



"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, JULY 20, 2025

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

TODAY'S SCRIPTURE READINGS

Epistle Reading

St. James' Universal Letter 5:10-20

Ἀδελφοί, ὑπόδειγμα λάβετε, ἀδελφοί μου, τῆς κακοπαθείας, καὶ τῆς μακροθυμίας, τοὺς προφῆτας οἱ ἐλάλησαν τῷ ὀνόματι κυρίου. Ἰδοὺ, μακαρίζομεν τοὺς ὑπομένοντας· τὴν ὑπομονὴν Ἰωβ ἠκούσατε, καὶ τὸ τέλος κυρίου ἴδετε, ὅτι πολὺσπλαγχνός ἐστιν καὶ οἰκτίρμων. Πρὸ πάντων δέ, ἀδελφοί μου, μὴ ὀμνύετε, μήτε τὸν οὐρανόν, μήτε τὴν γῆν, μήτε ἄλλον τινὰ ὄρκον· ἦτω δὲ ὑμῶν τὸ ναί, ναί, καὶ τὸ οὐ, οὐ· ἵνα μὴ εἰς ὑπόκρισιν πέσητε. Κακοπαθεῖ τις ἐν ὑμῖν; Προσευχέσθω. Εὐθυμεῖ τις; Ψαλλέτω. Ἀσθενεῖ τις ἐν ὑμῖν; Προσκαλεσάσθω τοὺς πρεσβυτέρους τῆς ἐκκλησίας, καὶ προσευξάσθωσαν ἐπ' αὐτόν, ἀλείψαντες αὐτόν ἐλαίῳ ἐν τῷ ὀνόματι τοῦ κυρίου· καὶ ἡ εὐχή τῆς πίστεως σώσει τὸν κάμνοντα, καὶ ἐγερεῖ αὐτόν ὁ κύριος· κὰν ἁμαρτίας ἦ πεπονηκώς, ἀφεθήσεται αὐτῷ. Ἐξομολογεῖσθε ἀλλήλοις τὰ παραπτώματα, καὶ εὐχεσθε ὑπὲρ ἀλλήλων, ὅπως ἰαθῇτε. Πολὺ ἰσχύει δέσσις δικαίου ἐνεργουμένη. Ἥλιος ἄνθρωπος ἦν ὁμοιοπαθὴς ἡμῖν, καὶ προσευχῇ προσηύξατο τοῦ μὴ βρέξαι· καὶ οὐκ ἔβρεξεν ἐπὶ τῆς γῆς ἐνιαυτοὺς τρεῖς καὶ μῆνας ἕξ. Καὶ πάλιν προσηύξατο, καὶ ὁ οὐρανὸς ὑετὸν ἔδωκεν, καὶ ἡ γῆ ἐβλάστησεν τὸν καρπὸν αὐτῆς. Ἀδελφοί, ἐάν τις ἐν ὑμῖν πλανηθῇ ἀπὸ τῆς ἀληθείας, καὶ ἐπιστρέψῃ τις αὐτόν, γινωσκέτω ὅτι ὁ ἐπιστρέψας ἁμαρτωλὸν ἐκ πλάνης ὁδοῦ αὐτοῦ σώσει ψυχὴν ἐκ θανάτου, καὶ καλύψει πλῆθος ἁμαρτιῶν.

Brethren, take as an example of suffering and patience the prophets who spoke in the name of the Lord. Behold, we call those happy who were steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful. But above all, my brethren, do not swear, either by heaven or by earth or with any other oath, but let your yes be yes and your no be no, that you may not fall under condemnation. Is any one among you suffering? Let him pray. Is any cheerful? Let him sing praise. Is any among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord; and the prayer of faith will save the sick man, and the Lord will raise him up; and if he has committed sins, he will be forgiven. Therefore confess your sins to one another, and pray for one another, that you may be healed. The prayer of a righteous man has great power in its effects. Elijah was a man of like nature with ourselves and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. Then he prayed again and the heaven gave rain, and the earth brought forth its fruit. My brethren, if any one among you wanders from the truth and some one brings him back, let him know that whoever brings back a sinner from the error of his way will save his soul from death and will cover a multitude of sins.

Gospel Reading – The Sixth Sunday of Matthew Matthew 9:1-8

Τῷ καιρῷ ἐκείνῳ, ἐμβὰς εἰς πλοῖον διεπέρασε καὶ ἦλθεν εἰς τὴν ἰδίαν πόλιν. Καὶ ἰδοὺ προσέφερον αὐτῷ παραλυτικὸν ἐπὶ κλίνης βεβλημένον· καὶ ἰδὼν ὁ Ἰησοῦς τὴν πίστιν αὐτῶν εἶπε τῷ παραλυτικῷ· θάρσει, τέκνον· ἀφέωνταί σοι αἱ ἁμαρτίαι σου. καὶ ἰδοὺ τινες τῶν γραμματέων εἶπον ἐν ἑαυτοῖς· οὗτος βλασφημεῖ. καὶ ἰδὼν ὁ Ἰησοῦς τὰς ἐνθυμήσεις αὐτῶν εἶπεν· ἵνα τί ὑμεῖς ἐνθυμεῖσθε πονηρὰ ἐν ταῖς καρδίαις ὑμῶν; τί γάρ ἐστιν εὐκοπώτερον, εἰπεῖν, ἀφέωνταί σοι αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ περιπάτει; ἵνα δὲ εἰδῇτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἐπὶ τῆς γῆς ἀφιέναι ἁμαρτίας - τότε λέγει τῷ παραλυτικῷ· ἐγερθεὶς ἄρον σου τὴν κλίνην καὶ ὑπάγε εἰς τὸν οἶκόν σου. καὶ ἐγερθεὶς ἀπῆλθεν εἰς τὸν οἶκον αὐτοῦ. ἰδόντες δὲ οἱ ὄχλοι ἐθαύμασαν καὶ ἐδόξασαν τὸν Θεὸν τὸν δόντα ἐξουσίαν τοιαύτην τοῖς ἀνθρώποις.

At that time, getting into a boat Jesus crossed over and came to his own city. And behold, they brought to him a paralytic, lying on his bed; and when Jesus saw their faith he said to the paralytic, "Take heart, my son; your sins are

forgiven." And behold, some of the scribes said to themselves, "This man is blaspheming." But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? For which is easier, to say 'Your sins are forgiven,' or to say 'Rise and walk?' But that you may know that the Son of man has authority on earth to forgive sins" he then said to the paralytic -- "Rise, take up your bed and go home." And he rose and went home. When the crowds saw it, they were afraid, and they glorified God, who had given such authority to men.

SAINTS AND FEASTS COMMEMORATED TODAY

- **The Sixth Sunday of Matthew**
- **The Holy Prophet Elias (Elijah)**
- **Mother Maria Skobtsova, New-Martyr of France**

- **Synaxis of the Russians who were perfected in France: Protopresbyter Alexios Mednedkov, Presbyter Dimitri Klepinin, Mother Maria Skobtsova, her son Yuri Skobtsov, and Ilia Fondaminskii**

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 Holy Prophet Elias (Page 68)

The glorious Elias, angelic in body, pillar of prophets, second herald of Christ, by sending grace upon Elisha from on high, dispels disease, cleanses lepers and overflows with healing for those who honor him.

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 of the Theotokos (Page 54)

A protection of Christians unshameable, Intercessor to our Holy Maker, unwavering; reject not the prayerful cries of those who are in sin. Instead, come to us for you are good; your loving help bring unto us who are crying in faith to you: Hasten to intercede and speed now to supplicate, as a protection for all time, Theotokos, for those who honor you.

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, members of these two families: the Kostopolos family - Peter Kostopolos (10 years), Angela Kostopolos (16 years), Father John Kostopolos, Presvytera Louella Kostopolos, William Kostopolos and Angeline Kostopolos; and the Saikaly family - Peter Abdo (5 years), Nichola Abdo (63 years), Arkadia Abdo (26 years), Victor Abdo (19 years), Mimi Abdo (10 years). May their memory be eternal! The Kostopolos family is hosting the Hospitality Hour today.

Welcome Home Father John and Presvytera Becky!

Today we welcome Father John & Presvytera Becky home from their travels in Greece. We are happy to have you back!

Congregational Card Signing Today!

Please join the Visitation Ministry in signing cards for the last Great Feast of the ecclesiastical year: the Dormition of the Theotokos (August 15th). Feel free to write words of encouragement and blessings to our homebound parishioners. These beautiful cards have been specially designed by our Creative Team and will be displayed during our Hospitality Hour. Stop by and take a few minutes to reach out to our Holy Trinity family members. Thank you.

UPCOMING EVENTS AND ANNOUNCEMENTS

Upcoming Greek Dance Troupe Practice Schedule

Our Dance Troupe continues to practice in preparation for their festival performances. If you have any questions, please reach out to Victoria (412.496.9128) or Eleni (412.953.3699). The groups are as follows: HOPE- 5 years old-2nd grade, JOY-3rd grade to 6th grade, GOYA 7th grade-12th grade. The practice schedule is below.

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| • Sun, July 20: ALL Groups, Hospitality Hour | • Sun, Aug 10: ALL Groups, Hospitality Hour |
| • Wed, July 23: JOY & GOYA, 6pm | • Wed, Aug 13: ALL Groups, 6pm |
| • Sun, July 27: JOY & GOYA, Hospitality Hour | • Sun, Aug 17: ALL Groups, Hospitality Hour |
| • Sun, Aug 3: ALL Groups, Hospitality Hour | • Tue, Aug 19: ALL Groups, 6pm |
| • Thu, Aug 7: ALL Groups, 6pm | • Sun, Aug 24: ALL Groups, Hospitality Hour |

[July 26] St. Anthony's Annual Summer Picnic

All are invited to attend St. Anthony's Annual Summer Picnic on Saturday, July 26. Orthros will begin at 9:00am followed by Divine Liturgy at 10:00am. Following services there will be a Summer Picnic Luncheon featuring Grilled Souvlaki and delicious homemade Greek foods. St. Anthony's Greek Orthodox Church is located at 424 Miller Ave, Clairton, PA 15025. (Note: Saint Anthony's in Clairton is a dormant parish that has been taken under the wing of Holy Trinity Church. They open only twice a year: Saint Anthony's feast day in January and once in the summer, when they hold a parish picnic. Father John is the only priest offering services there. Some of our parish families have historic connections to this, the only Saint Anthony parish in our Metropolis. Please consider joining us for Liturgy and the picnic on Saturday, July 26.

[July 27] Orthodox Christian Prison Ministry Awareness Sunday

The Orthodox Christian Prison Ministry (OCPM) supports the unique spiritual needs of people who are incarcerated, and their families, by providing spiritual care and enabling people in prison to find hope and purpose in their lives. OCPM also provides resources and training to parishes and clergy, allowing them to offer local solutions and to fulfill Christ's command to visit Him in prison. Former Holy Trinity parishioner Niko Petrogeorge has been the Executive Director of OCPM since 2020. To learn more about this important ministry, and to offer your support, visit www.theocpm.org

[Aug 1-14] Fasting and Schedule of Paraclesis Services

The Church observes the holy season of the Theotokos, August 1-14, with both prayer and fasting. During that time, we are in a strict fast period in honor of the Theotokos and Mother of God in preparation for her feast of Koimissis (Dormition or Falling Asleep in the Lord) on August 15. According to the canons of the Church, this is a time when we abstain from all meat, dairy, fish, wine, and olive oil. Adding the complete purpose to this spiritual preparation, of course, is our participation in an increased prayer life, including the Paraclesis services, Holy Confession, and personal prayer. "Paraclesis Services" are beautiful sung services asking for the prayers and intercessions of the Theotokos to her Son and our Lord and Savior, Jesus Christ. Please complete a Paraclesis Names Form to submit prayers for your loved ones and bring it to the services. A copy of the Paraclesis Names Form was included in the June-August edition of the Herald.

Additional copies can be found at the church office window or at holyltrinitypgh.org/documents/worship. All parishioners are encouraged to attend all services, which will be held beginning at **6:30pm at the St. George Chapel** located at 8941 Ringeisen Rd, Allison Park, PA 15101. The schedule of services is as follows:

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|--------------------|------------------------|
| • Friday, August 1 | • Monday, August 11 |
| • Monday, August 4 | • Wednesday, August 13 |
| • Friday, August 8 | |



[Aug 5] Great Vespers and Blessing of First Fruits for the Feast of the Transfiguration

We will celebrate the Great Vespers of the Feast of the Transfiguration of the Lord on the evening of August 5, and in keeping with the wonderful tradition of the Blessing of the Fruits on the feast, it is customary to bring a tray of washed grapes or fruit to be blessed and distributed at the end of the service. In the days of a farming society, this was the first offering back to God from the harvest. Even though they are most often bought from a grocery store today, we should

not lose touch with the idea of offering back to God the first fruits of all our blessings! The service will be held at 6:30pm on Tuesday, August 5 at our St. George Chapel (8941 Ringeisen Rd, Allison Park, PA 15101), followed by the Blessing of the First Fruits.

[Aug 28-31] Holy Trinity's Taste of Greece

Please mark Labor Day Weekend, Thursday, August 28, through Sunday, August 31 on your calendar for our next "Taste of Greece" festival. The Festival Committee is asking everyone, new members and old hands, young and young at heart, to pledge a donation of their time and talents so that we can continue to grow both the success of the festival and the fellowship with all our Holy Trinity church family members!

Festival Ads Available: Space is Waiting for You!

The Festival Ad Book is back and it's looking for your support. Please consider placing a business ad or a personal/family listing. Ads start at \$175 for a quarter-page and go to \$550 for a full-page, with premium color pages also available at higher prices. A patron line is available for only \$50. Application Forms were included in the June-August edition of the Herald and can also be found at the church office window. Please be sure to share them with your favorite business establishments and ask them to support our church! For more information, please email FestivalAds@HolyTrinityPgh.org

Festival Aprons – Place Your Order Now!

Show your Holy Trinity spirit by wearing a festival apron while you work! Royal blue aprons, embroidered with our festival logo, are available in two lengths. The regular length apron (31") is \$18 and the extra-long length (34") is \$21. Aprons can be monogrammed with your name for an additional \$4. To receive your apron in time for the festival, your order must be placed by Sunday, Aug. 17th. Please contact Paula Valliant at paulavalliant@gmail.com to place your order.

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

This year, let's maintain and grow as our theme for 2025 calls us to be "Stewards of God's Blessings." Have you submitted your 2025 pledge yet? 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, it is a lifetime commitment to keep Holy Trinity Church vibrant, growing and bearing witness to Holy Orthodoxy for all!

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: July 27 – Kit White