



"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*



985 Providence Boulevard · Pittsburgh, PA 15237 · 412-366-8700 · Fax: 412-366-8710 · www.HolyTrinityPgh.org · office@HolyTrinityPgh.org

LENTEN SERVICES – THIS WEEK

- Monday, Apr. 1 – 6:30 pm (SG) Great Compline. A quiet and beautiful service of mostly readings as well as Lenten hymns. This is a wonderful opportunity for some quiet, prayerful solace during the Lenten season.

- Wednesday, Apr. 3 - 6:30 pm (HT) Liturgy of the Pre-sanctified Gifts. A deeply prayerful Lenten Liturgy filled with readings from the Old Testament. Church School students in grades 5-12 are asked to sign up to do the readings. Anyone wishing to receive Holy Communion should refrain from eating or drinking after the noon meal. Also, everyone is invited to stay for a light Lenten covered dish meal after the service. Please bring a Lenten dish to share!

- Friday, Apr. 5 – 6:30 pm (SG): The Salutations to the Theotokos. The annual service of honoring the commemorating the greeting of the Archangel Gabriel to the Theotokos. Almost entirely sung. Come and seek the blessed intercessions of the Theotokos, who stands before her Son and our Lord on our behalf.

WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, MARCH 31, 2024

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

TODAY'S SCRIPTURE READINGS

Epistle Reading

St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

Κατ' ἀρχάς, κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σου εἰσὶν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτοῦς, ὡς ἱμάτιον καὶ ἀλλαγῆσονται· σὺ δὲ ὁ αὐτὸς εἶ καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἶρηκέν ποτε, Κάθου ἐκ δεξιῶν μου ἕως ἂν θῶ τοὺς ἐχθρούς σου ὑποπόδιον τῶν ποδῶν σου; οὐχὶ πάντες εἰσὶν λειτουργικὰ πνεύματα εἰς διακονίαν ἀποστελλόμενα διὰ τοὺς μέλλοντας κληρονομεῖν σωτηρίαν; Διὰ τοῦτο δεῖ περισσοτέρως προσέχειν ἡμᾶς τοῖς ἀκουσθεῖσιν, μήποτε παραρῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοή ἔλαβεν ἕνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; ἦτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

"IN THE BEGINNING, you O Lord, didst found the earth, and the heavens are the work of thy hands; they will perish, but thou remainest; they will all grow old like a garment, like a mantle thou wilt roll them up, and they will be changed. But thou art the same, and thy years will never end." But to what angel has he ever said, "Sit at my right hand, till I make thy enemies a stool for thy feet?" Are they not all ministering spirits sent forth to serve,

for the sake of those who are to obtain salvation? Therefore we must pay closer attention to what we have heard, lest we drift away from it. For if the message declared by angels was valid and every transgression or disobedience received a just retribution, how shall we escape if we neglect such a great salvation? It was declared at first by the Lord, and it was attested to us by those who heard him.

Gospel Reading – Sunday of St. Gregory Palamas Mark 2:1-12

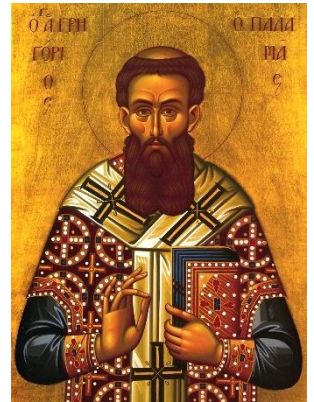
Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς Καφαρναοὺμ καὶ ἠκούσθη ὅτι εἰς οἶκον ἔστι. Καὶ συνήχθησαν πολλοὶ ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν, καὶ ἐλάλει αὐτοῖς τὸν λόγον. Καὶ ἔρχονται φέροντες πρὸς αὐτὸν παραλυτικὸν αἰρόμενον ὑπὸ τεσσάρων. Καὶ μὴ δυνάμενοι προσενέγκαι αὐτῷ διὰ τὸν ὄχλον ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον ὅπου ὁ παραλυτικὸς κατέκειτο. Καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ, Τέκνον, ἀφίενταί σου αἱ ἁμαρτίαι. Ἦσαν δὲ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν, Τί οὗτος οὕτως λαλεῖ; βλασφημεῖ· τίς δύναται ἀφίεναι ἁμαρτίας εἰ μὴ εἰς ὁ θεός; καὶ εὐθύς ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως διαλογιζονται ἐν ἑαυτοῖς λέγει αὐτοῖς, Τί ταῦτα διαλογιζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστὶν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, Ἀφίενταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, Ἐγειρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφίεναι ἁμαρτίας ἐπὶ τῆς γῆς λέγει τῷ παραλυτικῷ, Σοὶ λέγω, ἔγειρε ἄρον τὸν κράβαττόν σου καὶ ὑπάγε εἰς τὸν οἶκόν σου. Καὶ ἠγέρθη καὶ εὐθύς ἄρας τὸν κράβαττον ἐξῆλθεν ἔμπροσθεν πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν θεὸν λέγοντας ὅτι Οὕτως οὐδέποτε εἶδομεν.

At that time, Jesus entered Capernaum and it was reported that he was at home. And many were gathered together, so that there was no longer room for them, not even about the door; and he was preaching the word to them. And they came, bringing to him a paralytic carried by four men. And when they could not get near him because of the crowd, they removed the roof above him; and when they had made an opening, they let down the pallet on which the paralytic lay. And when Jesus saw their faith, he said to the paralytic, "My son, your sins are forgiven." Now some of the scribes were sitting there, questioning in their hearts, "Why does this man speak thus? It is a blasphemy! Who can forgive sins but God alone?" And immediately Jesus, perceiving in his spirit that they thus questioned within themselves, said to them, "Why do you question thus in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, take up your pallet and walk? But that you may know that the Son of man has authority on earth to forgive sins'" - he said to the paralytic - "I say to you, rise, take up your pallet and go home." And he rose, and immediately took up the pallet and went out before them all; so that they were all amazed and glorified God, saying, "We never saw anything like this!"

SAINTS AND FEASTS COMMEMORATED TODAY

- Sunday of St. Gregory Palamas

This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos, and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam; Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise, it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347 he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years and wrote many books and treatises on the most exalted doctrines of our Faith; and having lived for a total of sixty-three years, he reposed in the Lord in 1359. His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.



- The Holy Hieromartyr Hypatius, Bishop of Gangra
- St. Akakios, the Confessor

- St. Innocent, Enlightener of Siberia & Alaska
- St. Theophilus the Martyr, and those with him

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Second Tone (Page 52)

When You descended into death, O Life immortal, You destroyed Hades with the splendor of Your divinity. And when You raised the dead from the depths of darkness, all the heavenly powers shouted: O Giver of life, Christ our God, glory to You!

Apolytikion for the Sunday of St. Gregory Palamas in the Eighth Tone (Page 72)

O Gregory the Wonderworker, light of Orthodoxy, support and teacher of the Church, glory of monks and invincible protector of theologians, pride of Thessalonika and preacher of grace, pray without ceasing for the salvation of our souls.

Apolytikion of Holy Trinity Church (Page 75)

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

Greek: Ευλογητός ει Χριστέ, ο Θεός ήμων, ο πανσόφους τους αλιείς 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 Akathist to the Theotokos (Page 54)

English: O Champion General, I your City now ascribe to you / triumphant anthems as the tokens of my gratitude, / being rescued from the terrors, O Theotokos. / Inasmuch as you have power unassailable, / from all kinds of perils free me so that unto you / I may cry aloud: Rejoice O unwedded Bride.

Greek: Τη Υπερμάχῳ Στρατηγῶ τα νικητήρια / Ὡς λυτρωθεῖσα των δεινων ευχαριστήρια / Αναγράφω σοι η Πόλις σου, Θεοτόκε / Ἀλλ' ὡς ἔχουσα το κράτος ἀπροσμάχητον / Ἐκ παντοίων με κινδύνων ἐλευθέρωσον / Ἴνα κράζω σοι, Χαίρε Νύμφη ἀνύμφευτε.

Phoenetics: Ti i-per-ma-a-ho stra-ti-go ta ni-ki-ti-ri-a, / os li-tro-thi-sa ton di-non ef-ha-ri-sti-ri-a, / a-na-gra-fo si i po-li sou The-o-to-ke. / Al-os e-hou-sa to kra-tos a-pros-ma-hi-ton, / ek pan-ti-on me kin-din-on e-lef-the-ro-son, / i-na kra-zo si: He-re nim-fi a-nim-fef-te.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Hospitality Hour

Hospitality Hour is being hosted by the Holy Trinity AOA (Active Older Adults) Ministry. Thank you!

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! Please visit the Lenten Soup Sales table in Gallery during Hospitality Hour each week through April 28! Thank you for supporting our youth as you strive to maintain and grow your spiritual discipline of fasting during Lent!

UPCOMING EVENTS AND ANNOUNCEMENTS

Upcoming Services - Locations: (HT) Holy Trinity Church; (SG) St. George Chapel, 8941 Ringeisen Rd, Allison Park, PA

- **Mon. Apr 1**, 6:30pm: Great Compline (SG)
- **Wed. Apr 3**, 6:30pm: Pre-Sanctified Liturgy followed by Lenten Dinner (HT)
- **Fri. Apr 5**, 6:30pm: Service of Salutations to the Theotokos (SG)

Faith & Family Weekdays

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

THIS WEEK:

- **Tues. Apr 2, 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.
- **Wed. Apr 3: Pre-Sanctified Liturgy, Lenten Dinner, and Lenten Speakers Series**
 - **Liturgy of the Presanctified Gifts (6:30-7:45pm):** This is a mid-week Lenten blessing provided by the Church as a way of offering the Holy Gifts between Sundays during Lent. The Liturgy of the Presanctified Gifts is an evening service which comprises the solemn Lenten Vespers with the distribution of Holy Communion at the end. There is no consecration of the Holy Gifts during the service. Holy Communion is offered from the reserve gifts consecrated on the previous Sunday at the celebration of the Divine Liturgy. Those Orthodox Christians wishing to receive Holy Communion should prepare as usual but should also refrain from eating or drinking after their midday meal. Readings will be done by our older Church School students.
 - **Lenten Dinner (7:45pm):** We will continue the tradition of Lenten dinners following Pre-sanctified Liturgies by asking for volunteers to bring food if you are able. Plan on a Lenten vegetable, soup, salad, or dessert for approximately 20. Everyone is invited to stay for this light meal. After the meal is served, everyone will remain in the Grand Room for a Lenten presentation.
- **Thur. Apr 4, 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.

BECOME WHAT YOU WERE MADE TO BE. THIS YEAR, EXPERIENCE

LENT WITH INTENT

INTEND TO PRAY, FAST, GROW, SERVE, ATTEND.

"What can I offer the Lord for all He has done for me? I will lift up the cup of salvation and call on the name of the Lord. I will keep my promises to the Lord in the presence of all His people." (Psalm 116.12-13)

2024 Lenten Theme: "Lent with Intent"

Each year we offer a theme for Lent which builds on our Orthodox Christian tradition in a way that helps us grow and connect with Christ in today's world. This year the theme is "Lent with Intent", taken from Psalm 116.12-13: "What can I offer the Lord for all he has done for me? I will lift up the cup of salvation and call on the name of the Lord. I will keep my promises to the Lord in the presence of all his People." During the Lenten journey you will hear lessons on the many opportunities the Church provides as we restore our relationship with God and His Holy Church, through which we find true peace in Him Who is our peace, Jesus Christ.

[Apr 7] Godparent/Godchild Sunday & Philoptochos Annual Lenten Luncheon – Send Your Invitations

Holy Trinity Church will celebrate its annual "Godparent/Godchild" Sunday on April 7 this year. In previous years we had asked our Church School students to invite their Godparents to attend, but this year we are asking everyone to do so. To assist with that, **there are invitations with envelopes available in the Narthex and at the church office window. Please take one, sign and address it and send it to the one who sponsored you for your Baptism or Chrismation and ask them to join you for this special celebration.** If they already entered the joy of eternal life, they will be with us spiritually, so celebrate for them here!

Festival Cooking – IT'S BACK!

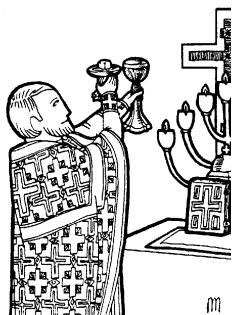
IT'S NEVER TOO EARLY to get started on our FESTIVAL COOKING 2024! Please mark your calendars and plan to come and help on the following days. Bring the kids, bring your husbands, bring your wives, bring your friends! All are welcome...no experience necessary. Tons of light and heavy tasks for all. THANK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

- Saturday, April 13, 9:00am-6:00pm – Kourambiethes and Finikia
- See the flyer in the March Herald for the rest of the upcoming dates.

Visitation Ministry PASCHA GIFTS

The Visitation Ministry is coordinating Pascha visits and gift deliveries for our homebound parishioners. If you know of someone in need of a visit/gift, please contact Amy Armanious at visitation@holytrinitypgh.org.

Welcome to the Sundays of Lent and the Divine Liturgy of Saint Basil



During the Sundays of Lent, the Orthodox Church changes from using the Divine Liturgy of Saint John Chrysostom to the Divine Liturgy of Saint Basil. Why do we do that and what are the differences? To most outward appearances, the Divine Liturgy of Saint Basil differs very little from the Liturgy of St. John Chrysostom, and those wishing to follow the service in the Divine Liturgy book may use the regular book to do so. The primary difference is in the prayers said by the priest in the later part of the service and the hymn "All of Creation" ("Epi Si Heri") which replaces the usual "It Is Worthy" ("Axion Estin") after the Consecration of the Holy Gifts. Why the change? In general, the prayers of St. Basil are more penitential, and therefore lend themselves to the Church's liturgical preparation for important holy days; hence, their use during Great Lent and on the eves of Nativity and Theophany. During this service, as the priest offers the prayers, there may be times

when the choir completes its hymn, and the priest is still offering the prayer. During this season of increased prayer and spiritual attention, please use those times to follow along with the prayers with your own heart and immerse yourself in this beautiful worship experience. Rather than "wait for" the priest to finish the prayers, join him in the prayer of your own heart! The large green Holy Trinity Divine Liturgy books indicate where the changes in those prayers are, and you may follow them to develop a greater understanding and appreciation of their beauty and meaning. A blessed Lent to all!

Lenten and Holy Week Schedules of Services

The March edition of *The Herald* contained a complete schedule of services for Lent. A Holy Week schedule will be arriving in the April issue this week. Please post them in a conspicuous place in your home. Make a family plan and circle the services you can attend and place them on your schedule and on your phone and computer calendars! As the hymn from the Book of Psalms tells us during the Great Compline service, "God is with us."

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 of needed. Thank you for helping our community grow in the proper and helpful Orthodox spiritual practice and discipline.

Lenten Resources Available on the Internet

Looking for educational or inspirational information and resources for Lent? Try one of the best religious sites on the Internet: The Greek Orthodox Archdiocese of America. To visit the general site, go to <https://www.goarch.org/lent>

Local Outreach - 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!

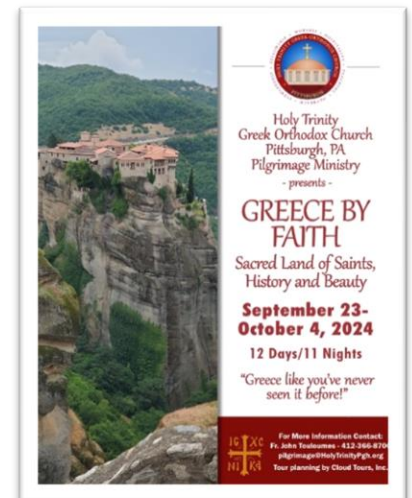


**TOGETHER
WE CAN MAKE A
DIFFERENCE**



"Greece By Faith" 2024 Pilgrimage –Spots are still available!

The Holy Trinity Pilgrimage Ministry is pleased to offer its 2024 Pilgrimage: "Greece by Faith", September 23 through October 4, 2024. Spots are still available for parishioners, and registration is now open to those outside the parish. To request a reservation form, see Father John **today** or send an email to pilgrimage@HolyTrinityPgh.org. Full payment is due June 21, 2024. For more details visit: holytrinitypgh.org/2024-greece.



[Apr 20] Holy Trinity Cemetery – Community Clean-Up Day

Please make plans to join us on Saturday, April 20th from 9:00am until 4:00pm for Community Clean-Up Day at Holy Trinity Cemetery (8941 Ringeisen Rd Allison Park, PA 15101). Volunteers are asked to help with the general Spring cleaning of the Cemetery grounds. Bring your lawn & garden tools and a pair of work gloves! Topsoil will be provided for those parishioners who would like to work on their family's individual graves. Snacks and drinks will be provided. Rain date if needed, will be Sunday, April 21st. All help is greatly appreciated! Questions? Please call Bill Fiedler at 412-364-1545.



[May 23] AOA Holy Trinity Active Older Adults - Paint Party

For the entire community 60 years old and older. Enjoy an afternoon of companionship, while painting your masterpiece under the direction of a local artist while sipping wine and enjoying appetizers & desserts on Thursday, May 23 at 1:00pm in the Gallery. To reserve your spot, please email your reservation to AOA@HolyTrinityPgh.org or see or call Tasy at 724-612-9145. The cost is \$36.00 per person. Make new friends and get reacquainted with old ones. We can also plan more events and trips for our group together. Want to be part of the AOA Planning Committee? Call or see Tasy.

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.**

It's Lent - Time for Confession

Holy Confession is one of the foundations of Orthodox Christian spiritual life and should be practiced on a regular basis. Often times fast periods such as Lent offer us an added motivation to examine our soul and realize it's time to "clean things up" as we accept the gracious offer of Jesus Christ, who commissioned His Holy Apostles when He appeared to them after the Resurrection, "If you forgive the sins of any, they are forgiven them" (John 20.22). To schedule a confession, please see Father John, Father Radu or call the Church office. If you would like to have it before Pascha, it must be done prior to Holy Week due to the liturgical and pastoral schedule of that week.

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.

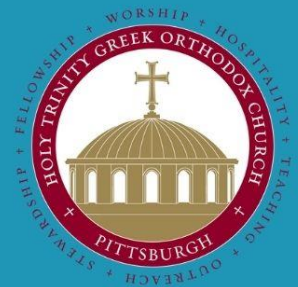
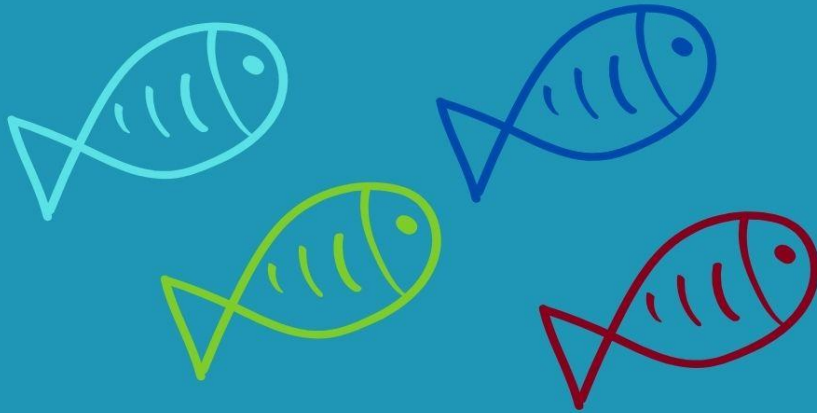
About Receiving Holy Communion in the Orthodox Church

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: April 14: Demetria Frankos (20 years), Stefanos Karavolos (25 years); April 21: Father Sarantos Serviou (1 year), Presvytera Nancy Athanasia Serviou (3 years), Georgiann Bounos (1 year), Stefanos Bounos (15 years), Agapios Kritiotis (2 years) & Maria Kritiotis (5 years)

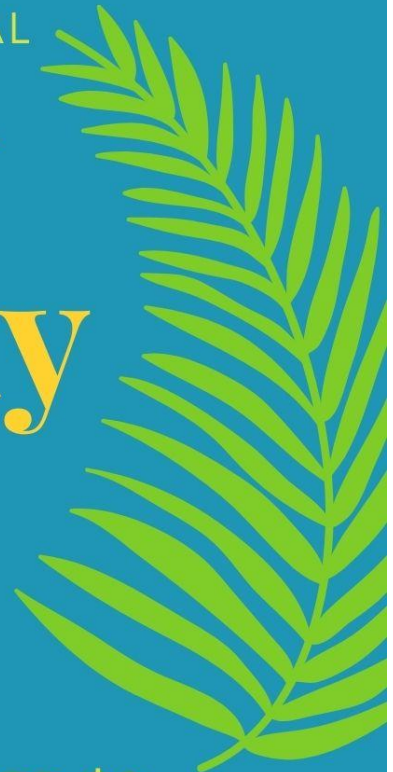
SUNDAY, APRIL 28, 2024
FOLLOWING DIVINE LITURGY



**SCAN HERE
FOR TICKETS!**

CELEBRATE THE LORD'S ENTRY INTO
JERUSALEM WITH THE GOYA'S ANNUAL

Community Palm Sunday Luncheon



- **ADVANCE RESERVATIONS ONLY**
- **HOMEMADE FISH MEAL**
- **ADULTS \$15 / CHILDREN 12 & UNDER \$8**
- **TO-GO PRE-ORDERS ALSO AVAILABLE**

RESERVE ONLINE HOLYTRINITYPGH.ORG/EVENTS
OR IN THE GALLERY AFTER LITURGY APRIL 14 & 21
RESERVATION DEADLINE: TUESDAY, APRIL 23, 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 North Hills Pan-Orthodox Worship: 7:00pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner at St. Alexander Nevsky Cathedral	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 North Hills Pan-Orthodox Worship: 6:30pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner at Holy Trinity	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 North Hills Pan-Orthodox Worship: 6:00pm Liturgy of the Pre-sanctified Gifts/Lenten Dinner at St. John the Baptist Church, 2201 Duncan Ave.	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.