

THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH

A Busy Month at the Chapel!



The newly-illumed servants of God, Evan (John), Elya (Irene), and Aletheia Irene Kerstetter process around the baptismal fonts (LEFT) led by Dn. Alexander, Fr. David, and sponsor Mka. Brenda. The Kerstetters (RIGHT) were the first to be baptized Orthodox in Beavertown.

SEPTEMBER WAS A BUSY MONTH at the Chapel. On September 16, we celebrated the first baptisms in our new church. It was a great blessing to witness Evan (John) and Elya (Irene) Kerstetter, and their daughter Aletheia (Irene) being received into the Faith. God grant them many years! The very next week we were at the Beaver Fair handing out pens and notepads. We made literature available for all those interested, sharing the Faith and letting folks know what we are all about. To close out the month, we hosted a booth at the Selinsgrove Street Fair on September 24. The weather was sunny and hot, perfect weather for sharing our water. We gave out more than 1,000 bottles of water to the passersby. Pens with the Chapel's name and address did not move quite as well, but we did give out about 500. More importantly, we were able to have some great conversations with some visitors to our table. Glory to God for all things as many seeds were planted! ■

— Matushka Brenda Smith

Women to Join New Online Community and Book Study

BASED ON YOUR FEEDBACK, the Women's Ministry is proceeding with plans to establish a new online community so that women can better support and learn from one another. Hosted on holytrinity-oca.org, the virtual forum will feature rooms for general discussion and prayer requests. It will also be the exclusive home to the ministry's Fall Study on Jean-Claude Larchet's *The Theology of Illness*, which will premiere the week of October 23. Not forsaking the need for women to meet together in person, the group is also coordinating for the first time a "Women's Night In" at Trinity House. The potluck dinner will take place Thursday, November 9 at 6 p.m.

(continued, see WOMEN'S MINISTRY, page 3)

HOLY TRINITY ORTHODOX CHURCH
 119 S. Sparks Street
 State College, PA 16801
 RETURN SERVICE REQUESTED

NON-PROFIT ORG.
 U.S. POSTAGE
 PAID
 STATE COLLEGE, PA
 PERMIT NO. 289

Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
October 1	Reeves Family*	J. Fryncko and M. Fedkin	B. Haupt and H. Torbic	Team B
October 8	A. Legaspi and K. Cartell	J. & R. Cadman and J. Houser	G. Cartell and M. Fedkin	Team A
October 15	R. Schrauf and D. Patel	I. Radomsky and M. Radomsky*	R. Patel and M. Stevens	Team B
October 22	L. Georgiou and B. & N. Troyan	J. Pettengill and S. Pettengill*	S. Stevens and H. Torbic	Team A
October 29	A. Swisher and B. Roberts	A. Ashmore and E. Ashmore	M. Fedkin and B. Haupt	Team B
November 5	FALL POTLUCK	B. Roberts and E. Miranda	G. Cartell and M. Stevens	Team A

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

■ FROM THE RECTOR'S DESK

St. Paisios' Prayer for the Suffering

During my treatments for chemotherapy, I came across the following prayer. It is attributed to St. Paisios of Mount Athos (1924-1994), who, in the later years of his life, directed that the following petitions be recited

by nuns seeking a rule to be used in their evening vigils. You may cut out these intentions and add them to your particular devotions if you so desire. ■

— Fr. John



O Lord, Jesus Christ:

Do not abandon Thy servants who live far away from the Church. May Thy love convict them and bring them back to Thee.

Lord have mercy on Thy servants who are suffering from cancer.

Lord have mercy on Thy servants who suffer either from small or serious ailments.

Lord have mercy on Thy servants who suffer from physical infirmities.

Lord have mercy on Thy servants who suffer from spiritual infirmities.

Lord have mercy on our leaders and inspire them to govern with Christian love.

Lord have mercy on children who come from troubled homes.

Lord have mercy on troubled families and those who have been divorced.

Lord have mercy on all the orphans of the world, on all those who are suffering pain and injustices since losing their spouses.

Lord have mercy on all those in jail, on all anarchists, on all drug

abusers, on all murderers, on all abusers of people, and on all thieves. Enlighten these people and help them to straighten out their lives.

Lord have mercy on all those who have been forced to emigrate.

Lord have mercy on all those who travel on the seas, on land, in the air, and protect them.

Lord have mercy on our Church, the bishops, the priests and the faithful of the Church.

Lord have mercy on all the monastic communities, male and female, the elders and eldersses and all the brotherhoods of Mt. Athos.

Lord have mercy on Thy servants who find themselves in the midst of war.

Lord have mercy on Thy servants who are being pursued in the mountains and on the plains.

Lord have mercy on Thy servants who are being hunted like birds of prey.

Lord have mercy on Thy servants who were forced to abandon their homes and their jobs and feel afflicted.

Lord have mercy on the poor, the homeless and the exiled.

Lord have mercy on the nations of the world. Keep them in Thy embrace and envelope them with Thy holy protection. Keep them safe from every evil and war. Keep our beloved homelands in Thy protective embrace day and night. Embrace her with Thy holy protection defending her from all evil and war.

Lord have mercy on those who have been abandoned and have suffered injustice. Have mercy on families that are going through trying times. Pour Thy abundant love upon them.

Lord have mercy on Thy servants who suffer from spiritual and bodily problems of all kinds.

Lord have mercy on those who are despairing. Help them and grant them peace.

Lord have mercy on those that have requested that we pray for them.

Lord grant eternal rest to all those who have passed on to eternal life throughout the ages.

Through the prayers of St. Paisios and all our Holy Fathers, O Lord Jesus Christ, have mercy on us and save us.

Amen.

But in the end, we know the drill. We have been to Gethsemane before, although each time is unique, each struggle breaks a different part of our hard, stubborn hearts. But if we return and wait, wait until all false hopes wither, there is peace. There is the knowledge of the love and nearness of God. ■

EDITOR'S NOTE: *The Archpriest Michael Gillis is the pastor of Holy Nativity Church in Langley, BC. The full article can be found on his blog, holynativity.blogspot.com/2014/09.*

■ CAMPUS MINISTRY NEWS

Registration Open for OCF's College Conference and Spring Break Trips

BROOKLINE, MA [via ocf.org] — Spaces are available for Orthodox Christian Fellowship's (OCF) College Conference Midwest, which will take place December 27-30 at St. Iakovos Retreat Center in the greater Chicago area. Registration has also opened for Real Break 2018. Two trips correspond to PSU's Spring Break: Jerusalem and Pittsburgh. Register at ocf.net.

Penn State Seeking Cancer Survivors for Study

UNIVERSITY PARK [via psu.edu] — The Partnering to Prevent and Control Cancer (PPCC) study is looking for adult cancer survivors to participate in a survey on physical activity preferences and barriers. For more information, contact (814) 863-0132.

Iveron Icon Visits Diocese; Icon Workshop to Be Held

The Iveron Mother of God Icon will visit St. Gregory parish in Homestead on Tuesday, October 10. All are welcome to attend the Akathist Service that takes place at 7 p.m. In related news, Mary Kay Laplante will host an icon painting workshop at the Bethany Retreat Center again this November. The \$800 tuition covers all costs and materials. Previous artistic experience is not necessary; email mklaplante11@gmail.com for details.

■ WOMEN'S MINISTRY

Online Community to Open October 23 *(cont. from page 1)*

The genesis for both the online and the November 9 "Women's Night In" gatherings came from the discussion and input session held at Trinity House last month. The consensus from these discussions: while there is great interest in learning together and a need for more intimacy between women of the parish, schedules do not align for a regular weekly meeting at this time. Nearly every woman surveyed was interested in reading *The Theology of Illness* on their own pace, sharing insights with each other whenever time allows. The online community that will be piloted this month and moderated by Mary Lanser aims to satisfy some of these objectives. And Women's Night In—which the group hopes will grow into quarterly gatherings—will give participants an opportunity to explore face-to-face any questions or themes that arise.

To help participants register an account for the new online community, Mary will set up a computer in the Bookstore on Sunday, October 15 and 22. More information on the online and in-person gatherings will be posted on the website and in the weekly bulletin. Comments emailed to women@holyltrinity-oca.org will help the ministry evaluate the success of these endeavors. Mary will also be available at the Women's Coffee and Tea on Saturday, October 7 from 10 a.m. to 12 noon at Mka. Kelly's home (125 Wilderrest Ln., in Port Matilda) should you have any questions. ■

For the Record

BAPTISMS

- **Evan (John) and Elya (Irene) Kerstetter**, baptized September 16 by Fr. David Smith at the Chapel of the Holy Spirit. Many years!
- **Aletheia Irene Kerstetter**, daughter of **Evan and Elya Kerstetter**, baptized September 16 by Fr. David Smith at the Chapel of the Holy Spirit, sponsored by **Mka. Brenda Smith**. Many years!

■ ORTHODOX SPIRITUALITY

Growing Up in God

by Fr. Michael Gillis

Many of us have gone through seasons of our life in which we have striven with great intention and zeal to do and be what we thought and/or were taught was obedient to God. We attended church regularly—maybe whenever the door was open. We said our prayers... However, what often happens is that our expectations go unfulfilled. There is no miracle—at least not the miracle we wanted. We do not seem to be more spiritual—we struggle more than ever with temptations and weaknesses. Doubt increases; calamity strikes; businesses and relationships fail...

[T]he problem lies not with God but with us, with our expectation of what spiritual growth and Grace active in our life will look like. Early in our spiritual life, or at a foundational stage of our spiritual life...we begin to become aware of the reality of God through our careful observation or contemplation of the world around us (including the religious world we find ourselves in). This awareness leads us to action motivated by what is often called the fear of God, or the awareness that God is real and that it behooves me to do what God says—in whatever ways I may understand it means in my particular circumstance or place in life. This conformity to what I think or am taught that God says or wants of me is called striving for virtue...

[T]his is a very business-like relationship with God, a relationship like that of the older brother with his Father in the parable of the prodigal son. Nevertheless, it does seem to be a necessary stage or degree of one's growing relationship with God, and it is certainly a step up from the complete selfishness and spiritual ignorance of living only according to one's calculating mind and animal passions.

This business-like relationship with God seems to lead to at least four possible outcomes (that I can think of). One is pride. If one has the wealth and the religious or societal standing to maintain an image of him or herself

as successful, then one develops pride in having done the right things to please God...

[Another possible outcome is anger:] On the one hand we feel broken, on the other hand we feel betrayed. We don't want to blame God, so we blame ourselves or, like Job, we cannot deny that we did indeed try with all of our might—or at least most of our might—to do the right thing, to pray and fast and behave as we should. This experience is like a crucible, a pressure cooker that renders us to the core of our being, stripping away all of the layers of falsehood and imaginations to lay bare what is really there. It is the experience of Job. Many of us have gone through such experiences of disappointment with God and come out of it bitter and angry...

Some of us struggle with [the third possible outcome,] guilt. When life does not turn out the way we expect, we often experience an overwhelming burden of guilt. Sometimes we can think of specific failures or areas of our life where we could have/should have/might have done better...

But, thank God, neither anger nor depression nor guilt are necessarily permanent... They can be transformed into humility... [Humility] brings us to the knowledge of God beyond consideration of created things, the knowledge of God that can say with Job: "even if he slays me, yet will I trust in Him" (Job 13:15)... And while moving from anger or depression or guilt to humility is never easy, with practice it does, nonetheless, become more predictable. With practice, you begin to notice the signs in yourself, the unhealthy self-talk, the cooling of your love, the intentional ignoring of God. You recognize the signs and you take a deep breath... OK. I know what's happening. Lord have mercy...

There are generally tears along the way, which are sometimes preceded by a Job-like argument with God.

■ BOOKSTORE



Bookstore Completes Renovations and Upgrades

Come have a look at the newly reorganized and updated bookstore! A beautiful new sign was painted by our very own Anne Therese Pelikan and now adorns the door of the bookstore. As you enter the bookstore, you will see a book display where all new releases and sale items are now displayed. Additions to the space include comfortable furniture to sit upon, a player so you can listen to CDs before purchasing, and a locked drop box so you can safely pay for items when a bookstore volunteer is not present. Browsing the store is also easier; the books on the main shelves are now grouped and organized by subject matter to help you find what you are looking for.

We are nearing the tenth year for the bookstore—thank you for your prayers and your support of this ministry!

October Bookstore Feature

New at the Bookstore this month: *The Prayer Rope*. This small, beautifully illustrated booklet covers the following topics: the history of the prayer rope, an explanation of the Jesus Prayer, the use of the prayer rope in daily life, fruits of the Jesus Prayer, and prayer for others. This booklet is an ideal introduction to the Jesus Prayer. It is available for purchase for \$5.

—Matt Finke

Sunday School Prepares 157 Kits

To aid those impacted by the hurricanes that hit Texas, Florida, and Puerto Rico, the parish's Sunday School students organized dozens of supplies and prepared in assembly-line fashion 157 hygiene kits to send to International Orthodox Christian Charities (IOCC). The kits, which contain hand towels, washcloths, combs, nail clippers, soap, toothpaste, and Band-Aids, make a huge difference in IOCC's ongoing development programs or when disaster strikes. Many thanks to all those who donated to this cause.

Volunteers Needed for OYA/JrOYA

Holy Trinity is searching for volunteers to lead our parish's high school (Orthodox Youth Association, OYA) and middle school (Jr. OYA) programs. One male is still needed for Jr. OYA and one male and female is needed for OYA. If you are interested, see Laura Rush and/or Deacon Alexander (a background check is required). OYA and Jr. OYA programming will resume once all the volunteers are identified.

Join Us for a Potluck after Liturgy

On Sunday November 5, the Coffee Hour ministry will sponsor a potluck dinner in the Parish Hall after the Divine Liturgy. To participate, simply bring an item to share: main dish, side dish, or dessert. Holy Trinity will provide the drinks.



Saying "Goodbye" to Summer

Sunday School families joined together at their annual picnic at Circleville Park. The picnic provided a relaxing afternoon of fellowship, an opportunity for extending friendships, and also a spirited game of football among the students. Plenty of hot dogs and hamburgers were grilled to go along with a terrific array of side dishes and, of course, some toasty smores. ■

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
October 1 Protection of the Theotokos National College Student Sunday Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am) Special Coffee Hour Celebrating the End of Fr. John's Chemo., 12pm	2 Penn State Student Night: 7pm-11pm @ <i>Atty Student Lounge, Trinity House</i>	3	4 Vespers, 5:30pm Confessions	5 Penn State OCF: Mount Nittany Hike (<i>departs 5pm from Pasquerilla Lobby, dinner out follows</i>)	6 Glorification of St. Innocent of Alaska	7 Annual Women's Coffee and Tea Social, 10am @ <i>Mka. Kelly Oleynik's Home, 125 Wildernest Ln., Port Matilda (16870)</i> Great Vespers, 6pm (No Confessions)
8 Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	9 Glorification of St. Tikhon, Enlightener of North America (Trinity House Open Late for Students, 7pm-11pm)	10 Homeless Ministry, 4pm @ <i>Centre House, 217 E. Nittany Ave.</i>	11 Vespers, 5:30pm Confessions Parish Council Meeting, 7pm	12 Penn State OCF: Dinner and Discussion, 7pm @ <i>122 Pasquerilla Center</i>	13	14 Great Vespers, 6pm (No Confessions)
15 Fathers of the Seventh Ecumenical Council Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	16 Young Adult Fellowship Potluck, Campfire, and Game Night, 5:30pm @ <i>Leathers' Home, 4817 W. Whitehall Rd. (Trinity House Open Late for Students, 7pm-11pm)</i>	17	18 Apostle and Evangelist Luke Vespers, 5:30pm Confessions	19 Penn State OCF: Dinner and Prayer Night, 7pm @ <i>Eisenhower Chapel & 122 Pasquerilla Center</i>	20	21 Memorial Saturday—St. Demetrius (No Divine Liturgy this year) Men's Fellowship Breakfast, 9am Great Vespers, 6pm Confessions
22 Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	23 Apostle James, Brother of the Lord (Trinity House Open Late for Students, 7pm-11pm)	24	25 Great Vespers, 5:30pm Confessions	26 St. Demetrius the Myrrhghuser Penn State OCF: Dinner and Discussion, 7pm @ <i>122 Pasquerilla Center</i>	27	28 Great Vespers, 6pm Confessions
29 Sunday School, 9am Divine Liturgy, 10am (Hours, 9:40am)	30 (Trinity House Open Late for Students, 7pm-11pm)	31 St. John (Kochurov) of Chicago	November 1 Vespers, 5:30pm Confessions Sunday School Teacher Meeting, 6:15pm @ <i>Trinity House Conference Room</i>	2 Penn State OCF: "Stump the Priest" Night with Fr. Stephen Vernak, 7pm @ <i>122 Pasquerilla Spiritual Center, Univ. Pk.</i>	3	4 Archdiocesan Assembly (all day) @ <i>Homestead (Our delegation to depart 6am from HTOC. No Vespers at HTOC or CHS.)</i>
5 <i>Daylight Saving Time Ends, 2am (turn clocks back one hour)</i> Sunday School, 9am EST Divine Liturgy, 10am EST (Hours, 9:40am EST)	6 Penn State Student Night, 7pm-11pm @ <i>Atty Student Lounge, Trinity House</i>	7 Great Vespers, 7pm	8 Archangel Michael Obednitsa with Holy Communion, 8am (Hours, 7:40am) Vespers, 5:30pm Confessions Parish Council Mtg., 7pm	9 "Women's Night In" Potluck Dinner, 6pm @ <i>Trinity House</i> Penn State OCF: Dinner and Discussion, 7pm @ <i>122 Pasquerilla Center</i>	10 St. Innocent of Alaska	11 Great Vespers, 6pm Confessions

Chapel Calendar

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

Sunday 1 Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following	Tuesday 17 Choir Rehearsal, 6:30pm
	Saturday 21 Great Vespers, 6pm
Tuesday 3 Choir Rehearsal, 6:30pm	Sunday 22 Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following
Saturday 7 Great Vespers, 6pm Confessions	Monday 23 Women's Knitting/ Crocheting "Hats and Blankets for Babies" Outreach, 6:30pm
Sunday 8 Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following	Tuesday 24 Choir Rehearsal, 6:30pm
Tuesday 10 Choir Rehearsal, 6:30pm	Saturday 28 Great Vespers, 6pm
Saturday 14 Great Vespers, 6pm	Sunday 29 Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following
Sunday 15 Fathers of the 7th Council Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following	Tuesday 31 Choir Rehearsal, 6:30pm

October 2017