



"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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LENTEN SERVICES – THIS WEEK

Monday, Mar. 17 – 6:30 pm: 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. **Location: St. George Chapel**

Wednesday, Mar. 19 - 7:00 pm: Liturgy of the Pre-sanctified Gifts. NOTE LOCATION: St. John the Baptist Church, 2201 Duncan Ave, Allison Park, PA

Friday, Mar. 21 – 6:30 pm 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. **NOTE LOCATION: NOW AT HOLY TRINITY CHURCH!**

WELCOME TO HOLY TRINITY CHURCH!

WEEKLY BULLETIN – SUNDAY, MARCH 16, 2025

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 εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἐλίξεις αὐτούς, ὡς ἱμάτιον καὶ ἀλλαγῇσονται· σὺ δὲ ὁ αὐτὸς εἶ καὶ τὰ ἔτη σου οὐκ ἐκλείψουσιν. Πρὸς τίνα δὲ τῶν ἀγγέλων εἴρηκέν 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 ἑνδικὸν 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 ἐστὶ. 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 ἐπιγινούς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως διαλογίζονται ἐν ἑαυτοῖς λέγει αὐτοῖς, Τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, Ἀφίενταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, Ἐγείρε καὶ ἄρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῇτε 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 ἡγέρθη 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.



- St. Aristovoulos, Apostle of the 70
- St. Christodoulos, the Wonderworker of Patmos
- St. Julian, the Martyr

- St. Romanos, the Hieromartyr of Parium
- St. Sabine, of Egypt

APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

Resurrectional Apolytikion in the Fifth Tone (Page 53)

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. Of His own will He mounted the Cross in the flesh, He suffered death and raised the dead by His glorious resurrection.

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.

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 (ἡμαρτον) 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: Εὐλογητός εἰ Χριστέ, ὁ Θεός ἡμῶν, ὁ πανσόφους τοὺς ἀλγεῖς 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 Υπερμάχῳ Στρατηγῷ τα νικητήρια / Ὡς λυτρωθεῖσα των δεινων ευχαριστήρια / Αναγράφω σοι η Πόλις σου, Θεοτόκε / Ἀλλ' ὥς 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

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, Eleni Kritiotis (40 days), Agapios Kritiotis (3 years) and Maria Kritiotis (6 years), Philippos (45 years) and Theano Kritiotis (37 years), Michael (21 years) and Ioanna Pistentis (37 years). May their memory be eternal! The Kritiotis family will sponsor the Hospitality Hour today.

GOYA Lenten Soup Sales

Our Holy Trinity GOYA is once again offering its very popular Lenten soup sales during the Sundays of Lent, through April 13. 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! 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. Mar 17**, 6:30pm: Great Compline (SG)

- **Wed. Mar 19**, 7:00pm: Pre-Sanctified Liturgy at **St. John the Baptist Church**, 2201 Duncan Ave, Allison Park

- **Fri. Mar 21**, 6:30pm: Service of Salutations to the Theotokos (NOTE NEW LOCATION FOR LENTEN FRIDAYS: HT)

BECOME WHAT YOU WERE MADE TO BE. DISCOVER LIFE ANEW.

LIVING FOR CHRIST

PRAY, FAST, ATTEND, REPENT, CONFESS, GROW

"Let your manner of life be worthy of the Gospel of Christ" (Philippians 1.27)

2025 Lenten Theme: "Living for Christ"

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 "Living for Christ", taken from Philippians 1.27: "Let your manner of life be worthy of the Gospel of Christ". During the Lenten journey, you will hear lessons on the many opportunities the Church provides as we restore our relationship with Jesus Christ and His Holy Church and how we can re-evaluate the priorities of our life and live it in a manner worthy of our high calling as His servants and disciples.

Faith & Family Weekdays

Faith and Family Weekdays is back, and there are many 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.

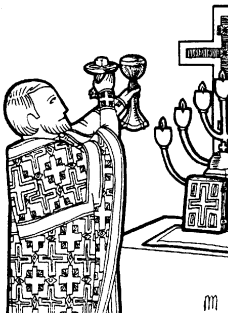
THIS WEEK:

- **Thur. Mar. 20, 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.

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 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!

North Hills Pan-Orthodox Worship - Presanctified Liturgies

There are now three Orthodox Christian parishes in our North Hills neighborhood, growing the presence of Orthodox Christianity together: Holy Trinity (Greek Orthodox Archdiocese), St. Alexander Nevsky Cathedral (Orthodox Church of America) and St. John the Baptist (Carpatho-Russian Diocese). In the desire to provide a greater fellowship among our parishes and communities, we will be sharing in three Wednesday Presanctified Liturgies this Lent. All our parishioners are invited to attend all services. What a wonderful way to build Orthodox fellowship and a stronger connection among our North Hills sister parishes. Each service will be followed by a Lenten Meal. The remaining dates and locations are as follows:

- **THIS Wed. March 19: 6:00pm:** St. John the Baptist Church, 2201 Duncan Ave, Allison Park
- **Wed. March 26: 6:30pm:** Holy Trinity Church, 985 Providence Blvd, Pittsburgh

Lenten Hospitality Hours

Please keep in mind that throughout Lent, our Hospitality Hours following 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, non-fish 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 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 included in the April issue. 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."

[Mar 20] "Playtime & Parea"

Holy Trinity Church is pleased to announce the addition of its newest ministry: "Playtime & Parea"! It is a fun, faith-based playgroup for little ones (ages 0 to 4) and parents (or caregivers) to connect, make new friends, and grow together in the love of Christ. Meets twice a month on Thursdays from 10:00am until 11:30am in the Fireside Room. The next gathering is scheduled for this Thursday, March 20. For information, contact PlaytimeandParea@HolyTrinityPgh.org.

[Mar 23] Godparent/Godchild Sunday

Holy Trinity Church will celebrate its annual "Godparent/Godchild" Sunday on March 23rd 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!

[Mar 29] "Care for the Caregiver" Seminar – Sign Up Today!

Caring for or assisting a parent, spouse, child, other family member or loved one? As we give of ourselves so generously, we must be mindful that we, too, have to pay attention to our own well-being. And we need to know we are not alone in the challenges that caregiving can bring. The Visitation Ministry is hosting a seminar titled "Care for the Caregiver" on Saturday, March 29. Our time together will include a guest speaker, lunch and fellowship. Registration is free and online at HolyTrinityPgh.org/events. Please register by March 27. Also, if you have any questions or need a caregiver to stay with your loved one while you attend, please visit the sign-up table in the Gallery following Divine Liturgy today or email visitation@holytrinity.org. Our Visitation Ministry Coordinator, Amy Armanious will be happy to answer any questions.

Meet our Guest Presenter "Care for the Caregiver"

Ms. Maureen Sirianni is a motivated and compassionate care provider and educator. As the Director of Admission for Concordia of Bridgeville, she has worked tirelessly for nearly 30 years providing guidance and support to families and their loved ones living with Alzheimer's disease and related dementia. Maureen shows others how to see beyond the veil of the illness and truly see the emotions of those living with dementia.

[Mar 29 & 30] Celebrating Greek Independence - Invocations to Liberty

The American Hellenic Foundation of Western PA and the Greek Nationality Room Committee at the University of Pittsburgh invite you to "Invocations to Liberty"; two evenings filled with the beauty of poetry on the Greek War of Independence set to Modern and Classical music. The concerts will feature the talented vocalists and musicians of the newly formed "Halidon Muse Ensemble" of Western Pennsylvania and will be broadcast live over the internet on the evenings of March 29th and March 30th beginning at 7:30pm. For event details, and access to the concerts visit: pahellenicfoundation.org/LibertyConcert

[Mar 30] Holy Trinity Cemetery Notice – Deadline for Removing Christmas Decorations

Whoever wishes to save Christmas wreaths or decorations at their family memorial stones are asked to remove them before Sunday, March 30th to get ready for spring grass cutting. Decorations left behind will be discarded. The Cemetery Committee thanks you for your understanding.

It's Back...FESTIVAL COOKING!

It's never too early to start preparing our delicious food and pastries for our 2025 TASTE OF GREECE! The key to finishing our cooking day goals is to have 30-35 volunteers each time - why not be one of them! Mark your calendars - there is a time and day to fit everyone's schedules. Watch out for more dates in the coming weeks!!!

- Sunday, March 30, following Liturgy – KOULOURAKIA
- Thursday, April 10, 9:00am-6:00pm – PASTITSIO
- Friday, April 11, 9:00am-3:00pm (if needed) – PASTITSIO
- Saturday, April 26, 9:00am-6:00pm - KOURAMBIETHES and FINIKIA
- Tuesday, May 6, 9:00am-9:00pm – APRICOT ROLLS
- Tuesday, May 20, 9:00am-9:00pm – GALAKTOBOUREKO
- Tuesday, June 10, 9:00am-9:00pm – PORTOKALOPITA
- Tuesday, June 17, 9:00am-9:00pm – DIPLES
- Tuesday, June 24, 9:00am-9:00pm – TIROPITA
- Wednesday, July 16, 9:00am-9:00pm – SOUZOUKAKIA



[Apr 6] Holy Trinity Greek School – Informational Session

Please join us on Sunday April 6th in the Fireside Room following Church School for an Informational Session about this Fall's Holy Trinity Greek School! Greek School will be initially offered to children of ages 3 to second grade as of September 2025. Questions? Please contact Yianni Gagianas and Dean Kraniou at GreekSchool@HolyTrinityPgh.org

Stewardship 2025 – We Reached the Summit – Let's Be Sure Not to Slide Back Down!

Thanks to the dedication and offerings of so many faithful stewards, 2024 was a record year for Holy Trinity Stewardship. As we strove together for "Stewardship Independence" we reached levels never seen before. Glory to God and many thanks to the faithful stewards who stepped up to the challenge! Now it's time to keep it going!

This year, let's maintain and grow as our theme for 2025 calls us to be "Stewards of God's Blessings." If you pledged last year, please grow that pledge to keep up with our increasing expenses in 2025. If you have not pledged before, ask our Stewardship Chairperson, Andrew Fournaridis, any questions you have. And whether new or renewing your pledge, there are two ways: 1) Use a 2025 Stewardship pledge card or 2) Go online to your Holy Trinity Realm account (see below) at HolyTrinityPgh.org/pledge. And there are many ways to give: in person via cash; in person or by mail via check; online at HolyTrinityPgh.org/give; via text by texting HOLYTRINITYPGH to 73256; via the Realm app on your phone; and the giving kiosk in the Narthex. Remember, "Stewardship Independence" is not a one-time goal; it is a lifetime commitment to keep Holy Trinity Church vibrant, growing and bearing witness to Holy Orthodoxy for all!

Upcoming Lenten and Paschal Dates

Wondering about Lenten and Paschal dates? Here's a helpful guide to some of the important events coming up. Mark them on your calendar!

- Godparent Sunday: Mar. 23
- Saturday of Lazarus/Palm Cross/Candle prep: Apr. 12
- Palm Sunday: Apr. 13
- Holy Week: Apr. 13-19
- Holy Friday (schedule off work & school): Apr. 18
- **The Great and Holy Pascha: Apr. 20**



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 Memorials April 6: Christine Dickos (40 days)



LIFE-GIVING
Baptism

LIFE-SAVING
Grace

LIFE-CHANGING
Faith

LET'S CELEBRATE
THEM TOGETHER ON

MARCH 23 2025

Godparent-Godchild Sunday

Holy Trinity Church

985 Providence Boulevard, Pittsburgh, PA

8:15am Orthros

9:30am Divine Liturgy

with Renewal of Baptismal Commitment and Holy Communion

followed by the

Hospitality Hour hosted by Holy Trinity Philoptochos

Invite your Godparent or Godchild to celebrate together!



Caring for the Caregiver



A special seminar hosted by the
Holy Trinity Visitation Ministry

Saturday, March 29, 2025
10:00am-1:30pm

Holy Trinity Greek Orthodox Church, 985 Providence Blvd., Pittsburgh, PA 15237
Register for free at HolyTrinityPgh.org/events

Presenter/Facilitator: Maureen Sirianni

Admissions Director at Concordia Lutheran Ministries, Bridgeville
Volunteer instructor with the Alzheimer's Association

Schedule

10:00 a.m. Coffee & Fellowship in Conference Rooms A & B
10:30 a.m. to 12:30 p.m. Interactive presentation and group discussion
12:30-1:30 p.m. Lunch & Fellowship

Registration

This seminar is provided at no cost as a community service by Holy Trinity Church
Register free at HolyTrinityPgh.org/events by March 27
Contact: Amy Armanious, Visitation Ministry Coordinator (visitation@holytrinitypgh.org)

What are the goals?

To emphasize the importance of connecting to community care resources, learning about caregiving options, and participating in peer support for family caregivers and others. To empower family caregivers toward their own self-care and self-compassion.

Is this seminar for me?

Are you a family caregiver, professional caregiver, clergy, parishioner, neighbor helping neighbor, or are you just interested in learning about whole-person health (balancing body, mind, and spirit) of self & others. Then yes, this event is for you and we welcome you!

What topics will be discussed?

Focusing on the needs of family caregivers who provide care in the home setting and assisted-living environments. Responding in a compassionate manner to the elderly who have dementia or other memory loss concerns. Describing the care approach as essential in being supportive rather than confrontational. Offering the ministry of presence as a loved one's cognition fails. Identifying caregiver burden and suggestions for relief and prioritizing self-care needs.

"Encourage one another and build each other up, just as in fact you are doing."
(1 Thessalonians 5:11)