

"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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PRE-LENTEN INFORMATION

Please keep the following dates and events in mind as we continue through the Pre-Lenten season in preparation for the Great Fast.

Feb. 25 - Mar. 2: Fast-free Week of the Publican and the Pharisee

Mar. 3-9: Week of regular Wednesday and Friday fasting

Saturday, Mar. 9 – 8:30 am Orthros /9:30 am Divine Liturgy: Saturday of the Souls

All Saturday of the Souls services will be held at our St. George Chapel at Holy Trinity Cemetery, 8941 Ringeisen Rd. Allison Park. Please bring the names of your loved ones to be commemorated and, if possible, please bring "kollyva" (memorial wheat) for the service.

Sunday, Mar. 10: Last day of meat before Lent (Meatfare Sunday)

Mar. 11-16: Cheesefare week (No fasting from dairy all week)

Saturday, Mar. 16 – 8:30 am Orthros /9:30 am Divine Liturgy: Saturday of the Souls

Sunday, Mar. 17: Last day of dairy, fish, eggs before Lent (Cheesefare Sunday)

Sunday, Mar. 17 – 6:30 pm: Solemn Great Vespers of Forgiveness (First Service of Lent – St. George Chapel)

Monday, Mar. 18: PURE MONDAY – 6:30 pm: Great Compline (First Day of Lent - St. George Chapel)

Saturday, Mar. 23 – 8:30 am Orthros /9:30 am Divine Liturgy: Saturday of the Souls

WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, FEBRUARY 25, 2024 Hours: Orthros 8:15 am / Divine Liturgy 9:30 am

TODAY'S SCRIPTURE READINGS

Epistle Reading St. Paul's Second Letter to Timothy 3:10-15

Τέκνον Τιμόθεε, παρηκολούθηκάς μου τῆ διδασκαλία, τῆ ἀγωγῆ, τῆ προθέσει, τῆ πίστει, τῆ μακροθυμία, τῆ ἀγἀπῃ, τῆ ὑπομονῆ, τοῖς διωγμοῖς, τοῖς παθήμασιν, οἶἀ μοι ἐγἑνετο ἐν Ἀντιοχεία, ἐν Ἱκονίω, ἐν Λύστροις, οἴους διωγμοὺς ὑπήνεγκα· καὶ ἐκ πἀντων με ἐρρὑσατο ὁ κὑριος. Καὶ πἀντες δὲ οἰ θἑλοντες εὐσεβῶς ζῆν ἐν Χριστῷ Ἰησοῦ διωχθήσονται. Πονηροὶ δὲ ἄνθρωποι καὶ γόητες προκόψουσιν ἐπὶ τὸ χεῖρον, πλανῶντες καὶ πλανώμενοι. Σὺ δὲ μἑνε ἐν οἶς ἔμαθες καὶ ἐπιστώθης, εἰδὼς παρὰ τἰνος ἕμαθες, καὶ ὅτι ἀπὸ βρἑφους τὰ ἱερὰ γράμματα οἶδας, τὰ δυνἀμενὰ σε σοφίσαι εἰς σωτηρίαν διὰ πἰστεως τῆς ἐν Χριστῷ Ἰησοῦ.

TIMOTHY, my son, you have observed my teaching, my conduct, my aim in life, my faith, my patience, my love, my steadfastness, my persecutions, my sufferings, what befell me at Antioch, at lconion, and at Lystra, what persecutions I endured; yet from them all the Lord rescued me. Indeed all who desire to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go on from bad to worse, deceivers and deceived. But as for you, continue in what you have learned and have firmly believed, knowing from whom you learned it and how from childhood you have been acquainted with the sacred writings which are able to instruct you for salvation through faith in Christ Jesus.

Gospel Reading – Sunday of the Publican and Pharisee Luke 18:10-14 (Triodion Begins Today)

Εἶπεν ὁ Κύριος τήν παραβολὴν ταὐτην. Ἄνθρωποι δύο ἀνέβησαν εἰς τὸ ἰερὸν προσεύξασθαι, ὁ εἶς Φαρισαῖος καὶ ὁ ἕτερος τελώνης. ὁ Φαρισαῖος σταθεὶς πρὸς ἑαυτὸν ταῦτα προσηύχετο. ὁ Θεός, εὐχαριστῶ σοι ὅτι οὐκ εἰμὶ ὥσπερ οἱ λοιποὶ τῶν ἀνθρώπων, ἄρπαγες, ἄδικοι, μοιχοί, ἢ καὶ ὡς οὖτος ὁ τελώνης. νηστεύω δὶς τοῦ σαββάτου, ἀποδεκατῶ πάντα ὅσα κτῶμαι. καὶ ὁ τελώνης μακρόθεν ἑστὼς οὐκ ἤθελεν οὐδὲ τοὺς ὀφθαλμοὺς εἰς τὸν οὐρανὸν ἐπᾶραι, ἀλλ' ἔτυπτεν εἰς τὸ στῆθος αὐτοῦ λέγων. ὁ Θεός, ἰλάσθητί μοι τῷ ἁμαρτωλῷ. λέγω ὑμῖν, κατέβη οὖτος δεδικαιωμένος εἰς τὸν οἶκον aὐτοῦ ἢ γὰρ ἐκεῖνος. ὅτι πᾶς ὁ ὑψῶν ἑαυτὸν ταπεινωθήσεται, ὁ δὲ ταπεινῶν ἑαυτὸν ὑψωθήσεται.

The Lord said this parable, "Two men went up into the temple to pray, one a Pharisee and the other a tax collector. The Pharisee stood and prayed thus with himself, 'God, I thank you that I am not like other men, extortioners, unjust, adulterers, or even like this tax collector. I fast twice a week, I give tithes of all that I get.' But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' I tell you,

this man went down to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted."

SAINTS AND FEASTS COMMEMORATED TODAY

- Sunday of the Publican and Pharisee

- St. Markellos, Bishop of Apamea

- Triodion Begins Today

- St. Reginos, Bishop of Skopelos
- St. Tarasius, Patriarch of Constantinople

- Holy Martyr Alexander of Thrace

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Fifth Tone (Page 53)

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. Of His own will He mounted the Cross in the flesh, He suffered death and raised the dead by His glorious resurrection.

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 σαγηγεύσας, φιλάνθρωπε, δόξα σοι.

Phoenetics: 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 Pnevma 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 Sunday of the Publican and the Pharisee (Page 70)

Let us flee from the proud speaking of the Pharisee and learn the humility of the Publican, and with groaning let us cry unto the Savior: Be merciful to us, for You alone are ready to forgive.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Trisagion Today

Trisagion prayers will be offered today for Nicholas Bonaros (11 years). May his memory be eternal!

Hospitality Hour

Today's Hospitality Hour is being hosted by the members of the Holy Trinity Choir. Thank you!

UPCOMING EVENTS AND ANNOUNCEMENTS

Faith & Family Weekdays This Week

• Wed. Feb 28, 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. This is the last meeting before Lent. The series will resume on May 15.

FAST FREE WEEK THIS WEEK!

Today is the Sunday of the Publican and the Pharisee, which is the first Sunday of a three-week period prior to the commencement of Lent. It marks the beginning of a time of preparation for the upcoming spiritual journey of Lent, a time for Orthodox Christians to draw closer to God through worship, prayer, fasting, and acts of charity. But in her divine wisdom the Church offers us a way to ease into the Great Fast, starting with this week, which is "fast free." All foods are permitted all week. As always, please see Father John or Father Radu with any questions regarding fasting, which is not a "rule" but a "tool" for spiritual growth and freedom in Christ.

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, and especially to Tournament Chairperson Penny Balouris for her excellent leadership. It is through the contributions, efforts, love, and prayers of all our parishioners that our GOYA and entire community can welcome all our guests with such warmth and generosity. May our Lord richly bless each of you!

Blessing of the Jared Boxes Today

With thanks tour GOYA, Philoptochos, our Tournament participating parishes and all our parishioners who supported the Jared Box project, we are pleased to announce that over 200 boxes were prepared to be sent to children in hospitals as free offerings of love and support in their times of struggle. Today we will offer a blessing for those gift-filled boxes and for all those to whom they will be delivered. Glory to God! Thank you, all!

[Feb 28] Due This Week: 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 this 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!

- THIS 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 Kourambiethes 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 9, 16, 23] Saturdays of Souls

Preceding the start of Lent and during the first week of Lent, the Church offers the "Saturdays of the Souls" to commemorate those who have fallen sleep in the Lord. Services are held at the Saint George Chapel located at Holy Trinity Cemetery. Orthros is at 8:30am followed by Divine Liturgy at 9:30am and the Memorial Service. This year, Saturday of the Souls services will be offered on Saturday, March 9, 16 & 23. Please see the insert in the March edition of the Herald or download the form from our website (HolyTrinityPgh.org/documents/worship) to submit names for commemoration and be sure to attend and commemorate your departed loved ones.

[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.



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 <u>pilgrimage@HolyTrinityPgh.org</u>. Your reservation form and \$800 deposit must be 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.

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: <u>https://www.amazon.com/hz/wishlist/ls/3L30SER2JSP2T?ref =wl share</u> 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 place them in the collection bin located in the Gallery. 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!

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.

[Mar 16] Metropolis Regional Lenten Mini Retreat – Open to all HOPE and JOY Kids (K-6th Grade)

The Metropolis Department of Youth & Young Adult Ministries presents a Lenten Mini Retreat on Saturday, March 16 from 12:00pm until 4:00pm at Holy Cross Greek Orthodox Church (123 Gilkeson Rd, Pittsburgh, PA 15228). All HOPE and JOY age kids (K-6th Grade) are invited to attend. Participants will enjoy learning about the Triodion Period leading up to Lent. Lessons include crafts, service projects and more! Lunch will be provided. To reserve your spot, please visit: <u>https://www.tinyurl.com/MiniLentCentral</u>. Questions? Contact Elias Diamond at <u>ediamondhcpgh@gmail.com</u>.

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.

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.

Want the Weekly Bulletin sent to your email box? Sign Up Today!

Want to receive the Sunday Bulletin directly via email? Want announcements on Holy Trinity events? Go to <u>www.HolyTrinityPgh.org</u> and sign up today using the Subscribe box on the lower left side of any page!

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 <u>under your chin</u>, 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!

Upcoming Lenten and Paschal Dates

Wondering about Lenten and Paschal dates? Here's a helpful guide to some of the important events coming up. Mark them on your calendar!

- Meatfare Sunday (Last day of eating meat): Mar. 10
- Cheesefare Sunday (Last day of eating dairy): Mar. 17
- Pure Monday (Lent begins): Mar. 18
- Sunday of Orthodoxy: Mar. 24
- Godparent Sunday/Philoptochos Lenten Luncheon: Apr. 7
- Saturday of Lazarus/Palm Cross/Candle prep: Apr. 27
- Palm Sunday: Apr. 28
- Holy Week: Apr. 29-May 4
- Holy Friday (schedule off work & school): May 3
- The Great and Holy Pascha: May 5







visitations, preparations for summer camp and GOYA retreats, our vital registry, and more. Please consider sponsoring a day in the life of the Metropolis: Greek Orthodox Metropolis of Pittsburgh, 5201 Ellsworth Avenue, Pittsburgh, PA 15232 412-621-5529 (Main) 412-465-0460 (Camp) 412-621-8543 (Youth) pittsburgh.goarch.org info@pittsburgh.goarch.org