OUR ANNUAL SPIRITUAL "CHECK-UP"

Medical authorities stress that it is important for all of us to have an annual physical examination – in fact, many companies require this of their employees. While this isn't anything that any of us truly enjoy, we cannot dispute the fact that our very lives may depend on this periodic check-up, which will allow us to see if we need to improve our health by making changes in the way we are living.

In like manner, the Church has long taught that we need a similar examination for our spiritual well-being every year. We refer to this "check-up" as the Great Fast. In this 40-day period, we will be called upon to pray more fervently and fast more severely. We will be implored to do good works and to receive the Body and Blood of Christ in the Sacrament of the Holy Eucharist. We will be urged to cleanse our souls by confessing our sins. But most importantly, during Lent we will be asked to take an honest look at our lives and evaluate the condition of our heart and our soul. Just as it is unwise not to be truthful with our doctor, it is equally foolish for us to try to deceive the Great Physician – our Lord and Savior Jesus Christ. Are we in "good shape" spiritually? Are we showing complete and total love for God in all that we do? Do we really love our neighbor as we love ourselves? Are we harboring any hatred or hard feelings towards anyone? Are we willing to forgive those who may have wronged us as we have been instructed to do by Christ in today's Gospel lesson: "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses." (Matt 6:14-15) Is it time for your check-up?

The Orthodox Weekly Bulletin . . . . . Vestal, Cliffwood, New Jersey . . . . . Litho in U.S.A.

The Holy Fathers have appointed the commemoration of Adam's exile from the Paradise of delight here, on the eve of the holy Forty-day Fast, demonstrating to us not by simple words, but by actual deeds, how beneficial fasting is for man, and how harmful and destructive are insatiety and the transgressing of the divine commandments. For the first commandment that God gave to man was that of fasting, which the first-fashioned received but did not keep; and not only did they not become gods, as they had imagined, but they lost even that blessed life which they had, and they fell into corruption and death, and transmitted these and innumerable other evils to all of mankind. The God-bearing Fathers set these things before us today, that by bringing to mind what we have fallen from, and what we have suffered because of the insatiety and disobedience of the first-fashioned, we might be diligent to return again to that ancient bliss and glory by means of fasting and obedience to all the divine commands. Taking occasion from today's Gospel (Matt. 6:14-21) to begin the Fast unencumbered by enmity, we also ask forgiveness this day, first from God, then from one another and all creation.

May we all take advantage of the wonderful opportunity for healing that the Church provides for us during



The Great Fast

METROPOLIS OF PITTSBURGH

Holy Trinity Greek Orthodox Church

March 2, 2025

Rev. Fr. Nicholas Halkias
Parish Priest
Home: 330-956-9039
Email: frnick@htgoc.net

Deacon Michael El-Bardawil
Cell: 330-209-7235

Dan Speece
Parish Council President
Cell: 240-483-6930
Email:djspeece@aol.com

Office: 330-494-8770
office@htgoc.net
www.htgoc.net

Office Hours
Monday - Friday
8:00 AM - 4:00 PM
(Closed noon-1pm for lunch)

Sunday Services
Orthros 8:30 AM
Divine Liturgy 9:30 AM

Orthros Liturgy

Epistle
Romans
13:11-14; 14:1-4

Gospel
Matthew
6:14-21

Attendance
2/23/25
112

Today's Prosfora & Communion Wine

Given by Michael & Maria Sikoutris & Family
In Loving Memory of John & Avrelia Georgiades

Given by the Amanatides & Forrest Families
In Loving Memory of Nick Amanatides

Given by the Simela Sakolevas Family
In Loving Memory of Socrates "Soc" Sakolevidis

Upcoming Memorials

March 16, 2025
Koraes Memorial & Coffee Hour



Welcome Godparents to Godparent Sunday!

LENTEN FLOWER ENVELOPES & SERVICES



Donation envelopes for flowers that decorate the church during Lent and Pascha are posted on the bulletin board outside the Church Office. Be sure to check the online calendar on our website and the Trinitarian for Lenten Services in the month of March and April.

Bookstore Coffee Hour - March 23, 2025

Please join us for a Bookstore Coffee Hour on the Sunday of the Holy Cross, March 23. Check out our new displays and Lenten items. Hope to see you on March 23th!



2ND ANNUAL GREEK GATSBY GALA

MAY 10, 2025
5-11 PM

Beginning March 2, 2025: Tickets for Regular Tables of 8 - $600
VIP Tables - $1,080 (includes a full page ad)
Individual Tickets go on sale MARCH 16 - $75.00 per person

NO TICKETS SOLD AT THE DOOR

Cash Bar, Greek Dinner & Pastries, Silent Auction, Live Band, Dancing

1920s or Semi-Formal Attire Requested

LENTEN LECTURE SERIES

On the Fridays of Great Lent, following Salutations and Akathist Service, we will have the opportunity to hear about how our Lord Jesus Christ has performed many miraculous events using icons of His Mother. From over a millennium ago until now, you will go on a trip and hear of these blessed stories that involve icons which produced blood, tears, myrrh, speaking and even movement.



The dates are Friday evenings around 7pm - March 7, 14, 21, 28, and April 4.

Don't miss this wonderful chance to see how God used and continues to use His Mother to help us see Him more clearly!

SENIOR GREEK DANCE TROUPE



Any child ages 12+ who is interested in Greek dancing, please be at practice on Mondays starting April 7th from 6:30-7:30PM at the church. If you have any questions or would like to register, please contact Eliana Monnot at 330-617-6238. Hope to see all our youth dancing at the festival this year - July 16-19. 2025.

More information on Junior Troupe will be available soon!

Attention Graduating Seniors (High School & College)

It is time to gather a list of all the students in our Holy Trinity parish that are graduating between July 2024 and June 2025. Please contact Lori in the Church Office at 330-494-8770 or office@htgoc.net and provide the graduate's name, date of graduation, school graduating from, and if a college graduate, please provide the major. **Name Day is June 8, 2025 where graduates will be recognized.**

Daughters of Penelope 59th Annual Debutantes Ball



Saturday, April 26, 2025 at 7:30pm
St. Haralambos Greek Orthodox Church
Krassas Event Center

Tickets: $25 per person

Tickets will be sold at Holy Trinity on Sunday, March 30 and Sunday, April 6

Feel free to contact Melissa Papadopulos-Sheipis (330) 309-4786 or JoAnna Adams (330) 634-6945

Calendar for the Week

All Services are streaming online @ *www.htgoc.net/live*

Sunday, March 2
Godparent Sunday
Cheesefare Sunday
Forgiveness Sunday
40-Day Memorial & Coffee Hour - Steve Konstantinou
40-Day Memorial & Coffee Hour - Socrates Sakolevidis
Forgiveness Vespers 6:00 PM

Monday, March 3
LENT BEGINS
Great Compline 6:00 PM

Tuesday, March 4
Senior Board Meeting 11:00 AM
Ladies Exercise 6:00 PM
Great Compline 6:00 PM

Wednesday, March 5
Bible Study 11:00 AM
Presanctified Liturgy 6:30 PM
@ St. George Massillon

Thursday, March 6
Great Compline 6:00 PM
Koraes Board Meeting 7:00 PM
Young Adult Basketball 7:30 PM

Friday, March 7
Presanctified Liturgy 9:00 AM
Akathist Service 6:00 PM
Lenten Lecture Series 7:00 PM

Saturday, March 8
Liturgy with Memorial
Orthros 8:30 AM
Liturgy 9:30 AM

Sunday, March 9
Sunday of Orthodoxy
Catered Event 3:00 PM
Lenten Vespers 5:00 PM
@ St. George Serbian

NO CASH? NO PROBLEM!
Scan code with smart phone to make a payment instantly!
SCAN ME

Resurrectional Apolytikion.
Mode 3.

Let the heavens be glad. Let the earth rejoice exceedingly. For the Lord has shown strength with his arm. He trampled death by death. He became the first-born of the dead. Out of the belly of Hades, He has rescued us, and to the world He has granted the great mercy.

Apolytikion of Our Church
Mode pl. 4.

Blessed are You, O Christ our God; Who did show forth the fishermen to be all-wise, by sending down upon them the Holy Spirit. And through them You drew the world into Your net, O Friend of man, glory to You!

Kontakion.
Mode pl. 2. *(not metered)*

O guide to wisdom, provider of prudence, disciplinarian of fools, and defender of the poor, fortify and discipline my heart, O Master; You, give me a word, O Word of the Father. For behold, I will not hinder my lips from crying to You: O merciful Lord, have mercy on me who have fallen.

St. Paul's Letter to the Romans 13:11-14; 14:1-4

Prokeimenon. Mode Plagal 4
Psalm 75.11,1
Make your vows to the Lord our God and perform them.
Verse: God is known in Judah; his name is great in Israel.

The reading is from St. Paul's Letter to the Romans 13:11-14; 14:1-4

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

The Gospel According to Matthew 6:14-21

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

Ἀπολυτίκιον Ἀναστάσιμον.
Ἦχος γ΄.

Εὐφραινέσθω τὰ οὐράνια, ἀγαλλιάσθω τὰ ἐπίγεια, ὅτι ἐποίησε κράτος ἐν βραχίονι αὐτοῦ, ὁ Κύριος· ἐπάτησε τῷ θανάτῳ τὸν θάνατον· πρωτότοκος τῶν νεκρῶν ἐγένετο· ἐκ κοιλίας ᾅδου ἐῤῥύσατο ἡμᾶς, καὶ παρέσχε τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ναοῦ.
Ἦχος πλ. δ΄.

Εὐλογητὸς εἶ Χριστὲ ὁ Θεὸς ἡμῶν, ὁ πανσόφους τοὺς ἁλιεῖς ἀναδείξας, καταπέμψας αὐτοῖς τὸ Πνεῦμα τ+ὸ Ἅγιον, καὶ δι' αὐτῶν τὴν οἰκουμένην σαγηνεύσας, Φιλάνθρωπε, δόξα σοι.

Κοντάκιον.
Ἦχος πλ. β΄. *Αὐτόμελον.*

Τῆς σοφίας ὁδηγέ, φρονήσεως χορηγέ, τῶν ἀφρόνων παιδευτά, καὶ πτωχῶν ὑπερασπιστά, στήριξον, συνέτισον τὴν καρδίαν μου Δέσποτα. Σὺ δίδου μοι λόγον, ὁ τοῦ Πατρός Λόγος· ἰδοὺ γὰρ τὰ χείλη μου, οὐ μὴ κωλύσω ἐν τῷ κράζειν σοι· Ἐλεῆμον, ἐλέησόν με τὸν παραπεσόντα.

Πρὸς ῾Ρωμαίους 13:11-14, 14:1-4

Προκείμενον. Ήχος πλ. δ'
ΨΑΛΜΟΙ 75.11,1

Εὔξασθε καὶ ἀπόδοτε Κυρίῳ τῷ Θεῷ ἡμῶν.
Στίχ. Γνωστὸς ἐν τῇ Ἰουδαίᾳ ὁ Θεός, ἐν τῷ Ἰσραὴλ μέγα τὸ ὄνομα αὐτοῦ.

Πρὸς ῾Ρωμαίους 13:11-14, 14:1-4 τὸ ἀνάγνωσμα

Ἀδελφοί, νῦν ἐγγύτερον ἡμῶν ἡ σωτηρία ἢ ὅτε ἐπιστεύσαμεν. Ἡ νὺξ προέκοψεν, ἡ δὲ ἡμέρα ἤγγικεν· ἀποθώμεθα οὖν τὰ ἔργα τοῦ σκότους, καί ἐνδυσώμεθα τὰ ὅπλα τοῦ φωτός. Ὡς ἐν ἡμέρᾳ, εὐσχημόνως περιπατήσωμεν, μὴ κώμοις καὶ μέθαις, μὴ κοίταις καὶ ἀσελγείαις, μὴ ἔριδι καὶ ζήλῳ. Ἀλλ᾽ ἐνδύσασθε τὸν κύριον Ἰησοῦν Χριστόν, καὶ τῆς σαρκὸς πρόνοιαν μὴ ποιεῖσθε, εἰς ἐπιθυμίας. Τὸν δὲ ἀσθενοῦντα τῇ πίστει προσλαμβάνεσθε, μὴ εἰς διακρίσεις διαλογισμῶν. Ὃς μὲν πιστεύει φαγεῖν πάντα, ὁ δὲ ἀσθενῶν λάχανα ἐσθίει. Ὁ ἐσθίων τὸν μὴ ἐσθίοντα μὴ ἐξουθενείτω, καὶ ὁ μὴ ἐσθίων τὸν ἐσθίοντα μὴ κρινέτω· ὁ θεὸς γὰρ αὐτὸν προσελάβετο. Σὺ τίς εἶ ὁ κρίνων ἀλλότριον οἰκέτην; Τῷ ἰδίῳ κυρίῳ στήκει ἢ πίπτει. Σταθήσεται δέ· δυνατὸς γάρ ἐστιν ὁ θεὸς στῆσαι αὐτόν.

Ἐκ τοῦ Κατὰ Ματθαῖον 6:14-21 Εὐαγγελίου τὸ Ἀνάγνωσμα

Εἶπεν ὁ Κύριος· ᾽Εὰν γὰρ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, ἀφήσει καὶ ὑμῖν ὁ πατὴρ ὑμῶν ὁ οὐράνιος· ἐὰν δὲ μὴ ἀφῆτε τοῖς ἀνθρώποις τὰ παραπτώματα αὐτῶν, οὐδὲ ὁ πατὴρ ὑμῶν ἀφήσει τὰ παραπτώματα ὑμῶν. ῞Οταν δὲ νηστεύητε, μὴ γίνεσθε ὥσπερ οἱ ὑποκριταὶ σκυθρωποί· ἀφανίζουσι γὰρ τὰ πρόσωπα αὐτῶν ὅπως φανῶσι τοῖς ἀνθρώποις νηστεύοντες· ἀμὴν λέγω ὑμῖν ὅτι ἀπέχουσι τὸν μισθὸν αὐτῶν. σὺ δὲ νηστεύων ἄλειψαί σου τὴν κεφαλὴν καὶ τὸ πρόσωπόν σου νίψαι,ὅπως μὴ φανῇς τοῖς ἀνθρώποις νηστεύων, ἀλλὰ τῷ πατρί σου τῷ ἐν τῷ κρυπτῷ, καὶ ὁ πατήρ σου ὁ βλέπων ἐν τῷ κρυπτῷ ἀποδώσει σοι ἐν τῷ φανερῷ. Μὴ θησαυρίζετε ὑμῖν θησαυροὺς ἐπὶ τῆς γῆς, ὅπου σὴς καὶ βρῶσις ἀφανίζει, καὶ ὅπου κλέπται διορύσσουσι καὶ κλέπτουσι· θησαυρίζετε δὲ ὑμῖν θησαυροὺς ἐν οὐρανῷ, ὅπου οὔτε σὴς οὔτε βρῶσις ἀφανίζει, καὶ ὅπου κλέπται οὐ διορύσσουσιν οὐδὲ κλέπτουσιν· ὅπου γάρ ἐστιν ὁ θησαυρὸς ὑμῶν, ἐκεῖ ἔσται καὶ ἡ καρδία ὑμῶν.