

THE TRISAGION

THE MONTHLY NEWSLETTER OF HOLY TRINITY ORTHODOX CHURCH

Why I Volunteer at Centre House

by Samar Al Maalouf

HOLY TRINITY PARTNERS with Centre House shelter in State College to reach out to people going through life crises and help them to get back on their feet. Currently, nine families/teams take turns visiting the shelter every second Tuesday of the month, cook, and eat dinner with the residents. We are looking for others to join us in 2018.

Since I took charge of this ministry in January of 2014, I have been blessed to work with a wonderful team of volunteers. These people offer of their time, money and selves to help their brothers and sisters in Christ. Their dedication is an inspiration for which we thank and glorify the Lord. What makes them continue in this ministry?

Maryanne Cramer, an assistant professor at PSU and a very active member of this ministry, told me her reasons for volunteering: "Sharing many family meals with the people living at Centre House has been life changing and humbling for me. It is never the same experience twice as the faces around the table change, but two thoughts always hover close to the surface when I am there. The first is very simple, 'There but for the grace of God go I...'

"I listen to their stories, relaying the sequence of events that ultimately resulted in their move to Centre House. Some have been on a precarious path most of their lives. Some had everything they wanted when a perfect storm of events capsized their lives.

(continued, see WHY I VOLUNTEER, last page)



Online Book Study Set to Begin

by Mary Lanser

On November 6, the Women's Ministry Book Study will begin. The study is not meant to mimic a class, but rather it is an examination of and conversation over an interesting text in *The Theology of Illness*. It is an ever-current subject: our physical, mental and spiritual health and that of those around us and closest to us. It takes place in an open forum where I will make suggestions for readings and topics, but topics are certainly not limited to what I might suggest. All participants may generate a topic, ask a question or suggest further reading materials at any time. To participate, visit holytrinity-oca.org and create a free account under the heading "Discussion Forums". Technical support is available by contacting info@holytrinity-oca.org. ■

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Schedules

	COFFEE HOUR	GREETERS	TELLERS	SERVERS
November 5	FALL POTLUCK*	B. Roberts and E. Miranda	G. Cartell and M. Stevens	Team A
November 12	E. George and L. Rush*	J. Fryncko and M. Fedkin	M. Stickle and R. Patel*	Team B
November 19	P. Doty and K. Oleynik*/**	J. & R. Cadman and J. Houser	M. Fedkin and H. Torbic	Team A
November 26	I. Andrzhievsky and L. Radomsky**	L. Radomsky and M. Radomsky*	G. Cartell and M. Stickle*	Team B
December 3	Russian Ladies**	J. Pettengill and S. Pettengill	B. Haupt and M. Stevens	Team A
December 10	A. T. Pelikan and J. Miranda**	A. Ashmore and E. Ashmore	R. Patel and H. Torbic	Team B

* Denotes switch/change
 ** Denotes fast

Team A: Z. Cadman, B. Oleynik, J. Torbic, C. Schrauf, E. Scisler, and J. Scisler.
 Team B: J. Cadman, C. Legaspi, N. McFarland, S. Patel, D. Stickle, and L. Torbic.

Captains:
 D. Torbic and S. Oleynik

2017 Annual Report

by Fr. John Reeves

The past twelve months have been a test, to be sure: physically, emotionally, spiritually, and medically. Those who saw me from week to week could remark on the progress I had made in appearance, agility, and vocal strength. Neither they nor I could measure the progress being made against the cancer. In fact, the doctor himself couldn't either. That's because the visible cancer had been removed surgically. The course of treatment only works to strengthen the immune system against recurrence of the malignancy.

So now we wait and watch, with periodic blood work and occasional scans to assess where we are. Will the disease return? The odds are that it will. It hates giving up territory it has held, like sin. So this time of increased vigilance is incredibly important in the fight. I will be hoping and praying for God's will to be done, whatever that may be.

Yet, waiting and watching is also how the Christian is to live in the first place. St. Paul exhorted the churches to be "ever watching," looking for the Second Coming of Christ. In other words, by waiting—patience—and watching—hope for the future, a Christian is called to live, by faith. By faith mountains are moved, kingdoms are overthrown, the mouths of lions closed fast, fires are quenched, and everything else accomplished as enumerated by the writer to the Hebrews.

But this type of waiting and watching is obviously an active one. While I might have thought that this portion of my life might be one of porch-sitting and musing, I rather doubt it now. This waiting and watching business might just prove to be the most active time of my life—and in the parish as well—and that would be quite a way to go, ultimately. This is proving a good time for my soul, and for all of us.

Just like last year, this started out to be my annual rector's report, not a spiritual reflection. Yet, perhaps

Meeting Information

Holy Trinity will hold its Annual Meeting on Sunday, November 12 following the Divine Liturgy. Nominations are open for Council positions of Treasurer, Secretary, and Facilities Chair. All agenda items must be submitted in writing to the Parish Council for review prior to November 8. Nothing will be considered from the floor.

Parishioners in good standing who were registered with the parish as members at the end of the previous ecclesiastical year (August 31, 2017) and who have fulfilled their Lenten obligations of Confession and Communion may and should attend.

Agenda

- i. Opening Prayer: "O Heavenly King..."
- ii. Establishment of Quorum
- iii. Minutes of the 2016 Meeting
- iv. Priest's Report
- v. Treasurer's Report
- vi. Review and Approval of the 2018 Budget (see next page)
- vii. Election of Officers
- viii. Closing Prayer: "It is truly meet..."

it is both. The role of any parish priest is to help its people learn how to live together in Christ. Any other purpose or activity pales in comparison. The King of the Ages will have to make the ultimate determination in my regard as to whether or not I have done so.

However, now I sense a new dimension, not really a new purpose, but a continuation of the original. St. Paul said that for him to live is Christ and to die, gain. My prayer is that I continue this ministry to the same end. If we learn to live together in Christ, then whatever happens along the way, including death itself, will not and cannot separate us from His love for us. ■

Thanksgiving Drive Continues

Matthew 25 began its annual Thanksgiving food drive to help area needy families last month. To participate, see the sign-up sheet in the Narthex; collection will continue through November 19. Monetary donations (to cover the cost of the turkeys) are also appreciated.

Free Family Fun Night this Sunday

On Sunday, November 5, the Chapel of the Holy Spirit will host its quarterly Family Fun Night from 5 to 7 p.m. The outreach continues to draw new people to the MACC in Beaver Springs, who come for a night of fellowship, fun, sports, games, and crafts. Everyone is welcome. Come and join in!

Matins Returns to Holy Trinity

On Sunday, November 12 at 9 a.m., the Men's Chorus will start chanting Matins in two-part settings similar to Wednesday night Vespers. The chorale is looking for men interested in participating in a four-week "trial run" that runs through December 3—and beyond if there is sufficient interest. For details, email Matthew Finke at men's-chorus@holyltrinity-oca.org.

OCF to Take Part in Service Projects

Members of the Penn State Orthodox Christian Fellowship will participate in two service projects this month. The first will be a "YES College Day" trip to Philadelphia on Nov. 4; on Nov. 14, they will prepare and serve dinner at Centre House. Please pray for the group and email orthodox@psu.edu for information.

Feast Days this Month

ENTRY OF THE MOST HOLY THEOTOKOS INTO THE TEMPLE

VESPERS: Mon., Nov. 20, 7pm
(M. Haupt, Litiya)
(P. Doty, Icon)

LITURGY: Tues., Nov. 21, 8am
(A.T. Pelikan, Prospora)



Additional Eucharistic Service:

DATE/TIME	FOR	PROSPHORA
Wed., Nov. 8, 8am	St. Michael	I. Andrzhiievsky

■ HOMELESS MINISTRY

Why I Volunteer (cont. from page 1)

Sometimes the pain, frustration, anger, hopelessness is thick in their voice as they share, and sometimes a person who has lost everything—and I mean everything—continues to radiate joy, hope and love, even from the bottom of the bottom. It takes my breath away. Sometimes the shy, frightened, mistrust radiating from a child's eyes makes me weep... Grace: that mysterious, intangible, unmerited favor is the only thing that separates my life story from theirs. Why them, not me?

"[My second thought is] James 2:14-17: *What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him? If a brother or sister is naked and destitute of daily food, and one of you says to them, 'Depart in peace, be warmed and filled,' but you do not give them the things which are needed for the body, what does it profit? Thus, also faith by itself, if it does not have works, is dead.* Centre House residents are not looking for a gourmet meal. I get rave reviews and genuine gratitude when I bring simple ingredients for meatloaf and mashed potatoes. Everyone pitches in. Half a dozen of us squeeze into the tiny kitchen and commence chopping, peeling, stirring, mixing, and flipping... It's just a lovely family dinner. Some of the residents grew up sharing meals like this with their families, and for some, Centre House is the first place that they've ever had a family dinner gathered around a table. Most of the residents have jobs, so some evenings there are people working an evening shift who are looking forward to coming home to a plate of homemade dinner saved especially for them. Residents all have household duties, so they take care of all of the clean-up. There is nothing strenuous about this. There is always a staff member there to help me get settled, and then the residents are eager to pitch in. It is truly an experience for which I am grateful."

For more details about the Homeless Shelter Ministry and to join our wonderful team of volunteers, please contact me at samaralmaalouf@gmail.com. ■

■ ORTHODOX SPIRITUALITY

Forgiveness Requires Courage

by Fr. Alexis Trader

Anyone who has experienced forgiving another human being recognizes that the act of loosening our grip and extending our hand that has recently been bitten requires courage, courage to act like Christ when our impulses drive us to act like wounded beasts. We know this on an experiential, intuitive level. Psychologists, however, have confirmed that fact in their study of forgiveness...

Courage can be defined as a willingness and ability to face fear, pain, danger, uncertainty, hardship, death, or public disapproval. Courage is also required in order to let go of anger and the desire for revenge when one has been wronged or offended by another, to leave behind the dog-eat-dog world where we usually live, and to step into the unfamiliar terrain of the Gospel of Christ.

That forgiveness requires courage means that forgiveness is not a moral calculation or a balance on the scales of justice. Courage means we leave those calculations and balances on the side. Courage is required to forgive our brother without reflecting upon whether he deserves it. Forgiveness is, moreover, a courageous act of love that requires patience. Saint Ephraim the Syrian once said, "The life of the righteous was radiant. How did it become radiant if it wasn't by patience? Love patience, O monk, as the mother of courage." Patience in keeping God's commandments provides the courage to do so in times of trial and temptation...

Saint Paul described the Christian as a courageous warrior of light: "Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; and your feet shod with the preparation of the gospel of peace; above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take the helmet of salvation, and the sword of the Spirit, which

is the word of God" (*Eph. 6:13-17*). Is courage useful in forgiveness? In so far as it is linked to doing all to stand, meaning doing all to be bearers of the fruits of the Holy Spirit, "love, joy, peace, longsuffering, kindness, benevolence, faithfulness, gentleness, and self-control" (*Gal. 5:23*), courage is undoubtedly most useful for those who long to forgive...

Saint Isaac [the Syrian] makes the important point that Christian courage is the courage of the humble and soft-hearted, not the courage of the proud and hard-hearted. To have a humble and soft-heart after being wounded requires more courage than the most lion-hearted soldier, a super-human courage that can only be attained and sustained through faith and hope in God. To stop nursing one's wounds and to start turning to God are acts of courage that are also antecedents to forgiveness, turning to our neighbors and nursing their wounds. The notions of courage, faith, hope, patience and a strengthened heart are expressed most beautifully in Psalm 26: "I believe that I shall see the good things of the Lord in the land of the living. Wait on the Lord; be thou brave, and let thy heart be strengthened, and wait on the Lord."

Since forgiveness is central to the Christian life, courage is an indispensable virtue. It is not possible to live the Christian life without the heroic courage of the righteous... The more we forgive, the more courage we gather within our heart which in turn makes it easier to forgive the next time, and the time after that, and seventy-times seven that follow. When we begin living according to a life in Christ, our world changes, we perceive those around us differently. We begin to see them as Christ sees them. Most importantly, we recognize the grace of Christ operative in our lives. We can then echo the words of Saint Paul, "I can do all things through Christ which strengtheneth me" (*Phil. 4:13*) and that includes forgiving everyone, even those who have wronged us grievously. ■

Holy Trinity Orthodox Church

	2016	2017 YTD ¹	2017 BUDGET	2018 PROPOSED	% CHG.
INCOME					
Stewardship Offerings	\$243,551	\$185,725	\$253,557	\$257,625	1.6%
(Transfer from) Trinity House Phase II ²	10,879	8,483	—	—	0.0%
Parking	6,227	6,664	6,000	7,200	20.0%
Candles and Flowers	3,410	2,273	3,150	2,800	-11.1%
Interest Income	61	—	25	—	-100.0%
Miscellaneous Income	330	621	—	—	0.0%
Total Budgeted Income	\$264,458	\$203,766	\$262,732	\$267,625	1.9%
Total Non-Budgeted Income	\$67,947	\$31,135			
TOTAL INCOME	\$332,405	\$234,901			

EXPENSES					
Personnel	\$145,490	\$107,734	\$148,879	\$154,578	3.8%
Mortgage Outlay ³	28,572	21,429	28,572	28,572	0.0%
Archdiocesan/OCA Expenses	20,308	14,915	20,486	20,486	0.0%
Utilities	9,911	9,526	12,700	12,650	-0.4%
Outreach and Fellowship	8,867	8,389	10,250	10,750	4.9%
Physical Plant	7,026	6,856	10,200	10,300	1.0%
Liturgical	5,889	4,914	8,275	7,350	-11.2%
(Transfer to) Property Reserve Fund ⁴	5,000	3,750	5,000	5,000	0.0%
Office Administration	5,249	2,489	5,350	4,100	-23.4%
Christian Education	2,930	1,781	3,600	3,600	0.0%
Insurance	2,892	3,339	3,020	3,339	10.6%
Licenses/Fees/Service Charges ⁵	2,368	1,159	2,400	2,900	20.8%
(Transfer to) Discretionary Funds ⁶	1,500	1,125	1,500	1,500	0.0%
(Transfer to) All-American Council Fund ⁷	1,721	750	1,000	1,000	0.0%
Refurnishings	—	354	750	750	0.0%
Accessibility Improvements	—	1,482	750	750	0.0%
Miscellaneous Expenses	510	—	—	—	0.0%
Total Budgeted Expenses	\$248,233	\$189,992	\$262,732	\$267,625	1.9%
Total Non-Budgeted Expenses	\$138,070	\$10,785			
TOTAL EXPENSES	\$386,303	\$200,777			

Chapel of the Holy Spirit

INCOME					
Total Budgeted Income	\$19,335	\$16,607	\$18,500	\$23,400	26.5%
Total Non-Budgeted Income	\$3,355	\$2,204			
TOTAL INCOME	\$22,690	\$18,811			
EXPENSES					
Personnel	\$7,120	\$4,425	7,400	9,900	33.8%
Outreach and Fellowship	1,902	1,453	3,000	4,000	33.3%
Property/Mortgage ⁸	3,150	2,881	3,500	4,000	14.3%
Operating Expenses	1,169	1,506	2,000	3,000	50.0%
Utilities	1,702	1,325	2,100	2,000	-4.8%
Insurance	367	—	500	500	0.0%
Archdiocesan/OCA Assessments	—	—	—	—	0.0%
Total Budgeted Expenses	\$15,408	\$11,591	\$18,500	\$23,400	26.5%
Total Non-Budgeted Expenses	\$13,149	\$269			
TOTAL EXPENSES	\$28,557	\$11,860			

FOOTNOTES

- 1 through September 30.
- 2 Phase II funds are transferred into the Operating Account to offset mortgage payment.
- 3 includes both interest and principal payments. Principal is now paid from the Trinity House Phase II as of Jan. 1, 2016. The mortgage balance as of Sept. 30 was \$415,270.
- 4 indicates contributions to the Property Reserve Fund. As of Sept. 30, 2017, the account balance was \$9,855.
- 5 includes background check fees.
- 6 indicates contributions to the Rector's and Ministry Director's discretionary fund accounts. As of Sept. 30, the account balances were \$503 and \$126, respectively.
- 7 indicates savings for the triennial Sobor (next held in '18). As of Sept. 30, the balance was \$1,750.
- 8 The Chapel's mortgage balance as of Sept. 30 was \$69,500.

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 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 @ Trinity House Conference Room	2 Penn State OCF: "Stump the Priest" Night with Fr. Stephen Vernak, 7pm @ 122 Pasquerilla Spiritual Center, Univ. Pk.	3	4 Archdiocesan Assembly (all day) @ St. Gregory Church, Homestead (Our delegation will depart 6am from HTOC. No Vespers at HTOC.)
5 Daylight Saving Time Ends, 2am (turn clocks back one hour) Sunday School, 9am EST Divine Liturgy, 10am EST (Hours, 9:40am EST) Memorial for Kelly Semak, 11:45am	6 Penn State Student Night, 7pm-11pm @ Atty Student Lounge, Trinity House	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 @ Trinity House Penn State OCF: Dinner and Discussion, 7pm @ 122 Pasquerilla Center	10 St. Innocent of Alaska	11 Great Vespers, 6pm Confessions
12 Sunday School, 9am Matins, 9am Divine Liturgy, 10am (Hours, 9:40am) Parish Annual Meeting, 12pm	13 St. John Chrysostom Young Adult Fellowship Potluck and Game Night, 5:30pm @ Trinity House (Trinity House Open Late for Students, 8pm-11pm)	14 Apostle Philip Homeless Ministry, 4pm @ Centre House, 217 E. Nittany Ave.	15 <i>Nativity Fast Begins: Omit meat & dairy (all days), and fish (most Mondays through Fridays, and Dec. 20-24).</i> Vespers, 5:30pm Confessions	16 Apostle and Evangelist Matthew Penn State OCF: Dinner and Prayer Night, 7pm @ Eisenhower Chapel and 122 Pasquerilla Center	17	18 Men's Fellowship Breakfast, 9am Great Vespers, 6pm Confessions
19 <u>Matt. 25 Thanksgiving Drive Concludes</u> Sunday School, 9am Matins, 9am Divine Liturgy, 10am (Hours, 9:40am)	20 Great Vespers with Litiya, 7pm	21 ENTRY OF THE THEOTOKOS Divine Liturgy or Obednitsa with Holy Communion, 8am (Hours, 7:40am)	22 (No Vespers or Confessions)	23 National Day of Thanksgiving	24	25 Great Vespers, 6pm Confessions
26 (No Sunday School—Thanksgiving Recess) Matins, 9am Divine Liturgy, 10am (Hours, 9:40am)	27 (Trinity House Open Late for Students, 7pm-11pm)	28	29 Vespers, 5:30pm Confessions	30 Apostle Andrew the First-Called Penn State OCF: Dinner and Discussion, 7pm @ 122 Pasquerilla Center	December 1	2 Choir Rehearsal, 4pm Great Vespers, 6pm Confessions
3 <u>"St. Nicholas Tree" Drive Begins</u> Sunday School, 9am Matins, 9am Divine Liturgy, 10am (Hours, 9:40am)	4 Penn State Student Night, 7pm-11pm @ Atty Student Lounge, Trinity House	5 Great Vespers, 7pm	6 St. Nicholas the Wonderworker Divine Liturgy, 8am (Hours, 7:40am) Vespers, 5:30pm Confessions	7 Penn State OCF: End-of-Semester Game Night, 7pm @ 122 Pasquerilla Center	8 Sunday School Dinner, Christmas Caroling, 5:30pm-8:30pm	9 Great Vespers, 6pm Confessions

Chapel Calendar

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

Saturday 4 Archdiocesan Assembly (all day) @ Homestead (Our delegation to stay at Trinity House and depart at 6am from HTOC. Reader's Vespers, 6pm	Sunday 19 Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following
Sunday 5 Divine Liturgy, 10am (Hours, 9:40am) Chapel Family Fun Night, 5pm-7pm @ MACC (67 Elm St., Beaver Springs)	Monday 20 Great Vespers with Litiya for the Feast of the Entry of the Theotokos, 6pm
Tuesday 7 Choir Rehearsal, 6:30pm	Tuesday 21 Choir Rehearsal, 6:30pm
Saturday 11 Great Vespers, 6pm Confessions	Saturday 25 Great Vespers, 6pm
Sunday 12 Divine Liturgy, 9am (Hours, 8:40am) Parish Annual Meeting, 12pm @ Holy Trinity in State College	Sunday 26 Divine Liturgy, 10am (Hours, 9:40am) Fellowship and Study of Fr. Thomas Hopko's <i>The Orthodox Faith—Doctrine & Scripture</i> , following
Tuesday 14 Choir Rehearsal, 6:30pm	Monday 27 Monthly Women's "Hats and Blankets for Babies" Knitting/Crocheting Outreach, 6:30pm
Saturday 18 Great Vespers, 6pm	Tuesday 28 Choir Rehearsal, 6:30pm
	Saturday Dec. 2 Great Vespers/Conf., 6pm

November 2017