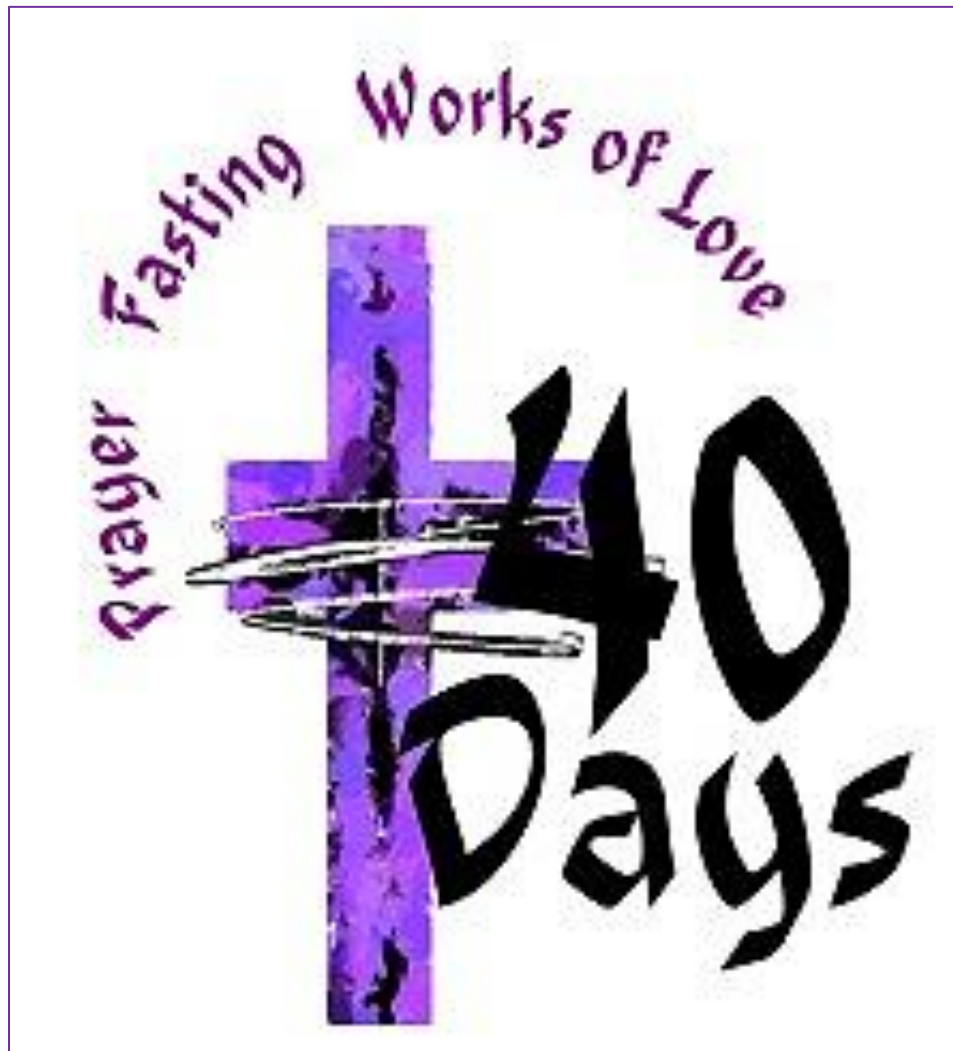


CHEESEFARE AND FORGIVENESS SUNDAY



ΚΑΛΗ ΣΑΡΑΚΟΣΤΗ
HAVE A BLESSED LENT

February 22, 2026

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

Rev. Fr. Peter Delvizi, Parish Priest

On the Sunday before the start of Great Lent we remember the Expulsion of Adam and Eve, the First Created, from Paradise; On this day, we commemorate The Finding of the Precious Relics of the Holy Martyrs in the Quarter of Eugenios; Our Righteous Fathers St. Thalassios and St. Baradatos; St. Anthousa the Martyr and her 12 Servants

Great Lent Begins Monday, February 23

Third Tone

Ἦχος Γ΄

Morning Gospel:	<u>St. Luke 24:1-12</u>	<u>Ελληνικά</u>
Epistle Reading:	<u>Romans 13:11-14; 14:1-4</u>	<u>Ελληνικά</u>
Gospel Reading:	<u>St. Matthew 6:14-21</u>	<u>Ελληνικά</u>

Apolytikion of the Resurrection: *“The joyful news of Your resurrection was proclaimed by the angel to the women disciples. Having thrown off the curse that fell on Adam, they ran elatedly to tell the apostles: Death has been vanquished; Christ our God is risen from the dead, blessing all the world with His great mercy.”*

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: *“O Thou Guide unto wisdom, Bestower of prudence, Instructor of the foolish, and Defender of the poor: establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the Father; for behold, I shall not keep my lips from crying unto Thee: Have mercy, O Merciful One, on me who have fallen.”*

Liturgical Schedule

Monday, February 23, **Great Lent Begins**, Great Compline, 5:00 PM

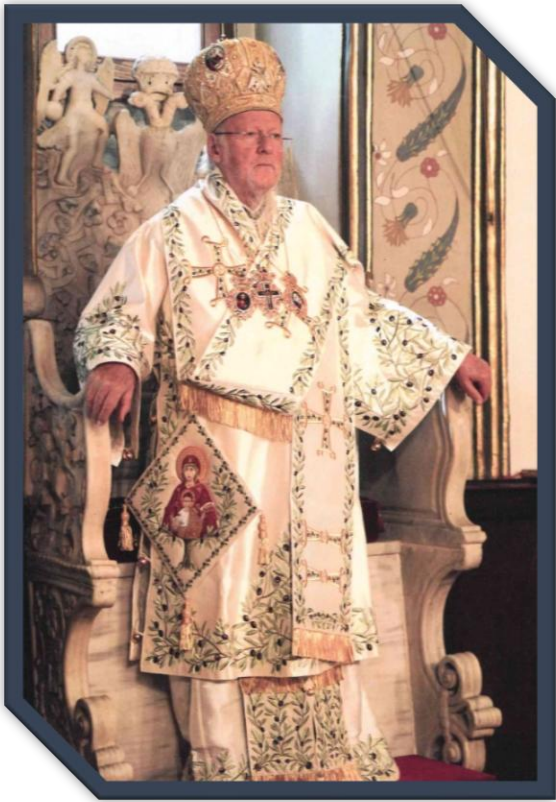
Tuesday, February 24, Lenten Vespers, 5:00 PM

Wednesday, February 25, Presanctified Liturgy, 6:30 PM; Theosis, 8:00 PM

Friday, February 27, Akathist Hymn, 6:30 PM

Saturday, February 28, 3rd Saturday of Souls, Divine Liturgy, 9:00 AM

Sunday, March 1, Sunday of Orthodoxy, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM



CATECHETICAL HOMILY For the Opening of Holy and Great Lent

+ BARTHOLOMEW

By God's mercy Archbishop of Constantinople-New
Rome

and Ecumenical Patriarch

To the Plenitude of the Church

May the grace and peace of our Lord and Savior

Jesus Christ;

and from us, prayer, blessing, and forgiveness.

Filled with sacred emotion, we enter once again, by God's goodwill, into Holy and Great Lent, the arena of ascetic struggle, the time of fasting and repentance, of humility and prayer, of spiritual vigilance and love, with the eyes of our heart directed to the life-giving Cross of the Lord, which guides us all toward Holy Pascha that opens the gates of Paradise to the human race.

This blessed period now opening before us constitutes an opportunity to comprehend once more the truth of asceticism according to Christ and its inseparable association with the Eucharistic realization of the Church, whose every expression and dimension is illumined by the light and joy of the Resurrection. The spirit of asceticism is hardly a foreign element introduced into Christianity, nor is it the result of influence by dualistic ideologies outside the Church. Asceticism is another word for the Christian existence, connecting it with absolute trust in Divine Providence, with the inexhaustible spiritual gladness of a life dedicated to Christ, with self-transcendence and self-offering, with charitable love and respect for all creation.

Asceticism is not a matter of self-willed choices and subjective particularities, but of submission to the rule and the "catholic experience" of the Church. It has been described as an "ecclesiastical" rather than an "individual" event. Life in the Church is indivisible. Repentance, prayer, humility, forgiveness, fasting, and philanthropic deeds are interconnected and interwoven. In the Orthodox tradition, there is no asceticism as an end in itself, for that only leads to an overestimation of individual effort and feeds tendencies of self-justification.

Great Lent is the appropriate time to experience the Church as the place and the manner in which the gifts of divine Grace are revealed, always as a foretaste of the joy of the Lord's Resurrection, the cornerstone of our faith and the all-radiant horizon of "the hope within us." It is by divine inspiration that the Church honours on Cheesefare Saturday the sacred memory of saintly men and women who have shone brightly in asceticism, for they are the supporters and companions of the faithful in the long course of asceticism. In the arena of spiritual struggle, we have the benevolence of the Triune God with us, the protection of the All-Holy Mother of God and Mother of us all, and the intercessions of the saints and martyrs of the faith.

Healthy Christian asceticism is the participation of the whole human being—as a unity of spirit, soul, and body—in the life in Christ, without undervaluing matter and the body, and without a Manichean reduction of spirituality. As it has been written, Christian asceticism is ultimately a struggle "not *against*, but *for* the body"; as the *Gerontikon* affirms: "We have been taught not to destroy the body, but to destroy the passions."

Unfortunately, and inaccurately, Christian asceticism has been labelled by contemporary thinkers as a denial of the joy of life and as a restriction of human creativity. Nothing could be further from the truth! As release from “having” and from attachment to the possession of things, and especially as liberation from the ego, from “seeking one’s own,” and from the “having of our being,” asceticism is the source and expression of genuine freedom.

What can be more truthful than the exodus from the captivity of “individual right” and the openness and love for our fellow human beings, the inner “good change” and steadfastness in fulfilling God’s commandments? What could be more creative than fasting, when it is a holistic attitude of life and expresses the ascetic and Eucharistic spirit of the Church, when it is a “common struggle” and not an “individual feat”?

What could be more existentially striking than repentance and internal conversion, as a vital direction toward the truth and a renewed discovery of the power of divine Grace, of the depth of life in Christ and the hope of eternal life?

It is truly impressive that, when the early Christian character of Holy and Great Lent as a period of preparation for Holy Baptism in the Divine Liturgy of the Resurrection was replaced by the “ethos of repentance,” there nevertheless remained its experience as a “second baptism.” For this reason, the period of fasting and repentance is not sorrowful. Our hymnology speaks of the “spring of fasting,” while theology calls Great Lent a “spiritual spring” and a “period of joy and light.” All of this assumes special timeliness and significance in the face of the anthropological confusion of our time, as well as the new alienations rooted in contemporary civilization.

With these sentiments and thoughts, reminding all the children of the Holy Great Church of Christ throughout the Lord’s dominion, that on the day of the Akathist Hymn, the festivities will culminate, marking the 1400th anniversary of the year 626—when, in expression of gratitude to the Theotokos for the deliverance of the City of Constre from a perilous siege, the Akathist Hymn was chanted standing in the sacred Church of Blachernae—we wish you all a smooth course of the Fast, with asceticism and patience, with thanksgiving and doxology.

May we all, speaking the truth in love and being sanctified in the Lord, travel this way toward the fullness of joy in His radiant Resurrection.

Holy and Great Lent 2026
✠ BARTHOLOMEW of Constantinople
Your fervent supplicant for all before God



Altar Donations

Altar Candles: in loving memory of Polemnia Andrews †

Sacraments and Rites

Churching: On Sunday, the 40-day blessing will be offered for Viviana Angelica Frasciello, daughter of Katerina and Joseph Frasciello.

Baptisms: On Saturday, February 21, the baptism of Justin Joel Romero was celebrated. The Godparent is Miriam Kotsonis. On Saturday, February 21, the baptism of Anjali (Angeliki) Modi was celebrated. The Godparent is Michaela (Michelle) Zeliff.



Florence, Sandy, James, John, Athena, Stavroula, Dimetra, Danny, Dominique, Daniel, Elizabeth, John, Robert, Erin, Kevin, Sabrina, Luke, Bill, James, Ria, Eric, Joanne, Alexandra, Sophia, Nicholas, Panagiota, James, Mary, Chris, Janeen, Harry, Kathy, Jennifer, John, Marina, George, Laura, George, Costa, Basil, Lemonia, Justin, Chris, Evangelia, Brennan, Egon, Marilyn, Tatanya, Robert, Elizabeth, George, Nicholas, Alexander, Vasilios, Danny, Bill, Lou, Foula, Eupraxia

Welcome Visitors

Our parish welcomes those visiting our community. Worshipping the Holy Trinity is the principal act of an Orthodox parish, especially on the Day of the Resurrection (Sunday). Our mission is to live the Holy Gospel and spread the Good News to those in our area. We are sanctified by God's grace through the holy Sacraments and glorify Him each moment of the day. We seek God's mercy, as we confess the name of the Father, Son, and Holy Spirit. Visit the Philoxenia/Fellowship table in the Bouras Center after service to meet parishioners and enjoy our Fellowship Hour.



The February Edition of *The Promise* is Now Available Online!

www.HolyTrinityWestfield.org/the-promise Subscribe to Holy Trinity weekly emails providing news updates and announcements. Request at: HolyTrinity@htgocnj.org

Last Saturday of the Souls Liturgy – **Ψυχοσάββατα**: Feb. 28 @ 9:00 AM

The “Saturday of the Souls” or **Ψυχοσάββατο** is a special day that the Holy Church has specifically prescribed to pray for those who have taken their repose in the Lord. Family members are encouraged to attend to pray for their loved ones and to bring a small bowl of koliva (boiled wheat) to church for the memorial prayers offered after the Divine Liturgy. As always, trays of koliva can also be purchased from the church as well, if you are unable to prepare it yourself. Please submit names of deceased Orthodox Christians to Fr. Peter.

Theosis and Bible Study

Start Your Lenten Journey by Reading the Gospel of St. John

Wednesday, February 25 @ 7:50 PM

Join the Theosis program as we resume our study of the Gospel penned by the Beloved Disciple of Christ. All are welcome to join in person or through Zoom every Wednesday night. Theosis is a wonderful way to open your eyes and heart to Christ's message of salvation as we traverse Great Lent together. Each class will begin after the Lenten Presanctified Liturgy ~ 7:50 PM.

Feb. 25 {Chapter 16}; March 4 {Chapter 17};
March 11 {Chapter 18}; March 18 {Chapter 19}; April 1 {Chapters 20 & 21}

Zoom Meeting ID: 882 4043 6362

Pass: John316

MISSION SUNDAY -TODAY

Coin Box Distribution

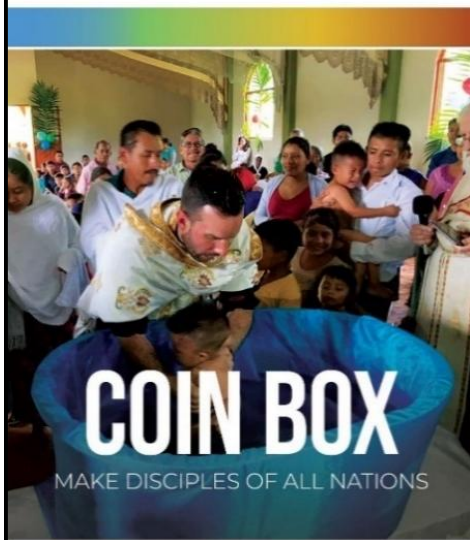
OCMC (Orthodox Christian Mission Center) Coin Boxes will be distributed after the Stewardship collection today to the entire parish. We are called during Lent to focus on increased prayer, fasting, and almsgiving. The coin boxes help us focus on almsgiving. Take a box and joyfully and prayerfully fill it with coins and bills during Lent. The boxes will be collected on March 29 (the week before Palm Sunday). The collected amount will be sent to the OCMC. Our 2025 Holy Trinity goal is to raise over \$1200 for the OCMC. Thank you for your prayers and generosity. Have a blessed Lent.

Great Lent Begins Monday, February 23

Καλή Σαρακοστή

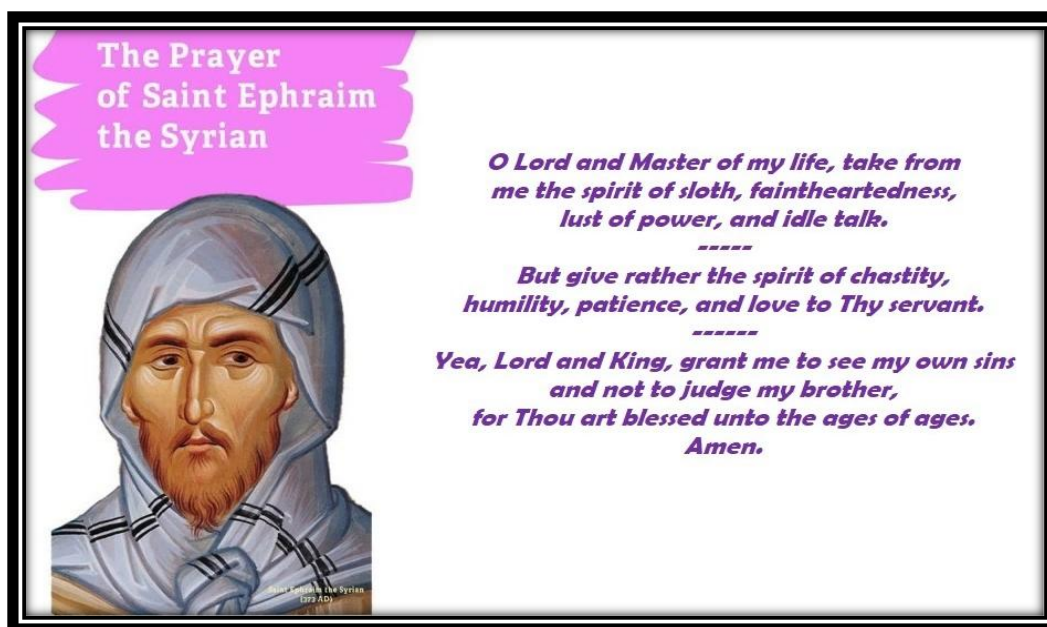
"The time for combat is at hand and has begun already; let all of us set forth eagerly upon the course of the Fast, offering our virtues as gifts to the Lord." – Vespers First Monday of Lent

 ORTHODOX CHRISTIAN
MISSION CENTER



The Prayer of St. Ephraim the Syrian

This quintessential Lenten prayer is said every day throughout Great Lent. Incorporate this prayer into your own daily Lenten devotions. It is simple and allows us to become more aware of our Lord and the many virtues we need to acquire and the vices that need to end.



The Presanctified Liturgy and Theosis – Wednesday Nights

Every Wednesday night beginning on Feb. 25, the solemn Liturgy of the Presanctified Gifts will be celebrated at 6:30 PM. This beautiful 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 luncheon and keep a strict fast thereafter. After the Liturgy, you are invited to attend the Theosis Program at 7:50 PM in Room 101. This year we will study the Gospel according to St. John

Sunday of Orthodoxy – Sunday, March 1

On the First Sunday of Great Lent, Sunday, March 1, we celebrate the return of the Holy Icons to the Church. On this day the annual procession of Icons by our youth will take place after Holy Communion. With this in mind, the celebration of Icons is an expression of our deep devotion to these Holy Images and the profound impact that Icons have on our Orthodox Faith. We encourage all parishioners to bring an Icon of special significance with them to church on this day as well!

TOTS (Trinity Orthodox Toddler Social) - February 25

Our next meeting is Wednesday, February 25, 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 612-801-8608 or vcomprelli@gmail.com to sign-up or with any questions.

Trinity Circle - Tuesday, March 3

Monthly lunch/meeting 11 AM - 2 PM. Presentation "Greek Independence Day: The Anthem and Heroes." Luncheon donated in memory of her beloved husband Christos by Kassandra Romas.



Cemetery Palm Cross Sale

Place your order for Cemetery Palm Crosses with Marina LoAlbo, marinaloalbo@hotmail.com or Avi Kiriakatis avikiriakatis@gmail.com . Pick up on Sunday, March 29, during Fellowship Hour.

Sights & Sounds Preview Show - Saturday, February 28

Come support our Holy Trinity GOYA, Saturday, February 28, 1:00 - 5:00 pm. All are welcome to an afternoon of music, theater, song, & artistic expression! Light lenten fare will be served.

54th Sights and Sounds - Saturday, March 7, 2026

Volunteers needed. Holy Trinity will host approximately 500 Greek Orthodox youth from across NJ to participate in this unique visual, literary and performing arts competition. An average of 150 volunteers are needed. Volunteers also gain access to view performances of our talented youth! Please consider donating your time as a door monitor; morning and afternoon time slots are available. Please contact Roula Ioannou 908-451-3005, Keli Leunes 917-816-6927 or email sightsandsoundsvolunteers@gmail.com if interested or for further information.

Qualified Judges needed. Do you have colleagues, friends, relatives who are art or music teachers, professional artists, musicians? (Cannot be parishioners of Holy Trinity) Please contact the following: Sounds-Yiana Leichtling at 908-413-6213 or sightsandsoundsjudges@yahoo.com Sights-Ellen Manos-Athenson at 908-337-0775 or ebmanos@yahoo.com

GOYA Outreach - Coat Drive, February 17 - March 22

Let's share the warmth! Donate your unwanted coats and help others to stay warm. Location to drop off is outside of the church office from February 17-March 22. All donations will benefit families of St. Joseph's Church in Newark NJ. Contact kdrivas10@yahoo.com with any questions.

Adult Greek Dance Lessons - Thursday, March 26

Lessons will be offered by Ronnie Filippatos Fernandez one Thursday per month, \$25 per class. The next lesson is on February 19, 7 - 9 PM. We will enjoy some light drinks and appetizers while learning Greek dances. If interested, please send your name and phone number to htgocgreekdance@gmail.com. The remaining dates are: 3/26, 4/23, 5/21.

Holy Trinity/Philoptochos “Rise Against Hunger” – Saturday, March 28



Holy Trinity/Philoptochos is sponsoring a meal-packaging event with “Rise Against Hunger” on Saturday, March 28, 10 AM – 12 PM. Please come and help prepare soup bags (no cooking or supplies are needed). We need your helping hands. Volunteers of all ages welcome! Any donation to offset the cost is appreciated. Please sign up and/or donate via the QR code provided.

Save the Date: Philoptochos Dinner and Fashion Show - Tuesday, April 28

Our Ladies Philoptochos’ annually popular Dinner and Fashion Show will be held on Tuesday, April 28, 2026, at Brooklake Country Club in Florham Park, NJ. Features include Leslie Patrizio Fashions, fabulous gift raffle prizes, Special VIP Raffle with a Dior tote bag and scarf; and much more. For information contact Cassandra Romas, kromas22409@gmail.com

Angel Choir (Ages 7-12) - 2026 Update

The Angel Choir has joined the Adult Choir on Sundays. Membership continues to grow and new members are welcome any time of the year. Angel Choir practices are after Sunday School. Children should meet the director for practice in church in the choir pews. For more information contact Anne Kernoski, akernoski@gmail.com



Join the Choir...

**You'll Be Glad
You Did!**

Adult Choir for ages 18 to senior citizens

Angel Choir for boys and girls ages 8-12

Byzan “teens” for boys and girls Ages 13-17

For more information, email Anne Kernoski, Choir Director:

akernoski@gmail.com

[Click here to sign up](#)

*Come join us for
Adult Greek Dance*

**Now offering Greek Dance
Lessons for adults!**

Practices will take place once a month in the
Bouras Center

10/16, 11/20, 1/22, 2/19, 3/26, 4/23, 5/21

\$25/class

Scan here to sign up

Please contact the instructor
Ronnie Filippatos
for more information
HTGOCGreekDance@gmail.com



join us for
**GREEK DANCE
LESSONS**



COME BE A PART OF THE HOLY TRINITY
GREEK DANCE GROUP!

Classes offered for grades
PreK-12
and adults as well!

Contact: Ronnie Filippatos Fernandez

908-672-6203

Htgocgreekdance@gmail.com



Upcoming Events

February 28, 2026

Sights & Sounds Preview Show
Saturday, February 28
1:00 - 5:00 pm



ALL ARE WELCOME TO AN AFTERNOON OF
MUSIC, THEATER, SONG, & ARTISTIC EXPRESSION!

LIGHT LENTEN FARE WILL BE SERVED

COME SUPPORT OUR HOLY TRINITY GOYA!!

**Let's share the
warmth!
G.O.Y.A. Outreach
COAT DRIVE**



**Donate coats and help
others stay warm**

**Location: Drop outside of
church office**

Dates: February 17-March 22

**All Donations will benefit families of
St Joseph's Church
Newark, NJ**

February 28, 2026

Holy Trinity Greek Orthodox Church

is offering free BLS Class

Basic Life Support

Saturday, February 28, 11 AM to 1 PM

Class will be held in the Bouras Center

Registration is required, call the church office to register, 908-233-8533 or email

holytrinity@htgocnj.org

FREE CPR TRAINING

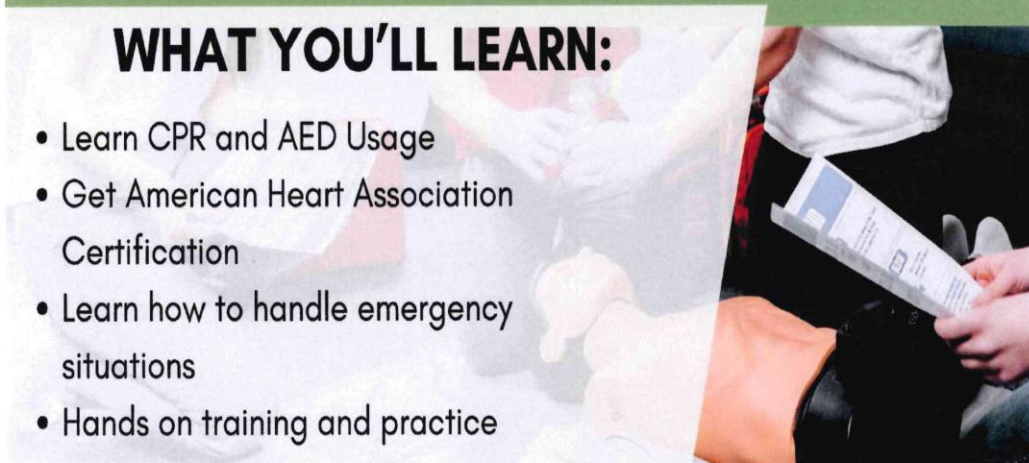
SPONSORED BY THE JOHN TAYLOR

BABBITT FOUNDATION



WHAT YOU'LL LEARN:

- Learn CPR and AED Usage
- Get American Heart Association Certification
- Learn how to handle emergency situations
- Hands on training and practice



March 14, 2026



WALKING WITH CHRIST

SEMINARIAN BENEFIT LUNCHEON

SATURDAY MARCH 14, 2026 AT 11 A.M.
ST. NICHOLAS GREEK ORTHODOX CHURCH
467 GRANDVIEW AVE, WYCKOFF, NJ 07481



ALL PROCEEDS WILL BENEFIT THE SEMINARIANS OF THE
GREEK ORTHODOX METROPOLIS OF NEW JERSEY
AND MASTER OF DIVINITY STUDENTS

[CLICK HERE](#) OR FOLLOW THE QR CODE OF LINK
TO REGISTER



March 15, 2026

St. John Chrysostom Parish Oratorical Festival - Sunday, March 15

Holy Trinity will host its annual St. John Chrysostom Parish Oratorical Festival on Sunday, March 15, directly after Church. All are invited to attend and support our youth and celebrate afterward with a luncheon. Students of Religious Education are encouraged to participate in the festival. This event, which gives our young people an opportunity to speak about their faith in a loving and friendly environment, has proven a very rewarding experience for participants through the years. Junior and Senior Division Participants will need to register online as well as access this year's topics, guides, and tips on the Archdiocese website at: www.religioused.goarch.org or by contacting our Parish Chairperson, Peter Tarhanidis at ptarhanidis@gmail.com

**JOIN THOUSANDS
OF YOUTH ACROSS
THE NATION AND
SHARE YOUR
FAITH!**



2026 ST. JOHN CHRYSOSTOM ORATORICAL FESTIVAL

Senior Division (Grades 10-12) • Junior Division (Grades 7-9)

AWARDS

National finalists are eligible to receive the following:

St. John Chrysostom Oratorical Festival Scholarship: \$750 to \$3000

FAITH: An Endowment for Orthodoxy and Hellenism: to be announced

Finalists at any level are eligible to receive the following:

Chrysostom Scholarship to Hellenic College: \$2,500 up to \$30,000 per year

Parish Festival Date & Time: March 15, 2026. Right after the Divine Liturgy

Parish Chairperson: Peter Tarhanidis

Contact Information: ptarhanidis@gmail.com

Find the topics, tips, manual & award information at:

www.religioused.goarch.org

Department of Religious Education (DRE), Greek Orthodox Archdiocese of America

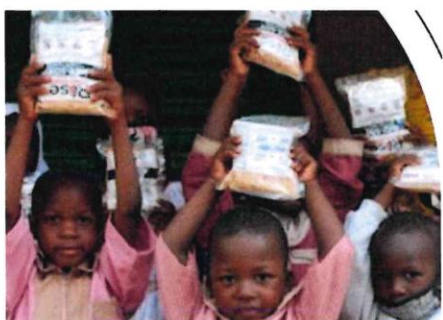


March 28, 2026

Holy Trinity Greek Orthodox Church of Westfield

Annual Lenten Project

Saturday March 28, 2026 | 9:30am-12pm



Help Us Fight Hunger — One Meal at a Time
More donations = more meals



How You Can Help

Volunteer & Donate — Scan QR code
or sign up at the Philoptochos Table

Our Goal

Goal: \$5,000
Impact: 12,000 soup meals packed
and shipped internationally

Give What You Can. Feed More People.

**Even a small donation helps provide nutritious meals to
those in need.**

For more information, please stop by Philoptochos table or contact Kathy
Maglaras or Maria Kanaras

April 26, 2026

Save the Date: Greek Independence Day Parade - Sunday, April 26

Join Holy Trinity Sunday, April 26, 1:30 PM in New York for the 87th NY Greek Independence Day Parade! This marks 205 years since March 25, 1821, the start of the Greek Revolution for liberation from the Ottoman Turkish yoke. Wear your best blue and white and join us for a march on 5th Avenue from 61st to 74th street! More information and details will be shared closer to the date.



SAVE THE DATE TO JOIN HOLY TRINITY

SUNDAY APRIL 26, 2026

TIME: 1:30 PM

March on 5th Avenue from 61st to 74th streets for the
87th NY Greek Independence Day Parade.

This marks 205 years since March 25, 1821, the start of the Greek
Revolution for liberation from the Ottoman Turkish yoke.

WEAR YOUR BEST BLUE AND WHITE

INFORMATION & DETAILS WILL BE SHARED CLOSER TO THE DATE

April 28, 2026

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

Rays of Hope

Annual Dinner Fashion Show

Tuesday, April 28, 2026

Brooklake Country Club
139 Brooklake Road
Florham Park, New Jersey

Reception and Raffles - 5:30 pm
Dinner and Fashion Show - 7:00 pm

Fashions by

Leslie Patrizio

Featuring our Raffles: Gift Basket Raffle, Grand Raffle
Special VIP-Dior Bag & Dior Twill Scarf, 50/50 Raffles



T.O.T.S.- (Trinity Orthodox Toddler Social)

Mission Statement

The mission of the Trinity Orthodox Toddler Social (T.O.T.S.) of Holy Trinity Greek Orthodox Church is to provide an environment fostering fellowship and prayer for children aged 18 months to 4 years of age and their mother, father and/or caregiver. Children are encouraged to develop a sense of comfort and security in God's house while experimenting in independent and cooperative age-appropriate play under their caregiver's supervision. Concurrently, the toddler social enables these adults the opportunity to meet, pray, and socialize.

TOTS meetings: Wednesdays, 9:30 AM – 11:30 AM, Pre-K Room

2026

February 25

March 11, 25

April 22

May 13, 27

Bring water, sneakers and a snack. Contact Val Comprelli (vcomprelli@gmail.com or 612-801-8608) to sign up or to ask any questions.

