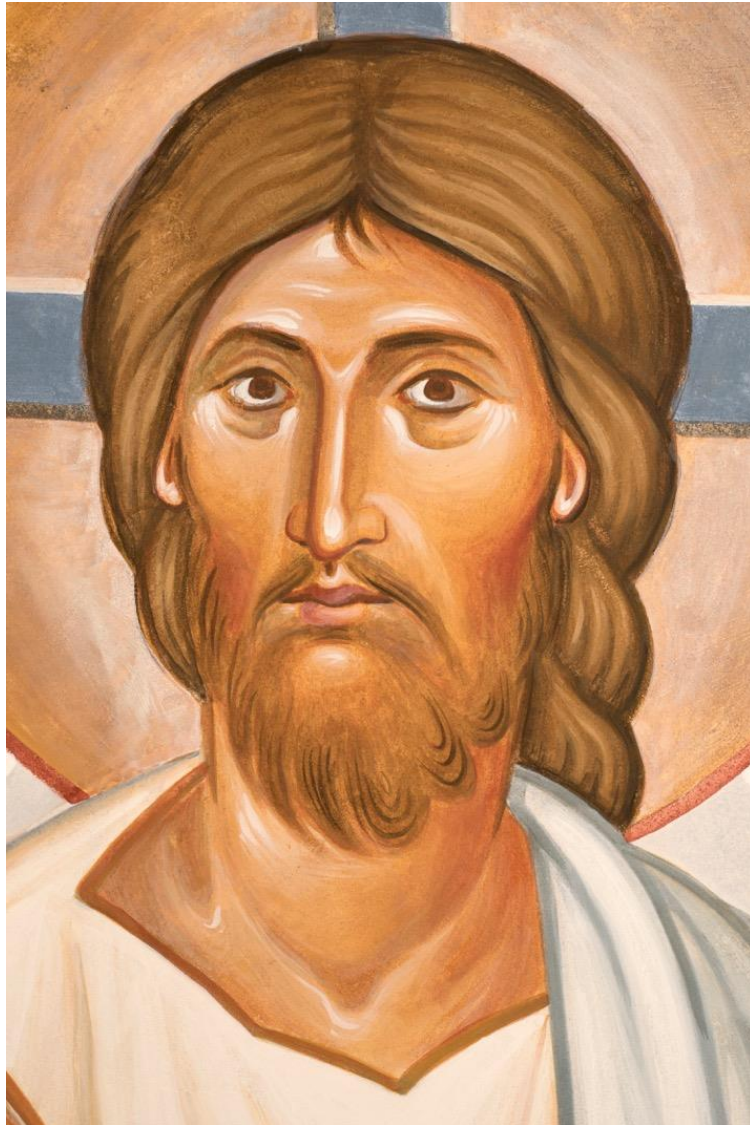


Cheese Fare and Forgiveness Sunday



Our Lord Jesus Christ

March 2, 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

On the Sunday before the start of Great Lent we remember the Expulsion of Adam and Eve, the First Created, from Paradise; On this day, we commemorate St. Hesychius the Martyr; Our Holy Fathers St. Nicholas Planas and St. Joachim of Vatopedi; The Holy Martyrs St. Andronikos and St. Athanasia, and St. Theodotos

Great Lent Begins March 3

Third Tone

Ἦχος Γ΄

Morning Gospel:	St. Mark 16:9-20	Ελληνικά
Epistle Reading:	Romans 13:11-14;14:14	Ελληνικά
Gospel Reading:	St. Matthew 6:14-21	Ελληνικά

Resurrectional Apolytikion: “Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of His arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world His great mercy.”

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: “O Thou Guide unto wisdom, Bestower of prudence, Instructor of the foolish, and Defender of the poor: establish and grant understanding unto my heart, O Master. Grant me speech, O Word of the Father; for behold, I shall not keep my lips from crying unto Thee: Have mercy, O Merciful One, on me who have fallen.”

Liturgical Schedule

Monday, March 3, Great Lent Begins, Great Compline, 5:00 PM

Tuesday, March 4, Lenten Vespers, 5:00 PM

Wednesday, March 5, Presanctified Liturgy, 6:30 PM; Theosis, 8:00 PM

Friday, March 7, Akathist Hymn, 6:30 PM

Saturday, March 8, 3rd Saturday of Souls, Divine Liturgy, 9:00 AM

Sunday, March 9, Sunday of Orthodoxy, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

Wednesday, March 12, Presanctified Liturgy, 6:30 PM; Theosis, 8:00 PM

Altar Donations

Vigil Light: In loving memory of Polimnia Andrews†

Fellowship Hour: Please join us in the Bouras Center after church for the Fellowship Hour which is being sponsored by Fotini Nicholas and family in loving memory of Deno, George and Andrea Nicholas†.

Mission Sunday – March 2

OCMC (Orthodox Christian Mission Center) Coin Boxes will be distributed after the Stewardship collection today to the entire parish. We are called during Lent to focus on increased prayer, fasting, and almsgiving. The coin boxes help us focus on almsgiving. Take a box and joyfully and prayerfully fill it with coins and bills during Lent. The boxes will be collected on April 6 (the week before Palm Sunday). The collected amount will be sent to the OCMC. Our 2025 Holy Trinity goal is to raise over \$1200 for the OCMC. Thank you for your prayers and generosity. Have a blessed Lent.

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

Salutations to the Theotokos – Friday Nights

The Salutations or 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.

Salutation and Potluck Dinner Fridays – March 7, 14, 21 and 28

Beginning this Friday night, a Lenten potluck dinner will be served after the celebration of the Akathist Hymn or Salutation Services. Friday nights will be a perfect way to practice the three pillars of Lent: a) prayer; b) fasting; c) almsgiving. Each parishioner is asked to bring a Lenten covered dish. (*Meat, cheese, dairy, eggs, fish are not permitted. Shellfish and oil are permitted.*) This year the following ministries will participate and help prepare the Bouras Center: March 7 – Parish Council; March 14 – Philoptochos; March 21 – GOYA; March 28 – Trinity Circle and Choir. In past years, this fellowship event has proven to be spiritually uplifting and well-received. Since we practice the complete rule of the Lenten fast, please do not bring items with meat, cheese, dairy, eggs, or fish. Shellfish and oil are permitted.

Saturday of the Souls Divine Liturgies – Ψυχοσάββατον – March 8

“Saturday of the Souls” (Ψυχοσάββατο) are days that the Holy Church has specifically prescribed to pray for those who have taken their repose in the Lord. It is important to attend these liturgies to pray for the souls of your departed loved ones. By remembering our deceased loved ones, we witness God’s power of Christ’s Resurrection. Please submit the names of those who have taken their repose to Fr. Peter so that they can be commemorated during the Saturday of Souls Liturgies.



The February Edition of The Promise is Now Available Online!

www.HolyTrinityWestfield.org/the-promise

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).*

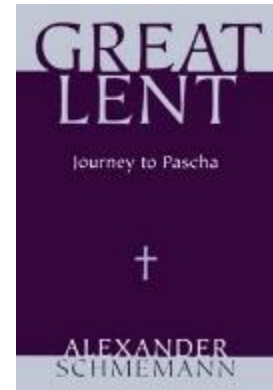
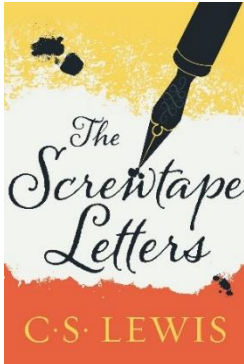
ZOOM Login - Join the discussion of *The Screwtape Letters* by logging onto **ZOOM.us**

Meeting ID – 846 9216 1519 (start time between 7:50 – 8:05 PM)

Readings - Wednesday, March 5 (Preface, Letters 1 & 2); March 12 (Letters 3 - 8); March 19 (Letters 9 - 14); March 26 (Letters 15 - 19); April 2 (Letters 20 - 25); April 9 (Letters 26 - 31)

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.



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.*

Prayer Request



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, Anne, Maria, Mikos, Arthur, John



Meet Kyra Sarakosti

On Clean Monday (March 3), it is traditional to make a doll known as *Kyra Sarakosti* (Greek: *Η Κυρά Σαρακοστή*) or "Lady Lent". She can be made of paper, clay, or flour and baked. She is a clear indication of the beginning of Lent.

Kyra Sarakosti is depicted with no mouth, a sign she is fasting. She has no ears, as she refuses to listen to gossip. There is a sign of the Cross above her head. The eyes are closed, and her arms are folded reverently in prayer as a reminder of each person's spiritual journey during Lent. She is depicted as a nun or pious woman as a reminder of the kind and humble behavior worthy of imitating.

She has seven feet to keep track of the number of Sundays during Great Lent before Pascha. Every Saturday one of her feet is cut or broken off until she has no more after Holy Saturday. After the last foot is cut off, she is placed in a bowl of fruits and nuts and whoever finds it receives a special blessing. The winner will write their name and year on the back of it and will keep it as a keepsake.



Forgiveness stands at the very center of Christian faith and of Christian life because Christianity itself is, above all, the religion of forgiveness. One may ask, however: Why should I perform this rite when I have no "enemies?" Why should I ask forgiveness from people who have done nothing to me, and whom I hardly know? To ask these questions is to misunderstand the Orthodox teaching concerning forgiveness. It is true that open enmity, personal hatred, real

animosity may be absent from our life, though if we experience them, it may be easier for us to repent, for these feelings openly contradict Divine commandments. But the Church reveals to us that there are many subtler ways of offending Divine Love. These are indifference, selfishness, lack of interest in other people, or any real concern for them—in short, that wall which we usually erect around ourselves, thinking that by being “polite” and “friendly” we fulfill God’s commandments. The rite of forgiveness is so important precisely because it makes us realize—be it only for one minute—that our entire relationship with others is wrong. We must delve further into ourselves – the real authentic being created by God – to experience God’s love. No other love is as transformative as Divine Love. Through Him our sins, failures, and inadequacies begin to mend as our life becomes part of His.

Trinity Circle

Tuesday, March 4, lunch/meeting and friends getting together in camaraderie. Steve Xenakis will be presenting “Greek Proverbs and Their Meaning” and continue the stories series. Our luncheon is being donated by Cassandra Romas in memory of her beloved husband Christos, and Flora and Victor Ciobanu for everyone’s good health.

SAVE THE DATE - 2025 Ladies Philoptochos Annual

Dinner Fashion Show

This year’s fashion show will be held on Tuesday, May 20, at Brooklake Country Club in Florham Park. Fashions will be provided by Fashions by Leslie Patrizio. Invitations to this wonderful event will be forthcoming soon. For information, please contact Cassandra Romas, 2025 Fashion Show Chair, kromas22409@gmail.com

Stewardship Update

We are deeply appreciative of the 277 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!

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! Also, we will be hosting a Zoom meeting on Thursday, March 27, at 7 PM and 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

CATECHETICAL HOMILY
FOR THE OPENING
OF HOLY AND GREAT LENT

+ B A R T H O L O M E W
BY GOD'S MERCY
ARCHBISHOP OF CONSTANTINOPLE - NEW ROME
AND ECUMENICAL PATRIARCH
TO THE PLENITUDE OF THE CHURCH
MAY THE GRACE AND PEACE
OF OUR LORD AND SAVIOR JESUS CHRIST,
TOGETHER WITH OUR PRAYER, BLESSING AND FORGIVENESS BE WITH ALL

* * *

Most honorable brother Hierarchs and blessed children in the Lord,

Once again, with the will and grace of God the giver of all good things, we are entering Holy and Great Lent, the blessed period of fasting and repentance, of spiritual vigilance and journey with the Lord, as He comes to His voluntary passion, in order to reach the veneration of His splendid Resurrection and become worthy of our own passage from earthly things to "that which no eyes have seen and no ears have heard and no human heart has ascended" (1 Cor. 2.9).

In the early Church, Holy and Great Lent was a period of preparation of catechumens, whose baptism took place during the Divine Liturgy of the Paschal Feast. This connection with baptism is also preserved by the comprehension and experience of Great Lent as the period par excellence of repentance that is described as "a renewal of baptism," "a second baptism," "a contract with God for a second life," in other words a regeneration of the gifts of baptism and promise to God for the beginning of a new way of life. The services and hymns of this season associate the spiritual struggle of the faithful with the expectation of the Lord's Pascha, whereby the forty-day fast radiates the fragrance of the paschal joy.

Holy and Great Lent is an opportunity to become conscious of the depth and wealth of our faith as "a personal encounter with Christ." It is rightly emphasized that Christianity is "extremely personal," without this implying that it is "individualistic." The faithful "encounter, recognize, and love one and the same Christ," who, "alone and only, revealed the true and perfect human person" (Nicholas Cabasilas). He invites all people—and each person individually—to salvation, so that the response of each may always be "grounded in the common faith" and "at the same time be unique."

We recall the words of St. Paul that "it is no longer I who live, but Christ who lives in me; and the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me" (Gal. 2.20). In this case, the words "in me," "me," and "for me" do not contradict the words "in us," "us," and "for us" with reference to our "common salvation." Ever grateful for the heavenly gifts of his regeneration in Christ, the Apostle of freedom "makes what is shared his own," as if the pre-eternal Word of God became incarnate, was crucified, and was resurrected "for him personally."

Our experience of faith is “unique” and “profoundly personal” as a freedom given to us by Christ, as something that is at the same time “essentially ecclesiastical,” an experience “of common freedom.” This most genuine freedom in Christ is expressed as love and applied support to our concrete neighbor, as this is described in the Parable of the Good Samaritan (Luke 10.30–37) and in the passage about the Last Judgment (Mt. 25.31–46), but also as respect and concern for the world and the eucharistic approach to creation. Freedom in Christ has a personal and holistic nature, which is especially revealed during Holy and Great Lent in its understanding of asceticism and fasting. Christian freedom, as existential authenticity and fullness, does not involve a gloomy asceticism, a life without grace and joy, “as if Christ never came.” Moreover, fasting is not only “abstinence from food,” but “renunciation of sin,” a struggle against egotism, a loving departure from the self to the brother in need, “a heart that burns for the sake of all creation.” The holistic nature of spirituality is sustained by the experience of Great Lent as a journey toward Pascha and as a foretaste of “the glorious freedom of God’s children” (Rom. 8.21).

We pray that our Savior Jesus Christ may render all of us worthy of walking the way of Holy and Great Lent with ascesis, repentance, forgiveness, prayer, and godly freedom. And we conclude with the words of our spiritual father, the late Metropolitan Meliton of Chalcedon, during the Divine Liturgy of Cheesefare Sunday in 1970 at the Metropolitan Cathedral of Athens: “As we enter Holy Lent, what awaits us at the end is vision, miracle, and the experience of the Resurrection, the foremost experience of the Orthodox Church. Let us proceed toward this vision and experience but not without having received and offered forgiveness, not with a fast purely from meat and oil, not with a sense of hypocrisy, but with divine freedom, in spirit and truth, in the spirit of truth, in the truth of the spirit.”

Holy and Great Lent 2025
✠ **BARTHOLOMEW of Constantinople**
Fervent supplicant for all before God

MISSION SUNDAY – MARCH 2, 2025

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

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

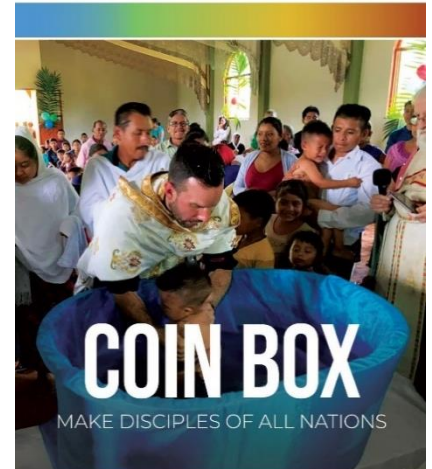
We have supported the following efforts over the past 8 years, giving almost \$8,000 through our annual Mission Sunday Coin Box collections!

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.*



The Holy Trinity GOYA
proudly presents the
Sights & Sounds Showcase



Sunday, March 9, 2025 at 12 noon

Join us for a light lenten lunch and a show as we showcase our GOYA's individual and group sound performances from the 2025 Sights & Sounds Festival.

Cost: \$5 per person or \$20 per family (no charge for S & S participants)

Venmo @westfieldgoya

Cash or Check payable to HTGOC YHT at the door

PLEASE RSVP SO WE CAN GET AN ESTIMATED HEADCOUNT: <https://tinyurl.com/postshow2025>

Holy Trinity Greek Orthodox Church of Westfield

Annual 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**

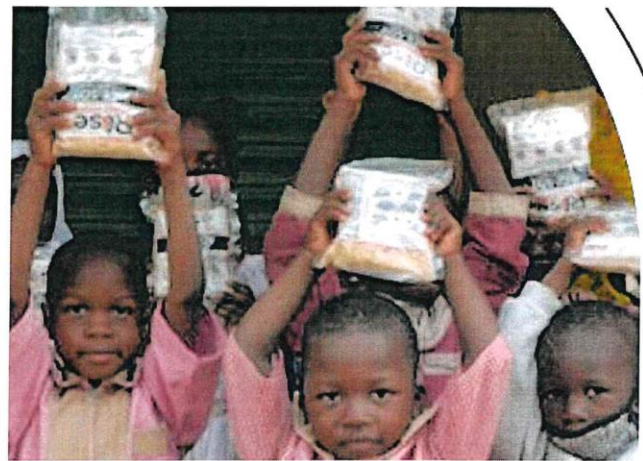
<http://events.riseagainsthunger.org/HolyTrinity2025>

Saturday, March 15, 2025

10-12pm

250 Gallows Hill Road

Westfield, NJ



Rise
AGAINST HUNGER

We need your help!

No cooking needed!

**For more information, please stop by Philoptochos table
or contact Maria Kanaras**

Holy Trinity Supports
The Light of the Cross

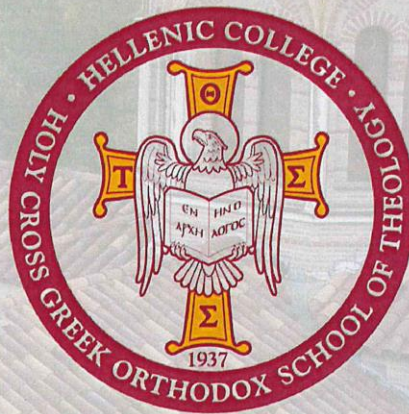
Help the Metropolis of NJ ensure the financial stability of Hellenic College/Holy Cross. The Parish Council together with Philoptochos will donate \$3,000 to this important Benefit Luncheon. If you would like to attend, please see Father Peter and peruse the flyer. Tickets are \$125/person.



THE LIGHT OF THE CROSS

*His Eminence Metropolitan Apostolos of New Jersey
cordially invites you to the*

*Hellenic College and
Holy Cross Greek Orthodox School of Theology
Benefit Luncheon*



St. George Greek Orthodox Church
1200 Klockner Road, Trenton (Hamilton), New Jersey, 08619

March 29, 2025 | 11:00am | \$125
per ticket



Scan or Click for Ticket and
Sponsorship Information

TZ
PHO

Holy Trinity to March in the
2025 Greek Independence Day
Parade in NYC
March 30

For nearly 100 years, the Diaspora Hellenes in the Greater New York/New Jersey area have proudly celebrated Greek Independence Day by marching up the famed 5th Avenue in New York City. Mark your calendars and prepare to participate in one of the oldest parades held in NYC.

SAVE THE DATES

FOR

NEW YORK'S 2025

GREEK

INDEPENDENCE DAY

CELEBRATIONS

SUNDAY, MARCH 16TH – 4:00 PM – MS. GREEK INDEPENDENCE PAGEANT

MONDAY, MARCH 17TH – 5:00 PM - HELLASFM RADIOTHON

SATURDAY, MARCH 22ND – 1:00 PM - ATHENS SQUARE FLAG RAISING

SUNDAY, MARCH 23RD – 4:00 PM - GREEK INDEPENDENCE LECTURE

FRIDAY, MARCH 28TH – 11:00 AM - DOXOLOGY & BOWLING GREEN FLAG RAISING

SATURDAY, MARCH 29TH – 7:00 PM - GREEK INDEPENDENCE GALA

SUNDAY, MARCH 30 – 9:00 AM - HIERARCHICAL DIVINE LITURGY

11:00 AM - PRE-PARADE RECEPTION FOR SPONSORS

1:00 PM - GREEK INDEPENDENCE PARADE ON 5TH AVE



G R E E C E .

THE BIRTHPLACE OF DEMOCRACY AND
STRATEGIC PARTNER OF AMERICA!



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

March 12 (Wed.), 28 (Fri.)

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.



GLORY BE TO GOD FOR ALL THINGS

✠ AMEN ✠