A "RECIPE" FOR A SUCCESSFUL PRAYER LIFE

While Great Lent is often looked upon as being a time of increased prayer, it must be pointed out that prayer is ALWAYS an essential element in our spiritual lives. What is prayer? By definition, it is "communion with God." Prayer can take several forms. There are prayers of thanksgiving, prayers of worship & prayers of petition.

The power of prayer cannot be matched by any other force. When the Apostles questioned Christ concerning why they could not cast out a demon that was possessing a young boy, the Lord responded that such things could only be accomplished through PRAYER & FASTING. On another occasion, Jesus had this to say about prayer: "Therefore I say to you, whatever things you ask for when you pray, believe that you will receive them, & you will have them."

There are several key ingredients to a successful prayer life. First, we must pray with FAITH. We must certainly believe that God CAN help us & answer our prayers.

Next, we must pray PERSISTENTLY. How impatient we are with our prayers! We must learn not to give up if our prayers are not answered immediately. Remember the Canaanite woman, who relentlessly pursued the Lord until He granted her request? She would not take "no" for an answer!

Finally, we must pray with HUMILITY. We must never forget that God is our FATHER & we are His CHILDREN. He is the MASTER & we are the SERVANT. Surely, Christ's own example while praying in the Garden of Gethsemane should indelibly mark this in our mind. What were His words? NOT MY WILL, BUT THINE BE DONE! Rest assured that the Lord hears all of our prayers. May this intimate conversation with God be an important part of every day for us.

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

Romans 8:26

Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.



LENT IS A TIME FOR PRAYER

METROPOLIS OF PITTSBURGH

Holy Trinity Greek Orthodox Church

March 30, 2025

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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
6:13-20

Gospel
Mark
9:17-31

Attendance
3/23/25
144

Today's Prosfora & Communion Wine

Given by Afro Karasarides
In Loving Memory of Christos Karasarides

Given by Steve & Kathy Dimos
In Loving Memory of Sophie & Kenneth Marion

Upcoming Memorials

April 6, 2025
1-Yr. Memorial - Alex Petrakis

YOUTH COFFEE HOUR & FUNDRAISER - TODAY



Youth and Ed is sponsoring a coffee hour luncheon fundraiser for the Holy Trinity Food Pantry **TODAY** following Divine Liturgy.

Money raised at this luncheon will go to our Holy Trinity Food Pantry to purchase items for families in need in Stark County. Please join our GOYA, JOY & HOPE Youth Groups and their families and support this event! Thank you!
~Dina Kalagidis Grunder

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

Tickets for Regular Tables of 8 - $600
VIP Tables - $1,080 (includes a full page ad)
Individual Tickets - $75.00 per person
Ads & Sponsorships Available

NO TICKETS SOLD AT THE DOOR

Cash Bar, Greek Dinner & Pastries, Silent Auction, Live Band, Dancing
1920s or Semi-Formal Attire Requested



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

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.**

GOYA PALM SUNDAY LUNCHEON

Sunday, April 13, 2025 immediately following Divine Liturgy

COST: $18.00 (Baked Fish or Plaki will be available)

Tickets on sale beginning today following liturgy in the hallway!

VOLUNTEERS NEEDED!



We are looking for committee members to assist with the decorating of the indoor taverna and outdoor patio for our festival. Please contact Ellen Romeo at 330-495-3164 if interested in helping with this important aspect of our festival.

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 AVAILABLE TODAY AND NEXT WEEK!

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 30
Youth Coffee Hour Luncheon Fundraiser 11:15 AM
Sr. Dance Troupe 6:30 PM

Monday, March 31
No Scheduled Events

Tuesday, April 1
Sr. Board Meeting 11:00 AM
Ladies Exercise 6:00 PM

Wednesday, April 2
Bible Study 11:00 AM
Presanctified Liturgy 6:30 PM
@ Holy Assumption OCA

Thursday, April 3
Great Canon of St. Andrew 6:00 PM
Koraes Board Meeting 7:00 PM

Friday, April 4
GOYA Spring Retreat
Presanctified Liturgy 9:00 AM
Akathist Service 6:00 PM
Lenten Lecture Series 7:00 PM

Saturday, April 5
GOYA Spring Retreat
Baking Tsoureki

Sunday, April 6
GOYA Spring Retreat
1-Yr. Memorial - Alex Petrakis
Sr. Dance Troupe 6:30 PM

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 ME

Scan code with smart phone to make a payment instantly!

Resurrectional Apolytikion.
Grave Mode.

You destroyed death by Your Cross, You opened Paradise to the Robber. You turned the Myrrh-bearing Women's lament into joy, and You commanded Your Apostles to preach that You rose, O Christ God, granting the world the great mercy.

For the Devout Man.
Mode pl. 4.

With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O John, our devout father. Intercede with Christ our God, 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 6:13-20

Prokeimenon. Grave Mode.

Psalm 28.11,1

The Lord will give strength to his people.

Verse: Bring to the Lord, O sons of God, bring to the Lord honor and glory.

The reading is from St. Paul's Letter to the Hebrews 6:13-20

BRETHREN, when God made a promise to Abraham, since he had no one greater by whom to swear, he swore to himself, saying, "Surely I will bless you and multiply you." And thus Abraham, having patiently endured, obtained the promise. Men indeed swear by a greater than themselves, and in all their disputes an oath is final for confirmation. So when God desired to show more convincingly to the heirs of the promise the unchangeable character of his purpose, he interposed with an oath, so that through two unchangeable things, in which it is impossible that God should prove false, we who have fled for refuge might have strong encouragement to seize the hope set before us. We have this as a sure and steadfast anchor of the soul, a hope that enters into the inner shrine behind the curtain, where Jesus has gone as a forerunner on our behalf, having become a high priest for ever after the order of Melchizedek.

The Gospel According to Mark 9:17-31

At that time, a man came to Jesus kneeling and saying: "Teacher, I brought my son to you, for he has a dumb spirit; and wherever it seizes him it dashes him down; and he foams and grinds his teeth and becomes rigid; and I asked your disciples to cast it out, and they were not able." And he answered them, "O faithless generation, how long am I to be with you? How long am I to bear with you? Bring him to me." And they brought the boy to him; and when the spirit saw him, immediately it convulsed the boy, and he fell on the ground and rolled about, foaming at the mouth. And Jesus asked his father, "How long has he had this?" And he said, "From childhood. And it has often cast him into the fire and into the water, to destroy him; but if you can do anything, have pity on us and help us." And Jesus said to him, "If you can! All things are possible to him who believes." Immediately the father of the child cried out and said, "I believe; help my unbelief!" And when Jesus saw that a crowd came running together, he rebuked the unclean spirit, saying to it, "You dumb and deaf spirit, I command you, come out of him, and never enter him again." And after crying out and convulsing him terribly, it came out, and the boy was like a corpse; so that most of them said, "He is dead." But Jesus took him by the hand and lifted him up, and he arose. And when he had entered the house, his disciples asked him privately, "Why could we not cast it out?" And he said to them, "This kind cannot be driven out by anything but prayer and fasting." They went on from there and passed through Galilee. And he would not have any one know it; for he was teaching his disciples, saying to them, "The Son of man will be delivered into the hands of men, and they will kill him; and when he is killed, after three days he will rise."

Ἀπολυτίκιον Ἀναστάσιμον.

Ἦχος βαρύς.

Κατέλυσας τῷ Σταυρῷ σου τὸν θάνατον· ἠνέῳξας τῷ λῃστῇ τὸν Παράδεισον· τῶν Μυροφόρων τὸν θρῆνον μετέβαλες, καὶ τοῖς σοῖς Ἀποστόλοις κηρύττειν ἐπέταξας, ὅτι ἀνέστης Χριστὲ ὁ Θεός, παρέχων τῷ κόσμῳ τὸ μέγα ἔλεος.

Τοῦ Ὁσίου.

Ἦχος πλ. δ΄.

Ταῖς τῶν δακρύων σου ῥοαῖς, τῆς ἐρήμου τὸ ἄγονον ἐγεώργησας, καὶ τοῖς ἐκ βάθους στεναγμοῖς, εἰς ἑκατὸν τοὺς πόνους ἐκαρποφόρησας, καὶ γέγονας φωστὴρ τῇ οἰκουμένῃ, λάμπων τοῖς θαύμασιν, Ἰωάννη Πατὴρ ἡμῶν ὅσιε, πρέσβευε Χριστῷ τῷ Θεῷ, 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 6:13-20

Προκείμενον. Ἦχος βαρύς.

ΨΑΛΜΟΙ 28.11,1

Κύριος ἰσχὺν τῷ λαῷ αὐτοῦ δώσει.

Στίχ. Ἐνέγκατε τῷ Κυρίῳ υἱοὶ Θεοῦ, ἐνέγκατε τῷ Κυρίῳ δόξαν καὶ τιμήν.

Πρὸς Ἑβραίους 6:13-20 τὸ ἀνάγνωσμα

Ἀδελφοί, τῷ Ἀβραὰμ ἐπαγγειλάμενος ὁ θεός, ἐπεὶ κατ' οὐδενὸς εἶχεν μείζονος ὀμόσαι, ὤμοσεν καθ' ἑαυτοῦ, λέγων, Ἦ μὴν εὐλογῶν εὐλογήσω σε, καὶ πληθύνων πληθυνῶ σε. Καὶ οὕτως μακροθυμήσας ἐπέτυχεν τῆς ἐπαγγελίας. Ἄνθρωποι μὲν γὰρ κατὰ τοῦ μείζονος ὀμνύουσιν, καὶ πάσης αὐτοῖς ἀντιλογίας πέρας εἰς βεβαίωσιν ὁ ὅρκος. Ἐν ᾧ περισσότερον βουλόμενος ὁ θεὸς ἐπιδεῖξαι τοῖς κληρονόμοις τῆς ἐπαγγελίας τὸ ἀμετάθετον τῆς βουλῆς αὐτοῦ, ἐμεσίτευσεν ὅρκῳ, ἵνα διὰ δύο πραγμάτων ἀμεταθέτων, ἐν οἷς ἀδύνατον ψεύσασθαι θεόν, ἰσχυρὰν παράκλησιν ἔχωμεν οἱ καταφυγόντες κρατῆσαι τῆς προκειμένης ἐλπίδος· ἣν ὡς ἄγκυραν ἔχομεν τῆς ψυχῆς ἀσφαλῆ τε καὶ βεβαίαν, καὶ εἰσερχομένην εἰς τὸ ἐσώτερον τοῦ καταπετάσματος· ὅπου πρόδρομος ὑπὲρ ἡμῶν εἰσῆλθεν Ἰησοῦς, κατὰ τὴν τάξιν Μελχισεδὲκ ἀρχιερεὺς γενόμενος εἰς τὸν αἰῶνα.

Ἐκ τοῦ Κατὰ Μᾶρκον 9:17-31 Εὐαγγελίου τὸ Ἀνάγνωσμα

Τῷ καιρῷ ἐκείνῳ, ἄνθρωπός τις προσῆλθε τῷ Ἰησοῦ λέγων, διδάσκαλε, ἤνεγκα τὸν υἱόν μου πρός σε, ἔχοντα πνεῦμα ἄλαλον. καὶ ὅπου ἂν αὐτὸν καταλάβῃ, ῥήσσει αὐτόν, καὶ ἀφρίζει καὶ τρίζει τοὺς ὀδόντας αὐτοῦ, καὶ ξηραίνεται· καὶ εἶπον τοῖς μαθηταῖς σου ἵνα αὐτὸ ἐκβάλωσι, καὶ οὐκ ἴσχυσαν. ὁ δὲ ἀποκριθεὶς αὐτῷ λέγει· ὦ γενεὰ ἄπιστος, ἕως πότε πρὸς ὑμᾶς ἔσομαι; ἕως πότε ἀνέξομαι ὑμῶν; φέρετε αὐτὸν πρός με. καὶ ἤνεγκαν αὐτὸν πρὸς αὐτόν. καὶ ἰδὼν αὐτὸν εὐθέως τὸ πνεῦμα ἐσπάραξεν αὐτόν, καὶ πεσὼν ἐπὶ τῆς γῆς ἐκυλίετο ἀφρίζων. καὶ ἐπηρώτησε τὸν πατέρα αὐτοῦ· πόσος χρόνος ἐστὶν ὡς τοῦτο γέγονεν αὐτῷ; ὁ δὲ εἶπε· παιδιόθεν. καὶ πολλάκις αὐτὸν καὶ εἰς πῦρ ἔβαλε καὶ εἰς ὕδατα, ἵνα ἀπολέσῃ αὐτόν· ἀλλ' εἴ τι δύνασαι, βοήθησον ἡμῖν σπλαγχνισθεὶς ἐφ' ἡμᾶς. ὁ δὲ Ἰησοῦς εἶπεν αὐτῷ τὸ εἰ δύνασαι πιστεῦσαι, πάντα δυνατὰ τῷ πιστεύοντι. καὶ εὐθέως κράξας ὁ πατὴρ τοῦ παιδίου μετὰ δακρύων ἔλεγε· πιστεύω, κύριε· βοήθει μου τῇ ἀπιστίᾳ. ἰδὼν δὲ ὁ Ἰησοῦς ὅτι ἐπισυντρέχει ὄχλος, ἐπετίμησε τῷ πνεύματι τῷ ἀκαθάρτῳ λέγων αὐτῷ· τὸ πνεῦμα τὸ ἄλαλον καὶ κωφόν, ἐγώ σοι ἐπιτάσσω, ἔξελθε ἐξ αὐτοῦ καὶ μηκέτι εἰσέλθῃς εἰς αὐτόν. καὶ κράξαν καὶ πολλὰ σπαράξαν αὐτὸν ἐξῆλθε, καὶ ἐγένετο ὡσεὶ νεκρός, ὥστε πολλοὺς λέγειν ὅτι ἀπέθανεν. ὁ δὲ Ἰησοῦς κρατήσας αὐτὸν τῆς χειρὸς ἤγειρεν αὐτόν, καὶ ἀνέστη. Καὶ εἰσελθόντα αὐτὸν εἰς οἶκον οἱ μαθηταὶ αὐτοῦ ἐπηρώτων αὐτὸν κατ' ἰδίαν, ὅτι ἡμεῖς οὐκ ἠδυνήθημεν ἐκβαλεῖν αὐτό. καὶ εἶπεν αὐτοῖς· τοῦτο τὸ γένος ἐν οὐδενὶ δύναται ἐξελθεῖν εἰ μὴ ἐν προσευχῇ καὶ νηστείᾳ. Καὶ ἐκεῖθεν ἐξελθόντες παρεπορεύοντο διὰ τῆς Γαλιλαίας, καὶ οὐκ ἤθελεν ἵνα τις γνῷ· ἐδίδασκε γὰρ τοὺς μαθητὰς αὐτοῦ καὶ ἔλεγεν αὐτοῖς ὅτι ὁ υἱὸς τοῦ ἀνθρώπου παραδίδοται εἰς χεῖρας ἀνθρώπων, καὶ ἀποκτενοῦσιν αὐτόν, καὶ ἀποκτανθεὶς τῇ τρίτῃ ἡμέρᾳ ἀναστήσεται.