

Visitors, please read

We warmly welcome all visitors and seekers in our midst today.

**Holy Communion is the greatest gift on earth. It is given by God to baptized and chrismated Orthodox Christians, who have prepared themselves with regular prayer, fasting (from midnight, unless there is a medical condition), and confession, and who have the blessing of their spiritual father or confessor to receive it.**

We welcome anyone visiting for the first time, and we trust that your experience here will be an uplifting and enriching one. The Orthodox Christian Church is actually a community of local Churches, whose roots are the ancient and native Christian communities of the biblical world, with centers in Jerusalem, Syria, Egypt, and Asia Minor, and by extension in Greece, Cyprus, Russia, North America, and throughout the world.

As a continuation of the ancient Church, we engage the whole person, heart, mind, and all senses in divine worship. This experience has been so powerful to seekers in the past that it was often said "We knew not whether we were in heaven or on earth. We knew only that there God dwelt among men" (Russian Primary Chronicle). That experience of heaven on earth and God in our midst forms the heart of all Orthodox worship.

Our worship culminates in the sharing of Holy Communion, which not only unites us with the Divine, but also expresses the deep unity in faith and life among all Orthodox believers. Since Holy Communion expresses that deep unity in belief and practice alike, it is reserved for practicing Orthodox Christians, who have properly prepared themselves with prayer, fasting, and recent confession. This is because the Orthodox choose not to make an external display of unity with other Christian groups when actual unity of faith and practice does not exist.

While working to restore the full communion that did exist among Christians in antiquity, today we offer the blessed bread (*antidoron*) at the conclusion of the Liturgy, as a gift of hospitality and of growing unity that is offered to all present. If you would like to learn more about the Orthodox way of life, or have any questions about worship or Holy Communion, please approach Fr. Michael or one of the other clergy following the Liturgy.

Thank you for joining us, and again, we welcome you all.

*We hope you enjoy your visit with us here at Holy Cross, and we thank you for joining us today.*

*We formally invite you and/or your guests to join us for coffee hour in the community center next door. If you can stay, we would love to have you!*

Sunday, September 15, 2019

Sunday after the Elevation of the Holy Cross

The reading is from St. Paul's Letter to the Galatians 2:16-20

Brethren, knowing that a man is not justified by works of the law but through faith in Jesus Christ, even we have believed in Christ Jesus, in order to be justified by faith in Christ, and not by works of the law, because by works of the law shall no one be justified. But if, in our endeavor to be justified in Christ, we ourselves were found to be sinners, is Christ then an agent of sin? Certainly not! But if I build up again those things which I tore down, then I prove myself a transgressor. For I through the law died to the law, that I might live to God. I have been crucified with Christ; it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.

The Gospel According Mark 8:34-38; 9:1

The Lord said: "If anyone wishes to come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake and the gospel's will save it. For what does it profit a man, to gain the whole world and forfeit his life? For what can a man give in return for his life? For whoever is ashamed of me and my words in this adulterous and sinful generation, of him will the Son of man also be ashamed, when he comes in the glory of his Father with the holy angels." And he said to them, "Truly, I say to you, there are some standing here who will not taste death before they see the kingdom of God come with power."

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Fr. Michael Kallaur  
 Fr. Daniel Korba  
 Dn. Frank Dickos

ADULT EDUCATION CLASS WITH FR. DAN WILL MEET IN THE PHILOPTOCHOS ROOM. TOPIC IS JOURNEY TO FULLNESS.

**TODAY following Divine Liturgy: Parish Picnic (free of cost) & Opening of Time Capsule** in conjunction with our **Patronal Feast Day of the Elevation of the Holy Cross and Celebrating the 50th Anniversary of the building of our Holy Cross Church.\***

Memorials: †Francine Vozos 40 days  
 †Joanna Kolovos 1 year  
 †Joanne Gidas Heliopoulos 15 years

\* In lieu of sponsoring a memorial coffee hour today, the family of Francine Vozos has made a generous monetary donation to defray costs of the picnic.

**Monday – September 16** 4-7pm Farmer's Market   
 6:30pm Paraclesis/Bible Study (Acts of the Apostles)

**Tuesday – September 17** **St. Sophia and daughters, Faith, Hope and Love**  
 8:30am Orthros/9:30 am Divine liturgy  
 7pm Parish Council Meeting

**Wednesday – September 18** 9:30am Chicken Rolls  
 4:30 Greek School

**Thursday – September 19** 9:30am Chicken Rolls  
 7pm Chant Class

**Friday – September 20** 6-8:30pm Sunday School Teacher Gathering, Old Social Hall

**Saturday – September 21** 9:30am - 3pm **JOYFEST** in the Community Center  
 3pm Vespers

**Please remember to register your child online for Sunday School** as soon as you can so rosters can be updated. To do so, go to [holycrosspgh.org](http://holycrosspgh.org) Using the Ministries drop down menu, choose Youth Ministries, then click on the Sunday School tab. Scroll down to the registration page. The site is mobile friendly and only takes two minutes to complete. Should you have any questions, please feel free to contact: [jennifermoorcroft@msn.com](mailto:jennifermoorcroft@msn.com) ~Jennifer Moorcroft, Sunday School Director

 September is the last month of operation for the Farmer's Market, so be sure to visit on SEPTEMBER 16TH, 23RD and 30TH to stock up on your favorite goods!!

 Please contact Cindy Heddaeus at 412-849-3033 if you are interested in shopping during the week for groceries as needed for our Saturday **FOCUS lunch program**. Thank you! 

**FOCUS Back To School Drive** Sunday Sept. 15th, 22nd & 29th. Please place items in boxes in the vestibule marked FOCUS. Items requested are: Toothpaste, toothbrushes, dental floss, mouthwash, bath soap, shampoo, conditioner, combs, brushes, deodorant and socks. As always we thank you in advance for your continuous generosity. Your new FOCUS rep, Kathy Pyros

**Ministry Opportunity:** We have a Holy Cross Parishioner who is coming to the completion of their incarceration. The parishioner has the possibility to finish their sentence and transition to a home setting with a stable family. If you are willing to open your home to this parishioner, please see Fr. Michael for the details.

**THANK YOU to our upcoming Coffee Hour sponsors:**

September 22 ~Hosted by George & Mary Halkias and Damon & Carol Halkias  
 October 6 ~Zacharias Family in loving memory of +John Zacharias (3 years)  
 October 27 ~Dickos/Countouris Families in loving memory of +Jim Dickos (3 years)



September 29 ~OPEN  
 October 13 ~OPEN  
 October 20 ~OPEN

Thank you to ALL volunteers who helped to prepare 3150 koulourakia on Monday. We were done in 6 hours! Please join us this Wednesday, Sept. 18 @9:30am as we prep chicken (shredding & cutting vegetables) for rolling. On Thursday, September 19, 9:30am, 700 chicken rolls will be prepared. Thank you for your help. Elaine Sofis & Domenica Merante, chairpersons

Thank you to ALL who donated fasting desserts and fruit yesterday for the annual Philoptochos Feast Day Luncheon. Autumn Food Fair yard signs are available in the vestibule and community center.

Help needed to serve lunch @ **JOYFEST**, Sat, Sept 21 @Noon. Contact Elaine Sofis, 412 344-7046 or [esofis@comcast.net](mailto:esofis@comcast.net)

The Autumn Food Fair, October 2,3,4 is a few weeks away. Set-up will be September 29-30 with moussaka and pastitsio prep and October 1. Clean up will be October 4 at 8pm and October 5, 10am. Your help is needed and appreciated. Please contact the chairpersons with the times needed below.

- Pastries are needed for the Autumn Food Fair and shifts for the pastry table. The fair relies on your homemade or store bought pastry donations as part of our pastry table. Please call Dianne Babb Cell 412 979-1955 or Dena Yamalis at 412 343-8355 and give them times to volunteer and pastry (cookie, cakes, candies) items to be donated.
- Cashiers are needed. Please contact Denise Sokos at cell 412 889-3399 or [dsokos@mac.com](mailto:dsokos@mac.com)
- The prep room needs help preparing salads, dolmathes traying and tzatziki sauce cupping anytime from 9:30am-7:30pm. Please contact Marica Mitsos at Cell 724-986-8549
- Food line needs volunteers: Lunch shifts are anytime from 11:15-4pm Dinner shifts anytime from 4-8pm  
 Wednesday, October 2- Lunch- Rene Koett, 412 831-3142  
 Wednesday, October 2- Dinner-Elaine Sofis, 412 344-7046 or Nikki Hardwick, cell, 412 294-6816  
 Thursday, October 3- Dinner- Nikki Hardwick, 412 294-6816  
 Friday, October 4- Lunch- Terpsie Katsafanas- 412 412 831-2248  
 Friday, October 4- Dinner- Elaine Sofis - 412 344-7046
- Runner needed at lunch on Thursday & Friday, Oct 3 & 4. Two evening runners are needed all 3 days.
- Philoptochos is NOW accepting jewelry and books to be sold at the Treasures and Market sale.
- The senior dancers will be performing at the AFF on Thursday and Friday, October 3&4.

*This is the Philoptochos main fundraiser of the year.* Philoptochos donated \$8700 for Camp Nazareth scholarships, \$1000 Walk for Missions, \$5000 to Agape Fund, \$5000 to freezer repair, \$1500 to KDKA Turkey Fund & countless others. Please support Philoptochos by attending the Autumn Food Fair and in volunteering at any of the venues. Elaine Sofis, 412 344-7046 or [esofis@comcast.net](mailto:esofis@comcast.net) with questions

**Save the Date**  
**Monday October 7th, 2019**



**The 6th Annual Holy Cross Michael Megaludis Golf Outing**

Golf, Dinner, Fun, and Fellowship



**Register Now!** <http://www.holycrosspgh.org>