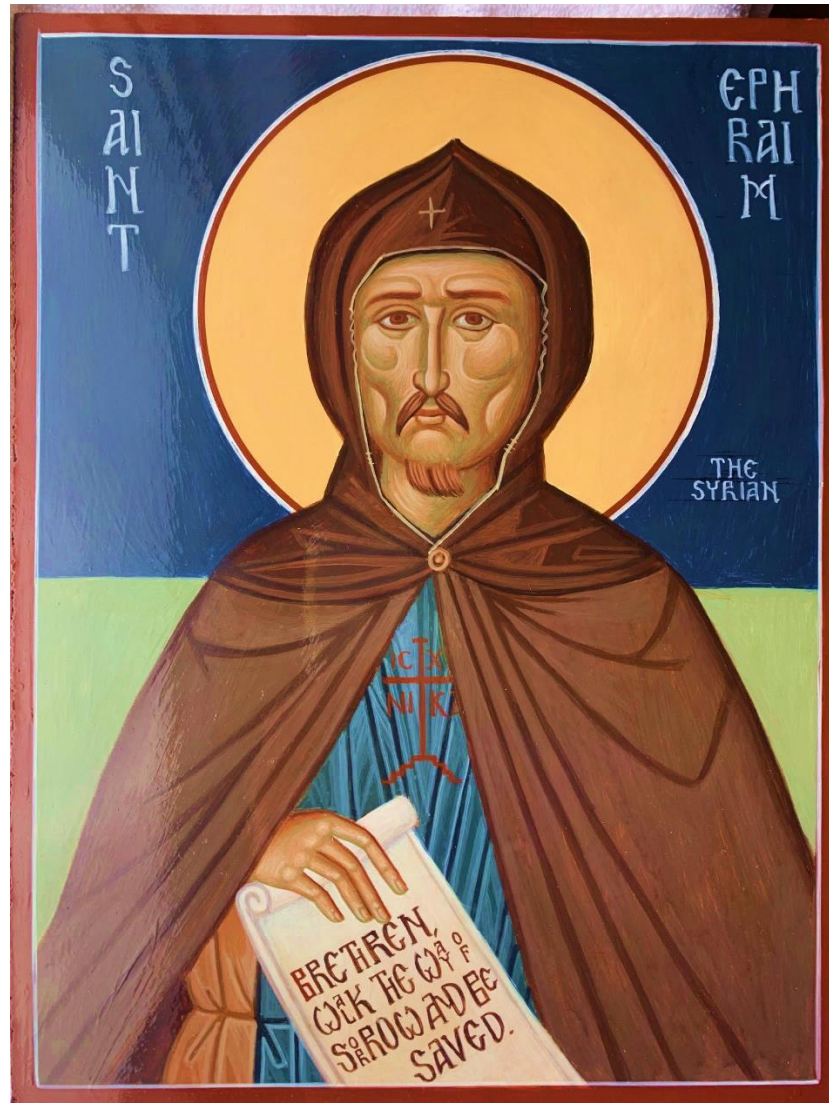


# Fifteenth Sunday of Luke



St. Ephraim the Syrian

Sunday, January 28, 2024

Holy Trinity Greek Orthodox Church  
250 Gallows Hill Road, Westfield, New Jersey 07090

Live streaming services - 908.233.8533 - [www.holytrinitywestfield.org](http://www.holytrinitywestfield.org)

Rev. Fr. Peter Delvizi, Parish Priest

On the Twenty-eighth Day of the month, we commemorate: Our Righteous Father St. Ephraim the Syrian; Our Righteous Father St. Palladios; Our Righteous Father St. Iakovos the Ascetic; Holy Martyr St. Grace

*Click links for Scripture Readings*

Morning Gospel:	<a href="#">St. Matthew 28:16-20</a>	<a href="#">Ελληνικά</a>
Epistle Reading:	<a href="#">1 Timothy 4:9-15</a>	<a href="#">Ελληνικά</a>
Gospel Reading:	<a href="#">St. Luke 19:1-10</a>	<a href="#">Ελληνικά</a>

First Tone Ηχος Α

**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. Ephraim:** “With the rivers of your tears you made the barren desert bloom; and with your sighs from deep within, you made your labors bear their fruits a hundredfold; and you became a star, illuminating the world by your miracles, O Ephraim, our devout father. Intercede with Christ our God, for the salvation of our souls.”

**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:** “You sanctified the virginal womb by Your birth, O Lord, and blessed the hands of Symeon fittingly, O Christ God; and even now You came and saved us. Now, give peace to our Nation in time of war, and empower our Leaders, so loved by You, the only one who loves humanity.”

### *Liturgical Schedule*

Tuesday, January 30, Synaxis of The Three Hierarchs, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Friday, February 2, The Presentation of Our Lord, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Sunday, February 4, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

### Altar Donations

**Altar Candles:** In Loving Memory of Gabriel Athenson†; **Vigil Light:** In Loving Memory of Vangelos and Gus Grafas†; **Large Candles:** In Loving Memory of Constantine (Gus) Zades†; **Prothesis Candles:** In Loving Memory of Peter Conelias†; **Kandili:** In Loving Memory of Athanasios Michalis†; **Vigil Candle:** In honor of Avi Kiriakatis' birthday. May the dear Lord bless her.

### Sacraments and Rites

**Memorials:** Your prayers are requested Sunday morning at the memorial services for Constantine (Gus) Zades†, 40 days; Athanasios Michalis†, 1 year and Peter Conelias†, 14 years. Eternal be their memories.

### Partaking of Holy Communion

Receiving Holy Communion is a clear and visible sign of unity in faith. Please know that Holy Communion can only be received by those who are baptized and confirmed in the Orthodox Church. Additionally, all Orthodox Christians must prepare themselves through prayer and fasting before approaching the Chalice.

### Welcome Visitors

We welcome all those visiting our parish today and are pleased that you have chosen to worship with us. If you are looking for a friendly spiritual home, we invite you to become part of the Holy Trinity family. Fr. Peter would very much like to meet you. Please visit the Philoxenia/Fellowship table in the Bouras Center after services to meet parishioners and enjoy our Fellowship.

### Mission Presentation – Sunday, January 28

Holy Trinity welcomes Dan Christopulos, OCMC Development Director, who will offer a presentation about the work of OCMC and its missionary efforts. Dan was the first missionary supported by OCMC and he continues his dedicated work in the field of missions.

### New Bookstore Titles

Visit Holy Trinity Bookstore for informative books on the Orthodox faith. New titles arrived this week including: books on parenting, St. Nektarios composition on Christology, Patristic Theology by Father John Romanidis and many more. fascinating options.



### St. Ephraim the Syrian – January 28

St. Ephraim the Syrian, a teacher of repentance, was born at the beginning of the fourth century in the city of Nisibis (Mesopotamia) into the family of impoverished farmers. His parents raised their son in piety, but from his childhood he was known for his quick temper and impetuous character. He often had fights, acted thoughtlessly, and even doubted God's Providence. He finally recovered his senses by the grace of God and embarked on the path of repentance.

Under his spiritual father St. James of Nisibis (January 13), Ephraim attained Christian meekness, humility, submission to God's will, and the strength to undergo various temptations without complaint. St. James transformed the wayward youth into a humble and contrite monk. Realizing the great worth of his disciple, he made use of his talents. St. James trusted him to preach sermons,

to instruct children in school, and took him to the First Ecumenical Council at Nicea (in the year 325). St. Ephraim combined asceticism with a ceaseless study of the Word of God, taking from it both solace and wisdom for his soul. The Lord gave him a gift of teaching, and people began to come to him, wanting to hear his counsel, which produced compunction in the soul, since he began with self-accusation. Both verbally and in writing, St. Ephraim instructed everyone in repentance, faith, and piety, and he denounced the Arian heresy, which at that time was causing great turmoil. Pagans who heard the preaching of the saint were converted to Christianity.

From ancient times the Church has valued the works of St. Ephraim. In many of his works, we catch glimpses of the life of the Syrian ascetics, which was centered on prayer and working in various obediences for the common good of the brethren. The outlook of all the Syrian ascetics was the same. The monks believed that the goal of their efforts was communion with God and the acquisition of divine grace. For them, the present life was a time of tears, fasting and toil.

*“If the Son of God is within you, then His Kingdom is also within you. Thus, the Kingdom of God is within you, a sinner. Enter into yourself, search diligently and without toil you shall find it. Outside of you is death, and the door to it is sin. Enter into yourself, dwell within your heart, for God is there.”*

The pledge within us of “theosis” (or “deification”) is the Baptism of Christ, and the main force that drives the Christian life is repentance. St. Ephraim was a great teacher of repentance. The forgiveness of sins in the Mystery of Repentance, according to his teaching, is not an external exoneration, not a forgetting of the sins, but rather their complete undoing, their annihilation. The tears of repentance wash away and burn away the sin. Moreover, they (i.e. the tears) enliven, they transfigure sinful nature, they give the strength “to walk in the way of the Lord’s commandments,” encouraging hope in God. In the fiery font of repentance, the saint wrote, “you sail yourself across, O sinner, you resurrect yourself from the dead.” St. Ephraim the Syrian is author of the Great Lenten prayer,

*“O Lord and Master of my life! Take from me the spirit of sloth,  
faint-heartedness, 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 errors  
and not to judge my brother, for Thou art blessed unto ages of ages. Amen.*

### **Reading the Communion Prayers - Pages 60-63 of Divine Liturgy Book**

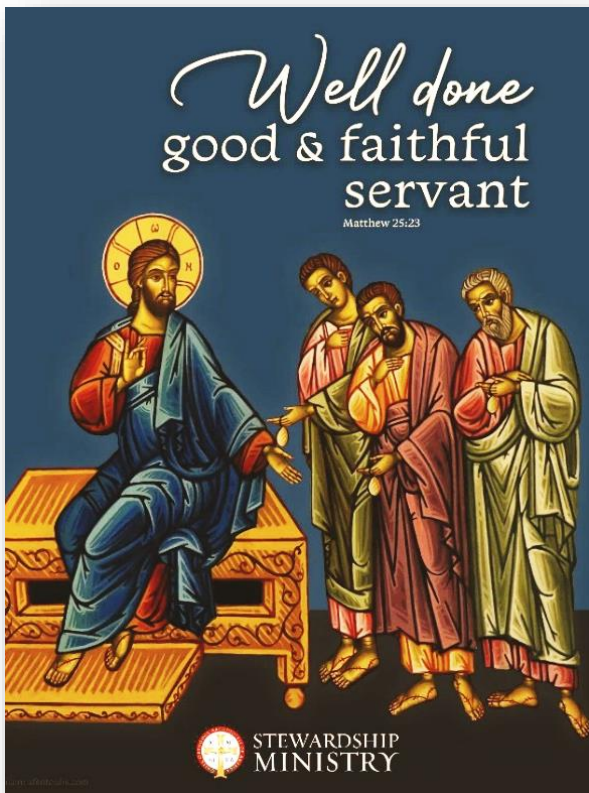
In Her wisdom, the Church provides beautiful prayers to say before and after receiving Holy Communion. These prayers are part of our Eucharistic preparation which also includes a complete fast in the morning (i.e., nothing by mouth) before receiving the Precious Gifts. As these prayers are read by the clergy in the altar, the faithful should join in at the same time by reading them silently. These Communion Prayers speak to us about faith and forgiveness; humility and cleansing of sins; and a feeling of unworthiness in the presence of the Almighty God. Finally, they reveal the benefits of receiving the Body and Blood of Christ. The conclusion of these prayers is seen in the priest who asks for forgiveness from his co-celebrants in the altar and then from the entire congregation. In like manner, each of us must ask for forgiveness from our brethren before approaching the Holy Chalice.

## Metropolis of New Jersey Facebook Page

His Eminence Metropolitan Apostolos wishes to inform all that the Metropolis has created a new Greek Orthodox Metropolis of New Jersey Facebook Page. Please visit and follow this page and share the link with fellow parishioners. [www.facebook.com/people/Greek-Orthodox-Metropolis-of-New-Jersey/](http://www.facebook.com/people/Greek-Orthodox-Metropolis-of-New-Jersey/)

### Trinity Circle

Kindly join us Tuesday, February 6, for our monthly lunch/meeting 11:00 AM - 2:00 PM with speaker, Steve Xenakis, on “The Greek language and Use of Diminutives”. Luncheon donated by Cassandra Romas in memory of her beloved husband Christos.



*As Christian Stewards we are called to give back to God from the “first fruits” of our labor. We do this in large part by supporting Our Church, Our Spiritual Home. Each year during this time, I ask you to support our parish and her ministries in an intentional and meaningful way. We can do this by offering the first and the best of our fruits!*

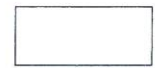
The 2024 Christian Stewardship Cards have been mailed to all Stewards of Holy Trinity. If you did not receive it, please pick up a card from the church or call the church office to receive it by mail.

*Thank you for your stewardship of time, talent, and treasure!*

**Click here to complete your [2024 Stewardship Commitment Card](#) online.**



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



*"Well Done, Good and Faithful Servant"*

**2024 CHRISTIAN STEWARDSHIP COMMITMENT CARD**

The operating expenses of our Church for the year 2024 are estimated to be \$939,200 (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 2024 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 \_\_\_\_\_

*Please bring your Commitment Card to Stewardship Sunday Liturgy, on Sunday November 19, 2023*

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Cell Number (\_\_\_\_\_) \_\_\_\_\_

To vote or seek elective office in the administration of the parish in 2024, your signed Stewardship Commitment Card must be received by March 1, 2024



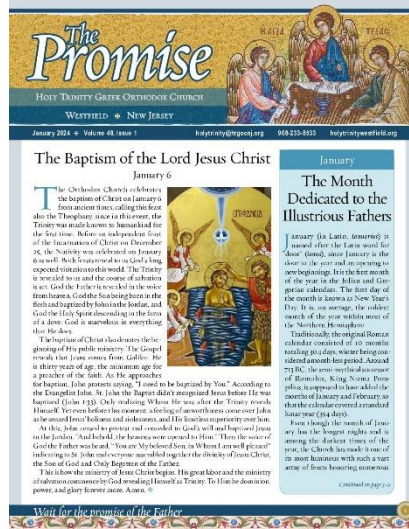
John, Theodora, Novlet, Chrysavgi, Alexandra, Sue, Marilyn, David, Basil, Laura, Marylee, Meropi, Adina, Nicholas, Constantine, Billy, Molly, Leonedas, David, Elizabeth, Tara, Lambros, Anne, Maria, Mikos, Arthur, John, Al, Jessika, Anastasia, Robert, Joanne, Constantine, Phyllis, Vasileos, Tina, Gabby, 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, 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

**Altar Boys**

Fr. Peter invites all boys ages 12 and older to commit to service in the altar. An acolyte plays an integral part in the celebration of the Divine Liturgy and other services. Please speak to Fr. Peter to assist in this capacity. To serve the Lord in this way is a great privilege and honor.



The January Edition of  
**THE PROMISE**  
 Is Now Available



Holy Trinity offers numerous youth programs, including GOYA, JOY/HOPE, Greek Dance and TOTS.

GOYA (Greek Orthodox Youth of America) is the ministry to teenagers for the purpose of fellowship, worship, service, and witness. New members in grades 6-12 are welcome at any time. 6th graders may participate in Westfield only activities and 7-12th (ages 12-18) may participate in statewide activities. Activities include Christ Encounter Retreat, athletics, outreach, Greek dance, Sights & Sounds (performing and visual arts), and many others! Register at <https://tinyurl.com/53pp88nz>  
 GOYA Advisors: Maria Tarhanidis, Mary Carayannopoulos, Sophia Saketos, Catherine Kelly, Andy Zotos, and Christine Skalkotos. Please contact an advisor or email [goya@htgocnj.org](mailto:goya@htgocnj.org) with any questions.

**TOTS Playgroup - February 7**

The next TOTS (Trinity Orthodox Toddler Social) meeting will be on Wednesday, February 7, 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](mailto:vcomprelli@gmail.com) or 612-801-8608 to sign up or to ask any questions.

**GOYA Sights and Sounds - Seeking Vocal Coach**

Stewardship opportunity of Time and Talent! We are looking for a vocal coach to work with the GOYA singing groups as they prepare for Sights and Sounds. If you can help, please contact Maria Tarhanidis at [mvtarhanidis@gmail.com](mailto:mvtarhanidis@gmail.com) or stop by the GOYA table.

## The Holy Trinity Cultural Committee

The Holy Trinity Cultural Committee would like to share Hellenic and Orthodox cultural events and exhibits from organizations and institutions available to all. **East Mediterranean Business Culture Alliance** webinar events on <https://www.youtube.com/@embca>

- January 28 - "Historic Legacy and Heritage of Greek Jews" Webinar Panel Discussion
  - February 11 - "Legacy of a Great International Statesman - Ioannis Kapodistrias, on his Anniversary" Panel Discussion
  - February 25 - "Nostos and Citizenship for Hellenic Adoptees" Webinar Panel Discussion
  - March 21 - "Ioannis Kapodistrias - Hellenic Governor and International Statesman" Live Panel Discussion at the Demos Center in Athens, Greece
  - March 24 - "Hypatia of Alexandria "Martyr for Philosophy"" Webinar Panel Discussion
- The Metropolitan Museum of Art Exhibition Africa & Byzantium** is on view until March 3
- For a virtual tour of Africa & Byzantium watch now at: <https://youtu.be/NHIT9vq6mJU>



## MISSIONS PRESENTATION SUNDAY, Jan. 28th

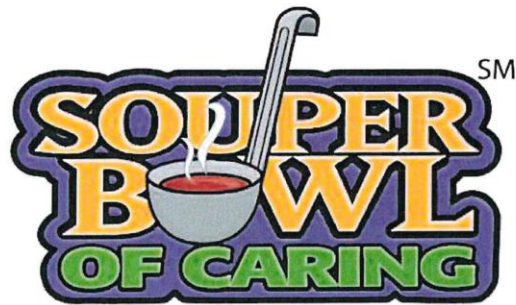


Dan Christopoulos, OCMC Development Director and first missionary will be making a presentation at Holy Trinity on **Sunday January 28** and have an information table in the hall following the Divine Liturgy.

Dan will share updates about OCMC's missionary efforts around the world. Come and learn more about how we can answer Christ's call to "go and make disciples of all nations". Continue the work of sharing the Good News that began with Christ's disciples and continues with US.

Visit [www.ocmc.org](http://www.ocmc.org) for more information or contact Dan.

Phone: (904) 930.2809 | E-mail [Dchristopoulos@ocmc.org](mailto:Dchristopoulos@ocmc.org)



Sunday, February 11, 2024

# Score a Souper Bowl Victory Against Hunger!

**41 million people struggle with hunger in the United States, including 13 million children.**

**Your monetary donation and non-perishable food items can help change that. Team up with IOCC and GOYA to feed the hungry.**

**Let's turn the biggest weekend of football into a super day of giving.**



# Sights and Sounds



**2024**

## **Sights and Sounds – Saturday, March 2**

Holy Trinity is hosting the 52nd year of Sights and Sounds on Saturday, March 2, when 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 Keli Leunes 917-816-6927. The email address is: [sightsandsoundsvolunteers@gmail.com](mailto: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](mailto:sightsandsoundsjudges@yahoo.com) or 908-413-6213; Sights: Ellen Manos-Athenson at [ebmanos@yahoo.com](mailto:ebmanos@yahoo.com) or 908-337-0775.

# Holy Trinity Westfield Spirit Wear

Order online <http://tinyurl.com/243nu33x>

Or print and email completed order form to [sophiasaketos@gmail.com](mailto:sophiasaketos@gmail.com)

Orders/Payments due by February 4, 2024 - Payable to HTGOC YHT or Venmo @WestfieldGoya



**Short Sleeve T: \$17**  
 +\$3 for name on back  
 Youth S-XL  
 Adult (men) sizes XS-XXL



**Long Sleeve T: \$22**  
 +\$3 for name on back  
 Youth sizes not available  
 Adult (men) sizes S-XXL



**Pullover Hoodie: \$35**  
 +\$3 for name on back  
 Youth XS-XL  
 Adult (men) S-XXL



**Zip Up Hoodie: \$35**  
 +\$3 for name on front  
 Youth XS-XL  
 Adult (men) sizes S-XXL



**Sport Wick 1/4 Zip Pullover: \$35**  
 Adult (men) XS- 4XL



**Plaid Flannel/Blk Sweatpants: \$30**  
 Youth XS - XL  
 Adult S - XXL

ITEM/COLOR*	SIZE	NAME ON BACK (+\$3)	PRICE
		<b>TOTAL DUE:</b>	

# Come DANCE with us!

*Please join us for an adult Greek dance class and enjoy an evening with friends while supporting the GOYA!*

Saturday, February 3, 7-8:30 pm in the Bouras Center

Greek dances will be taught by our dance instructor, Niko Nikolovienis from Hellenic Roots, in a relaxed and casual setting

Mezedakia & Sweets will be served - BYOB (ADULTS ONLY)

\$25 per person, Cash, Venmo @westfieldgoya or check payable to HTGOC YHT



Contact Mary Carayannopoulos (314) 623-5493 or Sophia Saketos (908) 247-6048  
or email [goya@htgocnj.org](mailto:goya@htgocnj.org) with any questions.

RSVP HERE: <http://tinyurl.com/yc8vvtzh>





GREEK ORTHODOX METROPOLIS OF NEW JERSEY  
ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΕΗΣ

January 11, 2024

To the Very Rev. and Rev. Clergy  
Esteemed Members of the Parish Councils  
Directors and Faculty of the Religious Education Programs of the  
Northern New Jersey Region of the  
Greek Orthodox Metropolis of New Jersey

My beloved in the Lord,

I hope and pray that this letter finds all of you well, both physically and spiritually as we enter into the New Year 2024.

The Greek Orthodox Metropolis of New Jersey in its continued efforts to cultivate and enhance the Religious Education Schools of the parishes, as well as to assist our dedicated teachers in better education our beloved children, will be hosting a **Religious Education Teachers Seminar for the Northern New Jersey Region on Saturday, February 10, 2024, at the Ss. Nicholas Constantine and Helen Greek Orthodox Church located at 80 Laurel Ave in Roseland, New Jersey.** The seminar will begin at 9:00am and will conclude at approximately 2:00pm with lunch provided.

Please know that all teachers serving in our communities are expected to attend and participate in this important Seminar. However, although this Seminar is intended for the teachers, all those interested are invited to attend. Please RSVP directly to the Ss. Nicholas, Constantine and Helen parish at 973-251-2920 by February 2, 2024, in order to allow for proper preparations to be made the host community.

Praying that our loving Lord continues to bless you, your families and all the dedicated faithful of our sacred Metropolis, I remain

With Paternal Love and Blessings,

*Metropolitan Agostolos*  
† APOSTOLOS  
Metropolitan of New Jersey

# Upcoming Parish Events

## SAVE THE DATE!

### February 11, 2024

Join us in the Bouras Center immediately following Divine Liturgy for a delicious breakfast. Please sign-up during Fellowship Hour starting January 28 and February 4. \$14.00 for adults, \$6.00 for children.

Volunteers are needed for set up on February 10 and the day of breakfast. Please reach out to Andrea Cerini at 908-347-3521 or sign up

via: <https://www.signupgenius.com/go/8050A4DA5A622A75-46964448-community#/>

## **Community Communion Sunday** with breakfast in the Bouras Center to follow

All are encouraged to invite their godparents and godchildren and join in fellowship and faith in receiving Communion as a community.

*Holy Trinity Greek Orthodox Church*

### February 11, 2024

Sponsored by Holy Trinity Religious Education

**April 14, 2024**

# **GREEK INDEPENDENCE DAY PARADE**



**SAVE THE DATE**

The Greek Independence Day  
Parade in New York will be held on

**Sunday, April 14, 2024**



**June 23-29, 2024**

# CAMP GOOD SHEPHERD

The Metropolis Summer Camp program will take place in the summer of 2024 from June 23-29. Registration will be forthcoming. This is an excellent opportunity for children to meet other Greek Orthodox and to learn about the faith in a protected environment.



**SAVE THE DATE!**

**CAMP GOOD SHEPHERD**

**CGS MD: JUNE 15-22**  
**CGS NJ: JUNE 23-29**  
**CGS VA SESSION 1: JULY 7-13**  
**CGS VA SESSION 2: JULY 14-20**

**REGISTRATION INFO COMING SOON!**

**Faith!** **Fun!** **Fellowship!**

 @gomnj\_youth



www.nj.goarch.org/ 



**GLORY BE TO GOD FOR ALL THINGS**

**✠ AMEN ✠**