



**"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

**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)*

**WELCOME TO HOLY TRINITY CHURCH!**  
**WEEKLY BULLETIN – SUNDAY, APRIL 14, 2024**  
Hours: Orthros 8:15 am / Divine Liturgy 9:30 am

### **TODAY'S SCRIPTURE READINGS**

#### **Epistle Reading**

#### **St. Paul's Letter to the Hebrews 6:13-20**

#### **LENTEN SERVICES – THIS WEEK**

- **Monday, Apr. 15 – 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. 17 - 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 and Lenten Presentation after the service. Please bring a Lenten dish to share!

- **Friday, Apr. 19 – 6:30 pm (SG): Service of the Akathist Hymn to the Theotokos.** Come and seek the blessed intercessions of the Theotokos, who stands before her Son and our Lord on our behalf. Last of the Friday services of Lent – last chance to hymn and honor the Holy Theotokos.

Ἀδελφοί, τῷ Ἀβραάμ ἐπαγγελιάμενος ὁ θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὁμόσαι, ὥμοσεν καθ' ἑαυτοῦ, λέγων, Εἰ μὴν εὐλογῶν εὐλογήσω σε καὶ πληθύνων πληθυνῶ σε· καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι γὰρ κατὰ τοῦ μείζονος ὁμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὄρκος· ἐν ᾧ περισσότερο βουλόμενος ὁ θεὸς ἐπιδειῖξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλής αὐτοῦ ἐμεσίτευσεν ὄρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι [τὸν] θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατήσαι τῆς προκειμένης ἐλπίδος· ἦν ὡς ἀγκυραν ἔχομεν τῆς ψυχῆς, ἀσφαλῆ τε καὶ βεβαίαν καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος, ὅπου πρῶδρομος ὑπὲρ ἡμῶν εἰσήλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδέκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

**Gospel Reading – The Fourth Sunday of Lent - St. John of the Ladder  
Mark 9:17-31**

Τῷ καιρῷ ἐκεῖνω, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ λέγων, Διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρὸς σέ, ἔχοντα πνεῦμα ἄλαλον· καὶ ὅπου ἐὰν αὐτὸν κατα λάβῃ ρήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας καὶ ξηραίνεται· καὶ εἶπα τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσιν, καὶ οὐκ ἴσχυσαν. Ὁ δὲ ἀποκριθεὶς αὐτοῖς λέγει, Ὡ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρὸς με. Καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν τὸ πνεῦμα εὐθύς συνεσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. Καὶ ἐπηρώτησεν τὸν πατέρα αὐτοῦ, Πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπεν, Ἐκ παιδιόθεν· καὶ πολλάκις καὶ εἰς πῦρ αὐτὸν ἔβαλεν καὶ εἰς ὕδατα ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνῃ, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. Ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ, Τὸ εἶ δύνηπάντα δυνατὰ τῷ πιστεύοντι. Εὐθύς κράξας ὁ πατήρ τοῦ παιδιοῦ ἔλεγεν, Πιστεύω· βοήθει μου τῇ ἀπιστίᾳ. Ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος ἐπέτιμησεν τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ, Τὸ ἄλαλον καὶ κωφὸν πνεῦμα, ἐγὼ ἐπιτάσσω σοι, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. Καὶ κράξας καὶ πολλὰ σπαράξας ἔξηλθεν· καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε τοὺς πολλοὺς λέγειν ὅτι ἀπέθανεν. Ὁ δὲ Ἰησοῦς κρατήσας τῆς χειρὸς αὐτοῦ ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντος αὐτοῦ εἰς οἶκον οἱ μαθηταὶ αὐτοῦ κατ' ἰδίαν ἐπηρώτων αὐτόν, Ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκ βαλεῖν αὐτόν; καὶ εἶπεν αὐτοῖς, Τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἔξελθεῖν εἰ μὴ ἐν προσευχῇ. Κάκειθεν ἔξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γνοῖ· ἐδίδασκεν γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι Ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς μετὰ τρεῖς ἡμέρας ἀναστήσεται.

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

**SAINTS AND FEASTS COMMEMORATED TODAY**

**- Sunday of St. John Climacus ("St. John of the Ladder")**

The memory of this Saint is also celebrated on the calendar on March 30, where his biography may be found. He is celebrated today because his book, "The Ladder of Divine Ascent," is a sure guide to the ascetic life, written by a great man of prayer experienced in all forms of the monastic polity; it teaches the seeker after salvation how to lay a sound foundation for his struggles, how to detect and war against each of the passions, how to avoid the snares laid by the demons, and how to rise from the rudimental virtues to the heights of Godlike love and humility. It is held in such high esteem that it is universally read in its entirety in monasteries during the Great Fast.

**- St. Ardalion, the Actor and Martyr**

**- St. Demetrios, the New-Martyr of Arcadia**

**- Sts. Aristarchus, Pudens, Trophimus the Apostles of the 70**

**- St. Thomais, the Martyr of Alexandria**

**APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE**

**Resurrectional Apolytikion in the Fourth Tone (Page 53)**

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

### **Apolytikion for the Sunday of St. John Climacus in the Eighth Tone (Page 73)**

With the rivers of your tears, you have made the barren desert fertile, and with the sighs of sorrow from your heart you have made your labors to bear a hundredfold. With the glory of your miracles you have become a light to the inhabited earth, O John, our holy father. Pray to Christ our God for the salvation of our souls.

### **Kontakion for a Memorial Service in the Eighth Tone**

**English:** Remember, O Lord, as You are good, Your servant(s), and forgive every sin he (she,they) have committed in this life. For no one is sinless except You, who have power to grant rest to those who have fallen asleep.

**Greek:** Μνήσθητι, Κύριε, ὡς ἀγαθός, τοῦ (τῆς, τῶν) δούλου (δούλης, δούλων) σου, καὶ ὅσα ἐν βίῳ ἤμαρτεν (ἤμαρτεν, ἤμαρτον) συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰμὴ σὺ ὁ δυνάμενος, καὶ τῷ (τῆ, τοῖς).

### **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 εἰ Χριστέ, ὁ Θεός ἡμῶν, ὁ πανσόφους τοὺς ἀλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τὸ ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, 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 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 Ὑπερμάχῳ Στρατηγῷ τα νικητήρια / Ὡς λυτρωθεῖσα τῶν δαιῶν εὐχαριστήρια / Αναγράφω σοι ἡ Πόλις σου, Θεοτόκε / Ἀλλ' ὡς ἔχουσα τὸ 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**

#### **Memorials Today**

Memorial prayers will be offered at the conclusion of the Divine Liturgy today for the repose of the souls of the servants of God, John Gagianas (40 days), Demitria Frankos (20 years) and Stefanos Karavolos (25 years). May their memory be eternal! The Karavolos and Frankos Families will be sponsoring the Hospitality Hour today.

#### **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!



#### **Palm Sunday Tickets Available Today – Advance Purchase Required!**

Please visit the GOYA table in the Gallery purchase your advance tickets for the Palm Sunday GOYA Community Fish Luncheon on April 28 (only two weeks from today!). Our teens are putting together a delicious meal as always, and they would really appreciate everyone not only attending, but purchasing tickets this week so they can get a good idea of how much food to prepare. Our teens work very hard throughout the year to serve the community and they truly appreciate your support. All proceeds raised go to fund the activities and philanthropic activities of our youth. Please plan on staying for the lunch and PLEASE get your tickets today either in the Gallery during Hospitality Hour using cash or check, or online using a credit card at [HolyTrinityPgh.org/events](http://HolyTrinityPgh.org/events).

### **Holy Trinity Dance Troupe - New Dancer Registration**

There will be a registration table located in the Gallery today for parents to sign up their children for the Holy Trinity Dance Troupe. Parent contact information is needed so that the dance practice schedule can be emailed. The groups are as follows: HOPE: 5 years old through 2nd grade; JOY: 3rd grade-6th grade; GOYA: 7th grade-12th grade. We look forward to starting our dance practices soon!

### **Visitation Ministry PASCHA GIFTS Delivery: Helpers Are Needed – Sign Up Today**

The Visitation Ministry is coordinating Pascha visits and gift deliveries for our homebound parishioners. We need visitors who are willing to deliver gifts between Palm Sunday, April 28 and Bright Monday, May 6. If you are interested, please stop by the Visitation Ministry table in the Gallery after Liturgy today to sign up! Gifts will be available for pick up on Palm Sunday, April 28th. Allow God to bless others through you!

---

## **UPCOMING EVENTS AND ANNOUNCEMENTS**

---

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

- **Mon. Apr 15**, 6:30pm: Great Compline (SG)
- **Wed. Apr 17**, 6:30pm: Pre-Sanctified Liturgy followed by Lenten Dinner and Presentation (HT)
- **Fri. Apr 19**, 6:30pm: Service of the Akathist Hymn to the Theotokos (SG)

### **Faith & Family Weekdays – This Week**

- **Wed. Apr. 17: Pre-Sanctified Liturgy, Lenten Dinner, and Lenten Presentations Series**
  - **Liturgy of the Presanctified Gifts (6:30-7:45pm):** This is a mid-week Lenten blessing provides 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. 18, 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.

### **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.

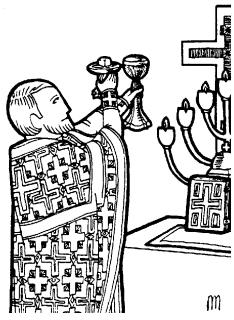
### **Lenten and Holy Week Schedules of Services**

The March edition of *The Herald* contained a complete schedule of services for Lent and the April edition of *The Herald* contains the Holy Week schedule. 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 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>

## 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 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.

### 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.

### [Apr 20] Holy Trinity Cemetery – Community Clean-Up Day – THIS SATURDAY!

Please make plans to join us this Saturday, April 20<sup>th</sup> 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 21<sup>st</sup>. All help is greatly appreciated! Questions? Please call Bill Fiedler at 412-364-1545.



### [Apr 21] Spring General Assembly – Next Sunday

Our regular Spring General Assembly will be held next Sunday, April 21 following Divine Liturgy. Please plan to be present to participate as part of fulfilling your membership at Holy Trinity Church!

### [Apr 28] Philoptochos Pascha Bread Sale

The Ladies Philoptochos Omonia will be making Pascha bread this year. There will be approximately 100 loaves available. There will be NO PREORDERS and they will only be available on a first come first served basis. The bread will be available on Palm Sunday, April 28<sup>th</sup> following Liturgy and will be sold for \$10.00 per loaf. Thank you for your support!

### Festival Cooking – IT'S BACK!

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

- Tuesday, May 14, 9:00am-9:00pm – Apricot Rolls
- Tuesday, May 21, following Liturgy to 9:00pm – Apricot Rolls, Portokalopita & Finikia Dipping

### **[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](mailto: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.

### **"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 friends of Holy Trinity. To request a reservation form, see Father John **today** or send an email to [pilgrimage@HolyTrinityPgh.org](mailto:pilgrimage@HolyTrinityPgh.org). Full payment is due June 21, 2024. For more details visit: [holytrinitypgh.org/2024-greece](http://holytrinitypgh.org/2024-greece).

### **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](http://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](http://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!**

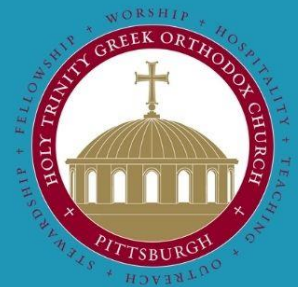
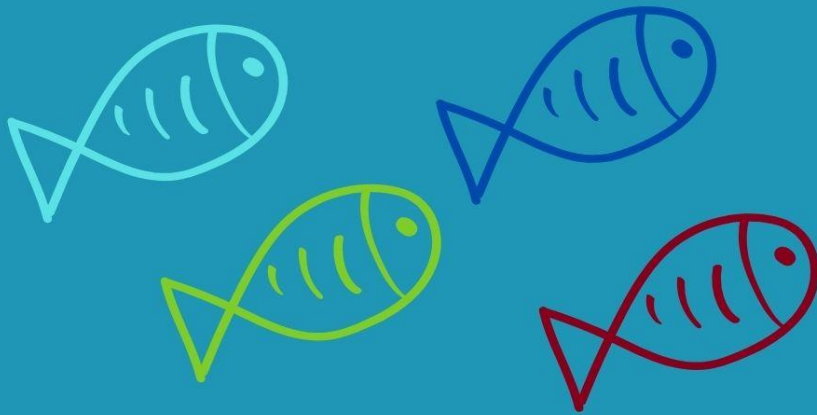
We welcome all our guests to Holy Trinity Church today, whether as visitors from out of town, family members joining others here for worship today or even soon-to-be members here for the first time. No matter what the reason the Holy Spirit brought you here today, we welcome you with open arms and hearts 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:** 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)

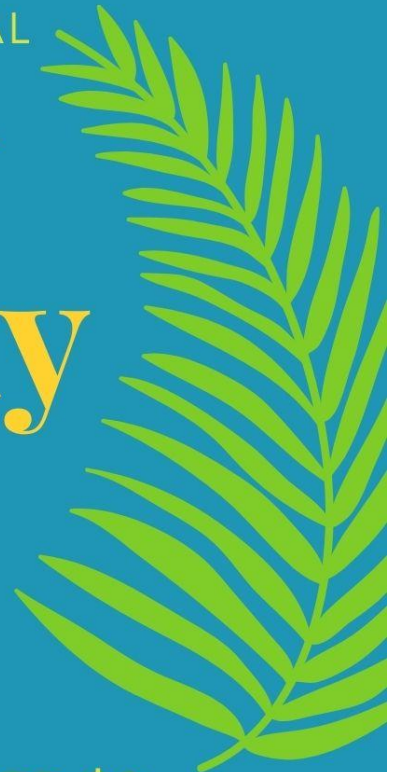
**SUNDAY, APRIL 28, 2024**  
**FOLLOWING DIVINE LITURGY**



**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](https://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](http://HolyTrinityPgh.org/live) for those unable to attend.**