

Fourth Sunday of Great Lent



St. Theonas, Archbishop of Thessaloniki

March 30, 2025

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

908.233.8533 www.holytrinitywestfield.org

Live streaming services

Rev. Fr. Peter Delvizi, Parish Priest

Today we commemorate our Righteous Father St. John Climacus, Author of the Ladder of Divine Ascent; Our Holy Father St. Theonas, Archbishop of Thessaloniki; Sts. Sosthenes, Apollos, Cephas, Caesar, and Epaphroditos, the Apostles of the Seventy

Grave Tone

Ἦχος Βαρύς

| | | |
|------------------|----------------------------------|--------------------------|
| Morning Gospel: | St. John 20:1-10 | Ελληνικά |
| Epistle Reading: | Hebrews 6:13-20 | Ελληνικά |
| Gospel Reading: | St. Mark 9:17-31 | Ελληνικά |

Resurrectional Apolytikion: “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 St. John: “With the rivers of your tears, you have made the barren desert fertile. Through sighs of sorrow from deep within you, your labors have borne fruit a hundred-fold. By your miracles you have become a light, shining upon the world. O John, our Holy Father, pray to Christ our God, to save our souls.”

Apolytikion of St. Theonas: “Guide of Orthodoxy, teacher of piety and modesty, the beauty of monastics, the ornament of hierarch, O venerable Father Theonas. The boast of Thessaloniki, the lyre of the Spirit, entreat that our souls may be saved.”

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!’”

Liturgical Schedule

Tuesday, April 1, Great Compline, 5:00 PM

Wednesday, April 2, Presanctified Liturgy, 6:30 PM; Theosis, 8:00 PM

Friday, April 4, **St. Theonas of Thessaloniki**, Presanctified Liturgy, 9:00 AM

Friday, April 4, Akathist Hymn, 6:30 PM

Sunday, April 6, **St. Mary of Egypt**, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Tuesday, April 8, Lenten Vespers, 5:00 PM

Wednesday, April 9, Presanctified Liturgy, 6:30 PM; Theosis, 8:00 PM

Saturday, April 12, Saturday of Lazarus, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Altar Donations

Altar Candles: In memory of Agnes and Nicholas Baboukis†

Vigil Light: In memory of James (Demetrios) and John (Ioanis) Baboukis†

Large Candles: In memory of George Constantinou†

Sacraments and Rites

Memorials: Your prayers are requested **Sunday** morning at the memorial services for James (Demetrios), 5 years, and John (Ioanis), 3 months, Baboukis†. Eternal be their memories.

Baptisms: On Saturday, March 29, the baptism of Leo Constantin Cojocar, the son of Razvan and Ioana Cojocar, was celebrated. The Godparents are Carla and Max Caponegro. Also the baptism of Socrates (Cyril) Vasilatis Tzatzev, the son of Aleksis and Ariane Vasilatis, was celebrated. The Godmother is Antigone Zourzoukis.

Welcome Visitors

The parish of Holy Trinity welcomes those visiting our community. We are pleased that you have chosen to worship with us. If you are looking for a spiritual home, we hope that you consider becoming part of our 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 Hour. Subscribe to Holy Trinity weekly emails providing news updates and announcements. Request at: HolyTrinity@htgocnj.org

OCMC Coin Boxes – Return next Sunday

The OCMC Coin Boxes that were distributed to the entire parish at the beginning of lent will be collected next Sunday, April 6. All money raised will help fund the Orthodox Christian Mission Center (OCMC).

Subscribe to Holy Trinity weekly emails providing news updates and announcements. Request at: HolyTrinity@htgocnj.org

Greek Independence Day Parade – Today

The Greek Independence Day Parade will be held in New York today. Line up starts at Battalion number 54, located on 64th St. between Park and 5th Ave., New York City.

Theosis Program – Bible Study – Wednesday Evenings During Lent

The Screwtape Letters – join by Zoom

After the Wednesday night Liturgy of the Presanctified Gifts, you are invited to attend the Theosis Program in Room 101 or by Zoom. This year *The Screwtape Letters* by C.S. Lewis will be read. It is now on sale in the parish bookstore. This book is a satirical novel presenting a series of letters from the demon Screwtape to an apprentice imp. It provides insights into demonic strategies to corrupt and damn the human soul. During Lent, Orthodox Christians seek to overcome temptations and personal inadequacies that the devil playfully uses against us. *Class will begin between 7:50 and 8:05 PM (after service).*

ZOOM Login - Join the discussion of *The Screwtape Letters* by logging onto **ZOOM.us**
Meeting ID – 846 9216 1519 (start time between 7:50 – 8:05 PM)

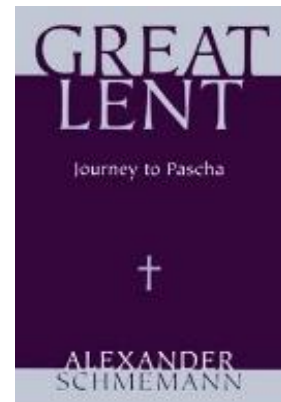
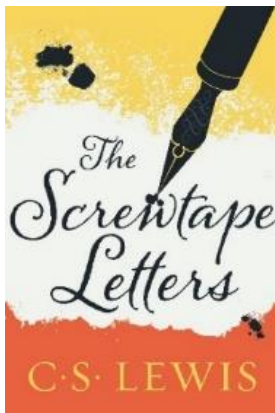
Readings – April 2 (Letters 20 – 25); April 9 (Letters 26 - 31)

Bookstore - New Lenten Items

The bookstore now carries a variety of incense and charcoal to use for daily devotionals at home. Please check out these new items and books that help us understand Great Lent. Also, Holy Week books are now on sale.

Suggested Lenten Readings

Here are a couple of amazing and spiritually uplifting books to read during Great Lent. Both “The Screwtape Letters” and “Great Lent” are books that give the reader insight into Lent and the subtle suggestions used by the devil to slip us up. These, and other titles, are available at the Holy Trinity Bookstore.



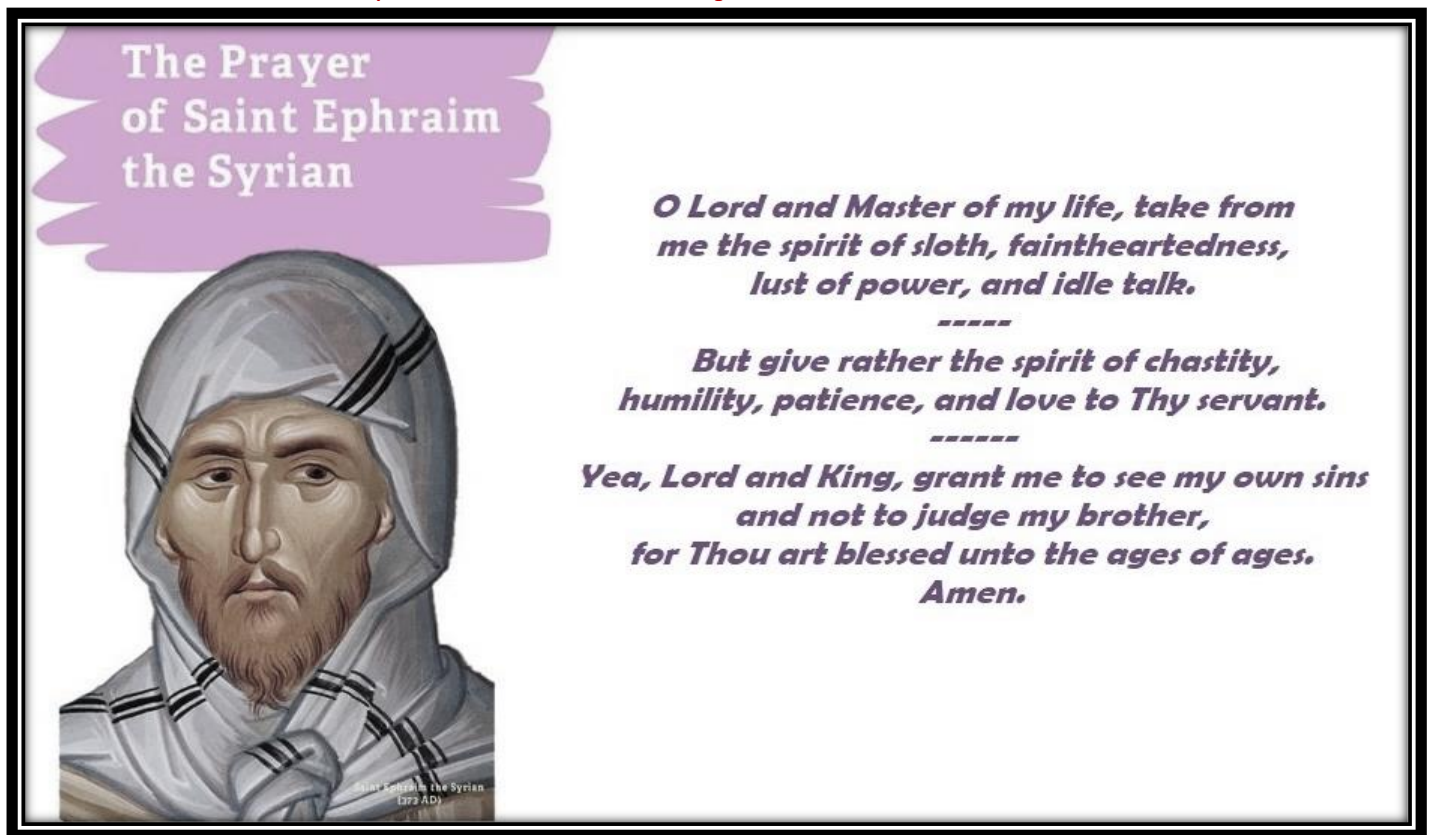
Religious Education – Teachers and Substitutes

Are you interested in learning more about our Orthodox faith while helping our children? We are looking for Assistant Religious Education Teachers and Substitutes! You do not need to be an experienced teacher or an expert in Orthodoxy. Curriculums are available!

We will be hosting an in-person meeting on Sunday, April 6, Room 101, after all classes are done at 12 PM. If you are interested, please contact Pete Markos at pmarkos307@gmail.com

The Prayer of St. Ephraim the Syrian

This quintessential Lenten prayer is said every day throughout Great Lent. Incorporate this prayer into your own daily Lenten devotions. It is simple and allows us to become more aware of our Lord and the many virtues we need to acquire and the vices that need to end.



**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.*

Saint Ephraim the Syrian
373 AD

Please help - Palm Cross Preparation

Please join us in the Bouras Center on Saturday, April 12 to help tie Palm Crosses for Palm Sunday distribution. The process will begin immediately after the Divine Liturgy on Saturday of Lazarus. No experience is necessary. Your Stewardship and Fellowship are important components helping to make Holy Week special.



YOU CAN HELP!

Cemetery Palm Cross Sale

Place your order for Cemetery Palm Crosses with Marina LoAlbo, 908-272-4341. Pick up on Sunday, April 6, during Fellowship Hour.

Prayer Request



Tatanya, Robert, Elizabeth, George, Nicholas, Alexander, Vasilios, Danny, Bill, Lou, Foula, Eupraxia, Chris, Arlene, John, Ted, William, Theodora, Michael, Gioula, Nicholas, Hellen, Luba, Kevin, Janice, Elaine, Patty, Cynthia, Nicholas, Blace, Christos, Thomas, Rich, Robert, Lea, Mary, Mason, George, Chloe, Yolanda, Luke, George, Maria, Alexander, Athena, Demetra, Stavroula, Harry, Kathy, Jennifer, Pamela, John, Helen, Chris, Niko, Vicky, Dino, Stephanie, James, John, Theodora, Novlet, Chrysavgi, Alexandra, Sue, Marilyn, David, Basil, Laura, Marylee, Adina, Nicholas, Constantine, Molly, Leonedas, David, Elizabeth, Tara, Lambros

Our Holy Father St. Theonas, Archbishop of Thessaloniki Fourth Sunday of Great Lent (March 30) and April 4

Relics of holy men and women are kept in the altar table of every church. In the altar table at Holy Trinity, three glorious saints of God are deposited - St. Theonas, Archbishop of Thessaloniki (April 4); St. Anastasia the Pharmakolitria (Dec. 22); and St. Theodore the General (Feb. 8). God has blessed us with the presence of these saints. They are with us at every divine service, interceding for the salvation of our souls. It is good and proper, therefore, to know about them and to honor their holy exploits.

St. Theonas is honored by the Church on April 4. Additionally, at the Monastery of St. Anastasia the Pharmakolitria (a monastery established by St. Theonas), his memory is celebrated also on the Fourth Sunday of Great Lent.

Saint Theonas was probably born in the second half of the 15th century. We know nothing about his life before he went to Mount Athos. At first he lived as an ascetic in the Pantokratoros Monastery, where he was ordained a Priest. Then he joined the brotherhood of St. Iakovos the Neomartyr, who lived as a monk above Iveron Monastery, in the Skete of the Honorable Forerunner. Around 1518 Saint Iakovos and his brotherhood of six monks, among whom was Theonas, fled to the interior of Mount Athos. After a vision appeared to the Elder, they departed Mount Athos.

St. Theonas was the most faithful and best disciple of St. Iakovos. Their uninterrupted spiritual work among the Christians was brilliant. They were shining examples of love and piety. After the death of St. Iakovos, Theonas became abbot of the Monastery of St. Anastasia the Pharmakolitria, according to various sources, until 1535. His ascent to the hierarchical throne of Thessaloniki must have taken place around that time, because the Metropolitan of

Thessaloniki was Joasaph until 1535, and in a document from 1538 St. Theonas is referred to as the Metropolitan of Thessaloniki.

St. Theonas was not the Metropolitan of Thessaloniki for many years. Documents from May of 1541 refer to him as the Metropolitan of Thessaloniki, while in April of 1542 he is referred to as having reposed. Therefore, he probably reposed in the Lord in 1541. The sacred relic of St. Theonas, immediately after his repose, was translated in a miraculous way to the Monastery of St. Anastasia the Pharmakolitra. In 1821 it was brought to Skopelos, and from there to Esphigmenou Monastery at Mount Athos, and then was again brought to the Monastery of St. Anastasia, where it is reverently kept today and has been preserved incorrupt. In honor of St. Theonas, a presanctified liturgy will be held on his feast day this Friday, April 4.

Stewardship Update

We are deeply appreciative of the 307 Stewards who have pledged their gifts as we work toward our 2025 budget goal of \$600,000. Our devotion and service to God and His Church are crucial to maintaining our spiritual home and continued support of our growing and vibrant ministries. If you haven't pledged yet, we invite you to join us! The suggested commitment is \$2,200 per steward and \$500 for young adults. Commitment cards are available at the Pangari and can be completed today! To complete your pledge online, visit the church website www.HolyTrinityWestfield.org, click on Online Giving, Stewardship. To those who have already submitted a 2025 Stewardship Commitment, thank you for your generosity and dedication to our parish!

Greek School Tsoureki Sale – Order Sunday, March 30

Greek School PTO is helping families prepare for Easter with their annual Tsoureki Sale. Pre-order before Palm Sunday at \$12 per Tsoureki; afterward \$14 each. Visit the Greek School table during Fellowship Hour to complete an order form. Then send your payment in cash, VENMO or check (payable to Holy Trinity Greek School PTO) to your child's Greek School Teacher or a PTO Member no later than April 6. The bread will be ready to pick up on Palm Sunday, April 13.

Trinity Circle

Tuesday, April 1, 11 AM – 2 PM, monthly lunch/meeting with friends. Steve Xenakis' presentation will be on "Greek Island Groups".

Palm Sunday Fellowship - April 13

A special Palm Sunday Fellowship will be hosted by the Ladies Philoptochos. Kindly assist us by contributing one of the following: fruit (e.g. strawberries, orange slices, grapes, blueberries, etc.) washed and ready for platters, mini bagels sliced and mini muffins. Please sign up at the Philoptochos table or contact Marigo Markos at mchantzis@aol.com or 908-578-9330.

SAVE THE DATE - 2025 Ladies Philoptochos Annual Fashion Show

This year's Fashion Show will be held on Tuesday, May 20, 2025 at Brooklake Country Club in Florham Park. Fashions will be provided by Fashions by Leslie Patrizio. It's time to make your reservations! Also, please support the Philoptochos by placing an ad in the Ad Journal and purchasing tickets to our Grand Raffle. For information, please contact Cassandra Romas, Chair, 908-296-1586.

“As the Father has sent me, so I send you.” (John 20:21)

On Sunday, March 2, the parish of Holy Trinity once again observed Mission Sunday. Mission Sunday reminds us that we too, like the Apostles, are sent to bring the Good News of Jesus Christ to all people!

We have supported the following efforts over the past 8 years, giving almost \$8,000 through our annual Mission Sunday Coin Box collections!

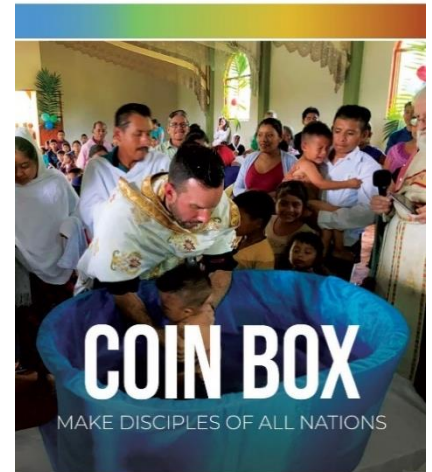
The Orthodox Christian Mission Center (OCMC) is an agency of the Assembly of Canonical Orthodox Bishops of the United States of America that coordinates our missionary efforts by:

- Sending Missionaries and Mission Specialists – Currently, 20 OCMC missionary personnel and their families have been sent to bring people into the *fullness of life found in Jesus Christ* in Albania, Brazil, Guatemala, Kenya, Mexico, Romania, Tanzania, Tonga, and Uganda.
- Supporting Mission Priests – Almost 500 local priests, mostly in Africa, receive monthly financial assistance so that they might help their local people to *hear about Jesus Christ*.
- Supporting seminaries and training Church Leaders and Clergy – In Albania, the Democratic Republic of Congo, Guatemala, Kenya, Tanzania, and elsewhere where the Mission Center sends missionaries and/or funds to help train future clergy and church leaders.
- Funding Missions Grants – Last fiscal year, approximately \$1.3 million in grants was approved for projects around the world so that the Church could bring the Good News to unevangelized people, support local Diocesan institutions and projects, especially with income generation, and share Christ's love through projects that tend to the whole person.

Everyone is asked to participate in this year's Mission Sunday by:

- Making sure you (or your children) take a Mission Coin Box and put spare change into the boxes during Great Lent in support of mission efforts around the world.
- Make a donation in support of Mission Sunday.
- *Pray for the missionaries serving throughout the world as they work to bring people into fullness of life found in Jesus Christ.*

 **ORTHODOX CHRISTIAN
MISSION CENTER**



**HELP "CHANGE"
THE WORLD**
FILL THIS BOX TO SHARE CHRIST'S LOVE
WITH PEOPLE AROUND THE WORLD

Scan Code to Submit
Donations Online:



Holy Trinity Cultural Committee - The Holy Trinity Cultural Committee would like to share upcoming locally hosted events parishioners may be interested in attending.

Federation of Hellenic Societies. Event details are located at <https://www.nycgreekparade.org/>

- **March 29** - NYC Greek Independence Day Gala. 6:30 PM – 11:00 PM. **Ziegfield** Ballroom , 141 W 54th St, New York, NY
- **March 30** - Annual Greek Independence Day Parade in NYC. Join us as we march as Holy Trinity parish

Eastern Mediteranean Business Culture Alliance. Event details are located at <https://embca.com/>

- **April 27** - "Protection of World Heritage Sites/ Cultural Property in Conflict Zones" Webinar Panel Discussion
- **May 4** - "New Orleans: Cotton Merchants, and the 1st Greek Orthodox Community" Webinar Panel Discussion
- **May 18** - "3rd Greek Genocide During the Late Ottoman Period Forum" Webinar Panel Discussion

Concert at PETROS PETRIDES CULTURAL CENTER, 30-03 30th Drive Astoria NY 11102

- **April 5** - CAFE AMAN AMERIKA and Grigoris Maninakis.
- Enjoy one of the hit songs of Cafe Aman: https://youtu.be/g3Hc-dEu5Ic?si=XXDMrnwCh0h_UxOMP

Public Orthodoxy at Fordham University. Event details located at: <https://publicorthodoxy.org/events/>

- **April 4** - LGBTQ+ Orthodox Christian Outreach Weekend
- **May 19** Coptic Christianity Conference. Between Archives and the Field: Cross-cutting Methods in Coptic Studies
- **June 4** Nicaea and the Church of the Third Millennium. Towards Catholic-Orthodox Unity
- **June 16** Religious Nationalism

Hellenic Film Festival

- Online via Youtube: Family Member. <https://www.youtube.com/watch?v=OVYhv4KYp3I&t=15s>

**HOLY TRINITY GREEK SCHOOL PTO 2025 TSOUREKI
FUNDRAISER
PRE ORDER COST \$12 EACH
PALM SUNDAY SALE WILL GO UP TO \$14.00**



**PLEASE RETURN COMPLETED ORDER FORM WITH PAYMENT TO YOUR
CHILD'S GREEK SCHOOL TEACHER OR TO A PTO MEMBER
DEADLINE: SUNDAY, APRIL 6th**

ORDERS ARE TO BE PICKED UP ON SUNDAY, APRIL 13TH (PALM SUNDAY)

FAMILY NAME: _____

EMAIL ADDRESS: _____

CELL PHONE NUMBER: _____

QUANTITY WITH RED EGG: _____

QUANTITY WITHOUT RED EGG: _____

TOTAL QUANTITY: _____

TOTAL AMOUNT ENCLOSED: _____

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

Google Form QR



Westfield Greek School
@WestfieldGreekSchool



venmo

**PAYABLE BY CASH, VENMO (@WestfieldGreekSchool) OR
CHECK MADE OUT TO:
HOLY TRINITY GREEK SCHOOL PTO**

Upcoming Parish Events

Save the Date

March 30, 2025

Support & March in the Greek Independence Day Parade!

Join us in celebrating our Hellenic heritage and Orthodox faith as we proudly march in the Annual New York Greek Independence Day Parade on Sunday, March 30! Line up starts at Battalion number 54, located on 64th St. between Park and 5th Ave., New York City. This is a special opportunity to honor our ancestors' fight for freedom, showcase our vibrant community, and stand together in unity. We encourage all parishioners (families, youth, and organizations) to participate. Dress Code: blue & white or traditional Greek attire. Let's make a strong showing for Holy Trinity and proudly represent our faith and culture. For more information, please contact Peter Tarhanidis 917-846-2988.



Ζήτω η Ελλάδα! Ζήτω η Ελευθερία!

April 6, 2025



EASTER PALM CROSSES



Place your order for Cemetery Palm Crosses

Cost: \$11 each

Pick-up on Sunday, **April 6th**

During Fellowship Hour

Contact Trinity Circle

Marina LoAlbo or Avi Kirakatis

marinaloalbo@hotmail.com

avikiriakatis@gmail.com

908-272-4341

908-276-1536

Name _____ Telephone _____

of Crosses _____ x \$11.00 each = Total _____

Paid _____ Cash _____ Check _____

Please make checks payable to Trinity Circle

April 18, 2025

Holy Friday Retreat - Friday, April 18, 2025 ~ 10 AM to 4 PM

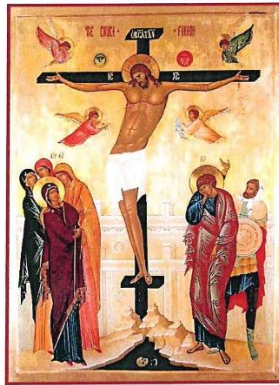
“Stations of the Cross” for grades K-5, the Holy Friday Retreat will focus on the theology, symbols, and hymns of Holy Friday and Pascha, followed by the taking down from the Cross: Apokathelosis from 3:00 PM to 4:00 PM. Parents are asked to attend the Apokathelosis with children. A Lenten lunch and midday snack will be included. Goyans grades 7 to 12 are encouraged to volunteer! Registration is free; [click here](#). Contact Pete Markos pmarkos307@gmail.com for further information.

2025 Holy Friday Retreat

The Events and Individuals of Holy Week
for grades K-6

Friday, April 18, 2025 ~ 10 am to 4 pm

Registration is free!



The Retreat will focus on theology, symbols, and hymns of
Holy Week, Holy Friday and Pascha

Followed by the taking down from the Cross:

Apokathelosis from 3pm to 4pm

Parents are asked to attend the Apokathelosis

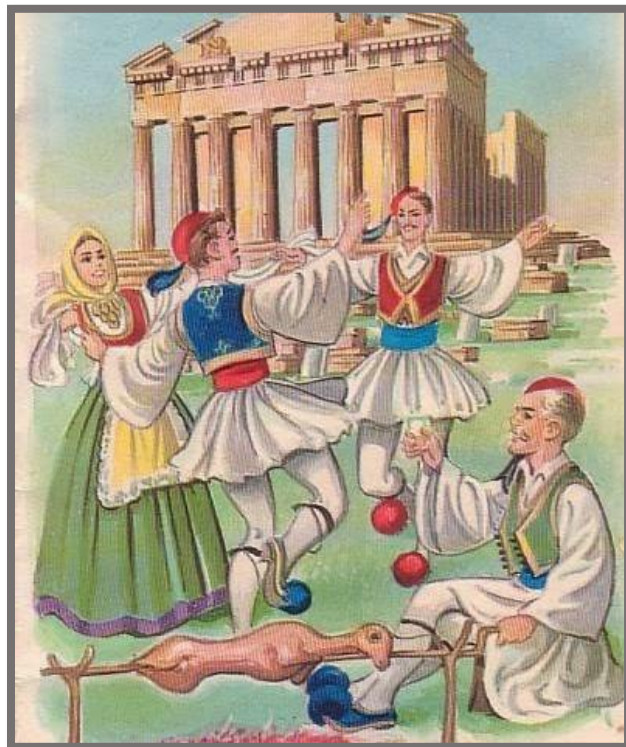
A Lenten lunch and midday snack will be included

[Click here to register](#) or contact Pete Markos
pmarkos307@gmail.com for further information.

April 25, 2025

Easter (Pascalino) Glendi

Save the date for a special *Pascalino or Easter Glendi* to be held on Friday of Bright Week. We are asking that everyone come together that evening to celebrate our parish and the feast of Resurrection. This is a family fellowship event with dancing, music, and delicious food all set in a Taverna-style atmosphere. More details on the way but hold this date.



Greekfest 2025 – Kick-off Event!

May 4

Westfield, NJ
GREEKFEST25
Holy Trinity Greek Orthodox Church

Kick-Off Event! **Sunday, May 4th**



**Loukoumades,
Crepes &
Frappe Sale**

Come and enjoy our delicious treats, mingle with fellow parishioners and discover the joy of volunteering at our church festival. Whether you're a seasoned volunteer or looking to get involved for the first time, we welcome you to join our community efforts at our **NJ GreekFest – May 30, 31 & June 1**

Bouras Center immediately following the Divine Liturgy.

Greekfest 2025

May 30 - June 1

The GreekFest planning committee is excited to announce that we have decided to move up the dates of our annual Greek Festival to May 30 - June 1, 2025. This was decided for many reasons that we believe will increase attendance and overall success for our major church fundraiser.

Planning is already underway. We are actively seeking volunteers for all areas of the festival! Please stop by our table in the Bouras Center after church to learn more about how you can get involved. We invite you to bring all your talents and expertise to make this the best GreekFest yet!

Save the Date



May 30, 31 & June 1

Fri., May 30
5 pm - 11pm

Sat., May 31
noon - 11 pm

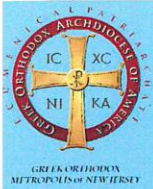
Sun., June 1
noon - 6 pm

Be an active part of our 2025 GreekFest! Volunteer your time, talents & treasures. Everyone is needed to make it a success!

To volunteer, please contact the church office or Roula Ioannou at htgreekfestvolunteers@gmail.com

Camp Good Shepherd - New Jersey

July 13 - 20




CAMP GOOD SHEPHERD NEW JERSEY



- July 13-20, 2025
- Ages 8-18
- Camp Linwood Macdonald (Sandyston, NJ)
- Registration Fee: \$750

[Click Here to Register!](#)

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

 908-301-0500





Join the Choir...
You'll Be Glad
You Did!

Adult Choir for ages 18 to senior citizens



Angel Choir for boys and girls ages 8-12



Byzan "teens" for boys and girls

Ages 13-17

Email the Choir Director

kathanasoulas@hotmail.com



T.O.T.S.- (Trinity Orthodox Toddler Social)

Mission Statement

The mission of the Trinity Orthodox Toddler Social (T.O.T.S.) of Holy Trinity Greek Orthodox Church is to provide an environment fostering fellowship and prayer for children aged 18 months to 4 years of age and their mother, father and/or caregiver. Children are encouraged to develop a sense of comfort and security in God's house while experimenting in independent and cooperative age-appropriate play under their caregiver's supervision. Concurrently, the toddler social enables these adults the opportunity to meet, pray, and socialize.

TOTS meetings: Wednesdays, 9:30 AM – 11:30 AM, Pre-K Room

2025

April 11, 25 (Fridays)

May 9, 23 (Fridays)

Bring water, sneakers and a snack. Contact Val Comprelli (vcomprelli@gmail.com or 612-801-8608) to sign up or to ask any questions.

