

# THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH



## Ministry Comforts Grieving Families

RECENTLY, the Holy Trinity “Hats and Hugs Made with Love” knitting ministry was able to donate 50 hats and 10 blankets to UPMC Harrisburg’s neonatal intensive care unit for the bereavement program. The items will be used to allow parents to hold their babies one last time and give them a keepsake as a memory of their baby. In the coming months, volunteers from the group are looking to devote more effort to this need, targeting medically fragile ultra-preemie, preemie and full-term babies by making hats, blankets and angel gowns in muted colors (white, cream, and pale pastels).

All are welcome to join these efforts. Patterns, yarn, needles, fabric, and thread are supplied as needed. Gatherings take place monthly on the first Mondays, alternating between Trinity House and Wyndtree Court Commons. Contact Leslyn Radomsky at (814) 234-3038 with questions. ■

## Walking in the Spirit

by Dn. Mark Oleynik

IN HIS LETTER TO THE GALATIANS, St. Paul writes “... but through love serve one another. For all the law is fulfilled in one word, even in this: You shall love your neighbor as yourself” (Gal. 5:14). In this passage, Paul is meaning the law with respect to service to God and one another. He then tells us how this is done: “walk in the Spirit.”

There are two forces which compete to control us: the flesh and the Spirit. In the end one will win, and we will either be a person of the flesh or person of the Spirit. It is easy and natural to follow the flesh. But to follow the Spirit is hard—it goes against our nature, and it requires self-sacrifice. Yet the easy way is the wrong way, and the hard way is the right way. (The “flesh” does not mean our bodies but rather our evil actions, the depraved will, the earthly mind, the slothful and careless soul—things that are under one’s control, not part of human nature.) (*Orthodox Study Bible*).

The spirit of the world is that of the flesh. It walks by sight, not by faith. It takes the easy, comfortable way. It does as it wishes and always follows its desires. Ease, comfort, appetite—these are its gods. It never sacrifices the low for the high. It thinks always of now, not of the future; always of the material, not of the spiritual. It leads downward, to pure earthiness; the way of the flesh is the way of the world. We feel the power of the flesh live in us, but we need not submit to it: Paul’s advice to “walk in the Spirit” is a maxim to be remembered every day.

(continued, see SUNDAY SCHOOL SCOOP, next page)

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## Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
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
August 18	Russian Ladies I	E. Bazilevskaya and M. Fedkin	G. Cattell and M. Fiori	Team A
August 25	L. Georgiou and B. & N. Troyan	B. Haupt and A. Sticles	M. Fedkin and H. Torbic	Team B
September 1	A.T. Pelikan and H. Torbic	L. & M. Radomsky, and L. Swisher	M. Anthony and D. McNulty	Team A
September 8	J. Miranda and D. Van Duin	J. Cadman and J. Houser	M. Fiori and B. Haupt	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. Buyansky, J. Cadman, N. McFarland, S. Patel, D. Sticles, and L. Torbic.

Altar Server Captains:  
D. Torbic and S. Oleynik

## ■ SUNDAY SCHOOL SCOOP

# Walk in the Spirit at this Year's VBS! (continued from page 1)

There is a Spirit which changes lives. He can give us a different direction, and if we walk in it, we shall certainly grow in it to the point where our stumbles and falls will be those of weakness and ignorance, not of intention—falls from which we rise with faces forward toward the Spirit's pointing.

The difference between these two ways is as far as the east is from the west. If you are led by the Spirit you live in another world from one who walks in the flesh. We have a divine life to live and the power given to live it. The harvest of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. How beautiful the words! They carry us into a different realm.

How shall we tell whether Christ dwells in the heart? Is there love? Then Christ is there. Is there peace and joy and patience? Then the heart is filled with the Spirit. Is there gentleness and self-control? Then the soul has found the strength to overcome the flesh and walk in the spirit.

We cannot win these gifts one by one. But when the Spirit dwells in us, these holy virtues will blossom in our lives as their proper fruit.

May the Holy Spirit led us so that these fruits may take root in all of us! ■

## Extra Scoops...

### New School Year

Sunday School begins on September 15. We look forward to sharing the teachings and Tradition of the Church to build a firm foundation for our students to lead a life in God's image.

### Sunday School Teachers Meeting

Our kickoff meeting will be conducted on August 28 before Great Vespers (at 6:15 p.m.).

## Vacation Bible School 2019: Got Fruit?

*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.*

*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 "helping hands.")*

Register now at [holyltrinity-oca.org](http://holyltrinity-oca.org).



got fruit?

## Sunday School Teachers Needed

Our Sunday School is recruiting new teachers and substitutes for the coming school year. Please prayerfully consider offering your talents for the Raising up of our children in the Church.

Sunday School runs from September to May. Please see Deacon Mark Oleynik or email him at [dnmark@holyltrinity-oca.org](mailto:dnmark@holyltrinity-oca.org) if you are interested.

## ■ CHAPEL OF THE HOLY SPIRIT

# Vehicles Blessed in Honor of Prophet Elijah

by Rdr. Evan Kerstetter

On Sunday, July 21, the Chapel of the Holy Spirit was privileged to honor the glorious Prophet Elijah (Elias) with a blessing of the faithful's vehicles. We were also privileged to have a number of Beavertown Rescue Hose Company and Beaver Springs Fire Company vehicles present for the blessing, as well as a number of volunteers and first responders who serve with these companies.

We were reminded of God's great provision for us—in the creation of automobiles—and His great care for us, in the loving oversight of our many travels, as Fr. David prayed, "O Lord, our God, Who makes the clouds Thy chariot and Who walks on the wings of the wind... we thank Thee for Thou has provided Thy servants with these vehicles to serve their various needs."

Certainly, we thank God for all the good He has wrought by man's proper use of all modes of transportation, and surely, our prayer is that God would send His angels to watch over us as we go; indeed, we know they go with us (*Ps. 91:11*), only may we be aware of their saving presence.

Moreover, we pray that all those in attendance, who were blessed by the grace of the Holy Spirit, would go about their daily travels in the peace and assurance of God's mercy and love. We pray that those non-Orthodox in attendance did powerfully witness the saving work of God through his Church, and we ask that God would continue to reveal to them His glory, in His Church, through such acts as these.

May our Lord Jesus Christ, through the prayers of the Theotokos, save all those who travel by land, sea, air, and space, especially those who are traveling in times of dire and urgent need. ■



## ■ CAMPUS MINISTRY

# Dn. Marek Simon Hired OCF Executive Director

BROOKLINE, MA [*via ocf.net*] — Orthodox Christian Fellowship (OCF)—the official college ministry of the canonical Orthodox churches in the United States—named Deacon Marek Simon as Executive Director last month. He officially begins his tenure in September.

Since graduating in 2001 from St. Vladimir's Seminary, Dn. Marek has been serving at Antiochian Village Camp, where he oversees the development and advancement efforts of the camp. He also serves as supervisor of the camp's staff and manages its ropes course program. During this time, Dn. Marek remained committed to campus ministry, acting as the advisor for OCF's Student Leadership Board from 2005-2009.

"On behalf of our dedicated staff and the students we serve, I look forward to working with Dn. Marek in realizing the vision of bringing Christ in His fullness to the college campus," said Holy Trinity's Dn. Alexander Cadman, OCF Board of Directors Chairman. ■



# Commitment vs. Convenience

The Dormition Fast presents us with a choice between “convenience” and “commitment.” We can choose convenience because of the simple fact that to fast is decidedly inconvenient. It takes planning, vigilance, discipline, self denial, and an overall concerted effort. It is convenient to allow life to flow on at its usual summer rhythm, which includes searching for that comfort level of least resistance. To break our established patterns of living is always difficult—something we would only contemplate with reluctance. So, one choice is to do nothing different during the Dormition Fast—or perhaps just doing something minimal, as a kind of token recognition of our life in the Church. Such a choice may not yield in terms of further growth in our life “in Christ.” It may, rather, mean a missed opportunity.

Yet, the choice remains to embrace the Dormition Fast, a choice that is decidedly “counter-cultural” and one that manifests a conscious commitment to an Orthodox Christian “way of life.” Such a commitment signifies that we are looking beyond what is convenient toward what is meaningful. It would be a choice in which we recognize our weaknesses, and our need precisely for the planning, vigilance, discipline, self denial and overall concerted effort that distinguishes the seeker of the “mind of Christ” which we have as a gift within the life of the Church. That is a difficult choice to make... However, such a difficult choice has its “rewards,” and such a commitment will bear fruit in our families and in our parishes... It is a choice that is determined to seize a good opportunity as at least a potential tool that leads to spiritual growth.

Combining the “convenient” with our “commitment” within our contemporary social and cultural life is, to some degree, an option. We often don’t allow the Church to “get in the way” of our plans and goals, and that may be hard to avoid in the circumstances and

conditions of our present “way of life.” It is hard to prevail in the never-ending “battle of the calendars.” The surrounding social and cultural milieu no longer supports our commitment to Christ and the Church. In fact, it is usually quite indifferent and it may even be hostile toward such a commitment. Though we may hesitate to admit it, we find it very challenging not to conform to the world around us. But it is never impossible to choose our commitment to our Orthodox Christian way of life over what is merely convenient—or simply desired. That may just be one of those “daily crosses” that the Lord spoke of—though it may be a stretch to call that a “cross.” This also entails choices, and we have to assess these choices with honesty as we look at all the factors that make up our lives. In short, it is very difficult—but profoundly rewarding—to practice our Orthodox Christian Faith today!

The heart of a sincere Orthodox Christian desires to choose the hard path of commitment over the easy (and rather boring?) path of convenience. During the Dormition Fast, we now have the God-given opportunity to escape the summer doldrums that drain our spiritual energy. With prayer, almsgiving and fasting, we can renew our tired bodies and souls. We can lift up our “drooping hands” in an attitude of prayer and thanksgiving. The Dormition of the Theotokos has often been called “Pascha in the summer.” It celebrates the victory of life over death—or of death as a translation into the Kingdom of Heaven. The Dormition Fast is our spiritually vigilant preparation leading up to that glorious celebration honoring the Mother of God and contemplate our own entrance into the Kingdom of God. *“Behold, now is the acceptable time; behold, now is the day of salvation!”* (2 Corinthians 6:2). ■

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## Feast Days this Month

### THE TRANSFIGURATION OF OUR LORD JESUS CHRIST

VESPERS: Mon., Aug. 5, 7pm  
(A.T. Pelikan, Litiya)  
(P. Doty, Icon)

LITURGY: Tues., Aug. 6, 9am  
(A. Stickles, Prospora)



### THE DORMITION (FALLING ASLEEP) OF THE THEOTOKOS

VESPERS: Wed., Aug. 14, 7pm  
(A.T. Pelikan, Litiya)  
(S. Pettengill, Icon)

LITURGY: Thurs., Aug. 15, 9am  
(A. Stickles, Prospora)



### Additional Liturgy:

DATE/TIME	FOR	PROSPORA
Thurs., Aug. 29, 9am	Beheading of St. John	A Stickles

## Bible is Featured Book in Bookstore

This month’s “Featured Book” is the Eastern Orthodox Bible (EOB) published by New Rome Press. The EOB is unique in that it was translated directly from the official ecclesiastical text published by the Ecumenical Patriarchate in 1904 and was translated entirely by Orthodox Christians. The EOB is beautifully typeset and illustrated, with two-page marker ribbons and gilded edges. The book is thin and lightweight with a soft leather cover that zips shut to maximize portability and durability, allowing you to carry this book in your backpack, purse, suitcase, etc.

## “Send Zach Back” One More Time

To “Build Up the Church Beyond our Parish,” Holy Trinity has contributed toward Zach Mandell’s first two years at St. Vladimir’s Seminary. (Zach is a former director of Holy Trinity’s Choir and an alumnus of the Penn State OCF.) He completes his theological education this academic year. Use the specially-marked envelopes in the Narthex to contribute. Thank you!

## It’s Time to Give for Back-to-School

Throughout the year, *Matthew 25* donors and volunteers respond to Christ’s words, “*Inasmuch as you did it unto one of the least of these My brethren, you did it unto Me*” (verse 40). Many children in our community come from struggling families without the resources to buy required school supplies. As we begin our annual *Matthew 25* back-to-school appeal in partnership with the Strawberry Fields mental health agency, please serve Christ by supporting these “least of the brethren” through prayer, financial offerings, and/or donating the following supplies: #2 pencils, pink erasers, washable markers, wide-lined paper, pocket folders, packs of post it notes (3" x 3"), pencil box or bag, 1" three-ring binders. Thank you for your support.

## Visit the Library in the Parish Hall

The Holy Trinity Library, which operates daily out of the Trinity House Conference Room, will once again have a table in the Parish Hall during Coffee Hour on September 8. Several books will be available for you to peruse and check out. See librarian Anna Stickles there.

## New Bookkeeper Succeeds Laura

Christine Nebroski, owner of Accurate Accounts in State College was hired by the Parish Council last month to take over the bookkeeping responsibilities performed by Laura Rush who retired on July 31. (If you have a reimbursement voucher, Christine’s email is [bookkeeper@holyltrinity-oca.org](mailto:bookkeeper@holyltrinity-oca.org); Dn. Alex will cover her other office roles for the time being.) Be sure to attend a special Coffee Hour following liturgy on August 18 in appreciation for Laura’s service to the parish.

## For the Record

- BAPTISM**
- **Aidan Thomas Leathers**, son of Reader Samuel and Megan Leathers, baptized July 27, sponsored by Brandon and Corene Swisher. *Many years!*
- CATECHUMEN**
- **Brian Shippert, D.O.**, was enrolled into the Holy Catechumenate on July 24. He takes the name of the physician St. Luke, Abp. of Crimea. *Many years!*

# 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
28 Divine Liturgy, 10am <i>(Third &amp; Sixth Hours, 9:40am)</i>	29	30	31 Reader Vespers, 5:30pm <i>(No Confessions)</i>	August 1 <b>Procession of the Life-giving Cross</b> Choir Rehearsal, 7pm-9pm	2	3 Great Vespers, 6pm
4 Divine Liturgy, 10am <i>(Third &amp; Sixth Hours, 9:40am)</i> Vacation Bible School "Helping Hands" Meeting, 12pm	5 Knitting Group, 1pm-2:30pm @ Trinity House <b>Vacation Bible School (VBS) Begins:</b> "Fruits of the Spirit," 4:45pm-8pm Great Vespers with Litiya & Blessing of Fruit, 7pm	6 <b>TRANSFIGURATION OF OUR LORD</b> Divine Liturgy, 9am <i>(Hours, 8:40am)</i> Vacation Bible School, 5:30pm-8pm @ Parish Hall <i>(Registration, 5:15pm)</i>	7 Vacation Bible School, 5:30pm-8pm @ Parish Hall <i>(Registration, 5:15pm)</i> <i>(No Vespers or Confessions)</i>	8 Vacation Bible School, 5:30pm-8pm @ Parish Hall <i>(Registration, 5:15pm)</i>	9 <b>St. Herman of Alaska</b>	10 Great Vespers, 6pm
11 Divine Liturgy, 10am <i>(Third &amp; Sixth Hours, 9:40am)</i>	12	13 <b>St. Tikhon of Zadonsk</b> Homeless Ministry, 4pm @ Centre House, 217 E. Nittany Ave.	14 Confessions, 5pm Great Vespers, Litiya, and Blessing of Flowers for the Dormition, 7pm	15 <b>DORMITION OF THE THEOTOKOS</b> Divine Liturgy, 9am <i>(Hours, 8:40am)</i>	16	17 Choir Rehearsal, 4pm Great Vespers, 6pm
18 Divine Liturgy, 10am <i>(Third &amp; Sixth Hours, 9:40am)</i> 40-Day Memorial for Galina Mikaelyan, 11:45am	19	20	21 Vespers, 5:30pm Confessions, following Parish Council Meeting, 7pm @ Trinity House Conference Room	22	23	24 Altar Society Fall Planning Meeting, 10am @ Trinity House Conference Room Great Vespers, 6pm
25 Divine Liturgy, 10am <i>(Third &amp; Sixth Hours, 9:40am)</i> 40-Day Memorial for Anastasia Holowiak, 11:45am	26	27 Choir Rehearsal, 7pm-9pm	28 Penn State OCF at Involvement Fair, 11am-4pm @ HUB Lawn Confessions, 5:30pm Great Vespers, 7pm	29 <b>Beheading of St. John the Forerunner</b> Divine Liturgy, 9am <i>(Hours, 8:40am)</i> Penn State OCF Welcome Back Dinner, 6pm @ 124 Pasquerilla Spiritual Ctr.	30	31 Great Vespers, 6pm
September 1 <b>Church New Year (Indiction)</b> Divine Liturgy, 10am <i>(Third &amp; Sixth Hours, 9:40am)</i>	2 Penn State OCF Freshman Social, 8pm-10pm @ Berkey Creamery	3 Penn State OCF Freshman Social, 8pm-10pm @ Berkey Creamery	4 Vespers, 5:30pm Confessions	5 Penn State OCF Dinner and Discussion, 7pm @ 124 Pasquerilla Spiritual Center	6	7 Great Vespers with Litiya for the Nativity of the Theotokos, 6pm Confessions, TBA

# Chapel Calendar

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

Saturday 3 Reader Vespers, 6pm <i>(No Confessions)</i>	<b>Sunday 18</b> Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following
<b>Sunday 4</b> Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following	Monday 19 Crocheting/Knitting "Hats and Blankets for Babies" Outreach, 6:30pm
Monday 5 Reader Vespers for the Transfiguration, 6pm	Tuesday 20 Choir Rehearsal, 6pm
Saturday 10 Great Vespers, 6pm Confessions	Saturday 24 Great Vespers, 6pm Confessions
<b>Sunday 11</b> Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following	<b>Sunday 25</b> Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following
Tuesday 13 Choir Rehearsal, 6pm	Tuesday 27 Choir Rehearsal, 6pm
Monday 14 Reader Vespers for the Dormition of the Theotokos, 6pm	Saturday 31 Great Vespers, 6pm Confessions
Saturday 17 Great Vespers, 6pm Confessions	<b>Sunday September 1</b> Divine Liturgy, 10am <i>(Hours, 9:40am)</i> Fellowship, following

August 2019