

THIRD SUNDAY OF GREAT LENT



THE VENERATION OF THE HOLY CROSS

MARCH 27, 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



“Lord, who by Your Cross did slay the Deceiver, deliver me from his delusions, for I have sinned and been beguiled. Cleanse me by the Fast and grant me to do Your will, O Master, that I may look with joy upon Your Holy Passion.” – Tuesday Vespers of the 3rd Week

On the Third Sunday of Great Lent, we venerate the Holy and Precious Cross of our Saviour. On the twenty-seventh day of the month, we commemorate the Holy Martyr St. Matrona of Thessaloniki; Our Righteous Father St. Paul, Bishop of Corinth; Our Righteous Father St. Kyricos of Apros; The Holy Martyrs St. John and St. Baruchios

Baris Tone Ηχος βαρυς

Click links for Scripture Readings

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| Morning Gospel: | St. John 20:1-9 | Ελληνικά |
| Epistle Reading: | Hebrews 4:14-16; 5:1-6 | Ελληνικά |
| Gospel Reading: | St. Mark 8:34-38; 9:1 | Ελληνικά |

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!’”

Altar Donations

Altar Candles: in memory of Andrew G. Andrews†

Vigil Light: for the innocent people of Ukraine and Russia†

Large Candles: in memory of Pericles Gianakis†

Sacraments and Rites

Lenten Liturgical Schedule

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

Friday, April 1, Akathist Hymn, 6:30 PM

Sunday, April 3, St. John Climacus, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Monday, April 4, St. Theonas, Archbishop of Thessaloniki,
Presanctified Liturgy, 9:00 AM

Wednesday, April 6, Presanctified Liturgy, 6:30 PM

Friday, April 8, Akathist Hymn, 6:30 PM

Sunday, April 10, St. Mary of Egypt, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Funeral: On Tuesday, March 22, the funeral for Demetra (Demi) Chergotis† was held. Eternal be her memory.

40-Day Blessings: Today the churching of Luke James, son of Alyssa and Paul Salvesen, will be celebrated. Also today the churching of Athanasios Brady, son of Ariana and Blake Anderson, will be celebrated.

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THIRD SUNDAY OF GREAT LENT

THE VENERATION OF THE PRECIOUS AND LIFEGIVING CROSS

Angels from heaven invisibly circle the life-bringing Cross in fear; and seeing it now brilliantly shed light-bestowing grace upon the faithful, amazed they stand and cry to it such words as these:

Rejoice, O Cross, guardian of the world. Rejoice, the glory of the Church

Rejoice, thou that dost bountifully gush forth with healings.

Rejoice, thou that dost enlighten the ends of the earth.

Rejoice, wood fragrant with life, and treasury of wonders.

Rejoice, fitly-joined, thrice blessed, and bestower of graces.

Rejoice, for thou art the divine footstool.

Rejoice, for thou wast ordained for the worship of all.

Rejoice, bowl of nectar, full to the brim. Rejoice, torch of the radiance above.

Rejoice, thou through whom the creation is blessed.

Rejoice, thou through whom the Creator is worshipped.

Knowing knowledge knowable to none, the Queen [St. Helen] called out to her attendants: From the bowels of the earth, hasten with speed to discover and give me the Cross; to which, when she saw it, she spake in fear, yet crying thusly:

Rejoice, the sign of veritable joy. Rejoice, redemption from the ancient curse.

Rejoice, treasure in the earth, by envy hidden.

Rejoice, that didst appear in the stars as a sign.

Rejoice, four-rayed-beaconing and fire-like Cross.

Rejoice, ladder set on high, foreseen once of old.

Rejoice, thou tranquil-appearing wonder of Angels.

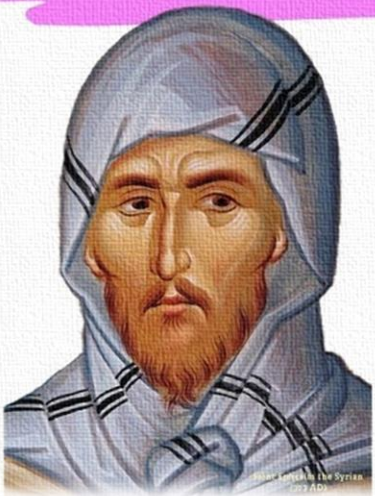
Rejoice, thou greatly-bemoaned wounding of demons.

Rejoice, welcome relic of the Word. Rejoice, quencher of deception's fire.

Rejoice, O Cross, protector of helpless. Rejoice, thou the stern trainer of the victors.

REJOICE, O WOOD MOST BLESSED!

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.*

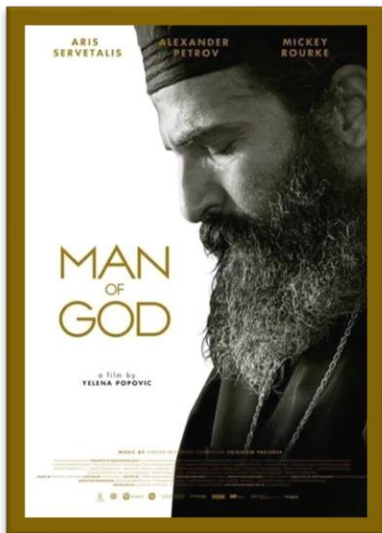
Prayer Request



Dianna, 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

“Man of God”

the 2021 critically acclaimed movie about the life of
St. Nektarios of Aegina



TICKETS TO SUNDAY'S VIEWING ARE AVAILABLE IN THE BOURAS CENTER AFTER LITURGY ON SUNDAY, MARCH 25.

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

*** Please be seated by 1:30 PM**

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](#)



**UKRAINE
RELIEF FUND**
goarch.org/ukraine

Helping to Support Ukraine

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. With your generosity, Holy Trinity will donate over \$4,000 to the Ukrainian Relief Effort. For more info visit: www.goarch.org/donate/ukraine

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.

Philoptochos Bake Sale,

Sunday, April 10 and Sunday, April 17

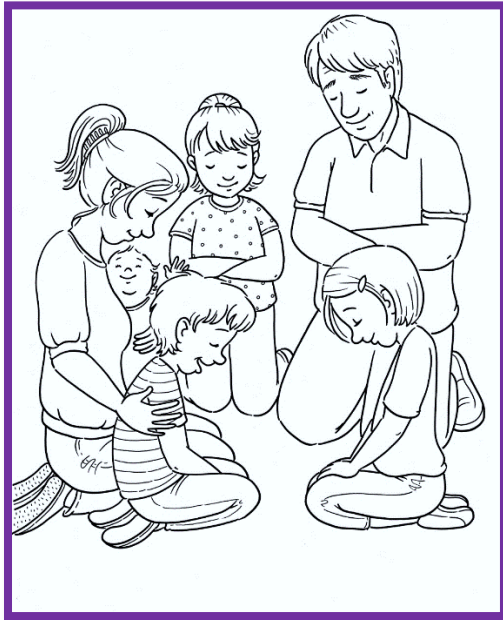


Save-the-date for a Spring Fling - "BLOOM!" Tuesday, May 17, 2022. Brooklake Country Club, Florham Park, NJ. 6:00 PM Cocktails & Raffles; 7:00 PM Dinner & Fashion Show by Emily's Boutique, Staten Island, NY. Please stop by the Philoptochos Table to learn more about BLOOM!, how you can help, and pick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

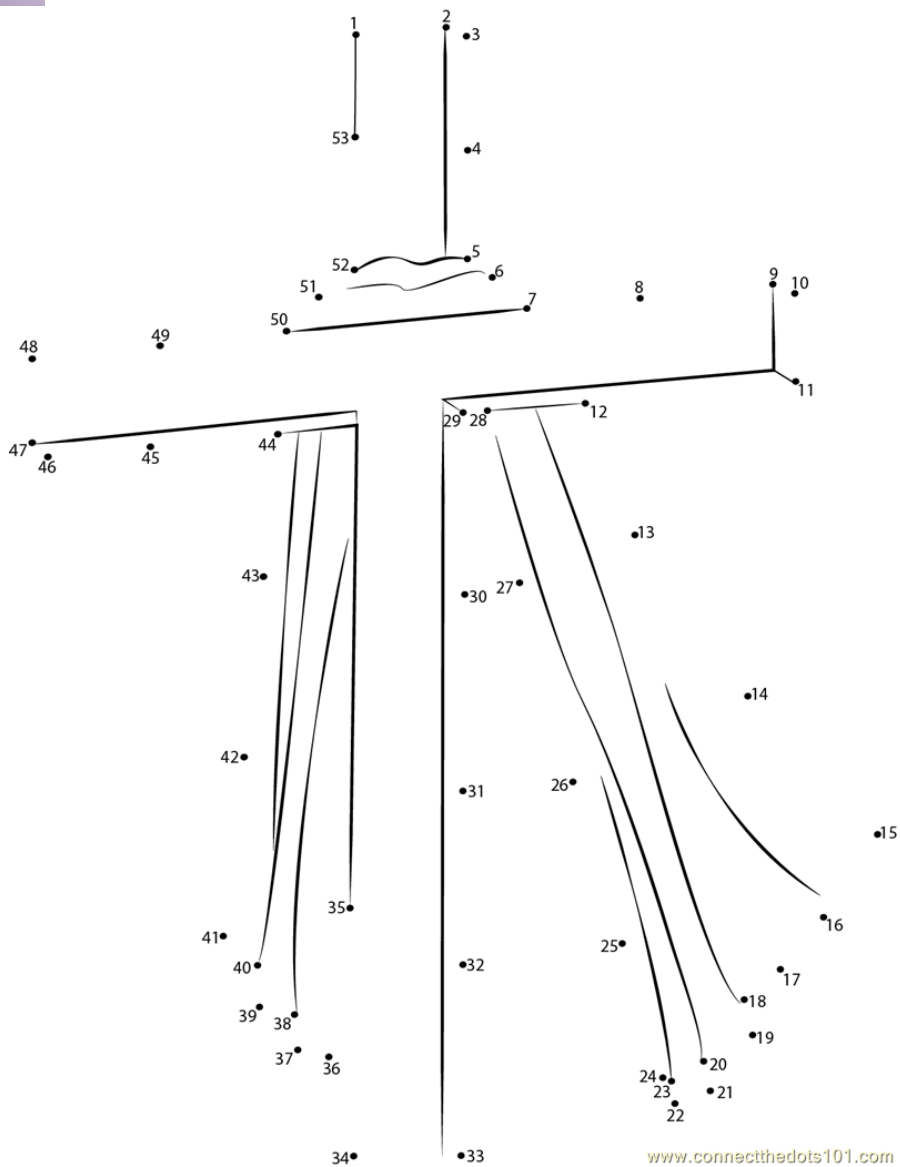
Lenten Coin Box Project 2022 For Parish and Sunday School

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.

Blessed

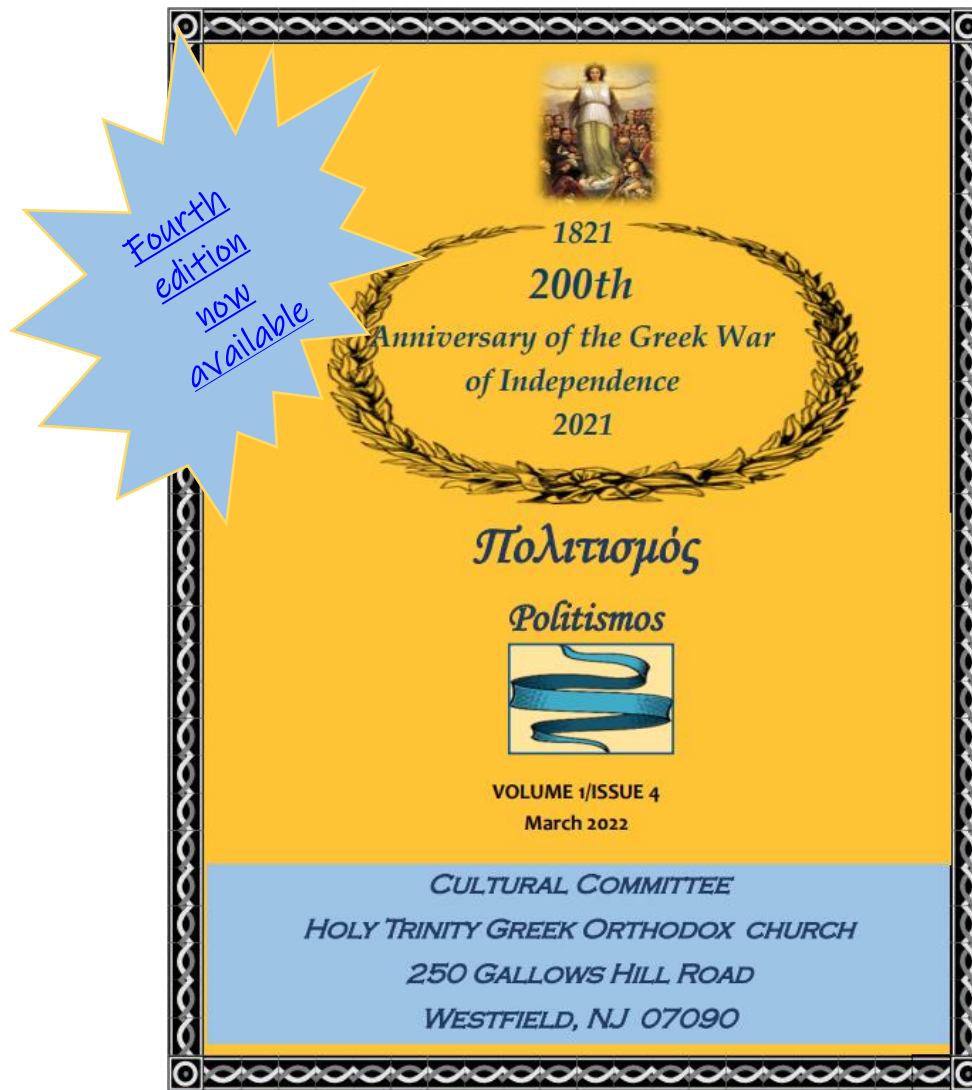


Lent



Connect the Numbers to see how Jesus love's us.

www.connectthedots101.com



Click to view the newsletter

[Politismos](#)



Holy Trinity Cultural Committee is happy to announce the publication of the fourth edition of Politismos, a newsletter commemorating the bicentennial of the 1821 Greek War of Independence. This beautiful and informative newsletter is the collaborative work of the Cultural Committee of Holy Trinity. This special edition, released during the celebration of Evangelismos or the Annunciation on March 25 is dedicated to all heroines who declare independence from tyranny and oppression.

Trinity Circle

Raffle drawing today—Oil painting 'Praying' to help Capital Fund Campaign. Purchase your raffle ticket, 1 for \$5 or 5 for \$20.

Trinity Circle Annual Fundraiser - Cemetery Palm Cross Sale on Sunday, April 3 during Fellowship hour - \$11.00 ea. Pre-order with Marina LoAlbo marinaloalbo@hotmail.com or call 908-272-4341.

Thank you

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.

Greek School Independence Day program will be held Tuesday, March 29, 4:00 PM

HOLY TRINITY GREEK SCHOOL PTO TSOUREKI FUNDRAISER

COST \$10 EACH



**PLEASE RETURN COMPLETED PRE-ORDER FORM WITH PAYMENT TO YOUR CHILDS
GREEK SCHOOL TEACHER OR TO PENNI MALAKATES / SOULA CAMPBELL
NO LATER THAN THURSDAY, APRIL 7**

PRE-ORDERS ARE TO BE PICKED UP ON SUNDAY, APRIL 17TH (PALM SUNDAY)

FAMILY NAME: _____

EMAIL: _____

QUANTITY WITH RED EGG: _____

QUANTITY WITHOUT RED EGG: _____

TOTAL QUANTITY: _____

TOTAL AMOUNT ENCLOSED: _____

(PAYABLE BY CASH OR CHECK MADE OUT TO: HOLY TRINITY GREEK SCHOOL PTO)

TSOUREKIA TO BE SUPPLIED BY VICTORY BAKERY IN ASTORIA, NEW YORK

Γ' Κυριακή των Νηστειών - της Σταυροπροσκυνήσεως



Η άσκηση των αρετών δεν είναι εύκολη υπόθεση. Πέρα από την προσωπική ισχυρή θέληση, είναι απαραίτητη και η αγιαστική δύναμη της Εκκλησίας μας. Έτσι οι άγιοι Πατέρες όρισαν, καταμεσής της αγίας Τεσσαρακοστής να προσκυνείται ο Τίμιος Σταυρός του Κυρίου, για να λαμβάνουμε οι πιστοί από αυτόν χάρη και δύναμη για να συνεχίσουμε με σθένος τον πνευματικό μας αγώνα.

Ο Σταυρός του Χριστού είναι το καύχημα της Εκκλησίας μας και το αήττητο όπλο κατά των δυνάμεων του κακού. Πάνω σε αυτόν συντρίφτηκε το κράτος του διαβόλου και εκμηδενίστηκε η δύναμή του. Από αυτόν πήγασε η απολύτρωση και η αθανασία στο ανθρώπινο γένος. Η Εκκλησία μας ψάλλει θριαμβευτικά: «Κύριε όπλον κατά του διαβόλου τον Σταυρόν Σου ημίν δέδωκας , φρίττει γαρ και τρέμει, μη φέρων καθοράν αυτού την δύναμιν »

και «Νυν εμφανιζόμενος ο Σταυρός, δύναμιν παρέχη εν τω μέσω των νηστειών, τοις το θεϊόν σκάμμα, ανύουσι προθύμως ' αυτόν μετ' ευάβειας , κατασπαζόμεθα ».

Από φονικό και έχθιστο μέσον εκτέλεσης κακούργων μεταβλήθηκε σε μέσον αγιασμού και νοητή ασπίδα προστασίας από τις επιβουλές του Εωσφόρου και των σκοτεινών πεσόντων αγγέλων του. Άλλοι τον παρομοιάζουν με ισχυρό κυματοθραύστη κατά των κλυδωνισμών της ζωής, που προκαλεί το κακό και η αμαρτία. Η σωματική κόπωση της νηστείας και η ψυχική νωχέλεια του πνευματικού αγώνα είναι δυο βασικοί παράγοντες, οι οποίοι μπορούν να αναστείλουν τη νηπτική πορεία του πιστού. Η αγιαστική δύναμη του Σταυρού είναι το αντίδοτο σ' αυτή την κατάσταση.

Ο Σταυρός του Χριστού, εκτός από θείο σύμβολο της Εκκλησίας μας, έχει και ηθική σημασία για τον κάθε πιστό. Όπως ο Κύριος έφερε το δικό Του Σταυρό στο Γολγοθά, φορτωμένος τις ανομίες ολοκλήρου του ανθρωπίνου γένους, έτσι και ο πιστός του Χριστού, φέρει αυτός τον προσωπικό του σταυρό, τον αγώνα για σωτηρία και τελείωση. Ο δρόμος για τη σωτηρία είναι πραγματικός Γολγοθάς και απαιτεί αυταπάρνηση σε όσους τον ανεβαίνουν. Το βεβαίωσε ο Κύριος: « όστις θέλει οπίσω μου ακολουθείν , απαρνησάσθω ευατόν και αράτω τον σταυρόν αυτού και ακολουθήτω μοι » (Μαρκ.8,34). Η αγία περίοδος του Τριωδίου είναι κατ' εξοχήν σταυρική πορεία και νοητή σταύρωση των παθών μας.

Γι' αυτό η αγία μας Εκκλησία αφιέρωσε την Κυριακή αυτή στην προσκύνηση του Τιμίου Σταυρού. Οι πιστοί αντλώντας χάρη από αυτόν, δυναμωμένοι πια και ανανεωμένοι, αντιπαρερχόμεστε τα εμπόδια που στήνει ο πονηρός και βαδίζουμε την ουρανοδρόμο ατραπό με οδηγό τη χαρά και τη λαχτάρα να συναντήσουμε τον αναστάντα Κύριό μας Ιησού Χριστό την αγία και λαμπροφόρο η ημέρα της εγέρσεώς Του.

**ΚΥΡΙΕ
ΙΗΣΟΥ ΧΡΙΣΤΕ
ΕΛΗΣΟΝ ΜΕ!**

**ΓΕΝΗΘΩ,
ΤΟ ΘΕΛΗΜΑ ΣΟΥ
ΚΥΡΙΕ!**

