

# SUNDAY AFTER THE ELEVATION OF THE HOLY CROSS



The Precious and Holy Cross

September 21, 2025

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 Delvzizis, Parish Priest

Today is observed The Apodosis of the Elevation of the Venerable and Life-Giving Cross;  
The Holy Apostle St. Quadratus; The Holy Prophet Jonah; Our Righteous Father Jonah of  
St. Savvas Monastery; The Holy Martyrs St. Eusevios and St. Priskos

## Plagal Second Tone

Ηχος Πλ. Β΄

Morning Gospel:	<a href="#">St. Luke 24:1-12</a>	<a href="#">Ελληνικά</a>
Epistle Reading:	<a href="#">Galatians 2:16:20</a>	<a href="#">Ελληνικά</a>
Gospel Reading:	<a href="#">St. Mark 8:34-38; 9:1</a>	<a href="#">Ελληνικά</a>

**Apolytikion:** *“The angelic powers appeared at Your tomb, the soldiers guarding it became as dead men, and Mary stood at Your grave seeking, seeking Your most pure body. But You made hell a captive; You were untouched by its might. You came to the virgin and granted life. O Lord, who rose from the dead, glory to You.”*

**Apolytikion of the Cross:** *“Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.”*

**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:** *“You who were lifted on the Cross voluntarily, \* O Christ our God, bestow Your tender compassions \* upon Your new community to which You gave Your name. \* Cause our faithful emperors to be glad in Your power, \* granting them the victories against their adversaries. \* And for an ally, Lord, may they have You, \* peace as their armor, the trophy invincible.”*

### Liturgical Schedule

Friday, September 26, St. John the Evangelist, Orthros, 8:30 AM; Divine Liturgy, 9:30 AM

Sunday, September 28, Orthros, 8:15 AM; Divine Liturgy, 9:30 AM

### 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.

## Philoptochos New Year's Welcome

We hope your summer was filled with peace and joy. As we begin the Ecclesiastical New Year, we look forward to continuing the meaningful work of our Philoptochos ministry. With new opportunities ahead, it's a great time to get involved. Your support makes a lasting difference in the lives of those we serve. Please stop by our table during Fellowship Hour to learn more.



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, Gioula, Nicholas, Hellen, Joanne

### Altar Donations

**Altar Candles:** In loving memory of Crizanta Toescu†

**Large Candles:** In loving memory of Euripides Alexoudis†

### Sacraments and Rites

**Churching:** On Sunday a 40-day blessing of Fotini Staiger, daughter of Ben Staiger and Irene Lentis, will be held.

**Memorials:** Your prayers are requested on Sunday at the memorial services for Euripides Alexoudis†, 1 year; Crizanta Toescu†, 14 years and Elias Savva†, 33 years. Eternal be their memories.

**Funeral:** On Saturday, September 20, the funeral for Angelika Anderson† was held. Eternal be her memory.

**Fellowship Hour:** Please join us in the Bouras Center after church for the Fellowship Hour sponsored by Ariadne Monfalcone, in loving memory of Euripides Alexoudis†



**The Ecumenical Patriarchate** is the highest see and holiest center of the Orthodox Christian Church throughout the world. It is an institution with a history spanning seventeen centuries, during which it retained its see in Constantinople (today's Istanbul). It constitutes the center of all the local Orthodox churches, heading these not by administration but by virtue of its primacy in the ministry of pan-Orthodox unity and the coordination of the activity of the whole of Orthodoxy. The function of the Ecumenical Patriarchate as center par excellence of the life of the entire Orthodox world emanates from its centuries-old ministry in the witness, protection, and outreach of the Orthodox faith.



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



**+ B A R T H O L O M E W**  
**By God's Mercy, Archbishop of Constantinople**  
**New Rome and Ecumenical Patriarch**

The Greek Orthodox Archdiocese of America is honored to announce the official visit of His All-Holiness Ecumenical Patriarch Bartholomew to the U.S. The visit will include public events in Washington, DC, NYC and the Metropolis of NJ offering opportunities to receive his blessing and participate in worship services.

**Public events include the following:**

**Tuesday, September 23:** Audience and meeting with hierarchs, clergy, monastics at Archdiocesan Cathedral & Visit Fordham University and the Orthodox Christian Studies Center

**Wednesday, September 24:** Patriarchal Doxology and Reception – St. George GOC, New York City & The Templeton Prize Dinner

The Patriarchal Visit to the United States follows the announcement of the Templeton Foundation of the awarding of the internationally recognized Templeton Prize to His All-Holiness for his “pioneering efforts to bridge scientific and spiritual understandings of humanity’s relationship with the natural world, bringing together people of different faiths to heed a call for stewardship of creation.”

***“He that hath seen Me hath seen the Father” - John 14:9***

*On the divinity of the Son and His unity of Essence with the Father*

Philip said to Jesus, “Lord, show us the Father, and it is sufficient for us” (John 14:8). To this the Lord Jesus replied, “Have I been with you so long, and yet you have not known Me, Philip? He who has seen Me has seen the Father” (John 14:9).

Philip wanted to see God with his bodily eyes. Yet, for three years he looked upon Christ, and did never recognize Him as God. Why? Because, before the descent of the Holy Spirit, Philip looked with the body at the body. In other words, he perceived with bodily eyes and saw the Lord Jesus Christ as a man. He still had not seen the divinity in the Son of God Incarnate, and yet he sought to see God the Father!

He that hath seen Me hath seen the Father. By this the Lord did not want to say that He was God the Father, but that He and the Father are of one Essence. Insofar as God could reveal Himself to men, He revealed Himself through the Son, who appeared to men as a man. God the Father did not become incarnate; God the Holy Spirit did not become incarnate; but God the Son did become incarnate. How, then, could He show His Father to the bodily eyes of a mortal man? This is precisely why the Son became incarnate, to reveal Himself to men—Himself, the Father, and the Holy Spirit: consubstantial unity, in three Persons.

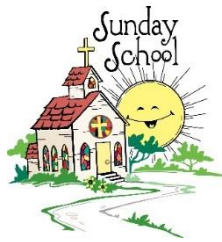
He that hath seen Me hath seen the Father. Here, the Lord speaks of His divine nature. In that, he is completely equal and of one Essence with the Father. So it is that, had Philip perceived the divine nature of Christ, he would not have made the request: Show us the Father. Naturally, he could not have seen the divine nature, as it is spiritual and invisible; but he could see—and see clearly—the great works of Christ as a manifestation of His divine nature.

Brethren, even to this day, people say: “Show us God and we will believe!” We should say to them: “Behold, we show you the Lord Jesus—believe!” How is it that the Lord has been with us for 2,000 years and like Philip we have not recognized Him. But yet over this time countless people have seen His glory, miracles, power, grace, and mercy. These things go before us and have remained with us over the centuries. The saints, martyrs, and people of belief have all seen God in the person of Jesus Christ. Countless people have seen Him and yet people still ask, “Where is God?”

To this we must pray that the spiritual eyes of those who still do not see are opened to God’s love and that they may become worthy to behold the majesty of His glory.

*To God be glory and praise forever and ever. Amen.*

## Sunday School Has Begun!



We ask that you register by using the online form for each student at your earliest convenience via <https://holytrinitywestfield.org/ministries/religious-education/> or scanning the QR code above.

### **HOLY TRINITY RELIGIOUS EDUCATION TEACHER AND CLASSROOM ASSIGNMENTS 2025-2026**

<b>GRADE</b>	<b>ROOM</b>	<b>TEACHERS</b>
Pre-K	105	Anna Darity
Kdg	107	Alexandra Mavridis, Ariadne Monfalcone
1st & 2nd	102	Anna Decavalles, Melissa Krikos
3rd & 4th	101	Felicia Karsos
5th & 6th	207	Maria Tarhanidis, Beth Grivoyannis
7th & 8th	202	Leon Carayannopoulos, Elias Grivoyannis
9th & 10th	204	Tony Drivas
11th & 12th	Boardroom	Peter Tarhanidis, Nik Karsos



### **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](mailto:religiouseducation@htgocnj.org)

### **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.

### **Greek School Registration is Now Open**

Greek School registration is open. Classes are held on Tuesdays and Thursdays from 4 PM - 6 PM. Classes began Tuesday, September 9, grades Pre-K, Kindergarten, 1st Beginners and 1st Advanced, 2nd; Thursday, September 11, grades 3rd, 4th, 5th and 6th. Register at <https://holytrinitywestfield.org/ministries/greek-school/>

### **Angel Choir**

Boys and girls ages 7-12 are invited to join the Angel Choir. Interested children should meet with the Choir Director in the Choir Robe Room (off the Narthex) immediately after Sunday School dismissal on Sunday, September 28, for initial instructions and robe assignments. The Angel Choir will be joining the adult choir during Divine Liturgy on Sunday, October 5. The Angel Choir will practice from 11:45 to 12:15 on select Sundays. For more information, contact Choir Director, Anne Kernoski, via <https://holytrinitywestfield.org/ministries/choir/> or [akernoski@gmail.com](mailto:akernoski@gmail.com)

### **Greek Dance lessons offered to Holy Trinity youth in grades Pre-K - 12th**

Sunday is the deadline to register! HOPE/JOY (Pre-K - 6th) Instructor, Ronnie Filippatos, on Sundays following religious education. 3 groups, exact times for each group to be determined once all are registered. GOYA (7th - 12th) Instructor, Nick Fourniadis, on Wednesdays 7 PM - 9 PM. For more information and to register visit

<https://holytrinitywestfield.org/ministries/dance-greek/>

(Pre-K - 6th) Instructor: Ronnie Filippatos, lessons to be held on Sundays following religious education. 3 groups, exact times for each group to be determined once all are registered.

GOYA (7th - 12th) Instructor: Nick Fourniadis, lessons to be held on Wednesdays 7 - 9 pm.

#### **Dance Fee**

**HOPE/JOY (Pre-K - 6th):** \$250 1 dancer, \$400 2 dancers, \$500 3 dancers, \$550 4 dancers

**GOYA (7th - 12th):** \$350 1 dancer, \$600 2 dancers, \$700 3 dancers, \$750 4 dancers

For questions, please contact Ronnie Filippatos [ronnie.filippatos@gmail.com](mailto:ronnie.filippatos@gmail.com)

#### **TOTS: (Trinity Orthodox Toddler Social)**

A fun way to connect with other Orthodox families with small children. First meeting Wednesday, October 8, 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 [vcomprelli@gmail.com](mailto:vcomprelli@gmail.com) or 612-801-8608 to sign-up or with any questions.

#### **Bible Study and Orthodox Inquiry**

**Begins Wednesday, October 1**

**The Gospel According to St. John**

Join us in person or on Zoom every Wednesday night at 7:00 PM as we read through the Holy Gospel According to St. John. The Holy Trinity Bible Study will begin October 1 and 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).

#### **Trinity Circle**

Tuesday, October 7, Lunch/Meeting 11 AM - 2 PM in “Celebration of Costa’s & Avi’s 60th Wedding Anniversary”. Steve Xenakis presents “Three Names: One Identity, Nationality & Ethnicity.” Bus outing Thursday, November 20, to Hunterdon Hills Playhouse Christmas Show, lunch & shopping. Members \$85; Nonmembers \$95. Kindly make your reservation with Kassandra Romas, Chair, (908) 296-1586 - [kromas22409@gmail.com](mailto:kromas22409@gmail.com)



## 2025 GOYA REGISTRATION

<https://forms.gle/hAmPHc4bLkk9eN9F8>

Contact Sophia Saketos at 908-247-6048 or [goya@htgocnj.org](mailto:goya@htgocnj.org) with questions.

### GOYA Outreach: Sock It To 'Em Drive

GOYA is collecting socks for adults and children now until October 5. The goal is 500 pairs of socks: no short athletic socks. This collection will benefit Elijah's Promise in New Brunswick. Please place in the bin by the church office.



### GOYA Clothing Drive: Oct 4, 9 AM - 11 AM

Clothing for men, women and children. Clothing accessories: belts, hats, scarves, handbags, gloves; small toys 2 feet or less; stuffed animals; towels, sheets and pillowcases; bikes and strollers. Not accepting quilts, blankets, large toys, board games, books, puzzles, pots or pans, glass, electrical devices, baby cribs, high chairs, vcr tapes, furniture, outdoor playsets, sports equipment. Please bag items in kitchen-sized garbage bags. Accepting shoes in separate clear bags.

## Fourth Annual Nikos Mouyiaris Memorial Lecture

The President of Republic of Cyprus, His Excellency Nikos Christodoulides, will be the honorable speaker at St. George GOC in Piscataway on Sun., Sept. 21, 2025, 5:30 PM. To RSVP [go.rutgers.edu/lecture-christodoulides](http://go.rutgers.edu/lecture-christodoulides)



### 4<sup>TH</sup> NIKOS MOUYIARIS MEMORIAL LECTURE

A Rutgers alumnus, Nikos Mouyiaris was a successful industrialist, philanthropist and activist for justice in Cyprus. He was the most generous supporter of the Elytis Chair Fund and the Modern Greek Studies Program at Rutgers The State University of New Jersey.

**Must RSVP**  
**Space is Limited**

**Sunday, September 21, 2025**  
**at 5:30pm**

## CYPRUS FROM PROBLEM TO SOLUTION

**The Evolution of US-Cyprus Ties  
in the Last 50 Years  
and the Contributions of the  
Hellenic American Community**

**The Community Center of the  
Saint George Greek Orthodox Church**  
1101 River Road, Piscataway, NJ

### Organized by

The Elytis Chair Fund at Rutgers University,  
The Modern Greek Studies Program,  
and the NJ Cypriot Association Salamis



### Speaker:

His Excellency, the President  
of the Republic of Cyprus

**Mr. Nikos  
Christodoulides**



To RSVP visit  
[go.rutgers.edu/lecture-christodoulides](http://go.rutgers.edu/lecture-christodoulides)  
or use the QR code



RUTGERS-NEW BRUNSWICK  
School of Arts and Sciences



**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](mailto:akernoski@gmail.com)

# 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](https://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](mailto: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](mailto: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**

September 17  
October 8, 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](mailto:vcomprelli@gmail.com) or 612-801-8608) to sign up or to ask any questions.

# September 29, 2025

44th ANNUAL

## HOLY TRINITY GOLF CLASSIC

Monday, September 29, 2025

Echo Lake Country Club

515 Springfield Avenue, Westfield, NJ 07090



### Schedule

Practice/Driving Range	10:45 am
Lunch	11:00 am
Kapsimalis Putting Contest	11:30 am
Shotgun Start	12:30 pm
Cocktail Hour and Reception	5:00 pm

### Sponsorship Opportunities

<i>Platinum Benefactor</i>	<i>\$ 10,000</i>
<i>Gold Benefactor</i>	<i>\$ 5,000</i>
<i>Silver Benefactor</i>	<i>\$ 3,500</i>
<i>Cocktail Hour Sponsor</i>	<i>\$ 3,000</i>
<i>Lunch Sponsor</i>	<i>\$ 2,000</i>
<i>Kapsimalis Putting Contest Sponsor</i>	<i>\$ 1,500</i>
<i>Halfway House Beverage Sponsor</i>	<i>\$ 1,000</i>
<i>Range Sponsor</i>	<i>\$ 500</i>
<i>Hole Sponsors (18)</i>	<i>\$ 200</i>

### Benefiting:

Windy25 Memorial Fund  
Holy Trinity Greek Orthodox Church Westfield

For information, please contact:

George Colonias <a href="mailto:gcolonias@yahoo.com">gcolonias@yahoo.com</a> 908-294-7414	Stefanos Arethas <a href="mailto:stefanos.arethas@gmail.com">stefanos.arethas@gmail.com</a> 301-518-6816	George Paras <a href="mailto:gparas@parasandparas.com">gparas@parasandparas.com</a> 201-681-536
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# REGISTRATION FORM

To pay and register online: ["Online Giving"](#)

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

## Players

Name: \_\_\_\_\_ Email \_\_\_\_\_

Name: \_\_\_\_\_ Email \_\_\_\_\_

Name: \_\_\_\_\_ Email \_\_\_\_\_

Name: \_\_\_\_\_ Email \_\_\_\_\_

*Please Check all that apply:*

<input type="checkbox"/>	Individual Golfer(s) \$450
<input type="checkbox"/>	Foursome(s) \$1,800
<input type="checkbox"/>	Sponsorship: Please indicate level below
<input type="checkbox"/>	Reception \$100
<input type="checkbox"/>	

*To make your reservation, please complete this form and return it with your payment to or pay online:*

### **HOLY TRINITY GREEK ORTHODOX CHURCH**

**250 Gallows Hill Road**

**Westfield, NJ 07090**

**Attention: Golf Committee**

**If paying by credit card, please complete the following and sign:**

Name (as it appears on your card): \_\_\_\_\_

Master Card     Visa     American Express

Card #: \_\_\_\_\_

Expiration Date: \_\_\_\_\_ Month    \_\_\_\_\_ Year    Security Code # \_\_\_\_\_

Mailing Address for this credit card: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Total Enclosed or Authorized \$ \_\_\_\_\_

To pay and register online: ["Online Giving"](#)

**October 4, 2025**

**GOYA  
CLOTHING  
DRIVE**

HOLY TRINITY  
GREEK ORTHODOX CHURCH  
250 GALLOWS HILL RD.  
WESTFIELD, NJ  
07090



**please bag items in  
kitchen size garbage bags**

**Accepting: Clothing** for men, women and children, shoes (in a separate clear bag), Clothing accessories: belts, hats, scarves, handbags, gloves, etc.. We take small toys 2 feet or less, stuffed animals, towels, sheets, and pillowcases, bikes and strollers

**Not Accepting:** quilts, comforters, pillows, and blankets, sports equipment- bikes are ok, no board games, books, puzzles, pots, car seats, no glass or electrical devices, no large toys, highchairs or baby cribs, or scooters, vcr tapes, furniture or outdoor playsets, frames, candles, cards, plastic cups pet accessories or holiday decorations.

**SAT.  
OCT 4,  
2025**

**DRIVE THROUGH & DROP OFF**

**9:00-11:00 AM**

# October 23, 2025

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



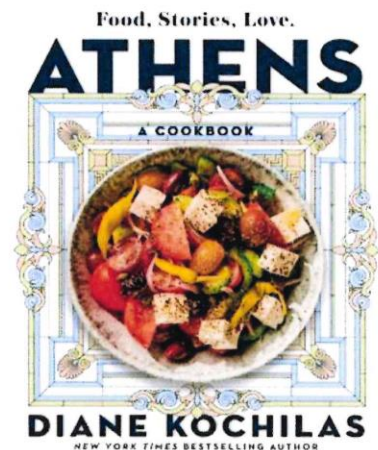
## ATHENS FOOD NIGHT

*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!**





**GLORY BE TO GOD FOR ALL THINGS**

**✠ AMEN ✠**