

# The Veneration of the Precious and Life-Giving Cross



## THE VENERATION OF THE HOLY CROSS

MARCH 19, 2023

Holy Trinity Greek Orthodox Church  
250 Gallows Hill Road, Westfield, New Jersey 07090  
908.233.8533     [www.holytrinitywestfield.org](http://www.holytrinitywestfield.org)

Rev. Fr. Peter Delvizi, Presiding Priest

On this the Third Sunday of Great Lent, we venerate the Precious and Life-Giving Cross. On the Nineteenth Day of the Month, we commemorate St. Chrysanthos and St. Daria the Holy Martyrs; St. Demetrios the New Martyr

Grave Tone Ηχος βαρύς

*Click links for Scripture Readings*

Seventh Morning Gospel:	<a href="#">St. John 20:1-10</a>	<a href="#">Ελληνικά</a>
Epistle Reading:	<a href="#">Hebrews 4:14-16; 5:1-6</a>	<a href="#">Ελληνικά</a>
Gospel Reading:	<a href="#">St. Mark 8:34-38; 9:1</a>	<a href="#">Ελληνικά</a>

**Apolytikion of the Resurrection:** “By Your Cross, O Lord, You destroyed death; to the thief You opened paradise. The myrrh-bearers’ sorrow You transformed into joy, and You sent Your apostles forth to proclaim that You had risen from the dead, Christ our God, bestowing on all the world Your great mercy.”

**Apolytikion of Sacred Cross:** “Save, O Lord, save Your people and bless Your inheritance. Give vict’ry to those who battle evil and protect us all by Your Holy Cross.”

**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!’”

### Veneration of the Holy Cross

The daffodils decorating the Holy Cross have been kindly donated by Paul G. Stappas in loving memory of his wife Angela Elaine Stappas†. Eternal be her memory.

### Altar Donations

Large Candles: in loving memory of Stavroula Grafas†



### Liturgical Schedule

Monday, March 20, Great Compline, 5:00 PM

Wednesday, March 22, Presanctified Liturgy, 6:30 PM; Theosis, 7:45 PM

Friday, March 24, Akathist Hymn with Great Vespers, 6:30 PM

Saturday, March 25, **The Annunciation**, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Sunday, March 26, Synaxis of Archangel Gabriel, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Tuesday, March 28, Lenten Vespers, 5:00 PM

## **Sunday of the Holy and Precious Cross**

“Today, the third Sunday of Lent, we celebrate the veneration of the precious and Life-Giving Cross, and for this reason inasmuch as in the forty days of fasting, in a way we crucify ourselves...and become bitter and despondent and failing.



“The Life-Giving Cross is presented to us for refreshment and assurance, for remembrance of our Lord's Passion, and for comfort.... We are like those following a long and cruel path, who become tired, see a beautiful tree with many leaves, sit in its shadow and rest for a while, and then, as if rejuvenated, continue their journey; likewise today,

in the time of fasting and difficult journey and effort, the Life-Giving Cross was planted in our midst by the holy fathers to give us rest and refreshment, to make us light and courageous for the remaining task....

“Or, to give another example: When a king is coming, at first his banner and symbols appear, then he himself comes glad and rejoicing about his victory and filling with joy those under him; likewise, our Lord Jesus Christ, who is about to show us His victory over death, and appear to us in the glory of the Resurrection Day, is sending us in advance His scepter, the royal symbol ~ the Life-Giving Cross ~ and it fills us with joy and makes us ready to meet, inasmuch as it is possible for us, the King Himself, and to render glory to His victory....

“All this in the midst of Lent which is like a bitter source because of its tears, because also of its efforts and despondency.... but Christ comforts us who are as it were in a desert until he shall lead us up to the spiritual Jerusalem by His Resurrection.... For the Cross is called the Tree of Life; it is the tree that was planted in Paradise, and for this reason our fathers have

planted it in the midst of Holy Lent, remembering both Adam's bliss and how he was deprived of it, remembering also that partaking of this Tree we no longer die but are kept alive...."  
(From the Synaxarion of the Third Sunday of the Great Fast)

*"Come, Adam and Eve, our first father and mother, who fell from the choir on high through the envy of the murderer of man, when of old with bitter pleasure ye tasted from the tree in Paradise. See, the Tree of the Cross, revered by all, draws near. Run with haste and embrace it joyfully, and cry out to it with faith: O Precious Cross, thou art our succor; partaking of thy fruit, we have gained incorruption; we are restored once more to Eden, and we have received great mercy."*

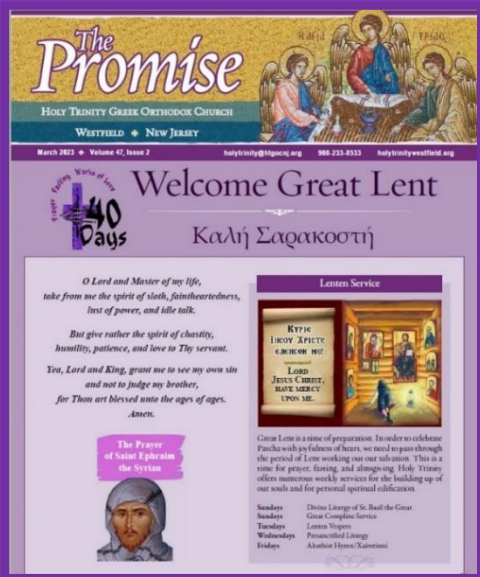
- Great Vespers of 3<sup>rd</sup> Sunday of Lent.

### 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.

### St. John Chrysostom Oratorical Festival – Today

Holy Trinity is hosting its annual St. John Chrysostom Parish Oratorical Festival today, 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.



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

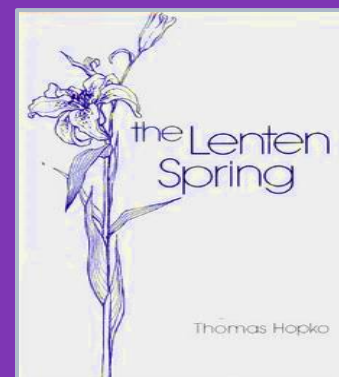
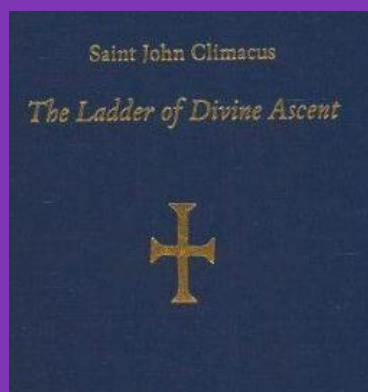
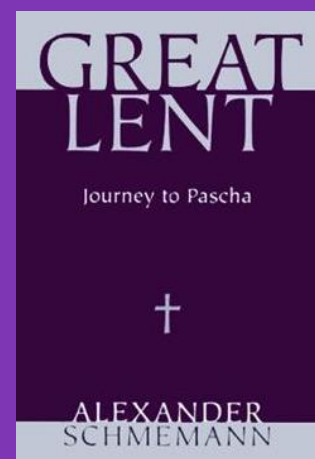
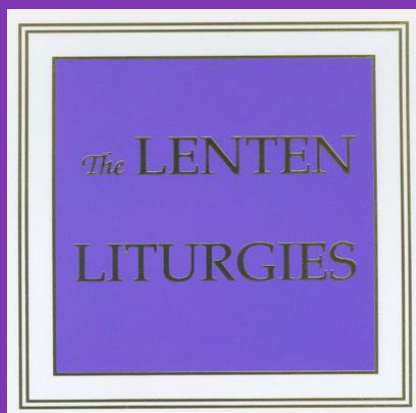
# Prayer Request



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, 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. Discussion topics are: March 22, “The Holy Trinity”; March 29, “Salvation belongs to God”; April 5, “The Cross, Tomb, and Resurrection”.

### 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.

### 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.

### 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](mailto:vcomprelli@gmail.com) or 612-801-8608 to sign up or to ask any questions.

### Prosporo Baking Class – Thursday, March 23

Women of Faith will be holding a Prosporo Baking Class on Thursday, March 23 from 10 AM -2 PM. A light Lenten lunch will be served and Fr. Peter will teach about the spiritual significance of the Prosporo or Offering Bread. 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](mailto:maglarask@yahoo.com)

### 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.



The form is titled "EASTER PALM CROSSES" and features a small illustration of a palm cross at the top. Below the title, it provides instructions for ordering, including a deadline of Sunday, March 26th, and a cost of \$11 per cross. It lists contact information for Marina LoAlbo, including her email and phone number. The form also specifies that orders should be picked up at the Fellowship Hour on Sunday, April 2nd. At the bottom, there are fields for the customer's name, telephone number, the number of crosses ordered, and the total cost, along with a section for payment method (Cash or Check).

**EASTER  
PALM CROSSES**

Place your order for Cemetery Palm  
Crosses by Sunday, March 26<sup>th</sup>  
Cost: \$11 each

Contact Trinity Circle / Marina LoAlbo  
[marinaloalbo@hotmail.com](mailto:marinaloalbo@hotmail.com)  
or call **908-272-4341**

Pick-up at Fellowship Hour on Sunday, April 2<sup>nd</sup>

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
# of Crosses \_\_\_\_\_ x \$11.00 each = Total \_\_\_\_\_  
Paid \_\_\_\_\_ Cash \_\_\_\_\_ Check \_\_\_\_\_

## 2023 Stewardship Campaign Update



Currently 307 Stewards have pledged \$413,338.

Thank you to the parishioners who submitted their pledge cards and stewardship gifts. As of March, we graciously received 307 pledges in the amount of \$413,338. Please remember to submit your pledge card which will help us meet our operating budget of \$885,000. Consider inviting family and friends to come to visit and worship with us. Sponsor a new steward and bring them into our Holy Trinity family.

Your gifts to date have allowed our Parish to achieve 47% of our budget and to support our annual Archdiocesan commitment, a gift to the Ecumenical Patriarch Bartholomew Foundation, and support our growing and vibrant ministries. Thank you!

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

	<b>HOLY TRINITY GREEK ORTHODOX CHURCH</b> 250 Gallows Hill Road, Westfield, NJ 07090 • Tel. (908) 233-8533 • www.HolyTrinityWestfield.org	<input type="text"/>
<i>“Giving Thanks: Eucharistic Stewardship”</i>		
<b>2023 CHRISTIAN STEWARDSHIP COMMITMENT CARD</b>		
<b>The operating expenses of our Church for the year 2023 are estimated to be \$885,000 (or an estimated \$2,200 per family).</b>		
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:		
<input type="checkbox"/> \$2,200 <input type="checkbox"/> \$3,000 <input type="checkbox"/> \$2,000 <input type="checkbox"/> \$1,000 <input type="checkbox"/> Young Adults (25-30) \$500 <input type="checkbox"/> Other \$ _____		
<small>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)</small>		
Name _____	Signature _____	Date _____
Spouse’s Name _____	Email Address _____	
Names of Dependents _____	Telephone Number (_____) _____	
_____	Cell Number (_____) _____	
Address _____	<div style="border: 1px solid black; padding: 5px;"><i>Please bring your Commitment Card to Stewardship Sunday Liturgy December 4, 2022</i></div>	
City _____ State _____ Zip _____		
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.		

### HTGOC Limited Seats Available to Parishioners \$75

St. Nicholas Greek Orthodox Church and National Shrine - March 22

On Wednesday, March 22, a bus will leave our Holy Trinity parking lot at 10 AM for a guided tour with Fr. Andreas Vithoulkas, presiding priest of St. Nicholas Shrine, followed by lunch at Skinos restaurant. The bus will return to Holy Trinity at approximately 4 PM. Please sign up with Cassandra Romas, 908-296-1586.

# Upcoming Parish Events

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 [maglaras@yahoo.com](mailto:maglaras@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

***30<sup>th</sup> 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

Thursday, April 27, 2023 at Brooklake Country Club, Florham Park, NJ. 5:30 PM Cocktails & Raffles; 7:30 PM Dinner & Fashion Show by Emily's Boutique, Staten Island, NY. Please stop by the Philoptochos Table during the Fellowship Hour to learn more about ARISE!, how you can help, and donate.

The deadline to donate toward gift raffle prizes is Wednesday, March 22. For more information contact Nina Anastasiou 908-283-3424 or Christina Colonias 917-825-5986.

### Pre-order "ARISE" Raffle Value Pak(s) and save on raffle tickets!

Limited quantities are available. Stop by the Philoptochos table during the Fellowship Hour for order forms or contact Ellen Manos at [ebmanos@yahoo.com](mailto:ebmanos@yahoo.com) by April 23. Contact the Event Chair, Kassandra Romas, at [kromas22409@gmail.com](mailto:kromas22409@gmail.com) or 908-296-1586.



**SAVE THE DATE**

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

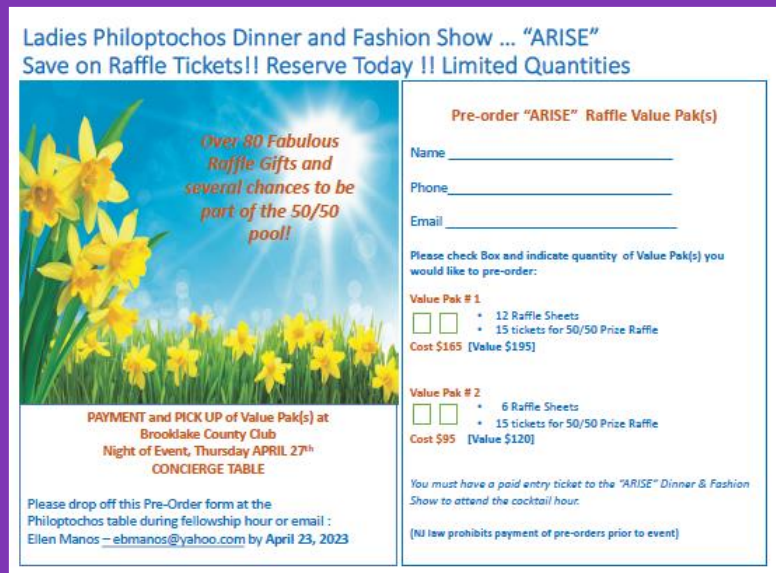
# "ARISE"

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 



Ladies Philoptochos Dinner and Fashion Show ... "ARISE"  
Save on Raffle Tickets!! Reserve Today !! Limited Quantities

*Over 80 Fabulous Raffle Gifts and several chances to be part of the 50/50 pool!*

**Pre-order "ARISE" Raffle Value Pak(s)**

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Email \_\_\_\_\_

Please check Box and indicate quantity of Value Pak(s) you would like to pre-order:

**Value Pak # 1**  
  \* 12 Raffle Sheets  
\* 15 tickets for 50/50 Prize Raffle  
Cost \$165 [Value \$195]

**Value Pak # 2**  
  \* 6 Raffle Sheets  
\* 15 tickets for 50/50 Prize Raffle  
Cost \$95 [Value \$120]

**PAYMENT and PICK UP of Value Pak(s) at Brooklake Country Club Night of Event, Thursday APRIL 27<sup>th</sup> CONCIERGE TABLE**

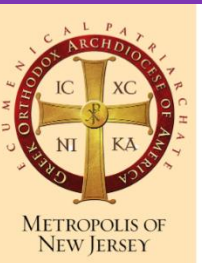
Please drop off this Pre-Order form at the Philoptochos table during fellowship hour or email : Ellen Manos – [ebmanos@yahoo.com](mailto:ebmanos@yahoo.com) by April 23, 2023

You must have a paid entry ticket to the "ARISE" Dinner & Fashion Show to attend the cocktail hour.  
(NJ law prohibits payment of pre-orders prior to event)

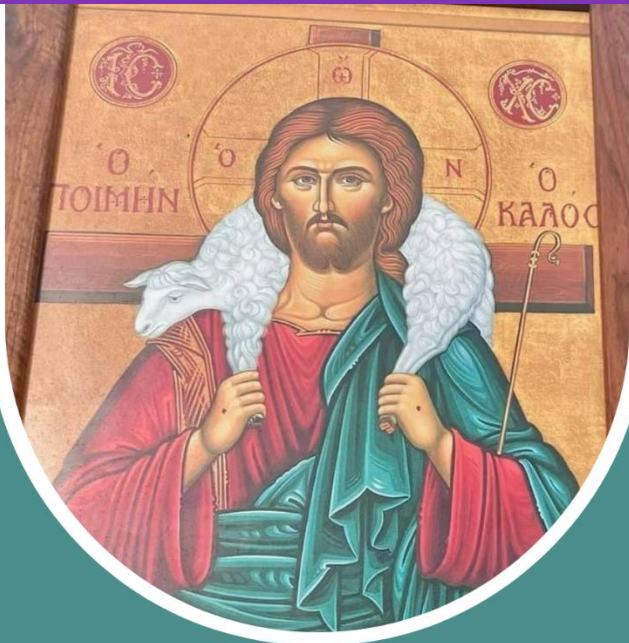
Thursday, July 16-22


# CAMP GOOD SHEPHERD

[Registration now open: Register here](#)





METROPOLIS OF  
NEW JERSEY







# CAMP GOOD SHEPHERD









**Register here**  
<http://app.campdoc.com/register/cgsn>

|                                                              |
|--------------------------------------------------------------|
| <b>Chesapeake (Maryland) July 3-7</b>                        |
| Ages 8-18<br>Location: Camp Wo-Me-To, Jarrettsville, MD      |
| <b>Virginia July 9-15</b>                                    |
| Ages 10-18<br>Location: Camp Piankatank, Hartfield, VA       |
| <b>New Jersey July 16-22</b>                                 |
| Ages 8-18<br>Location: Camp Linwood Macdonald, Sandyston, NJ |

More Information <https://www.nj.goarch.org/camp-good-shepherd>

