

THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH

Parish Joins 100,000s in Defense of Life



Our delegation from Holy Trinity and the Chapel of the Holy Spirit met up with Orthodox Christians from around the country to participate in the 44th annual March for Life in Washington, DC last month. Throughout the year, our parish partners with the State College Pregnancy Resource Clinic (scprc.com) to educate and encourage men and women to make informed life choices.

YEAR AFTER YEAR EVERY JANUARY hundreds of thousands come to the nation’s capital to give a voice to those who do not have one—the unborn. This year’s March for Life was historic, however, as for the first time ever, the sitting vice president appeared in-person. Quoting Phil. 4:5, Vice President Mike Pence shared his optimism for the pro-life cause, exhorting the crowd to “Let this movement be known for love, not anger; ... compassion, not confrontation... [T]here is nothing stronger than gentleness.” Following the rally, more than a dozen from Holy Trinity and the Chapel joined His Beatitude Metropolitan Tikhon, head of the Orthodox Church in America, and several Orthodox hierarchs, clergy, and laity in praying for the victims of abortion, before making the two-mile trek from the White House to the Supreme Court. You can view video of the rally, a time lapse of the marchers, and a photo gallery by visiting holytrinity-oca.org. ■

Archbishop to Visit; Bless Trinity House

Our Archbishop Melchisedek will visit this month to officially bless Trinity House, one year after the ministry center opened. To be sure, His Eminence has been here a few times since we started using the facility, staying in its guest suite each time, but this visit allows him to come during the week when class is in session so students can participate in the ceremony. On Thursday, February 16, at 7 p.m., he will bless all three floors, enjoy a celebratory dinner with all in attendance, then sit down in the student lounge for a special Orthodox Christian Fellowship “Stump the Bishop” outreach event. All members of the parish and community—especially students—are invited. RSVP for the dinner at orthodox@psu.edu. ■

HOLY TRINITY ORTHODOX CHURCH
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Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
February 5	E. George and K. Oleynik	L. Radomsky and M. Radomsky	B. Haupt and M. Stevens	Team B
February 12	P. Doy and C. Strauss	A. Swisher and D. Swisher	G. Cartell and S. Stevens	Team A
February 19	A. Petrick and L. Radomsky	B. Roberts and E. Miranda	R. Patel and H. Torbic	Team B
February 26	BLINI LUNCHEON*	J. Frynko and M. Fedkin	M. Fedkin and B. Haupt	Team A
March 5	Russian Ladies*	M. Thompson and J. Houser	G. Cartell and M. Stevens	Team B
March 12	A.T. Pelikan and J. Miranda*	J. Petrengill and S. Petrengill	R. Patel and S. Stevens	Team A

* Denotes Fast
 ** Denotes scotch/change

Team A: A. Evans, N. Pelikan, D. Stickle, J. Torbic, C. Schnauf, E. Swisher, and J. Swisher. Captains: D. Torbic and S. Oleynik
 Team B: J. Cadman, C. Legaspi, N. McFarland, B. Oleynik, S. Patel, and L. Torbic.

■ FROM THE RECTOR'S DESK

On the Meeting of the Lord

by Fr. John Reeves

I remember learning about Simeon meeting the Lord when I was a little boy. He was a righteous old man who had been told by God that he would see the Messiah before he died. Joseph and Mary come to the Temple, where Simeon prophesied, to dedicate the young Jesus to the Lord. Jesus was a first-born male who opened the womb. So, there was a special significance to his birth according to Jewish law, since it was believed that a first-born male opening the womb would be that very Messiah which all of Israel hoped for. Simeon's prophecy over Jesus confirmed the connection. This child was the One promised by God.

In the intervening years I have often pondered his words, his song, which he uttered upon holding the infant Jesus that day. Simply put Simeon said, I can die now, Lord, in peace. You've kept your word. I have seen the Saviour. Not only have I pondered these words, but I preached on this many times. For the challenge for each one of us is to behold Christ, to hold Christ. Simeon had trusted God over the years that God would be faithful to His promise to him. He held on to that promise until he could hold the Savior

literally in his arms. Then, Simeon knew that nothing else mattered.

Each of us is called to long for Christ as Simeon did, patiently waiting for God to fulfill His promise to him as well as Simeon's own purpose in life. That's what happens when we embrace Christ. We ultimately then celebrate God's fulfilling His promise to the world and the giving of meaning to each of us. If that is the case, we can say, without fear: We, too, can die in peace; our eyes have beheld the Saviour of the world. ■

Also From Father's Desk...

- **Fr. John will return to his office on a limited basis in February. Appointments are required and must be made in advance at (814) 231-2855 or office@holytrinity-oca.org.**
- **On January 23, Father underwent a second PT scan. His results were clear, meaning no cancer has returned. He still receives adjuvant therapy three times per week as maintenance. As such, he still needs your prayers. Thank you.**

■ SUNDAY SCHOOL SCOOP

Good Advice for a Change

by Dn. Mark Oleynik

Advice: You can hardly go anywhere without getting it from someone or something, whether it be from the magazine rack at the checkout line, the millions of self-help books, the television shows that are on 24/7, or your co-workers, neighbors, and family. Just open the browser on your computer or phone and you could miss several meals getting immersed in trying to find the best way to get a fast start in the morning to how to get a good night's rest—and everything in between. Even more, we are mostly being given advice without asking. (Good thing most of the time, it's free.)

The right place to start looking for *good* advice is in your Bible since Paul tells Timothy that all scripture is "profitable for doctrine, for reproof, for correction, for instruction in righteousness" (2 Timothy 3:16). You can also look to your elders, clergy, and to people whom you respect and have something in common.

During one of our Parents Sessions, parents were asked to provide what advice they would give to other Orthodox Christian parents for raising a child. Here are some of their pearls of wisdom:

Chapel of the Holy Spirit

CATEGORY	2014 ACTUAL	2015 ACTUAL	2016 ACTUAL	2016 BUDGET	% OF BUDGET
INCOME					
Budgeted Income/ <i>Stewardship Offerings</i>	\$32,798	\$21,690	\$19,335	\$18,300	106%
Non-Budgeted Income					
<i>Building Fund Donations</i>	3,419	5,247	2,325	—	—
<i>Charitable Income/Other Income</i>	194	—	1,030	—	—
Total Non-Budgeted Income	\$3,613	\$5,247	\$3,355	—	—
Total Income	\$36,411	\$26,937	\$22,690	—	—
EXPENSES					
Budgeted Expenses					
<i>Personnel</i>	14,700	8,408	7,119	7,700	92%
<i>Property/Mortgage</i>	—	—	3,150	3,000	105%
<i>Operating Expenses (Liturgical, Office, Christian Ed.)</i>	1,923	1,602	1,169	2,400	49%
<i>Utilities</i>	—	339	1,702	2,400	71%
<i>Outreach and Fellowship</i>	3,661	2,826	1,902	1,800	106%
<i>Insurance</i>	—	—	367	1,000	37%
Total Budgeted Expenses	\$20,284	\$13,175	\$15,409	\$18,300	84%
Non-Budgeted Expenses					
<i>Building Expenses</i>	10,211	2,744	11,987	—	—
<i>Charitable Expenditures/Other Expenses</i>	—	—	1,162	—	—
Total Non-Budgeted Expenses	\$10,211	\$2,744	\$13,149	—	—
Total Expenses	\$30,495	\$15,919	\$28,558	—	—
NET SURPLUS (DEFICIT)	\$5,916	11,018	(\$5,868)	—	—

Join Matthew 25 this Lent

Holy Trinity's *Matthew 25* ministry is planning a Lenten Drive that will benefit the Orthodox Christian Prison Ministry, keeping our Lord's command to remember those behind bars. All those interested in lending their time to the coordination of this charitable effort is invited to attend a brief meeting on Tuesday, February 14 at 3:30 p.m. in Trinity House.

Beaver Creek Blessed by Chapel

Last month Chapel faithful gathered in Beaver Springs to witness the blessing of its waters. The air was brisk and the winds strong, but many offered thanks to God and commemorated our Lord's descent into the Jordan to be baptized. You can view photographs of the event by visiting holyspirit-oca.org.

For the Record

- BAPTISM**
- **James Francis, son of Brandon and Corene Swisher, baptized January 14, sponsored by Dn. Theophan & Mka. Miriam Warren. Many years!**
- CATECHUMENS**
- **Evan and Elya Kerstetter were enrolled as catechumens at the Chapel of the Holy Spirit on January 29. May God grant you many years!**
- FAREWELL**
- **The Nachtigall Family—Jon, Yanna, Caroline, Alexandra, Athan, and Dean—moved to Lancaster on December 29 to pursue a new job opportunity there. Best wishes from all of us to you!**

■ 2016 FINANCIAL YEAR IN REVIEW

Holy Trinity Orthodox Church

CATEGORY	2014 ACTUAL	2015 ACTUAL	2016 ACTUAL	2016 BUDGET	% OF BUDGET
INCOME					
Budgeted Income					
Stewardship Offerings	\$209,471	\$209,054	\$243,441	\$250,494	97%
Parking	1,825	5,257	6,037	6,000	101%
Candles and Flowers	3,519	3,723	3,410	3,150	108%
Interest Income/AmazonSmile	195	88	85	25	340%
Other Income/Appeals	7,280	5,733	306	—	—
Total Budgeted Income	\$222,290	\$223,855	\$253,279	\$259,669	98%
Non-Budgeted Income					
Funds Income (Bookstore, Building, Memorial, etc.)	131,544	74,608	60,780	—	—
Charitable Appeals Income (Matt. 25, Souper Sun., etc.)	15,960	7,782	7,167	—	—
Total Non-Budgeted Income	\$147,504	\$82,391	\$67,946	—	—
Total Income	\$369,794	\$306,246	\$321,225	—	—
EXPENSES					
Budgeted Expenses					
Personnel	\$135,501	\$141,844	\$145,490	\$148,760	98%
Mortgage	18,254	28,573	28,572	28,573	100%
Archdiocesan Assessment	22,547	21,496	20,308	20,486	99%
Utilities	6,142	9,409	9,910	11,550	86%
Outreach/Fellowship	10,488	11,384	8,867	10,250	87%
Physical Plant	6,539	9,938	7,026	10,200	69%
Liturgical	9,895	7,258	5,889	8,275	71%
Office Administration	8,859	5,717	5,249	5,600	94%
Christian Education	2,724	3,066	2,930	3,600	81%
Insurance	2,088	2,482	2,892	3,020	96%
Discretionary	2,478	1,250	1,500	1,500	100%
All-American Council Deposit	1,000	1,000	1,721	1,000	172%
Refurnishings	—	—	—	750	0%
Miscellaneous (Legal/Professional/Bank Fees, etc.)	336	2,529	2,377	1,105	215%
(Transfer to Savings/Property Reserve)	5,000	5,000	5,000	5,000	100%
Total Budgeted Expenses	\$231,851	\$250,946	\$247,731	\$259,669	95%
Non-Budgeted Expenses					
Funds Expenditures (Building, Memorial, etc.)	126,115	29,928	131,809*	—	—
Charitable Expenditures (Matthew 25, Souper Sun., etc.)	16,243	5,588	9,834	—	—
Adjustments for Prior Year	—	—	676	—	—
Total Non-Budgeted Expenses	\$142,358	\$35,516	\$142,319	—	—
Total Expenses	\$374,208	\$286,462	\$390,050	—	—
NET SURPLUS (DEFICIT)	(\$4,415)	\$19,784	(\$68,825)	—	—

* includes a one-time expense of \$117,521 for Trinity House renovation and accessibility improvements.

- Pray more for them and with them every day.
- Support your spouse.
- Don't be afraid to admit you don't know what you are doing.
- Look for comfort and answers in the Bible.
- Pause: you don't need to answer every question immediately.
- Stay in touch with the Church, your faith, and trust God.
- Teach by example.
- There will be many bumps in the road. Think ahead.
- Make the Church relevant and alive to them every day.
- Don't worry about small things worry about eternal things.
- Listen carefully to everything kids say and teach them to listen to others.
- Go to church as much as possible and as often as possible.
- When bad things do happen, assess if it will be important in ten minutes and/or in ten years.
- Use the saints as examples of real heroes.
- Love regardless.
- Trust your kids.
- Make every opportunity an opportunity for kids to realize others needs before their own.
- Simplify your life and enjoy your children.
- Read Scripture at mealtime.
- You create normal for your children. Icons, prayers, church aren't weird or counter-cultural when your child is immersed in the life of the Church.
- Let your children be themselves.
- God's love is unending—make sure your child understands no matter what God will still love him or her—and so will you. ■

EDITOR'S NOTE: Parent Sessions are held monthly after the Liturgy. Topics discussed focus on the challenges and joys of raising Orthodox Christian children in a secular world. All parents are invited (your child need not be enrolled in Sunday School.)

■ ORTHODOX SPIRITUALITY

Why Do We Fast in Lent? by Fr. Michael Gillis

I once spoke to an Orthodox lay woman who told me of her best Lent ever... [About halfway through Lent, in] a moment of weakness, she stopped her car at a fast food restaurant and ate a cheeseburger. The guilt she felt for this stayed with her. She continued the fast, and still attended services, but somehow it was different. She somehow now identified with the Publican, the Harlot and the Thief. She no longer had a sense of enduring or conquering Lent; rather, she now had a conscious awareness of her weakness. She fasted, but not as one conquering a challenge or enduring an ordeal; she fasted as one who had failed, as one weak, needy and unworthy. The prayers took on new meaning to her. She wept with the harlot, she prayed "remember me" with the Thief, and beat her chest with the Publican: "have mercy on me." And during Holy Week, she experienced the Humiliation, Death and Resurrection of Christ in a way she had never before experienced it.

This is why we fast. Not so that we can dot all of the "I's" and cross all of the "T's." We fast to see and know our weaknesses. We fast to know that indeed we are the Publican, the Harlot, and the Thief. If our fast is not producing this result in us, then we are not fasting correctly—even if we are keeping all of the rules... [for] to fast perfectly for the entire period of Great Lent and not to be broken and humbled by it is much worse than not fasting at all. At least the one who does not fast has no delusion of his or her spiritual prowess. Remember, the devils never eat at all.

So as we prepare with God's help to enter the arena of the Great Fast, let's not mistake the means for the end. Let's use the tools the Church gives us wisely. Let's push ourselves. Let's deny ourselves that we may know ourselves. Let's pray with the Publican, the Harlot and the Thief. And let's together long for the Glorious Resurrection of our Lord and God, Jesus Christ. ■

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
29 Sunday of Zacchaeus Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	30 Three Hierarchs: Basil the Great, Gregory the Theologian, and John Chrysostom (Trinity House Open Late for Students, 7pm-11pm)	31 February 1 Great Vespers/Litiya/ Blessing of Candles, 7pm Confessions	February 1 Great Vespers/Litiya/ Blessing of Candles, 7pm Confessions	2 MEETING OF OUR LORD IN THE TEMPLE Obednitsa with Holy Communion, 8am (Hours, 7:40am) OCF Dinner & Discussion, 7pm @ 122 Pasq. Ctr.	3 Altar Society Meeting, 10am Choir Rehearsal, 4:30pm Vespers, 6pm (No Confessions)	4 Altar Society Meeting, 10am Choir Rehearsal, 4:30pm Vespers, 6pm (No Confessions)
5 Sunday of the Publican and Pharisee (Fast Free Week) Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) Penn State OCF: Super Bowl Party, 5:30pm-10pm @ Trinity House—Atty Student Lounge	6 (Trinity House Open Late for Students, 7pm-11pm)	7 Women's Bible Study, 7pm @ Trinity House Conference Room	8 Vespers, 5:30pm Confessions Parish Council Meeting, 6:30pm @ Trinity House Conference Room	9 2017 Parish Directory Photography Session, 2pm-9pm @ Parish Hall (Reservations Required) Penn State OCF: Dinner and Game Night, 7pm @ 122 Pasquerilla Center	10 2017 Parish Directory Photography Session, 2pm-9pm @ Parish Hall (Reservations Required)	11 2017 Parish Directory Photography Session, 10am-5pm @ Parish Hall (Reservations Required) Great Vespers, 6pm Confessions
12 Sunday of the Prodigal Son Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) All-HTOC Picture Day, 11:45am Parents' Mtg., 12pm @ T.H. Lwr. Lvl. Combined Orthodox Youth Association Monthly Activity, 6pm	13 Young Adult Potluck and Game Night, 6pm @ 4817 W. Whitehall Rd., Pennsylvania Furnace (Leathers' Home) Penn State Student Night, 7pm @ Trinity House	14 Homeless Ministry, 4pm @ Centre House, 217 E. Nittany Ave. (No Women's Bible Study)	15 21 New Martyrs of Libya Vespers, 5:30pm Confessions	16 Blessing of Trinity House by Abp. Melchisedek, 7pm (Dinner for all follows.) Penn State OCF: "Stump the Bishop Night", 8pm @ Atty Student Lounge, Trinity House	17 Men's Fellowship Breakfast, 9am Choir Rehearsal, 4:30pm Vespers, 6pm (No Confessions)	18 Men's Fellowship Breakfast, 9am Choir Rehearsal, 4:30pm Vespers, 6pm (No Confessions)
19 Sunday/Last Judgment (Meatfare) Sunday School, 9am Episcopal Greeting/Hours, 9:15am Hierarchical Divine Liturgy, 10am Special Presentation: "Voices of Grief," 12:15pm @ Trinity House Lwr. Lvl. (Discussion with Clergy follows.)	20 (Trinity House Open Late for Students, 7pm-11pm)	21 Women's Bible Study, 7pm @ Trinity House Conference Room	22 Vespers, 5:30pm Confessions	23 Penn State OCF: Dinner and Discussion, 7pm @ 122 Pasquerilla Center	24 First and Second Finding of the Head of St. John	25 Great Vespers, 6pm Confessions
26 Forgiveness Sunday (Cheesefare) Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) Blini Luncheon, 12pm Forgiveness Vespers, 7pm OCF National Day of Prayer Service (Hour 5 of 24), 10pm-11am	27 LENT BEGINS St. Raphael of Brooklyn Great Canon of St. Andrew of Crete, 7pm	28 Great Canon of St. Andrew of Crete, 7pm	March 1 Liturgy or Obednitsa of the Presanctified Gifts, 6pm (Confessions during) Lenten Potluck, 7:30pm	2 Penn State OCF: "Stay to Pray" Dinner at Holy Trinity, 6pm Great Canon of St. Andrew of Crete, 7pm	3 Salutations to the Theotokos, 6pm	4 St. Theodore of Tyre (No Liturgy this year.) Vespers, 6pm (No Confessions)
5 Sunday of Orthodoxy Divine Liturgy, 10am (Hours, 9:40am) Children's Icon Procession, 11:45am Sunday of Orthodoxy Vespers, 4pm @ TBD	6 Women's Bible Study, 7pm @ Trinity House Conference Room	7 Women's Bible Study, 7pm @ Trinity House Conference Room	8 Liturgy or Obednitsa of the Presanctified Gifts, 6pm (Confessions during.) Lenten Potluck, 7:30pm	9 Holy Forty Martyrs of Sebaste Parish Council Meeting, 6:30pm @ Trinity House Conference Room	10 Vespers, 5:30pm Salutations to the Theotokos, 6:15pm	11 Memorial Saturday Mem. Divine Liturgy, 9am Women's Day Retreat on Prayer with Mother Christophora, 10:30am-4pm @ Trinity House Great Vespers/Conf., 6pm

Chapel Calendar

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

Thursday Feb. 2 MEETING OF OUR LORD IN THE TEMPLE (Hours and Obednitsa, 8:40am @ Holy Trinity)	Sunday 19 Sunday of the Last Judgment (Meatfare) Divine Liturgy, 10am (Hours, 9:40am)
Saturday 4 Great Vespers, 6pm Confessions	Tuesday 21 Choir Rehearsal, 6:30pm
Sunday 5 Sunday of the Publican & Pharisee (Fast Free Week) Divine Liturgy, 10am (Hours, 9:40am)	Sunday 26 Forgiveness Sunday (Cheesefare) Divine Liturgy, 10am (Hours, 9:40am) Rite of Forgiveness, follows (Forgiveness Vespers, 7pm @ Holy Trinity)
Tuesday 7 Choir Rehearsal, 6:30pm	Monday 27 LENT BEGINS
Sunday 12 Sunday of the Prodigal Son Divine Liturgy, 10am (Hours, 9:40am) Chapel Family Fun Night, 5pm-7pm @ Middlecreek Area Community Center, Beaver Springs	Saturday Mar. 4 St. Theodore of Tyre Great Vespers, 6pm Confessions
Tuesday 14 Choir Rehearsal, 6:30pm	Sunday 5 Sunday of Orthodoxy Divine Liturgy, 10am (Hours, 9:40am)
Saturday 18 Great Vespers, 6pm	Monday 6 Monthly Women's "Hats and Blankets for Babies" Knitting/Crocheting Outreach, 6:30pm (Rescheduled from 2/27)

February 2017