

Fifth Sunday of Great Lent



THE OFFERING OF THE PRECIOUS AND HALLOWED GIFT
THE PURE BODY AND PRECIOUS BLOOD OF CHRIST

APRIL 2, 2023

Holy Trinity Greek Orthodox Church
250 Gallows Hill Road, Westfield, New Jersey 07090
908.233.8533 www.holytrinitywestfield.org

Rev. Fr. Peter Delvizis, Presiding Priest

On this the Fifth Sunday of Great Lent, we commemorate our Righteous Mother St. Mary of Egypt; St. Titus the Wonderworker; St. Theodora the Virgin-martyr of Palestine; The Holy Martyrs and Brothers St. Amphianos and St. Aidesios, the Martyrs of Lycia

First Tone Ηχος Α

Click links for Scripture Readings

Ninth Morning Gospel:	St. John 20:19-31	Ελληνικά
Epistle Reading:	Hebrews 9:11-14	Ελληνικά
Gospel Reading:	St. Mark 10:32-45	Ελληνικά

Apolytikion of the Resurrection: “Although Your tomb was sealed with a stone, O Saviour, and Your most pure body was guarded by the soldiers, You rose on the third day giving life to all the world. Therefore, O giver of life, the powers of heaven praise You: Glory to Your resurrection, O Christ. Glory to Your kingdom. Glory to Your saving wisdom, O only lover of mankind.”

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 followed 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 loving memory of Antonio† and Kyriacos† Pistola

Vigil Light: In memory of Augusta Mary Rodely†

Large Candles: In memory of Barbara M. Manos†



Sacraments & Rites

Your prayers are requested at the memorial services for Antonio Pistola†, 40 days; Kyriacos Pistola†, 1 year; Augusta Mary Rodely†, 1 year; Dr. Peter Kapsimalis†, 1 year. Eternal be their memories.

Liturgical Schedule

Wednesday, April 5, Presanctified Liturgy, 6:30 PM; Theosis, 7:45 PM
Saturday, April 8, Saturday of Lazarus, Orthros, 8:45 AM; Divine Liturgy, 9:30 AM
Sunday, April 9, **Palm Sunday**, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM
Sunday, April 9, Bridegroom Service, 6:30 PM
Holy Monday, April 10, Bridegroom Service, 6:30 PM
Holy Tuesday, April 11, Presanctified Liturgy, 9:30 AM
Holy Tuesday, April 11, Bridegroom Service, 6:30 PM
Holy Wednesday, April 12, Sacrament of Holy Unction, 3:00 PM
Holy Wednesday, April 12, Bridegroom Service with Anointing of Unction, 6:30 PM

Welcome Visitors

Welcome all visitors to our parish. We are pleased that you have chosen to worship with us. If you are looking for a spiritual home, we hope that you will become part of our family. Fr. Peter would like very much to meet you. Please visit the Philoxenia/Fellowship table in the Bouras Center after services to meet parishioners and receive information about the parish.

Fellowship Hour: Please join us in the Bouras Center after church services for the Fellowship Hour being sponsored by the Kapsimalis Family in loving memory of Dr. Peter Kapsimalis†

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.*

Holy Eucharist

The Holy Eucharist is called the “sacrament of sacraments” in the Orthodox tradition and is also called the “sacrament of the Church.” The eucharist is the center of the Church’s life. Everything in the Church leads to the eucharist, and all things flow from it. It is the completion of all of the Church’s sacraments.

The Christian eucharist is a meal specifically connected with the Passover meal of the Old Testament. At the end of His life, Christ, the Jewish Messiah, ate the Passover meal with His disciples. Originally, a ritual supper in commemoration of the liberation of the Israelites from slavery in Egypt, the Passover meal was transformed by Christ into an act done in remembrance of Him: of His life, death and Resurrection as the new and eternal Passover Lamb who frees men from the slavery of evil, ignorance and death and transfers them into the everlasting life of the Kingdom of God.

At the supper Christ took the bread and the wine and ordered His disciples to eat and drink it as His own Body and Blood. This action thus became the center of the Christian life, the experience of the presence of the Risen Christ in the midst of His people (see Mt 26; Mk 14; Lk 22; Jn 6 and 13; Acts 2.41–47; 1 Cor 10–11).

As a word, the term eucharist means thanksgiving. This name is given to the sacred meal, not only to the elements of bread and wine, but to the whole act of gathering, praying, reading the Holy Scriptures and proclaiming God’s Word. The word eucharist is used because the all-embracing meaning of the Lord’s Banquet is that of thanksgiving to God in Christ and the Holy Spirit for all that He has done in making, saving and glorifying the world.

The sacrament of the eucharist is also called holy communion since it is the mystical communion of men with God, with each other, and with all men and all things in him through Christ and the Spirit. The eucharistic liturgy is celebrated in the Church every Sunday, the Day of the Lord, as well as on feast days. Holy Communion is forbidden to all Orthodox Christians on the week days of Great Lent except in the special communion of the Liturgy of the Pre-sanctified Gifts because of its joyful and resurrectional character. The eucharist is always given to all members of the Church, including infants who are baptized and confirmed. It is always given in both forms—bread and wine. It is strictly understood as being the real presence of Christ, His true Body and Blood mystically present in the bread and wine which are offered to the Father in his name and consecrated by the divine Spirit of God.

In the history of Christian thought, various ways were developed to try to explain how the bread and the wine become the Body and Blood of Christ in the eucharistic liturgy. Quite unfortunately, these explanations often became too rationalistic and too closely connected with certain human philosophies.



The Orthodox Church denies the doctrine that the Body and the Blood of the eucharist are merely intellectual or psychological symbols of Christ's Body and Blood. If this doctrine were true, when the liturgy is celebrated and holy communion is given, the people would be called merely to think about Jesus and to commune with Him "in their hearts." In this way, the eucharist would be reduced to a simple memorial meal of the Lord's Last Supper, and the union with God through its

reception would come only on the level of thought or psychological recollection.

On the other hand, however, the Orthodox tradition does use the term "symbols" for the eucharistic gifts. It calls the service a "mystery" and the sacrifice of the liturgy a "spiritual and bloodless sacrifice." These terms are used by the holy fathers and the liturgy itself. The Orthodox Church uses such expressions because in Orthodoxy what is real is not opposed to what is symbolical or mystical or spiritual. On the contrary! In the Orthodox view, all of reality—the world and man himself—is real to the extent that it is symbolical and mystical, to the extent that reality itself must reveal and manifest God to us. Thus, the eucharist in the Orthodox Church is understood to be the genuine Body and Blood of Christ precisely because bread and wine are the mysteries and symbols of God's true and genuine presence and manifestation to us in Christ. By eating and drinking the bread and wine which are mystically consecrated by the Holy Spirit, we have genuine communion with God through Christ who is himself "the bread of life" (Jn 6.34, 41).

"I am the Living Bread which came down from heaven; if anyone eats of this bread, he will live forever; and the bread which I shall give for the life of the world is My flesh." (Jn 6.51) We understand that the bread of the eucharist is Christ's flesh, and Christ's flesh is the eucharistic bread. The two are brought together into one. The word "symbolical" in Orthodox terminology means exactly this: "to bring together into one."

We read the words of the Apostle Paul: "For I received from the Lord what I also delivered to you, that the Lord Jesus on the night when He was betrayed took bread, and when He had given thanks, He broke it, and said, 'This is My body which is broken for you. Do this in remembrance of Me.' In the same way also the cup, after supper, saying, 'This cup is the new covenant in My blood. Do this, as you drink it, in remembrance of Me.' For as often as you eat this bread and drink this cup, you proclaim the Lord's death, until He comes. Whoever, therefore, eats the bread and drinks the cup in an unworthy manner will be guilty of profaning the body and blood of the Lord." (1 Cor 11.23-26)

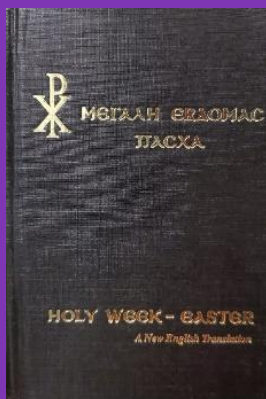
The mystery of the holy eucharist defies analysis and explanation in purely rational and logical terms. For the eucharist—and Christ Himself—is indeed a mystery of the Kingdom of Heaven which, as Jesus has told us, is “not of this world.” The eucharist—because it belongs to God’s Kingdom—is truly free from the earth-born “logic” of fallen humanity.



Tina, Gabby, Fran, Dayvon, Sunitha, Neil, Gus, Dimitri, Freddy, Shane, Lula, Christina, Diego, Michael, Katie, Joe, Theo, Barbara, Nicholas, Athanasios, Clarita, Georgia, Savas, Christodoulos, Sophia, Savas, Maria, Michelle, Dorothy, Elizabeth, Steve, Clem, Christos, Dorothy, Bill, Thomas, John, Ketj, Dawn, Nick, Hilary, Nicholas, Matt, Diane, Cynthia, Patty, John, Isabel, Noella, Nevin, George, Diana, Lucia, Rich, Ketj, Georgia, Harry, Kathy, Jennifer, Gayle, William, Byron, John, Robert, Terry, John, Angela, Andrew, Dianna, Edward, Sue, 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, Denise, Mirka, Stamatia, Theresa, James, Antoinette, William, Angela, Tanner, Stefanos, Helen, Katherine, Ashley, Angela

Holy Week and Easter Preparations

Holy Week Books Available in the Bookstore



The black Holy Week book was first published 60 years ago and has remained a staple of the Greek Orthodox Holy Week and Pascha Services ever since. Books are available in the bookstore. Purchase one today to help guide you through Holy Week Services. This is a necessary guide, not only to follow the services of Holy Week, but to help us understand the importance of each night as we journey through Christ’s Passion and Resurrection.

Special Collection for Floral Decorations

If you would like to donate toward floral decorations please contact the church office. Flowers are used throughout Holy Week and we request your help. Checks should be made out to HTGOC. Your generosity will ensure a proper and beautiful adornment of Christ's Tomb.

Special Donations for Palm Sunday, Holy Week and/or Pascha

If you desire to make a special donation, call the church office to find out what items are available, such as flowers, icon floral decoration, candles, vigil light, incense, charcoal, and more.

Red Easter Eggs

On Sunday, April 9, bags and instructions for preparing the red Easter eggs will be distributed. We ask that the red eggs be brought to the church kitchen on Holy Thursday, April 13, Holy Friday, April 14, or before 2 PM on Holy Saturday April 15, for distribution on Holy Pascha. For questions, please contact Christina Colonias 917-825-5986.

Agape Vespers Readers

During the Agape Vespers on Easter Sunday at 11 AM, the Gospel passage is read in various languages to indicate the universality of Christ's Gospel of salvation. If you are able to read in a foreign language, please call Diana at the church office to volunteer.

The Presanctified Liturgy and Theosis – Wednesday Night

Wednesday night, April 5, the solemn Liturgy of the Presanctified Gifts will be celebrated at 6:30 PM. This beautiful and powerful Liturgy lifts us spiritually during Great Lent. Please be reminded that fasting is required before receiving Holy Communion. Since this is an evening service, if you plan to receive Holy Communion, eat a very light lunch and keep a strict fast thereafter. After the Liturgy, you are invited to attend the Theosis Program at 7:45 PM in Room 101. The discussion topic is "The Cross, Tomb, and Resurrection".

Parish Lenten Mission Project – OCMC Coin Boxes Collection Today

OCMC Coin Boxes that were taken at the start of lent can be brought to church anytime. We thank you for filling the boxes, not only with money, but with Christian love.

Palm Cross Preparation

Please join us in the Bouras Center on Saturday, April 8 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 in helping to make Holy Week special.



Cemetery Palm Crosses – Pick up April 2

Please pick up your order on Sunday, April 2, during the Fellowship Hour.

Greek School Tsoureki Sale – Order by April 2

The annual Easter Tsoureki Sale ends today; \$12 each. Order during the Fellowship Hour or email Penni Malakates/Soula Campbell at greeksschoolhtgoc@gmail.com Pick up your order on Palm Sunday, April 9.

Ladies Philoptochos Palm Sunday Fellowship Hour

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, orange slices, grapes, blueberries etc. washed and ready for platters), sliced mini bagels or mini muffins. Please sign up at the Philoptochos table or contact Marigo Markos at mchantzis@aol.com or 908-578-9330.

Van Service Available for Palm Sunday, Holy Friday, and Pascha Night

Once the Church parking lot is full, Westfield Police will direct you to Union County College (the parking lot closest to Gallows Hill Road). A Station Cab van will transport you from the college parking lot to the front of the Church. After Church services, the van will pick you up in front of the Church and take you back to the college's parking lot.

Please do not park on the cemetery property across from the Church. This is private property. You may park at Washington School on St. Mark's Place. There is a sidewalk that connects the school and the Church property. Parking is not permitted on either side of Gallows Hill Road in front of the Church or along the Church property or between the "No Parking" signs in front. If you have any questions, please call the Church office.

Trinity Circle - Tuesday, April 4

At this month's lunch/meeting, from 11 AM-2 PM, a member of the Westfield police department will speak to us on various fraud cases going on in our area. Kindly join us for a very informative afternoon. Our luncheon is donated by Jasmine Mestanas in memory of her loving sister Barbara Manos.

TOTS Playgroup - April 5

The next TOTS (Trinity Orthodox Toddler Social) meeting will be on Wednesday, April 5, from 9:30-11:30 AM in the preschool room. Children 18 months-Pre-K are welcome with their caregiver (younger siblings welcome!). Bring water, sneakers, and a snack. Contact Val Comprelli at vcomprelli@gmail.com or 612-801-8608 to sign up or to ask any questions.

Upcoming Parish Events

**Holy Trinity to Host The Spirit of Lent Concert This Friday
April 7 at 8:00 PM**



Holy Trinity Greek Orthodox Church
250 Gallows Hill Road
Westfield, New Jersey

is pleased to host

**The Eastern Federation of
Greek Orthodox Church Musicians**
District of New Jersey

30th Anniversary
The Spirit of Lent Concert

A Choral Offering of
Ancient and Modern Works in
English and Greek

Ryan J. Kiel, Director
E. Hope Demitry, Organist

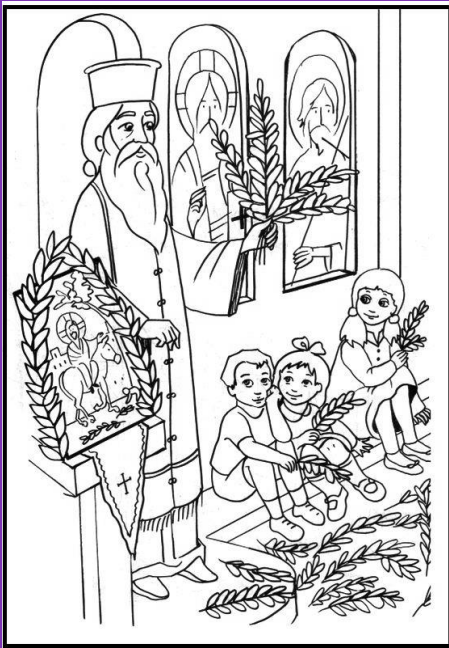
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Friday, April 7, 2023  
8:00 p.m.  
Refreshments following program

Donation \$10.00  
Students free

[www.holytrinitywestfield.org](http://www.holytrinitywestfield.org)

The Spirit of Lent Concert, made up of singers from area Greek Orthodox parishes, will return to Holy Trinity on Friday, April 7. This uplifting concert, featuring Lenten liturgical hymns, will help prepare us for Great and Holy Week. This year's director is our own Ryan J. Kiel, who grew up singing in the Holy Trinity Choir, alongside Director Emerita, Kathryn Athanasoulas. Invite friends and your neighbors to this lovely event. A Lenten reception will follow. A donation of \$10 is requested, with free admission for students.



## Palm Tying

April 8

All hands are needed to help tie palm crosses after the liturgy for Saturday of Lazarus. Over 1000 palm crosses are needed for Palm Sunday.

## Holy Friday Retreat

Friday, April 14

### 2023 Registration Form

Students grades K through 5 are encouraged to attend the Holy Friday Retreat on April 14 from 10 AM-4 PM. Children will actively participate in the services as well as gain a deeper understanding of the symbolism of Holy Friday and Pascha through music, church teachings and crafts. A lenten lunch and snack will be served. Registration is free of charge. Volunteers are needed. Please email Melissa Krikos [mkrikos@gmail.com](mailto:mkrikos@gmail.com) with any questions.

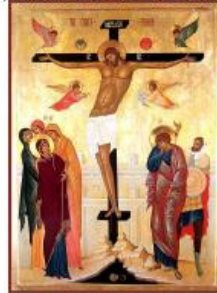
## Holy Friday Retreat

*Journey Through Holy Week*

Participants Grades K-5

Goyans and Adult volunteers are needed!

Friday, April 14, 2023 ~ 10 am to 4 pm



The Retreat will focus on the theology, symbols, and hymns of Holy Week/ Pascha and will conclude with the Apokathelosis from 3pm to 4pm. Parents are asked to attend this service with their child.

A Lenten lunch and midday snack will be included

Register during fellowship hour or click here:

[2023 Registration Form](#)

Please contact Melissa Krikos [mkrikos@gmail.com](mailto:mkrikos@gmail.com) with any questions.

# Thursday. April 27

## "ARISE"

### The Ladies of Philoptochos – Fashion Show

Thursday, April 27, 2023 at Brooklake Country Club, Florham Park, NJ. 5:30 PM Cocktails & Raffles; 7:30 PM Dinner & Fashion Show by Emily's Boutique, Staten Island, NY. Please stop by the Philoptochos Table during the Fellowship Hour to learn more about ARISE!, how you can help, and donate.

### Pre-order "ARISE" Raffle Value Pak(s) and save on raffle tickets!

Limited quantities are available. Stop by the Philoptochos table during the Fellowship Hour for order forms or contact Ellen Manos at [ebmanos@yahoo.com](mailto:ebmanos@yahoo.com) by April 23. Contact the Event Chair, Kassandra Romas, at [kromas22409@gmail.com](mailto:kromas22409@gmail.com) or 908-296-1586.



**SAVE THE DATE**

The Ladies Philoptochos Society  
Of Holy Trinity Greek Orthodox Church in Westfield, NJ  
Cordially invites you to

# "ARISE"


Living the life of your Dreams

Thursday, April 27, 2023  
Brooklake Country Club  
139 Brooklake Road  
Florham Park, New Jersey

Reception and Raffles - 5:30pm  
Dinner and Fashion Show - 7:30pm

Fashions by 

Ladies Philoptochos Dinner and Fashion Show ... "ARISE"  
Save on Raffle Tickets!! Reserve Today !! Limited Quantities



**Pre-order "ARISE" Raffle Value Pak(s)**

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Please check Box and indicate quantity of Value Pak(s) you would like to pre-order:

**Value Pak # 1**  
  \* 12 Raffle Sheets  
\* 15 tickets for 50/50 Prize Raffle  
Cost \$165 [Value \$195]

**Value Pak # 2**  
  \* 6 Raffle Sheets  
\* 15 tickets for 50/50 Prize Raffle  
Cost \$95 [Value \$120]

*You must have a paid entry ticket to the "ARISE" Dinner & Fashion Show to attend the cocktail hour.*

(NJ law prohibits payment of pre-orders prior to event)

**Over 30 Fabulous Raffle Gifts and several chances to be part of the 50/50 pool!**

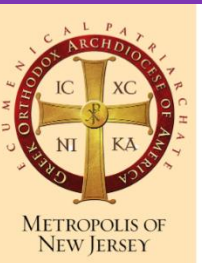
**PAYMENT and PICK UP of Value Pak(s) at Brooklake Country Club Night of Event, Thursday APRIL 27<sup>th</sup> CONCIERGE TABLE**

Please drop off this Pre-Order form at the Philoptochos table during fellowship hour or email : [EllenManos-ebmanos@yahoo.com](mailto:EllenManos-ebmanos@yahoo.com) by April 23, 2023

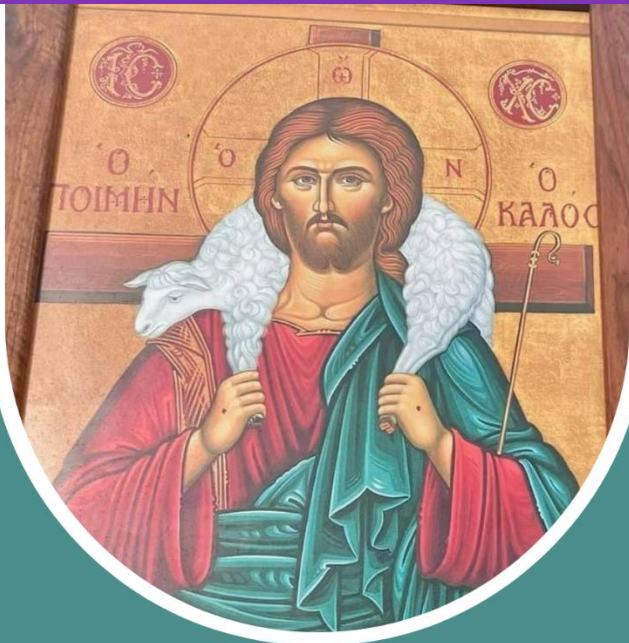
Thursday, July 16-22


# CAMP GOOD SHEPHERD

Registration now open: Register here





METROPOLIS OF  
NEW JERSEY






# CAMP GOOD SHEPHERD







**Register here**  
<http://app.campdoc.com/register/cgsn>

|                                                              |
|--------------------------------------------------------------|
| <b>Chesapeake (Maryland) July 3-7</b>                        |
| Ages 8-18<br>Location: Camp Wo-Me-To, Jarrettsville, MD      |
| <b>Virginia July 9-15</b>                                    |
| Ages 10-18<br>Location: Camp Piankatank, Hartfield, VA       |
| <b>New Jersey July 16-22</b>                                 |
| Ages 8-18<br>Location: Camp Linwood Macdonald, Sandyston, NJ |

More Information <https://www.nj.goarch.org/camp-good-shepherd>

