

THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH

Bob Roberts Passes the Baton



Robert Roberts (left) retired from his role as Choir Director last month, handing the reins over to Karen Cattell (second from left).

Looking Forward, Looking Backward

by Fr. John Reeves

JANUARY ALWAYS HERALDS LOOKING AHEAD. *Auld* acquaintance” is forgot as the New Year promises a fresh start. Of course, this isn’t exactly the case. Mistakes we have made in the past tend to color our decisions in the future. It is not merely a question of forgetting things past, of forgetting “*auld lang syne*” (which means “old long since,” that is, “days gone by”). Philosophers remind us that failure to learn the lessons from the past doom us to repeat them in the future. New Year’s resolutions have little chance of success unless we supplant past error with new behavior.

(continued, see FROM THE RECTOR’S DESK, page 3)

ROBERT “DOCTOR BOB” F. ROBERTS retired from his position as Holy Trinity’s Choir Director on December 15, a position he has held since 1993. Words cannot adequately express the parish’s indebtedness to Bob for all that he has done in this regard over the past quarter-century. He passes the baton to Karen Cattell, who he mentored ever since she joined the Choir in 1999.

When not traveling (his responsibilities as head of Penn State’s Food Science Department keep him away many weekends), Bob will continue to serve the Choir as bass singer and chanter. We will find time to thank and honor him appropriately in the months to come. In the meantime, we welcome Karen in her new role. She has many things planned for the group including regular rehearsals, training workshops, and socials (see her or email choir@holytrinity-oca.org for details). May God grant them both many years! ■

HOLY TRINITY ORTHODOX CHURCH
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Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
January 7	A. Legaspi and K. Cartell	J. Pettengill and S. Pettengill	B. Haupt and H. Torbic	Team B
January 14	R. Schrauf and D. Patel	A. Ashmore and E. Ashmore	M. Fedkin and M. Stevens	Team A
January 21	L. Georgiou and B. & N. Troyan	B. Roberts and E. Miranda	G. Cartell and E. Ashmore	Team B
January 28	A. Swisher and B. Roberts	J. Fyncko and M. Fedkin	B. Haupt and R. Patel	Team A
February 4	E. George and K. Oleynik	J. & R. Cadman and J. Houser	H. Torbic and M. Fedkin	Team B
February 11	P. Dory and D. Van Duin	L. Radomsky and M. Radomsky	M. Stevens and G. Cartell	Team A

* Denotes switch/change Team A: Z. Cadman, B. Oleynik, J. Torbic, C. Schrauf, E. Swisher, and J. Swisher.
 ** Denotes fast Team B: J. Cadman, C. Legaspi, N. McFarland, S. Patel, D. Stuckles, and L. Torbic. Captains: D. Torbic and S. Oleynik

■ FROM THE RECTOR'S DESK

Looking Forward Requires Repentance

The Holy Fathers teach that a sin cannot be overcome unless it is replaced by a virtue. Greed must be replaced by almsgiving, for example. Gluttony must be replaced by abstinence; lust, by chastity. So often we might lament our sins but not take the necessary steps to replace them by the virtues.

It is never a case of merely saying, "I'll try not to do that again." Unless we replace the negative with the positive, we've only created a temporary spiritual vacuum. All too quickly the negative, the mistake, the bad habit, the sin reoccurs. Hence, we tend to stay in the same rut.

So, as we look ahead this year, let us resolve to replace our sins with virtues. Let us take stock of bad behavior over the past year and intentionally choose new courses of action. And above all, ask for God's grace that His will be done in us. It will take behavioral change and reliance on God, else the New Year will become too much like the Old very quickly. ■

From the Rector's Desk,
Fr. John

Parish to Promote Sanctity of Life through Services, Pilgrimage

Holy Trinity will provide free transportation to the 2018 March for Life in Washington, D.C., on Friday, January 19. The trip is fully sponsored by our campus and Sunday School ministries. Our goal is to fill two 15-passenger vans with parishioners of all ages.

Our delegation will join fellow Orthodox from around the country in a peaceful witness to the sanctity of all human life. A rally is held on the National Mall at noon. Metropolitan Tikhon and other hierarchs, including our Archbishop Melchisedek, will lead a memorial sung

Feast Days this Month

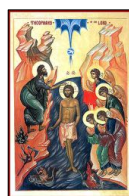
The Circumcision of our Lord / St. Basil the Great

VESPERS: Monday, Dec. 31, 7pm
LITURGY: Tuesday, Jan. 1, 10am
(A.T. Pelikan, Prosphora)



THE THEOPHANY OF OUR LORD

R. HOURS: Friday, Jan. 5, 10am
VESPERS: Friday, Jan. 5, 7pm
(P. Doty, Litiya Bread)
(E. George, Icon)



MATINS: Saturday, Jan. 6, 9am
LITURGY: Saturday, Jan. 6, 10am
(I. Andrzhiievsky, Prosphora)

THE MEETING OF OUR LORD

VESPERS: Thursday, Feb. 1, 7pm
(A. Stickles, Litiya Bread)
(L. Rush, Icon)
LITURGY: Friday, Feb. 2, 8am
(P. Doty, Prosphora)



for the millions of innocents that have been lost to abortion. (His Eminence will return with us to attend Vespers at the Chapel and to tonsure Matt Finke as Reader at Holy Trinity that weekend, January 20-21.)

The pilgrimage departs from Trinity House promptly at 6:30 a.m., and returns by 11 p.m., stopping each way at the Sheetz near Duncannon at about 8 a.m./p.m. to pick up and drop off Chapel members. Participants should wear warm clothing, pack a lunch, and bring money for a dinner stop on the way home. (RSVPs to events@holytrinity-oca.org are appreciated.) For those unable to travel, our OCF will host a memorial service in Eisenhower Chapel on Thursday, January 18 at 7 p.m. All parishioners and the public are invited to attend. Email orthodox@psu.edu for details. ■

Icon Projects to be Commissioned

Fr. John will oversee in 2018 the commissioning of several new veneration and wall icons for our temple. Dmitry Shkolnik, who painted our Pantocrator, Platytera, and iconostasis, will complete replacement veneration icons of Christ and the Theotokos, as well as Pentecost, for Pascha and Pentecost, respectively, in loving memory of Charles Beechan. Wall icons to fill the vacant spaces on both sides of the nave will be done by the hand of our dean, Fr. Mark Meholick, once funds for each are subscribed. The program is available for viewing at holytrinity-oca.org, where one can check progress and pledge to sponsor all or part of any icon.

Celebrating Holidays at the Chapel

Last month, the Chapel celebrated for the first time the cycle of services for Christmas and will do so this Theophany, January 5-6. In addition, Chapel faithful went caroling in the neighborhood surrounding the temple, singing well-known carols as well as the Nativity Troparion at each of the homes they stopped at. The group ended the evening by returning to the rectory for food, fellowship, and conversation. Likewise, Fr. David and Mka. Brenda will host a Theophany Open house at the rectory (140 Old Orchard Ln., in Beavertown) on January 14 from 3 to 6 p.m. They look forward to sharing this festive time with you!

First Annual Choir Social

On February 2 from 6 p.m. to 9 p.m., the Choir will host its first annual social at Trinity House. Dinner and drinks will be provided for new and returning singers. Get to know your choir family in a relaxed setting, informally discussing your hopes and wishes for the choir. The evening will conclude with fun games and a movie musical in the lounge's 50-inch TV screen. RSVPs to choir@holytrinity-oca.org are appreciated.

Homeless Ministry Needs You

We are looking for four new volunteers to complete the year's schedule of serving monthly meals to the homeless. You'll be partnered with a veteran your first time. Email Samar at samaralmaalouf@gmail.com for details.

Remember the Budget this Year

Going into 2018, our total expenses will rise by two percent. Prayerfully consider your response to parish needs and ministry. If you are already tithing (giving 10%) your income, consider if you can give an offering above your tithing. If you are not tithing, but nevertheless wish to become a tither, consider increasing your pledge to the parish by 1-2% of your income over last year's giving. If you do not currently make an offering to the church, contribute an amount to the parish each week or month, whether or not you attend regularly. In every case, do so cheerfully, for God loves a cheerful giver. Giving to the Lord gives us the greatest joy in return.



Photo Credit: Benjamin Oleynik

During the Nativity Fast, Sunday School children were asked to give of their treasure to support International Orthodox Christian Charities (IOCC). After caroling on the streets of State College in December, the students returned to the Parish Hall and packed 93 Health Kits (each kit costs about \$2). ■

For the Record

BIRTHS

➤ We celebrate the birth of children born to former parishioners **Andy & Rachael (Cattell) Symes** and **Paul & Larissa (Moser) Petrogeorge**. Many years to **Isla Symes** and **Luka Petrogeorge!**

DEATHS

➤ We mourn the death of parents lost to parishioners last month: **Wendell Doty**, father of **Charles Doty**, **John Holoviak**, father of **Ellen George**, and **Mary Ann Stickles**, mother of **Michael Stickles**. *Mary their memories be eternal!*

■ ORTHODOX SPIRITUALITY

On the Lord's Prayer

by Saint Nikodemos the Hagiorite

Pope Francis recently made headlines when he asserted that "lead us not into temptation..." was a bad translation even though this exact phrase appears in the earliest Greek texts. Nikodemos, an eighteenth-century Orthodox monk and theologian, further expounds on this and the six other parts of the Lord's Prayer.

The beginning of the *Our Father* includes the subjects of theology and sonship, for it simultaneously teaches us that God is by nature the Father of the Son and the Emitter [Greek: *Proboleus*] of the Holy Spirit, and that, according to creation and grace, He is our Father, and we His sons.

The words, "*Thy will be done, on earth as it is in heaven,*" include the subject of equality with the angels, by which words we ask to be united with the angels, and, just as the will of God in heaven is done by the angels in heaven, so also must His will be done by us who are on the earth. The phrase, "*Give us this day our [daily] bread,*" includes the subject of the enjoyment of eternal life. The restoration and union of human nature is attested to by the words, "*And forgive us our debts, as we forgive our debtors*" for, when we forgive our enemies, we are united and no longer divided because of a difference of opinion and will.

The distancing of sin far from us is disclosed by the words, "*And lead us not into temptation,*" and by saying this we ask that we not enter into temptation proceeding from the law of sin. And the phrase, "*But deliver us from the evil one,*" represents the destruction of the devil's tyranny.

This teaching of our Lord is called a prayer because it encompasses all that man should ask from God, and all that is fitting for God to give to man. The prayer is divided into three parts: 1) doxology and praise of God; 2) thanksgiving to God for His past, present, and future

blessings; and 3) supplication for the forgiveness of our sins and for the sins of our brethren, and various other supplications.

The Lord's Prayer contains 7 subjects... and is therefore also divided into 7 parts. But why 7? This is because man has permission to ask and receive from God during this present, seventh, [day]; while [on] the eighth [day], that is, the [eternal day to come], we will not be able to do this, for then it will no longer be time for work, but for the recompense for our actions. ■

The Responsibilities of an Orthodox Godparent

This month, we celebrate our Lord's Baptism, and ours by extension. Now is a good time for godparents to recommit raising in the Church those they sponsored.

- 1) Celebrate the anniversary of the baptism with a card or a telephone call.
- 2) Model your faith through your actions.
- 3) Encourage the faith life through the types of gifts that you give your Godchild.
- 4) If you live in close proximity to your Godchild make yourself available to spend time with him or her.
- 5) If you live far away, call, write, or email your Godchild. Prayer and love in Christ know no distance!
- 6) Your Godchild deserves a very special place in your prayers, for on the day of judgment you will be asked about your Godchild's soul.
- 7) Pray through the ups and downs of life with him/her.
- 8) Make a big deal of your Godchild's Name Day.
- 9) Emphasize the spiritual aspects of holidays.
- 10) Encourage your whole "god-family" to come to Church for services other than the Sunday Liturgy, if they don't do so regularly.
- 11) Ask what your godchild is learning in Church school.
- 12) Help your godchild serve God.
- 13) Encourage both boys and girls to attend seminary, and explore the monastic lifestyle, if they show interest.
- 14) Make your godchild "one of the family."

— Fr. Timothy Sawchak, from *oca.org*

■ THEOPHANY 2018

Have Your Home Blessed this Month

The entire month of January following Theophany is set aside for home blessings. The process is simple: submit your preferences (*first, second, third,* etc.) of the shifts listed below using the form at *holytrinity-oca.org* or the sign-up sheets in the Narthex. Within 48 hours of placing your request, you will be contacted with confirmation of the exact time of your appointment. Every effort will be made to accommodate your availability and any special needs you may have.

To give as many as possible an opportunity to participate, only thirty minutes have been allotted for each blessing. Because of time constraints, the best way for you to show hospitality is to have your home clean and brightly lit with a candle and bowl ready *before* Father arrives. Everyone and everything in the home is blessed to bring Christ's sanctification, making each home a small church in essence. There is never a charge to have your home blessed; requests can be made by anyone. ■

2018 Home Blessing Schedule

LOCATION	AVAILABLE DATES AND TIMES	
Eastern Centre & Northern Huntingdon Counties <i>(16801, -27, -28, -52, -65, -68, -75, -83)</i> including State College Borough, State College (S. Atherton), Boalsburg, Centre Hall, Houserville, Huntingdon, Lemont, Pennsylvania Furnace, Pine Grove Mills, Spring Mills, and Spruce Creek.	Wednesday, January 10	10am-12pm
	Friday, January 12	2pm-4pm
	Thursday, January 18	10am-12pm
	Tuesday, January 23	2pm-4pm
	Wednesday, January 24	2pm-4pm
	Saturday, January 27	1pm-4pm
	Tuesday, January 30	10am-12pm
	Wednesday, January 31	2pm-4pm
Penn State Campus (16802)	Thursday, January 18	8pm-10pm
Western Centre County (16803, -35, -44, -70) including State College (North Atherton), Park Forest, Port Matilda, Stormstown, Julian, and Unionville.	Thursday, January 11	10am-2pm
	Saturday, January 13	2pm-4pm
	Tuesday, January 16	10am-12pm
	Wednesday, January 17	2pm-4pm
	Friday, January 26	10am-12pm
Northern Centre County (16823, -53) including Bellefonte, Milesburg, Pleasant Gap, and Zion.	Tuesday, January 9	2pm-4pm
	Wednesday, January 17	7pm-9pm
	Thursday, January 25	10am-12pm
Snyder County (17xxx)	Visit the Chapel or <i>holytrinity-oca.org</i> for dates	
Other Locations/Make-ups	Wednesday, January 24	7pm-9pm
	Wednesday, January 31	7pm-9pm
	Thursday, February 1	10am-12pm
	Friday, February 2	2pm-4pm
	Saturday, February 3	1pm-4pm

Holy Trinity Calendar

All events take place at 119 South Sparks Street in State College, unless where noted.
Events listed at **Trinity House** take place at 123 South Sparks Street, in State College.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 Sunday After the Nativity and Before Theophany Matins, 8:50am (No Sunday School) Divine Liturgy, 10am Great Vespers, 7pm	January 1, 2018 Circumcision of our Lord St. Basil the Great Divine Liturgy, 10am (Hours 9:40am)	2 St. Seraphim of Sarov	3 Vespers, 5:30pm (No Confessions) Men's Chorus Rehearsal, 6:15pm	4	5 Eve of the Theophany Royal Hours, 10am Great Vespers/Litiya/ Blessing of Water, 7pm	6 THEOPHANY OF OUR LORD AND SAVIOR JESUS CHRIST Festal Matins, 9am Divine Liturgy, 10am Great Vespers, 6pm
7 Sunday After the Theophany Synaxis of St. John the Baptist Matins, 8:50am Divine Liturgy, 10am Two-Year Memorial for Jordon Swisher, 11:45am	8 Penn State OCF at the PSU Spring Involvement Fair, 11am @ HUB Alumni Hall	9 <u>HOME BLESSINGS BEGIN</u> (Schedule yours before Theophany in the Narthex or online at holytrinity-oca.org.) Homeless Ministry, 4pm @ Centre House, 217 E. Nittany Ave.	10 Vespers, 5:30pm Confessions Parish Council Meeting, 7pm	11 St. Theodosius the Great Penn State Orthodox Christian Fellowship (OCF): "Welcome Back" Dinner & Spring Preview, 7pm @ 122 Pasquerilla Center, University Park	12	13 Choir Rehearsal, 4pm Great Vespers, 6pm Confessions
14 Matins, 8:50am Sunday School, 9am (Locations vary; All classes begin in the Parish Hall.) Divine Liturgy, 10am	15 Young Adult Potluck and Game Night, 6pm @ 4817 W. Whitehall Rd., Pennsylvania Furnace (Leathers' Home) (Trinity House Open Late for Students, 7pm-11pm)	16	17 St. Anthony the Great Vespers, 5:30pm Confessions	18 Memorial Service for the Unborn & Dinner, 7pm (Parish and Public invited; hosted by Penn State OCF) @ Eisenhower Chapel, Pasquerilla Spiritual Ctr.	19 45th MARCH FOR LIFE (Church vans depart at 6:30am, return by 10pm.)	20 (No Men's Breakfast.) Choir Rehearsal, 4pm Great Vespers, 6pm Confessions
21 Sunday of Zacchaeus Matins, 8:50am Sunday School, 9am Tonsuring of Matthew Finke as Reader, 10am Hierarchical Divine Liturgy, 10:10am	22 (Trinity House Open Late for Students, 7pm-11pm)	23	24 Vespers, 5:30pm Confessions	25 St. Gregory the Theologian Penn State OCF: Dinner and Discussion, 7pm @ 122 Pasquerilla Center	26	27 Great Vespers, 6pm Confessions
28 Sunday of the Publican and Pharisee (Fast Free Week) Matins, 8:50am Sunday School, 9am Divine Liturgy, 10am	29 (Trinity House Open Late for Students, 7pm-11pm)	30 Three Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom	31 Vespers, 5:30pm Confessions	February 1 Penn State OCF: "Stay to Pray" Dinner, 6pm Great Vespers/Litiya/ Blessing of Candles, 7pm	2 MEETING OF OUR LORD IN THE TEMPLE Divine Liturgy, 8am (Hours, 7:40am) Choir Dinner and Movie Social, 6pm-9:30pm @ Trinity House	3 Altar Society Meeting, 10am Sunday School Teacher Meeting, 5:15 @ Trinity House Conference Room Great Vespers, 6pm Confessions
4 Sunday of the Prodigal Son Matins, 8:50am Sunday School, 9am Divine Liturgy, 10am Sunday School Pool Party, 2pm-4pm @ Ramada Inn, 1450 S. Atherton St. OCF Super Bowl Party, 6pm @ T.H.	5 (Trinity House Open Late for Students, 7pm-11pm)	6	7 Vespers, 5:30pm Confessions	8 Penn State OCF: Dinner and Discussion, 7pm @ 122 Pasquerilla Center	9 OCF Mid-Atlantic Regional Overnight Retreat: "The People of the Book," 7pm (through Sat. 4pm) @ Holy Trinity and Trinity House	10 Memorial Saturday of Meatfare Memorial Divine Liturgy, 9am Great Vespers, 6pm Confessions

Chapel Calendar

All events take place at the new building (145 North Kern Street) in Beavertown, unless where noted.

Friday 5 Eve of the Theophany Great Vespers/Litiya/ Blessing of Water, 7pm	Saturday 20 Great Vespers, 6pm Reception with Archbishop Melchisedek, following
Saturday 6 THEOPHANY OF OUR LORD AND SAVIOR Divine Liturgy, 10am (Hours, 9:40am) Great Vespers, 6pm Confessions	Sunday 21 Sunday of Zacchaeus Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Hopko's <i>The Orthodox Faith: Worship</i> , following
Sunday 7 Divine Liturgy, 10am (Hours, 9:40am) Outdoor Great Blessing of Water, 12pm @ Beaver Creek, Beaver Springs	Monday 22 Monthly Women's "Hats & Blankets for Babies" Knitting/Crocheting Outreach, 6:30pm
Tuesday 9 Choir Rehearsal, 6:30pm	Tuesday 23 Choir Rehearsal, 6:30pm
Saturday 13 Great Vespers, 6pm	Saturday 27 Great Vespers, 6pm
Sunday 14 Divine Liturgy, 10am (Hours, 9:40am) Theophany Open House and Home Blessing, 3pm-6pm @ Chapel Rectory, 140 Old Orchard Rd., Beavertown	Sunday 28 Sunday of the Publican and Pharisee (Fast Free) Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Hopko's <i>The Orthodox Faith: Worship</i> , following
Tuesday 16 Choir Rehearsal, 6:30pm	Tuesday 30 Choir Rehearsal, 6:30pm

January 2018