



"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*
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WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, SEPTEMBER 20, 2026

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

TODAY'S SCRIPTURE READINGS

Epistle Reading

St. Paul's Letter to the Galatians 2:16-20

Ἀδελφοί, εἰδότες ὅτι οὐ δικαιούται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπίστευσάμεν, ἵνα δικαιωθῶμεν ἐκ πίστεως Χριστοῦ, καὶ οὐκ ἐξ ἔργων νόμου· διότι οὐ δικαιωθήσεται ἐξ ἔργων νόμου πᾶσα σὰρξ. Εἰ δέ, ζητοῦντες δικαιωθῆναι ἐν Χριστῷ, εὐρέθημεν καὶ αὐτοὶ ἁμαρτωλοὶ, ἅρα Χριστὸς ἁμαρτίας διάκονος; Μὴ γένοιτο. Εἰ γὰρ ἂ κατέλυσα, ταῦτα πάλιν οἰκοδομῶ, παραβάτην ἑμαυτὸν συνίστημι. Ἐγὼ γὰρ διὰ νόμου νόμῳ ἀπέθανον, ἵνα θεῷ ζήσω. Χριστῷ συνεσταύρωμαι· ζῶ δέ, οὐκέτι ἐγὼ, ζῇ δὲ ἐν ἐμοὶ Χριστός· ὃ δὲ νῦν ζῶ ἐν σαρκί, ἐν πίστει ζῶ τῇ τοῦ υἱοῦ τοῦ θεοῦ, τοῦ ἀγαπήσαντός με καὶ παραδόντος ἑαυτὸν ὑπὲρ ἐμοῦ.

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

Gospel Reading – Sunday after Holy Cross

Mark 8:34-38; 9:1

Εἶπεν ὁ Κύριος· Εἴ τις θέλει ὀπίσω μου ἐλθεῖν, ἀπαρνησάσθω ἑαυτὸν καὶ ἀράτω τὸν σταυρὸν αὐτοῦ, καὶ ἀκολουθείτω μοι. ὃς γὰρ ἂν θέλῃ τὴν ψυχὴν αὐτοῦ σῶσαι, ἀπολέσει αὐτήν· ὃς δ' ἂν ἀπολέσῃ τὴν ἑαυτοῦ ψυχὴν ἕνεκεν ἐμοῦ καὶ τοῦ εὐαγγελίου, οὗτος σώσει αὐτήν. τί γὰρ ὠφελήσεται ἄνθρωπον ἐὰν κερδήσῃ τὸν κόσμον ὅλον, καὶ ζημιωθῇ τὴν ψυχὴν αὐτοῦ; ἢ τί δώσει ἄνθρωπος ἀντάλλαγμα τῆς ψυχῆς αὐτοῦ; ὃς γὰρ ἐὰν ἐπαισχυνηθῇ με καὶ τοὺς ἐμοὺς λόγους ἐν τῇ γενεᾷ ταύτῃ τῇ μοιχαλίδι καὶ ἁμαρτωλῷ, καὶ ὁ υἱὸς τοῦ ἀνθρώπου ἐπαισχυνηθήσεται αὐτὸν ὅταν ἔλθῃ ἐν τῇ δόξῃ τοῦ πατρὸς αὐτοῦ μετὰ τῶν ἀγγέλων τῶν ἁγίων. Καὶ ἔλεγεν αὐτοῖς· ἀμὴν λέγω ὑμῖν ὅτι εἰσὶ τινες τῶν ὧδε ἐσθηκότων, οἵτινες οὐ μὴ γεύσονται θανάτου ἕως ἂν ἴδωσι τὴν βασιλείαν τοῦ Θεοῦ ἐληλυθυῖαν ἐν δυνάμει.

The Lord said, "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

SAINTS AND FEASTS COMMEMORATED TODAY

- Sunday after Holy Cross
- Afterfeast of the Holy Cross
- St. John, the Foreigner
- St. Eustathius, the Great Martyr, his wife and two children
- Our Righteous Father Eustathius, Archbishop of Thessalonica
- St. Hilarion, the New Martyr of Crete

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 for the Afterfeast of the Holy Cross in the First Tone (Page 72)

Save, O Lord, Your people and bless Your inheritance; grant victory to Your rulers against their adversaries; and protect Your commonwealth through Your Cross.

Apolytikion for Martyr Eustathius and His Companions in the Fourth Tone

Your Martyrs, O Lord, were worthily awarded by You * the crowns of incorruption, in that they contested for Your our immortal God. * Since they possessed Your power, they defeated the tyrants, * dashing the demons' powerless displays of defiance. * O Christ God, at their fervent entreaties, save 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 αλεις αναδείξας, καταπέμψας αυτοις το Πνεύμα το άγιον, και δι' αυτών την οικουμένην 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 Holy Cross

You who were lifted on the cross voluntarily,* O Christ our God, bestow Your tender compassions* upon Your new community to which You gave Your name.* Cause our faithful emperors to be glad in Your power,* granting them the victories against their adversaries.* And for an ally, Lord, may they have You,* peace as their armor, the trophy invincible.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Orthodox Volunteer Corps Visit

Orthodox Volunteer Corps (OVC) is a Pittsburgh based pan-Orthodox ministry whose mission is to develop and equip Orthodox young adults to lead lives of faithful service for the Church and the world. Michael Sider-Rose, the CEO of OVC will be with us today to speak about the important work of OVC and to introduce us to the 2026 team. They are: Katerina Alden (Cleveland Heights, OH); Gabriel Braskett (Phoenix, AZ); Julianna Frigerio (Marshall, MI); Sydney Hauge (College Station, TX); Elliott McNeely (Brunswick, OH); Sarah Trujillo (Rio Rancho, NM); Dominic Vitz (Glendora, CA); Isabella Zamora (Austin, TX).



Hospitality Hour Sponsor

Today's Hospitality Hour is sponsored by Anthony Jones. Thank you!

GOYA Meeting Today

The GOYA teen ministry will be holding a meeting in the Conference Room following Church School classes today. All Holy Trinity teens (grades 7-12) are invited to attend and participate in the many exciting GOYA activities!

UPCOMING EVENTS AND ANNOUNCEMENTS

Services this Week: Location; St George Chapel (SG) 8941 Ringeisen Rd, Allison Park, PA

- Wednesday, September 23, 8:30am Orthros/9:30am Liturgy: Conception of St. John the Baptist (SG)

Church School Class Times

Remember that Church School begins with Divine Liturgy. So please be sure to have all our students here at 9:30am each Sunday. The youth sermon – a special time for your priests to teach and connect with our youth – takes place early in the service after the Gospel reading. Pre-School through Eighth Grade classrooms are located on the upper level of the Education Center. Ninth through Twelfth Grade classrooms are located on the main floor of the Education Center. Please note that **all classes, Pre-School through Twelfth Grade, conclude at 11:30am**. Parents, please give the teachers time to finish class every Sunday. Pre-School and Kindergarten parents should meet their children outside of their classroom on the upper level. All other students will be dismissed to the Church School snack area, which is located on the main floor Education Center hallway, outside of the Fireside Room. Thank you!

[Sep 24] Playtime & Parea – This Thursday

Join us for a fun, faith-filled playgroup for parents, caregivers, and little ones to connect, make new friends, and grow together in the love of Christ. Ages 0 to 4. Our next session will be this Thursday, September 24 at 10:00am in the Fireside Room and continue every other Thursday. **Please note the date has changed to every other THURSDAY.** Questions? Contact Helena Kraniou and Marika Gagianas at playtimeandparea@HolyTrinityPgh.org.

North Hills Community Outreach Coat Shop – Now through October 16

NHCO is currently collecting and distributing new coats to children ages infant to 18 years old. New hats, scarves and gloves are also being accepted. Gift cards to purchase coats are also greatly appreciated. Donations can be dropped off at any of the three offices (1975 Ferguson Rd in Allison Park, Millvale Community Center and 939 California Ave in Bellevue), or you can order from their Amazon Wish list <https://www.amazon.com/hz/wishlist/ls/5EIV17Y8UJ31> and have the coats shipped directly to NHCO. Adult sizes are most needed as many teens wear adult size coats. Thank you!

[Oct 18] Heart Health Awareness Event following Liturgy

Are you paying attention to the health of your heart? Our own parishioner and Parish Council member, Michael Erdeljac, is an American Heart Association "Leader of Impact" and will be hosting a free Heart Health Awareness event, featuring free CPR training (including Pediatric CPR) and Heart Health Awareness information. Representatives from the American Heart Association will also be present. Hospitality Hour is sponsored by the event that day.

A Journey to Fullness – An Introduction to the Fullness of the Original Christian Faith - Begins October 19

Are you new to the Orthodox Faith? Want to just explore or ready to dive in and learn how to live it fully? Born and raised Orthodox? Ready to deepen your understanding of the Church you love? Either way, please join us for a 6-week series of video lessons, live Q&A and engaging discussions about the Orthodox Christian Faith. Held Mondays at 7:00pm in the Holy Trinity Church Conference Room. Scheduled dates are Oct 19, 26, Nov 2, 9, 16, 23.

[Oct 25] GOYA Fall Fest



On Sunday, October 25, our Holy Trinity GOYA will host Youth Sunday and their annual Fall Fest in the Gallery following Liturgy, with hot sandwiches, comfy fall appetizers, salads, pumpkin and apple treats and more for sale. A homemade taste of Fall from our GOYA families! Thank you for supporting our teens!

Youth Safety Certification Reminder for Adults

Youth Protection Policy Note: All adults involved with youth ministry contact will need to complete the youth safety and protection requirements of the "Policies for the Safety of Youth and Children" of the Archdiocese, Metropolis and Holy Trinity Church. Are you not yet certified? Do you have any questions? Please see our parish Youth Safety Coordinator Christopher Welch or email youthsafety@HolyTrinityPgh.org.

The 2027 Bag Lunch Schedule is Here!



It's time to get your group or family and friends together for a meaningful day of giving to the poor and hungry in our region. Sponsored through the Orthodox outreach of the "Neighborhood Resilience Project", the 2027 weekly schedule of delivering 140 lunch bags to our less fortunate neighbors every Saturday of the year, is open and has many open dates available. Holy Trinity Church's participation has been critical in fulfilling this goal in the past, and we are grateful for our parishioners' renewed generosity again this year. Please contact Mike Kritiotis at 412-518-0588, or at outreach@holytrinitypgh.org to select a date and sign up your family/group/ministry for this worthy cause before the dates are taken!

Thank you, good and faithful servants of Christ!

Holding a Ministry Activity or Committee Meeting at Church? Reservations Required!

Our community and its ministries are growing! If your ministry or committee is planning a meeting or activity and you are planning to hold it at the church, please note that reservations for rooms and event spaces are required. Please call the Church Office at 412-366-8700 and speak to our Office Administrator, Mary Portellos. There have been times when all the spaces have been filled, so your cooperation helps ensure every group that needs a place has one and helps minimize space conflicts. We have a beautiful facility – let's work together so everyone who needs it can use it. Thank you!

2026 Stewardship – It's What Makes Life at Holy Trinity Possible - Have You Pledged?



Do you enjoy the life, ministries and activities Holy Trinity Church offers? It is all made possible through the generous donations and support of our stewards, who offer their time, talents, and treasures throughout the year. Traditional printed 2026 Stewardship Pledge Cards were distributed or mailed out months ago. If you have not completed yours, you also have the option of making your 2026 Stewardship Pledge ONLINE through our Realm system. Just visit our website at HolyTrinityPgh.org/pledge or click the "2026 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. Visit HolyTrinityPgh.org/give and click "Sign In." **NOTE: An updated Pledges Received list will be printed in the Fall *Holy Trinity Herald* next week. Don't miss out! Visit your Realm account or call the Church Office by this Monday to be sure you have an active pledge. There are quite a few missing – don't be one of them!**

In the Hospital? Home-Bound? Please let the Church Office know!

In today's age of information privacy, churches are not notified when parishioners are admitted to hospitals, nursing homes or other care facilities. Both those facilities and your church depend on having the church notified by a friend or family member so that pastoral care and outreach can be offered. The same goes for those homebound. If you or any of your loved ones are in any of these situations, please contact the Church Office at 412-366-8700 to request a visit from our priests or our wonderful Visitation Ministry. Also, interested in helping reach out to fellow parishioners in those situations? Please contact Amy Armanious at visitation@HolyTrinityPgh.org.

"God's House – Our Responsibility"

Attention all Holy Trinity parishioners, parents and youth: We all know the Church is "God's House." He expects us, however, to take care of it. That means leaving things the way we found them, cleaning up after ourselves and caring for every part of God's House even better than we treat our own. Holding an event or meeting? Leave the place the way you found it – or better. Hospitality Hour? Please place all your trash in the cans afterwards and be sure not to spill or crush things on the floor. And children? Please help them to understand – kindly – their need to also take care of God's House. We can all do this together! Thank you!

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. And please be sure to stay and enjoy our after-Liturgy Hospitality Hour!

About Receiving Holy Communion in the Orthodox Church

We welcome all who have come to worship with us today. Please note that **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!