

Second Sunday of Great Lent



ST. GREGORY PALAMAS, ARCHBISHOP OF THESSALONIKI

MARCH 12, 2023

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

Rev. Fr. Peter Delvizio, Presiding Priest

On this the twelfth day of the month and Second Sunday of Lent, we commemorate Our Holy Father St. Gregory Palamas, Archbishop of Thessaloniki; St. Theophanes the Confessor; St. Symeon the New Theologian; St. Gregory Dialogos, Bishop of Rome; St. Phineas, grandson of Prophet Aaron; St. Paul Aurelian, Bishop of Brittany

Plagal Second Tone Ηχος πλ. β΄

Click links for Scripture Readings

Sixth Morning Gospel:	St. Luke 24:36-53	Ελληνικά
Epistle Reading:	Hebrews 1:10-14; 2:1-3	Ελληνικά
Gospel Reading:	St. Mark 2:1-12	Ελληνικά

Apolytikion of the Resurrection: “The angelic powers appeared at Your tomb, the soldiers guarding it became as dead men, and Mary stood at Your grave seeking, seeking Your most pure body. But You made hell a captive; You were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to You.”

Apolytikion of St. Gregory: “Beacon of Orthodox belief, the strong support of the Church and her teacher inspired by God, you are the ornament of monks, the unassailable champion of theologians, O Gregory the Wonder-worker and the boast of Thessaloniki, the messenger of grace. Forever earnestly entreat 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: “To you, Theotokos, invincible Defender, having been delivered from peril, I and your City [Constantinople], dedicate the victory festival as a thanksgiving offering. In your irresistible might, keep me safe from all trials, that I may cry out to you: ‘Hail, Unwedded Bride!’”

Altar Donations

Altar Candles/Vigil Light in loving memory of Harry, Laurence, Harry and Eva Chororos†

Large Candles in loving memory of Harriet Provel†



Memorials

Your prayers are requested this morning at the memorial service for Harriet Provel†, 40 days; Demetra Chergotis†, 1 year. Eternal be their memories.

Liturgical Schedule

Monday, March 13, Great Compline, 5:00 PM

Tuesday, March 14, Lenten Vespers, 5:00 PM

Wednesday, March 15, Presanctified Liturgy, 6:30 PM; Theosis, 7:45 PM

Friday, March 17, Akathist Hymn, 6:30 PM

Sunday, March 19, **Sunday of the Holy Cross**, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Welcome Visitors

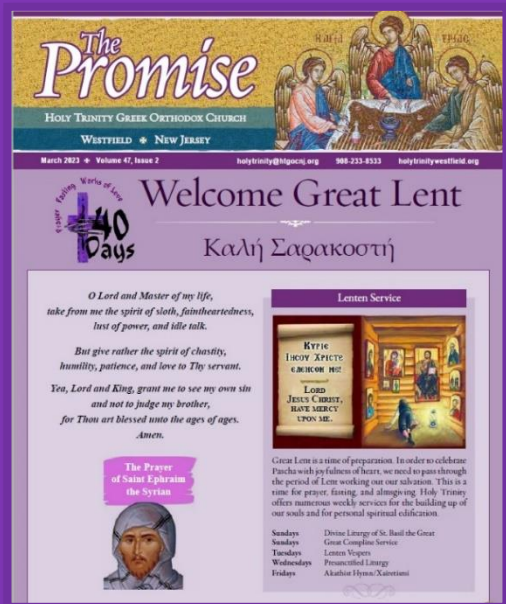
Welcome all visitors to our parish. We are pleased that you have chosen to worship with us. If you are looking for a spiritual home, we hope that you will become part of our family. Fr. Peter would like very much to meet you. Please visit the Philoxenia/Fellowship table in the Bouras Center after services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

Fellowship Hour

Please join us in the Bouras Center after church for the Fellowship Hour which is being sponsored by Peter Chergotis in memory of Lou and Demetra Chergotis†

Joy/Hope – Friday, March 17

We will meet at 6:30 PM in the Bouras Center, attend church service at 7 PM and after church gather for a light dinner and fellowship. Please RSVP to Kathy Petsinis by March 12 at 201-344-4049.



The March 2023 Edition of The Promise

Is now available online.

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.

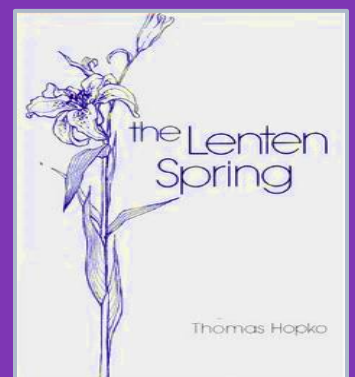
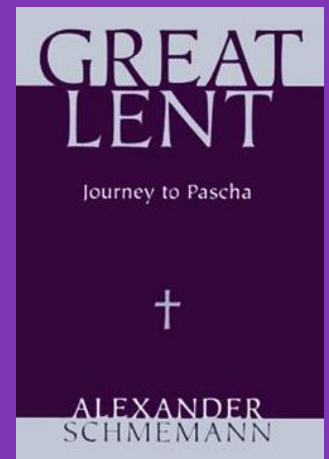
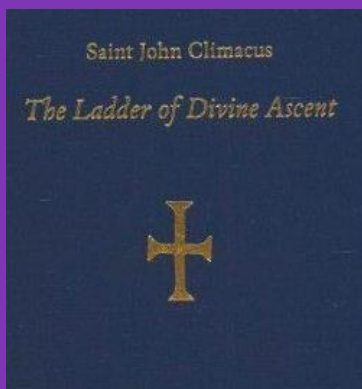
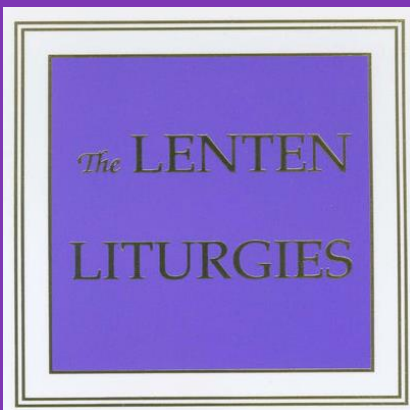
Prayer Request



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, Ketu, Dawn, Nick, Hilary, Nicholas, Matt, Diane, Cynthia, Patty, John, Isabel, Noella, Nevin, George, Diana, Lucia, Rich, Ketu, 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

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.



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.*

The Presanctified Liturgy and Theosis – Wednesday Nights

Every Wednesday night, 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.

Parish Lenten Mission Project – OCMC Coin Boxes

Last Sunday, OCMC Coin Boxes were distributed to the parish. Let us focus on increased prayer, fasting, and almsgiving during Lent. The coin boxes concentrate us on almsgiving. You have been 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). Thank you for your prayers and generosity. Have a blessed Lent.

Ladies Philoptochos Society – Thank You

The Ladies Philoptochos Society would like to thank everyone who generously donated to aid the Emergency Social Service Fund of the Metropolis of New Jersey Philoptochos Society. This most important ministry has been and continues to be instrumental in offering much needed assistance to the less fortunate families and individuals who are facing hardships and exceptional difficulties in their lives. Through your generosity, \$365 was collected on Sunday, March 5.

Adult Greek Dance

We have one class scheduled for March on Saturday, March 18, from 5-6:30 PM. Please register using the following link <https://tinyurl.com/u69b83b8>. For more information contact Mary Carayannopoulos at carayannopoulos@comcast.net or 314-623-5493.

TOTS Playgroup – March 22

The next TOTS (Trinity Orthodox Toddler Social) meeting will be on Wednesday, March 22, 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.

Women of Faith – Thursday, March 23

Women of Faith will be holding a Prosporo Baking Class on Thursday, March 23 from 10 AM -2 PM. Anthe Angelides will be leading the baking. During a light Lenten lunch, Fr. Peter will teach us about the spiritual significance of Prosporo baking. Please join us and bring your own Prosporo seal and round pan if you have one.

Parish Lenten Project – Saturday, April 1 “RISE AGAINST HUNGER”

Hunger means more than missing a meal or the physiological response to an empty stomach. Not having reliable or affordable access to food can be devastating causing poor health and malnourishment or impaired child development and overall poor well-being. “Rise Against Hunger,” is a nonprofit organization whose mission is to end hunger around the world. Holy Trinity is sponsoring a meal packaging event with “Rise Against Hunger”. We need your help. On Saturday, April 1, from 10 AM - 12 PM, please come and help prepare 2,000 bags for 12,000 meals (no cooking needed). 60 volunteers are needed! We are kindly requesting any small donation to offset some of the related cost. Stop by the Philoptochos table or use the following link <http://events.riseagainsthunger.org/HolyTrinity2023> For further information, please reach out to Kathy Maglaras at maglarask@yahoo.com

2023 Stewardship Campaign Update



Currently 307 Stewards have pledged \$413,338.

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 as soon as possible.

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@htgoenj.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.

St. John Chrysostom Oratorical Festival – Sunday, March 19

Holy Trinity will host its annual St. John Chrysostom Parish Oratorical Festival on Sunday, March 19, immediately after church. All are invited to attend and support our youth. Please also join us for a celebratory luncheon to be held afterward. Religious Education students are

encouraged to participate within the three divisions that make up the festival. An Elementary Division (Grades 5-6), Junior Division (Grades 7-9), and Senior Division (Grades 10-12).

This event gives our young people an opportunity to speak about their faith in a loving and friendly environment. It has proven to be a very rewarding experience for participants through the years.

Participants will need to

register and access this year's topics, guides, and tips online at the Archdiocese website:

https://religioused.formstack.com/forms/sjcof_participant or by contacting our Parish Chairperson, Peter Tarhanidis at ptarhanidis@gmail.com

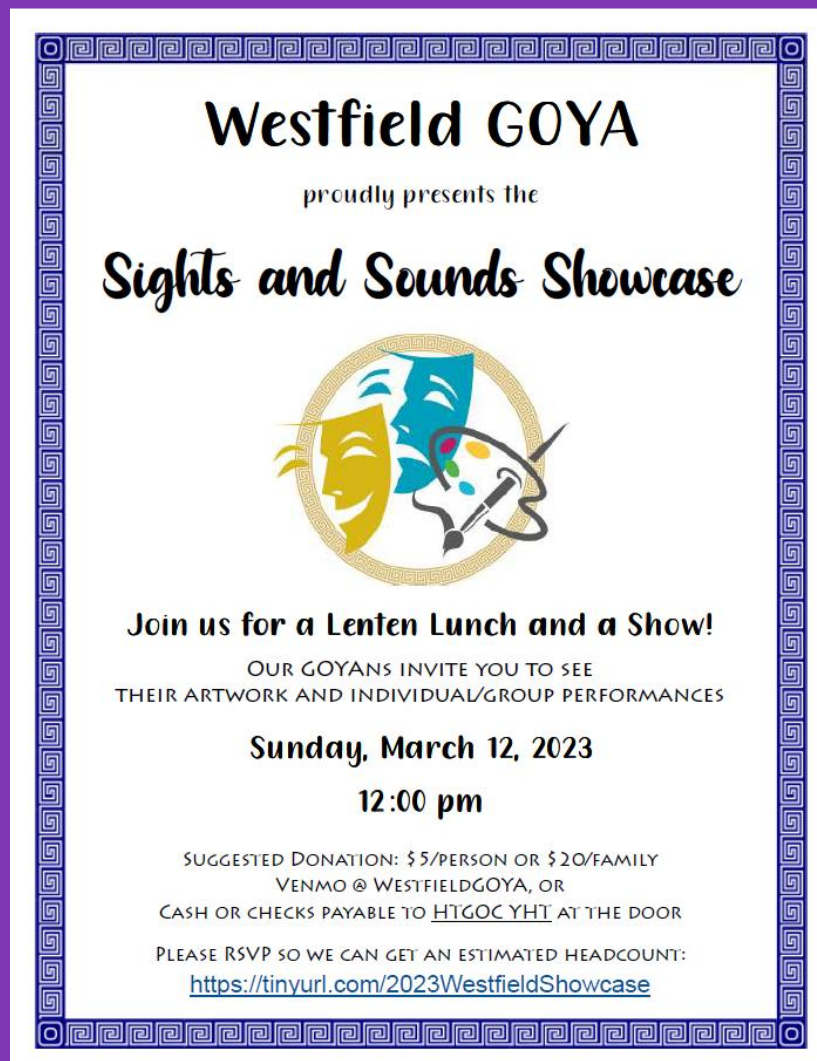


Upcoming Parish Events

Sunday, March 12


Westfield GOYA Sights & Sounds Showcase

Our GOYANS invite you to see their artwork and individual/group performances while enjoying a Lenten lunch for a suggested donation of \$5/person or \$20/family. Your donation can be made via Venmo@WestfieldGOYA or by cash or check (made payable to HTGOC YHT) at the door. Please RSVP by visiting <https://tinyurl.com/2023WestfieldShowcase> so we can estimate the headcount.



The poster features a decorative blue Greek key border. At the top, it reads "Westfield GOYA" in a bold, black serif font. Below this, in a smaller black serif font, it says "proudly presents the". The main title, "Sights and Sounds Showcase", is written in a large, black, cursive script font. In the center is a circular logo with a gold border, containing a yellow and blue theatrical mask, a black quill pen, and a paint palette. Below the logo, the text "Join us for a Lenten Lunch and a Show!" is written in a bold, black serif font. This is followed by "OUR GOYANS INVITE YOU TO SEE THEIR ARTWORK AND INDIVIDUAL/GROUP PERFORMANCES" in a smaller, all-caps, black serif font. The date and time, "Sunday, March 12, 2023" and "12:00 pm", are listed in a bold, black serif font. At the bottom, the suggested donation and payment information are provided in a smaller, all-caps, black serif font, along with the RSVP link: "PLEASE RSVP SO WE CAN GET AN ESTIMATED HEADCOUNT: <https://tinyurl.com/2023WestfieldShowcase>".

Westfield GOYA
proudly presents the
Sights and Sounds Showcase



Join us for a Lenten Lunch and a Show!
OUR GOYANS INVITE YOU TO SEE
THEIR ARTWORK AND INDIVIDUAL/GROUP PERFORMANCES

Sunday, March 12, 2023
12:00 pm

SUGGESTED DONATION: \$5/PERSON OR \$20/FAMILY
VENMO @ WESTFIELDGOYA, OR
CASH OR CHECKS PAYABLE TO HTGOC YHT AT THE DOOR

PLEASE RSVP SO WE CAN GET AN ESTIMATED HEADCOUNT:
<https://tinyurl.com/2023WestfieldShowcase>

Wednesday, March 22

Trinity Circle Bus Trip to St. Nicholas Greek Orthodox Church and National Shrine
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.

HTGOC Trinity Circle Bus Trip



SAINT NICHOLAS
GREEK ORTHODOX CHURCH
& NATIONAL SHRINE

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 Vithoulkas, 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 _____



Saturday, April 1

Holy Trinity Greek Orthodox Church of Westfield

Lenten Project

Volunteers Needed!

**Join us
in our
meal-packing
event!**

Support us:

- **Volunteer: Sign up @ Philoptochos Table**
- **Donate any amount to help offset costs**

<http://events.riseagainsthunger.org/HolyTrinity2023>

**Saturday, April 1, 2023
10-12pm**

**250 Gallows Hill Road
Westfield, NJ**



Rise
AGAINST HUNGER



**Scan this
code to open
our page!**

We need your help!

**For more information, please stop by Philoptochos table or
Kathy Maglaras at maglarask@yahoo.com**

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.

Sunday, March 12, is the last day to submit a personal and/or business ad. Please contact Alexandra Mavridis at [alexandra.mavridis@yahoo.com](mailto:alexandra.mavridis@yahoo.com)

**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 

