"HEAVENWARD! HEAVENWARD!"

Each year on the 2nd Sunday of the Great Fast, the Holy Orthodox Church honors the memory of ST. GREGORY PALAMAS. Gregory lived in the 14th century and would rise to the prominent position of Archbishop of Thessalonica one day. He is best remembered, however, for his exemplary life as a monastic: a life he embraced at the young age of 20.

Much of Gregory's life was lived on Mt. Athos. Much of his time was spent in contemplative silence and prayer. He fully embraced the spirit and philosophy of "hesychasm" -- a method of inward prayer of the heart that was taught by the severe ascetics of the Holy Mountain.

As St. Gregory gained popularity and notoriety with the Church, his teaching of hesychasm caused him to be at odds with other theologians and hierarchs. His position that God, unapproachable in His Essence, was nevertheless revealed through His Energies. This brought Gregory ridicule and condemnation. He was even imprisoned and labelled a "heretic" for maintaining that the Kingdom of God is within us -- in our WHOLE NATURE, body and soul. Ultimately, the Council of Blachernae upheld the truth of his teachings. This is why he is praised in his troparion on this day as being the "light of Orthodoxy" and the "champion of theologians."

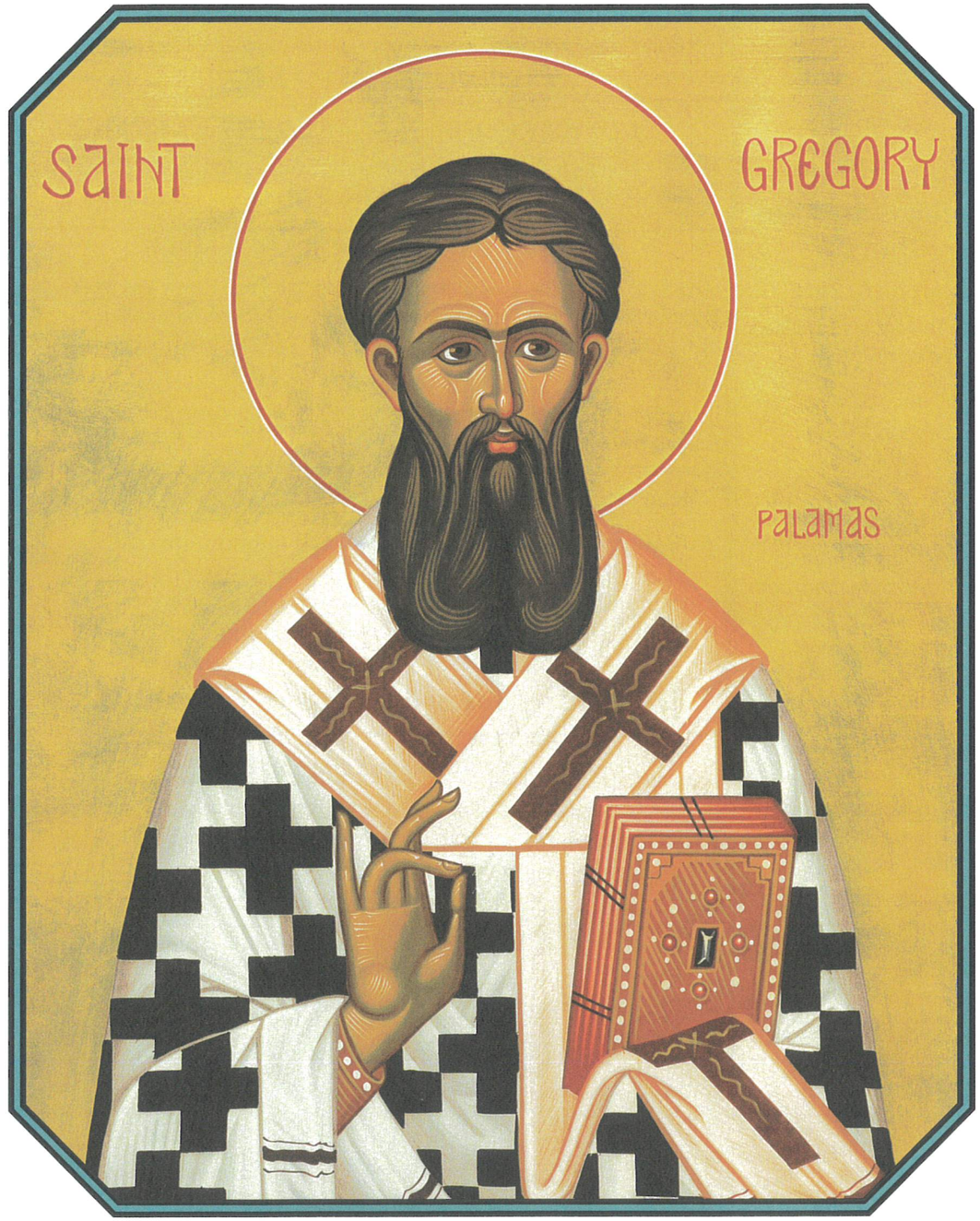
St. Gregory Palamas fell asleep in the Lord on November 14, 1359 A.D. He was canonized a saint just 9 years later. His dying words were: "Heavenward! Heavenward!" Indeed, the life lived by this blessed saint was constantly pointed in the direction of the Kingdom of God.

Icon by Austin Kachek - Manville, NJ

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

Ephesians 3:14-19

For this reason I bow my knees to the Father of our Lord Jesus Christ, from whom the whole family in heaven and earth is named, that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man, that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height - to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.



METROPOLIS OF PITTSBURGH

Holy Trinity Greek Orthodox Church

March 16, 2025

Rev. Fr. Nicholas Halkias
Parish Priest
Home: 330-956-9039
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Deacon Michael El-Bardawil
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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
Hebrews
1:10-14; 2:1-3

Gospel
Mark
2:1-12

Attendance
3/9/25
167

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 next Sunday!

LENTEN FLOWER ENVELOPES & SERVICES



Donation envelopes for flowers that decorate the church during Lent and Pascha are still available on the bulletin board outside the Church Office.

GOYA COLLECTION FOR OUR FOOD PANTRY



GOYA is collecting the 5 most needed items for our Food Pantry this week and next Sunday, March 23. Those items are 1) 4 pack of toilet paper, 2) individual rolls of paper towels, 3) Sugar, 4) Pudding snack packs, and 5) Flour

Help GOYA stock the HT pantry! Over 30 families in the community are helped monthly by our pantry.

YOUTH LUMINARY PROJECT - GOOD FRIDAY, APRIL 18



Luminary Forms are available in the cubbies outside the Church Office and after Divine Liturgy on Sunday with a Youth Representative to place orders. Each Luminary is $5.00 and can be designated in memory of or for the health of someone.

DEADLINE for orders is Sunday, APRIL 13th.

EGG HUNT - PASCHA - APRIL 20TH



On Sunday, April 20th - Bring the kids to Church and stay for the egg hunt!!! THERE ARE PRIZES FOR EVERYONE! See you there!!! Sunday School is sponsoring this event!

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 **Sundays starting March 30th 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!

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

This year's debutantes are: Amelia Colón, Savannah Goss, Kate Kaplanis, Francesca Hathaway, Isabella Paxos, Sophia Pitinii, Sophia Semertsidis, Alexandria Sklavenitis and Eva Chrisanthe Stavrianou-Winn

SCHOLARSHIP INFORMATION

Apply Now Online!



To apply to all the Scholarships available at Holy Trinity, please visit our website at

https://htgoc.net/events/scholarships

to fill out the applications.

All applications are due by April 30, 2025.

Calendar for the Week

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

Sunday, March 16
Young Adult Spring Retreat
Koraes Memorial & Coffee Hour

Monday, March 17
No Scheduled Events

Tuesday, March 18
Ladies Exercise 6:00 PM
Parish Council

Wednesday, March 19
Bible Study 11:00 AM
Food Pantry 1PM - 3PM
Presanctified Liturgy 6:30 PM
@ Holy Trinity

Thursday, March 20
Spring Begins
Young Adult Basketball 7:30 PM

Friday, March 21
Presanctified Liturgy 9:00 AM
Akathist Service 6:00 PM
Lenten Lecture Series 7:00 PM

Saturday, March 22
No Scheduled Events

Sunday, March 23
Sunday of the Holy Cross
Bookstore Coffee Hour
Vespers 5:00 PM
St. Nikolai Mission

2025 AHEPA Chapter #59 Scholarships

Apply Now Online!

Instructions and Applications are available for:
Local Canton Chapter 59 at: ahepa59.org **(April 30, Deadline)**
Buckeye District 11 at: buckeyedistrict11.org **(March 31, Deadline)**
AHEPA National at: ahepa.org **(March 31, Deadline)**
Contact: John Karipides (330) 283-0113
Paul Koskovich (330) 327-4079

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

SCAN ME

Resurrectional Apolytikion.
Mode pl. 1. *Automelon.*

As the Father and Spirit are unoriginate, * so the Word, who was born from the Virgin for us. * Let us praise Him, O believers, and let us worship Him. * For our salvation He was pleased * to be crucified in the flesh, * and to undergo death, * and to resurrect the dead, by His glorious resurrection.

For the Hierarch.
Mode pl. 4.

Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessalonica, the messenger of grace. Forever earnestly entreat for the salvation of our souls.

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. 4. *Automelon.*

O Champion General, I your City now inscribe 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.

St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

Prokeimenon. Mode Plagal 1
Psalm 11.7,1

You, O Lord, shall keep us and preserve us.
Verse: Save me, O Lord, for the godly man has failed.

The reading is from St. Paul's Letter to the Hebrews 1:10-14; 2:1-3

IN THE BEGINNING, Thou, Lord, didst found the earth in the beginning, 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.

The Gospel According to Mark 2:1-12

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!"

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος πλ. α΄. *Αὐτόμελον.*

Τὸν συνάναρχον Λόγον Πατρὶ καὶ Πνεύματι, τὸν ἐκ Παρθένου τεχθέντα εἰς σωτηρίαν ἡμῶν, ἀνυμνήσωμεν πιστοὶ καὶ προσκυνήσωμεν· ὅτι ηὐδόκησε σαρκί, ἀνελθεῖν ἐν τῷ Σταυρῷ, καὶ θάνατον ὑπομεῖναι, καὶ ἐγεῖραι τοὺς τεθνεῶτας, ἐν τῇ ἐνδόξῳ ἀναστάσει αὐτοῦ.

Τοῦ Ἱεράρχου.

Ἦχος πλ. δ΄.

Ὀρθοδοξίας ὁ φωστήρ, Ἐκκλησίας τὸ στήριγμα καὶ διδάσκαλε, τῶν μοναστῶν ἡ καλλονὴ, τῶν θεολόγων ὑπέρμαχος ἀπροσμάχητος· Γρηγόριε θαυματουργὲ Θεσσαλονίκης τὸ καύχημα κήρυξ τῆς χάριτος· ἱκέτευε διὰ παντός, σωθῆναι τὰς ψυχὰς ἡμῶν.

Τοῦ Ναοῦ.

Ἦχος πλ. δ΄.

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

Κοντάκιον.

Ἦχος πλ. δ΄. *Αὐτόμελον.*

Τῇ ὑπερμάχῳ στρατηγῷ τὰ νικητήρια, Ὡς λυτρωθεῖσα τῶν δεινῶν εὐχαριστήρια, Ἀναγράφω σοι ἡ Πόλις σου Θεοτόκε. Ἀλλ' ὡς ἔχουσα τὸ κράτος ἀπροσμάχητον, Ἐκ παντοίων με κινδύνων ἐλευθέρωσον, Ἵνα κράζω σοι· Χαῖρε νύμφη ἀνύμφευτε.

Πρὸς Ἑβραίους 1:10-14, 2:1-3

Προκείμενον. Ήχος πλ. α'

ΨΑΛΜΟΙ 11.7,1

Σὺ Κύριε, φυλάξαις ἡμᾶς καὶ διατηρήσαις ἡμᾶς.

Στίχ. Σῶσον με, Κύριε, ὅτι ἐκλέλοιπεν ὅσιος.

Πρὸς Ἑβραίους 1:10-14, 2:1-3 τὸ ἀνάγνωσμα

Κατ' ἀρχάς, Κύριε, τὴν γῆν ἐθεμελίωσας, καὶ ἔργα τῶν χειρῶν σού εἰσιν οἱ οὐρανοί· αὐτοὶ ἀπολοῦνται, σὺ δὲ διαμένεις· καὶ πάντες ὡς ἱμάτιον παλαιωθήσονται, καὶ ὡσεὶ περιβόλαιον ἑλίξεις αὐτούς, καὶ ἀλλαγήσονται· 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 ἡμᾶς προσέχειν τοῖς ἀκουσθεῖσιν, μήποτε παραρρυῶμεν. Εἰ γὰρ ὁ δι' ἀγγέλων λαληθεὶς λόγος ἐγένετο βέβαιος, καὶ πᾶσα παράβασις καὶ παρακοὴ ἔλαβεν ἔνδικον μισθαποδοσίαν, πῶς ἡμεῖς ἐκφευξόμεθα τηλικαύτης ἀμελήσαντες σωτηρίας; Ἥτις, ἀρχὴν λαβοῦσα λαλεῖσθαι διὰ τοῦ κυρίου, ὑπὸ τῶν ἀκουσάντων εἰς ἡμᾶς ἐβεβαιώθη.

Ἐκ τοῦ Κατὰ Μᾶρκον 2:1-12 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, εἰσῆλθεν ὁ Ἰησοῦς εἰς εἰς Καπερναοὺμ δι' ἡμερῶν καὶ ἠκούσθη ὅτι εἰς οἶκόν ἐστι. καὶ εὐθέως συνήχθησαν πολλοί, ὥστε μηκέτι χωρεῖν μηδὲ τὰ πρὸς τὴν θύραν· καὶ ἐλάλει αὐτοῖς τὸν λόγον. καὶ ἔρχονται πρὸς αὐτὸν παραλυτικὸν φέροντες, αἰρόμενον ὑπὸ τεσσάρων· καὶ μὴ δυνάμενοι προσεγγίσαι αὐτῷ διὰ τὸν ὄχλον, ἀπεστέγασαν τὴν στέγην ὅπου ἦν, καὶ ἐξορύξαντες χαλῶσι τὸν κράβαττον, ἐφ' ᾧ ὁ παραλυτικὸς κατέκειτο. ἰδὼν δὲ ὁ Ἰησοῦς τὴν πίστιν αὐτῶν λέγει τῷ παραλυτικῷ· τέκνον, ἀφέωνταί σοι αἱ ἁμαρτίαι σου. ἦσαν δέ τινες τῶν γραμματέων ἐκεῖ καθήμενοι καὶ διαλογιζόμενοι ἐν ταῖς καρδίαις αὐτῶν· τί οὗτος οὕτω λαλεῖ βλασφημίας; τίς δύναται ἀφιέναι ἁμαρτίας εἰ μὴ εἷς ὁ Θεός; καὶ εὐθέως ἐπιγνοὺς ὁ Ἰησοῦς τῷ πνεύματι αὐτοῦ ὅτι οὕτως αὐτοὶ διαλογίζονται ἐν ἑαυτοῖς, εἶπεν αὐτοῖς· τί ταῦτα διαλογίζεσθε ἐν ταῖς καρδίαις ὑμῶν; τί ἐστιν εὐκοπώτερον, εἰπεῖν τῷ παραλυτικῷ, ἀφέωνταί σου αἱ ἁμαρτίαι, ἢ εἰπεῖν, ἔγειρε καὶ ἆρον τὸν κράβαττόν σου καὶ περιπάτει; ἵνα δὲ εἰδῆτε ὅτι ἐξουσίαν ἔχει ὁ υἱὸς τοῦ ἀνθρώπου ἀφιέναι ἐπὶ τῆς γῆς ἁμαρτίας - λέγει τῷ παραλυτικῷ· σοὶ λέγω, ἔγειρε καὶ ἆρον τὸν κράβαττόν σου καὶ ὕπαγε εἰς τὸν οἶκόν σου. καὶ ἠγέρθη εὐθέως, καὶ ἄρας τὸν κράβαττον ἐξῆλθεν ἐναντίον πάντων, ὥστε ἐξίστασθαι πάντας καὶ δοξάζειν τὸν Θεὸν λέγοντας ὅτι οὐδέποτε οὕτως εἴδομεν.