



"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.

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)

Wednesday, Mar. 20: - Wednesday, Mar. 22 - 6:30 pm (HT) Liturgy of the Pre-sanctified Gifts. Light Lenten covered dish meal after the service. Please bring a Lenten dish to share!

- Friday, Mar. 22 – 6:30 pm (SG): The Salutations to the Theotokos.

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

WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, MARCH 3, 2024

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

TODAY'S SCRIPTURE READINGS

Epistle Reading

St. Paul's First Letter to the Corinthians 6:12-20

Ἀδελφοί, πάντα μοι ἔξεστιν, ἀλλ' οὐ πάντα συμφέροι· πάντα μοι ἔξεστιν, ἀλλ' οὐκ ἐγὼ ἐξουσιασθήσομαι ὑπὸ τινος. Τὰ βρώματα τῆ κοιλία, καὶ ἡ κοιλία τοῖς βρώμασιν· ὁ δὲ θεὸς καὶ ταύτην καὶ ταῦτα καταργήσει. Τὸ δὲ σῶμα οὐ τῆ πορνείᾳ, ἀλλὰ τῷ κυρίῳ, καὶ ὁ κύριος τῷ σώματι· ὁ δὲ θεὸς καὶ τὸν κύριον ἡγείρειν καὶ ἡμᾶς ἐξεγερεῖ διὰ τῆς δυνάμεως αὐτοῦ. Οὐκ οἴδατε ὅτι τὰ σώματα ὑμῶν μέλη Χριστοῦ ἔστιν; Ἄρα οὖν τὰ μέλη τοῦ Χριστοῦ ποιήσω πόρνης μέλη; Μὴ γένοιτο. Οὐκ οἴδατε ὅτι ὁ κολλῶμενος τῆ πόρνη ἐν σῶμά ἐστιν; Ἔσονται γάρ, φησὶν, οἱ δύο εἰς σάρκα μίαν. Ὁ δὲ κολλῶμενος τῷ κυρίῳ ἐν πνεύμα ἐστιν. Φεύγετε τὴν πορνείαν. Πᾶν ἁμάρτημα ὃ ἐὰν ποιήσῃ ἄνθρωπος ἐκτὸς τοῦ σώματος ἐστιν· ὁ δὲ πορνεύων εἰς τὸ ἴδιον σῶμα ἁμαρτάνει. Ἡ οὐκ οἴδατε ὅτι τὸ σῶμα ὑμῶν ναὸς τοῦ ἐν ὑμῖν ἁγίου πνεύματος ἐστιν, οὗ ἔχετε ἀπὸ θεοῦ; Καὶ οὐκ ἐστὲ ἑαυτῶν, ἠγοράσθητε γάρ τιμῆς· δοξάσατε δὴ τὸν θεὸν ἐν τῷ σώματι ὑμῶν, καὶ ἐν τῷ πνεύματι ὑμῶν, ἅτινά ἐστιν τοῦ θεοῦ.

Brethren, "all things are lawful for me," but not all things are helpful. "All things are lawful for me," but I will not be enslaved by anything. "Food is meant for the stomach and the stomach for food" -- and God will destroy both one and the other. The body is not meant for immorality, but for the Lord, and the Lord for the body. And God raised the Lord and will also raise us up by his power. Do you not know that your bodies are members of Christ? Shall I therefore take the members of Christ and make them members of a prostitute? Never! Do you not know that he who joins himself to a prostitute becomes one body with her? For, as it is written, "The two shall become one flesh." But he who is united to the Lord becomes one spirit with him. Shun immorality. Every other sin which a man commits is outside the body; but the immoral man sins against his own body. Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body and in your spirit which belong to God.

**Gospel Reading – Sunday of the Prodigal Son
Luke 15:11-32**

Εἶπεν ὁ Κύριος τὴν παραβολὴν ταύτην· Ἄνθρωπός τις εἶχε δύο υἱούς. καὶ εἶπεν ὁ νεώτερος αὐτῶν τῷ πατρί· πάτερ, δός μοι τὸ ἐπιβάλλον μέρος τῆς οὐσίας. καὶ διείλεν αὐτοῖς τὸν βίον. καὶ μετ' οὐ πολλὰς ἡμέρας συναγαγὼν ἅπαντα ὁ νεώτερος υἱὸς ἀπεδήμησεν εἰς χώραν μακράν, καὶ ἐκεῖ διεσκόρπισε τὴν οὐσίαν αὐτοῦ ζῶν ἀσώτως. δαπανήσαντος δὲ αὐτοῦ πάντα

ἐγένετο λιμὸς ἰσχυρὸς κατὰ τὴν χώραν ἐκείνην, καὶ αὐτὸς ἤρξατο ὑστερεῖσθαι. καὶ πορευθεὶς ἐκολλήθη ἐνὶ τῶν πολιτῶν τῆς χώρας ἐκείνης, καὶ ἐπεμψεν αὐτὸν εἰς τοὺς ἀγροὺς αὐτοῦ βόσκειν χοίρους. καὶ ἐπεθύμει γεμίσει τὴν κοιλίαν αὐτοῦ ἀπὸ τῶν κερατίων ὧν ἤσθιον οἱ χοῖροι, καὶ οὐδεὶς ἐδίδου αὐτῷ. εἰς ἑαυτὸν δὲ ἐλθὼν εἶπε· πόσοι μίσθιοι τοῦ πατρὸς μου περισσεύουσιν ἄρτων, ἐγὼ δὲ λιμῷ ἀπόλλυμαι! ἀναστὰς πορεύσομαι πρὸς τὸν πατέρα μου καὶ ἐρῶ αὐτῷ· πάτερ, ἤμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου. οὐκέτι εἰμὶ ἄξιος κληθῆναι υἱὸς σου· ποιήσον με ὡς ἓνα τῶν μισθίων σου. καὶ ἀναστὰς ἦλθε πρὸς τὸν πατέρα αὐτοῦ. ἔτι δὲ αὐτοῦ μακρὰν ἀπέχοντος εἶδεν αὐτὸν ὁ πατήρ αὐτοῦ καὶ ἐσπλαγχνίσθη, καὶ δραμῶν ἐπέπεσεν ἐπὶ τὸν τράχηλον αὐτοῦ καὶ κατεφίλησεν αὐτόν. εἶπε δὲ αὐτῷ ὁ υἱὸς· πάτερ, ἤμαρτον εἰς τὸν οὐρανὸν καὶ ἐνώπιόν σου, καὶ οὐκέτι εἰμὶ ἄξιος κληθῆναι υἱὸς σου. εἶπε δὲ ὁ πατήρ πρὸς τοὺς δούλους αὐτοῦ· ἐξενέγκατε τὴν στολὴν τὴν πρώτην καὶ ἐνδύσατε αὐτόν, καὶ δότε δακτύλιον εἰς τὴν χεῖρα αὐτοῦ καὶ ὑποδήματα εἰς τοὺς πόδας, καὶ ἐνέγκαντες τὸν μόσχον τὸν σιτευτὸν θύσατε, καὶ φαγόντες εὐφρανθῶμεν, ὅτι οὗτος ὁ υἱὸς μου νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη. καὶ ἤρξαντο εὐφραίνεισθαι. Ἦν δὲ ὁ υἱὸς αὐτοῦ ὁ πρεσβύτερος ἐν ἀγρῷ· καὶ ὡς ἐρχόμενος ἤγγισε τῇ οἰκίᾳ, ἤκουσε συμφωνίας καὶ χορῶν, καὶ προσκαλεσάμενος ἓνα τῶν παίδων ἐπυνθάνετο τί εἶη ταῦτα. ὁ δὲ εἶπεν αὐτῷ ὅτι ὁ ἀδελφός σου ἦκει καὶ ἔθυσεν ὁ πατήρ σου τὸν μόσχον τὸν σιτευτόν, ὅτι ὑγιαίνοντα αὐτὸν ἀπέλαβεν. ὠργίσθη δὲ καὶ οὐκ ἤθελεν εἰσελθεῖν. ὁ οὖν πατήρ αὐτοῦ ἐξελθὼν παρεκάλει αὐτόν. ὁ δὲ ἀποκριθεὶς εἶπε τῷ πατρί· ἴδου τοσαῦτα ἔτη δουλεύω σοι καὶ οὐδέποτε ἐντολήν σου παρήλθον, καὶ ἐμοὶ οὐδέποτε ἔδωκας ἔριφον ἵνα μετὰ τῶν φίλων μου εὐφρανθῶ· ὅτε δὲ ὁ υἱὸς σου οὗτος, ὁ καταφαγὼν σου τὸν βίον μετὰ πορνῶν, ἦλθεν, ἔθυσας αὐτῷ τὸν μόσχον τὸν σιτευτόν. ὁ δὲ εἶπεν αὐτῷ· τέκνον, σὺ πάντοτε μετ' ἐμοῦ εἶ, καὶ πάντα τὰ ἐμὰ σὰ ἐστίν· εὐφρανθῆναι δὲ καὶ χαρῆναι ἔδει, ὅτι ὁ ἀδελφός σου οὗτος νεκρὸς ἦν καὶ ἀνέζησε, καὶ ἀπολωλὼς ἦν καὶ εὐρέθη.

The Lord said this parable: "There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of the property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he squandered his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in want. So he went and joined himself to one of the citizens of that country, who sent him into his fields to feed swine. And he would gladly have filled his belly with the pods that the swine ate; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.' And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry. Now his elder son was in the field; and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what this meant. And he said to him, 'Your brother has come, and your father has killed the fatted calf, because he has received him safe and sound.' But he was angry and refused to go in. His father came out and entreated him, but he answered his father, 'Lo, these many years I have served you, and I never disobeyed your command; yet you never gave me a kid, that I might make merry with my friends. But when this son of yours came, who has devoured your living with harlots, you killed for him the fatted calf!' And he said to him, 'Son, you are always with me, and all that is mine is yours. It was fitting to make merry and be glad, for this your brother was dead, and is alive; he was lost, and is found.'"

SAINTS AND FEASTS COMMEMORATED TODAY

- **Sunday of the Prodigal Son**
- **The Holy Martyrs Eutropius, Cleonicus, and Basiliscus**
- **St. Nonnita, mother of Saint David of Wales**
- **St. Theodoretos, the Holy Martyr of Antioch**

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Sixth Tone (Page 53)

The heavenly powers appeared at Your tomb, and those guarding it became like dead men. Mary stood at Your grave, seeking Your pure body. You stripped the power of hades, not touched by its corruption. You met the virgin woman as one Who grants life. O Lord, Who rose from the dead, glory to You.

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 αυτοίς το Πνεύμα το άγιον, και δι' αυτών την οικουμένην σαηνεύσας, 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 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 Sunday of the Prodigal Son (Page 70)

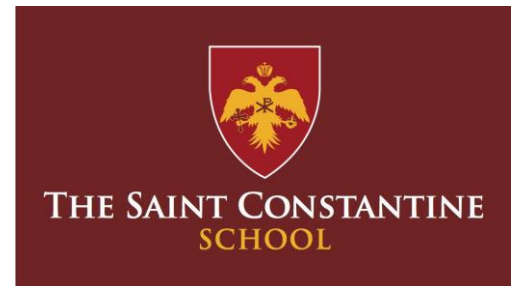
Foolishly have I run away from Your glory, O Father, wasting in in the wealth that You gave me. Therefore with the words of the Prodigal I cry unto You: I have sinned before You, compassionate Father. Accept me in repentance and make me as one of Your hired servants. (Page 70)

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Welcome Jesse Cone!

Today we have the honor of receiving a visit from Jesse Cone, Head of School of the new Saint Constantine School, his wife, Kelly, and their four boys. Jesse will offer us an overview of this exciting new development in Orthodox education in the Pittsburgh area ... including the announcement of a location for the school and news on the opening of the school for the 2024-2025 academic year. What is the Saint Constantine School? As described by them, "Founded in Houston in 2016, it is now one of the largest Orthodox Christian schools in the nation with over 550 students. We are continuing our mission to provide that same quality educational experience nationwide, and our first branch campus will open here in Pittsburgh in 2024. With the support of our National and Pittsburgh Boards of Directors, TSCS is dedicated to providing in Pittsburgh a comprehensive formational education that is engaging, rigorous, and in harmony with the Eastern Orthodox Church. Guided by a commitment to the timeless traditions of the Christian Church, mind, and worldview, The Saint Constantine School endeavors to educate students for the Church, the city of Pittsburgh, the United States, and the world."



Hospitality Hour

Today's Hospitality Hour is being hosted by the Holy Trinity Stewardship Ministry. Thank you!

UPCOMING EVENTS AND ANNOUNCEMENTS

Services This Week:

- **Saturday, March 9**, 8:30am Orthros/9:30am Divine Liturgy: Saturday of the Souls (St. George Chapel)

Faith & Family Weekdays This Week

- **Tuesday Mar 5, 7:00pm: "Journey of Marriage"** – 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 other couples to share and grow together. Sessions are Mar 5, Apr 2 & May 7.
- **Thurs. Mar 7, 7:00am: "Prayer & Panera"** – Prayer and Christian fellowship for men. Meet at church promptly at 7:00am for a 15–20-minute morning prayer and scripture, then move up the hill to Panera for 45 minutes of coffee & conversation.

[Mar 4] Bereavement Support Ministry Meeting - Tomorrow

Please make plans to join us for our next group gathering tomorrow, 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



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, March 5, 9:00am-9:00pm – Baklava and Chocolate Baklava
- Tuesday, March 12, 9:00am-9:00pm – Galaktoboureko
- See the enclosed flyer for the rest of the upcoming dates.

[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 next 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 pilgrimage@HolyTrinityPgh.org. Your reservation form and \$800 deposit must be submitted by next Monday, 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:



**TOGETHER
WE CAN MAKE A
DIFFERENCE**



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 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 Tridion Period leading up to Lent. Lessons include crafts, service projects and more! Lunch will be provided. To reserve your spot, please visit: <https://www.tinyurl.com/MiniLentCentral>. Questions? Contact Elias Diamond at ediamondhpcgh@gmail.com.

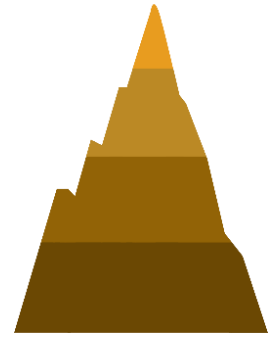
2024 "Stewardship Independence Mountain" – Have You Joined the Climb? We Need You!

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.

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!

Upcoming Memorials: Mar 10: Stella Athanasiou (6 years); Mar 17: Eleftherios (Lou) Parikakis (40 days), Mary Anne Bistolos (5 years), Helen Georgakakos (17 years) and Mary Bayetis (42 years)

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**



INTRODUCING "ACTIVE OLDER ADULTS!"

We are pleased to announce a new ministry serving an important and valued part of our community: Holy Trinity "AOA" (Active Older Adults)! Thanks to the dedicated efforts of John and Tasy McCann, this new ministry has been busy planning some fun and interesting events and trips for members of our community who are 60 and over. Here are some of the things they have planned. Hope you plan on attending!

To reserve, email AOA@HolyTrinityPgh.org or call 724-612-9145.

Thursday, March 14. Time TBD.
An AOA "Paint Party" at the church with wine, appetizers and desserts.

Hosted by an engaging artist who will help each of us create a masterpiece to take home. Date 3/14. Cost about \$36. Please let us know ASAP if you would like to attend by emailing or calling.



Monday, April 8
See a Total Eclipse of the Sun!
A Truly Rare Opportunity!

A chance to view a total solar eclipse April 8th in Erie PA. A total solar eclipse is occurring which may be the last one in our lifetime. We will travel to Erie for the best viewing site. This rare event will last only 2 minutes 46 seconds. Price will be the cost of the bus and lunch. Please let us know if you are interested ASAP.

April 17 - The Flight 93 Memorial, "Tower of Voices", Patriot Park And Quecreek Mine Rescue Site

The Memorial and Tower serve as visual and audible reminders of the heroism of the forty passengers and crew of 9/11 United Flight 93.

There are no other chime structures like this in the world. Call or email ASAP. Cost approx. \$150.

The Frick Pittsburgh Museum and Mansion Café - May 8

A treasure collection right here in Pittsburgh. The Art Museum contains collections of Vermeer, Monet, Rembrandt Titian, Whistler, El Greco and Ingres. The Mansion (The Clayton) was the home of Henry

Clay Frick family from 1882-1905. This 23 room mansion reveals the lifestyle of the Family who lived here in Pittsburgh. Tour and then dine at the Café. Approx. \$100. Call or email to reserve.



Other events and trips we are planning include: a Pittsburgh Pirate game; an AOA picnic; a Wine Tasting Party; a Cooking Demonstration; a trip to the Sight and Sounds Theatre in Lancaster. We welcome both participants and helpers to plan. Please contact us by email or phone as indicated above or see us after Liturgy at Hospitality Hour. (Financial assistance is available if costs are a problem.)

Metropolis Regional Lenten Mini Retreats Open to all HOPE and JOY Kids (K-6th Grade)

Northwest Region: April 6, 2024 from 11 am - 4 pm New Date

Location: Sts. Constantine and Helen Greek Orthodox Cathedral
3352 Mayfield Rd, Cleveland Heights, OH 44118

Contact: Ted Cherpas at tcherpas@stscconstantine.com

Registration Link: <http://tinyurl.com/MiniLentCLE>

Central Region: March 16, 2024 from 12 pm - 4 pm

Location: Holy Cross Greek Orthodox Church
123 Gilkeson Rd. Pittsburgh, PA 15228

Contact: Elias Diamond at ediamondhcgph@gmail.com

Registration Link: <http://tinyurl.com/MiniLentCentral>

Eastern Region: March 30, 2024 from 10 am - 2:00 pm

Location: St. Nicholas Greek Orthodox Cathedral
1607 W. Union Blvd, Bethlehem, PA 18018

Contact: Isaac Lampart at ilampart@stnicholas.org

Registration Link: www.stnicholas.org/miniretreat

Southwestern Region: April 13, 2024 from 10 am - 1 pm

Location: St. John Greek Orthodox Church
3512 MacCorkle Ave. Charleston, WV 25304

Contact: Alyssa Kyritsis at akyritsis@pittsburgh.goarch.org

Registration Link: <http://tinyurl.com/MiniLentSW>

Participants will enjoy learning about the Tridion Period leading up to Lent. Lessons include crafts, service projects and more! Lunch will be provided.

Metropolis of Pittsburgh Camp Presents...



Further Information: y2am.pittsburgh.goarch.org/summercamp

His Eminence Metropolitan Savas cordially invites you to celebrate the dedicated volunteers of our Holy and God-protected Metropolis of Pittsburgh

MAY 18 2024 • 4:00 PM

DOUBLETREE BY HILTON PITTSBURGH-CRANBERRY
910 Sheraton Drive, Mars, PA 16046

ONLINE RESERVATION & SPONSORSHIP:
pittsburgh.goarch.org/st-photios-awards-banquet
\$95/adult, \$25/child (under 12)

Reservation & Sponsorship Deadline: April 28
No Refunds available after May 4 or mail reservations/sponsorships to:
St. Photios Awards Banquet
Greek Orthodox Metropolis of Pittsburgh
5201 Ellsworth Ave, Pittsburgh, PA 15232

Please make checks payable to:
'Greek Orthodox Metropolis of Pittsburgh'

Banquet Co-Chairpersons:
Archdeacon Ryan: 412 621 5529
rgzikowski@pittsburgh.goarch.org
Marianne Stearns: 412 600 2159
mstearns@nauticom.net



10th ST. PHOTIOS AWARDS BANQUET



St. Photios Awards Banquet Nominations Due: MARCH 31

NET PROCEEDS TO BENEFIT THE METROPOLITAN'S BENEVOLENCE FUND
pittsburgh.goarch.org | 412 621 5529
contact: lhenry@pittsburgh.goarch.org

Metropolis of Pittsburgh Summer Camp 2024

Week 1: June 16-22 *2nd-4th Grade*
Week 2: June 23-29 *5th-7th Grade*
Week 3: June 30-July 6 *7th-9th Grade*
Week 4: July 7-13 *10th-12th Grade*

Registration will open March 25, 2024!
More Information:
y2am.pittsburgh.goarch.org/summercamp

SUPPORT HIS EMINENCE AND OUR METROPOLIS MINISTRIES
It costs approximately \$1,000 per day to operate our Metropolis - including Metropolitan Savas's Archpastoral 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





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



TIROPITA
 Tue, Feb. 27 9am-9pm

KOULOURAKIA
 Sat, March 30 9am-6pm

**APRICOT ROLLS,
 PORTOKALOPITA &
 FINIKIA DIPPING**
 Tue, May 21 After Liturgy
 to 9pm

**BAKLAVA &
 CHOC. BAKLAVA**
 Tue, March 5 9am-9pm

**FINIKIA &
 KOURAMBIETHES**
 Sat, April 13 9am-6pm

DIPLES
 Tue, June 11 9am-9pm

GALAKTOBOUREKO
 Tue, March 12 9am-9pm

**APRICOT ROLLS
 (DAY ONE)**
 Tue, May 14 9am-9pm

PASTITSIO
 Thu, June 20 9am-9pm
 Fri, June 21 9am-5pm

SPANAKOPITA
 Thu, March 21 9am-9pm
 Fri, March 22 9am-5pm

**YOUR CHURCH NEEDS
 YOUR HELP! JOIN IN!**

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 2024 "TASTE OF GREECE" - THU. AUG. 29-SUN. SEP. 1**