



**"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 7, 2025**

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

**TODAY'S SCRIPTURE READINGS**

**Epistle Reading**

**St. Paul's Letter to the Galatians 6:11-18**

Ἀδελφοί, ἴδετε πηλικοὺς ὑμῖν γράμμασιν ἔγραψα τῇ ἐμῇ χειρὶ. Ὅσοι θέλουσιν εὐπροσωπῆσαι ἐν σαρκί, οὗτοι ἀναγκάζουσιν ὑμᾶς περιτέμνεσθαι, μόνον ἵνα μὴ τῷ σταυρῷ τοῦ Χριστοῦ διώκωνται. Οὐδὲ γὰρ οἱ περιτετμημένοι αὐτοὶ νόμον φυλάσσουσιν, ἀλλὰ θέλουσιν ὑμᾶς περιτέμνεσθαι, ἵνα ἐν τῇ ὑμετέρᾳ σαρκὶ καυχῶσινται. Ἐμοὶ δὲ μὴ γένοιτο καυχᾶσθαι εἰ μὴ ἐν τῷ σταυρῷ τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ· δι' οὗ ἔμοι κόσμος ἐσταύρωται, κἀγὼ τῷ κόσμῳ. Ἐν γὰρ Χριστῷ Ἰησοῦ οὔτε περιτομὴ τι ἰσχύει, οὔτε ἀκροβυστία, ἀλλὰ καινὴ κτίσις. Καὶ ὅσοι τῷ κανόνι τούτῳ στοιχήσουσιν, εἰρήνην ἐπ' αὐτοῦς, καὶ ἔλεος, καὶ ἐπὶ τὸν Ἰσραὴλ τοῦ θεοῦ. Τοῦ λοιποῦ, κόπους μοι μηδεὶς παρεχέτω· ἐγὼ γὰρ τὰ στίγματα τοῦ κυρίου Ἰησοῦ ἐν τῷ σώματί μου βαστάζω. Ἡ χάρις τοῦ κυρίου ἡμῶν Ἰησοῦ Χριστοῦ μετὰ τοῦ πνεύματος ὑμῶν, ἀδελφοί. Ἀμήν.

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

**Gospel Reading – The Sunday before Holy Cross**

**John 3:13-17**

Εἶπεν ὁ Κύριος· καὶ οὐδεὶς ἀναβέβηκεν εἰς τὸν οὐρανὸν εἰ μὴ ὁ ἐκ τοῦ οὐρανοῦ καταβάς, ὁ υἱὸς τοῦ ἀνθρώπου ὁ ὢν ἐν τῷ οὐρανῷ. καὶ καθὼς Μωϋσῆς ὑψώσε τὸν ὄφιν ἐν τῇ ἐρήμῳ, οὕτως ὑψωθῆναι δεῖ τὸν υἱὸν τοῦ ἀνθρώπου, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχῃ ζωὴν αἰώνιον. Οὕτω γὰρ ἠγάπησεν ὁ Θεὸς τὸν κόσμον, ὥστε τὸν υἱὸν αὐτοῦ τὸν μονογενῆ ἔδωκεν, ἵνα πᾶς ὁ πιστεύων εἰς αὐτὸν μὴ ἀπόληται ἀλλ' ἔχῃ ζωὴν αἰώνιον. οὐ γὰρ ἀπέστειλεν ὁ Θεὸς τὸν υἱὸν αὐτοῦ εἰς τὸν κόσμον ἵνα κρίνῃ τὸν κόσμον, ἀλλ' ἵνα σωθῇ ὁ κόσμος δι' αὐτοῦ.

The Lord said, "No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him."

**SAINTS AND FEASTS COMMEMORATED TODAY**

- |  |   |
|--|---|
| - Sunday before Holy Cross                   | - St. Daniel (Katounakiotis) of Smyrna            |
| - Forefeast of the Nativity of the Theotokos | - Sts. Euodos and Onesiphoros, Apostles of the 70 |
| - St. Kassiani, the Hymnographer             | - Sts. John and Sergios, Bishops of Lerna         |
| - St. Sozon, the Martyr                      | - St. John, the Wonderworker of Novgorod          |

## APOLYTIKION AND KONTAKION HYMNS SUNG AT THE SMALL ENTRANCE

### Resurrectional Apolytikion in the Fourth Tone (Page 53)

The joyful news of Your Resurrection was told to the women disciples of the Lord by the angel. Having thrown off the ancestral curse, and boasting, they told the Apostles: death has been vanquished. Christ our God is risen, granting to the world great mercy.

### Apolytikion for the Forefeast of the Nativity of the Theotokos

Unto us is born today Mary the child of God, \* as the branch from Jesse's root, and as the fruit of David's loins, \* and all creation is re-created and deified. \* O heaven and the earth, rejoice in unison. \* Sing praises unto her, O all you Gentile clans. \* Joachim is exultant, and Anna is keeping festival, crying out: \* "The barren woman bears the Theotokos, \* the nourisher of our Life."

### 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 σαηγεύσας, 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 Forefeast of the Nativity of the Theotokos

On this day the Virgin and Theotokos Mary, the bridal chamber of the Heavenly Bridegroom, by the will of God is born of a barren woman. Being prepared as the chariot of God the Word, she was pre-ordained for this, since she is the divine gate and the true Mother of Life.

## PARISH NEWS AND EVENTS

### TODAY'S EVENTS AND ACTIVITIES

#### Church School Resumes Today!

Church School is back in session starting TODAY! Our teaching staff and volunteers are ready to receive your children and serve to guide them into the Faith in truth and love. Welcome back to class, everyone! If you have not yet registered your children, please see Presvytera Becky during Hospitality Hour following class dismissal.

#### Backpacks for Needy Children – Pick Yours Up Today – Return by Sunday, Sept. 21

Along with FOCUS North America, Holy Trinity GOYA is sponsoring a "Backpack Drive" for needy children in our public schools. The goal is to provide basic school supplies for those who cannot afford them. In response to the tremendous support last year, more have been ordered and **we have received 120 backpacks**, which will be available following the Divine Liturgy today. There is a list of requested school supply items you can purchase anywhere you see fit. Simply sign up for as many backpacks as you would like to fill. In addition to purchasing the items to fill the packs, we ask that you donate \$10.00 for each pack when you pick them up to help cover the cost of providing them. Please return the filled backpacks to Holy Trinity by Sunday, Sept. 21. (Note: this philanthropic outreach benefits our local area, as they will be donated to the students of Manchester Academic Charter School in our old North Side neighborhood, where our own parishioner, Vas Scoumis, is the CEO and Principal.)



#### "Open Table Sunday" Hospitality Hour Today...and Next Sunday

Thank you to all of those who have contributed to the "Open Table Sunday" Hospitality Hour today! Please place your ready-to-share plated items on the table located in the Gallery on your way into Liturgy. Please stay for a few moments afterwards and offer to help with clean-up. Also, NEXT SUNDAY is also "Open Table" – but please note that it is a **strict fast day because of the feast of the Holy Cross (no meat, dairy, fish)**. Thank you!

### UPCOMING EVENTS AND ANNOUNCEMENTS

#### Upcoming Services

- **Saturday, September 13, 5:00pm:** Great Vespers – Exaltation of the Holy Cross (Holy Cross Church, 123 Gilkeson Rd, Pittsburgh, PA 15228)

### **Father John on Pilgrimage Through September 19**

Father John is out of the office through September 19 leading a pilgrimage to Mount Athos. In Father John's absence, please contact our Office Administrator, Mary Portellos (412-366-8700 or [office@HolyTrinityPgh.org](mailto:office@HolyTrinityPgh.org)) with any clergy requests, including memorials and sacraments. 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](mailto: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 understanding!

### **Introducing The Herald Quarterly – Starting Fall 2025 – Plan Ahead for Fall Information Needs**

After 32 years of continuous publication, the September edition of *The Holy Trinity Herald* marks the last monthly issue of our community news magazine. Starting in October, *The Herald* begins its new life as a quarterly news magazine, with 4 issues per year: Spring, Summer, Fall and Winter. In between issues, news, events and updates will continue to be communicated through the Weekly Bulletin, as well as other new information update systems. **To submit information for the Fall 2025 *Herald Quarterly*, please email [Herald@HolyTrinityPgh.org](mailto:Herald@HolyTrinityPgh.org) by the September 10 deadline. Remember, this covers all the way through the end of December, so look ahead to any information of flyers you would like published.** As in the past, all submissions are subject to approval and editing due to content or available space. Thank you!

### **[Sept 20] Holy Cross Glendi**

You are invited to join our sister parish of Holy Cross Greek Orthodox Church on Saturday, September 20 beginning at 6:00pm for an evening filled with fun, food, and festivities! This Greek Village-Style Glendi will celebrate Greek culture with traditional music, dancing, and of course, delicious Greek cuisine. The evening will feature New York City's Apollo Orchestra. Don't miss out on this exciting event! Visit <https://holycrosspgh.org/glendi> for more information or to purchase your tickets!

### **[Sept 29] Active Older Adults Ministry - Pittsburgh Sights Tour**

Holy Trinity Active Older Adults (AOA) is sponsoring a trip to two iconic Pittsburgh sights on Monday, September 29<sup>th</sup>. Our first stop will be the St. Nicholas Croatian Catholic Church in Millvale, featuring the murals of Maxo Vanka; hauntingly beautiful with a message about both the divine and humanity. Combines traditional religious themes with social themes, showing the horrors of war, social injustice, and scenes of the Old and New Testament. Then we will visit the Hartwood Acres Mansion, located in Hampton Twp, completed in 1929 for John and Mary Flinn Lawrence. Lunch is included. Bus will depart from Holy Trinity at 10:15am and return at 4:30pm. Cost is \$65.00 per person. Everyone is welcome to take the trip. For more info, or to make your reservation by Sept 22, please call or text Tasy McCann at 724-612-9145.



### **[Oct 12] GOYA Fall Fest**



On Sunday, October 12 our Holy Trinity GOYA will host its 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!

### **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!

# Faith & Family Weekdays

## Grow Your Knowledge and Practice of the Faith!

### JOM

**Journey of Marriage**  
1st Tuesday, 7:00pm

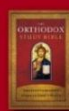
Marriage seminar aimed at preparing couples for their wedding. Based on the "Journey of Marriage" course by Dr. Philip Mamalakis. Conducted as group sessions with couples to share and grow together. Nov. 4, Dec. 2, Feb. 3, Mar. 3, Apr. 31, May 5.



### ETW

**Explore the Word**  
Wednesdays, 6:30pm

Father Radu continues his exploration of the Holy Bible with the greatest adventure book of the New Testament: The Book of Acts. Learn about the history of the early Church and how the Good News was spread. Fall dates: Oct. 22, 29; Nov. 5, 12, 19, Dec. 3, 10.



### MPS

**Monthly Paraclesis Service**  
Tuesdays/Thursdays, 6:30pm

Join in hymns and prayer, to honor the Theotokos, Saint Nektarios and Saint Paisios of Athos at our beautiful Saint George Chapel. Ask for the prayers of these powerful saints. Pray for those in need. Thu. Sep. 4; Tue. Oct. 28, Thu. Nov. 20; Tue. Dec. 16.



### JTF

**Journey to Fullness**  
Mondays (6-week series), 7:00pm

An overview of the Orthodox Christian Faith for newcomers interested in joining or life-long members yearning to deepen their understanding. Format: Videos and Q&A/discussion. Sep. 22, 29; Oct. 6, 13, 20, 27. Repeats in the Spring.



### P&P

**Prayer & Panera**  
1st & 3rd Thursday, 7:00am

Prayer and Christian fellowship for men. Meets at church promptly at 7:00 a.m. for a 15-20 minute morning prayer and scripture, then moves up the hill to Panera for 45 minutes of coffee & conversation. Fall dates: Sep. 4, 25; Oct. 16; Nov. 6, 20; Dec. 18.



**AND SAVE THE DATE FOR CHRISTMAS CAROLING FOR OUR NEIGHBORS AT THE SISTERS OF DIVINE PROVIDENCE! WEDNESDAY, DECEMBER 18**

The entire community—adults and youth alike—are invited to this special evening of Christian holiday outreach to our neighbors at the Sisters of Divine Providence on Wed. Dec. 17. Meet at Holy Trinity at 6:30pm, then head over to bring Christmas blessings and cheer to the sisters!

Orthodox Christian life happens every day, not just Sunday! Faith and Family Weekdays offers many ways during the week to grow in our faith and share in the community life of the Church. Ready to learn more about the Bible, about your Faith, about navigating life's challenges as a Christian, a woman or a man? It's all there.

Newly engaged? Prepare for Christian marriage at the **Journey of Marriage** sessions. Share the journey and grow together with other couples. Spend quiet time in prayer and fellowship time over coffee at the **Saint Nikodemos "Prayer and Panera" Men's Prayer Fellowship**. Learn more about Orthodox faith, history, and worship on the **Journey to Fullness**. And for the younger guys, there's the new **Orthodox Dudes of Tap**. There are lots of other opportunities to learn about the Faith, the Bible, marriage and Christian living. Watch the bulletin and check the online calendar at [HolyTrinityPgh.org/calendar](http://HolyTrinityPgh.org/calendar) for details and locations.

## NEW!

**Orthodox Dudes on Tap Meets Periodically**

This new casual men's ministry is for guys, single and married, to just enjoy a few hours of conversation, snacks, brews and great company with other Millennials and Gen X'ers. Meets from time to time. Laid back. Informal. Want to be notified? Email [OrthodoxDudes@HolyTrinityPgh.org](mailto:OrthodoxDudes@HolyTrinityPgh.org).

