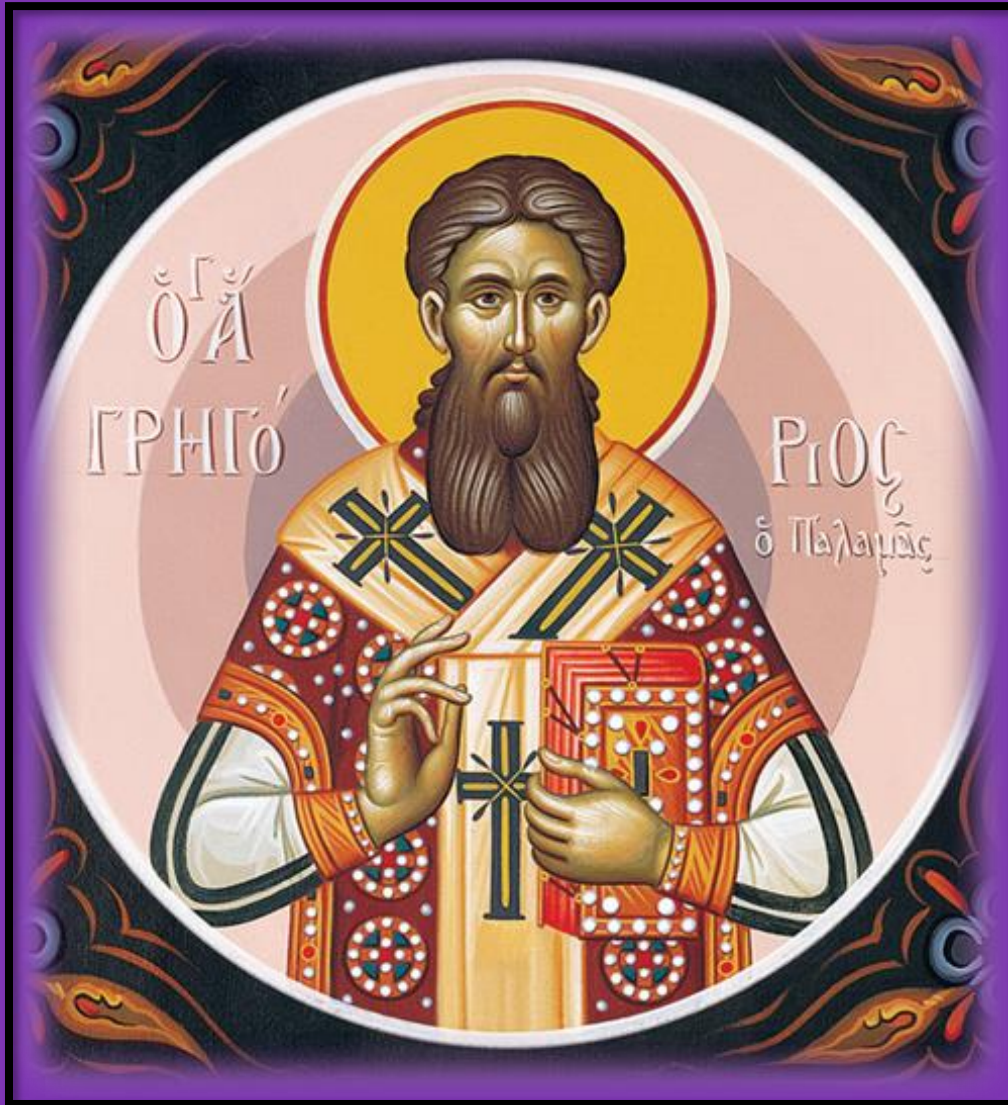


SECOND SUNDAY OF GREAT LENT



ST. GREGORY PALAMAS, ARCHBISHOP OF THESSALONIKI

MARCH 20, 2022

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
[Live streaming of services](#)



“The season of the Fast is one of gladness. In shining purity and unfeigned love, filled with the light of prayer and every virtue, with rejoicing let us cry aloud: Most Holy Cross of Christ, that has brought us life and joy, count us all worthy to venerate you with purity of hearts, and grant us forgiveness and great mercy.” – Tuesday Vespers of the 2nd Week

On the Second Sunday of Great Lent, we commemorate Our Holy Father St. Gregory Palamas, Archbishop of Thessaloniki. On the twentieth day of the month, we commemorate the Righteous Fathers of the Monastery of St. Savvas who were slain by Saracens; St. Myron the New Martyr of Crete.

Plagal of the Secone Tone Ηχος πλ. β΄

Click links for Scripture Readings

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: “When the angelic powers appeared at Your tomb and those who guarded You became as though dead, and standing by Your sepulcher was Mary seeking Your pure and sacred body. For You did vanquish Hades and uncorrupted by its touch You came unto the virgin woman bestowing the gift of life O You who rose from the dead. Lord we give 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 March 18: in memory of Elena Micu†

Altar Candles in memory of James Matthews†

Vigil Light: in memory of Stavros Constantinou†

Large Candles: in memory of Nikolas Agathis†

Sacraments and Rites

Liturgical Schedule

Monday, March 21, Great Compline, 5:00 PM

Wednesday, March 23, Presanctified Liturgy, 6:30 PM

Thursday, March 24, Great Vespers @ Jersey City, 6:00 PM

Friday, March 25, Annunciation, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Sunday, March 27, **Sunday of the Holy Cross**, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Memorials

Your prayers are requested this morning at the memorial service for Stavros Constantinou†, 40 days; James Matthews†, 1 year; and Nikolas Agathis†, 5 years. Eternal be their memories.

Eternal be their memories.

Constantinou†, 40 days; James Matthews†, 1 year; and Nikolas Agathis†, 5 years.

DOMINIC SECOND SUNDAY OF GREAT LENT, ST. GREGORY OF PALAMAS

A SECOND "TRIUMPH OF ORTHODOXY"

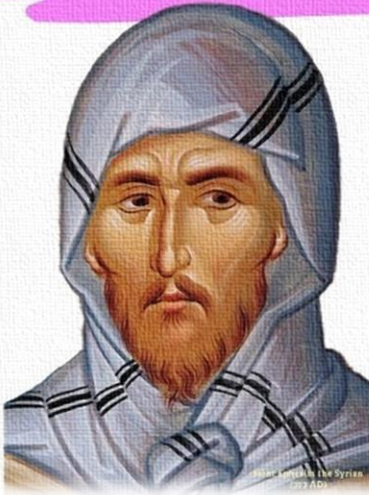
On the Second Sunday of the Great Fast, we remember St. Gregory Palamas, who is best known for his strict adherence to the monastic way of life and his devotion to contemplative prayer. The son of a prominent family, Gregory was born in Constantinople in 1296 A.D. At age 20, he abandoned a promising secular career to become a monk on Mt. Athos. It is said that he spent the next 20 years of his life as a hermit, spending 5 days a week in complete solitude, then joining his monastic brothers on weekends for Divine Liturgy and its accompanying services. In 1335 A.D., Gregory was called upon by his fellow monks to defend the spiritual lives that they were attempting to live.

A philosopher name Barlaam of Calabria attacked the spirituality of Hesychasm that they followed – a practice based on the constant recitation of the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me." Barlaam further maintained that their prayer life was a waste of time, for it could not bring them any closer to real knowledge of God. Addressing the accusations of Barlaam, Gregory drew a distinction between knowing God in His ESSENCE and knowing him in his ENERGIES or ACTIVITIES. It was the position of Palamas that we can best know God through the work of Jesus Christ.

He further asserted that through intense prayer, we can see the uncreated light of God that Peter, James and John experienced when they witnessed the Transfiguration. After years of debate and suffering persecution for his teachings, Gregory ultimately won the approval of the Church for his views. For this reason, the Sunday on which he is commemorated during Lent is commonly referred to as the "Second Triumph of Orthodoxy."

Gregory was eventually elected to serve as Archbishop of Thessaloniki in 1347 A.D. He died 12 years later, and was so revered by his flock that the Church declared him to be a saint in 1368 A.D. – only 9 years after his death.

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.*

Prayer Request

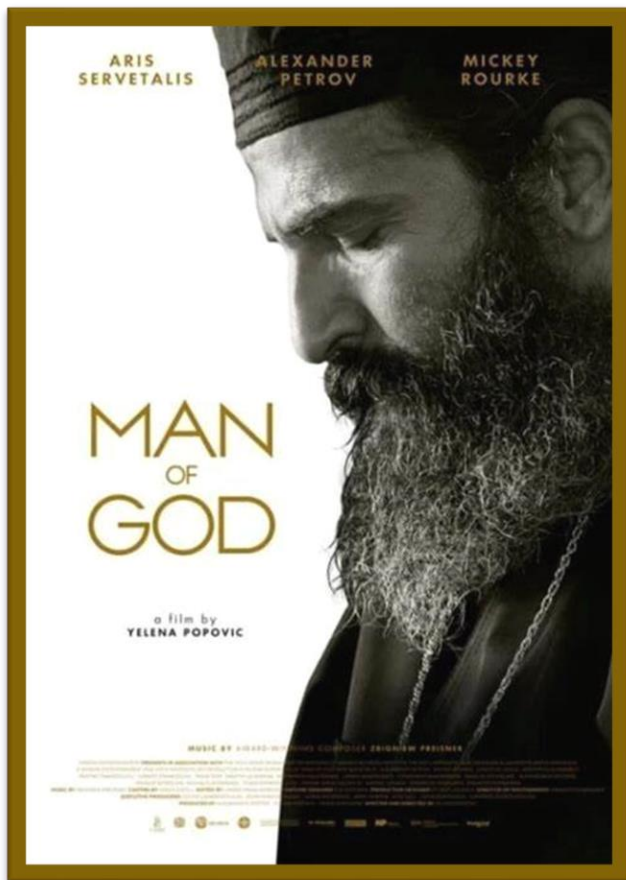


Thomas,
Andrea, Thomas, Alexandra, Ronald, Galina, Angela, Lubove, Despina, Maria, John, Paraskevi (Parri),
Dianna, Stephanie, Edward, Brian, Janeen, Cathy, James, Christine, Andrea, Molly, Anastasios,
Michael, Angela, Lauren, John, Effie, Stella, Guerline, Phyllis, Denise, Cloy, Mirka, Stamatia,
Theresa, 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, Vasilias, Hellen, Natalia, Angela, Katherine, Patricia, Lily,
Thomas, Brennan, Elvira, Bill, Alicia, Diane, Michael, Dorka, Stavroula, Maroulla

A Great Movie to fill you spiritually
during Lent!

“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](#)

Trinity Circle

Trinity Circle Annual Fundraiser - Cemetery Palm Cross Sale on Sunday April 3 - during Fellowship hour - \$11.00 ea. Kindly place your order with Marina LoAlbo at marinaloalbo@hotmail.com or call 908-272-4341. Tuesday, April 5 Lenten Luncheon/Meeting 11:00 AM - 2:00 PM, will be donated by Jasmine Mestanas in memory of her beloved sister Barbara Manos. May her memory be eternal.



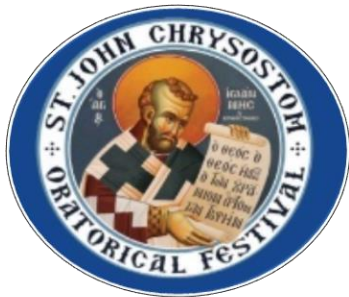
UKRAINE RELIEF FUND

goarch.org/ukraine

Holy Trinity donates \$2,500 to
Ukraine Relief Fund
Please help and donate today!

Help Support Ukraine Special Collection

In response to the tragic humanitarian crisis in Ukraine, and the immediate aid needed there, His Eminence Archbishop Elpidophoros of America announced a major fundraising effort to help those most affected by the Russian invasion of Ukraine. The Parish Council of Holy Trinity has committed to donate \$2,500 to this relief effort which is a collaboration with International Orthodox Christian Charities (IOCC). Your donation will be added to the parish amount airmarked for the Ukrainian Relief Fund. For more info visit: www.goarch.org/donate/ukraine



St. John Chrysostom Oratorical Festival – Sunday, March 20

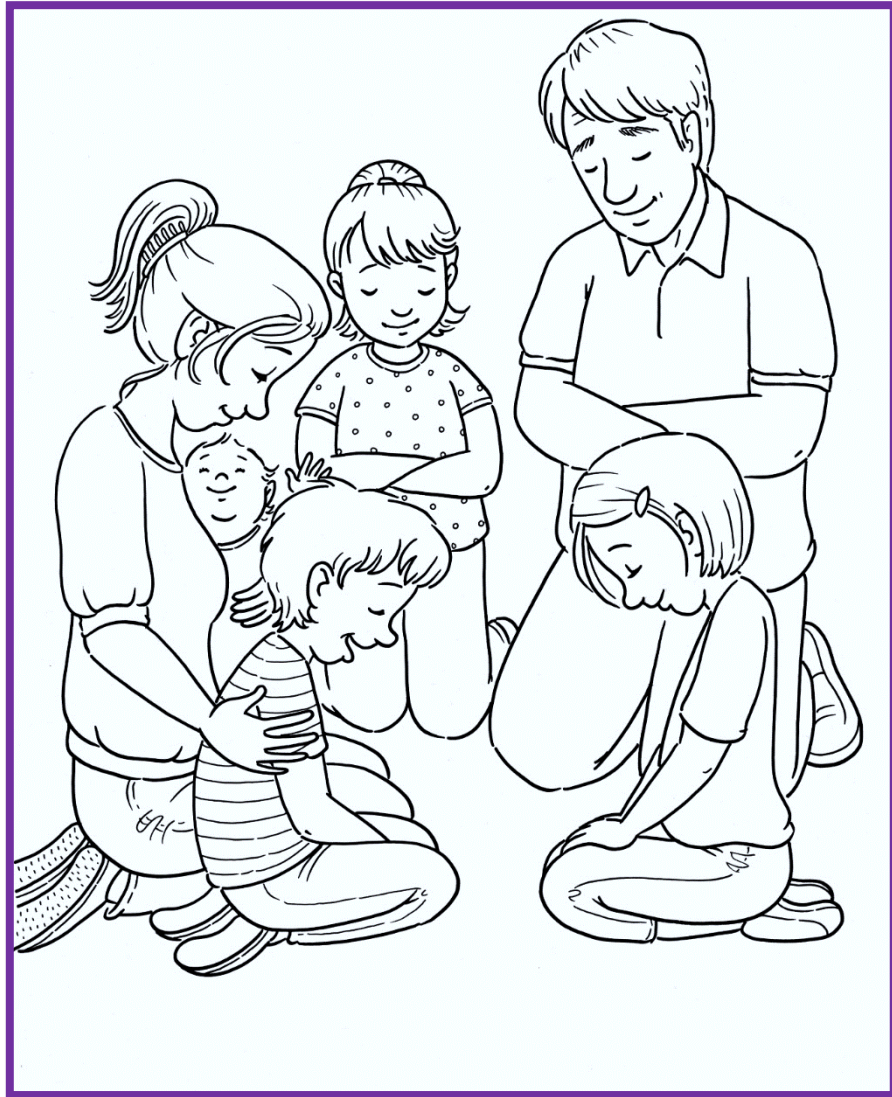
Holy Trinity hosts its annual St. John Chrysostom Parish Oratorical Festival after church services this Sunday. You are invited to attend to support and hear our youth and celebrate afterward with a lenten luncheon.



Blood Drive at Holy Trinity on Wednesday, March 16, helping to restock blood supply.

Remember to pray together as a family this Lenten Season

Blessed



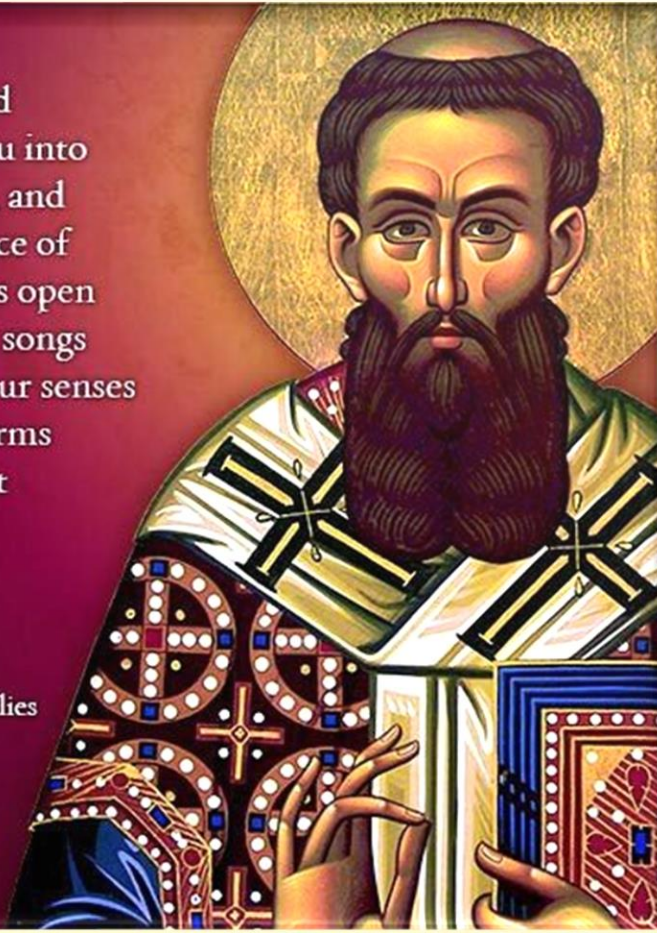
Lent

Ideas for families during Lent

- Pray the Jesus Prayer – “Lord, Jesus Christ, have mercy upon me a sinner.”
- Fill up your OCMC Lenten Coin Box – a good way to practice almsgiving.
- Fast from meat, (and dairy if you can)! Even if it’s a few days a week.
- Eat meals together and mention why we should be thankful for what we have.
- Make a special offering to the church. Bake prosphoro (altar offering-bread) and give it to Fr. Peter so it can be used during a Divine Liturgy. [Prosforo Orthodox Offering Bread Recipe \(thespruceeats.com\)](http://thespruceeats.com)

"If you abstain from food while your sight lures you into adultery, inquisitiveness, and malice in the hidden place of your soul, your hearing is open to insulting words, lewd songs and evil slanders, and your senses are open to whatever harms them, what is the benefit of fasting?"

p. 62, Homily 9,
St. Gregory Palamas: The Homilies



Philoptochos Bake Sale,
Sunday, April 10 and Sunday, April 17



Save-the-date for a Spring Fling - "BLOOM!" Tuesday, May 17, 2022. Brooklake Country Club, Florham Park, NJ. 6:00 PM Cocktails & Raffles; 7:00 PM Dinner & Fashion Show by Emily's Boutique, Staten Island, NY. Please stop by the Philoptochos Table to learn more about BLOOM!, how you can help, and pick up Ad Journal forms for business advertising, as well as personal ads for the special women in your life.

Lenten Coin Box Project 2022 For Parish and Sunday School

OCMC Coin Boxes have been distributed. Please 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 entire collected amount will be sent to the Orthodox Christian Mission Center (OCMC). Our 2022 Holy Trinity goal is to raise over \$1500 for the OCMC. Thank you for your prayers and generosity.

Β΄ Κυριακή των Νηστειών

Άγιος Γρηγόριος ο Παλαμάς Αρχιεπίσκοπος Θεσσαλονίκης, ο Θαυματουργός

Φωτός λαμπρόν κήρυκα νυν όντως μέγαν,
Πηγή φάους άδυτον άγει προς φέγγος.



Ο Άγιος Γρηγόριος ο Παλαμάς ήταν δεινός θεολόγος και διαπρεπέστατος ρήτορας και φιλόσοφος. Δεν γνωρίζουμε το χρόνο και τον τόπο της γέννησής του. (Ο Σ. Ευστρατιάδης όμως, στο αγιολόγιο του, αναφέρει ότι ο Άγιος Γρηγόριος γεννήθηκε το 1296 μ.Χ. στην Κωνσταντινούπολη, από τον Κωνσταντίνο τον Συγκλητικό και την ευσεβέστατη Καλλονή). Ξέρουμε όμως, ότι κατά το πρώτο μισό του 14ου αιώνα μ.Χ. ήταν στην αυτοκρατορική αυλή της Κωνσταντινούπολης, απ' όπου και αποσύρθηκε στο Άγιο Όρος χάρη ησυχότερης ζωής, και αφιερώθηκε στην ηθική του τελειοποίηση και σε διάφορες μελέτες.

Το 1335 μ.Χ. με τους δύο αποδεικτικούς λόγους του «Περί εκπορεύσεως του Αγίου Πνεύματος», ήλθε σε σύγκρουση με τον Βαρλαάμ τον Καλαβρό, ο οποίος δίδασκε πως ο

άνθρωπος δεν μπορεί να γνωρίσει το Θεό, κι ακόμα περισσότερο δεν μπορεί να ενωθεί μαζί Του. Κατά τα λεγόμενα του Βαρλαάμ, ο Θεός είναι «κλειστός στον εαυτό του» και δεν μπορεί να ενωθεί με τους ανθρώπους. Επομένως, οι «ησυχαστές», οι μοναχοί δηλαδή εκείνοι που έλεγαν ότι μπορεί ο άνθρωπος, αν έχει καθαρή καρδιά και αν συγκεντρωθεί στην «καρδιακή προσευχή» (το «Κύριε Ιησού Χριστέ, Υιέ Θεού, ελέησόν με»), να ενωθεί με το Θεό και να φωτισθεί και να δει το Άκτιστο φως, ασχέτως της μόρφωσής του, δεν ήταν Ορθόδοξοι αλλά «μεσσαλιανιστές» και «ομφαλόψυχοι». Μετά από αυτές τις τοποθετήσεις του Βαρλαάμ, ο Παλαμάς εγκαταστάθηκε στη Θεσσαλονίκη από όπου και άρχισε τον αγώνα «υπέρ των Ιερώς ησυχάζόντων», δηλ. αυτών που ασκούσαν τον ησυχασμό, συγγράφοντας μάλιστα και τους ομώνυμους λόγους του. Το ζητούμενο της πάλης αυτής ήταν κυρίως το μεθεκτικόν ή αμέθεκτον της θείας ουσίας. Ο Γρηγόριος, σπλισμένος με μεγάλη πολυμαθία και ισχυρή κριτική για θέματα αγίων Γραφών, διέκρινε μεταξύ θείας ουσίας αμεθέκτου και θείας ενεργείας μεθεκτής. Και αυτό το στήριξε σύμφωνα με το πνεύμα των Πατέρων και η Εκκλησία επικύρωσε την ερμηνεία του με τέσσερις Συνόδους. Στην τελευταία, που έγινε στην Κωνσταντινούπολη το 1351 μ.Χ., ήταν και ο ίδιος ο Παλαμάς. Αλλά ο Γρηγόριος έγραψε πολλά και διάφορα θεολογικά έργα, περίπου 60.

Αργότερα ο Πατριάρχης Ισίδωρος, τον εξέλεξε αρχικά επίσκοπο Θεσσαλονίκης. Λόγω όμως των τότε ζητημάτων, αποχώρησε πρόσκαιρα στη Λήμνο. Αλλά κατόπιν ανέλαβε τα καθήκοντα του. Πέθανε το 1360 μ.Χ. και τιμήθηκε αμέσως σαν Άγιος. Ο Πατριάρχης Φιλόθεος, έγραψε το 1376 μ.Χ. εγκωμιαστικό λόγο στο Γρηγόριο Παλαμά, μαζί και

ακολουθία και όρισε την εκκλησιαστική μνήμη του στη Β' Κυριακή της Μ. Τεσσαρακοστής.

Το τίμιο σώμα του, μετά από την εκταφή, υπήρξε άφθαρτο, δηλαδή δέν σάπισε, αλλά ευωδίαζε και θαυματουργούσε. Στους λατίνους όμως, τους υποτελείς του Πάπα, ήταν χονδρό αγκάθι η ενθύμιση του Αγίου και μάλιστα ολόσωμου. Γι αυτό πολλές φορές τον συκοφαντούσαν λέγοντας, πως για τα αμαρτήματά του έμεινε «άλυωτος», δέν δέχθηκε από απέχθεια η γη να τον διαλύσει «στα εξ ων συνετέθη»! Τον 19ο αιώνα μ.Χ. ο ναός του Αγίου καταστράφηκε από φωτιά και το τίμιο σκήνωμά του κήκε αφήνοντας μόνον τα οστά ανέπαφα!

Τόσο γινάτι κράτησαν οι καθολικοί που όταν τυπώνονταν οι εκκλησιαστικές μας ακολουθίες στην Βενετία - κατά τους χρόνους της τουρκοκρατίας - ο Δόγης έδινε την άδειά του για την έκδοση, μόνον εφόσον δέν υπήρχε σχετική αναφορά στον Άγιο. Έτσι για αρκετά χρόνια που κυκλοφορούσαν τα έντυπα από την Βενετία, η γιορτή του είχε σχεδόν ξεχαστεί. Περί τα μέσα και τέλη του 20ου αιώνα, επανήλθε η μνήμη των ενδόξων αγώνων του και έλαβε την πρέπουσα θέση στον χώρο των Ορθόδοξων ναών.

