

# THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH

## Singing with One Mouth and Heart



by Karen Cattell

WHAT A BLESSING IT WAS to have Benedict and Maria Sheehan here to instruct us. The weekend choir workshop was a whirlwind of activity. We learned how to “tune” our bodies, to breathe correctly, and to pronounce sounds properly. But it was so much more than that. They taught us that we can become better and work with one heart and voice to glorify God.

On Friday evening, Benedict and Maria shared some of the major issues facing people today and how singing brings healing and is a powerful tool in combating depression, addiction, stress, and purposelessness. And they busted the myth that music is just for a select few. Everyone has a part whether you are singing or listening; we all have our role. It was also fascinating to learn that the heartbeats of those who sing will align and beat together the more they sing together!

*(continued, see CHOIR, last page)*

## We Are Not Done!

by Fr. David Smith

“THEREFORE, MY BELOVED BRETHERN *Be steadfast, immovable always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord... Let all that you do be done with love*” (1 Cor. 15:58; 16:14). This is what St. Paul says to his beloved, albeit at times, idiosyncratic Corinthians after declaring to them the unshakable truth and reality of the Resurrection. In light of our Lord’s glorious Pascha, this is what they—and we—are to do and to be: “steadfast, immovable” in faith and in hope, “always abounding in the work of the Lord” which doesn’t ever stop, “knowing that our labor is not in vain” when it is done “in the Lord,” and, finally, “love” for God as both a desire of our hearts and an act of our wills (for love is more than an emotion) is to penetrate and permeate everything we do.

*(continued, see FROM FR. DAVID’S STUDY, page 2)*

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## Schedules

|           | COFFEE HOUR                    | GREETERS                         | TELLERS                    | SERVERS |
|-----------|--------------------------------|----------------------------------|----------------------------|---------|
| July 7    | L. Georgiou and B. & N. Trovan | E. Bazilevskaya and M. Fedkin    | M. Anthony* and B. Haupt   | Team A  |
| July 14   | Russian Ladies II              | B. Haupt and A. Stickle          | G. Cattell* and D. McNulty | Team B  |
| July 21   | R. Schrauf and E. George**     | L. & M. Radomsky, and L. Swisher | M. Fiori and B. Haupt      | Team A  |
| July 28   | D. Patel** and K. Oleynik      | J. Cadman and J. Houser          | G. Cattell and M. Fedkin   | Team B  |
| August 4  | C. Swisher and A. Swisher*     | J. Pettengill and S. Pettengill  | M. Anthony and H. Torbic   | Team A  |
| August 11 | J. Cadman and J. Rush*         | D. Patel and R. Patel            | B. Haupt and D. McNulty    | Team B  |

\* Denotes fast  
\*\* Denotes switch change

Team A: Z. Cadman, B. Oleynik, N. Patel, E. Swisher, J. Swisher, and J. Torbic.  
Team B: A. Buyanskiy, J. Cadman, N. McFarland, S. Patel, D. Stickle, and I. Torbic.

Altar Server Captains:  
D. Torbic and S. Oleynik

■ FROM FATHER DAVID'S STUDY

# Let All You Do Be Done with Love (continued from page 1)

Love is to pour forth—exude—from our very pores, if you will. Love is the key ingredient, according to the Apostle in his famous chapter on charity (*1 Cor. 13*), without which all else is meaningless no matter how great it all may seem!

It seems the Apostle has to remind these otherwise abundantly blessed Christians that there is life after Pascha (in more ways than one) and that they still have work to do, still have the “work of the Lord to do.” We have celebrated Pascha and the Day of Pentecost which fulfills and completes (perfects) our salvation, launched in the Incarnation, by the sending of the All-holy and Life-giving Spirit of God which has been the plan all along.

But, it's not over. We're not done. The Book of Acts is a book of actions, most frequently attributed to the Apostles but most certainly the work and labor of the Spirit of God, in and through those souls devoted and committed to the crucified and risen Jesus. There is a labor of love, just as ours should be because we're not done yet. It's not over until it's over! We are always being tempted (by the evil one) to complacency, to relax upon our laurels as though we've made it, whether personally or as a parish. It's also quite possible to wonder if what we've done or what we are doing is really worth it and all our labors are in vain. Well, yes and no. On one hand, yes, they are in vain if it's all about us. On the other hand, no, they're not in vain if it's all about our Lord! It's the work “of the Lord” that is “not in vain” when “done with love.”

It is the coming of the Holy Spirit—the promised Power from on high (for that's what we need always and at all times)—in order to now put into loving action our faith and our hope in this crucified, risen, and ascended Jesus Christ our God! This is the divine Power that sustains us now, as we await with eager desire the expected word from our archbishop, “You

## Feast Day this Month

### Holy Prophet Elijah

VESPERS: Fri., July 19, 7pm

LITURGY: Sat., July 20, 9am  
(A. *Stickles, Prospora*)



have a priest!” But, in the meantime, life—our life in Christ, personally and as a parish—goes on. It doesn't stop. It can't! It is a labor of love for the Lord “Who loved me and gave Himself for me” (*Gal. 2:20*). The ministry of this parish goes on, yes, without an assigned priest (for now), but it goes on in the Lord and by the Lord and for the Lord. We stand in the Resurrection “steadfast,” we stand aright, “immovable, always abounding in the work of the Lord” in the ministries we continue to do in the interim, in our praying and in our worship, and in our giving.

For if the Lord Jesus is our focus, none of this is ever in vain! So, then, my beloved brothers and sisters, “let all that you do be done with love.” ■

## Vacation Bible School 2019: *Fruits of the Spirit*

*Vacation Bible School (VBS) will be conducted the evenings of August 5-8 in the Parish Hall. Monday's session begins at 4:45 p.m. and includes the 7 p.m. Vespers and Blessing of Fruit for Transfiguration; all other sessions begin at 5:30 p.m.*

*Entitled “Fruits of the Spirit,” VBS will be filled with prayer, games, and music, and based on Ephesians 5: “the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.” It is open to all students from age 4 to rising sixth graders. (Parents and older kids are needed to be the leaders and “helping hands.”)*

*Registration opens July 22 at [holytrinity-oca.org](http://holytrinity-oca.org).*

Literally and metaphorically it is now our long, hot summer. And so as we sojourn in a “dry and thirsty land” and our souls thirst for God (*Psalms 63*), let us make every effort as the Body of Christ to draw near to the “fountain of life” (*Psalms 36:9*), and to support the ministry which enables us to draw near to the Thrice-blessed Trinity through regular participation in the Holy Mysteries. Now that 2019 is half over, we ask you to set aside time to prayerfully consider whether there is something more you can offer God over the next six months, whether in terms of amount or perhaps the regularity of your giving. Let us continue together in faith, that we may lay up for ourselves treasures in heaven (*Matthew 6:20*). ■

## ■ CHAPEL OF THE HOLY SPIRIT Building Expansion Plans to be Presented to Diocese

As the logical and necessary next step in anticipation for when the Chapel outgrows its worship space, Archbishop Melchisedek blessed Fr. David Smith to commission architectural plans for the addition of an altar. The design features three archways in place of the current east wall leading into a new sanctuary. The sketches were shared with our council last month and will be presented to the Archdiocesan Council next month with a request for additional interest-free financing. At the current rate of growth, the Chapel will outgrow its space next year; the wing could be added by then should the diocese generously approve.



## Celebrating Our Patronal Feast

*Holy Spirit Day falls on a Monday so the Chapel celebrated its feast day the Sunday after Pentecost. The weather was perfect, the food plentiful, and fellowship enjoyable for all.*

## ■ CHOIR

# Over Two Dozen Singers Participate in Workshop

*(continued from page 1)*

Saturday focused on the technical aspects of singing. Maria worked with us on body posture, breath control, and making clear sounds. Did you know that we can change the tone or sound quality of our voice by simply raising or lowering our soft palate? We learned how to make dark and bright sounds and how proper breath control can keep singers from going flat.

Benedict worked with the assistant directors, Philip Graybill and Michael Stickles, along with me on directing techniques. We each had a piece to direct on Sunday. We reworked our Anaphora, completed the Tikey Zes, Receive the Body of Christ hymn we had started to learn, and learned a new Cherubic Hymn.

As we have been praying, we are looking for altos and sopranos to join our choir. We are truly blessed by all who sing, but having more female voices is something we need. If you are interested in singing, please talk to me anytime. May God's blessing be on you all. ■



*The workshop began with a lecture on the importance of signing (TOP) and continued with group and individual instruction (BOTTOM). See [holytrinity-oca.org](http://holytrinity-oca.org) for more photos!*

## ■ QUARTERLY UPDATE FROM THE PARISH COUNCIL

# Enduring the Long Summer

by Justin K. Houser

*And now begins the long, hot summer, where we determine how we will respond to what the Lord has done for us...*

With words to this effect, our archpastor His Eminence Archbishop Melchisedek charged our parish with vigilance during his recent visit. The struggles of Great Lent, the solemnity of Holy Week, the glory of our Lord's Resurrection, His sitting down at the right hand of the Father, and the descent of the Comforter to us at Pentecost have all come and gone for another year. But the grace that God provides is not confined to those festal occasions alone. Just as the exclamation, "It is finished!" (*John 19:30*) leads to a new beginning in which each of us is called to "work out your salvation with fear and trembling" (*Phil. 2:12*), so, too, do the holy events in which we have participated make possible our union with Christ in the mysteries of the Church, including Himself in the Holy Eucharist. St. John the Wonderworker says:

*Until a man's earthly life finishes its course, up to the very departure of the soul from the body, the struggle between sin and righteousness continues within him. However high a spiritual and moral state one might achieve, a gradual or even headlong and deep fall into the abyss of sin is always possible. Therefore, communion of the holy Body and Blood of Christ, which strengthens our contact with Him and refreshes us with the living streams of the grace of the Holy Spirit flowing through the Body of the Church, is necessary for everyone.*

With an earthly shepherd not yet firmly established in our midst, we sheep are in great danger of scattering (*Mark 14:27*) and falling short in our mission to build up the church beyond our parish. We are blessed, however, to have the service of Fr. David Smith, Priest-in-Charge of the Chapel, as Interim Priest for

the parish as a whole during this time. Father David's service makes it possible for regular confessions and spiritual advice, which are themselves necessary for the good of our souls, as well as preparing us for frequent reception of the Eucharist. His ministry enables us to draw near to Christ in the other Mysteries as well, as shown by the many recent baptisms and chrismations.

This blessing, however, involves many hidden costs which are made possible by your contributions. For example, having foregone secular employment to accept our offer, Father David stands in need of a stipend in addition to his salary as Associate Rector which also requires the payment of employment taxes. We also must continue compensation of our weekly supply priests. Because Trinity House is now regularly occupied during Father David's time in State College each week, the costs of its maintenance and upkeep have increased. We ought joyfully to bear all these expenses in support of his ministry to us, for as the Holy Apostle Paul says, those who preach the gospel should earn their living by the gospel (*1 Cor. 9:14*).

Taken individually these expenses may not seem like much. But at our recent parish council meeting it was determined that the current level of giving is not enough to sustain our current level of ministry and mission. In April and in May, the parish operated at a deficit. If this continues, eventually the parish's reserves will become exhausted and we will need to determine which ministries we can no longer support. So if we truly desire to remain closer than ever to our Lord through His Body and Blood, and have regular access to the Throne of Grace, you and I must prayerfully consider what more each of us can do, however small it may seem. For a gift that is small in the eyes of others avails much, our Lord teaches, when it is given in faith and with the whole heart. (*Lk. 21:1-4*).

## Parish Bookstore Adds New Titles

The Bookstore has enlarged the "Literature" section and now has classic novels such as *The Idiot and The Brothers Karamazov* from Dostoevsky, short stories by Chekhov, and lesser known but equally beautiful stories by Alexandros Papadiamantis who has been referred to as "Greece's Dostoevsky." We also carry the recently written fantasy series *Raven Son* by Dn. Nicholas Kotar.

## Registration Still Open for Forum

The Parish Development Forum is a 3-day conference taking place July 11-13 in Canonsburg that explores the challenges, opportunities and solutions facing parishes in 21<sup>st</sup> century America. It is attended by clergy and lay leaders from large and small churches—both struggling and flourishing. All are seeking to become good stewards of their parish future. The Forum shares and propagates good practices of vibrant Orthodox parishes in America and stimulates their implementation. The Archdiocese sponsors free registration for members of its parishes and provides reimbursements for hotel accommodations. If you would like to attend, contact Fr. David for a blessing by calling (814) 231-2855.

## Parish Office Closed July 3-19

The office will be closed July 3-19 while Dn. Alexander Cadman and Laura Rush are on vacation. In addition to confessions on Wednesdays at Holy Trinity and Saturdays at the Chapel, Fr. David Smith will be available for confessions and pastoral needs through the main parish number, 814-231-2855, during this time (his regular Tuesday-through-Thursday office hours will resume July 22). Please note that Fr. David's vacation will take place July 31 to August 8.

## Laura Rush to Retire as Secretary

After 5½ years as parish secretary, Laura Rush will retire on July 31 so she can work full-time as an Assistant Branch Manager at FNB. The Council will hire a bookkeeper on a temporary basis until the new rector arrives and makes staffing determinations. If you are interested in the bookkeeping position, please email [info@holytrinity-oca.org](mailto:info@holytrinity-oca.org) before July 15, 2019. Thank you, Laura, for your service and *many years* on your new role!

## ■ NEWS & NOTES

# Baltimore Selected as Location of Next AAC

SYOSSET, NY [*via oca.org*] — The Metropolitan Council of the Orthodox Church in America (OCA), with the blessing of the Holy Synod of Bishops, unanimously approved Baltimore as the site of the 20<sup>th</sup> All-American Council (AAC). The Hilton Baltimore Inner Harbor Hotel, located in the city's most popular historic and scenic site overlooking Oriole Park at Camden Yards, will serve as the venue for the AAC, which will take place July 23-30, 2021. The highly popular youth program also will be offered throughout the week.

Per the OCA Statute, the All-American Council is the highest legislative and administrative authority within the Church. It brings together the various elements of the Church to bear witness to her identity, unity, and mission. Each month the parish puts money aside so it can send a delegation to the triennial assembly. Thank you for your stewardship. ■

## For the Record

### BAPTISM

➤ **Marina McNulty**, daughter of Daniel & Katherine McNulty, baptized June 22, sponsored by Joseph Zimmerman and Taylor Gladys. **Many years!**

### BIRTH

➤ **Aidan Thomas Leathers**, son of Reader Samuel & Megan Leathers, born June 1, weighing 8 lbs., 14 oz. and measuring 20¼ inches long. **Many years!**

### DEATH

➤ **Galina Borisovna Mikaelyan**, daughter of Irina Mikaelian, fell asleep June 27. **Memory Eternal!**

### GRADUATIONS

➤ **Nicholas McFarland**, **Addison Miranda**, **Samuel Oleynik**, and **Nikolai Pelikan** graduated from State College Area High School on June 8. **Many years!**

### AWARD

➤ **Philip Graybill** received the 2019 Harold F. Martin Graduate Assistant Outstanding Teaching Award from Penn State University. **Congratulations!**



# Holy Trinity Calendar

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

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |
|--|--|---|--|---|---|--|
| 30<br><b>All Saints of America</b><br>Divine Liturgy, 10am<br><i>(Third &amp; Sixth Hours, 9:40am)</i><br><br><i>The Office is closed July 3-19. Fr. David is available for pastoral appointments and emergencies by calling (814) 231-2855.</i> | July 1<br>Visitation for Galina Mikaelyan, 9am<br>Funeral for Galina Mikaelyan, 10am<br>Mercy Meal, following @ 720 W Hamilton Ave. State College                                      | 2   | 3<br>Vespers, 5:30pm<br>Confessions, following   | 4<br><u>Independence Day</u>  | 5   | 6<br>Great Vespers, 6pm  |
| 7<br>Divine Liturgy, 10am<br><i>(Third &amp; Sixth Hours, 9:40am)</i>  | 8<br>"Hats and Hugs Made with Love" Knitting Group, 1pm-2:30pm @ Wyndtree Court Commons, Fox Hill Apartments, Bellefonte   | 9<br>Homeless Ministry, 4pm @ Housing Transitions, 217 E. Nittany Ave.  | 10<br>Vespers, 5:30pm<br>Confessions, following<br>40-Day Memorial for Alex Woskob, 7pm @ Woskob Residence     | 11<br><b>2019 Small Parish Forum</b> , 3pm (thru. Sat., 12pm) @ St. John the Baptist Church, Canonsburg, PA<br>Choir Rehearsal, 7pm-9pm | 12  | 13<br>Great Vespers, 6pm   |
| 14<br><b>Holy Fathers of the First Six Ecumenical Councils</b><br>Divine Liturgy, 10am<br><i>(Third &amp; Sixth Hours, 9:40am)</i>   | 15<br><b>St. Vladimir, Enlightener of Russia</b>   | 16  | 17<br>Vespers, 5:30pm<br>Confessions, following  | 18  | 19<br>Great Vespers, 7pm                      | 20<br><b>Holy Glorious Prophet Elijah</b><br>Divine Liturgy, 9am<br><i>(Hours, 8:40am)</i><br>Baptism of Vivienne Arina Chawla, 11am<br>Great Vespers, 6pm |
| 21<br>Divine Liturgy, 10am<br><i>(Third &amp; Sixth Hours, 9:40am)</i>   | 22   | 23<br>Choir Rehearsal, 7pm-9pm  | 24<br>Vespers, 5:30pm<br>Confessions, following  | 25  | 26<br><b>St. Jacob, Enlightener of Alaska</b> | 27<br><b>Great-martyr and Healer Panteleimon</b><br>Baptism of Aidan Thomas Leathers, 11am<br>Great Vespers, 6pm   |
| 28<br>Divine Liturgy, 10am<br><i>(Third &amp; Sixth Hours, 9:40am)</i>   | 29   | 30  | 31<br>Reader Vespers, 5:30pm<br><i>(No Confessions)</i>  | August 1<br><b>Procession of the Life-giving Cross</b><br>Choir Rehearsal, 7pm-9pm  | 2   | 3<br>Great Vespers, 6pm  |
| 4<br>Divine Liturgy, 10am<br><i>(Third &amp; Sixth Hours, 9:40am)</i>  | 5<br>Knitting Group, 1pm-2:30pm @ Trinity House<br><b>Vacation Bible School (VBS) Begins:</b> "Fruits of the Spirit," 4:45pm-8pm<br>Great Vespers with Litiya & Blessing of Fruit, 7pm | 6<br><b>TRANSFIGURATION OF OUR LORD</b><br>Divine Liturgy, 9am<br><i>(Hours, 8:40am)</i><br>Vacation Bible School, 5:30pm-8pm @ Parish Hall (Registration, 5pm) | 7<br>Vacation Bible School, 5:30pm-8pm @ Parish Hall (Registration, 5pm)<br><i>(No Vespers or Confessions)</i> | 8<br>Vacation Bible School, 5:30pm-8pm @ Parish Hall (Registration, 5pm)  | 9<br><b>St. Herman of Alaska</b>              | 10<br>Great Vespers, 6pm   |

# Chapel Calendar

All events take place at 145 North Kern Street in Beavertown, unless where noted.

|   |  |
|---|--|
| Tuesday 2<br>Choir Rehearsal, 6pm   | <b>Sunday 21</b><br>Divine Liturgy, 10am<br><i>(Hours, 9:40am)</i><br>Blessing of Vehicles and Fellowship, following |
| Saturday 6<br>Great Vespers, 6pm<br>Confessions   | Monday 22<br>Crocheting/Knitting "Hats and Blankets for Babies" Outreach, 6:30pm                                     |
| <b>Sunday 7</b><br>Divine Liturgy, 10am<br><i>(Hours, 9:40am)</i><br>Fellowship, following  | Tuesday 23<br>Choir Rehearsal, 6pm   |
| Tuesday 9<br>Choir Rehearsal, 6pm   | Saturday 27<br>Great Vespers, 6pm<br>Confessions   |
| Saturday 13<br>Great Vespers, 6pm<br>Confessions  | <b>Sunday 28</b><br>Divine Liturgy, 10am<br><i>(Hours, 9:40am)</i><br>Fellowship, following                          |
| <b>Sunday 14</b><br><b>Holy Fathers of the First Six Ecumenical Councils</b><br>Divine Liturgy, 10am<br><i>(Hours, 9:40am)</i><br>Fellowship, following | Tuesday 30<br>Choir Rehearsal, 6pm   |
| Tuesday 16<br>Choir Rehearsal, 6pm  | Saturday 3<br>Reader Vespers, 6pm<br><i>(No Confessions)</i>   |
| Saturday 20<br>Great Vespers, 6pm<br>Confessions  | <b>Sunday 4</b><br>Obednitsa with Holy Communion, 10am<br><i>(Hours, 9:40am)</i><br>Fellowship, following            |

July 2019