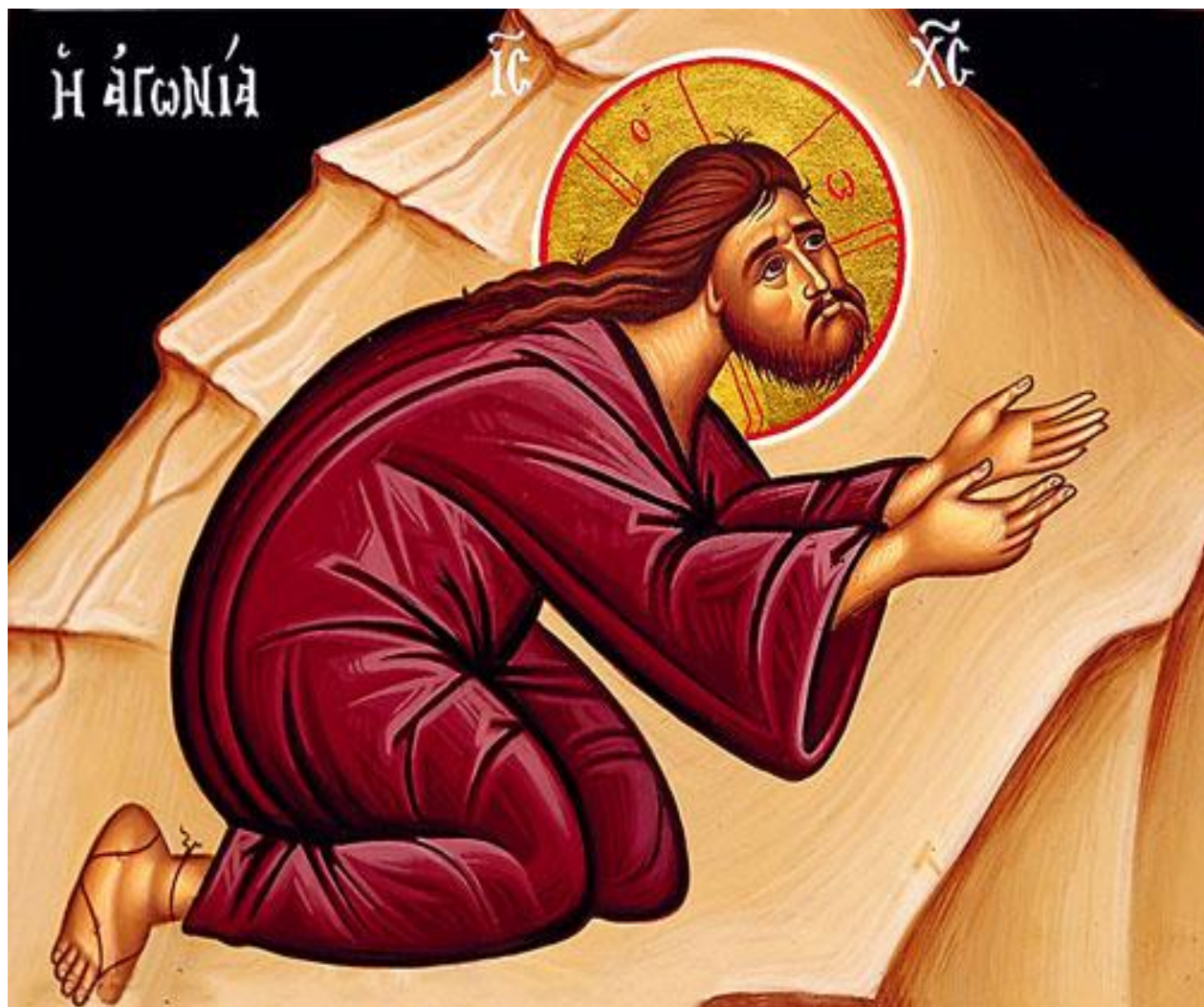


# CHEESEFARE SUNDAY



THE LORD'S STRUGGLE IN THE GARDEN OF GETHSEMANE  
ENCOURAGES US IN OUR ASCETICAL STRUGGLE TO AVOID TEMPTATION AND  
TRUST IN GOD'S DIVINE PROVIDENCE

MARCH 6, 2022

Holy Trinity Greek Orthodox Church  
250 Gallows Hill Road, Westfield, New Jersey 07090  
908.233.8533 [www.holytrinitywestfield.org](http://www.holytrinitywestfield.org)

Rev. Fr. Peter Delvizi, Presiding Priest  
[Live streaming of services](#)

CHRIST IS IN OUR MIDST! HE IS AND EVER SHALL BE!  
Ο ΧΡΙΣΤΟΣ ΕΝ ΤΩ ΜΕΣΩ ΗΜΩΝ! ΚΑΙ ΗΝ ΚΑΙ ΕΣΤΙ ΚΑΙ ΕΣΤΑΙ!

On Cheesefare Sunday or Forgiveness Sunday, we commemorate the Expulsion of Adam and Eve, the First Created, from Paradise. We prepare ourselves for the start of the Great Fast which begins tomorrow, March 7.

On the sixth day of the month, we commemorate the 42 Holy Martyrs who witnessed in Amorion of Phrygia; Our Righteous Father St. Arcadios; Our Righteous Father Hesychios the Wonderworker

Fourth Tone **Ἦχος δ'**

*Click links for Scripture Readings*

Morning Gospel:	<a href="#">St. Luke 24:1-12</a>	<a href="#">Ελληνικά</a>
Epistle Reading:	<a href="#">Romans 13:11-14; 14:1-4</a>	<a href="#">Ελληνικά</a>
Gospel Reading:	<a href="#">St. Matthew 6:14-21</a>	<a href="#">Ελληνικά</a>

**Apolytikion of the Resurrection:** “When the tidings of the Resurrection from the glorious angel was proclaimed unto the women disciples and our ancestral sentence also had been abolished. To the Apostles with boasting did they proclaim that death is vanquished ever more and Christ our God has risen from the dead and granted to 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.”

## Altar Donations

Altar Candles in memory of Stella Loukedis-Priovolos†, two years



*Sacraments  
and Rites*



### *Liturgical Schedule*

Monday, March 7, **Great Lent Begins**, 5:00 PM Great Compline

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

Wednesday, March 9, 40 Martyrs of Sevastia, Presanctified Liturgy, 6:30 PM

Friday, March 11, Akathist Hymn, 6:30 PM

Saturday, March 12, 3<sup>rd</sup> Saturday of Souls, ΓΨυχοσάββατον Liturgy, 9:00 AM

Sunday, March 13 **Sunday of Orthodoxy**, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

### Great Lent Begins Tomorrow – Monday, March 7

*“The time for combat is at hand and has begun already;  
let all of us set forth eagerly upon the course of the Fast,  
offering our virtues as gifts to the Lord.” – First Monday of Lent*

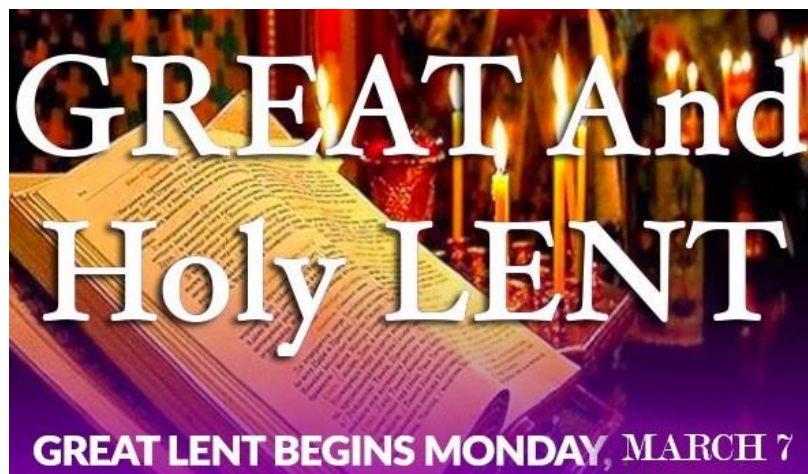
The season of self-reflection, repentance and spiritual renewal is now upon us. During the period of Great Lent, the Church calls her children into a deeper understanding of faith and good works. We are called to increase our prayer life, intensify our almsgiving, and greet the fast with joyful hearts. As we know, fasting is an important part of our Lenten journey. This activity of abstinence is not limited to the restriction of certain foods but more importantly allows us to break the bonds of injustice. It is therefore important to understand a few features of true fasting.

Christ stresses the secret nature of fasting. There is no point in fasting if we do it to show off: *“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, so that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”* (Matt. 6: 16-18). Bodily fasting needs to be accompanied by a spiritual fast. There is, for example, no point in abstaining from certain foods while reviling people. A saintly ascetic once said: *“It is better to eat meat and drink wine than to eat the flesh of your*

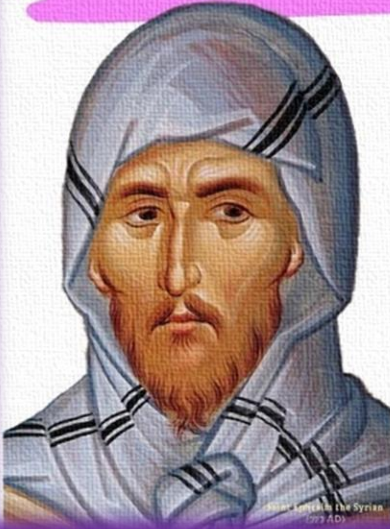
brothers and sisters with whispers and censure.” Fasting also loses its meaning when it is separated from love. Many people fast meticulously. They observe the letter-of-the-law for fasting, but retain hatred in their hearts. Some won’t even wish others a “good day” and readily get miffed for the most insignificant reason. Fasting with hatred in the heart is useless. Let us use this sacred time to better ourselves and to awaken our consciousness to the Spirit of God.

Fasting encompasses a social dimension also. The Fathers of the Church insist that fasting must be accompanied by almsgiving. The faithful should cut out something and offer that to somebody who is in need. In other words, fasting must be an act of love. We oftentimes forget the important dimension of serving others during the fast.

True fasting is an expression of genuine repentance. Without repentance, fasting is warped into something that it is not meant to be. With no repentance fasting is of no benefit to us, and can even lead us astray by creating a sense of spiritual self-sufficiency within us. God makes this clear to us through the Prophet Isaiah. This fiery prophet uses harsh language in the name of God which is meant to stir the soul: *“They seek Me day by day, and desire to know My ways. As a people who did righteousness, and did not forsake the judgment of their God, they now ask Me about righteous judgment, and desire to draw near to God, saying, ‘Why have we fasted, but You did not see it? Why have we humbled our souls, but You did not know it?’ Because in the days of your fasts, you seek your own wills, and mistreat those under your authority. If you fast for condemnations and quarrels, and strike a humble man with your fists, why do you fast to Me as you do today, so your voice may be heard in crying? I did not choose this fast, and such a day for a man to humble his soul; nor if you should bow your neck like a ring and spread your sack cloth and ashes under yourself, could you thus call such a fast acceptable. I did not choose such a fast,”* says the Lord; *“rather, [a true fast is to] loose every bond of wrongdoing; untie the knots of violent dealings; cancel the debts of the oppressed; and tear apart every unjust contract. Break your bread for the hungry, and bring the homeless poor into your house. If you see a naked man, clothe him, nor shall you disregard your offspring in your own household. (Isaiah 58: 2-7)* This is precisely the spirit of Great Lent. Let us observe an acceptable fast pleasing to God.



## 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.*

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*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.*

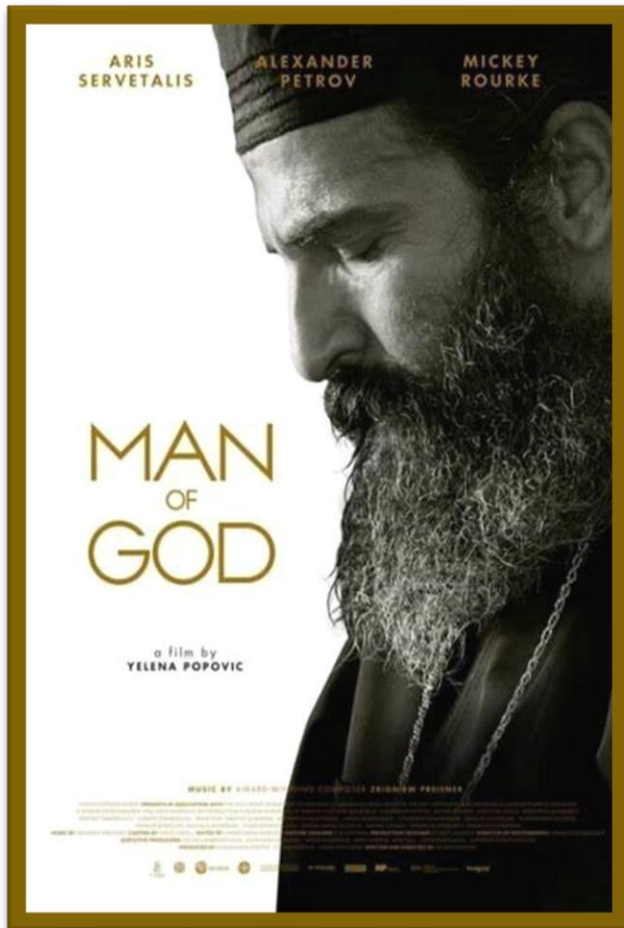
# Prayer Request



Thomas, 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

Holy Trinity presents  
“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](#)

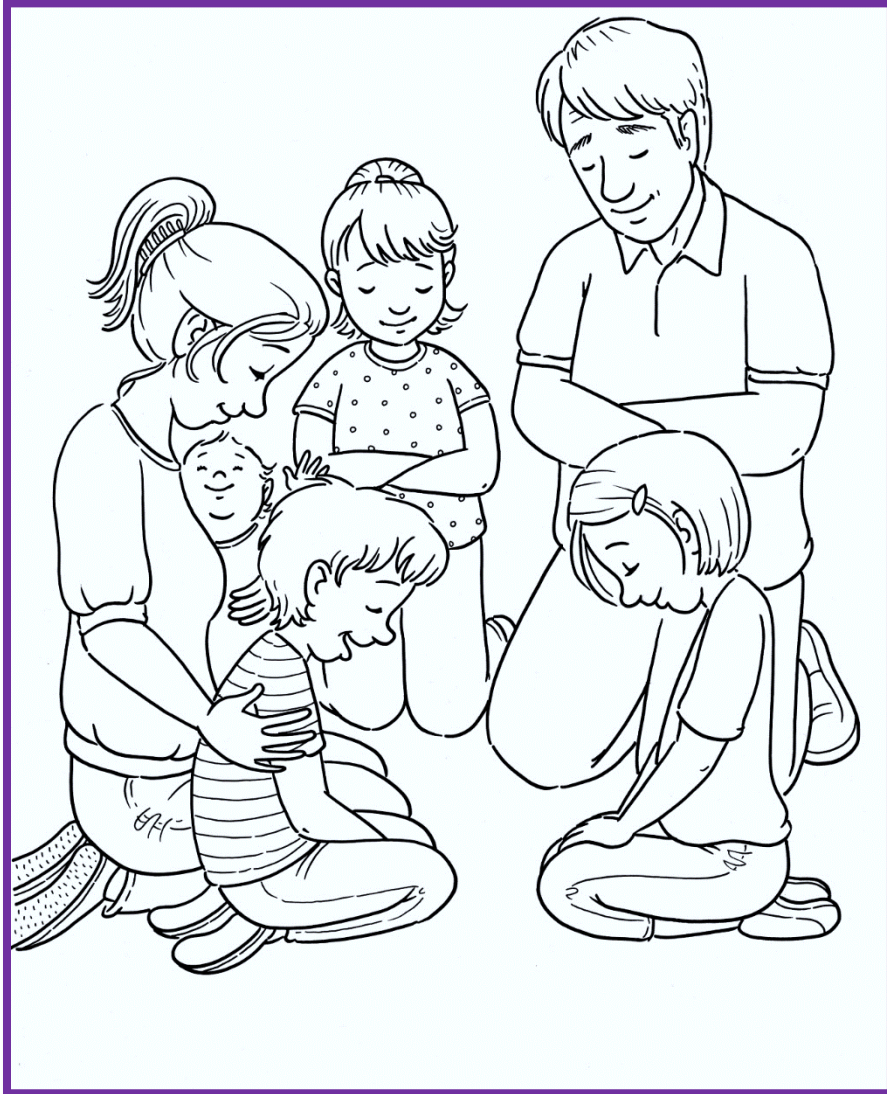
The life of St. Nektarios: [A Wellspring of Humility - Saint Nektarios of Aegina - YouTube](#)

**Parish and Sunday School Lenten Mission Project 2022**

OCMC 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. These coin boxes will help us focus on almsgiving. You will be given one and asked to 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 total collection 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. Have a blessed Lent.

# Remember to pray together as a family this Lenten Season

Blessed



Lent

## 2022 Go Red -American Heart Association

The Ladies Philoptochos Society would like to thank everyone who generously donated to our annual fundraiser for Go Red for Women and Heart disease. On Sunday, February 20, \$584 was collected, and will be sent to the Cleveland Clinic in Ohio earmarked for Cardiovascular research. We are grateful for your generosity. May God Bless You All.

## St. John Chrysostom Oratorical Festival - Sunday, March 20



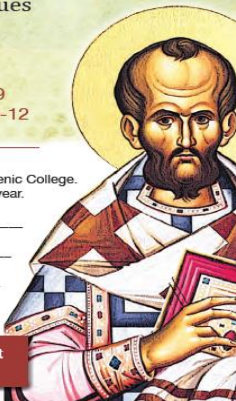

Holy Trinity will host its annual St. John Chrysostom Parish Oratorical Festival on Sunday, March 20, directly after Church. All are invited to attend and support our youth and celebrate afterward with a luncheon.

Religious Education students are encouraged to participate within the three divisions that make up the festival, Elementary Division (Grades 4-6), Junior Division (Grades 7-9), Senior Division (Grades 10-12). This event, which gives our young people an opportunity to speak about their faith in a loving and friendly environment, has proven a very rewarding experience for participants through the years.

Participants will need to register online as well as access this year's topics, guides, and tips on the Archdiocese website ([www.goarch.org/en/oratorical](http://www.goarch.org/en/oratorical)), or by contacting our Parish Chairperson, Peter Tarhanidis at [ptarhanidis@gmail.com](mailto:ptarhanidis@gmail.com).

**Join thousands of teens across the nation & #shareorthodoxy!**

**2022 ORATORICAL FESTIVAL**



**EXPLORE** a deeper knowledge of your Orthodox faith  
**THINK** critically about current issues  
**SPEAK** to a gentle and loving audience

**Share Your FAITH** Junior Division for Grades 7-9  
Senior Division for Grades 10-12

**AWARDS** - The Chrysostom Scholarship for Hellenic College  
The 2022 finalists are eligible to receive a Chrysostom Scholarship to Hellenic College.  
This scholarship provides awards ranging from \$2,500 up to \$30,000 per year.

Parish Festival Date March 27, 2022  
Parish Chairperson Peter Tarhanidis  
Contact Information ptarhanidis@gmail.com

The St. John Chrysostom Oratorical Festival is a Ministry of the Department of Religious Education from the Greek Orthodox Archdiocese.


Find the topics, rules, guidelines, and prize information at [www.goarch.org/oratorical](http://www.goarch.org/oratorical)

**SAVE 1  
FEED 1**

*We're banking  
on you!*

*Donate in March and we'll donate  
to your local food bank.*

**CFBNJ** NEIGHBORS  
HELPING  
NEIGHBORS



**BLOOD DRIVE**


**Wednesday, March 16, 2022**





**2pm – 8pm**

**Holy Trinity Greek Orthodox Church**  
**250 Gallows Hill Road, Westfield, NJ**

To schedule an appointment visit:  
[nybc.org/nldrive](http://nybc.org/nldrive)  
Sponsor code: 16058  
Or call/text Despina 917-244-8849 for an appointment.

Register online so we can donate on your behalf!  
**Go to [nybc.org/save1feed1](http://nybc.org/save1feed1)**

 **New York  
Blood Center**

800.933.BLOOD • [nybc.org](http://nybc.org)     [#nybloodcenter](https://www.instagram.com/nybloodcenter)

### Trinity Circle

Wonderful gathering at our March meeting. We welcome new member Steve Polychronopoulos. Next gathering is Tuesday, April 5, 11-2:00 PM. Luncheon will be donated by Jasmine Mestanas in memory of her beloved sister Barbara Manos. May her memory be eternal.



**HOLY TRINITY GREEK ORTHODOX CHURCH**

250 Gallows Hill Road, Westfield, NJ 07090 · Telephone (908) 233-8533, website [www.HolyTrinityWestfield.org](http://www.HolyTrinityWestfield.org)

*“Every person shall give as they are able, according to the blessing of the LORD your God gave you.”  
Deuteronomy 16:17*

***\$750K MAJOR MAINTENANCE CAPITAL CAMPAIGN***

Dear Parishioner:

As we close calendar year 2021, we want to provide an early opportunity to participate in our \$750K Capital Campaign. The campaign, which was voted and approved at the Parish Assembly meeting on November 21, will formally launch in January 2022. The last time Holy Trinity conducted a capital campaign to fund major maintenance was over 20 years ago.

The Parish Council has diligently considered the reliability, energy efficiency and risk to our church of key assets such as the church dome, heating and cooling systems, and parking lot. We are in the process of finalizing the details of these capital needs and will provide these details at our formal launch in 2022. The first and most urgent of these needs relates to the Church dome, which we intend to execute in early 2022. Our due diligence is complete and it was presented at the Parish Assembly meeting on November 21. Details are below.

This early launch of the \$750K Capital Campaign to fund the church dome allows Holy Trinity donors to accelerate their charitable donations in 2021 calendar year. One tax efficient donation tool to consider is planned giving, which allows donors to contribute today’s value of invested stock shares and avoid paying taxes on realized gains on those shares while allowing the existing value to be realized as a tax deductible donation. For more details on planned giving please contact the church office.

**The Christmas Season reminds us about the importance of giving. The Parish of Holy Trinity requires the good will of many donors to operate. We ask for your help as this important Capital Campaign begins. Through you the spiritual home of many can be properly maintained for us and for future generations.**

**2022 Church Dome Project Background - \$220,000**

The church dome was originally erected in 1974 and last refurbished in 1999. The warranty for the dome expired in 2020. A continuation of the warranty requires that the dome be refurbished. Maintaining the church dome is critical to the protection of the church, its sanctuary, and the contents, including valuable iconography, religious relics, and furnishings. This level of refurbishment, absent extraordinary circumstances, is required every 20 – 30 years, depending on various conditions. The church dome refurbishment will consist of applying a customized waterproof polymer membrane onto the dome, re-caulking all seams, and replacing expansion joints. This process requires skilled labor, scaffolding, and heavy machinery. The Parish Council has interviewed three reputable contractors and conducted a competitive bidding process, selecting the contractor and technology that provides the most appropriate and cost-efficient solution, all with the ability to provide an acceptable warranty.

**As always, we thank you for your support and generosity.**

To help maintain and refurbish the church dome, I/we pledge to contribute a total amount of:

\$10,000    \$5,000    \$2,000    \$1,000    \$500    Other \_\_\_\_\_

If you would like additional information regarding the church dome refurbishment or have other questions, please contact a Father Peter or a Parish Council member at the church office (908) 233-8533.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Zip Code \_\_\_\_\_

Signature \_\_\_\_\_  
Date \_\_\_\_\_  
Email Address \_\_\_\_\_  
Home # \_\_\_\_\_  
Cell Phone # \_\_\_\_\_

Please mail or email your Capital Raise Commitment Card to Holy Trinity @  
Holy Trinity Greek Orthodox Church  
250 Gallows Hill Rd.  
Westfield, NJ 07090  
[Holytrinity@htgocnj.org](mailto:Holytrinity@htgocnj.org)

## Philoptochos

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.

**Westfield GOYA**  
proudly presents the  
**Sights and Sounds Showcase**



**Join us for a Lenten Lunch and a Show!**  
OUR GOYANS INVITE YOU TO SEE  
THEIR ARTWORK AND INDIVIDUAL/GROUP PERFORMANCES

**Sunday, March 13, 2022**  
**12:00 pm**

SUGGESTED DONATION: \$5/PERSON OR \$20/FAMILY  
CASH OR CHECKS PAYABLE TO HTGOC YHT AT THE DOOR

PLEASE RSVP SO WE CAN GET AN ESTIMATED HEADCOUNT:  
<https://tinyurl.com/2022WestfieldShowcase>

