



METROPOLIS OF
PITTSBURGH

"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*



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IT'S 2023! WELCOME TO OUR CENTENNIAL CELEBRATION YEAR!

10 YEARS



HOLY TRINITY GREEK ORTHODOX CHURCH 1923 · CENTENNIAL · 2023

WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, JANUARY 29, 2023

Hours: Orthros 8:15 am / Divine Liturgy 9:30 am

TODAY'S SCRIPTURE READINGS

Epistle Reading

St. Paul's Second Letter to the Corinthians 6:16-18; 7:1

Ἀδελφοί, ὑμεῖς ἐστε ναὸς Θεοῦ ζῶντος, καθὼς εἶπεν ὁ θεὸς ὅτι Ἐνοικήσω ἐν αὐτοῖς, καὶ ἐμπεριπατήσω· καὶ ἔσομαι αὐτῶν θεός, καὶ αὐτοὶ ἔσονται μοι λαός. Διὸ, Ἐξέλθετε ἐκ μέσου αὐτῶν καὶ ἀφορίσθητε, λέγει κύριος, καὶ ἀκαθάρτου μὴ ἄπτεσθε· κἀγὼ εἰσδέξομαι ὑμᾶς, καὶ ἔσομαι ὑμῖν εἰς πατέρα, καὶ ὑμεῖς ἔσεσθέ μοι εἰς υἱοὺς καὶ θυγατέρας, λέγει κύριος παντοκράτωρ. Ταύτας οὖν ἔχοντες τὰς ἐπαγγελίας, ἀγαπητοί, καθαρίσωμεν ἑαυτοὺς ἀπὸ παντὸς μολυσμοῦ σαρκὸς καὶ πνεύματος, ἐπιτελοῦντες ἀγιωσύνην ἐν φόβῳ θεοῦ.

Brethren, you are the temple of the living God; as God said, "I will live in them and move among them, and I will be their God, and they shall be my people. Therefore come out from them, and be separate from them, says the Lord, and touch nothing unclean; then I will welcome you, and I will be a father to you, and you shall be my sons and daughters, says the Lord Almighty." Since we have these promises, beloved, let us cleanse ourselves from every defilement of body and spirit, and make holiness perfect in the fear of God.

Gospel Reading – Sunday of the Canaanite

Matthew 15:21-28

Τῷ καιρῷ ἐκείνῳ, ἐξελθὼν ἐκεῖθεν ὁ Ἰησοῦς ἀνεχώρησεν εἰς τὰ μέρη Τύρου καὶ Σιδῶνος. καὶ ἰδοὺ γυνὴ Χαναναία ἀπὸ τῶν ὀρίων ἐκείνων ἐξεληθοῦσα ἐκραύγαζεν αὐτῷ λέγουσα· ἐλέησόν με, Κύριε, υἱὲ Δαυῖδ· ἡ θυγάτηρ μου κακῶς δαιμονίζεται. ὁ δὲ οὐκ ἀπεκρίθη αὐτῇ λόγον. καὶ προσελθόντες οἱ μαθηταὶ αὐτοῦ ἠρώτων αὐτὸν λέγοντες· ἀπόλυσον αὐτήν, ὅτι κράζει ὀπισθεν ἡμῶν. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἀπεστάλην εἰ μὴ εἰς τὰ πρόβατα τὰ ἀπολωλότα οἴκου Ἰσραὴλ. ἡ δὲ ἐλθοῦσα προσεκύνησεν αὐτῷ λέγουσα· Κύριε, βοήθει μοι. ὁ δὲ ἀποκριθεὶς εἶπεν· οὐκ ἔστι καλὸν λαβεῖν τὸν ἄρτον τῶν τέκνων καὶ βαλεῖν τοῖς κυναρίοις. ἡ δὲ εἶπε· ναί, Κύριε· καὶ γὰρ τὰ κυνάρια ἐσθίει ἀπὸ τῶν ψυχίων τῶν πιπτόντων ἀπὸ τῆς τραπέζης τῶν κυρίων αὐτῶν. τότε ἀποκριθεὶς ὁ Ἰησοῦς εἶπεν αὐτῇ· ὦ γύναι, μεγάλη σου ἡ πίστις! γεννηθήτω σοι ὡς θέλεις. καὶ ἴαθη ἡ θυγάτηρ αὐτῆς ἀπὸ τῆς ὥρας ἐκείνης.

At that time, Jesus went to the district of Tyre and Sidon. And behold, a Canaanite woman from that region came out and cried, "Have mercy on me, O Lord, Son of David; my daughter is severely possessed by a demon." But he did not answer

her a word. And his disciples came and begged him, saying, "Send her away, for she is crying after us." He answered, "I was sent only to the lost sheep of the house of Israel." But she came and knelt before him, saying, "Lord, help me." And he answered, "It is not fair to take the children's bread and throw it to the dogs." She said, "Yes, Lord, yet even the dogs eat the crumbs that fall from their master's table." Then Jesus answered her, "O woman, great is your faith! Be it done for you as you desire." And her daughter was healed instantly.

SAINTS AND FEASTS COMMEMORATED TODAY

- **Sunday of the Canaanite**
- **Removal of the Relics of Ignatius the God-bearer**
- **Sts. Ignatius and Nicandrus of Sinai**

- **St. Gildas the Wise**
- **St. Laurence the Recluse of the Kiev Caves**

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Eighth Tone (Page 54)

From on high You descended, O merciful One, and accepted the three-day burial to free us from our passions. Glory to You, O Lord, our life and resurrection.

Apolytikion for Relics of Ignatius the Godbearer in the Fourth Tone

Becoming a partner with the Apostles in way of life and successor to their thrones, O God-inspired Saint, in the active life you found an entrance to contemplation. Hence you rightly expounded the word of truth, and you shed your blood in struggling for the faith, O Hieromartyr Ignatius. Intercede with Christ our God, beseeching Him to save our souls.

Apolytikion of Holy Trinity Church (Page 75)

English: Blessed are You, O Christ our God, Who has shown forth the fishermen to be most wise by sending down upon them the Holy Spirit. And through them, You drew the world into Your net. O merciful One, glory to You!

Greek: Ευλογητός ει Χριστέ, ο Θεός ήμων, ο πανσόφους τους αλιείς αναδείξας, καταπέμψας αυτοίς το Πνεύμα το άγιον, και δι' αυτών την οικουμένην σαγηνεύσας, φιλάνθρωπε, δόξα σοι.

Phoentics: Ev-lo-yi-tos i Hri-ste o The-os i-mon. O Pan-so-fous tous a-li-is a-na-di-xas ka-ta-pemp-sas af-tis to Pnev-ma to A-yi-on, ke di af-ton tin i-kou-men-in sa-i-nef-sas, fi-lan-thro-pe, do-xa si.

Kontakion of the Presentation of Our Lord

Your birth sanctified a Virgin's womb and properly blessed the hands of Symeon. Having now come and saved us O Christ our God, give peace to Your commonwealth in troubled times and strengthen those in authority, whom You love, as only the loving One.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Hospitality Hour Hosts: The Holy Trinity Hospitality Ministry

Holy Trinity Ladies Philoptochos Meeting Today

The Philoptochos will hold its monthly meeting in the Conference Room following Divine Liturgy today. All members are invited to attend. Still not a member of Philoptochos? Sign up at the meeting!

UPCOMING EVENTS AND ANNOUNCEMENTS

Upcoming Services

- **Mon. Jan. 30, 8:30am** Orthros/9:30 Liturgy: **The Three Hierarchs** (St. George Chapel)
- **Thu. Feb. 2, 9:00am** Orthros/10:00 Liturgy: **The Presentation of Christ** (Presentation of Christ Church, 1672 Electric Ave, East Pittsburgh, PA 15112)

Faith & Family Weekdays

Faith and Family Weekdays is back, and there is something for everyone! Ready to learn more about the Bible, about your Faith, about navigating life's challenges as a Christian, a woman, or a man? It's all there. There is something for everyone! Watch the bulletin and check the online calendar at HolyTrinityPgh.org/calendar for details and locations.



THIS WEEK:

- **Wed. Feb. 1, 6:30pm: "Explore the Word" Bible Study** - Father Radu continues his exploration of the Holy Bible with a survey of the Old Testament. Bring your Bible & your questions! (Note: Due to iconography work, Vespers will not be held before Bible Study. Bible Study will run from 6:30-8:00pm).

[Feb 5] OPEN TABLE Hospitality Hour next Sunday

Hospitality Hour belongs to ALL of us! The Ministries of Holy Trinity have volunteered to host many of our Sundays, however there are many more open dates! Please gather with another family or two and host a Sunday! We will give you all of the guidance and help that you need (including coffee and paper products). When no one has volunteered, we will be having an OPEN TABLE. Please bring an item to share already plated and ready to go and then place it in the Gallery. On those Sundays, we still need help cleaning up, so please stay for a few moments and offer to help. Thank you!

Greek Dance Troupe Practice Schedule

The dance troupe will be performing at Holy Trinity's Valentine's Day event on Sunday February 12th. We will have the following practices to prepare. Please feel free to reach out with any questions to Eleni Dedousis (412-953-3699) or Victoria Andromalos-Dale (412-496-9128) or to let them know if you are unable to attend any of the scheduled practices.

- Sunday, February 5: ALL Groups, during Hospitality Hour
- Saturday, February 11: HOPE & GOYA 10:00am / JOY 10:45am

Spanakopita Prep is Finished – Thanks to You!

Thanks to all who helped with Spanakopita! Please keep these dates in mind for the next sessions; Saturday March 25 directly after Liturgy (Koulourakia) and Friday March 31 & Saturday April 1 (Pastitsio). Don't miss the fun! See you there!

Where Are Your Roots? Let GOYA Know Today!

Holy Trinity GOYA's 2023 Centennial Valentine Brunch has a very special theme in honor of our parish's Centennial Celebration: HONORING OUR ROOTS. And you get to join the celebration by sharing your roots! Looking to the roots of our family trees, everyone comes from somewhere, and GOYA would like to celebrate the entire tapestry of ancestry that makes up the beauty of this community. Maybe you trace your roots back to the founders of the parish and Greece's mainland or islands. Maybe it's another foreign land. Or maybe your roots are from right here in America. No matter where they are, those roots are where you started! Let GOYA know and they will be sharing the whole story with special displays. Look for the HONORING OUR ROOTS table in the Gallery following Divine Liturgy on Sundays, or better yet, visit HolyTrinityPgh.org/roots to submit your information online. Have any photos of the old family homestead, village or other images of your roots? Email them to roots@HolyTrinityPgh.org. Deadline to submit is this Tuesday, Jan 31. Thank you!

Holy Trinity Food Hospitality to the Team of Iconographers – Meal Slots Still Available

The wonderful and talented team of Iconographers are here to complete the iconography of our Holy Trinity Church. As we did during their first visit ten years ago, we would like to provide their meals so that they can fully focus on their work. Can you help? For newly updated details and to sign up please visit <https://holytrinitypgh.org/meals>.

2023 Stewardship Pledge Cards Now Due

The 2023 Holy Trinity Stewardship Pledge Cards have been distributed and all Holy Trinity Stewards should complete one immediately. If you have not yet received a 2023 pledge card or are new to Holy Trinity, additional pledge cards can be found at the Welcome Table located in the Narthex of the church. Or you may make your pledge online by visiting HolyTrinityPgh.org/stewardship. Our member-funded church needs each and every one of us, no matter the amount. And remember, a pledge commitment is required as part of maintaining your membership in good standing at Holy Trinity Church each year. Questions? Contact Stewardship Chairman George Mellis or email stewardship@HolyTrinityPgh.org.

Visitation Ministry Collection – Yarn Needed for Homebound Parishioner Handmade Gifts

Our Visitation Ministry is collecting yarn (any kind, color, solid or design) to make personal gifts for our homebound parishioners. Please consider purchasing yarn and donating it to the Visitation Ministry. Kindly deliver the yarn in a plastic or paper bag to Amy Armanious during Hospitality Hour. Questions? Please email us at visitation@holytrinitypgh.org.

Project Mexico 2023 Registration Now Open!

In celebration of the Holy Trinity Centennial, the Missions Ministry is pleased to announce Holy Trinity Church's return to Project Mexico this year for a Centennial Mission Trip. Since 2002, our parish has sent seven teams to Project Mexico, resulting in our community building seven homes for homeless families in Mexico with your support. The program is run by Project Mexico, an officially endorsed Orthodox Christian ministry. First priority for sign-ups is our teens age 14 and above to give them this life-changing opportunity. But we also need parents and young adult/adult chaperons who are willing to lend a hand, hammer a nail and use a shovel. See the brochure and application in today's online bulletin or on our website at HolyTrinityPgh.org/missions.



Sign up Today! Your Help is Needed to "Feed the Homeless" at Pleasant Valley Shelter

Would you like to donate a small bit of your time and treasures, and make 30+ homeless people smile? The dates below are still available to feed the residents of this local men's shelter, located on the North Side, near our old church. If you'd like to provide a warm meal to our less fortunate neighbors, please sign up for this Holy Trinity Outreach Ministry opportunity. All dates are Sunday evenings, and meals can be dropped off curbside or - better yet - you could stay and personally serve on site. Detailed instructions will be sent to you once you sign up. Four dates are still available: Mar 12; July 9; Sept 10; and Nov 12. See Mike Kritiotis today, call 412-518-0588, or email outreach@HolyTrinityPgh.org.

Sunday Hospitality Hour Sponsors Needed – February Dates are Available

Did you know that sponsoring the Hospitality Hour is not just for Memorials or Holy Trinity Ministry Groups? Individual parishioners are encouraged to sponsor the Hospitality Hour in honor of a loved one's Birthday, Anniversary, Graduation, Baptism, Chrismation or simply out of love for their parish family. Parishioners can also reach out and combine their efforts with other individuals or families! For additional information please contact Coordinator: Stacy Dickos (412-298-9409), Scheduler: Theanne Gagianas (724-986-4546) or by email at hospitality@HolyTrinityPgh.org. Additional information is available on our website: www.HolyTrinityPgh.org/hospitality-hour or on the sign-up board located in the Gallery following Divine Liturgy today (Feb 19 & Feb 26 are currently available). Thank you!

Bereavement Support Ministry – January and February

There are no scheduled monthly group sessions for the months of January and February due to unpredictable weather patterns. We will resume in March. Private bereavement support and care are always available upon request. We offer 1:1 in-person care at the church, in the home setting, and through phone consultation. We also have bereavement care booklets to help those in the grief journey. Our reading materials have been helpful to many people in some small way for comfort, support, and encouragement. If interested in learning more about our ministry offerings, please see Amy Armanious or Anita Sinicrope Maier during Hospitality Hour and/or email us at visitation@holytrinitypgh.org.

Welcome, Holy Trinity Guests!

We welcome all our guests to Holy Trinity Church today, whether as visitors from out of town, family members joining others here for worship today or even soon-to-be members here for the first time. No matter what the reason the Holy Spirit brought you here today, we welcome you with open arms and hearts filled with the love of Christ. Please help us welcome you by signing in at the hospitality table in the Narthex, where you will be presented with a yellow lapel Cross to help us know that you're here. Please fill out an information card so we can contact you with any information you may need concerning life here at Holy Trinity Church. Following Liturgy, we invite you to join us for our Hospitality hour.

About Receiving Holy Communion in the Orthodox Church

As an extension of our hospitality and outreach ministries, we welcome all who have come to worship with us today. Whether you are an Orthodox Christian, an inquirer to the faith or a first-time guest in an Orthodox Church, we are pleased to have you with us and thankful for the opportunity to share and bear witness to this ancient and timeless Faith. In accordance with the holy canons and traditions of the Church, please note that Holy Communion and the other Holy Mysteries (Sacraments) are received only by those who are baptized and chrismated (confirmed) Orthodox Christians who have properly prepared through prayer, fasting and confession. All others are invited receive the antidoron (blessed bread) and a blessing from the priest at the conclusion of the Divine Liturgy. Please join our parish family for Hospitality Hour after the holy services and allow us to meet and welcome you. Interested in joining or learning more about the Orthodox Christian Faith? Please see one of our priests or complete a visitor's card today! **How to receive:** Please remember the following helpful hints aimed at helping to preserve the solemnity and safety of the Holy Mystery. Anyone wearing lipstick should remove it before receiving. Be sure to offer your baptismal name to priest before receiving. Please

take great care that the red cloth held by the acolytes (you should not hold it) is fully under your chin and please fully open your mouth so that none of the precious Body and Blood of Christ is accidentally spilled. Thank you!

Holy Trinity Church Launches "Realm" – Have You Activated Your Account Yet?

We are pleased to introduce Realm, an exciting new feature at Holy Trinity Church that will help grow our ministry effectiveness, our stewardship growth and our parish administration. Here are some fast facts about it.

- **What is Realm?** Realm is an online ministry tool designed for real time connection. It helps the church connect with you and helps you connect with your church. Realm allows you to manage your personal information and who is allowed to see it, control your giving, and keep in touch with the groups that matter to you.
- **How will Realm help with pledges and offerings?** Pledging and giving should be easy. Realm places giving right in the palm of your hands. You may set up recurring gifts, view your giving history, and make changes at any time. Realm automatically records all electronic gifts and adds them to your giving record making it easy for you to give, and easy for our office to manage.
- **I activated my account and I see my previous pledges and offerings, but offerings I made in November and December using the Vanco online giving or the giving kiosk in the Narthex are not appearing on my app.**

We are currently in a transition period from the old Vanco donations platform to the new Realm platform. Instructions will be sent out shortly to all members who are currently subscribed to the old Vanco recurring giving system instructing them how to discontinue it and subscribe to the new Realm recurring giving system. During this transition, there may be delay in posting your November/December remaining contributions from the old system, but they will be posted in time for the year-end statements. Watch for instructions and thank you for your patience.

- **I would like to pay ahead in 2022 for my 2023 pledge as I have done in the past**
The new Realm system applies all donations to the calendar year in which they were given. You are free to "pay forward" to the next year for tax or other purposes, but all stewardship donations during a calendar year will now be credited toward that same calendar year's stewardship pledge.
- **Is Realm secure?** Your privacy is one of our greatest concerns. Our Holy Trinity Realm account is only made up of the people in our church. It's not like a social network that's open to everyone. Realm keeps your data safe and gives you control over what information you share and who can see it.
- **How do I activate my Holy Trinity Realm account?** All current Holy Trinity Stewardship members have received or will receive an activation invitation. If not, please email realm@HolyTrinityPgh.org to get one. Then install the Realm app and you're up and running with all the features and info at your fingertips!

MEET OUR ICONOGRAPHERS!

We are so honored and thankful for the presence and talents of the God-inspired team of iconographers that are with us for the next two months to complete the iconography of our beautiful Holy Trinity Church. As you can see from the progress in just one week, their work is truly a gift of God. Today we will introduce them at the end of the service. They are pictured here on the first day as Father John offered a blessing service at the start of their work.



They are (left to right): Alkis Pappas, Polychronis Vichos, Father John, Dr. George Kordis, Maria Panou, Kanellos Kanellopoulos. Welcome all!

HOW TO FOLLOW THE ICONOGRAPHY PROGRESS

Want to watch the iconography as it happens? Updates will be posted to the Photo Gallery on the Holy Trinity website at <https://photos.holytrinitypgh.org/Iconography/Church/2023>. **Please do not enter the church while the iconographers are working for reasons of safety and respect for their need for quiet.** And during the project, please respect all marked off areas and stay clear of all scaffolding and ladders. Thank you!

GOYA PRESENTS AN OFFICIAL HOLY TRINITY CENTENNIAL EVENT

10 YEARS



HOLY TRINITY GREEK ORTHODOX CHURCH

1923·CENTENNIAL·2023

Let this be recorded for a generation to come, so that a people yet to be created may praise the Lord

Psalm 102.18

Holy Trinity GOYA's 2023 Centennial Valentine Brunch has a very special theme in honor of our parish's Centennial Celebration:

HONORING OUR ROOTS

and **you** get to join the celebration by sharing **your** roots!

Looking to the roots of our family trees, everyone comes from somewhere, and GOYA would like to celebrate the entire tapestry of ancestry that makes up the beauty of this community. Maybe you trace your roots back to the founders of the parish and Greece's mainland or islands. Maybe it's another foreign land. Or maybe your roots are from right here in America. No matter where they are, those roots are where you started!

Let GOYA know and they will be sharing the whole story with special displays.

Use the website below to enter your roots. Have a historic photo?

GOYA wants you to email those, too!

SUBMISSION DEADLINE: JANUARY 31, 2023

GOYA ANNUAL CENTENNIAL VALENTINE LUNCH DATE: FEBRUARY 12, 2023



HOW TO DO IT:

Let GOYA know your roots by visiting HolyTrinityPgh.org/roots

And email a photo/map/image of your roots/home/village/family to:

roots@HolyTrinityPgh.org