



**"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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### WELCOME TO HOLY TRINITY CHURCH!

### WEEKLY BULLETIN – SUNDAY, SEPTEMBER 15, 2024

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 δικαιοῦται ἄνθρωπος ἐξ ἔργων νόμου, ἐὰν μὴ διὰ πίστεως Ἰησοῦ Χριστοῦ, καὶ ἡμεῖς εἰς Χριστὸν Ἰησοῦν ἐπιστεῦσαμεν, 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 ἐγώ, ζῇ δὲ ἐν ἐμοὶ Χριστός· ὁ 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 ἀκολουθεῖτω 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 ὠφελήσει 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 ἐμούς 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 ἐστηκότων, 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. Bessarion, of Larissa
- St. John, the New Martyr of Sfakion, Crete
- St. Nikitas, the Great Martyr
- St. Philotheos, the Righteous
- St. Porphyrios, the Actor
- Righteous Father Symeon, Archbishop of Thessalonica

## APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

### Resurrectional Apolytikion in the Third Tone (Page 52)

Let the heavens rejoice and the earth be glad, for the Lord has shown the power of His reign; He has conquered death by death, and become the first born of the dead. He has delivered us from the depths of Hades; and has granted to 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.

### 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 ἥμαρτεν (ἥμαρτεν, ἥμαρτον) συγχώρησον· οὐδεὶς γὰρ ἀναμάρτητος, εἰμὶ σὺ ὁ δυνάμενος, καὶ τῷ (τῇ, τοῖς) μεταστάντι (μεταστάσει, μεταστάσι) δοῦναι τὴν ἀνάπαυσιν.

### 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 ἀλεῖς 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 for the Afterfeast of the Holy Cross in the Fourth Tone

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

#### 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, Anthony Pickios (40 days). May his memory be eternal! The Pickios Family is sponsoring the Hospitality Hour today.

#### Welcome Father Michael!

Today we have the honor of welcoming Father Michael Varvarellis, Dean of the Holy Trinity Cathedral in Camp Hill. Father Michael is in Pittsburgh for the celebration of a wedding and has graciously accepted the invitation to offer a message of inspiration to the faithful of *this* Holy Trinity Church today. Welcome, Father Michael!

#### 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 2024 team. Welcome, all, and may God's blessings be upon your work and all those whom you serve!

## GOYA Meeting

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!

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## UPCOMING EVENTS AND ANNOUNCEMENTS

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### Services This Week:

- **Today, Sun. Sept. 15**, 4:00pm: Blessing of the Waters - hosted by the Greater Pittsburgh Orthodox Clergy Brotherhood. Please note LOCATION: Holy Dormition Greek Orthodox Church, 12 Washington Ave, Oakmont, PA 15139
- **Tues. Sept. 17**, 8:30am Orthros/9:30am Divine Liturgy: St. Sophia and her daughters, Faith, Hope and Love (Saint George Chapel, 8941 Ringeisen Rd, Allison Park, PA 15101)

### [Sep 17] Active Older Adults (AOA) "Afternoon at the Movies"

Holy Trinity's AOA (Active Older Adults) presents an "Afternoon at the Movies" this Tuesday Sept. 17 at 2:00pm. Spend an enjoyable afternoon at Holy Trinity watching a faith-based family movie with Greek undertones while munching on delicious theatre food. "Do You Wanna Dance?" is about a man, sentenced to community service time, who must give dance lessons to the elderly parishioners of a Greek church. While there, he (a xenos) falls in love with the daughter of a wealthy Greek parishioner. Following the movie, we'll have coffee & desserts. No cost. Just come & enjoy a great movie.

### [Sept 22] Holy Trinity Philoptochos Meeting

The Philoptochos will hold its monthly meeting next Sunday, September 22, in the Fireside Room following Divine Liturgy. All members are invited to attend. Ladies, still not a member of Philoptochos? Get involved. Sign up at the meeting!

### [Sept 22] A Musical Adoration of The Holy Cross "The Shield of Peace, the Trophy Invincible"

The Byzantine Choir of the Greek Orthodox Metropolis of Pittsburgh presents: Romanos the Melodist's Complete Kontakion of the Adoration of the Holy Cross and Related Hymnographic Treasures next Sunday September 22, beginning at 5:00pm at Holy Cross Greek Orthodox Church, 123 Gilkeson Road, Pittsburgh, PA, 15228. All are invited to attend!

### [Sept 28] Holy Trinity Altar Team - Acolyte Training

Attention all young men ages 8 through high school seniors: our Holy Trinity Altar Team will be holding an Acolyte training session on Saturday, September 28 at 6:00pm. All young men who are interested in serving in this important ministry role should attend. Questions? Contact Deacon Mathew at [acolytes@HolyTrinityPgh.org](mailto:acolytes@HolyTrinityPgh.org).

### [Oct 6] Holy Trinity's 11<sup>th</sup> Annual Flu Shot Clinic

Holy Trinity Church will host its 11<sup>th</sup> Annual Flu Shot Clinic in the Grand Room following Divine Liturgy on Sunday, October 6. Certified immunizing pharmacists from Rite Aid will be here to offer Influenza shots from 11:15am until 1:30pm for adults and children 3 years of age and older. Also available, will be the Covid shot (12 years of age and up), Pneumonia shots and the RSV Vaccine (offered to adults who are 75 years of age and older with Medicare D). Please bring your insurance card w/ID# as there is a \$0.00 copay with most insurance.



### [Oct 14] Bereavement Support Ministry Meeting

Our Bereavement Support Ministry Team provides spiritual care to our parishioners and their extended family and close friends in time of grief and loss. This unique ministry helps us find hope and healing in the grief journey. We may have questions like "What does normal grief look like?" Or "How can I feel anxious, sad, and angry all at the same time?" Sometimes these questions can cause us to feel uncomfortable and confused. If interested in learning more about grief and loss, feel free to contact our ministry coordinator Amy Armanious at [visitation@holytrinitypgh.org](mailto:visitation@holytrinitypgh.org). We offer private individual sessions as well as our next quarterly group conversation session to be held on Monday, October 14<sup>th</sup> at 6:30pm in Conference Room A. Also, see Amy

for our grief booklets and other written materials that are helpful.

### Want the Weekly Bulletin Sent to Your Email Inbox? Sign Up Today!

Want to receive the Sunday Bulletin directly via email? Want announcements on Holy Trinity events? Go to [www.HolyTrinityPgh.org](http://www.HolyTrinityPgh.org) and sign up today using the sign-up box on the bottom left side of any page!

### **Father John Away through October 17**

Father John will be out of the office through October 17 to celebrate an out-of-town parishioner wedding and to lead the 2024 Holy Trinity "Greece By Faith" Pilgrimage. The pilgrimage will take a total of 30 people, almost all of whom are from Holy Trinity Church, through the sacred lands, monasteries, churches and historic sites of Greece. Following that he and Presvytera Becky will be on vacation. Due to the limitations of international access, the responsibilities of the wedding and the pilgrimage leadership - followed by some essential rest and renewal - he will not be available via phone, email or social media through October 17. All our parishioners are asked to refrain from contacting him to allow him to fulfill his leadership responsibilities on the pilgrimage and then to find some true renewal during his time away - rather than having it be just another working time away from the office. In Father John's absence, our Assistant Priest, Father Radu Bordeianu (FrRadu@HolyTrinityPgh.org), will be offering liturgical services and fulfilling urgent pastoral care needs. Please see him following services regarding personal matters or contact our Office Administrator, Mary Portellos (412-366-8700 or office@HolyTrinityPgh.org) with any clergy requests, including memorials and sacraments. For clergy emergencies only, call 412-366-8700 and select option "2". For all other office matters, including facilities scheduling, Bulletin and email announcements for ministry events, please contact Mary Portellos (see above) as usual. For Parish Council and other administrative matters, please contact our Parish Council President, Anthony Balouris (pcpresident@HolyTrinityPgh.org). For all other needs, please contact the ministry or organizational leader directly or pass your request through the Church Office. Thank you for your cooperation and understanding!

### **North Hills Community Outreach Coat Shop – Now through October 18**

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 (link found at [www.nhco.org/sharing-project-donations](http://www.nhco.org/sharing-project-donations)) and have the coats shipped directly to NHCO. Adult sizes are most needed as many teens wear adult size coats. Thank you!

### **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!

### **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. 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 Memorial:** September 29; Joy Loomis (1 year)