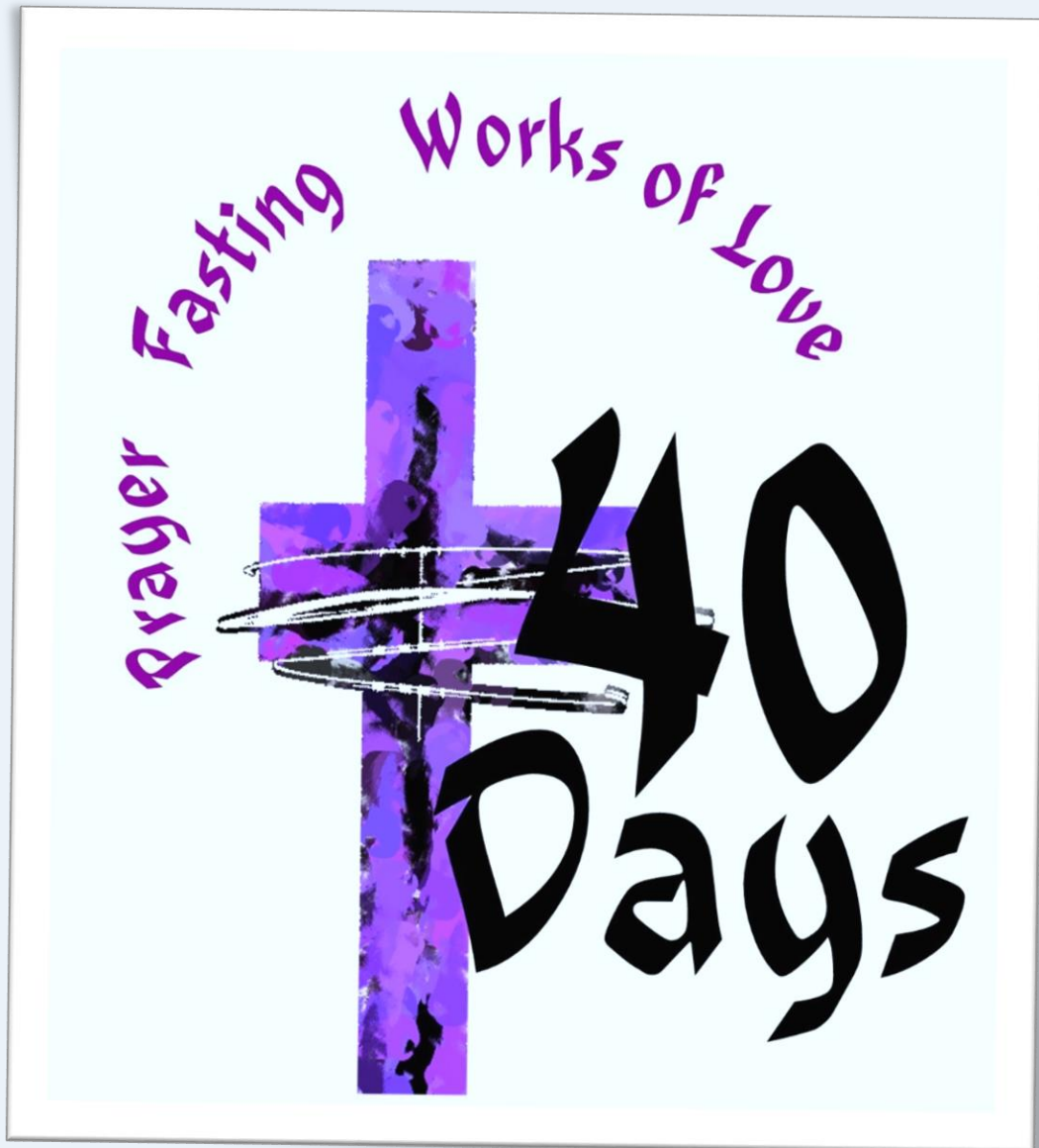


Cheese Fare & Forgiveness Sunday



February 26, 2023

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

Rev. Fr. Peter Delvizi, Presiding Priest

On this the twenty-sixth day of the month, we commemorate Our Righteous Father St. Porphyrius, Bishop of Gaza; The Holy Martyr St. Photini, the Samaritan Women; St. Theokletos the Martry; St. John the Craftsman the New Martyr of Constantinople [+1575]

Fourth Tone **Ἦχος δ'**

Click links for Scripture Readings

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

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.”*

Altar Donations

Large Candles In Loving Memory of Polemnia Andrews†



Memorials

On Saturday, February 25, a memorial service for Haralambos Liberatos†, 40 days, and Athanasios Michalis†, 40 days was held. Eternal be their memories.

Liturgical Schedule

Monday, February 27, **Great Lent Begins**, Great Compline, 5:00 PM

Wednesday, March 1, Presanctified Liturgy, 9:00 AM

Friday, March 3, Akathist Hymn, 6:30 PM

Saturday, March 4, 3rd Saturday of Souls, 8:00 AM

Sunday, March 5, **Sunday of Orthodoxy**, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Tuesday, March 7, Lenten Vespers, 5:00 PM

Wednesday, March 8, Presanctified Liturgy, 6:30 PM, Theosis, 7:45 PM

Great Lent Begins Tomorrow – Monday, February 27

*“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.” – First Monday of Lent*

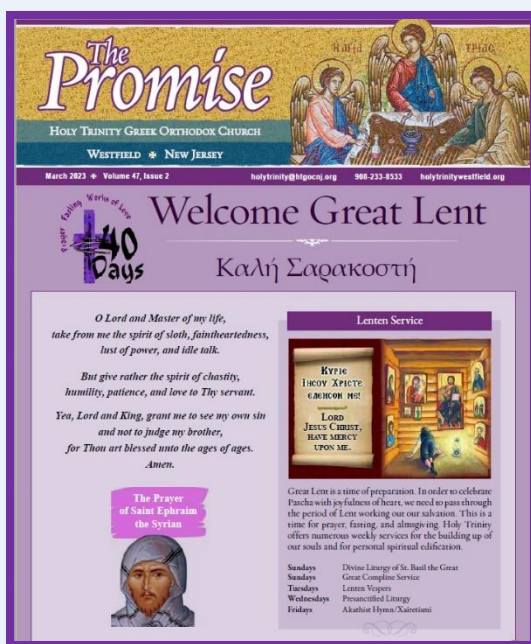
The season of self-reflection, repentance and spiritual renewal is now upon us. During the period of Great Lent, the Church calls her children into a deeper understanding of faith and good works. We are called to increase our prayer life, intensify our almsgiving, and greet the fast with joyful hearts. As we know, fasting is an important part of our Lenten journey. This activity of abstinence is not limited to the restriction of certain foods but more importantly allows us to break the bonds of injustice. It is therefore important to understand a few features of true fasting.

Christ stresses the secret nature of fasting. There is no point in fasting if we do it to show off: *“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”* (Matt. 6: 16-18). Bodily fasting needs to be accompanied by a spiritual fast. There is, for example, no point in abstaining from certain foods while reviling people. A saintly ascetic once said: *“It is better to eat meat and drink wine than to eat the flesh of your brothers and sisters with whispers and censure.”* Fasting also loses its meaning when it is separated from love. Many people fast meticulously. They observe the letter-of-the-law for fasting, but retain hatred in their hearts. Some won't even wish others a “good day” and readily get miffed for the most insignificant

reason. Fasting with hatred in the heart is useless. Let us use this sacred time to better ourselves and to awaken our consciousness to the Spirit of God.

Fasting encompasses a social dimension also. The Fathers of the Church insist that fasting must be accompanied by almsgiving. The faithful should cut out something and offer that to somebody who is in need. In other words, fasting must be an act of love. We oftentimes forget the important dimension of serving others during the fast.

True fasting is an expression of genuine repentance. Without repentance, fasting is warped into something that it is not meant to be. With no repentance fasting is of no benefit to us, and can even lead us astray by creating a sense of spiritual self-sufficiency within us. God makes this clear to us through the Prophet Isaiah. This fiery prophet uses harsh language in the name of God which is meant to stir the soul: *“They seek Me day by day, and desire to know My ways. As a people who did righteousness, and did not forsake the judgment of their God, they now ask Me about righteous judgment, and desire to draw near to God, saying, ‘Why have we fasted, but You did not see it? Why have we humbled our souls, but You did not know it?’ Because in the days of your fasts, you seek your own wills, and mistreat those under your authority. If you fast for condemnations and quarrels, and strike a humble man with your fists, why do you fast to Me as you do today, so your voice may be heard in crying? I did not choose this fast, and such a day for a man to humble his soul; nor if you should bow your neck like a ring and spread your sack cloth and ashes under yourself, could you thus call such a fast acceptable. I did not choose such a fast,”* says the Lord; *“rather, [a true fast is to] loose every bond of wrongdoing; untie the knots of violent dealings; cancel the debts of the oppressed; and tear apart every unjust contract. Break your bread for the hungry, and bring the homeless poor into your house. If you see a naked man, clothe him, nor shall you disregard your offspring in your own household. (Isaiah 58: 2-7)* This is precisely the spirit of Great Lent. Let us observe an acceptable fast pleasing to God.



The March 2023 Edition of
The Promise
Is now available online.

Prayer Request



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, Keti, Dawn, Nick, Hilary, Nicholas, Matt, Diane, Cynthia, Patty, John, Isabel, Noella, Nevin, George, Diana, Lucia, Rich, Keti, Georgia, Harry, Kathy, Jennifer, Gayle, William, Byron, John, Robert, Connie, Donald, 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

Welcome Visitors

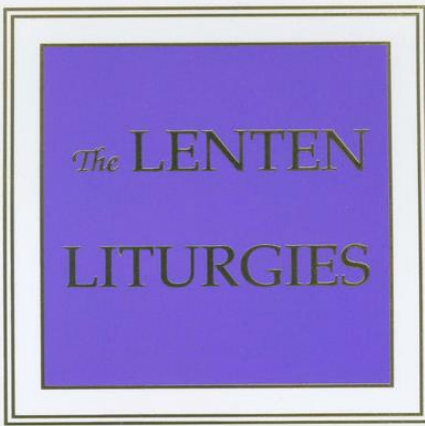
Welcome all visitors to our parish. We are pleased that you have chosen to worship with us. If you are looking for a spiritual home, we hope that you will become part of our family. Fr. Peter would like very much to meet you. Please visit the Philoxenia/Fellowship table in the Bouras Center after services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

Spanakopita & Tiropita Sale - Today

Greek School will offer a "pita" sale today after services. A spanakopita or tiropita is a perfect snack on the last day to eat dairy before the start of Great Lent. This fundraising sale will help Holy Trinity's Greek School and sponsored by the PTO. Cost is \$5 each.

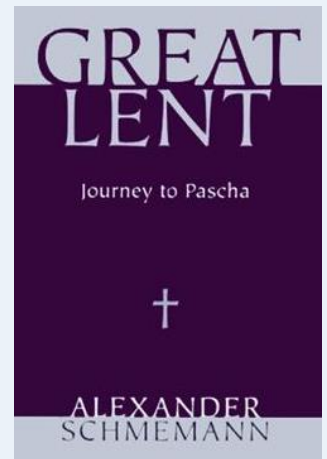
Sights and Sounds - March 4

Holy Trinity is hosting the 51st year of Sights and Sounds on Saturday, March 4, at which approximately 500 Greek Orthodox Youth from across NJ participate in this unique visual, literary and performing arts competition. About 100 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 or Christina Colonias 917-825-5986. [Or click here to volunteer.](#) Sights and Sounds is looking for qualified judges. Do you have colleagues, friends, relatives who are art or music teachers, professional artists, musicians? [Please contact here for Sights](#) and [here for Sounds](#)

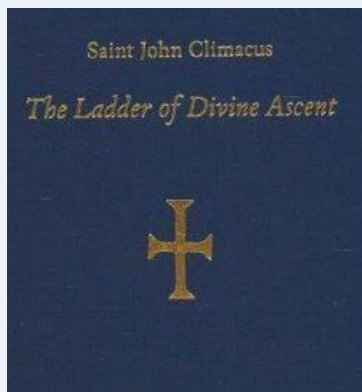


Suggested Lenten Readings

As promised by Fr. Peter during last weeks sermon, here is a list of some amazing and classic books to read during Great Lent. Much like the “black Holy Week book”, “The Lenten Liturgies” is a book providing all the hymns for the weekly Presanctified Liturgies. It also contains the complete text for the St. Basil the Great Liturgies celebrated during Lent. Both “The Lenten



Spring” and “Great Lent” are books that give the reader an understanding of the various themes we encounter during the seven weeks of lent. Lastly, there is no other book more powerful than St. John Climacus’ “The Ladder of Divine Ascent”. To this day in monasteries all over the world, this is the text that is read during mealtimes. A necessity for those in the ascetic struggle. These, plus other titles, are available at Holy Trinity’s Bookstore.



[Catechetical Homily by His All Holiness Bartholomew, Ecumenical Patriarch For the Commencement of 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, Together with our
Prayer, Blessing and Forgiveness Be with All
Most honorable brother Hierarchs and blessed
children in the Lord...

The Presanctified Liturgy and Theosis – Wednesday Nights

Every Wednesday night beginning on March 8, 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 luncheon and keep a strict fast thereafter. After the Liturgy, you are invited to attend the Theosis Program at 7:45 PM in Room 101. This year we will review the many facets of Orthodox Christianity.

Salutations to the Theotokos – Friday Nights

The Akathist Hymn is celebrated every Friday night throughout Great Lent. Service begins at 6:30 PM. In this service, we call upon the protection and aid of the Mother of God. She is the one who is “Quick to Hear” and the “Port and Harbor” of those tossed about upon the waves of this world. She is the greatest intercessor with Christ our God. Please note that His Grace Bishop Apostolos will attend and preside over this service on Friday, March 11. It will be a blessing to have His Grace together with us.

February 26 is Mission Sunday

On Sunday, Feb. 26, the eve of Great and Holy Lent, Orthodox parishes around the United States will observe “Mission Sunday” a time to renew our commitment to help “make disciples of all nations,” support those engaged in missionary service, and pray for others to come to Christ and His Church. Right now: 22 missionaries (and their families) from diverse professional backgrounds are serving in Albania, Fiji, Guatemala, Mexico, Romania, and elsewhere over \$1 million in funding has been sent to Orthodox missionaries and dioceses around the world to care for the spiritual, emotional, and physical needs of people. Nearly 500 priests in 16 countries are receiving monthly financial assistance to minister (oftentimes) to multiple parishes.

- You can support missions work in the following ways:
- Pray for missionaries, mission priests, and those around the world who, like the Apostles, are sharing the salvific message of the Gospel
- Engage the youth in your community with special [Sunday School lessons & OCMC Coin Boxes offered here](#) or [host an event](#) in your parish to learn about OCMC’s work
- Give a [gift to OCMC](#) in support of its ministries and making more missions work possible

Parish Lenten Mission Project – OCMC Coin Boxes

Sunday, Feb. 26, being Mission Sunday, OCMC Coin Boxes will be distributed after the Stewardship collection to the entire parish. We are called during Lent to focus on increased prayer, fasting, and almsgiving. These coin boxes will help us focus on almsgiving. You will be given a box and asked to joyfully and prayerfully fill it with coins and bills during Lent. The boxes will be collected on April 2, (the week before Palm Sunday). The collected amount will

be sent to the Orthodox Christian Mission Center (OCMC). Our 2023 Holy Trinity goal is to raise over \$1500 for the OCMC. Thank you for your prayers and generosity. Have a blessed Lent.

Greek Costume Donations

Our Greek School is looking for donations of Traditional Greek Costumes (Evzone & Amalia). If you have any costumes taking up space in your closets, we would love for you to donate them. Please email the Greek School at Greekschoolhtgoc@gmail.com or drop them off on Sundays at The Greek School Table.

2023 Stewardship Campaign Update



Currently 250 Stewards have pledged \$349,148.

Your stewardship gifts provide a loving, caring, and welcoming environment where all belong and grow in the faith through worship, service, witness, and fellowship.

Thank you to the parishioners who submitted their pledge cards and stewardship gifts.

If you have not submitted your 2023 Stewardship Pledge, please submit your pledge card by March 1 to be in good standing to vote at our annual Parish Assembly and run for the Parish Council.

Your gifts to date have allowed our Parish to achieve our annual Archdiocesan commitment, a gift to the Ecumenical Patriarch Bartholomew Foundation, and support our growing and vibrant ministries. Thank you for your support!

Submit your stewardship card online: [Stewardship Commitment Card](#)



HOLY TRINITY GREEK ORTHODOX CHURCH
250 Gallows Hill Road, Westfield, NJ 07090 • Tel. (908) 233-8533 • www.HolyTrinityWestfield.org

"Giving Thanks: Eucharistic Stewardship"

2023 CHRISTIAN STEWARDSHIP COMMITMENT CARD

The operating expenses of our Church for the year 2023 are estimated to be \$885,000 (or an estimated \$2,200 per family).

In gratitude for God's blessings, I/we pledge to contribute for Christ's work at Holy Trinity Church in 2023 a total amount of:

\$2,200 \$3,000 \$2,000 \$1,000 Young Adults (25-30) \$500 Other \$ _____

For additional information on Legacy or Planned Giving including donations of property, stock, or other securities, please contact the church office (908) 233-8533 or email HolyTrinity@htgocnj.org (see enclosed Stock/Security Donation Form)

Name _____

Signature _____ Date _____

Spouse's Name _____

Email Address _____

Names of Dependents _____

Telephone Number (_____) _____

Address _____

Cell Number (_____) _____

City _____ State _____ Zip _____

*Please bring your Commitment Card to
Stewardship Sunday Liturgy December 4, 2022*

To vote or seek elective office in the administration of the parish in 2023, your signed Stewardship Commitment Card must be received by March 1, 2023.



† Be Attentive †
Conversations on Vocational Discernment

The direction to "be attentive" is repeated throughout the Divine Liturgy. With it, we are called to direct our attention to God speaking to us through the sacred scriptures or offering Himself to us in the mystery of the Eucharist.

Some men are called in a unique way to serve the Church as a clergyman. Our Seminary is inviting men of any Orthodox Christian jurisdiction who may be considering ordained ministry to come and "Be Attentive" to God's voice speaking in their life, to help discern a priestly vocation.

This retreat is offered to the Glory of God under the auspices of the Chaplain of Holy Cross Memorial Chapel from March 15-18.

For more information on "[Be Attentive](#)" and conversations on vocational discernment, please click above.

Archdiocesan Earthquake Relief Fund

Our special effort and generosity raised \$2,350 for the Archdiocesan Earthquake Relief Fund for those victims in Turkey and Syria. Your contribution will help immensely.

Trinity Circle

Tuesday, March 7th monthly lunch/meeting 11-2 pm with speaker Steve Xenakis on "Maritime Culture of Greece". Luncheon donated by Kassandra Romas in memory of beloved husband Dr. Christos Romas. May his memory be eternal. We look forward to being together!

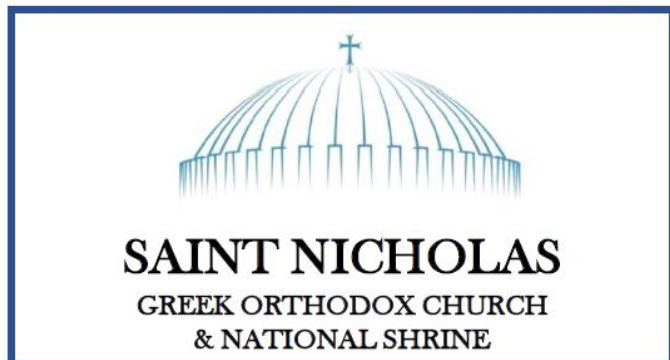
Easter Cemetery Palm Cross Sale

Kindly place your order with Marina LoAlbo at (908)272-4341 by Sunday, March 26. The Palm Cross is \$11 each. Please pick up your order on Sunday, April 2, during the Fellowship Hour.

Upcoming Parish Events

Wednesday, March 22

HTGOC Trinity Circle Bus Trip



Wednesday, March 22nd - 10 - 4 pm

Members \$50 Non-Members \$75

Bus leaves Holy Trinity parking lot at 10 am for guided tour with Fr. Andreas Vithoukas, presiding priest of St. Nicholas Shrine, followed by lunch at SKINOS restaurant. Return to Holy Trinity approximately 4 pm.

For questions contact:

Kassandra Romas

908-296-1586

kromas22409@gmail.com

Avi Kiriakatis

908-578-8570

avikiriakatis@gmail.com

Name _____

Telephone _____

Number of seats _____

Paid Cash _____ Check _____



Trinity Circle Bus Trip to St. Nicholas Shrine WTC

Trinity Circle is organizing a bus trip and luncheon to the St. Nicholas Shrine, in New York City, on Wednesday, March 22. The bus leaves at 10 AM and returns at 4 PM. The cost is \$50 for Trinity Circle members; \$75 for non-members. Kindly sign up with Kassandra Romas at (908)296-1586

Friday, April 7

The Spirit of Lent Concert

The Spirit of Lent Concert, made up of singers from many Greek Orthodox parishes, will return to Holy Trinity on Friday, April 7. It is an uplifting concert featuring Lenten Liturgical Hymns. This year's director is our own Ryan J. Kiel, who grew up singing in the Holy Trinity Choir, alongside Director Emeritus, Kathryn Athanasoulas. Over the years, singers and audiences alike have come to see this event as a heartfelt preparation for the Great and Holy Week. Please attend, and feel free to invite your friends and neighbors. A Lenten reception will follow. A donation of \$10 is requested, with free admission for students.



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

~~~~~

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

Donation \$10.00  
Students free

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



# Thursday. April 27

## "ARISE"

### The Ladies of Philoptochos – Fashion Show

On Thursday, April 27, this year's Fashion Show will be held at Brooklake Country Club in Florham Park. Fashions presented by Emily's Boutique, Staten Island. Please stop by the Philoptochos Table during the Fellowship Hour to learn more about ARISE!, and how you can help, or donate. For information contact Cassandra Romas, event chair at [kromas22409@gmail.com](mailto:kromas22409@gmail.com) or 908-296-1586. For donations toward the gift raffle prizes, contact Nina Anastasiou 908-283-3424 or Christina Colonias 917-825-5986.

**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 



**GLORY BE TO GOD FOR ALL THINGS**

**✠ AMEN ✠**