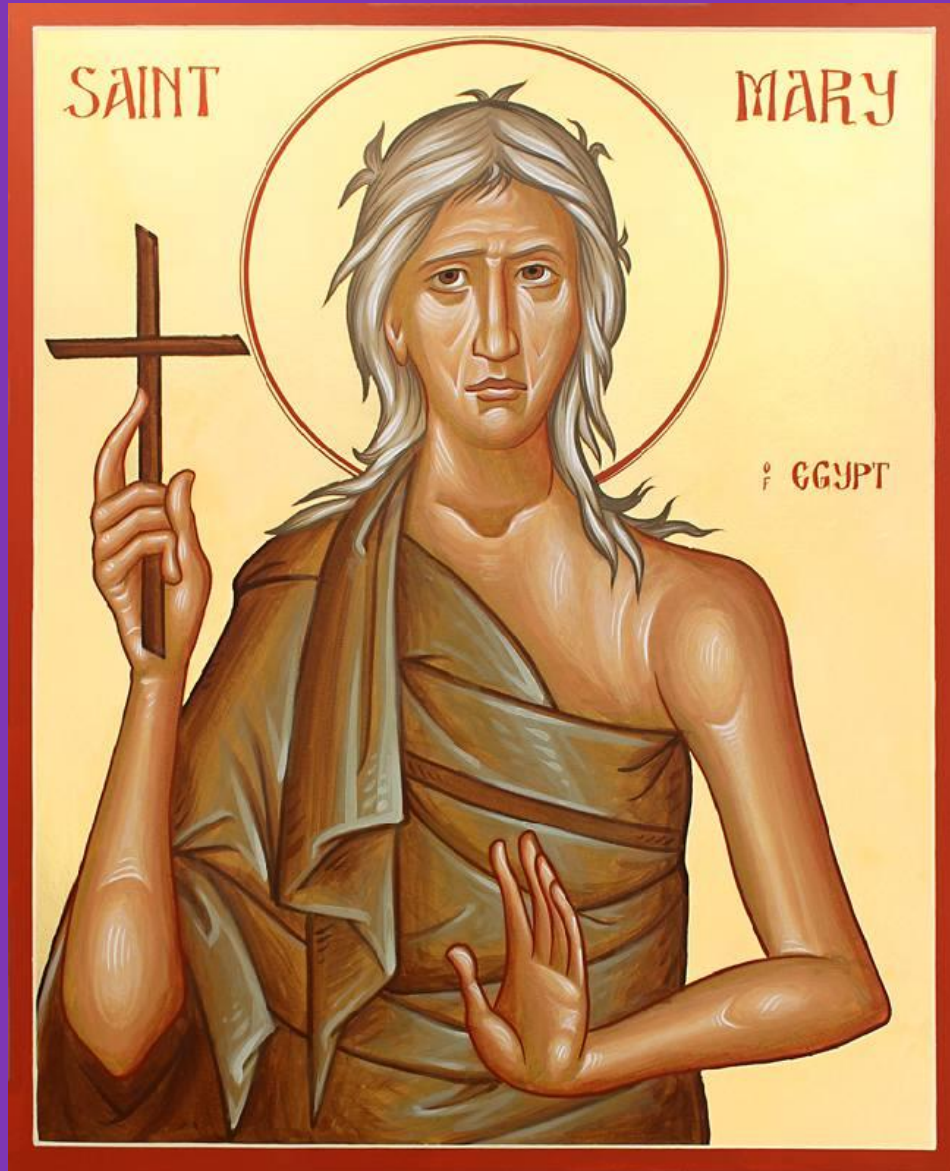


# FIFTH SUNDAY OF GREAT LENT



ST. MARY OF EGYPT

APRIL 10, 2022

Holy Trinity Greek Orthodox Church  
250 Gallows Hill Road, Westfield, New Jersey 07090  
908.233.8533 [www.holytrinitywestfield.org](http://www.holytrinitywestfield.org)

Rev. Fr. Peter Delvzizis, Presiding Priest  
[Live streaming of services](#)



“The evil one secretly lies in wait for me each day, seeking to catch me and devour me. Deliver me, O Saviour, from his malice, as Thou hast saved Jonah from the sea monster.” – Canon of Tuesday of the 5<sup>th</sup> Week, Ode 8

On the Fifth Sunday of Great Lent, we commemorate Our Righteous Mother St. Mary of Egypt; St. Terence and his Companions beheaded at Carthage; St. Gregory V, the Holy Martyr and Patriarch of Constantinople; The Holy Righteous Martyrs of the Monastery of the Pantokrator in Pentelis

First Tone Ηχος πλ. α΄

*Click links for Scripture Readings*

Morning Gospel:	<a href="#">St. John 20:1</a>	<a href="#">Ελληνικά</a>
Epistle Reading:	<a href="#">Hebrews 9:11-14</a>	<a href="#">Ελληνικά</a>
Gospel Reading:	<a href="#">St. Mark 10:32-45</a>	<a href="#">Ελληνικά</a>

**Apolytikion of the Resurrection:** “From on high You descended, O merciful Lord. You accepted the Cross and three days in the tomb to free us from the bondage of sin, O our Life and Resurrection, Glory to You, O Lord.”

**Apolytikion of St. Mary:** “In you, O Mother, is preserved undistorted what was made in the image of God; for taking up the cross, you followers Christ and by example taught, that we should overlook the flesh, since it passes away, and instead look after the soul, since it is immortal. And therefore, O devout Mary, your spirit rejoices with the angels.”

**Apolytikion of the Church:** “Blessed are You, O Christ our Lord and God, You who made all wise the fishermen Your Apostles, sending down upon them Your Spirit, which is Holy and through their work drawing the world into Your net, glory to You Who loves mankind.”

**Kontakion:** “A protection of Christians unshamable,\* Intercessor to our Holy Maker, unwavering,\* please reject not\* the prayerful cries of those who are in sin.\* Instead, come to us for you are good;\* your loving help do bring to us,\* who are crying in faith to you.\* hasten to intercession\* and speed now to supplication,\* as a protection for all time,\* Theotokos, for those who honor you.”

#### Altar Donations

Altar Candles: in memory of James and Angeliki Youlios†

Vigil Light: in memory of John Petris†

Large Candles: in memory of John Anestis†

Prothesis Candles: in memory of Victoria Karelis Daskalaki†

## *Sacraments and Rites*

**Funeral:** On Wednesday, April 6, the funeral for Peter Kapsimalis† was held. Eternal be his memory.

**Memorials:** Your prayers are requested this morning at the memorial service for John Petris†, 1 year; Angeliki Youlios†, 3 years; James Youlios†, 10 years; and John Anestis†, 11 years. Eternal be their memories.

### *Lenten Liturgical Schedule*

Tuesday, April 12, Lenten Vespers, 6:00 PM

Wednesday, April 13, Presanctified Liturgy, 6:30 PM

Saturday, April 16, Saturday of Lazarus, Orthros, 8:45 AM; Divine Liturgy, 9:30 AM

Saturday, April 16, Great Vespers, 6:30 PM

Sunday, April 17, Palm Sunday, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Sunday, April 17, Bridegroom Service, 6:30 PM

Monday, April 18, Bridegroom Service, 6:30 PM

Monday, April 18, Bridegroom Service, 6:30 PM

Sunday, April 17, Bridegroom Service, 6:30 PM

### **St. Mary of Egypt**

Once, during the Lenten Season, the priest-monk, the Elder Zosimos, withdrew into the wilderness beyond the Jordan, a twenty-day trek, when suddenly, he caught sight of a person with a withered and naked body whose hair was as white as snow and who began to flee from his sight. The elder followed for a long while until the person crouched down in a brook and cried out: "Abba Zosimos, forgive me for the sake of the Lord. I cannot face you for I am a naked woman." Zosimos then tossed his outer garment to her which she wrapped around herself. The elder was startled when hearing his name spoken by the woman he did not know. To his prolonged insistence, she related her life story.

The woman, born in Egypt, began to live a life of debauchery at the age of twelve in Alexandria, and spent 17 more years in this perverted way of life. Driven by the flame of the flesh, one day she boarded a boat, sailing for Jerusalem. Arriving at the Holy City, she attempted to enter the church to venerate the Honorable Cross, but some invisible force restrained her. In great fear, she gazed upon the icon of the All-Holy Mother of God in the vestibule and prayed that she be allowed to enter the church to venerate the Honorable Cross, all the while confessing her sinfulness and uncleanness and promising that she would go wherever the All-Pure One would direct her. She was then miraculously permitted to enter the church.

# Holy Week Schedule



Palm Sunday, Divine Liturgy.....	9:30am
Sun., Mon., Tue., & Wed. Bridegroom.....	6:30pm
Holy Tuesday, Presanctified Liturgy .....	9:30am
Holy Wednesday, Unction .....	3:00pm
Holy Thursday, Institution of the Eucharist.....	9:30am
Holy Thursday, The Passion of Christ .....	6:30pm
Holy Friday, Royal Hours.....	9:30am
Apokathelosis .....	3:00pm
Lamentation Service.....	6:30pm
Holy Saturday, First Anastasi.....	9:30am
Holy Pascha, Vigil and Paschal Liturgy .....	11:15pm
Holy Pascha, Agape Vespers .....	11:00am

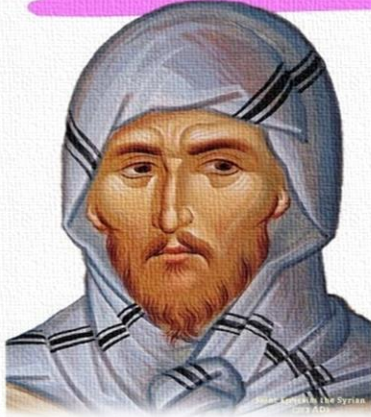
Having venerated the Cross, the woman again entered the vestibule and, before the icon, gave thanks to the Mother of God. At that very moment, she heard a voice saying, "If you cross over Jordan, you will find real peace!" Immediately she purchased three loaves of bread and started out for the Jordan where she arrived that same evening. The next day, she received Holy Communion in the Monastery of St. John and crossed over the Jordan River. She remained in the wilderness for 48 years in great torment, fear and struggle with passionate thoughts as though with wild beasts. She fed on vegetation. Afterward, when she stood for prayer, Zosimos saw her levitate in the air. She begged him to bring her Holy Communion the following year on the shore of the Jordan where she would come to receive it.

The following year, Zosimos arrived on the shore of the Jordan in the evening with Holy Communion, wondering how this saint would cross the Jordan. At that moment, in the light of the moon, he saw her as she approached the river, made the sign of the cross over it, and walked upon the water as though upon dry land. After Zosimos administered Holy Communion to her, she begged him to come the following year to the same brook where they had first met. Zosimos came and discovered her lifeless body on that spot. Above her head in the sand was written, "Abba Zosimos, bury the body of the humble Mary on this site, render dust to dust. I died on April 1, the same night of the saving-suffering of Christ, after having received Communion of the Divine

Mysteries." From this inscription Zosimos first learned her name and the other and awesome miracle was that she, on that same night the previous year, when she received Holy Communion, arrived at this brook which took him 20 days to travel. Thus, Zosimos buried the body of this remarkable saint, Mary the Egyptian. When he returned to the monastery Zosimos related the entire history of her life and the miracles which he had personally witnessed. Thus, the Lord knows how to glorify penitent sinners.

St. Mary is also commemorated on the Fifth Sunday of the Honorable Fast (Fifth Sunday in Lent). The Church holds her up as an example to the faithful during these fast days as an incentive for repentance. She died about the year 530 A.D. The biography of this magnificent saint was written by St. Sophronios, the Patriarch of Jerusalem. The Church numbers Mary amongst the Holy Virgin Saints.

**The Prayer  
of Saint Ephraim  
the Syrian**



*O Lord and Master of my life, take from  
me the spirit of sloth, faintheartedness,  
lust of power, and idle talk.*

-----

*But give rather the spirit of chastity,  
humility, patience, and love to Thy servant.*

-----

*Yea, Lord and King, grant me to see my own sins  
and not to judge my brother,  
for Thou art blessed unto the ages of ages.  
Amen.*

**Fellowship Hour** - Please join us in the Bouras Center after church service for Fellowship Hour which is sponsored by the family of John Petris†

# Prayer Request



Dianna,  
Thomas, Andrea, Thomas, Alexandra, Ronald, Galina, Angela, Lubove, Despina, Maria, John, Paraskevi (Parri), Dianna, Stephanie, Edward, Brian, Janeen, Cathy, James, Christine, Andrea, Molly, Anastasios, Michael, Angela, Lauren, John, Effie, Stella, Guerline, Phyllis, Denise, Cloy, Mirka, Stamatia, Theresa, James, Matthew, Antoinette, William, Angela, Tanner, Stefanos, Helen, Katherine, Ashley, Angela, Nick, Lindsey, Alexandria, Evdokia, Chris, Zach, Notis, Erica, Christina, Fran, Joan, Hellen, Joseph, Angela, Cleopatra, James, Rosa, George, Kathy, Theresa, Dorothy, Shannon, Jeff, Jeffrey, Rowena, Craig, Paul, John, Marien, John, Vasilias, Hellen, Natalia, Angela, Katherine, Patricia, Lily, Thomas, Brennan, Elvira, Bill, Alicia, Diane, Michael, Dorka, Stavroula, Maroulla

## **Please help - Palm Cross Preparation**

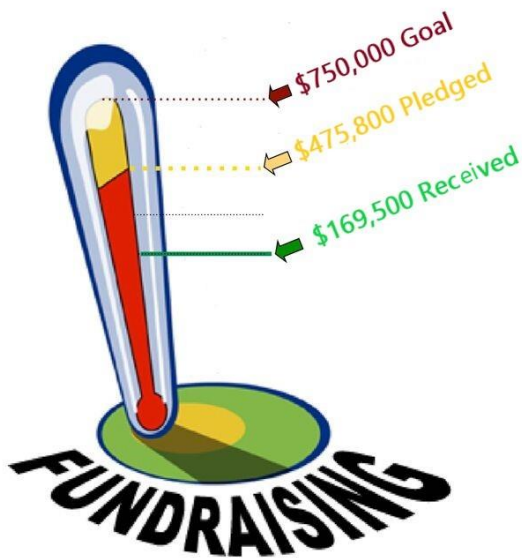
**Saturday, April 16**

Please join us in the Bouras Center on Saturday, April 16 to help tie Palm Crosses for Palm Sunday distribution. The process will begin immediately after the Divine Liturgy on Saturday of Lazarus. No experience is necessary. Your Stewardship and Fellowship are important components helping to make Holy Week special.



**YOU CAN HELP!**

## Capital Campaign Progress



**Holy Trinity Capital Campaign Progress**  
Please remember to donate to the Holy Trinity Capital Campaign. We thank all our donors thus far. We have been blessed to receive pledges for over half our goal. With your help and generosity, we can meet our goal of maintaining our facility pristine.

*\*In the May edition of The Promise, the names of our donors will be published. Only the names will be recognized to thank you for your extraordinary donation towards the Capital Campaign.*

Call the church office to donate or donate online by clicking here:

[Holy Trinity Capital Campaign Donation](#)



## The Greek Revolution (1821–1829) Through American Eyes

This bicentennial exhibition explores common themes binding Greece and the United States in Greece's pursuit of universal freedom and liberty by focusing on the myriad connections between the Greek revolutionaries and individual Americans. It also allows viewers to consider the formation of U.S. identity in the first fifty years of the nation's existence, as U.S. foreign policy was taking shape and slavery was leading America to its own war.

[Enter Online Exhibition](#)

Last Sunday, Holy Trinity hosted an exhibition, “The Greek Revolution Through American Eyes”. Many people commented on the beautiful and informative panels. If you were not here or would like to revisit the presentation, you can link to the webpage to view the panels online.

[\*\*The Greek Revolution Through American Eyes\*\*](#)

Philoptochos Bake Sale,  
Today and Sunday, April 17





Holy Trinity  
*Palm Sunday Luncheon*

**LIMANI SEAFOOD GRILL**  
235 North Ave. West  
Westfield, NJ 07090  
(908) 233-0052

You are invited to join the  
Holy Trinity Family as we celebrate

**Palm Sunday**

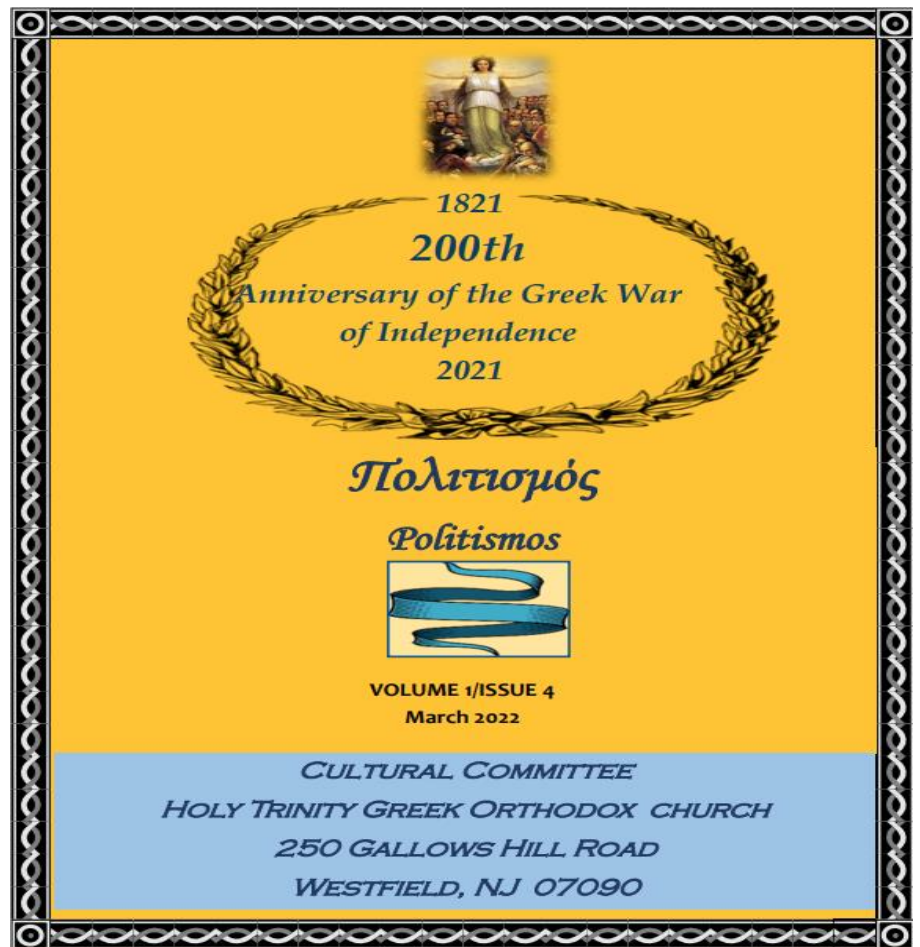
Together at Limani Restaurant  
Palm Sunday, April 17, 2022  
Lunch 12:30-3:00 pm

A Special Four Course Menu  
for Holy Trinity Parishioners  
is offered at \$40/person.

Children under 12 years  
may order from Limani  
Children's menu offered at \$12.

Seating is limited so please call  
Limani directly for reservations.

**(908) 233-0052**



Click to view the newsletter

[\*Politismos\*](#)

Holy Trinity Cultural Committee is happy to announce the publication of the fourth edition of Politismos, a newsletter commemorating the bicentennial of the 1821 Greek War of Independence. This beautiful and informative newsletter is the collaborative work of the Cultural Committee of Holy Trinity. This special edition, released during the celebration of Evangelismos or the Annunciation on March 25 is dedicated to all heroines who declare independence from tyranny and oppression.

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**Ladies Philoptochos**

The Ladies Philoptochos will be sponsoring a special Fellowship Hour after Palm Sunday Liturgy. Kindly assist us with a contribution of one of the following: fruit (e.g., strawberries, oranges slices, grapes, blueberries etc. washed and ready for platters), mini bagels sliced and mini muffins. Please contact Marigo Markos at [mchantzis@aol.com](mailto:mchantzis@aol.com) or 908-578-9330 with the item(s) you are able to contribute for Fellowship Hour on Palm Sunday.

## Lenten Mission Project 2022- Coin Box Collection Today

OCMC Coin Boxes distributed parish-wide will be collected today. Please place your coin box on the table in the narthex. You may bring them in to the church office if you forgot to bring them today. The entire amount collected will be sent to the Orthodox Christian Mission Center (OCMC). Our prayer is for all missionaries and those who support the spreading of the Gospel of Christ. Thank you for your prayers and generosity.

# Holy Friday Retreat

“Stations of the Cross”

for grades K-5

Friday, April 22, 2022 ~ 10 am to 4 pm



The Retreat will focus on the theology, symbols, and hymns of  
Holy Friday and Pascha

Followed by the taking down from the Cross:

Apokathelosis from 3pm to 4pm

Parents are asked to attend the Apokathelosis

A Lenten lunch and midday snack will be included

Register for the Holy Friday Retreat during the Fellowship hour or by clicking on the link:

<https://docs.google.com/forms/d/1ybkuutG40-9P11KHBKDT-aK3MctLaoZ0Ao6CF3rzvw/edit>

Contact Melissa Krikos [mkrikos@gmail.com](mailto:mkrikos@gmail.com) or Iris Love [ilove45231@gmail.com](mailto:ilove45231@gmail.com) for more details.

**HIS EMINENCE  
ARCHBISHOP ELPIDOPHOROS  
OF AMERICA**  
*CORDIALLY INVITES YOU  
TO A BYZANTINE MUSIC LENTEN CONCERT*

**"THE BOOK OF REVELATION"  
BY CHARILAOS TALIADOROS**

*SELECTIONS FROM  
THE GREEK ORTHODOX  
ECCLESIASTICAL  
HYMNOLOGY OF LENT*

## FEATURING

The Saint John The Theologian Cathedral Choir  
Helena Biktasheva Fousteris, pianist-organist

Orchestra and Chorus Under the Direction of  
**Maestro Dimitrios M Fousteris**

**FRIDAY, APRIL 15, 2022, 7:00 P.M.  
AT ST. JOHN THE THEOLOGIAN CATHEDRAL  
353 EAST CLINTON AVENUE TENAFLY, NJ 07670**

DONATION \$25 FOR RESERVATION PLEASE CALL: (201) 567-5072  
✉ Email: [metropolitancathedral@stjohntenafly.org](mailto:metropolitancathedral@stjohntenafly.org)



GREEK ORTHODOX  
ARCHDIOCESE OF AMERICA

# BLOOM!

The Ladies Philoptochos Society  
Holy Trinity Greek Orthodox Church  
Westfield, New Jersey



## Ad Journal – Personal Tribute Ads 2022

Thank you for your generous support!

Please send the following to be **RECEIVED no later than Sunday, April 10, 2022:**

**Step 1: Email us!** Send PDF\* of your tribute, including photo if applicable, to [christinehsjohnson@gmail.com](mailto:christinehsjohnson@gmail.com).

*Need a helping hand?* If you need assistance, send your desired copy and digital photo, if applicable, to [christinehsjohnson@gmail.com](mailto:christinehsjohnson@gmail.com).

**Step 2: Mail us!** Send the completed form below with payment and copy of your creative ad to address below.

The Ladies Philoptochos Society  
Holy Trinity Greek Orthodox Church  
250 Gallows Hill Rd  
Westfield, NJ 07090

*\*The Ladies Philoptochos Society reserves the right to modify copy in order to conform to journal specifications.*



Your Name & Address:

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\_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Tribute Ad Size:  Full Page \$100       Half Page \$55       Quarter Page \$35

Tribute Type:  Blooming Loved One       In Memoriam

Use separate form for each tribute that you would like to submit.

Reminder to email PDF of Ad creative. Plus, mail copy of Ad creative and your check with this form.

**Please make check payable to The Ladies Philoptochos Society – HTGOC.**

The Ladies Philoptochos Society of Holy Trinity Greek Orthodox Church, Inc. is a registered 501(c)(3) non-profit organization.

# BLOOM!

Ad Journal  
Personal Ad Tributes 2022



## Tsoureki (Easter Bread)

order date extended to April 10

Greek School PTO is helping families prepare for Easter with their annual Tsoureki Sale (with egg or without). Each Tsoureki costs \$10. Place your order today during the coffee hour or email Penni Malakates/Soula Campbell at [greekschoolhtgoc@gmail.com](mailto:greekschoolhtgoc@gmail.com) no later than Thursday, April 7 to order. The bread will be ready for pick-up on Palm Sunday, April 17.



### HOLY TRINITY GREEK SCHOOL PTO TSOUREKI FUNDRAISER

COST \$10 EACH



PLEASE RETURN COMPLETED PRE-ORDER FORM WITH PAYMENT TO YOUR CHILDS  
GREEK SCHOOL TEACHER OR TO PENNI MALAKATES / SOULA CAMPBELL  
NO LATER THAN THURSDAY, APRIL 7

PRE-ORDERS ARE TO BE PICKED UP ON SUNDAY, APRIL 17<sup>TH</sup> (PALM SUNDAY)

FAMILY NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

QUANTITY WITH RED EGG: \_\_\_\_\_

QUANTITY WITHOUT RED EGG: \_\_\_\_\_

TOTAL QUANTITY: \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: \_\_\_\_\_

(PAYABLE BY CASH OR CHECK MADE OUT TO: HOLY TRINITY GREEK SCHOOL PTO)

TSOUREKIA TO BE SUPPLIED BY VICTORY BAKERY IN ASTORIA, NEW YORK

**ΚΥΡΙΕ  
ΙΗΣΟΥ ΧΡΙΣΤΕ  
ΕΛΗΣΟΝ ΜΕ!**

**ΓΕΝΗΘΩ,  
ΤΟ ΘΕΛΗΜΑ ΣΟΥ  
ΚΥΡΙΕ!**

