



"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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**WELCOME, BASKETBALL TEAMS, COACHES AND FAMILIES
TO HOLY TRINITY CHURCH!
IT IS OUR HONOR TO HOST YOU THIS WEEKEND!**

WEEKLY BULLETIN – SUNDAY, FEBRUARY 18, 2024
NOTE EARLY START TODAY: Hours: Orthros 7:45 am / Divine Liturgy 9:00 am

TODAY'S SCRIPTURE READINGS

Epistle Reading

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

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

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**
- **St. Leo the Great, Pope of Rome**
- **St. Agapetus the Confessor, Bishop of Sinai**
- **St. Flavian the Confessor, Patriarch of Constantinople**

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Fourth Tone (Page 53)

The joyful news of Your Resurrection was told to the women disciples of the Lord by the angel. Having thrown off the ancestral curse, and boasting, they told the Apostles: death has been vanquished. Christ our God is risen, granting to the world great mercy.

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 αλιεις αναδειξας, καταπέμψας αυτοις 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 Theotokos (Page 54)

A protection of Christians unshameable, Intercessor to our Holy Maker, unwavering; reject not the prayerful cries of those who are in sin. Instead, come to us for you are good; your loving help bring unto us who are crying in faith to you: Hasten to intercede and speed now to supplicate, as a protection for all time, Theotokos, for those who honor you.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Welcome GOYA Tournament Teens, Coaches, Chaperons, Advisors and Families!

We welcome all the participants in the Metropolis GOYA Basketball Tournament to the Divine Liturgy today and thank you for allowing us to open the arms of Holy Trinity hospitality to you! We are grateful to His Eminence Metropolitan Savas for the blessing of hosting this event, and we thank the Metropolis Office of Youth and Young Adult Ministries, and its Director Alyssa Kyritsis, for all the labors of love they offer in coordinating this ministry throughout the entire Metropolis. We pray you are all blessed with safe travels home, and we look forward to hosting you again when God so blesses us to receive you again.

All Are Invited to After-Liturgy Breakfast Today – Please follow dismissal directions of Parish Council hosts

All our Basketball Tournament guests and all those in attendance at Divine Liturgy today are invited to be our guests for breakfast following the service today. **IMPORTANT:** Please follow the directions of the Parish Council hosts for dismissal. It will be in this order:

- 1. PLAYING TEAMS AND SPORTSMANSHIP RECIPIENTS:** It is important that the teams playing the first games are dismissed first so they may eat and make it to their games on time.
- 2. ALL OTHER TOURNAMENT GUESTS:** After the playing teams, we will offer all other tournament guests to go through the breakfast so they may enjoy their meal and depart for their homes.
- 3. HOLY TRINITY FAMILY:** After all our guests have been served, all the members of the Holy Trinity family are invited to enjoy their breakfast.

Many thanks to the Tournament Committee for their gracious hospitality in providing the breakfast!

GOYA Tournament Thank You

Many thanks from our Holy Trinity GOYA to all the parishioners, parents, donors, volunteers, Parish Council members, committee members and everyone who contributed to the success of the event in any way. It is through your contributions, efforts, love, and prayers that our GOYA and entire community can welcome all our guests with such warmth and generosity. May our Lord richly bless each of you!

No Church School Classes Today

Church School will not hold classes today due to the Basketball Tournament. Classes resume next Sunday.

UPCOMING EVENTS AND ANNOUNCEMENTS

Faith & Family Weekdays

Faith and Family Weekdays is back, and there are many ways for each of to grow in the knowledge and practice of our faith. Ready to learn more about the Bible, about the Orthodox Church, about navigating life's challenges as a Christian, a woman, or a man? It's all there. There's a lot more to church than Sundays, and here is where to find it.

THIS WEEK:

- Wed. Feb 21, 6:30pm Vespers/7:00pm: "Explore the Word"** - Father Radu leads us through his new book, "Icon of the Kingdom of God." Drawing on a rich knowledge of scripture, the Church fathers, and theologians, learn what the Church is and what it means to us. Remaining dates are Feb 21 & 28.

[Feb 28] Please Submit Your Saint Photios Awards Nomination Form

The Annual Metropolis of Pittsburgh Saint Photios Awards Banquet will be held on Saturday, May 18. Nominations for two recipients from Holy Trinity Church are due to the church office by Wednesday, February 28 and must be submitted using the form that was included in the February edition of the Herald. Additional copies of the Nomination Form can be found at the church office window. Thank you for your input!

Festival Cooking – IT'S BACK!

IT'S NEVER TOO EARLY to get started on our FESTIVAL COOKING 2024! Please mark your calendars and plan to come and help on the following days. Bring the kids, bring your husbands, bring your wives, bring your friends! All are welcome...no experience necessary. Tons of light and heavy tasks for all. THANK YOU!

- Tuesday, February 27, 9:00am-9:00pm – Tiropita
- Tuesday, March 5, 9:00am-9:00pm – Baklava and Chocolate Baklava
- Tuesday, March 12, 9:00am-9:00pm – Galaktoboureko
- Thursday, March 21, 9:00am-9:00pm – Spanakopita
- Friday, March 22, 9:00am-5:00pm – Spanakopita
- Saturday, March 30, 9:00am-6:00pm – Koulourakia
- Saturday, April 13, 9:00am-6:00pm – Kourambietes and Finikia
- Tuesday, May 14, 9:00am-9:00pm – Apricot Rolls
- Tuesday, May 21, After Liturgy-9:00pm – Apricot Rolls, Portokalopita and Finikia dipping
- Tuesday, June 11, 9:00am-9:00pm – Diples
- Thursday, June 20, 9:00am-9:00pm – Pastitsio
- Friday, June 21, 9:00am-5:00pm – Pastitsio



[Mar 4] Bereavement Support Ministry Meeting

Please make plans to join us for our next group gathering on Monday, March 4. The Holy Trinity Bereavement Support Ministry Team provides spiritual care to parishioners and their extended family & friends in time of grief and loss of a loved one. Fellowship and light refreshments begin at 6:30 pm followed by group support, learning, and conversation from 7:00-8:00 pm. All are welcome to participate in group sharing or observe through quiet time with others who care. To learn more about our Bereavement Support Ministry and our private support sessions, please contact Amy Armanious at visitation@HolyTrinityPgh.org

[Mar 10] Holy Trinity Dance Troupe - Pancake Rally Fundraiser

The HT Dance Troupe will be hosting a pancake rally fundraiser during hospitality hour on Sunday March 10. They will be serving pancakes, bacon, sausage, eggs, and fruit, as well as juices and coffee. Tickets are \$5 for children and \$10 for adults. These donations will allow the dance troupe to purchase additional costumes for our ever-growing youth groups to use during our festival.

Local Outreach #1 – Help NHCO With Personal Care Collection

Personal hygiene items are a necessity and can be an expense that many low-income families cannot afford. Since Supplemental Nutrition Assistance Program (SNAP) benefits cannot be used to purchase personal care items, North Hills Community Outreach collects these items and gives them to families and individuals who use their food pantries. The current drive runs through April 4. It's a perfect way to offer a meaningful gift to a neighbor in need.

You can order items from their Amazon Wishlist: https://www.amazon.com/hz/wishlist/ls/3L30SER2JSP2T?ref=wl_share and have them sent directly to the NHCO office at 1975 Ferguson Road, Allison Park, PA 15101. Donations can also be dropped off at any of NHCO's three offices Monday–Friday, 9am–4pm. The Allison Park location also accepts donations the first Saturday of every month between 9am–noon. Another option is to bring your items to Holy Trinity and drop them in the collection bin located in the Gallery beginning next Sunday. We are collecting new full-size items including shampoo, conditioner, disposable razors, shaving cream, toothbrushes, toothpaste, dental floss, lip balm, body lotion, deodorant, shower gel & bars of soap. Thank you!



**TOGETHER
WE CAN MAKE A
DIFFERENCE**



Local Outreach #2 - More Dates Now Available to "Feed the Homeless" at Pleasant Valley Shelter

Our neighbors at Pleasant Valley informed us that our help is still needed to provide and serve dinner to the men who count on this ministry, located on the North Side near our old church, for a hot meal. With a small bit of your time and treasures, you can feed 30+ homeless people. Several dates are available, both weekday and weekend evenings throughout the year. Meals can be dropped off curbside or - better yet – you could stay and personally serve on site. You will not forget this rewarding experience, and those you help will not forget you! There are several easy ways to sign up: go to <https://ncm.corsizio.com> to register directly for a date that fits your schedule; or see Mike Kritiotis today, call 412-518-0588, or email outreach@HolyTrinityPgh.org. Detailed instructions are found on the website or can be emailed to you.

Greece By Faith – Act Fast – This Trip Is Filling Quickly!!

The Holy Trinity Pilgrimage Ministry is pleased to offer its 2024 Pilgrimage: "Greece by Faith", September 23 through October 4, 2024. To request a reservation form, please send an email to pilgrimage@HolyTrinityPgh.org. Your reservation form and \$800 deposit must be and submitted by March 11, 2024. Full payment is due June 21, 2024. For more details visit: holytrinitypgh.org/2024-greece. A brochure was included in the January edition of the Herald and additional copies can be found at the church office window.

Hospitality Hour News

Our Hospitality Hour is something many parishioners and visitors greatly appreciate and comment about frequently, as it exemplifies the fellowship and community spirit of Holy Trinity Church. Such an on-going offering would be too much for one ministry or group to do continuously, but it is not much effort for any single person or group if it is shared. So please, do your part and volunteer! How? Offer to help set up or clean up once or twice during the year or gather with a couple of families and host a Sunday, to honor someone or something, or "just because." See an "Open Table" date? Bring something and help out. Questions? Contact Stacy Dickos at 412-298-9409 or email hospitality@HolyTrinityPgh.org.

2024 "Stewardship Independence Mountain" – Have You Joined the Climb? We Need You!

Holy Trinity Church and all its ministries are made possible through the generous donations and support of our stewards, who offer their time, talents, and treasures throughout the year. The 2024 Stewardship Pledge Cards have been mailed out. If you have not yet received a printed pledge card, you may pick one up in the Narthex or call the office at (412-366-8700) to request one to be sent by mail. You also have the option of making your 2024 Stewardship Pledge

ONLINE through our new Realm system. It's so easy! Just visit our website at

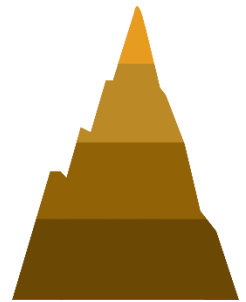
HolyTrinityPgh.org/pledge or click the "2024 Stewardship Pledge" icon on the front page.

Remember, every Holy Trinity member who pledges or donates already has a Realm account, and

that makes pledging, giving, and reporting so much easier! You can even access your giving statement any time from your account without waiting for it to be mailed or emailed. Not sure

how to access your account? Just visit HolyTrinityPgh.org/give and click "Sign In." Use your email address and password to login. Don't know your password? Simply click "Forgot password" and a link will be emailed to you to create or re-

create one. **And remember, 2024 is the year we ask everyone to make a "Stewardship Independence Pledge" as we together climb Holy Trinity's "Stewardship Independence Mountain" to fully support our church with internal funding and your love.**



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

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 also join our parish family for Hospitality Hour 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, then use the centuries-old practice of receiving: please fully open your mouth, then gently close your lips to make sure the Holy Gifts are securely in your mouth and so that none of the holy and precious Body and Blood of Christ is accidentally spilled. Thank you for your cooperation, and may God have mercy on us all!