

THIRD SUNDAY OF LUKE



ST. FRIDESWIDE OF OXFORD

October 19, 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 Delvizis, Parish Priest

The Holy Prophet Joel; The Holy Martyr St. Varys and those with him; Our Righteous Father St. John the Wonderworker of the Rila; The Holy Martyr Sadoth and the 120 Martyrs who perished with him in Persia; Our Righteous Mother St. Frideswide of Oxford

Second Tone

Ἦχος Β΄

Morning Gospel:	St. John 20:11-18	Ελληνικά
Epistle Reading:	2 Corinthians 11:31-33; 12:1-9	Ελληνικά
Gospel Reading:	St. Luke 7:11-16	Ελληνικά

Apolytikion: “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 our Righteous Mother: “Come let us solemnly rejoice today, and let us laud the virtues and struggles of the most splendid luminary of the Western lands: Frideswide, great among ascetics, the most praiseworthy instructor of nuns, who watcheth over us from her dwelling-place on high; for the Lord hath truly made her wondrous among His saints. By her supplications may He save 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: “O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.”

Liturgical Schedule

Saturday, October 25, Great Vespers, 7:00 PM @ St. Demetrios in Union, Jersey City, Perth Amboy

Sunday, St. Demetrios the Great Martyr, October 26, Orthros, 8:15 AM;
Divine Liturgy, 9:30 AM

Altar Donations

Altar Candles: In loving memory of Constantine (Gus) Zades†

Large Candles: In loving memory of Stamatiki† and Andonios† Skiadas

Sacraments and Rites

Baptism: On Saturday, October 18, the baptism of Theodore Loukas Asfour, son of Bishara and Marissa Asfour, was celebrated. The Godparents are Kleopatra Kontogiannis and Nicholas Vasilakis.

Funeral: On Thursday, October 16, the funeral for James Balatsos† was held. Eternal be his memory.

Artoklasia

Today an Artoklasia (5 loaves) is offered honoring St. Luke the Evangelist (October 18) for the health and well-being of the Ravanos family.

Welcome Visitors

The parish of Holy Trinity welcomes those visiting our community today. Worshipping the Holy Trinity is the principal act of an Orthodox parish, especially on the Day of the Resurrection (Sunday). Our mission is to live the holy Gospel and spread the Good News to those in our area. We are sanctified by God's grace through the holy Sacraments and glorify Him each moment of the day. We seek God's mercy, as we confess the name of the Father, Son, and Holy Spirit. Visit the Philoxenia/Fellowship table in the Bouras Center after service to meet parishioners and enjoy our Fellowship Hour.



Joanne, Alexandra, Sophia, Nicholas, Panagiota, James, Mary, Chris, Janeen, Harry, Kathy, Jennifer, John, Marina, George, Laura, George, Costa, Basil, Lemonia, Justin, Chris, Evangelia, Brennan, Egon, Marilyn, Tatanya, Robert, Elizabeth, George, Nicholas, Alexander, Vasilios, Danny, Bill, Lou, Foula, Eupraxia, Arlene, John, Ted, William, Theodora, Michael, Nicholas



QR Code for the Service of Matins

Matins or Orthros is the morning service in the Orthodox Church. It precedes each Divine Liturgy. This QR Code links you to the service. Just select today's date and then matins, in either EN – English and/or GR – Greek



The October Edition of *The Promise* is Now Available Online!

www.HolyTrinityWestfield.org/the-promise

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

Our Righteous Mother St. Frideswide of Oxford – October 11

While studying at the University of Oxford, Fr. Peter was blessed to reside on the campus of Christ Church. The Cathedral of Oxford is located within the confines of the walls of this college. The relics of St. Frideswide lie within this cathedral. It was a blessing to venerate the relics of this 8th Century saint and to be near her holy relics for two weeks. For over 1000 years St. Frideswide has been venerated as the patron saint of Oxford (“oxen ford”) in England and for over half a millennium, as the heavenly patroness of Oxford University and its students.

She was born about 680 in western Oxfordshire, which was then a province of the large early English kingdom of Mercia, near the border with the kingdom of Wessex. Her father’s name was Dida and her mother bore the name Sefrida. Her parents were pious Christians. Dida was a sub-king of Mercia who ruled the area which included western Oxfordshire and the upper reaches of the River Thames in the same region. As a child little Frideswide was given by her parents to a woman of holy life called Elgitha, who brought her up at Didcot in Oxfordshire. Under the influence of this woman young Frideswide came to love the Gospel, and she firmly decided to dedicate all her life to the service of God in purity and holiness. It was even said that the holy virgin Frideswide quickly learned by heart the whole Psalter at the age of seven. She began to live an extremely austere life when still a child. The teenager Frideswide ate only herbs and barley bread and drank only water. She kept vigil day and night and wanted to become a nun. The motto of Frideswide throughout her life was: “Whatever is not God is nothing.” Her mother died when she was still very young and she returned to her father’s house. At that time a large part of Oxfordshire was all dense forest, while Oxford was still no more than a village and not widely known.

According to one version, Dida wanted to find a suitable husband for his beautiful and wise daughter but learning that she vowed to remain a virgin and serve Christ in chastity, he approved her choice and at once arranged for her to be tonsured. Frideswide, when still very young, was at the head of a community of devout nuns at Oxford which soon became a double monastery (with communities of monks and nuns who lived separately but prayed in the same church). This monastery, dedicated to the Mother of God, was located at the current site of the Cathedral of Oxford.

St. Frideswide reposed in the Lord in 727 A.D. and was buried at her monastery in Oxford. She was venerated by all. But at the beginning of the 11th Century the foundation of the monastery was pillaged by the Danes. Later rebuilt, her shrine was destroyed by the Reformers of 1538 and then further desecrated by the Calvinists in 1558. The bones of those in the shrine were mixed with other skeletal remains, even with an apostate monk. Today her relics lie still dishonored together with the bones of the others. But the grace of God pours forth and overcomes this dishonor. St. Frideswide is usually depicted as a crowned abbess with a staff, with a spring gushing forth near her, with an ox at her feet, and sometimes as punting (rowing) up the Thames together with two nuns and an angel.



The Shrine of St. Frideswide of Oxford, Cathedral of Oxford at Christ Church

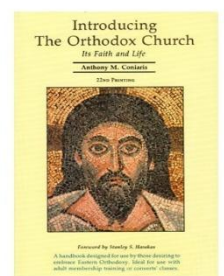
**Bible Study and Orthodox Inquiry – Wednesday, October 22
The Gospel According to St. John**

Join us in person or on *ZOOM* every Wednesday night at 7:00 – 8:15 PM as we read through the Holy Gospel According to St. John. The Holy Trinity Bible Study began October 1 and will run for seven weeks. We will examine this divine book through the lens of the Holy Fathers. This class is open to all parishioners who wish to deepen their knowledge of this Gospel and to those who are inquiring about the Orthodox Faith. As people of faith, we need to know the message of the Good News for the Holy Gospel is: "an embassy of God to men" (St. Maximos the Confessor), "an ocean of spiritual benefits" (St. Ambrose of Milan), "an epitome of all theology" (St. Jerome the Presbyter), "a workshop of souls and a storehouse of spiritual herbs by which any disease can be cured" (St. Basil the Great).

Oct. 22 {Chapters 6, 7, & 8} Oct. 29 {9, 10, & 11}; Nov. 5; Nov. 12; Nov. 19

ZOOM.US – Meeting ID: 865 1405 9453

Back in Stock



24th Printing

\$27.00



Religious Education

Sunday School classes have resumed. We have opportunities available to make a difference in the lives of our youth through our faith! You do not need to be an expert on Orthodoxy and you do not need to have teaching experience. We are just looking for extra hands! We are looking for Assistant Teachers for the Pre-K class and the combined 9/10 grade class. If interested, please contact Pete Markos at religiouseducation@htgocnj.org

Religious Education Christmas Program - December 14

Please join us for a Stewardship opportunity to help with the Christmas Program, Dessert Reception and Santa, Sunday, December 14, in the Bouras Center following the Divine Liturgy! To help or bring a dessert, please [click here](#).

Altar Boys

Fr. Peter invites all boys ages 12 and older to commit to serve in the altar. An acolyte plays an important role in the ceremonial aspects of the Divine Liturgy. We want our children to remain in the church as they grow up. By committing and serving in this unique role, a deep respect is instilled. This shapes and deepens faith. Please see Fr. Peter for more information.

Angel Choir

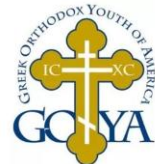
The Angel Choir has joined the Adult Choir on Sundays as of October 5. Practices are after Sunday School dismissal from 11:45 to 12:15. Children should meet with the Director in church in the choir pews. Any children ages 7-12 still interested in joining the Angel Choir should attend the practices. For more information contact the Choir Director, Anne Kernoski, akernoski@gmail.com, or the church office.

Greek School Registration

Greek School registration is ongoing. Classes are held on Tuesdays and Thursdays from 4 PM – 6 PM. Tuesday's grades Pre-K, Kindergarten, 1st Beginners and 1st Advanced, 2nd; Thursday's grades 3rd, 4th, 5th and 6th. Register at <https://holytrinitywestfield.org/ministries/greek-school/>

2025 GOYA Registration

<https://forms.gle/hAmPHc4bLkk9eN9F8>



Contact Sophia Saketos at 908-247-6048 or goya@htgocnj.org with questions.

TOTS (Trinity Orthodox Toddler Social) – October 22

Our next meeting is Wednesday, October 22, 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 612-801-8608 or vcomprelli@gmail.com to sign-up or with any questions.

Athens Food Night – October 23

We're excited to welcome Diane Kochilas, host of "My Greek Table" as seen on PBS, for an unforgettable Athens food night on October 23 from 7:00 – 9:00 PM. Diane will unveil her new cookbook "Athens Food, Stories, Love. A Cookbook", with a presentation, book signing, and tastings of recipes featured in her book. This special event supports our Philoptochos feed the hungry initiatives. Please come and support this great cause!

[Athens Food Night- Sign Up Today!](#)

Trinity Circle – November 4

Pizza lunch/meeting 11 AM – 2 PM in memory of Notis Kotsolios' one year memorial, donated by Marigo Markos. Steve Xenakis presents "Greek Origins of Pizza". Make your reservation for the bus trip on November 20 to Hunterdon Hills Playhouse, Christmas Show, lunch & shopping with Cassandra Romas, Chair 908-296-1586 or kromas22409@gmail.com Members \$85; non members \$95.

Grow-A-Row with GOYA - Friday, November 7

Join us (all ages welcome) as we gather fresh produce from local farms to donate to local food pantries and soup kitchens. The farm is in Pittstown, NJ. If you are interested in joining us, please stop by the Philoptochos table during Fellowship Hour to sign up.

Adult Greek Dance Lessons, Thursday, November 20

Lessons will be offered by Ronnie Filippatos Fernandez one Thursday per month, \$25 per class. The next lesson is November 20, 7 – 9 PM. We will enjoy some light drinks and appetizers while learning Greek dances. If interested, please send your name and phone number to htgocgreekdance@gmail.com. The remaining dates are: 1/22, 2/19, 3/26, 4/23, 5/21

Ladies Philoptochos Society's 11th Annual Thanksgiving Dinner Drive

Kindly share your blessings and support the Ladies Philoptochos Society's 11th Annual Thanksgiving Dinner Drive. A \$3 donation provides a complete Thanksgiving Dinner served at the Market Street Mission. The need is greater than ever before! Look for the Philoptochos donation box during our Fellowship Hour or mail your check to the church office marked "Thanksgiving Dinner". Make checks payable to "Ladies Philoptochos of HTGOC". For details, email Debvlahakis@gmail.com

Philoptochos Community Christmas Card - 2025

We invite you to participate in this community expression of joy over our Lord's birth. Every member of HTGOC will receive the Community Christmas Card imprinted with the names of those who have donated. This year we will donate the proceeds to Alzheimer's of New Jersey and Community Personnel Services (a division of ECLC). You can sign up via the QR code in the below flyer, on-line or during our Fellowship Hour each week at the Philoptochos table. The due date is December 7. Please help make this a success! For information, contact Sandy Boutsikaris 908-578-3341 or Christina Colonias 917-825-5986. Thank you!



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

For more information, email Anne Kernoski, Choir Director:

akernoski@gmail.com

[Click here to sign up](#)

*Come join us for
Adult Greek Dance*

**Now offering Greek Dance
Lessons for adults!**

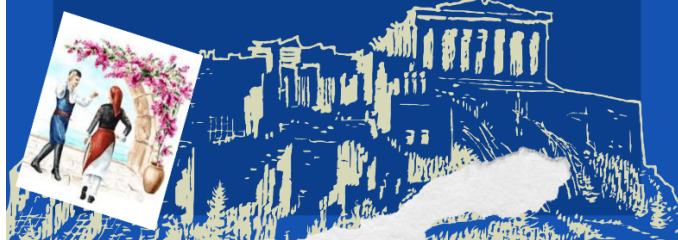
Practices will take place once a month in the
Bouras Center

10/16, 11/20, 1/22, 2/19, 3/26, 4/23, 5/21

\$25/class

Scan here to sign up

Please contact the instructor
Ronnie Filippatos
for more information
HTGOCGreekDance@gmail.com



join us for
**GREEK DANCE
LESSONS**



COME BE A PART OF THE HOLY TRINITY
GREEK DANCE GROUP!

Classes offered for grades
PreK-12
and adults as well!

Contact: Ronnie Filippatos Fernandez
908-672-6203

Htgocgreekdance@gmail.com



HTOGOC Greek School PTO



Our Organization ID:
27610

REGISTER. SHARE. SHOP. SUPPORT OUR FUNDRAISER

Check-off your holiday gift list today and help our important cause. From holiday to hostess to corporate gifts and more, our online store has something for every occasion - even if it's just for you!



1. REGISTER

REGISTER now as a participant at www.registercw.com to access our handy invitation tools in the Participant Dashboard. Very Important!

2. SHARE

INVITE 10+ friends and family to support our cause! Share a link to our sale using TEXT & EMAIL invitation tools. Don't forget to share on SOCIAL MEDIA, too!

3. SHOP

SHOP online and help us reach our GOAL today! With over 2,500 gift ideas there is something for everyone, including you!



Upcoming Events

Holy Trinity Greek Orthodox Church

Come Join Holy Trinity Greek School in Westfield!



Registration for all classes are open now!

2025-2026 Greek School Tuition

Holy Trinity Stewards

One student.....\$520

Two students.....\$850

Three students...\$1050

Non-Stewards

One student.....\$930

Two students.....\$1,510

Three students...\$1,780

Payments can be made at Holytrinitywestfield.org under Ministries:



[Greek School & PTO Registration](#)



[This QR is for PTO DUES only](#)

Classes will take place on **Tuesdays & Thursdays from 4:00pm-6:00pm**

Tuesday, September 9, 2025 Grades Pre-K, Kindergarten, 1st Beginner and 1st Advanced, 2nd and

Thursday, September 11, 2025 Grades, 3rd, 4th, 5th and 6th.

If you have an **important** conflict please reach out to Principal Stavroula Mergoupis at etsoutsani62@gmail.com

Tuition Assistance If you are experiencing financial difficulty with tuition, please feel free to reach out to Father Peter Delvzis in confidence at FrPeter@htgocnj.org



Holy Trinity Greek Orthodox Church
250 Gallows Hill Road
Westfield NJ 07090



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

October 22

November 19

December 10

2026

January 14, 28

February 11, 25

March 11, 25

April 22

May 13, 27

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

October 23, 2025

Athens Food Night- Sign Up Today!

Ladies Philoptochos Society at
Holy Trinity Greek Orthodox Church of Westfield... presents



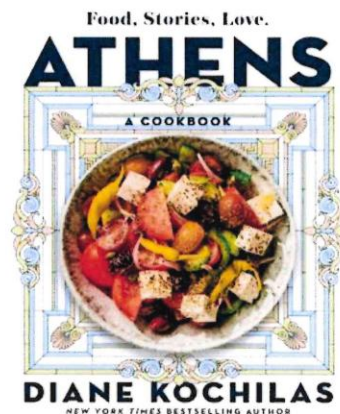
ATHENS FOOD NIGHT

*Presentation, Sample Delicious Recipes,
Book Signing and Mingling with Diane*

Diane Kochilas

October 23 2025 | 7-9 PM
250 Gallows Hill Road , Westfield NJ

Join New York Times Best Selling chef and author,
Diane Kochilas, for an unforgettable evening as she
unveils her new recipes from her newest release:
Athens: Food, Stories, Love.



Support a Cause

\$30 Donation to Support local Feed the Hungry Initiatives

\$35 Signed Cookbook

\$60 Prepay Donation and Signed Book by 10/16

RSVP TODAY!



November 6, 2025



BRINGING GOOD NEWS

“From Westfield to the World” 40 Years of OCMC: The Mission Continues

Thursday, November 6, 2025: 7-9 PM
Complimentary Wine & Cheese Reception & Program
Holy Trinity Greek Orthodox Church - Bouras Hall
250 Gallows Hill Road, Westfield NJ 07090



With OCMC Senior Development Officer Dan Christopoulos & Holy Trinity parishioner Janet O'Sullivan

Dan Christopoulos, the first OCMC missionary, served in Kenya from 1985 to 1988. OCMC Ambassador Janet O'Sullivan participated in an OCMC Donor Trip to Kenya in June 2025.

They will speak about their transformative experiences bringing the Good News 40 years apart and share how we can all continue in this mission from Westfield to the world.



For questions email: OCMC Events at events@ocmc.org

RSVP for this complimentary event by October 30



Scan the QR code or click here to RSVP!
If you can't attend, donate via QR or ocmc.org/westfield-mixer



www.ocmc.org



**HOLY TRINITY
2025 COMMUNITY CHRISTMAS CARD**

Our dear Holy Trinity Parishioners, we invite you to participate in this community expression of joy over our Lord's birth. Philoptochos continues its philanthropic work to assist those in need, and we are counting on your kindness, support, and generosity to help us make a difference together! Please join your fellow parishioners by donating to our annual Christmas Card to benefit *Alzheimer's of New Jersey* as well as *Community Personnel Services (a division of ECLC)* that assists the special needs community through education, employment assistance, and life skills development.

- COMPLETE THE FORM BELOW AND SEND IT IN WITH YOUR DONATION.
- ALL DONATIONS ARE GRATEFULLY RECEIVED. WE THANK YOU FOR YOUR GENEROSITY!

**THE LADIES PHILOPTOCHOS SOCIETY
HOLY TRINITY GREEK ORTHODOX CHURCH
250 Gallows Hill Road Westfield, NJ 07090-1109**

I/We wish to add my/our name(s) to the Community Christmas Card.
_____ **PLEASE USE THE SAME WORDING AS LAST YEAR.**

_____ **PLEASE CHANGE THE WORDING TO THE FOLLOWING:**

Name(s): _____

Address: _____

Telephone: _____ Donation Amount: _____

Online: _____ Cash: _____ Check #: _____

RETURN THIS FORM NO LATER THAN SUNDAY, DECEMBER 7, 2025

MAKE CHECKS PAYABLE TO: *LADIES PHILOPTOCHOS SOCIETY HTGOC*

For convenience in handling, you can make your payment by check, credit card, Apple Pay, Google or PayPal.



Include your information with the payment and how your family name(s) should appear.
Contact Sandy Boutsikaris 908/578-3341 or Christina Colonias 917/825-5986 for more information.
The Ladies Philoptochos Society – HTGOC is a registered 501 (c)(3) non-profit organization.

