MEATFARE SUNDAY

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
Live streaming of services
On Meatfare Sunday, we commemorate the Last Judgment and Christ’s Impartial Second Coming, through which we bring to mind God, not only as the Friend of man, but also the most righteous Judge, Who recompenses to each according to his deeds.

On the twenty-seventh day of the month, we commemorate our Righteous Father St. Prokopios of Dekapolis; Our Righteous Father Ephraim of Katounakiotos; St. Raphael of Brooklyn

Third Tone Ἡχος γ’

Apolytikion of the Resurrection: “Let all things above in heaven rejoice, and let all things below on earth be glad. With all the might and strength of His arm an eternal deed the Lord did perform. Beneath His feet He has trampled down death by death, and first born of the dead has He become. From the womb of Hades has He delivered us, and to all the world has granted His great redeeming 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: “When Thou, O God, wilt come to earth with glory, and all things tremble, and the river of fire floweth before the Judgment Seat, and the books are opened and the hidden things made public, then deliver me from the unquenchable fire, and deem me worthy to stand at Thy right hand, O most righteous Judge.”
Cheesefare Week (Feb. 28 – March 6)

Cheesefare week, the last full week before Great Lent begins. Although not specifically liturgical, Cheesefare week follows Meatfare Sunday (Feb. 27). This is the last week to partake of dairy before Lent. Also, during this week we begin fasting from meat (for those who are able). Traditionally, this is the final week to have parties and celebrations that are not proper during the solemn nature of the Lenten season. Big parties, weddings, and other major celebrations are rarely permitted during Lent.

The parable of the Last Judgement is about Christian love. Not all of us are called to work as humanitarians yet each one of us has received the gift and the grace of Christ's love. We know that all people ultimately need this personal love - the recognition in them of their unique soul in which the beauty of the whole creation is reflected in a unique way. We also know that men are in prison and are sick and thirsty and hungry because they have been denied personal love.

St. John Chrysostom speaks on the Last Judgement in a perplexing way. “What a strange kind of a judgment it is. In judgement there is no judge. There’s no defense
lawyer. There’s no prosecuting attorney. There’s even no jury. There’s just Christ and us.” That’s it. And we pronounce the judgment on ourselves. How do we do it? The Lord tells us in this parable. He said when all the nations and all the people are gathered before him, he will separate them. By the way, that verb, “separate,” that’s where you get the verb “judge, krisis.” It means to kind of set a line down the middle to show how things actually are. In fact, you might say even judging means to make that decision: where do you stand? Where do you put yourself at this judgment?

We know that however narrow and limited the framework of our personal existence, each one of us has been made responsible for a tiny part of the Kingdom of God, made responsible by that very gift of Christ’s love. Thus, on whether or not we have accepted this responsibility, on whether we have loved or refused to love, shall we be judged. For “inasmuch as you have done it unto one of the least of these My brethren, you have done it unto Me...”

---

**Prayer Request**

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, Vasilia, Hellen, Natalia, Angela, Katherine, Patricia, Lily, Thomas, Brennan, Elvira, Bill, Alicia, Diane, Michael, Dorka, Stavroula, Maroulla

---

**Parish and Sunday School Lenten Mission Project 2022**

OCMC 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. These coin boxes will help us focus on almsgiving. You will be given one and asked to joyfully fill your box during Lent with your coins and bills. The boxes will be collected on April 10, (the week before Palm Sunday). The total collection will be sent to the Orthodox Christian Mission Center (OCMC). Our 2021 Holy Trinity goal is to raise over $1500 for the OCMC. Thank you for your prayers and generosity. Have a blessed Lent.
Holy Trinity presents
“Man of God”
the 2021 critically acclaimed movie about the life of St. Nektarios of Aegina

Holy Trinity Private Viewing
Sunday, March 27, 2:00 PM
Cinemark in Watchung

Seating is limited for this private event. Please contact the church office for ticket information.
Admission is a free-will offering to help fund the Holy Trinity Capital Campaign.

Exiled unjustly, convicted without trial, slandered without cause. Man of God depicts the trials and tribulations of Saint Nektarios of Aegina, as he bears the unjust hatred of his enemies while preaching the Word of God.

Watch trailer here: Man of God (Trailer) - YouTube

The life of St. Nektarios: A Wellspring of Humility - Saint Nektarios of Aegina - YouTube

Orthros Service Hymn on the Day of Judgement (Meatfare Sunday)

I think upon that day and hour when we shall all stand naked, like men condemned, before the Judge who does not accept the position or status of no man. Then shall the trumpet sound aloud and the foundations of the earth shall quake, the dead shall rise from the tombs and all shall be gathered together from every age and generation. Then the secrets of each person will be made manifest before You: and those that have never repented shall weep and lament, departing to the outer fire; but with gladness and rejoicing the assembly of the righteous shall enter into the heavenly bridal chamber.
**American Heart Association**

The Ladies Philoptochos Society would like to thank everyone who generously donated to our yearly fundraiser for Go Red for Women and Heart disease. The money we collected this year will be sent to the Cleveland Clinic in Ohio earmarked for Cardiovascular research. May God bless all of you.

**Trinity Circle**

Tuesday, March 1 luncheon/meeting 11:00 AM - 2:00 PM - donated by Kassandra Romas, Penny, Elaine Anast & Maria Grafas in memory of their loved ones. Membership dues $15.00 per person.

**Sights and Sounds – March 5**

Holy Trinity is hosting the 50th year of Sights and Sounds on Saturday, March 5, at which approximately 400 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. We will follow all NJ Covid guidelines. Please contact Roula Ioannou (908)451-3005 or Christine Skalkotos (847)830-1530. The email address is: sightsandsoundsvolunteers@gmail.com if interested or for further information.

Sights and Sounds is looking for qualified judges. 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 individuals: Sounds- Yiana Leichtling at sightsandsoundsjudges@yahoo.com or 908/413-6213; Sights- Ellen Manos-Athenson at ebmanos@yahoo.com or 908/337-0775. Please contact us ASAP.
Holy Trinity will host its annual St. John Chrysostom Parish Oratorical Festival on Sunday, March 20, directly after Church. All are invited to attend and support our youth and celebrate afterward with a luncheon.

Religious Education students are encouraged to participate within the three divisions that make up the festival, Elementary Division (Grades 4-6), Junior Division (Grades 7-9), Senior Division (Grades 10-12). 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.

Participants will need to register online as well as access this year's topics, guides, and tips on the Archdiocese website (www.goarch.org/en/oratorical), or by contacting our Parish Chairperson, Peter Tarhanidis at ptarhanidis@gmail.com.
SAVE 1 FEED 1

Donate in March and we’ll donate to your local food bank.

BLOOD DRIVE

Wednesday, March 16, 2022
2pm – 8pm

Holy Trinity Greek Orthodox Church
250 Gallows Hill Road, Westfield, NJ

To schedule an appointment visit:
nybc.org/njdrive
Sponsor code: 16058
Or call/text Despina 917-244-8849 for an appointment.

Register online so we can donate on your behalf!
Go to nybc.org/save1feed1

New York Blood Center
800.933.BLOOD • nybc.org • nybloodcenter
HOLY TRINITY GREEK ORTHODOX CHURCH

"Every person shall give as they are able, according to the blessing of the LORD your God gave you."
Deuteronomy 16:17

$750K MAJOR MAINTENANCE CAPITAL CAMPAIGN

Dear Parishioner:

As we close calendar year 2021, we want to provide an early opportunity to participate in our $750K Capital Campaign. The campaign, which was voted and approved at the Parish Assembly meeting on November 21, will formally launch in January 2022. The last time Holy Trinity conducted a capital campaign to fund major maintenance was over 20 years ago.

The Parish Council has diligently considered the reliability, energy efficiency and risk to our church of key assets such as the church dome, heating and cooling systems, and parking lot. We are in the process of finalizing the details of these capital needs and will provide these details at our formal launch in 2022. The first and most urgent of these needs relates to the Church dome, which we intend to execute in early 2022. Our due diligence is complete and it was presented at the Parish Assembly meeting on November 21. Details are below.

This early launch of the $750K Capital Campaign to fund the church dome allows Holy Trinity donors to accelerate their charitable donations in 2021 calendar year. One tax efficient donation tool to consider is planned giving, which allows donors to contribute today’s value of invested stock shares and avoid paying taxes on realized gains on those shares while allowing the existing value to be realized as a tax deductible donation. For more details on planned giving please contact the church office.

The Christmas Season reminds us about the importance of giving. The Parish of Holy Trinity requires the good will of many donors to operate. We ask for your help as this important Capital Campaign begins. Through you the spiritual home of many can be properly maintained for us and for future generations.

2022 Church Dome Project Background - $220,000

The church dome was originally erected in 1974 and last refurbished in 1999. The warranty for the dome expired in 2020. A continuation of the warranty requires that the dome be refurbished. Maintaining the church dome is critical to the protection of the church, its sanctuary, and the contents, including valuable iconography, religious relics, and furnishings. This level of refurbishment, absent extraordinary circumstances, is required every 20 - 30 years, depending on various conditions. The church dome refurbishment will consist of applying a customized waterproof polymer membrane onto the dome, re-caulking all seams, and replacing expansion joints. This process requires skilled labor, scaffolding, and heavy machinery. The Parish Council has interviewed three reputable contractors and conducted a competitive bidding process, selecting the contractor and technology that provides the most appropriate and cost-efficient solution, all with the ability to provide an acceptable warranty.

As always, we thank you for your support and generosity.

To help maintain and refurbish the church dome, we pledge to contribute a total amount of:

☐ $10,000  ☐ $5,000  ☐ $2,000  ☐ $1,000  ☐ $500  ☐ Other,__________

If you would like additional information regarding the church dome refurbishment or have other questions, please contact Father Peter or a Parish Council member at the church office (908) 233-8533.

Name ________________________  Signature _______________________
Address ______________________
City__________________________ State__________
Zip Code______________________

Date _________________________
Email Address ______________________
Home # _________________________
Cell Phone # ____________________

Please mail or email your Capital Raise Commitment Card to Holy Trinity @
Holy Trinity Greek Orthodox Church
250 Gallows Hill Rd.
Westfield, NJ 07090
Holytrinity@htgoenji.org
Κυριακή της Απόκρεω

Το όνομά της, η Κυριακή της Απόκρεως, το πήρε από το γεγονός ότι από την επομένη ημέρα αρχίζει η αποχή μας από το κρέας (από – κρέας).

Με αυτό τον τρόπο η Εκκλησία μας θέλει να μας βοηθήσει να έχουμε ισχυρή θέληση για να διακρίνουμε το καλό από το κακό.

Για να κατανοήσουμε ποιο είναι το νόημα της ζωής μας, στην σημερινή Ευαγγελική Περιοδοκή γίνεται αναφορά στην ημέρα της Κρίσεως κατά τη Δευτέρα Παρουσία του Ιησού Χριστού, όπου, σύμφωνα με την χριστιανική διδασκαλία, όλοι οι άνθρωποι θα κριθούν αν θα ζήσουν αιώνια στη θεία μακαριότητα του Παραδείσου ή στην οδύνη της κολάσεως.

Στην πραγματικότητα η δικαιοσύνη του Θεού για την κρίση μας συνδέεται με το περιεχόμενο των επιλογών μας στη ζωή μας. Επλέγοντας την επιτέλεσή του καλού επιλέγουμε τον Παράδεισο.

Επλέγοντας την αδικία σε βάρος των συνανθρώπων μας και την ανοχή μας προς ό,τι είναι αμαρτωλό και κακό, επιλέγουμε την Κόλαση. Για να έχουμε την ελπίδα του Παραδείσου πρέπει οι σκέψεις μας και οι πράξεις μας να αποβλέπουν στο κοινό καλόν και στη λειτουργία της δικαιοσύνης ανάμεσα μας όσο μπορούμε. Έτσι, αν στη ζωή μας επιλέξουμε την αγάπη και τον αγώνα μας για δικαιοσύνη για όλους τους ανθρώπους, έχουμε την ελπίδα του Παραδείσου, αν γίνουμε φορείς της αδιαφορίας και της αδικίας και του μίσους γινόμαστε άξιοι της Κολάσεως.

Η αγάπη είναι κατάσταση ελευθερίας, υπευθυνότητας και μαρτυρίας της αλήθειας. Αντίθετα η κάθε είδους αδιαφορία επιτέλεσως του καλού, αποτελεί μορφή συμμετοχής στην επιτέλεση του κακού και τελικά έκφραση μίσους. Το μίσος με την αύξησή του, μπορεί να οδηγήσει ακόμη και σε φόνο.
Βλέπουμε δηλαδή το κριτήριο του Θεού να εξαρτάται βασικά από εμάς, από τη στάση μας έναντι των άλλων ανθρώπων. Κατά πόσο δηλαδή, αν δώσαμε νερό στο διψαμένο, αν φιλοξενήσαμε τον ξένο, αν βοηθήσαμε τον φτωχό, αν συμπαρασταθήκαμε ἐμπρακτά στις ανάγκες του διπλανού μας, του κάθε ανθρώπου που συναντάμε μπροστά μας και μπορούμε να τον βοηθήσουμε. Η φιλεύσπλαχνη και φιλάνθρωπη στάση μας θα σταθεί, σύμφωνα με την μαρτυρία της σημερινής Ευαγγελικής Περικοπής, το μοναδικό μέτρο για την κρίση μας.

Βέβαια τα προβλήματα των άλλων έχουν πολλές φορές τεράστιες διαστάσεις. Δεν μας ζητά όμως ο Θεός να λύσουμε αμέσως όλα τα προβλήματα του κόσμου. Από μια βρύση δεν μπορεί να ἕξιςαίει ο κόσμος όλος. Μπορούν όμως να ωφεληθούν οι κοινοί και οι περαστικοί.

Ο Θεός μας ζητά να κάνουμε δινόται μπορούμε, μέσα στο μέτρο των δυνατοτήτων μας. Ζητά πάντοτε το κίνημα των σκέψεων μας και των πράξεων μας να είναι η αγάπη μας για τους διπλανούς μας. Κι όταν υπάρχει το κίνημα της αγάπης τότε βρίσκονται εύκολα και οι τρόποι δράσεως και ενεργείας.
GLORY BE TO GOD FOR ALL THINGS

† AMEN †