On Sunday March 31, the Second Sunday of Great Lent, we commemorate Our Holy Father St. Gregory Palamas, Archbishop of Thessaloniki; The Holy Hieromartyr St. Hypatios, Bishop of Gangra; St. Theophilos the Martyr and those with him; St. Innocent, Enlightener of Siberia & Alaska; St. Akakios the Confessor
Second Tone   Ηχος  Β’

**Apolytikion of the Resurrection:** “When You descended into death, Life immortal, You vanquished the power of hell by Your resplendent divinity, and when You raised the dead from the depths of darkness, all the heavenly powers cried out triumphantly: O giver of life, Christ our God, 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!’”

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**Liturgical Schedule**

- **Tuesday, April 2, Lenten Vespers, 5:00 PM**
- **Wednesday, April 3, Presanctified Liturgy, 6:30 PM; Theosis, 7:45 PM**
- **Friday, April 5, Akathist Hymn, 6:30 PM**
- **Sunday, April 7, Sunday of the Holy Cross, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM**

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**Sacraments and Rites**

**Funeral:** On Wednesday, March 27, the funeral for Alice F. Stefanou† was held. On Wednesday, March 27, the interment of Theodore Terpos† was held. Eternal be their memories.

**Welcome Visitors**

We welcome all those visiting our parish today and are pleased that you have chosen to worship with us. If you are looking for a friendly spiritual home, we invite you to become part of the Holy
Trinity 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.

**Parish Oratorical Festival – Sunday, March 31**
The parish Oratorical Festival will be held Sunday, March 31! At the conclusion of Religious Education classes, everyone is invited to come and support the youth speakers. There will be a luncheon for all guests after all the speeches.

**Theosis Program – Bible Study – Wednesday Evenings During Lent**
**Ladder of Divine Ascent**
After the Liturgy of the Presanctified Gifts, you are invited to attend the Theosis Program at 7:45 PM in Room 101. This year the class will review the Ladder of Divine Ascent and read through “Thirty Steps to Heaven” which is available for purchase in the parish bookstore.

**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.

**Friday Night Lenten Potluck Dinner after Salutation Services**
**Fridays – March 29 & April 5, 12**
Honoring the three pillars of Lent that are prayer, fasting, and almsgiving, Holy Trinity parishioners are invited to the parish Lenten Potluck Dinner following each Akathist Service on Friday nights during Great Lent. First, as a parish, we will gather in church for prayer honoring with grateful hearts the Theotokos with the Salutation Service. Afterwards, united by God’s grace and as one family, we will break bread together. This is the first time since COVID that we are able to return to this beautiful practice. Each parishioner is asked (if possible) to bring a Lenten covered-dish. 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.

**The Divine Liturgy**
**What does the word Liturgy mean?** Liturgy is a Greek word that in classical times referred to the performance of a public duty. In the Septuagint (the Greek translation of the Old Testament made some 300 years before the coming of Christ and still used by the Church today), it refers to worship in the Temple in Jerusalem. For Orthodox Christians, it has come to mean the public worship of the Church. Because Liturgy is always a corporate, communal action, it is often translated as the work of the people. Because it is prefaced by the word “Divine”, it is specifically the work of God's people and an experience of God's coming Kingdom here and now by those who gather to worship Him. This means that the Liturgy is not something that the clergy "performs" for the laity. The Liturgy was never meant to be a performance or a spectacle merely to be witnessed by onlookers. All who are present for worship must be willing, conscious and active participants and not merely passive spectators. The laity co-celebrate with the officiating clergy as baptized believers and members of the "royal priesthood...a people belonging to God" (1 Peter 2:9).
The Divine Liturgy is also called the Eucharist. The Christian Eucharist is a meal specifically connected with the Passover meal of the Old Testament commemorating the liberation of the ancient Israelites from slavery in Egypt as told in the Book of Exodus. At the Last Supper or what we call the Mystical Supper, Christ transformed this ancient Passover ritual into an act done in remembrance of Him: His life, teaching, death and resurrection. He is the new and eternal Passover lamb. His sacrificial death and resurrection from the dead frees humanity from slavery and sin, evil and death. This opens the path to forgiveness and liberation, offering eternal life and the coming of the Kingdom of God. Eucharistia is the ancient Greek word for “thanksgiving” or “gratitude.” The Eucharist is an expression of gratitude to God for the gifts of His Son and Spirit, our redemption and freedom.

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

Suggested Lenten Readings
Fr. Peter presents a list of amazing and spiritually uplifting books to read during Great 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. 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 condensed version is offered in “Thirty Steps to Heaven”, the book that will be read during the Theosis Program on Wednesday nights during Lent. It is a necessity for those in the ascetic struggle. These, plus other titles, are available at Holy Trinity’s Bookstore.
New Bookstore Title
Perfect for Lent

“Nistisima” is Greek for fasting. This is an ideal book for the Orthodox period of Great Lent. Recently published in 2022, it offers many traditional mouthwatering recipes along with many other classical ones that embrace the Lenten period. This book is hard to find so get yours today, while it is in stock. It is perfect to add to your cookbook collection.

Reading the Communion Prayers - Pages 60-63 of Divine Liturgy Book

In Her wisdom, the Church provides beautiful prayers to say before and after receiving Holy Communion. These prayers are part of our Eucharistic preparation which also includes a complete fast in the morning (i.e., nothing by mouth) before receiving the Precious Gifts. As these prayers are read by the clergy in the altar, the faithful should join in at the same time by reading them silently. These Communion Prayers speak to us about faith and forgiveness; humility and cleansing of sins; and a feeling of unworthiness in the presence of the Almighty God. Finally, they reveal the benefits of receiving the Body and Blood of Christ. The conclusion of these prayers is seen in the priest who asks for forgiveness from his co-celebrants in the altar and then from the entire congregation. In like manner, each of us must ask for forgiveness from our brethren before approaching the Holy Chalice.

Metropolis of New Jersey Facebook Page

His Eminence Metropolitan Apostolos wishes to inform all that the Metropolis has created a new Greek Orthodox Metropolis of New Jersey Facebook Page. Please visit and follow this page and share the link with fellow parishioners. www.facebook.com/people/Greek-Orthodox-Metropolis-of-New-Jersey/

Stewardship Cards

Thank you to the parishioners who submitted their pledge cards and stewardship gifts. As of March 11, we have received 309 pledges in the amount of $451,976. Please remember to submit your pledge card which will help us meet our operating budget of $939,200. 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 48% of our budget. Holy Trinity is blessed in that we do not have a mortgage as do many other parishes. This allows for a greater percentage of your Stewardship pledge to be utilized for ministry rather than given to the bank. As you can see, the parish has many thriving ministries, and we want every parishioner to be involved with our ministries.
As Christian Stewards we are called to give back to God from the “first fruits” of our labor. We do this in large part by supporting Our Church, Our Spiritual Home. Each year during this time, I ask you to support our parish and her ministries in an intentional and meaningful way. We can do this by offering the first and the best of our fruits!

The 2024 Christian Stewardship Cards have been mailed to all Stewards of Holy Trinity. If you did not receive it, please pick up a card from the church or call the church office to receive it by mail.

Thank you for your stewardship of time, talent, and treasure!

Click here to complete your 2024 Stewardship Commitment Card online.

HOLY TRINITY GREEK ORTHODOX CHURCH
250 Gallows Hill Road, Westfield, NJ 07090 • Tel. (908) 233-8533 • www.HolyTrinityWestfield.org

“Well Done, Good and Faithful Servant”

2024 CHRISTIAN STEWARDSHIP COMMITMENT CARD

The operating expenses of our Church for the year 2024 are estimated to be $939,200 (or an estimated $2,200 per family).

In gratitude for God’s blessings, I/we pledge to contribute for Christ’s work at Holy Trinity Church in 2024 a total amount of:

☑ $2,200 ☐ $3,000 ☐ $2,000 ☐ $1,000 ☐ Young Adults (25-30) $500 ☐ Other $_________

For additional information on Legacy or Planned Giving including donations of property, stock, or other securities, please contact the church office (908) 233-5523 or email HolyTrinity@higocnj.org (see enclosed Stock/Security Donation Form)

Name______________________________________________________________

Spouse’s Name___________________________________________________________

Names of Dependents _______________________________________________________

Address: __________________________ City_____________ State_________ Zip________

Signature_____________________________________ Date___________________

Email Address________________________ Telephone Number (_____)

Cell Number (_____) __________________________

Please bring your Commitment Card to Stewardship Sunday Liturgy, on Sunday November 13, 2023

To vote or seek elective office in the administration of the parish in 2024, your signed Stewardship Commitment Card must be received by March 1, 2024.
Alexander, Athena, Demetra, Stavroula, Harry, Kathy, Jennifer, Pamela, John, Helen, Chris, Niko, Vicky, Dino, Stephanie, James, John, Theodora, Novlet, Chrysavg, Alexandra, Sue, Marilyn, David, Basil, Laura, Marylee, Meropi, Adina, Nicholas, Constantine, Billy, Molly, Leonedas, David, Elizabeth, Tara, Lambros, Anne, Maria, Mikos, Arthur, John, Al, Jessika, Anastasia, Robert, Joanne, Vasileos, Tina, 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

Altar Boys
Fr. Peter invites all boys ages 12 and older to commit to service in the altar. An acolyte plays an integral part in the celebration of the Divine Liturgy and other services. Please speak to Fr. Peter to assist in this capacity. To serve the Lord in this way is a great privilege and honor.

The March Edition of
THE PROMISE
Is Now Available

Holy Trinity offers numerous youth programs, including GOYA, JOY/HOPE, Greek Dance and TOTS.

GOYA (Greek Orthodox Youth of America) is the ministry to teenagers for the purpose of fellowship, worship, service, and witness. New members in grades 6-12 are welcome at any time. 6th graders may participate in Westfield only activities and 7-12th (ages 12-18) may participate in statewide activities. Activities include Christ Encounter Retreat, athletics, outreach, Greek dance, Sights &
Sounds (performing and visual arts), and many others! Register at https://tinyurl.com/53pp88nz

GOYA Advisors: Maria Tarhanidis, Mary Carayannopoulos, Sophia Saketos, Catherine Kelly, Andy Zotos, and Christine Skalkotos. Please contact an advisor or email goya@htgocnj.org with any questions.

**TOTS Playgroup – Wednesday, April 10**
The next TOTS (Trinity Orthodox Toddler Social) meeting will be on Wednesday, April 10, 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 or 612-801-8608 to sign up or to ask any questions.

**Parish Oratorical Festival – Sunday, March 31**
The parish Oratorical Festival will be held on Sunday, March 31! At the conclusion of Religious Education classes, everyone is invited to come and support the youth speakers. There will be a luncheon for all guests after all the speeches.

**Trinity Circle – Tuesday, April 2**
Kindly join us on Tuesday, April 2, 11:00 AM - 2:00 PM for our monthly lunch/meeting. We are blessed to have Steve Xenakis give us a Presentation of Queen Amalia of Greece. Luncheon is donated by Jasmine Mestanas in memory of her loving sister Barbara Manos. Angela Aspromatis will also make loukoumades for dessert.

**Grand Celebration at St. John the Theologian Cathedral – Saturday, April 13**
On Saturday, April 13, 11:30 AM, there will be a Grand Celebration at St. John the Theologian Cathedral in Tenafly, New Jersey, honoring the visiting members of the Evzone detachment of the Greek Presidential ceremonial guard. These young men are visiting the U.S. to march in the Greek Independence Day parade in New York on Sunday, April 14.

**Cemetery Palm Cross Sale**
Place your order for Cemetery Palm Crosses with Marina LoAlbo, 908-272-4341 by April 14 - $11. Pick up on Sunday, April 21 during Fellowship Hour.

**Parish Lenten Mission Project – OCMC Coin Boxes**
OCMC Coin Boxes have been distributed to the entire parish to help us focus on increased prayer, fasting, and almsgiving during Lent. If you need a coin box, please pick one up in the Narthex. With boxes in hand, you are asked to joyfully and prayerfully fill them with coins and bills during Lent. All Coin Boxes will be collected on April 21 (the week before Palm Sunday). All money raised will be sent to OCMC.

**Parish Lenten Project – Saturday, April 20**
**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 20, 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 sign up and any donation to offset the cost. Stop by the Philoptochos table or use the following link http://events.riseagainsthunger.org/LadiesPhiloptochos
For further information, please reach out to Kathy Maglaras at maglarask@yahoo.com

The Holy Trinity Cultural Committee
The Holy Trinity Cultural Committee would like to share Hellenic and Orthodox cultural events and exhibits from organizations and institutions available to all. East Mediterranean Business Culture Alliance webinar events on https://www.youtube.com/@embca

· For a virtual tour of The Metropolitan Museum of Art Exhibition: Africa & Byzantium watch now at: https://youtu.be/NHIT9vq6mJU

The 3rd Nikos Mouyiaris Memorial Lecture
honoring the memory of our great benefactor

This year’s lecture will serve to commemorate the dark 50th anniversary of the invasion of Cyprus by Turkey and the subsequent occupation of the north part of the island in violation of numerous UN Resolutions

Speaker: the Honorable Congressman John Sarbanes
US Representative of the Third Congressional District of Maryland

CYPRUS SINCE 1974: STILL A HOSTAGE TO HISTORY?
The lecture will be in English, offered at no charge as a service to the community.

Saturday, April 20, 2024 at 1:00 pm
Fiber Optics Auditorium, Busch Campus, Rutgers University
101 Bevier Road, Piscataway, NJ 08854

Offered by
- the Modern Greek Studies Program and the Department of Classics at Rutgers University
- the Ellys Chair Fund at Rutgers University

Sponsors
Hellenic American Leadership Council (HALC)
Federation of Cypriot American Organizations (FCAO)
Panayotian Association of America
International Coordinating Committee Justice for Cyprus PSEA
Hellenic Federation of New Jersey
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/HolyTrinity2024

Saturday, April 20, 2024
10–12pm
250 Gallows Hill Road
Westfield, NJ

We need your help!

For more information, please stop by Philoptochos table or Kathy Maglaras at maglarask@yahoo.com
EASTER PALM CROSSES

Place your order for Cemetery Palm Crosses by Sunday, April 14th

Cost: $11 each

Contact Trinity Circle / Marina LoAlbo
marinaloalbo@hotmail.com
or call 908-272-4341

Pick-up at Fellowship Hour on Sunday, April 21st

Name___________________ Telephone__________
# of Crosses _______ x $11.00 each = Total _______
Paid _______ Cash _______ Check _______

Please make checks payable to Trinity Circle
The Ladies Philoptochos Society
Of Holy Trinity Greek Orthodox Church
in Westfield, New Jersey
Cordially invites you to

Coming Up
Roses

Annual Dinner Fashion Show
Tuesday, May 21, 2024
Brooklake Country Club
139 Brooklake Road
Florham Park, New Jersey

Reception and Raffles - 5:30 pm
Dinner and Fashion Show - 7:30 pm

Fashions by

TO PAY ONLINE
THE LADIES PHILOPTOCHOS SOCIETY  
Holy Trinity Greek Orthodox Church  
250 Gallows Hill Rd., Westfield, NJ 07090  

2024 JOURNAL---- BUSINESS AD CONTRACT  

Dear Friend of The Ladies Philoptochos Society – HTGOC,  

Our ANNUAL SPRING FASHION SHOW will be held on Tuesday, May 21, 2024 at Brooklake Country Club in Florham Park, NJ. It is a popular and major fundraising event that assists us in our mission:  

“To aid the widowed, the poor, the aged, the sick, the orphaned, the handicapped, the victims of disasters, and more.”  

Please support our efforts and place a BUSINESS AD in our 2024 Journal! Place your Business Ad by sending us the following no later than April 10, 2024:  

1. Email: Send PDF file of your Ad creative unit to alexandra.mavridis@yahoo.com. If you want to repeat your identical ad from last year or want to make minor changes, please email us stating so.  

2. U.S. Mail: Complete the tear-off below and mail with payment and copy of your creative ad to address below. Please make checks payable to “The Ladies Philoptochos Society – HTGOC.”  

Holy Trinity Greek Orthodox Church  
Attn: The Ladies Philoptochos Society - Ad Journal Committee  
250 Gallows Hill Rd., Westfield, NJ 07090  

BUSINESS AD AND SPONSORSHIP LEVELS  

Outside Back Cover ........................................................................................................ $ 2,000  
Premium Sponsor (4C Full Page Ad on Inside Cover or First/Last Page). .................. $ 550  
Platinum Sponsor (BW Full Page Ad in 1st half of book) ............................................. $ 350  
Event Supporter (BW Ad on inside page of book; 2 sizes available):  
Full Page Ad (approx. 5” X 8”) ................................................................................... $ 200  
Half Page (approx. 5” X 4”) ....................................................................................... $ 150  

THE DEADLINE FOR RECEIPT OF ADVERTISEMENTS IS APRIL 10, 2024.  
IF YOU PLACED AN AD IN 2023 AD JOURNAL, A COPY IS ATTACHED.  
The Ladies Philoptochos Society reserves the right to modify creative in order to conform to Journal specifications.  

Thank you for your generous support! Alex Mavridis - Ad Journal Chairperson  

**************************************************************************  
2024 Sponsorship Business Journal Ad**************************************************************************  

Your Name ___________________________________ Business Name ____________________________  

Business address _____________________________  

Email address _______________________________ Phone__ (______)_________________________  

Sponsorship Level____________________________ Amount________________ Check #____________  

Ad Creative: Repeat Last Year’s Ad_____________ New Creative PDF emailed on ______________  

Reminder to include copy of Ad creative and your check with this form when mailing.  

The Ladies Philoptochos Society of Holy Trinity Greek Orthodox Church, Inc. is a 501(c)(3) organization and donations are tax deductible to the extent allowed by law.
THE LADIES PHILOPTOCHOS SOCIETY
Holy Trinity Greek Orthodox Church
250 Gallows Hill Rd., Westfield, NJ 07090

2024 JOURNAL--- PERSONAL AD CONTRACT

Dear Members and Friends of The Ladies Philoptochos Society – HTGOC,

Our ANNUAL SPRING FASHION SHOW will be held on Tuesday, May 21, 2024 at Brooklake Country Club in Florham Park, NJ. Proceeds from the Ad Journal greatly benefit Philoptochos charities.

Please support our efforts and place a PERSONAL TRIBUTE to a special person in your life:
Mother’s Day, Birthday, Anniversary, In Memory of, Honoring a group or any special message!

Place your Personal Tribute by sending us the following no later than April 10, 2024:

1. Email: Send PDF file of your tribute, including photo if applicable, to alexandra.mavridis@yahoo.com. If you need assistance in designing one, reach out to Alexandra Mavridis.

2. U.S. Mail: Complete the tear-off below and mail with payment and copy of your creative to address below.
   Please make checks payable to “The Ladies Philoptochos Society – HTGOC.”

Holy Trinity Greek Orthodox Church
Attn: The Ladies Philoptochos Society - Ad Journal Committee
250 Gallows Hill Rd., Westfield, NJ 07090

TRIBUTE AD LEVELS
Outside Back Cover........................................................................................................$ 2,000
Platinum Sponsor Full Page (Premium placement; Black/White approx. 5” X 8”; optional photo) ... $200
Full Page (Black/White approx. 5” X 8”; message with optional photo)........................................ $100
Half Page (Black/White approx. 5” X 4”; message with optional photo)................................. $ 55
Quarter Page (Black/White approx. 5” X 2”; message only).................................................. $ 35

THE FIRM DEADLINE FOR RECEIPT OF CREATIVE IS APRIL 10, 2024.
IF YOU PLACED A TRIBUTE IN 2023 AD JOURNAL, A COPY IS ATTACHED.
The Ladies Philoptochos Society reserves the right to modify creative in order to conform to Journal specifications.

Thank you for your generous support!  Alexandra Mavridis - Ad Journal Chairperson

***************************************** 2024 Personal Tribute Journal Ad*****************************************

Your Name

Address

Email address ____________________________ Phone ____________________________

Tribute Level __________________________ Amount __________________________ Check # __________________________

Tribute Type: Celebrating Someone Living in Your Life __________ or in Memoriam __________

Ad Creative: Repeat Last Year’s Ad __________ New Creative PDF emailed on __________________________

Reminder: Please include copy of Tribute Ad creative and your check with this form when mailing.

The Ladies Philoptochos Society of Holy Trinity Greek Orthodox Church, Inc. is a 501(c)(3) organization and donations are tax deductible to the extent allowed by law.
The Metropolis Summer Camp program will take place in the summer of 2024 from June 23-29. Registration is now available. This is an excellent opportunity for children to meet other Greek Orthodox and to learn about the faith in a protected environment.
GLORY BE TO GOD FOR ALL THINGS

★ AMEN ★