

**CHRIST IS RISEN! ~ TRULY, HE IS RISEN!  
ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! ~ ΑΛΗΘΩΣ ΑΝΕΣΤΗ!**



**Sunday of the Healing of the Paralytic**

**May 15, 2022**

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

**Rev. Fr. Peter Delvizis, Parish Priest**

**CHRIST IS RISEN FROM THE DEAD  
BY DEATH HAS HE TRAMPLED UPON DEATH  
AND TO THOSE IN THE TOMBS  
HE HAS GRANTED LIFE.”**

**Χριστὸς Ἀνέστη!**

Christ is risen!

Christos Voskrese!

Christos a înviat!

Al-Mashīh-Qām!

Christe Agsdga!

Krishti u ngjall

**Ἀληθῶς Ἀνέστη!**

Truly, He is risen!

Voistinu Voskrese! - Russian

Adevārat a înviat! - Romanian

Haqqan Qām! - Arabic

Cheshmaritad agsdga! - Georgian

Vërtet u ngjall! - Albanian

On the Fourth Sunday of Pascha, we commemorate the Healing of the Paralytic as described in the Gospel of St. John; On the Fifteenth Day of the month, we commemorate Our Righteous Father St. Pachomios the Great Martyr; Our Righteous Father St. Achillius, Archbishop of Larissa; Placing of the Honorable Head of the Apostle Titus; St. Barbaros the Myrrhbearer of Kerkyra; St. Andrew the Hermit

*Click links for Scripture Readings*

Fifth Morning Gospel:	<a href="#">St. Luke 24:13-35</a>	<a href="#">Ελληνικά</a>
Epistle Reading:	<a href="#">Acts 9:32-42</a>	<a href="#">Ελληνικά</a>
Gospel Reading	<a href="#">St. John 5:1-15</a>	<a href="#">Ελληνικά</a>

**Apolytikion:** “Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs He has granted life.”

**Apolytikion of the Resurrection:** “Let all things above in heaven rejoice, and let all things below on earth be glad. With all the might and strength of His arm an eternal deed the Lord did perform. Beneath His feet He has trampled down death by death, and first born of the dead has He become. From the womb of Hades has He delivered us, and to all the world has granted His great redeeming 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:** “Though Thou, O deathless One, didst descend into the grave, Thou didst destroy the power of Hades and as Victor, Thou didst rise again, O Christ our God. Thou didst greet the Myrrh-bearing women, saying: Rejoice! Thou didst bestow peace upon Thy disciples, and resurrection upon those that are fallen.”



## Altar Donations



Altar Candles in loving memory of Gus and Eleni Vlangos†  
Vigil Light in memory of Nicholas S. Pappas†  
Large Candles in memory of Peter Kapsimalis†  
Prothesis Candles in memory of John Hadzitheodorou†, 2 years

## Sacraments and Rites

**Funerals:** On Tuesday, May 10, the funeral for Lillian Jolly† was held. On Friday, May 13, the funeral for Peter Adams† was held. Eternal be their memories.

**Wedding:** Today, the wedding between John Skiadas and Helen Regan will be celebrated; Koumbari are Peter and Christina Skoutelas.

**Baptism:** Today the baptism for Andriana, daughter of John and Helen Skiadas, will be celebrated. Godparents are Peter and Christina Skoutelas.

**Memorials:** Your prayers are requested this morning at the memorial service for Peter Kapsimalis†, 40 days; Augusta Rodely†, 40 days; and Constatntine Carumpalos†, 3 years. Eternal be their memories.

### Liturgical Schedule

Sunday, May 15, Sunday of the Paralytic, Orthros 8:15 AM; Divine Liturgy, 9:30 AM

Wednesday, May 18, Mid-Pentecost, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Saturday, May 21, Sts. Constantine and Helen, Equal to the Apostles, Orthros, 8:30 AM;  
Divine Liturgy, 9:30 AM

Sunday, May 22, Sunday of the Samaritan Woman, Orthros 8:15 AM; Divine Liturgy 9:30 AM

### Sunday of the Healing of the Paralytic

Who among us can boast that he is strong, courageous, bearing all the misfortunes of this age, fulfilling all of Christ's commandments? Deliver us, O Lord, if such a person stands in our midst-for that person is a fraud! The Apostle Paul says: *Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong* (2 Cor 12:10). But the Apostle did not deprive himself of one thing: strong faith and undoubting hope in the Savior. "The power of God is made perfect in weakness!"

ΧΡΙΣΤΟΣ ΑΝΕΣΘΗ!

ΑΛΗΘΩΣ ΑΝΕΣΘΗ!

How can the world, which does not believe in God and preaches the illusory omnipotence of mankind, understand this? The Lord came into the world to save paralytic sinners, and us among them. Let us recognize ourselves for who we are in fact. The Apostle James writes: *For what is your life? It is a vapor that appears for a little time, and then vanishes away* (James 4:14). No matter how strongly our pride rebels against this, let us look dispassionately at the universe: the myriads of planets, the thousands of generations, endlessly following one another, the billions of people who are erased from the memory of their descendants and their neighbors.

Something within us tells us unmistakably that man is something more than vapor. Our life, yes, is transient and withering, like the grass under the hot summer sun. Recall in the Psalter: *as the flower of the field, so hath he blossomed forth* (Ps. 103:15). But the soul – a unique human personality created by God – its story in time and eternity is altogether different. If the soul is united with its Creator and God, then it becomes the most beautiful, the most precious of everything that is on earth. In the memory of God, in God such a soul receives not simply life, but life “more abundantly,” as the Apostle Paul writes. He cannot with human words express in any other way the mystery revealed to him of the future age. And the same Apostle writes: *Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him* (1 Cor 2:9).

In the lives of each one of us, there will still be moments of weakness and failures, what we call paralysis. They can last for many years, just as with the paralytic at the Sheep pool, of which the Gospel speaks. The paralytic lay for many years awaiting healing, but he believed that a messenger of God would come and heal him. The Lord, “trampling down death by death,” can give eternal life to us, who one day will be in the grave, and who will free us from this eternal and final paralysis.

Let us not think highly of ourselves; let us not be surprised by our infirmities; let us not, because of them, fall into despair and despondency. Let us sincerely, with all our strength, strive towards correction, struggling against the evil and sin living within us. Let us firmly believe that our Lord Jesus Christ will help us in this. He loves us, because we are His children. We, who recognize ourselves as paralytics and who are asking help from our Heavenly Father, will not be left behind, for He gives us His invincible power. Only by this are we strong.



# CHRIST IS RISEN!



# TRULY, HE IS RISEN!

Prayer  
Request

Byron, John, Robert, Connie, Donald, Terry, John, Angela, Andrew, Dianna, Thomas, Andrea, Thomas, Alexandra, Ronald, Galina, Angela, Lubove, Despina, Maria, John, Paraskevi (Parri), Dianna, Stephanie, Edward, Brian, Janeen, Cathy, James, Christine, Andrea, Molly, Anastasios, Michael, Angela, Lauren, John, Effie, Stella, Guerline, Phyllis, Denise, Cloy, Mirka, Stamatia, Theresa, James, Matthew, Antoinette, William, Angela, Tanner, Stefanos, Helen, Katherine, Ashley, Angela, Nick, Lindsey, Alexandria, Evdokia, Chris, Zach, Notis, Erica, Christina, Fran, Joan, Hellen, Joseph, Angela, Cleopatra, James, Rosa, George, Kathy, Theresa, Dorothy, Shannon, Jeff, Jeffrey, Rowena, Craig, Paul, John, Marien, John, Vasilias, Hellen, Natalia, Katherine, Patricia, Lily, Thomas, Dorka, Stavroula, Maroulla

## Holy Trinity Capital Campaign Progress

Holy Trinity is still accepting donations for the 2022 Capital Campaign. We thank all who have donated thus far. Holy Trinity is blessed to have received pledges for over half our goal but we still need your help to achieve our fundraising objectives. With your assistance and generosity, we can meet our goal and help maintain our facility in pristine condition.

*\*In the May edition of The Promise, the names of our donors will be published. Only names will appear to thank you for your extraordinary donation towards the Capital Campaign.*

Call the church office to donate or donate online by clicking here: [Donate Now](#)

### Holy Trinity Capital Campaign Donation

#### How your donation will be spent

Holy Trinity Capital Campaign	
Refurbishment of church dome	\$220,000
Replacement of boiler, condenser, coils	\$260,000
Repaving of parking lot	\$120,000
Rooftop air conditioning	\$75,000
Church air conditioning	\$75,000
<b>Total</b>	<b>\$750,000</b>

## Capital Campaign Progress



### Fellowship Hour

Please join us in the Bouras Center after church services for the Fellowship Hour which is being sponsored by the family of Peter Kapsimalis†.

### Parish Assembly – Sunday, May 15

Holy Trinity will hold its Spring Parish Assembly meeting on Sunday, May 15, after church services. This is an important meeting as many aspects of parish life will be discussed. Your participation is encouraged. Notification of this meeting will be mailed to each Steward's home.

Metropolis of New Jersey Summer Camp  
July 17-23



Greek Orthodox  
Metropolis of New Jersey

# CAMP GOOD SHEPHERD IS BACK AGAIN IN 2022!

July 17-23, 2022

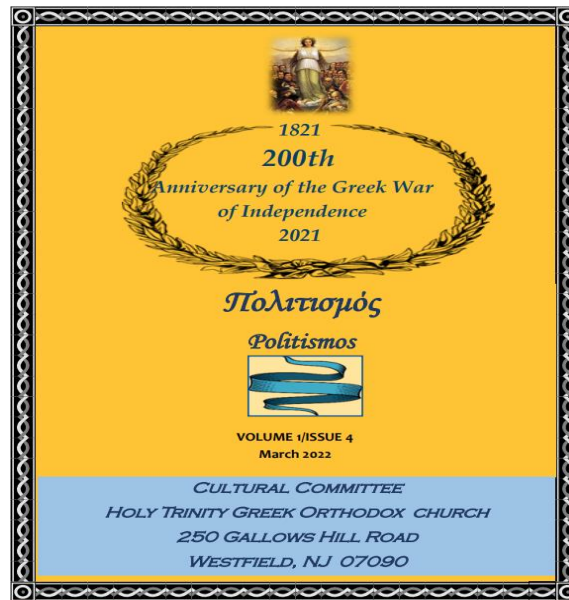
CAMP Linwood MacDonald in Sandyston, NJ



**WE ARE VERY EXCITED TO ANNOUNCE CAMP GOOD SHEPHERD NJ IS  
RETURNING FOR ANOTHER GREAT YEAR.....  
AND OFFICIAL REGISTRATION IS OPENING SOON!**

- **Have Fun and Make New Friends!**
- **Registration Cost \$600**
- **For More Information or to Volunteer Email Fr. John Theodosion at [CGSNewJersey@gmail.com](mailto:CGSNewJersey@gmail.com)**
- **Taking Place at YMCA Camp Linwood MacDonald in Sandyston, NJ 07826,**
- **Check us out at [facebook.com/campgoodshepherdNewJersey](https://www.facebook.com/campgoodshepherdNewJersey)**

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



Click to view the newsletter

[\*Politismos\*](#)

### Trinity Circle

Tuesday, June 14 End of year members' luncheon, 12:00 noon at Galloping Hill Caterers, \$20. per person. Kindly make your reservation with Kassandra Romas, Chair.

### Rummage Sale

**Trinity Treasures and Classy Collectibles—Philoptochos' Rummage Sale**, Friday, July 15 and Saturday, July 16. Drop-off to Bouras Center, Wednesday, June 29 through Sunday, July 10.

No clothing, shoes, books, TVs, CDs. Any questions: call Elise Savnik 908-337-5046

## Philoptochos

The Ladies Philoptochos of Holy Trinity BLOOM! fashion show is in full bloom & only days away!

If you haven't already reserved a special BLOOM! Raffle Value Package, this week is your last chance to pre-order one and get 25% More FREE raffle tickets. Please visit the Philoptochos table at church this Sunday or email your request by May 15. See attached form for full details.

**Reserve Today!  
Limited Quantities**

# BLOOM!

Raffle Value Packages for Your Spring Fling Evening


Don't miss out on your chance to WIN and SAVE!  
Pre-order a raffle package today for the best value  
and quickest way to having fun!



Skip the line when you arrive, quickly pay and pick-up your raffle package  
at concierge table and enjoy more of cocktail hour with friends.

Each Value Package let's you play in our three raffle games:

<p><b>Blooming Beauties! Gift Basket Raffle</b></p> <p>Over 35 luxury prizes, each with retail value up to \$900.</p>	<p><b>Field of Blooms! Gift Basket Raffle</b></p> <p>Over 55 exciting and inspirational prizes, each with retail value up to \$350.</p>	<p><b>50/50 Prize Raffle</b></p> <p>How high will the prize pool go? Be part of the excitement. Good luck!</p>
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### YES, RESERVE ONE FOR ME!

I would like to pre-order the Bloom! Raffle Value Package(s)  
checked below. I will pay when I pick them up at concierge table  
at the Bloom! Spring Fling event on May 17<sup>th</sup>.

Important Reminder... You must have a paid entry ticket to  
the Bloom! Spring Fling Fashion Show event to attend cocktail hour.

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please check which package(s) you would like to pre-order:

**Lucky Lotus Value Package**

- 5 Pink Raffle Sheets for *Blooming Beauty* Raffle
- 8 Blue Raffle Sheets for *Field-of-Bloom* Raffle
- 15 Tickets for 50/50 Prize Raffle

Cost: \$160 (value \$200) **25% More Free**


**Budding Bloom Value Package**

- 2 Pink Raffle Sheets for *Blooming Beauty* Raffle
- 3 Blue Raffle Sheets for *Field-of-Bloom* Raffle
- 15 Tickets for 50/50 Prize Raffle

Cost: \$95 (value \$120) **27% More Free**

Please drop off this completed form at Philoptochos table or  
email [ebmanos@yahoo.com](mailto:ebmanos@yahoo.com) by May 15, 2022.

You can pay for and pick up your value package  
at the Bloom! Spring Fling Event on May 17, 2022.




## Y2AM - 6<sup>th</sup> Annual Holy Trinity Youth & Young Adult Ministry


Holy Trinity Westfield  
Youth & Young Adult Ministries  
presents


**Y<sup>2</sup>AM**  
Finding God. Living Orthodoxy.


# Career & Mentoring Day


Bring your resume and internship questions to talk to a mentor!  
--  
Ask a professional firsthand about a career you are interested in!  
--  
Open to high school juniors and seniors, college students and grads!


 May 22, 2022  
12:00 -1:00 pm

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

 Free Registration!  
HTNJyoungadults@  
gmail.com

 Holy Trinity Young Adult  
Ministry (Westfield, NJ)

 @HTNJYoungAdults



**Save the Date:** 2022 Y2AM Career and Mentoring **Coffee Hour Connection** Sunday, May 22nd, 12:00 PM-12:30 PM, Bouras Center, for high school and college students and grads to connect with one another and to sign up to connect with a mentor of your career interest at a time of your convenience. Come to the Y2AM table at coffee hour to register for mentoring and/or resume writing advice. RSVP at [HTNJyoungadults@gmail.com](mailto:HTNJyoungadults@gmail.com). College students- bring your resume and internship questions to talk to a mentor. Any questions or to become a mentor at this event, contact Ken or Jeannie Arida [jeanniarida@gmail.com](mailto:jeanniarida@gmail.com) or Peter Tarhanides [ptarhanidis@gmail.com](mailto:ptarhanidis@gmail.com). Drop in and learn a lot! Please register by email in advance if possible. Visit us on Instagram at HTNJYoungAdults and Facebook group: Holy Trinity Young Adult Ministry (Westfield, NJ).



## Τό ρήμα Χριστού σφίγμα τω παριμένω Ουτως ίαμα τούτο ρήμα καί μόνον.

Η Κυριακή του Παραλύτου αντλεί το θέμα της από την ευαγγελική περικοπή, που αναγινώσκεται στην θεία λειτουργία. Αυτή περιλαμβάνει τήν διήγηση της ίασεως του παραλυτικού στην Προβατική κολυμβήθρα, την Βηθεσδά, στα Ιεροσόλυμα (Ιω. 5, 1-15). Το δράμα του επί 38 έτη παραλύτου συγκινεί τον Κύριο και τον θεραπεύει. Ο Χριστός παρουσιάζεται σαν ιατρός ψυχών και σωμάτων. Τον παράλυτο δεν τον θεραπεύει η κολυμβήθρα, αλλά ο πανσθενουργός λόγος του Κυρίου.