



"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, DECEMBER 8, 2024

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

TODAY'S SCRIPTURE READINGS

Epistle Reading

St. Paul's Letter to the Ephesians 2:14-22

Ἀδελφοί, Χριστός ἐστὶν ἡ εἰρήνη ἡμῶν, ὁ ποιήσας τὰ ἀμφότερα ἓν, καὶ τὸ μεσότοιχον τοῦ φραγμοῦ λύσας, τὴν ἔχθραν ἐν τῇ σαρκὶ αὐτοῦ, τὸν νόμον τῶν ἐντολῶν ἐν δόγμασιν, καταργήσας· ἵνα τοὺς δύο κτίσῃ ἐν ἑαυτῷ εἰς ἓνα καινὸν ἄνθρωπον, ποιῶν εἰρήνην, καὶ ἀποκαταλλάξῃ τοὺς ἀμφοτέρους ἐν ἐνὶ σώματι τῷ θεῷ διὰ τοῦ σταυροῦ, ἀποκτείνας τὴν ἔχθραν ἐν αὐτῷ· καὶ ἔλθων εὐηγγελίσατο εἰρήνην ὑμῖν τοῖς μακρὰν καὶ τοῖς ἐγγύς· ὅτι δι' αὐτοῦ ἔχομεν τὴν προσαγωγὴν οἱ ἀμφότεροι ἐν ἐνὶ πνεύματι πρὸς τὸν πατέρα. Ἄρα οὖν οὐκέτι ἐστὲ ξένοι καὶ πάροικοι, ἀλλὰ συμπολιῖται τῶν ἁγίων καὶ οἰκεῖοι τοῦ θεοῦ, ἐποικοδομηθέντες ἐπὶ τῷ θεμελίῳ τῶν ἀποστόλων καὶ προφητῶν, ὄντος ἀκρογωνιαίου αὐτοῦ Ἰησοῦ Χριστοῦ, ἐν ᾧ πᾶσα οἰκοδομὴ συναρμολογουμένη αὔξει εἰς ναὸν ἅγιον ἐν κυρίῳ, ἐν ᾧ καὶ ὑμεῖς συνοικοδομεῖσθε εἰς κατοικητήριον τοῦ θεοῦ ἐν πνεύματι.

Brethren, Christ is our peace, who has made us both one, and has broken down the dividing wall of hostility, by abolishing in his flesh the law of commandments and ordinances, that he might create in himself one new man in place of the two, so making peace, and might reconcile us both to God in one body through the cross, thereby bringing the hostility to an end. And he came and preached peace to you who were far off and peace to those who were near; for through him we both have access in one Spirit to the Father. So then you are no longer strangers and sojourners, but you are fellow citizens with the saints and members of the household of God, built upon the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, in whom the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built into it for a dwelling place of God in the Spirit.

Gospel Reading – Tenth Sunday of Luke

Luke 13:10-17

Τῷ καιρῷ ἐκείνῳ, Ἦν δὲ διδάσκων ἐν μιᾷ τῶν συναγωγῶν ἐν τοῖς σάββασι. καὶ ἰδοὺ γυνὴ ἣν πνεῦμα ἐχουσα ἀσθενείας ἔτη δέκα καὶ ὀκτώ, καὶ ἦν συγκύπτουσα καὶ μὴ δυναμένη ἀνακῦσαι εἰς τὸ παντελές. ἰδὼν δὲ αὐτὴν ὁ Ἰησοῦς προσεφώνησε καὶ εἶπεν αὐτῇ· γύναι, ἀπολέλυσαι τῆς ἀσθενείας σου· καὶ ἐπέθηκεν αὐτῇ τὰς χεῖρας· καὶ παραχρῆμα ἀνωρθώθη καὶ ἐδόξαζε τὸν Θεόν. ἀποκριθεὶς δὲ ὁ ἀρχισυνάγωγος, ἀγανακτῶν ὅτι τῷ σαββάτῳ ἐθεράπευσεν ὁ Ἰησοῦς, ἔλεγε τῷ ὄχλῳ· ἕξ ἡμέραι εἰσὶν ἐν αἷς δεῖ ἐργάζεσθαι· ἐν ταύταις οὖν ἐρχόμενοι θεραπεύεσθε, καὶ μὴ τῇ ἡμέρᾳ τοῦ σαββάτου. ἀπεκρίθη οὖν αὐτῷ ὁ Κύριος καὶ εἶπεν· ὑποκριτά, ἕκαστος ὑμῶν τῷ σαββάτῳ οὐ λύει τὸν βοῦν αὐτοῦ ἢ τὸν ὄνον ἀπὸ τῆς φάτνης καὶ ἀπαγαγὼν ποτίζει; ταύτην δέ, θυγατέρα Ἀβραάμ οὖσαν, ἣν ἔδησεν ὁ σατανᾶς ἰδοὺ δέκα καὶ ὀκτώ ἔτη, οὐκ ἔδει λυθῆναι ἀπὸ τοῦ δεσμοῦ τούτου τῇ ἡμέρᾳ τοῦ σαββάτου; καὶ ταῦτα λέγοντος αὐτοῦ κατησχύνοντο πάντες οἱ ἀντικείμενοι αὐτῷ, καὶ πᾶς ὁ ὄχλος ἔχαιρεν ἐπὶ πᾶσι τοῖς ἐνδόξοις τοῖς γινομένοις ὑπ' αὐτοῦ.

At that time, Jesus was teaching in one of the synagogues on the sabbath. And there was a woman who had a spirit of infirmity for eighteen years; she was bent over and could not fully straighten herself. And when Jesus saw her, he called her and said to her, "Woman, you are freed from your infirmity." And he laid his hands upon her, and immediately she was made straight, and she praised God. But the ruler of the synagogue, indignant because Jesus had healed on the sabbath, said to the people, "There are six days on which work ought to be done; come on those days and be healed, and not on the sabbath day." Then the Lord answered him, "You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to water it? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the sabbath day?" As he said this, all his adversaries were put to shame; and all the people rejoiced at all the glorious things that were done by him.

SAINTS AND FEASTS COMMEMORATED TODAY

- Tenth Sunday of Luke
- Forefeast of the Conception by St. Anna of the Most Holy Theotokos
- St. Patapios, the Righteous of Thebes
- Sts. Sosthenes, Apollo, Cephas, Tychikos, Epaphroditos, Caesar, & Onesiphoros, Apostles of the 70

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Seventh Tone (Page 53)

By Your Cross You destroyed death and to the thief You opened paradise. You transformed the sorrow of the Myrrh-bearers, and commanded the Apostles to proclaim that You have risen from the dead, Christ our God, granting the world great mercy.

Apolytikion of Holy Trinity Church (Page 75)

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

Greek: Ευλογητός ει Χριστέ, ο Θεός ήμων, ο πανσόφους τους αλιείς αναδείξας, καταπέμψας αυτοίς 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 Forefeast of the Nativity in the Third Tone (Page 61)

English: The Virgin on this day* is on her way to the cave where she* will give birth ineffably* to the Word Who is before all time. * Therefore, rejoice, O universe* when you hear it*; glorify with the angels and the shepherds* Him Who chose to be seen as* a new-born child*, the pre-eternal God.

Greek: Ἡ Παρθένος σήμερον, τον προαιώνιον Λόγον, εν Σπηλαιώ έρχεται, αποτεκείν απορρήτως. Χόρευε η οικουμένη ακουτισθείσα, δόξασον μετά Αγγέλων και των Ποιμένων, βουληθέντα εποφθήναι, παιδίον νέον, τον προ αιώνων Θεόν.

Phoentics: I Parthénos símeron* ton pro-aiónion Lógon* en spiléo érhete* apótekín aporítos.* Hórevé, i ikouméni, akoutisthísa.* Dóxason, metá angélon ke tón piménon,* voulithénda éprofthíne,* pedíon neon* ton pro-eónon Theón.

PARISH NEWS AND EVENTS

TODAY'S EVENTS AND ACTIVITIES

Christmas Angel Gifts Due Today – Thank You!

A huge "Thank You" to everyone who picked up Christmas Angels – All 120 of them were distributed, and gifts are due back today! Please place your wrapped gifts, with original tag attached, under the Christmas tree located in the Gallery.

"Church School vs. Holy Trinity Community" Fall Food Drive – Concludes Today

Holy Trinity Church School concludes its Fall Food Drive today. For students, bring your bags (with your nametag attached) to the Conference Room. For the Community, there is a collection bin located in the Gallery. Items will be donated to the Orthodox Christian ministry at the Neighborhood Resilience Project in the Hill District of Pittsburgh. Thank you!

GOYA Fireside Chat

The GOYA teen ministry will hold its annual Christmas Fireside Chat today from 3:00-6:00pm. Information and location has been sent directly to GOYA families on the GOYA email and GroupMe systems.

Annual GOYA Christmas Bread Sale – LAST CHANCE!!

Orders are for the delicious GOYA Greek Christmas Bread sale this year were due yesterday, but you can still get your last-minute order in today! See the GOYA table in the Gallery after Liturgy. Orders will be available for pickup following Divine Liturgy next Sunday, December 15th. Thank you for supporting our teens!

UPCOMING EVENTS AND ANNOUNCEMENTS

- Upcoming Services** - Locations: (HT) Holy Trinity Church; (SG) St. George Chapel, 8941 Ringeisen Rd, Allison Park, PA
- **Monday, December 9**, 8:30am Orthros/9:30am Liturgy: The Conception of the Theotokos by Saint Anna (SG)
 - **Tuesday, December 10**, 6:30pm: Paraclesis to St. Paisios (SG)
 - **Thursday, December 12**, 8:30am Orthros/9:30am Divine Liturgy: St. Spyridon (at St. Spyridon, Monessen, PA)

Fast in preparation for the Nativity of Christ - Through December 24

Please remember that the Fast of the Nativity is underway, lasting until Christmas morning following Liturgy. Though the first part of the fast (through December 12) is lighter, the Fast rises to the level of strict fast for the last two weeks (starting on December 13). Fasting, attendance at services, increased attention to our prayer life and participation in Holy Confession are all important parts of our preparing a place in our heart to receive the Lord at Christmas. Please see Father John with any questions you might have about this important tradition or to schedule a time for Confession.

Faith & Family Weekdays – Fall 2024

Faith and Family Weekdays is Holy Trinity's offering of ways for each of us to grow in the knowledge and practice of our faith. Ready to learn more about the Bible, about the Orthodox Church, about navigating life's challenges as a Christian, a woman, or a man? It's all there. There's a lot more to church than Sundays, and here is where to find it.

THIS WEEK:

- **Wed. Dec 11, 6:30pm Vespers/7:00pm: "Explore the Word"** - Father Radu leads us through his new book, "Icon of the Kingdom of God." Drawing on a rich knowledge of scripture, the Church fathers, and theologians, learn what the Church is and what it means to us. This is the last session. The series will repeat in the Spring.

[Dec 12] "AOA" Holy Trinity Active Older Adults - Christmas Movie – This Thursday

The AOA will be showing the movie "Christmas with the Karountzoses", a funny, cute movie about a Greek family during Christmas on Thursday, Dec. 12 at 1:30pm in the Fireside Room. Following the movie we will have a meatless potluck lunch. Pizza and drinks will be provided. Whoever wishes can also bring a meatless dish to share. We'll also have a gift exchange for those who wish to participate (Bring a wrapped gift if you do). Questions or comments call Tasy at 724-612-9245.

[Dec 12, 19] GOYA Basketball Practice

GOYA has begun practicing for the 2025 season. Practices will be held on Thursday evenings from 6:00-8:00pm at the North Allegheny Intermediate School (NAI), 350 Cumberland Rd, Upper Gym. All teens are invited.

[Dec 14] Sisters of the Nativity of the Theotokos Monastery – Open House Honoring Gerontissa Theophano

The Sisters of the Nativity of the Theotokos Monastery invite you to a special celebration honoring Gerontissa on her Name Day on the Feast Day of Saint Theophano, Saturday, December 14 from 9:00am until 5:00pm. Please RSVP by calling 724-352-3999 or email: info@NativityoftheTheotokosMonastery.org.

[Dec 15] Sisters of the Nativity of the Theotokos Monastery – Christmas Boutique

The Sisters of the Nativity of the Theotokos Monastery in Saxonburg, PA will be visiting Holy Trinity Church next Sunday, December 15. Please be sure to stop by and visit their Christmas Boutique in the Gallery following Liturgy on that day.

[Dec 15] Church School Christmas Pageant

The Holy Trinity Church School ministry will be offering its annual Christmas Pageant next Sunday, December 15. As always, ALL students of the Church School will be involved in this event. On that day, following Holy Communion, all Church School students and staff will depart for their classes and final preparations for the pageant. All our parishioners are asked to stay for Hospitality Hour, hosted by the Church School Alumni parents and then the Christmas Pageant!

[Dec 18] Community Christmas Caroling at Sisters of Divine Providence

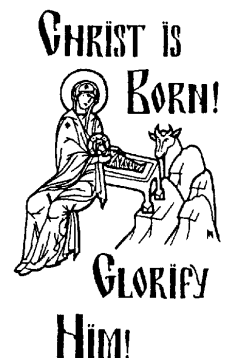
The entire community—adults and youth alike—are invited to this special, joyful evening of traditional Christmas carols sung by members and youth of our Holy Trinity community to our neighbors across the street at the Sisters of Divine Providence on Wed. Dec. 18. Meet at Holy Trinity at 6:30pm on Wednesday, December 18 for a brief practice and then head over to bring Christmas blessings and cheer to these faithful sisters!

[Dec 24 & 25] Services for the Nativity of Christ

Please remember these festal celebrations for the Nativity of Christ and participate in them with your family. Please note that all Christmas services will be held at Holy Trinity Church.

- **Tues. Dec. 24, 8:30am: Royal Hours of the Nativity**
- **Tues. Dec. 24, 6:30pm: Vespertal Liturgy of the Nativity**

This service "opens the liturgical day" and begins the celebration of the Nativity. Also, the Holy Trinity Choir will be offering a selection of beautiful Christmas carols following the service. (Note: This is a Divine Liturgy. Those wishing to receive Holy Communion need to observe proper fasting and spiritual preparation during the day.)



- **Wed. Dec. 25. 8:30am Orthros/9:30am Liturgy: The Nativity of the Lord**

This is the main service of the Birth of our Lord and Savior Jesus Christ. Open the best gift first by attending Liturgy with your family and receiving the Holy Mysteries together! Make it a family tradition to keep the most important thing about Christmas the most important thing in your home!

Visitation Ministry Needs Your Help

Currently, we have a few elderly parishioners who are in need of help in their homes. They need regular visits for companionship, light housekeeping, laundry care, and grocery shopping. It would require about 1-2 hours depending on the person's schedule and needs. If you can offer some help and time, please contact Amy Armanious, Visitation Ministry coordinator at visitation@holytrinitypgh.org or you can contact the church office and ask Amy to call you. Thank you!

Hospitality Hour – Is It Your Turn?

We will be having Hospitality Hour today, but please note that there is no host, so the Hospitality Ministry is taking on the responsibility on their own. This wonderful time of fellowship and community-building has become a central part of the Sunday morning experience here at Holy Trinity Church and everyone enjoys it...but it doesn't happen on its own and it is not fair to leave that responsibility to one committee. Hospitality Hours are often hosted by the family when there is a memorial, or by a particular Holy Trinity ministry on a rotating basis, but that doesn't cover all the Sundays, so opportunities are available for groups, families or others to host a Hospitality Hour to honor a birthday, celebrate an anniversary or a special event. **The following dates are still open over the next month: Dec. 22, 29 and Jan. 5.** Please consider hosting to do your part to make sure this essential community experience continues. Information is available on what to bring and how to set up.

Not interested in hosting but would still like to help? We have the perfect opportunity! The Hospitality Ministry needs help each Sunday with setup and cleanup. If you and some friends or family would like to host or if you are able to help with set up/clean up please contact Stacy Dickos at hospitality@holytrinitypgh.org.

Visitation Ministry Christmas Gifts

This year, the Visitation Ministry will be mailing small Christmas gifts to our parishioners and extended family members. These gifts were designed and crafted by our Creative Team. They are gifts of love as we prepare for the Nativity of Our Lord. If you and/or your loved one would enjoy receiving a gift, please contact Amy Armanious at visitation@holytrinitypgh.org.

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!