly appreciate your support and generosity!

COMMUNITY NEWS & EVENTS

Important Hospitality Hour Updates

Hospitality Hour is a vital and valued part of our community life. It about so much more than coffee and snacks. Did you know that the Liturgy doesn't end when church is over? Metropolitan Kallistos Ware says, "We should return to the world after the Liturgy, seeing Christ in every human person ..." This begins at Hospitality Hour! Recognizing that central role, we're making improvements to our Hospitality Hour Hosting Schedule.

What remains the same:

Holy Trinity Hospitality Hour will continue to be hosted by:

- Holy Trinity Ministries (each twice per year)
- Families and Friend Groups, to celebrate, honor, or "just because"
- Memorials, sponsored by families through Philoptochos.

What's new:

- On Sunday, March 29 and in April, the Holy Trinity Ministries, Families, and Friend Groups are asked to sign up for available dates in May through the remainder of 2026. If you are planning a Memorial for 1 year or longer, please sign up as well. Our goal is to have each of the remaining Sundays for 2026 scheduled by May 1.
- **Open Table Sundays** will be scheduled monthly. Those are days when everyone is asked to bring a shareable plate to donate to the Hospitality table. Additionally,

two to three volunteers are needed to sign up for Set-up and Clean-up on those dates. Please take a turn!

- **EVERYONE** who enjoys the blessings of our Hospitality Hour as a recipient is also requested to participate at least a couple of times each year. That gives us all a chance to share and be blessed by giving, not just receiving.

Please visit the sign-up table in the Gallery on March 29 to reserve your date! Remember, "Let brotherly love continue. Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels" (Hebrews 13:2). Questions? Email hospitality@HolyTrinityPgh.org

Stewardship 2026: Are You Onboard Yet?

Thanks to the dedication and offerings of so many faithful stewards, 2025 was a record year for Holy Trinity Stewardship. Glory to God and many thanks to the faithful stewards who stepped up to the challenge! This year, let's maintain and grow as our theme for 2026 calls us to be "Grow Our Blessings." There are two ways to pledge: using a 2026 Stewardship pledge card or by going online to your Holy Trinity Realm account (see below). And there are many ways to give. However you choose to support our ministries, thank you!

Holy Trinity Cemetery Clean-Up Day May 23

Please join other Holy Trinity parishioners on Saturday, May 23 from 9:00am until 2:00pm for Community Clean-Up Day at Holy Trinity Cemetery (8941 Ringeisen Rd Allison Park, PA 15101). Volunteers are asked to help with the general Spring cleaning of the Cemetery grounds. Bring your lawn & garden tools and a pair of work gloves! Topsoil will be provided for those parishioners who would like to work on their family's individual graves. Snacks and drinks will be provided. Rain date if needed, will be Sunday, May 24, 12-4pm. All help is greatly appreciated! Questions? Please call Bill Fiedler at 412-364-1545.

Memorial Day Service for Veterans..... May 25

Please gather in front of the Holy Trinity Cemetery War Memorial at 10:00am on Monday, May 25. Please note that this service is to commemorate veterans; it is not a general memorial service for all the departed. That will be held according to Orthodox tradition on the Pentecost weekend Saturday of Souls (May 30 this year) with a Divine Liturgy and Memorial at the Saint George Chapel. Memory Eternal!


Holy Trinity 2026 "Taste of Greece" Sep. 3-6

This summer's Holy Trinity "Taste of Greece" Festival is set for Thu., September 3, through Sun., September 6. Everyone is asked for their time and talents to grow both the success of the festival and the fellowship with all our Holy Trinity Church family members. Thank you! ❖

Faith & Family Weekdays

Grow Your Knowledge and Practice of the Faith!

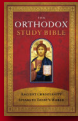
JOM



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. Remaining Spring sessions: Mar. 31, May 5.


ETW



Explore the Word
Wednesdays, 6:30pm

Father Radu continues his exploration of the Holy Bible with the greatest adventure book of the New Testament: The Book of Acts. Learn about the history of the early Church and how the Good News was spread. Apr. 29, May 6, 20, 27

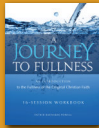
MPS



Monthly Paraclesis Service
Tuesdays, 6:30pm

Join in hymns and prayer, to honor the Theotokos, Saint Nektarios and Saint Paisios of Athos at our beautiful Saint George Chapel. Ask for the prayers of these powerful saints. Pray for those in need. Tue. Jun. 9


JTF



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

What is the Orthodox Church? This overview of the Faith is for inquirers, newcomers interested in joining or life-long members yearning to deepen their understanding of the Church. Format: Videos, Q&A/discussion. May 4, 11, 18; June 1, 8, 15.

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. Spring dates: Apr. 2, May 7, 28.

ODT




Orthodox Dudes on Tap Meets Periodically

This new casual men's ministry is for guys, single and married, to just enjoy a few hours of conversation, snacks, brews and great company with other Millennials and Gen Z'ers. Laid back. Informal. Want to be notified? Watch for info or email OrthodoxDudes@HolyTrinityPgh.org.

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? Want to enjoy fellowship with others in your Christian family and community? It's all there. Watch the bulletin and check the online calendar at HolyTrinityPgh.org/calendar for details and locations.

BCC



Byzantine Chant Class
Mondays, 8:30pm

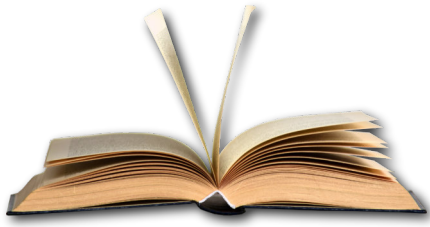
Want to learn the sacred Byzantine Chant of the Orthodox Church? Dr. Stefan Esper teaches this centuries-old foundation of Orthodox worship. No prior experience needed. Sign-up via email is required. Send your contact info to chant@HolyTrinityPgh.org.

PTP



Playtime & Parea
Friday Mornings Twice/Month

A fun, faith-filled playgroup for parents, caregivers, and little ones to connect, make new friends, and grow together in the love of Christ. Ages 0 to 4. Watch for info or email playtimeandparea@HolyTrinityPgh.org. Upcoming dates: April 3, 17; May 1, 15, 29; June 12, 26.



“The Orthodox Bookshelf” is a *Holy Trinity Herald* column by Rick Paese focusing on books of Orthodox Christian interest for everyone. Many of the books highlighted will be available for purchase at the Three Hierarchs Bookstore in the Gallery.

Recently, my 11 year old son has realized that being Orthodox puts him in the minority at school. This has prompted many questions about how our beliefs differ from those of the Protestant and Catholic students at his school. He has especially asked about Catholicism since it outwardly appears similar to Orthodoxy. In response, I have given him some of the standard answers we typically hear. I told him the Church split in 1054 A.D. The main causes of this split were Rome’s elevation of the pope above all other church leaders and changing of the Nicene Creed without consulting the Eastern Church. I also went a bit deeper by explaining how the Western and Eastern parts of the Roman Empire had been drifting apart for some time. They spoke different languages and developed different ways of thinking, which in turn caused them to understand and describe the faith differently. Each side viewed theology, knowledge, reason, and faith differently.

But all this is much harder to explain, even to adults. This more nuanced answer is what Eugenia Scarvelis Constantinou presents in “Thinking Orthodox,” where she explains the difference in mindset between the Eastern and Western churches. The Greek

word “phronema” is used instead of “mindset” to help the reader understand the deeper issue.

What is Phronema?

“Phronema” is a difficult word to define. It means more than “mindset.” It can be described as a mentality, disposition, or approach. It shapes how one thinks and views the world, religion, and God. It is important to have the correct phronema when it comes to thinking about and practicing our Orthodox faith. We need an Orthodox phronema.

The Orthodox Phronema

“Thinking Orthodox” helps us understand the Orthodox phronema by comparing it to that of the Western (Catholic and Protestant) churches. In the West, during the Middle Ages, deductive reasoning became a primary means of defining and understanding the faith and God. According to this system, beliefs must have a rational explanation. It emphasizes definition, guidelines, and formal statements of belief. This approach relies heavily on philosophy and is primarily intellectual. With the Catholic phronema, beliefs are defined through what are called the “Catholic Documents,” such as the catechism. These documents serve as the official means for interpreting Scripture and the Church Fathers.

In contrast, the Eastern Orthodox Church is primarily spiritual. It is com-

fortable with mystery. It looks to Church Tradition, in its many forms, as the guiding principle for understanding its beliefs and practices. There is no definitive set of “Orthodox Documents” that systematically and explicitly define all aspects of belief. Reason can be useful. However, the Orthodox Church recognizes that human reason is subjective. God cannot be understood through human reason. Therefore, union with Him, which is our primary purpose as human beings, is pursued primarily through spiritual life, rather than intellectual understanding.

Ultimately, we are called to have “the mind of Christ,” as Saint Paul tells us. Jesus’ apostles learned His ways through direct experiences and established the Church based on His phronema. This phronema has been passed down within the Church through Tradition, including Scripture, and is expressed through the liturgical life. This cannot be obtained merely through reading books or going on the internet. It can only be fully obtained through participation in the life of the Church. This includes attending services, receiving the Sacraments, keeping a prayer rule, reading Scripture, and serving others.

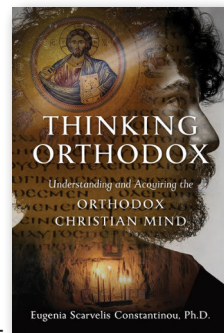
My Takeaway

We live in an age where constant worldly input negatively impacts our phronema. To combat this, we must fill our lives with inputs that help us understand the world with the mind of the Church, and thus obtain an Orthodox phronema. ❖

Rick Paese

Thinking Orthodox

When it comes to thinking about and practicing our Orthodox faith we need an Orthodox “phronema”





JESUS: YESTERDAY, TODAY AND FOREVER

Tell me about God. Who is He? What does He look like? If I walked around the church today with a microphone, as I often do with the youth messages, I'm sure I would find a variety of answers, and I'm also sure many of those answers would be very different. That may not sound unusual, but a research project back in 2018 revealed the "why" behind the inevitably varied answers.

The UNC-Chapel professor used a newly-available technology at that time to construct what a large sample of 511 American Christians think God looks like. According to the report, "Participants in the study saw hundreds of randomly varying face-pairs and selected which face from each pair appeared more like how they imagined God to appear. By combining all the selected faces, the researchers could assemble a composite "face of God" that reflected how each person imagined God."

Instead of the classical old man with a long white beard, they found a great variety of interpretations with a single common trend.

- Young people imagined God to look like a younger person.
- Attractive people envisioned God as an attractive figure.
- Minorities pictured a God who looked less Caucasian.

Are you getting the trend here? Stated plainly, the professor concluded: "People often project their beliefs and traits onto others, and our study shows that God's appearance is no different—people believe in a God who not only thinks like them, but also looks like them."

My dear Holy Trinity family, if that's the case, we could have saved a whole lot of money when we completed the interior of this church. Instead of that large Pantokrator icon of Jesus above, or the beautiful icon of Him on the Iconostasis to the right of the Royal Gate, or the many other images of the Lord doing miracles, interacting with people or revealing Himself, we could have told our iconographer, Dr. Kordis, to stay home in Athens because we have figured out a better way: just install mirrors everywhere! Imagine that, bringing the hundreds of people who come through for festival tours and inviting them to see God...then putting them in front of a mirror.

And what about your own homes and prayer corners? You could remove the icons of Jesus and replace them with mirrors, admitting that in the end, instead of believing that we are made in the image and likeness of God, as described in the Book of Genesis, we have made God in our own image and likeness. That is dangerous territory. As one Greek theologian has commented, "If we want to see God as we want Him to be, then we are not much different from the idolaters. Who did what? They made gods to their liking, with their weaknesses, with their passions. They made them to be what they themselves would like to be." That is not Christianity. That is idolatry, and we are the gods. Sounds rather absurd, but when we have narrowed our idea of truth to what only we think, we have also narrowed our vision of God to the god we have created in our own mind.

How very different Saint John the Evangelist teaches us at the opening of his Gospel, as he proclaims, "No one has ever seen God; the only Son, who is in the bosom of the Father, He has made Him known" (John 1.18). Contrasted to the research project which explored a physical vision of God, Saint John reminds us of the experience of Moses on Mount Sinai, who asked the Lord to show him His face by imploring, "Please, show me Your glory," to which God responded, "You cannot see My face; for no man shall see Me, and live." Until the coming of Jesus Christ, that was as far as that desire went.

But Jesus, the Son of God, the Logos, the Second Person of the Trinity, coming into the world in the flesh changed all that. Returning to the Gospel of Saint John, the Apostle continues, "The Word (Logos) became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father."

And this grace and truth opens for us a whole new view of God in a way that allowed us to welcome Dr. Kordis and his team to correctly offer us the beautiful iconographic visions of holiness not as artwork, but as insights. Remember, Orthodox Christian iconography is fundamentally otherworldly because it does not aim to replicate the physical world but instead reveals the spiritual reality of its subjects. Icons are not naturalistic depictions, and that is intentional. They are "hagiography," or "holy writings" which express the Heavenly rather than the earthly.

Over the centuries it has developed and matured into a disciplined practice that may vary in style from place to place and century to century, but it is consistent in truth. And that truth revealed is ultimately Jesus Christ. Even when we are

encountering icons of saints, we are encountering not their worldly nature, but the inner sanctity and divine transformation they have experienced in Christ. Icons show "incorruption, immortality, piety, sanctity, grace and virtue" rather than the passions and corruptibility of the world. They show potential realized: image transformed into likeness.

Returning to our opening study, if we had to rewrite today's Epistle reading from Saint Paul to the Hebrews (13.8), it would go more like this: "Jesus Christ is different from time to time. Sometimes He has long hair, sometimes short. Sometimes He is dressed in synthetics, other times in natural fibers. Sometimes He just got back from vacation and has a deep tan, other times he looks a bit pale." Instead, Saint Paul lifts the veneer and asks us to use our spiritual x-ray vision and see through the physical image and see the truth: "Jesus Christ is the same yesterday and today and forever."

So our question today is this: which God do we really believe in? The One revealed through the Holy Scriptures and His Holy Church? Or the one that matches up best with our own image? Have we transformed God to fit who we think He should be...or are we willing to be transformed from who we are (image) into who He has given us the potential to be (likeness)?

As one Orthodox commentator puts it, "As long as we don't know Christ, then we [can] say whatever we want about God. [But when we truly] know Christ, then we also change our views about God. And the better we know Christ, the better we know God. [And]...that is when we [can begin to] understand who He really is"...and who we really are, for we are only fully us in Him. Amen. ❖

Delivered January 18, 2026

THE SERVICES OF HOLY WEEK:

PALM SUNDAY

Palm Sunday is the commemoration of the Entrance of our Lord into Jerusalem following His glorious miracle of raising Lazarus from the dead. It is one of one of the most joyous feasts of the year. Having anticipated His arrival and having heard of the miracle, the people went out to meet the Lord and welcomed Him with displays of honor and shouts of praise. On this day, we receive and worship Christ in this same manner, acknowledging Him as our King and Lord in



HOLY MON., TUE. & WED.

Beginning on the evening of Palm Sunday and continuing through the evening of Holy Wednesday, the Church offers the beautiful Bridegroom Services, with Gospels relating the biblical events of Holy Week. They are actually the Orthros services of the following day (e.g. the service held on Palm Sunday evening is the Orthros service for Holy Monday). The name of the service is from the figure of the Bridegroom in the Parable of the Ten Virgins found in Matthew 25:1-13.



HOLY WEDNESDAY UNCTION

On the afternoon of Great and Holy Wednesday, the Sacrament or Mystery of Holy Unction is offered. This sacred blessing is for the healing of soul and body and for the forgiveness of sins. At the end of the service, the Orthodox faithful come forward to be anointed with the sacramental oil, and the grace of God, which heals infirmities of soul and body, is called down upon each person. For those who are non-Orthodox, an anointing of another holy oil is offered as a blessing for all.



HOLY THURSDAY

On Thursday of Holy Week, many events are commemorated: the washing of the Disciples' feet; the Mystical Supper Liturgy; the agony and great prayer in the garden of Gethsemane; and the betrayal of Christ by Judas. These culminate in the Crucifixion of Lord on the Cross, which is observed by anticipation on Thursday evening as liturgical time is moved ahead during Holy Week to accommodate the midnight Pascha Liturgy.



A DAY-BY-DAY EXPLANATION

HOLY FRIDAY

With the Crucifixion of the Lord having been observed the night before, on Great and Holy Friday the Church commemorates taking down from the Cross and burial of the Lord Jesus during the afternoon Vespers service. Then on Friday evening the Church gathers around the Tomb of Christ and sings the “Hymns of Praise” (“Engomia”), which both mourn His sacrifice and call on Him to rise as victor. A special feature Friday evening is a procession with the tomb (“Kouvouklion”) around the Church with hymns.



HOLY SATURDAY

Great and Holy Saturday is the day between the Crucifixion of our Lord and His glorious Resurrection. With the Orthros of Holy Saturday having been offered already on Friday evening, Holy Saturday morning features a Vespertine Liturgy with a type of “preview” of the Resurrection that will be celebrated later that night. The priests emerge from the Altar chanting “Arise, O God, and judge the earth,” while sprinkling leaves and flowers representing life bursting forth from the tomb.



PASCHA: THE RESURRECTION

On the Great and Holy Pascha, the Orthodox Faith celebrates the life-giving Resurrection of our Lord and Savior Jesus Christ. The priest takes a flame from the vigil light and gives it to the faithful, chanting “Come and receive light from the unwaning light, and glorify Christ, who has risen from the dead.” All the people hold their Paschal candles as a symbol of their deep faith in the Resurrection of Jesus Christ. The Church is filled with joy and the victory hymn, “Christ is risen from the dead by death trampling down upon death.”



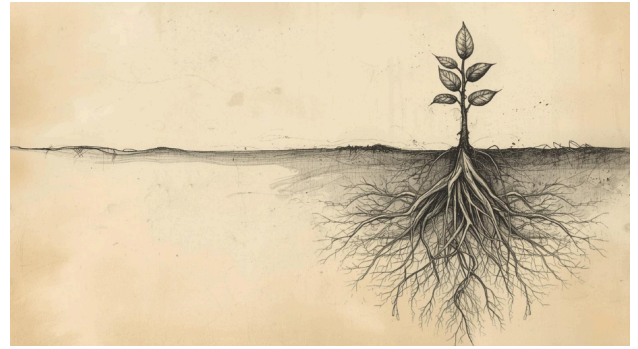
PASCHA: AGAPE VESPERS

On Pascha the faithful gather once more at mid-day for the “Agape Vespers” (“Vespers of Love”) service with lighted candles and singing the hymn, “Christ is risen from the dead.” This service has a special feature during which the Resurrection Gospel is read in many languages, symbolizing that the Good News of the Resurrection of the Lord Jesus Christ is universal news and salvation for all who believe and proclaim it. After the Vespers, the children participate in a Paschal candy hunt on the church lawn.



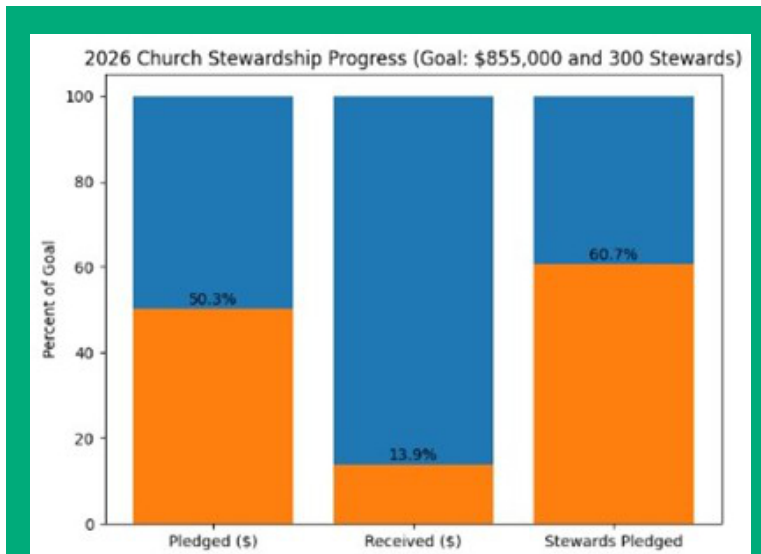
Rooted in Faith

Growing Together



Dear Holy Trinity Stewards,

As a church family, we find ourselves in a season of God-given growth. We see it in the joyful sounds of children filling our halls, in new faces joining us for worship, in expanding ministries that serve both our congregation and our community. We also see it in the quiet but powerful work of the Spirit deepening our faith, strengthening our relationships, and widening our vision for what God can do among us. Scripture reminds us that this kind of growth is never accidental. In Acts we read, "And the Lord added to their number daily..." And Paul writes in Corinthians, "I planted, Apollos watered, but God gave the growth." Growth is a blessing – but it is also a responsibility.



Current progress (mid-March):

- Pledged: \$430,429 of \$855,00050.3%
- Received: \$118,654 of \$855,00013.9%
- Stewards pledged: 182 of 30060.7%

On behalf of the Stewardship Committee and the entire Holy Trinity community, I would like to thank the 182 faithful Stewards who have made their 2026 pledges. We are off to a strong start! Just as tree rings form year after year, marking a living story of

QUESTIONS? CONTACT US! WE'RE HERE TO HELP!
Stewardship Questions: stewardship@HolyTrinityPgh.org
Realm Questions: realm@HolyTrinityPgh.org

endurance and renewal, so too does our church carry within it the evidence of God’s ongoing work. Each new family, each new ministry, each new opportunity to serve is another ring added to the life of this congregation. And like a growing tree, we are called to strengthen our roots as we reach forward. Stewardship is the way we do that. It is how we nourish what God has already begun.

For our long-time members, stewardship is a chance to continue tending the garden that has sustained this church for generations. For those who are newer, it is an invitation to take the next faithful step - from attending to belonging. When we offer our time, talents, and resources, we are not simply filling volunteer roles or meeting budget needs. We are investing in the flourishing of a community God is actively shaping.

Our ministries depend on this shared commitment. Programs grow when caring volunteers show up week after week. Worship grows when everyone gives generously of their gifts. Outreach grows when financial support allows us to feed the hungry, comfort the hurting, and meet real needs right where we are planted. Every act of giving, large or small, becomes part of the expanding circle of God’s mission in our midst.

As we look around and see all that God is doing, we also look ahead with hope. Growing together means recognizing that our future will be shaped by the seeds we choose to plant today. It means stepping forward in faith, trusting that God will continue to give the growth. And it means offering ourselves fully to the work of nurturing this beloved community.

Thank you as always for your continued support of Holy Trinity and her many ministries. ❖

Evan Danis
Stewardship Chairman



(January 4) Jennifer Drapas is received into the Orthodox Church during Divine Liturgy. The 2026 Parish Council is installed following the service. L-R: Alex Anetakis, Eleni Balouris, Chris Loomis, Eleni Dedousis, Anthony Balouris, George Mellis, Dan Willow, Michael Bounos, Evan Danis, Michael Erdeljac, Penny Balouris. Missing: George Dickos, Dean Passodelis. (March 8) Dr. Jesse Cone, Head of School of the Saint Constantine School, offers an update on the fruits and growth of this amazing institution. (March 22) The Church School Senior Class hosted a panel discussion on "Living Your Orthodox Faith in the Working World" with three respected professionals from our community: Financial Advisor Charles Petrides, Child Psychiatrist Dr. Sonia Welch and Professional Architect Bill Fiedler. The teens heard real accounts of how the panelists Orthodox Christian Faith shaped their lives and careers.





(January 19) Festival cooking for 2026 moves into full swing, powered by the energy, enthusiasm and dedication of many volunteers from the Holy Trinity community and even friends who come along to help. Check out the updated schedule on page 26 for upcoming dates. (January 14) Father Radu leads a full house in another "Explore the Word" Bible Study session. (January 15) The Holy Trinity Grand Room shines after a major "refresh." Many thanks to Parish Council member Penny Balouris for her coordination on this.



(January 4) Over 60 ministries and ministry leaders were honored at the annual Vasilopita Celebration following Divine Liturgy. Each Church School class was also provided with their own Vasilopita bread to celebrate it in their classroom with their teacher.





Triumph of Orthodoxy Icon





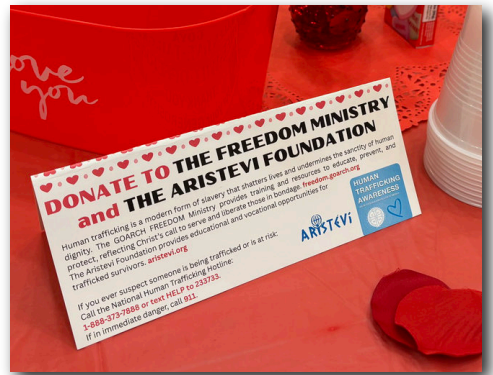
Procession - March 1, 2026

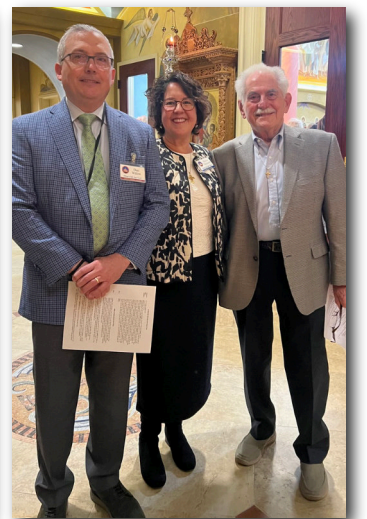






(February 8) Holy Trinity GOYA hosted its annual Valentine Brunch for the community. This year free-will offerings were accepted to benefit the Archdiocese Freedom Ministry and the Aristevi Foundation in their efforts to raise awareness about human trafficking.





(March 15) The Holy Trinity community celebrated Godparent-Godchild Sunday on the Third Sunday of Lent with the renewal of our baptismal commitment and the procession of the Veneration of the Holy Cross. Hospitality Hour was hosted by the Philoptochos, with proceeds going to benefit Hellenic College Holy Cross, which celebrates on of its two feast days each year at this time.

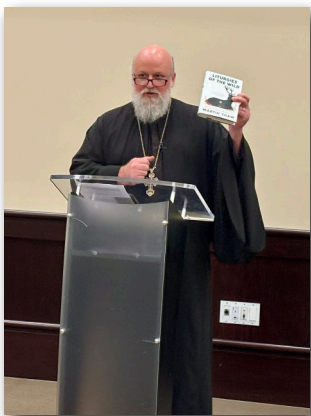




(Top: February 8) Members of Holy Trinity Philoptochos and others wore red for "Go Red Sunday" to raise awareness of women's heart health.

(Above: March 8) Holy Trinity Philoptochos and GOYA teamed up for the Metropolis Day of Service project. Philoptochos representatives Pam Bolkovac & Sandy Schall and GOYA representatives Sofia Steiner & Luci Steiner did an amazing job coordinating the event, which assembled and delivered 60 personal care bags in support of North Hills Community Outreach's Spring Sharing Project.

(Left: March 1) His Eminence Metropolitan Savas joined Holy Trinity Philoptochos members for a photo during the Metropolis Philoptochos Retreat. L-R: Sandy Schall, Lynda Areheart, Connee Bistolos, Metropolis President Joyce Spanakis, Sherry Clayton, Marianne Stearns, Athena Bober and Penny Balouris.



(March 11) Faithful members of Holy Trinity Greek Orthodox Church, Saint Alexander Nevsky OCA Cathedral and Saint John the Baptist Carpatho-Russian Orthodox Church gathered at Holy Trinity Church for the second annual "North Hills Orthodoxy" Pre-Sanctified Liturgy, with over 170 people attended the evening. Following the Liturgy, Holy Trinity Church hosted a lenten dinner, during which Father John Mikita, Dean of Saint Alexander Nevsky Cathedral spoke. Many thanks to all who hosted, attended and joined together as a North Hills Orthodox family!





v2

THE FESTIVAL IS COMING...AND THE COOKING IS HERE!
 MARK THESE DATES ON YOUR CALENDAR — TELL YOUR FRIENDS — EVERYONE IS WELCOME!



PASTITSIO
DONE!

TIROPITA
DONE!

KOULOURAKIA/
 FINIKIA
DONE!

SPANAKOPITA
DONE!

FINIKIA DIPPING &
 KOURAMBIETHES
DONE!

GALAKTOBOUREKO
 Wed., Apr. 22 9am-9pm

BAKLAVA &
 CHOC. BAKLAVA
 Tue., May 5 9am-9pm

Note these changes to previous dates
 Tue Apr 21 moved to Wed Apr 22
 Tue May 19 canceled
 Wed June 10 moved to Wed June 3

APRICOT ROLLS
 Tue., May 26 9am-9pm

APRICOT ROLLS 2
 /PORTOKALOPITA
 Wed., June 3 9am-9pm

DIPLES
 Tue, June 23 9am-9pm

SOUZOUKAKIA
 Wed., Aug. 12 9am-9pm

YOUR CHURCH NEEDS YOUR HELP! BE THERE! BRING A FRIEND!

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 2026 "TASTE OF GREECE" - THU. SEP. 3-SUN. SEP. 6

Giving Fund 2026: \$65,000 in Gifts of Love!

**North Hills
Community
Outreach
\$5,000**

Addresses needs of people in crisis, hardship and poverty in North Allegheny County

Of the \$65,000 designated by the General Assembly for 2026, during the January 8, 2026 meeting the Giving Committee approved the following donations, for a total of \$40,000. The goal is to allocate all remaining funds before the fourth quarter of the calendar year.

**North Side Christian
Health Center
\$5,000**

Local comprehensive primary healthcare center serves all patients without regard for their ability to pay

**The Woodland
Foundation
\$5,000**

Based in the North Hills of Pittsburgh, it enriches the lives of children and adults with disability and chronic illness

**International Orthodox
Christian Charities
\$5,000**

Offers emergency relief and development programs to those in need worldwide, without discrimination

**The Neighborhood
Resilience Project
\$5,000**

Ministers to trauma affected communities through providing food, clothing, health care and spiritual care and more

**Off The Floor
Pittsburgh
\$3,000**

Supports people transitioning from homelessness, shelters and refugees, helping them furnish their homes.

**Pittsburgh
Bereavement
Dulas
\$3,000**

Provides free support to grieving families following the loss of a pregnancy or an infant

**Isaiah 117
House
\$3,000**

National organization with a Butler County branch. Addresses the needs of children entering foster care

**Mrs. Claus Club
\$3,000**

Pittsburgh North Chapter, dedicated to bringing comfort to local women and men undergoing cancer treatment

**Giving Ministry
Gifts To Date:
\$124,000**

2025: \$59,000

2026: \$65,000

**Northside Common
Ministries
\$3,000**

A local humanitarian agency whose services include the Pleasant Valley men's shelter and food bank

**CELEBRATE THE
VICTORY OF
CHRIST!**



THE HOLY TRINITY ANNUAL ANASTASI DINNER

Saturday Evening

April 11, 2026

**Following the 11:00pm
Resurrection Divine Liturgy**

**Hosted by the
Holy Trinity Parish Council**

**Come and celebrate the glorious
and life-bestowing Resurrection
with your Holy Trinity family!**

**Please sign up in the Narthex
during Holy Week if you will attend.
Free-will offerings accepted.**

**CHRIST IS RISEN!
CHRISTOS ANESTI!**





*Metropolis of Pittsburgh
Ladies Philoptochos Society*

Virtual Daffodil Fundraiser

March 15, 2026 ~ April 18, 2026

Proceeds to benefit:

*Metropolis Social Service Fund
&
Our Seminarians Our Future Fund*

*Join us in almsgiving this Lenten Season and help make this year's
Virtual Daffodil Fundraiser a true blessing to others!*

*Donations can be made
by scanning this QR code:*



*Or by check payable to:
The Metropolis of Pittsburgh Philoptochos
c/o Paula Yakoumas
220 Littell Road
Aliquippa, PA 15001*



"FAITH. FAMILY. COMMUNITY."

HOLY TRINITY GREEK ORTHODOX CHURCH



Our Mission: "To proclaim and live the Orthodox Christian Faith in its fullness as faithful members of the Body of Christ."

Reverend Father John Touloumes, *Proistamenos*
Reverend Father Radu Bordeianu, *Assistant Priest*

GENERAL ASSEMBLY NOTICE AND AGENDA SUNDAY, MAY 3, FOLLOWING DIVINE LITURGY

March 24, 2026

Dear Parishioners,

Our regular Spring General Assembly will be held on Sunday, May 3, 2026, following the Divine Liturgy. The agenda for the meeting will be as follows:

1. Invocation..... Father John
2. Election of Chairman of the Assembly
3. Reading of Minutes from previous General Assembly George Dickos, Secretary
4. Priest's Report..... Father John
5. Parish Council President's Report..... Anthony Balouris
6. Committee Reports
 - a. Financial Committee
 - b. Stewardship
 - c. Festival Committee
 - d. Philoptochos
 - e. Agape Fund
 - f. Cemetery/Chapel Committee
7. Old Business
8. New Business
 - a. Archdiocese Clergy-Laitly Congress (Cleveland, June 30-July 2)
9. Adjournment and closing prayer..... Father John

Please be present to participate as part of fulfilling your membership at Holy Trinity Church. Also keep in mind that a completed, signed 2026 Stewardship Pledge Card with contributions made toward the pledge is required to vote. The Uniform Parish Regulations of the Archdiocese require that new members must be enrolled for at least 90 days before being able to vote.

Sincerely in Christ,

+Father John Touloumes
Protopresbyter

Anthony Balouris
Parish Council President



Holy Trinity Church

2026 Scholarship Opportunities

More Opportunities! New Awards!

The Holy Trinity Scholarship Committee is pleased to announce **four** scholarship opportunities this year, including **three** awards exclusively for Holy Trinity students!

- **The Vlahakis Scholarship**
("My Sister Penny" Award)
- **NEW: The William C. & Irene K. Petredis**
Holy Trinity Scholarship
- **NEW: The Agape Award**
for Philanthropic Service

In addition, the Archdiocese is offering its annual **FAITH Endowment Scholarships** for Academic Excellence

Key Dates

- Scholarship Details Available: **May 15**
- Application Deadline: **June 15**

Visit HolyTrinityPgh.org/scholarships for updates, requirements, and application forms starting May 15 . Don't miss out!



Application deadline:
June 15, 2026



For information and applications:
HolyTrinityPgh.org/scholarships



ORTHODOXY *In Tap*

FOR YOUNG ADULTS



FEATURING KEYNOTE SPEAKER

Jonathan Cader, Th.M

MASTER OF THEOLOGY FROM HOLY CROSS SOT
LAMBRADARIOS (2ND CHANTER) AT ALL SAINTS GOC

APRIL 19, 2026 AT 5:00 PM

Monterey Pub

1227 Monterey Street Pittsburgh, PA 15212

TOPIC

**"THE SCIENCE OF HYMNOLOGY:
DISSECTING THE FAITH THROUGH SACRED HYMNS"**

Following our speaker, we invite you to enjoy fellowship
and a lively discussion!

Questions? Contact Nina Casella at nina.p.casella@gmail.com



METROPOLIS OF
PITTSBURGH



THE SAINT CONSTANTINE
SCHOOL

A LIGHT ON THE HILL SPRING GALA

Join us for an evening celebrating the **light at work** in the hearts of our students at The Saint Constantine School of Pittsburgh.

This benefit event ensures that our mission of **Education in Pursuit of Virtue, Wisdom, and Joy** remains accessible to all families who desire it.

Magical entertainment, beautiful music, a moving program, buffet dinner, cash bar, and childcare are all provided at this formal gala for adults ages 18 and older at the **Holy Trinity Center**.

Thank you for helping us to form young minds and souls.



April 30, 2026



6:00 – 9:00PM



985 Providence Blvd
Pittsburgh, PA 15237



Join us!



The Mystery of the Church

Just as the consecrated temple becomes the place of the charismatic presence of God, so every man can become the temple of God not made with hands when he bears the Name of the Lord Jesus and keeps the prayer of the heart.

Q: Geronda, what does it mean that the Church contains all the gifts of the Holy Spirit?

The Orthodox Church is charismatic: it contains all the gifts of God, all the “charisms” of the Holy Spirit. The life of the Church can best be described with two terms, “charismatic” and “mystical,” both of which we understand to mean ‘in the Holy Spirit’. These terms are used properly in our tradition with this particular meaning and are not to be confused with the ‘mystical’ world of the East. Our mystical world is the world of the Holy Spirit.

Q: What is the role of the Holy Spirit in the life of the Church and of all Christians today?

The Holy Spirit was sent into the world to institute the Church in history and to dwell within her to the end of time, guiding the faithful “into all truth” He heals and strengthens human nature to bear the fulness of the love of Christ. Ever since the advent of the Holy Spirit, the purpose of Christian life has been to acquire His gift, for man cannot be a member of the Body of Christ unless he possesses a gift of the Holy Spirit. This joins him harmoniously to the other members of the Church on earth and grants him entrance into the communion of the saints in heaven. The role of the Holy Spirit is to depict the image of Christ in the hearts of the faithful and to prepare His habitation so that Christ may dwell in them “by faith.”

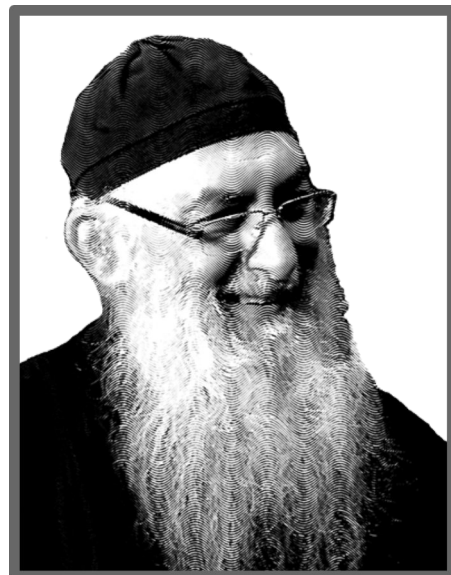
Q: What makes the Church such a precious and wondrous place?

It is the charismatic presence of the Lord. When we say “charismatic,” we mean mystical, in the Holy Spirit, for there is only one charism: the grace of the Lord Jesus. The charismatic presence of the Holy Spirit comes into the Church through the seal of the Name of the Lord. God said to Solomon: “I have hallowed this house, which thou hast built, to put my name there for ever; and mine eyes and mine heart shall be there perpetually.” It is this Name that seals the temple and fills it with the charismatic presence of God.

Just as the consecrated temple becomes the place of the charismatic presence of God, so every man can become the temple of God not made with hands when he bears the Name of the Lord Jesus and keeps the prayer of the heart. We thank God for condescending to make the humble works of His hands temples of His divinity. We thank Him for being well-pleased to fix His gaze on us and to visit us “in the evening, in the morning and at noon, and at all times.”

Q: Geronda, why did God want us to have churches on earth?

Churches enable us to keep a sense of gratitude to our Creator and Benefactor God. When Jacob saw the vision of the ladder to heaven in his dream, he awoke and built a church: he ‘took the stone that he had put for his pillows, and set it up for a pillar, and poured oil upon the top of it as a



Archimandrite Zacharias of Essex

testimony that a great and miraculous event worthy of commemoration had taken place.

The Church is the treasury of the truth and gifts of God; it is the womb that gives birth to temples not made with hands. God's eyes and heart are fixed on His temples, showing His endless providence and love for His people. It is in the temple anointed with the Name of God by a hierarch that the divine sacraments are preserved and imparted to the faithful.

Q: What does it mean when the Church speaks of Holy Mysteries?

Mysteries are like icebergs: we only see the tip, while the enormous mass, the rest of the ice, is hidden under water. It is the same with the sacraments of the Church. The grace contained in each sacrament [mystery] is perfect, infinite; it is the Kingdom itself. However, we catch only a glimpse—a small tip—of that vast Kingdom. While the Holy Gifts contain the fulness of grace, the Liturgy works in us to a lesser extent, to the measure that we are able to bear. ❖

Excerpted from
*“The Ineffable Folly
 of Divine Love”*
 (Newly published in 2025)

THE HOLY TRINITY
HERALD
Faith. Family. Community

About the Herald

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

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About the Parish

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 985 Providence Boulevard
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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
 Deacons: Dn. Matthew Palamara, Dn. Theodore Stewart

2026 Parish Council

Anthony Balouris, President (pcpresident@HolyTrinityPgh.org)
 Alexander Anetakis Evan Danis Christopher Loomis
 Eleni Balouris Eleni Dedousis George Mellis
 Penny Balouris George Dickos Dean Passodelis
 Michael Bounos Michael Erdeljac Dan 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!

“FAITH. FAMILY. COMMUNITY.”

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Retail Store Hours: Mon-Fri 8am-4pm | Sat 9am-2pm



Tammy Backeris
H.I.S. Hearing Instrument Specialist | License #F03293
efba@hearinglife.com

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HOLY COMMUNION: REGULARLY RECEIVED, REGULARLY PREPARED



When the most sacred body of Christ is received and eaten in a proper manner, it becomes a weapon against those who war against us, it returns to God those who had left Him, it strengthens the weak, it causes the healthy to be glad, it heals sicknesses, and it preserves health.

Through it we become meek and more willing to accept correction, more longsuffering in our pains, more fervent in our love, more detailed in our knowledge, more willing to do obedience, and keener in the workings of the gifts of the Spirit.

But all the opposite happens to those who do not receive Communion in a proper manner. [And] those who do not receive Communion frequently suffer totally opposite things.

Excerpted from "Concerning Frequent Communion"
by Saint Nikodemos of the Holy Mountain