



"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.

TODAY, 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

All Saturday of the Souls services will be held at our St. George Chapel at Holy Trinity Cemetery, 8941 Ringelsen 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. 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 - 6:30 pm: Liturgy of the Pre-sanctified Gifts. Light Lenten covered dish meal after the service. Please bring a Lenten dish to share! (HT)

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

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

WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, MARCH 10, 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 8:8-13; 9:1-2

Ἀδελφοί, βρῶμα ἡμᾶς οὐ παρίστησιν τῷ θεῷ· οὔτε γὰρ ἐὰν φάγωμεν περισσεύομεν, οὔτε ἐὰν μὴ φάγωμεν ὑστερούμεθα. Βλέπετε δὲ μήπως ἡ ἐξουσία ὑμῶν αὕτη πρόσκομμα γένηται τοῖς ἀσθενοῦσιν. Ἐὰν γὰρ τις ἴδῃ σε τὸν ἔχοντα γνῶσιν ἐν εἰδωλείῳ κατακείμενον, οὐχὶ ἡ συνειδήσις αὐτοῦ ἀσθενοῦς ὄντος οἰκοδομηθήσεται εἰς τὸ τὰ εἰδωλόθυτα ἐσθίειν; Καὶ ἀπολείπει ὁ ἀσθενῶν ἀδελφὸς ἐπὶ τῇ σῆι γνώσει, δι' ὃν Χριστὸς ἀπέθανεν; Οὕτως δὲ ἀμαρτάνοντες εἰς τοὺς ἀδελφούς, καὶ τύποντες αὐτῶν τὴν συνειδήσιν ἀσθενοῦσαν, εἰς Χριστὸν ἀμαρτάνετε. Διόπερ εἰ βρῶμα σκανδαλίζει τὸν ἀδελφόν μου, οὐ μὴ φάγω κρέα εἰς τὸν αἰῶνα, ἵνα μὴ τὸν ἀδελφόν μου σκανδαλίσω. Οὐκ εἰμι ἀπόστολος; Οὐκ εἰμι ἐλεύθερος; Οὐχὶ Ἰησοῦν Χριστὸν τὸν κύριον ἡμῶν ἐώρακα; Οὐ τὸ ἔργον μου ὑμεῖς ἐστε ἐν κυρίῳ; Εἰ ἄλλοις οὐκ εἰμι ἀπόστολος, ἀλλὰ γε ὑμῖν εἰμι· ἡ γὰρ σφραγὶς τῆς ἐμῆς ἀποστολῆς ὑμεῖς ἐστε ἐν κυρίῳ.

Brethren, food will not commend us to God. We are no worse off if we do not eat, and no better off if we do. Only take care lest this liberty of yours somehow become a stumbling block to the weak. For if any one sees you, a man of knowledge, at table in an idol's temple, might he not be encouraged, if his conscience is weak, to eat food offered to idols? And so by your knowledge this weak man is destroyed, the brother for whom Christ died. Thus, sinning against your brethren and wounding their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of my brother's falling, I will never eat meat, lest I cause my brother to fall. Am I not free? Am I not an apostle? Have I not seen Jesus our Lord? Are not you my workmanship in the Lord? If to others I am not an apostle, at least I am to you; for you are the seal of my apostleship in the Lord.

Gospel Reading – Sunday of the Last Judgement
Matthew 25:31-46

Εἶπεν ὁ Κύριος Ὅταν δὲ ἔλθῃ ὁ υἱὸς τοῦ ἀνθρώπου ἐν τῇ δόξῃ αὐτοῦ καὶ πάντες οἱ ἅγιοι ἄγγελοι μετ' αὐτοῦ, τότε καθίσει ἐπὶ θρόνου δόξης αὐτοῦ, καὶ συναχθήσεται ἔμπροσθεν αὐτοῦ πάντα τὰ ἔθνη, καὶ ἀφοριεῖ αὐτοὺς ἀπ' ἀλλήλων ὥσπερ ὁ ποιμὴν ἀφορίζει τὰ πρόβατα ἀπὸ τῶν ἐρίφων, καὶ στησίει

τὰ μὲν πρόβατα ἐκ δεξιῶν αὐτοῦ, τὰ δὲ ἐρίφια ἐξ ἐυωνύμων. τότε ἐρεῖ ὁ βασιλεὺς τοῖς ἐκ δεξιῶν αὐτοῦ· δεῦτε οἱ εὐλογημένοι τοῦ πατρὸς μου, κληρονομήσατε τὴν ἡτοιμασμένην ὑμῖν βασιλείαν ἀπὸ καταβολῆς κόσμου. ἐπέειπασα γάρ, καὶ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ ἐποτίσατέ με, ξένος ἦμην, καὶ συνηγάγέτε με, γυμνός, καὶ περιεβάλετέ με, ἡσθένησα, καὶ ἐπεσκέψασθέ με, ἐν φυλακῇ ἦμην, καὶ ἤλθετε πρὸς με. τότε ἀποκριθήσονται αὐτῷ οἱ δίκαιοι λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα καὶ ἐθρέψαμεν, ἢ διψῶντα καὶ ἐποτίσαμεν; πότε δὲ σε εἶδομεν ξένον καὶ συνηγάγομεν, ἢ γυμνὸν καὶ περιεβάλομεν; πότε δὲ σε εἶδομεν ἀσθενῆ ἢ ἐν φυλακῇ, καὶ ἤλθομεν πρὸς σε; καὶ ἀποκριθεὶς ὁ βασιλεὺς ἐρεῖ αὐτοῖς· ἀμήν

λέγω ὑμῖν, ἐφ' ὅσον ἐποιήσατε ἐνὶ τούτων τῶν ἀδελφῶν μου τῶν ἐλαχίστων, ἐμοὶ ἐποιήσατε. τότε ἐρεῖ καὶ τοῖς ἐξ εὐωνύμων· πορεύεσθε ἀπ' ἐμοῦ οἱ κατηραμένοι εἰς τὸ πῦρ τὸ αἰώνιον τὸ ἠτοιμασμένον τῷ διαβόλῳ καὶ τοῖς ἀγγέλοις αὐτοῦ. ἐπέινασα γάρ, καὶ οὐκ ἐδώκατέ μοι φαγεῖν, ἐδίψησα, καὶ οὐκ ἐποτίσατέ με, ξένος ἤμην, καὶ οὐ συνηγάγετέ με, γυμνός, καὶ οὐ περιεβάλετέ με, ἀσθενής καὶ ἐν φυλακῇ, καὶ οὐκ ἐπεσκέψασθέ με. τότε ἀποκριθήσονται αὐτῷ καὶ αὐτοὶ λέγοντες· κύριε, πότε σε εἶδομεν πεινῶντα ἢ διψῶντα ἢ ξένον ἢ γυμνὸν ἢ ἀσθενῆ ἢ ἐν φυλακῇ, καὶ οὐ διηκονήσαμεν σοι; τότε ἀποκριθήσεται αὐτοῖς λέγων· ἀμὴν λέγω ὑμῖν, ἐφ' ὅσον οὐκ ἐποιήσατε ἐνὶ τούτων τῶν ἐλαχίστων, οὐδὲ ἐμοὶ ἐποιήσατε. καὶ ἀπελεύσονται οὗτοι εἰς κόλασιν αἰώνιον, οἱ δὲ δίκαιοι εἰς ζωὴν αἰώνιον.

The Lord said, "When the Son of man comes in his glory and all the holy angels with him, then he will sit on his glorious throne. Before him will be gathered all the nations, and he will separate them one from another as a shepherd separates the sheep from the goats, and he will place the sheep at his right hand, but the goats at the left. Then the king will say to those at his right hand, 'Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me.' Then he will say to those at his left hand, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me no drink, I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.' Then they also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or naked or sick or in prison, and did not minister to you?' Then he will answer them, 'Truly, I say to you, as you did it not to one of the least of these, you did it not to me.' And they will go away into eternal punishment, but the righteous into eternal life."

SAINTS AND FEASTS COMMEMORATED TODAY

- Sunday of the Last Judgement
- St. Anastasia of Alexandria

- St. Michael Mauroudes, the New-Martyr
- St. Quadratus, the Martyr & his Companions

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Seventh Tone (Page 53)

By Your Cross You destroyed death and to the thief You opened paradise. You transformed the sorrow of the Myrrh-bearers, and commanded the Apostles to proclaim that You have risen from the dead, Christ our God, granting 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 ἡμῶν, ο πανσόφους τους αλιείς αναδείξας, καταπέμψας αυτοίς το Πνεῦμα το ἅγιον, και δι' αὐτῶν την οικουμένην σαηγεύσας, 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 Last Judgement (Page 71)

When You come, O God, upon the earth with glory, the whole world will tremble. The river of fire will bring men before Your judgement seat, the books will be opened and the secrets disclosed. Then deliver me from the unquenchable fire, and count me worthy to stand at Your right hand, Judge most righteous.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Memorial Today

Memorial prayers will be offered at the conclusion of the Divine Liturgy today for the repose of the soul of the servant of God, Stella Athanasiou (6 years). May her memory be eternal!

Welcome North Hills Community Outreach!

Today we have the honor of receiving a visit from representatives from North Hills Community Outreach, a community and interfaith-based organization addressing the needs of people in crisis, hardship, and poverty right here in Northern Allegheny County. Jon Jordan is NHCO's Food Pantry Coordinator, and Abby Kelly is the Development Coordinator. They will speak to us briefly about the great work that their organization has been doing in our region since 1987, with the motto of "People Helping People". They will also be available during Hospitality Hour. Since our arrival to the North Hills, we at Holy Trinity Church have supported NHCO in various ways. We are now committing to a more serious level of support and involvement and will be announcing that today. This is in pursuit of fulfilling one of the goals of our parish **mission, to "Maintain an active outreach ministry," and one of the on-going projects of that goal, "Provide regular support of local area programs for the needy."** **We are so grateful for the enthusiasm with which the local community has received us and supported us since our arrival in 2013. We are now dedicating ourselves to giving back, especially in the form of support for those in need right in our own North Hills neighborhood. May the NHCO programs and our parish's support of them and those they serve indeed be blessed!**

Holy Trinity Dance Troupe - Pancake Rally Fundraiser - Today

The HT Dance Troupe will be hosting a pancake rally fundraiser during hospitality hour today. 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. Your donations will allow the dance troupe to purchase additional costumes for our ever-growing youth groups to use during our festival. Thank you for your support!

UPCOMING EVENTS AND ANNOUNCEMENTS

Services This Week:

- Tues. March 12, 6:30pm - Paraclesis to the Theotokos (St. George Chapel, 8941 Ringeisen Rd, Allison Park, PA 15101)
- Sat. March 16, 8:30am Orthros/9:30am Divine Liturgy: Saturday of the Souls (St. George Chapel)

"Greece By Faith" Pilgrimage – Act Fast – Early Access Registration and Deposit Due by Tomorrow!

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, see Father John today or send an email to pilgrimage@HolyTrinityPgh.org. To guarantee a spot as a Holy Trinity parishioner, your reservation form and \$800 deposit must be submitted by TOMORROW, Monday, March 11. After that date, the trip will be open to others outside the parish. Full payment is due June 21, 2024. For more details visit: holyltrinitypgh.org/2024-greece.

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 12, 9:00am-9:00pm – Galaktoboureko
- Thursday, March 21, 9:00am-9:00pm – Spanakopita
- Friday, March 22, 9:00am-5:00pm – Spanakopita
- See the enclosed flyer for the rest of the upcoming dates.

[Mar 15] Akathist to the Mother of God "The Inexhaustible Cup" – St. John the Baptist Orthodox Church
Our sister parish of St. John the Baptist Orthodox Church (2201 Duncan Ave, Allison Park, PA 15101) will offer an Akathist to the Mother of God "The Inexhaustible Cup" this Friday, March 15 beginning at 6:30pm. This prayer service is offered on behalf of those who suffer from alcoholism and other addictions. Those who have friends or family members who struggle with addiction, as well as those who work in the field of recovery, are also encouraged to attend.

[Mar 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. The remaining Saturday of the Souls services will be offered on Saturday, March 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 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 this 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: <https://www.tinyurl.com/MinilLentCentral>. Questions? Contact Elias Diamond at ediamondhpcgh@gmail.com.

[Mar 17 – Apr 28] GOYA Lenten Soup Sales

The GOYA is once again offering its very popular Lenten soup sales during the Sundays of Lent. Among the many good reasons to buy some to take home are that they are strict Lenten recipes, they provide fund-raising support for our GOYA ministry ... plus they taste great, and they are good for you! Beginning next Sunday, please visit the Lenten Soup Sales table in Gallery during Coffee Hour each week! Thank you for supporting our youth as you strive to maintain and grow your spiritual discipline of fasting during Lent!

[Mar 24] Sunday of Orthodoxy Icon Procession

Church School students will once again participate in the annual Procession of the Holy Icons at the conclusion of the Divine Liturgy on Sunday, March 24. All students should bring an icon of their patron saint or other favorite icon to hold in the procession that day. Be sure to have the name of the student on the back of the icon to identify it.

[Mar 24] Great Vespers of the Annunciation and Pan-Orthodox Sunday of Orthodoxy Celebration

The Orthodox Clergy Brotherhood of Greater Pittsburgh invites you to attend the Great Vespers of the Annunciation and Pan-Orthodox Sunday of Orthodoxy Celebration here at Holy Trinity Church on Sunday, March 24 beginning at 4:30pm. Celebrant and Homilist will be His Grace Bishop Andrei of Cleveland, the Romanian Episcopate of the Orthodox Church in America. Also featured will be the Pan-Orthodox Choir of Pittsburgh under the direction of Fr. Tom Soroka. Great Vespers will be followed by fellowship and Lenten refreshments. All parishioners are invited to attend!

[Mar 31] Holy Trinity Cemetery Notice – Deadline for Removing Christmas Decorations

Whoever wishes to save Christmas wreaths or decorations at their family memorial stones are asked to remove them before Sunday, March 31st to get ready for spring grass cutting. Decorations left behind will be discarded. The Cemetery Committee thanks you for your understanding.

Holy Trinity AOA (Active Older Adults) – Paint Party Rescheduled and Other Events Update

A flyer for the new "Active Older Adults" (AOA) ministry at Holy Trinity Church was included in the March edition of the Holy Trinity Herald, but please note the following changes:

- **The "Paint Party" originally set for March 14 has been rescheduled for Thursday, May 23.**
- The Erie bus trip to see the solar eclipse has been canceled.
- The Frick Pittsburgh Museum event originally set for May 8 will be rescheduled for June or later.
- The Flight 93 Memorial trip will be rescheduled for a later date.

Now, as for the "Paint Party," - Adults 60 years old and older: Come unleash your inner artist and enjoy a glass of wine and appetizers while socializing with your old and newly acquainted friends on Thursday, May 23 beginning at 1:00pm in the Gallery. Take home your masterpiece to display on your wall. The cost is \$36.00 per person. To reserve your spot, please email your reservation to AOA@HolyTrinityPgh.org or see or call Tasy at 724-612-9145.

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 4th. 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 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.

Lenten Hospitality Hours

Please keep in mind that throughout Lent our Hospitality Hours following the Divine Liturgy will observe Orthodox Lenten fasting practices. Any families or ministries hosting a Memorial or Ministry Hospitality Hour and any families providing the Church School snacks are asked to take care that non-meat and non-dairy items are provided. The Hospitality Hour and Church School ministries can provide suggestions if needed. Thank you for helping our community grow in the proper and helpful Orthodox spiritual practice and discipline.

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!

Upcoming Memorials: Mar 17: Eleftherios (Lou) Parikakis (40 days), Mary Anne Bistolas (5 years), Helen Georgakakos (17 years) and Mary Bayetis (42 years)



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

KOULOOURAKIA
 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**

CELEBRATE ORTHODOXY!



THE ORTHODOX CLERGY BROTHERHOOD OF GREATER PITTSBURGH INVITES YOU TO THE PITTSBURGH AREA

GREAT VESPERS OF THE ANNUNCIATION AND PAN-ORTHODOX SUNDAY OF ORTHODOXY CELEBRATION

Sunday, March 24, 2024 at 4:30 PM
Holy Trinity Greek Orthodox Church
Pittsburgh, PA 15237

Celebrant and Homilist: His Grace Bishop Andrei of Cleveland
Romanian Episcopate of the Orthodox Church in America
Featuring the Pan-Orthodox Choir of Pittsburgh

Great Vespers will be followed by fellowship and Lenten refreshments.

SUNDAY, MARCH 24, 2024



Holy Trinity Greek Orthodox Church – Pittsburgh, PA 2024 Schedule of Lenten Services



Lenten Theme: Lent With Intent

“I will lift up the cup of salvation and call upon the name of the Lord.

I will keep my promises to the Lord in the presence of all his people.” (Psalm 116.13-14)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mar 17 8:15am Orthros 9:30am Liturgy 6:30pm First Service of Lent: Forgiveness Vespers (SG)	Mar 18 PURE MONDAY: FIRST DAY OF LENT 6:30pm Great Compline Service (SG)	Mar 19	Mar 20 6:30pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner and Faith & Family Weekdays Lenten Presentation (HT)	Mar 21	Mar 22 6:30pm Service of Salutations to the Theotokos (SG)	Mar 23 8:30am Orthros 9:30am Liturgy Saturday of the Souls (SG)
Mar 24 8:15am Orthros 9:30am Liturgy 4:30pm Pan-Orthodox Vespers (Hosted by Holy Trinity)	Mar 25 8:13am Orthros 9:30am Divine Liturgy of the Annunciation (SG)	Mar 26	Mar 27 <u>North Hills Pan-Orthodox Worship:</u> 7:00pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner at <u>St. Alexander Nevsky Cathedral</u>	Mar 28	Mar 29 6:30pm Service of Salutations to the Theotokos (SG)	Mar 30
Mar 31 8:15am Orthros 9:30am Liturgy	Apr 1 6:30pm Great Compline Service (SG)	Apr 2	Apr 3 <u>North Hills Pan-Orthodox Worship:</u> 6:30pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner at <u>Holy Trinity</u>	Apr 4	Apr 5 6:30pm Service of Salutations to the Theotokos (SG)	Apr 6
Apr 7 8:15am Orthros 9:30am Liturgy Godparent Sunday & Philoptochos Lenten Luncheon	Apr 8 6:30pm Great Compline Service (SG)	Apr 9	Apr 10 <u>North Hills Pan-Orthodox Worship:</u> 6:00pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner at <u>St. John the Baptist Church, 2201 Duncan Ave.</u>	Apr 11	Apr 12 6:30pm Service of Salutations to the Theotokos (SG)	Apr 13
Apr 14 8:15am Orthros 9:30am Liturgy	Apr 15 6:30pm Great Compline Service (SG)	Apr 16	Apr 17 6:30pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner and Faith & Family Weekdays Lenten Presentation (HT)	Apr 18	Apr 19 6:30pm Service of the Akathist Hymn to the Theotokos (SG)	Apr 20
Apr 21 8:15am Orthros 9:30am Liturgy	Apr 22 6:30pm Great Compline Service (SG)	Apr 23	Apr 24 6:30pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner and Faith & Family Weekdays Lenten Presentation (HT)	Apr 25	Apr 26	Apr 27 8:30am Orthros 9:30am Liturgy: Saturday of Lazarus (HT) Lenten Breakfast, Palm Crosses & Confession

Holy Week is April 28-May 4. PASCHA IS MAY 5. Schedule of Holy Week Services will be mailed separately. LOCATIONS: “HT” = Holy Trinity Church, 985 Providence Blvd.; “SG” = St. George Chapel, 8941 Ringeisen Rd. All Lenten and Holy Week services are broadcast online at HolyTrinityPgh.org/live for those unable to attend.