

# The Promise

HOLY TRINITY GREEK ORTHODOX CHURCH

WESTFIELD ✦ NEW JERSEY



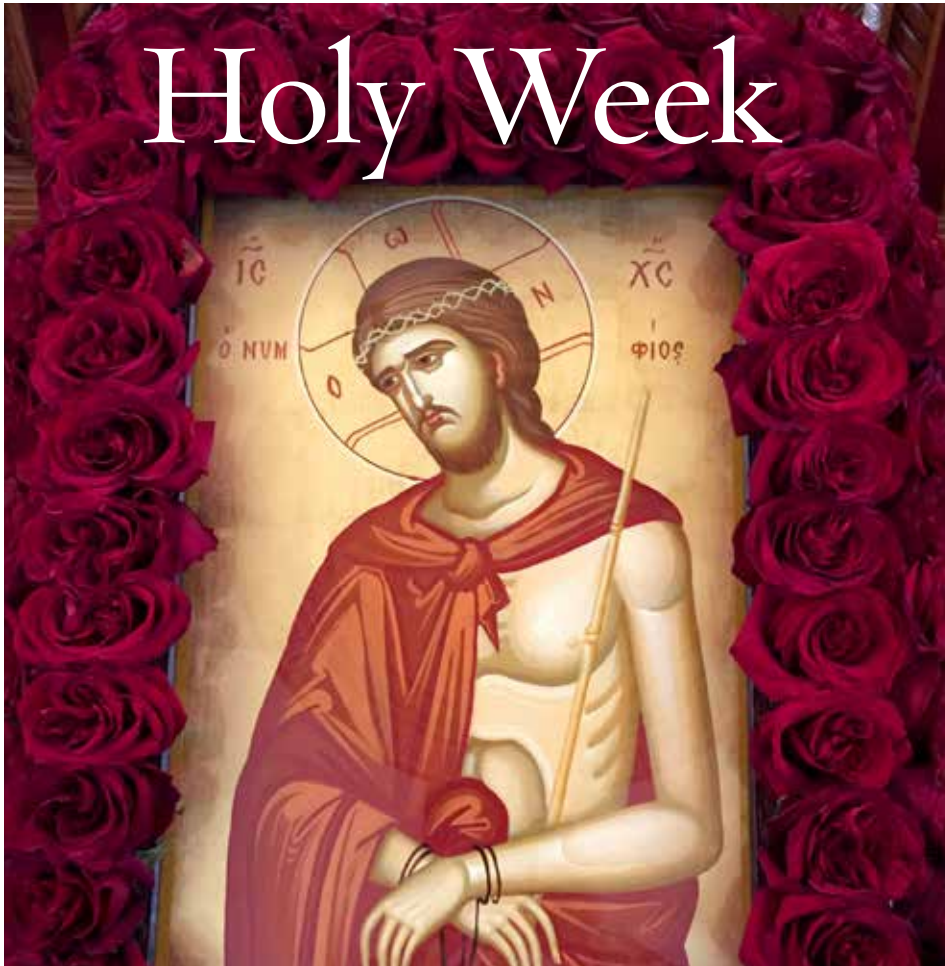
April 2022 ✦ Volume 46, Issue 2

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## Holy Week

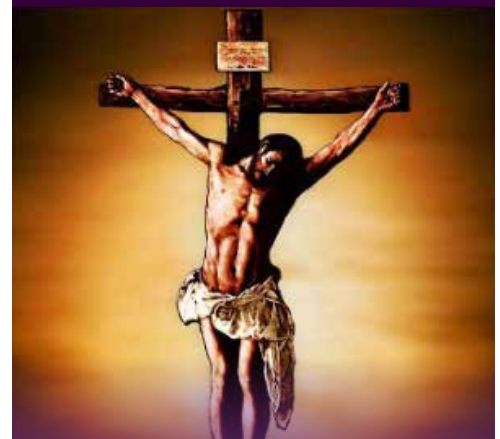


As Orthodox Christians, we believe that our salvation comes through the holy Resurrection of our Lord and Saviour Jesus Christ. Leading up to the celebration of this great mystery of faith, we are invited to accompany Jesus on His journey to Jerusalem during Holy Week. Every night as we visit the church distinct aspects of Jesus' final days are presented to us.

During each passing day, we encounter to Lord's struggle against audacity, treachery, hatred, betrayal, falsehoods, and murder. The broad spectrum of human fallibility and evil are presented, all seeking to destroy the Lord. Yet, in the explosion of sin and its desperate attempts to possess, manipulate, and kill, our dear Lord shows us how to combat and overcome the evil one.

*Continued on page 2 ⇨*

## Holy Week Schedule



Palm Sunday, Divine Liturgy.....	9:30am
Sun., Mon., Tue., & Wed. Bridegroom.....	6:30pm
Holy Tuesday, Presanctified Liturgy .....	9:30am
Holy Wednesday, Unction .....	3:00pm
Holy Thursday, Institution of the Eucharist .....	9:30am
Holy Thursday, The Passion of Christ .....	6:30pm
Holy Friday, Royal Hours.....	9:30am
Apokathelosis .....	3:00pm
Lamentation Service.....	6:30pm
Holy Saturday, First Anastasi.....	9:30am
Holy Pascha, Vigil and Paschal Liturgy .....	11:15pm
Holy Pascha, Agape Vespers .....	11:00am

## Hymn of the Bridegroom Services

I see Your bridal chamber adorned,  
O my Saviour  
And I have no wedding garment  
that I may enter therein  
O Giver of Life  
make radiant the vesture  
of my soul and  
Save me!

*Wait for the promise of the Father*



# Dates in the Life of Our Church

April–May 2022

## ✠ APRIL

I	6:30 PM Akathist Hymn
3	St. John Climacus 8:15 AM Orthros 9:30 AM Divine Liturgy
4	St. Theonas of Thessaloniki 9:00 AM Presanctified Liturgy
5	11:00 AM Trinity Circle 4:00 PM Greek School
6	6:30 PM Presanctified Liturgy
7	4:00 PM Greek School
8	6:30 PM Akathist Hymn
10	St. Mary of Egypt 8:15 AM Orthros 9:30 AM Divine Liturgy
12	6:00 PM Lenten Vespers 7:30 PM Parish Council
13	6:30 PM Presanctified Liturgy
16	Saturday of Lazarus 8:45 AM Orthros 9:30 AM Divine Liturgy 11:00 AM Tying of Palm Crosses 6:30 PM Great Vespers
17	PALM SUNDAY 8:30 AM Orthros

	9:30 AM Divine Liturgy
	6:30 PM Bridegroom Service
18	HOLY MONDAY 6:30 PM Bridegroom Service
19	HOLY TUESDAY 9:30 AM Liturgy of the Presanctified Gifts 6:30 PM Bridegroom Service
20	HOLY WEDNESDAY 3:00 PM Sacrament of Holy Unction 6:30 PM Bridegroom Service/Holy Unction
21	HOLY THURSDAY 9:30 AM Divine Liturgy of the Mystical Supper 6:30 PM Holy Passion of our Lord
22	HOLY FRIDAY 9:00 AM – 3:00 PM Veneration of the Cross 9:30 AM Royal Hours 10:00 AM Holy Friday Retreat 3:00 PM Apokathelosis, Unnailing Service 6:30 PM Lamentation Service
23	HOLY SATURDAY 9:30 AM First Anastasi Divine Liturgy 11:15 PM Resurrection Vigil
24	GREAT AND HOLY PASCHA 12:00 AM Paschal Divine Liturgy

	11:00 AM Agape Vespers
	8:15 AM Orthros
	9:30 AM Divine Liturgy
26	4:00 PM Greek School
	8:00 PM NNJYC
28	4:00 PM Greek School
29	Life-giving Spring 8:30 AM Orthros 9:30 AM Divine Liturgy
30	11:00 AM Baptism

## ✠ MAY

I	1 8:15 AM Orthros 9:30 AM Divine Liturgy 12:00 PM Baptism
3	11:00 AM Trinity Circle 4:00 PM Greek School
5	4:00 PM Greek School
7	11:00 AM Baptism
8	Mother's Day 8:15 AM Orthros 9:30 AM Divine Liturgy
10	4:00 PM Greek School 7:00 PM Philoptochos Board Meeting 7:30 PM Parish Council

## Holy Week ⇐ from page 1

Those who are evil live solely in this world and it becomes hard to understand anything not associated with the temporal. The evil person understands nothing about the divine and thus continuously mocks God. During the Lord's Passion, He does not rebuke His opponents for their ignorance but states publicly their evil intentions to destroy

Him. It is satisfying to wicked people to show their power using strength. They use their power to dominate, destroy, and even killed. Their use of power is brutal laying waste to all who oppose them. The Church contrasts this use of power with Godly power. For when God shows His power, there is only joy and freedom. His power does not seek to take life or destroy but rather builds up and gives life.

Through Holy Week the Church

shows us that there is nothing as short-lived as the triumph of evil. Nor is there anything as lasting as the triumph of truth.

A lot happens during Holy Week and that is precisely why we need to spend a lot of time in church. The Church, like a mother taking her children by their hands, leads and teaches us about Christ's journey and His final victory.

*Continued on page 3 ⇨*

A lot happens during Holy Week and that is why we need to spend a lot of time in church.

Holy Week is the perhaps the most profound week in the liturgical life of the Church. This week teaches us about the person of Jesus, His authority from God, His divine nature, and everything He will endure for our sakes. It vividly contrasts between right and wrong, truth and falsehood. It shows us the shame and sadness brought about by a fallen and corrupted human nature. Yet, it shows us all that we can be as

a redeemed and saved people. It repeatedly asks which direction will I follow in life and clearly shows us how we can grow closer to Christ. Finally, and unequivocally, Holy Week demonstrates the ultimate power of God over all forces of evil. The splendid brilliance of the Resurrection utterly annihilates death and is the vehicle through which we are saved and assume eternal life.

### Overview of Great Week

**Saturday:** In Bethany, about two miles from Jerusalem, Jesus raised Lazarus from the dead. He stays there with His good friends.

**Sunday:** The events from the previous day spread throughout the region. Jesus enters Jerusalem in triumph and drives the sellers from the Temple. He goes back to Bethany that night.

**Monday:** Jesus returns to Jerusalem. He teaches and heals there. He also encounters the Pharisees and Sadducees.

**Tuesday:** Jesus comes to teach in the Temple, drawing the anger of the Jewish leaders. The ongoing dispute triggers an open conflict with the religious leaders.

**Wednesday:** A woman anoints Jesus with expensive perfume while He is at the house of Simon the Leper in Bethany. Judas begins to plot to betray Jesus.

**Thursday:** Jesus and His disciples share the Passover meal in the Upper Room and then go to the garden at Gethsemane. There, Jesus is arrested and taken back to the city, where He is tried and beaten at the hands of the Sanhedrin (council of Jewish leaders.)

**Friday:** In the morning, the Sanhedrin turns Jesus over to the Romans. Jesus appears before Pilate, who has Him flogged, mocked, and finally crucified. Jesus dies, and Joseph of Arimathea places His body in the tomb; this is considered the first day in the tomb.

**Saturday:** Jesus enters Hades and conquers the Realm of Death – second day in the tomb.

**Sunday:** Jesus rises from the dead early in the morning, and the women find His tomb empty – third day Resurrection. ❖



■ BY REV. FR. PETER DELVIZIO

# Time is NOT on Our Side



■ BY LIA LEWIS, MDIV., HOLY CROSS GREEK ORTHODOX SCHOOL OF THEOLOGY

In Fr. Alexander Schmemmann's book, *Introduction to Liturgical Theology*, he says that Sunday "in the Church the first-eighth day (the Lord's Day...) is the day of the Eucharist." However, as parishioners, we do not always view Sunday in this manner. We view Sunday as the second day of our weekend, another day to relax. We become so busy with our day and personal pursuits that we don't have the "time" to come to Church when it begins or even thank God on this most sacred day of the week.

Notice however that God gives us His time each and every day. He'll never say, "I'm busy" or "I'll call you later." Heaven forbid! Yet, how do we reciprocate to His kindness? We casually stroll in late for the Eucharist on Sundays. Holy Trinity's Divine Liturgy begins at 9:30 am and ends around 11:00 am. That is 1.5 hours in human terms. One and a half hours in God's terms is not even a complete grain of sand. Time for God is infinite. For us it's finite. In other words, we need to make the time to pray on the "first-eighth" day - the Eucharist; be at Divine Liturgy on time.

Why is it so hard to attend Divine Liturgy at 9:30? Yes,

the Divine Liturgy is on a Sunday (a weekend day), but for the most part, we arrive late, or we don't come at all. However, we manage to get to work on time on Mondays to Fridays. We arrive at our doctor's appointment fifteen minutes early. We make sure that our children arrive at school or their sports practice at the planned time. So once again, why not arrive on time, at 9:30 am to live the Divine Liturgy?

If you can't give God your time like He gives you His time, where does that leave you? We begin and end our week with the Divine Liturgy. By coming to give thanks to Him, we are reminded of the finite time of our lives on this earth. We should shout with joy when attending the Divine Liturgy, for it is here that we encounter God. Stepping into God's House and seeing Him in the icons, the Gospel, and most importantly our fellow parishioners is wondrous. The Church exists in this world but lives outside the fallen world. It is as close to heaven as we're going to get until that final day when we stand in front of God at His dread judgment seat of. We don't want to be late for that day, do we? ❖

# SAINT THEONAS OF THESSALONIKI

*Whose holy relics are deposited in the  
altar table at Holy Trinity*



**S**aint Theonas, later Archbishop of Thessaloniki, was a disciple of the Holy New Martyr James of Kastoria. Saint Nikodemos the Hagiorite informs us that we don't know where he was born, who his parents were, or how he came to be chosen as the Archbishop of Thessaloniki. One tradition says he was born in Mytilene, which is why recent scholars say he was from Lesvos, either because he came from there or because he was a spiritual father there in Plomari.



Saint Theonas was probably born in the second half of the 15th century. We know nothing about his life before he went to Mount Athos. At first he lived as an ascetic in the Pantokratoros Monastery, where he was ordained a Priest. Then he joined the brotherhood of Saint Iakovos the Neomartyr, who lived as a monk above Iveron Monastery, in the Skete of the Honorable Forerunner. In around 1518 Saint Iakovos and his brotherhood of six monks, among whom was Theonas, fled to the interior of Mount Athos, and after a vision to the Elder they departed Mount Athos. Thus on Bright Friday in the year 1518, Saint Iakovos and his brotherhood left Mount Athos. After having passed through the region of Thessaloniki and followed the road to Thessaly, and passed through Platamon Castle and Meteroa, they settled in the Monastery of the Honorable Forerunner

in Analipsis (Dervekista) of Aitolia, where they stayed for one year.

Saint Theonas was the most faithful and best disciple of Saint Iakovos. For this reason, he was sent to Bishop Akakios of Arta in order to receive a letter of permission to ensure their uninterrupted spiritual work among the Christians of the region. But because Saint Iakovos soon became popular with the people, Bishop Akakios came to hate him. So he accepted the slander of certain pseudo-monks and handed Saint Iakovos over to the Turks as a revolutionary. The Turkish Bey of Trikala sent soldiers to arrest Saint Iakovos and two of his disciples, Deacon Iakovos and Monk Dionysios, and they were taken to Trikala, where they were imprisoned for forty days. They were visited in prison by two other disciples of Saint Iakovos, Theonas and Markianos, and asked about the fate of the monastery and brotherhood after his death. Iakovos prophesied that they would abandon the monastery and would gather in a monastery near Thessaloniki. He also sent a letter to his disciples, in which he ordered for Theonas to be his successor and the abbot of the Monastery of the Forerunner.

On November 1 in the year 1519 Saint Iakovos and his two disciples, Iakovos and Dionysios, after being horribly tortured in Didymoteicho and Adrianople (Edirne), were hanged. The sacred relics of these three New Martyrs were purchased by Christians and buried in the village of Arvanitochori, five kilometers from Adrianople.

According to the prophecy of Saint Iakovos, after his death Theonas and the brotherhood in Dervekista left the monastery the following year and went to Mount Athos, to Simonopetra Monastery. From a certain priest in Arta they were informed about the graves of the New Martyrs, so

they took care towards the translation of their sacred relics to Mount Athos. In 1522 the brotherhood left Simonopetra with the relics of the New Martyrs and came to the outskirts of Thessaloniki. They settled in the Monastery of Saint Anastasia the Pharmakolytria, which was then a very old and small monastery, they thoroughly reconstructed it with competent cells for the monks, and by the grace of God one hundred and fifty monks came there and lived the cenobitic life.

Saint Theonas was abbot of the Monastery of Saint Anastasia, according to various sources, until 1535. His ascent to the hierarchical throne of Thessaloniki must have taken place around that time, because the Metropolitan of Thessaloniki was Joasaph until 1535, and in a document from 1538 Saint Theonas is referred to as the Metropolitan of Thessaloniki.

He was not the Metropolitan of Thessaloniki for many years. Documents from May of 1541 refer to him as the Metropolitan of Thessaloniki, while in April of 1542 he is referred to as dead. Therefore, he probably reposed in the Lord in 1541.

The sacred relic of Saint Theonas, immediately after his repose, was translated in a miraculous way to the Monastery of Saint Anastasia. In 1821 it was brought to Skopelos, and from there to Esphigmenou Monastery at Mount Athos, and then was again brought to the Monastery of Saint Anastasia, where it is reverently kept today and has been preserved incorrupt. Also, his holy relics are deposited in the holy altar table at Holy Trinity in Westfield.

The memory of St. Theonas of Thessaloniki is celebrated on April 4, and also at the Monastery of Saint Anastasia on the Fourth Sunday of Great Lent. ❖

# Above all WE NEED HUMILITY

A holy abbot once said: "Above all we need humility".  
"But why?" asks Abbot Dorotheos. Don't we need  
more restraint?

The holy man answered, "The Apostle Paul says: 'Everyone  
who struggles exercises self-control in all things.'" – 1 Cor. 9:25

Dorotheos then said, "Do we no longer need the  
fear of God?"

He answered, "The fear of the Lord  
is the beginning of wisdom." and  
"with the fear of the Lord every  
man escapes from evil."

"Is not almsgiving and faith  
more important?"

"With alms and faith, sins  
are washed away." and "with-  
out faith it is impossible to be  
pleasing to God."

If all this is so necessary, how  
does the elder say that we need hu-  
mility above all else?"

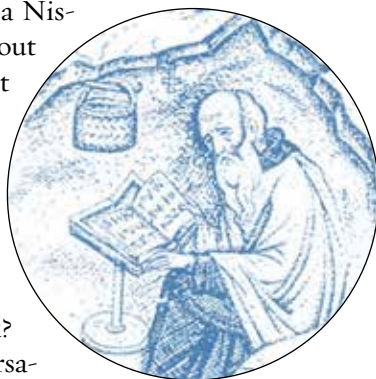
For precisely temperance, nor the fear of God, nor almsgiv-  
ing, nor faith, nor any other virtue is possible without humil-  
ity. The only thing that can destroy all the tricks and inhuman  
energies of the devil's method, is humility. By bending our  
stature before God and our fellow man, we ascend.

Abba Joseph said to Abba Nis-  
teros, "What should I do about  
my tongue, for I cannot  
control it?"

The old abba said to  
him, "When you speak, do  
you find peace?"

Abba Joseph said, "No."

He replied, "If you do not  
find peace, why do you speak?  
Be silent and when a conversa-  
tion takes place, it is better to listen  
than to speak." ❖



## Holy Trinity *Palm Sunday Luncheon*

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Seating is limited so please call  
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## Capital Campaign Progress



# Holy Trinity Capital Campaign Update

**H**oly Trinity began a Capital Campaign in December of 2021 to raise funds for important church infrastructure projects. As indicated in our Capital Campaign statement, the top priority is resealing and waterproofing the church dome. Additional infrastructure projects include replacing worn HVAC and heating systems, investing in cost-efficient solar energy, repaving the church parking lot, replacing exterior doors, and landscaping church property. The estimated cost of the dome and parking lot refurbishment is close to 45% of the goal. To properly fund these needed projects, the parish assembly approved a Capital Campaign goal of \$750,000.

In the past three months, parish

council members, ministries, and fellow parishioners have been working in earnest to solicit Capital Campaign donations. As a result of our collective efforts, we have achieved approximately 2/3 of our targeted goal, with donations, to date, totaling \$475,000. These tremendous results are a testament of our collective efforts and commitment to our church. Holy Trinity is your church, your home, and your community, where all are welcomed.

We encourage all those who have not given to date to please do so as we strive to reach our \$750,000 goal. We thank all of our donors for their kindness and generosity. Your contributions are making a meaningful and visible difference!



### Oil Painting Raises Funds for Capital Campaign

Thank you to everyone who purchased raffle tickets for the oil painting, "Praying". \$1,100 was raised for the parish's Capital Campaign. Adina Toescu won the raffle and is now the happy owner of this beautiful painting by Avi Kiriakatis.



### Man of God

On Sunday, March 27 the parish of Holy Trinity screened the critically acclaimed movie "Man of God" about the struggles of St. Nektarios of Aegina. The tickets were purchased by an anonymous donor and those attending contributed a free will offering. The amount raise for the Capital Campaign was \$1,550. Thank you for your support. ❖



# GOYA

## Update

■ BY MAGGIE VASSILOPOULOS, PRESIDENT

**G**OYA has had a great start to the New Year working together as a team. January and February flew by and now we are ending March. We finished strong in Sights & Sounds overall placing third. It was the 50th Anniversary of Sights & Sounds and we welcome it back after a year absence. GOYA encourages the younger generation to observe our group this year so they can keep the tradition going!

GOYA has also had several Outreach projects which we are grateful and blessed to have done despite many

obstacles with the pandemic. First, we collected and put together over 300 items for the Holy Trinity Catholic Church in Westfield - over 100 toiletry kits, 30 one night sustainable food kits, and food items such as cereal, cookies, crackers, tuna fish cans, soup cans, protein drinks, beans, applesauce and much more. Second, we are very appreciative that the Westfield Fire Department gave us 7 frozen turkeys and a bag of fixings to go with each turkey. We have and will distribute them all to those in need. Lastly, we made 55 bags that included a fresh sandwich, protein

bars, cheese sticks, apple sauce and water. We delivered them to Bridges in Summit who will bring them to the homeless in Newark. We also provided Bridges with over 100 toiletry kits and sustainable food bags to be given out as needed.

Lastly, we did get to have some fun at a Valentine's Day dance hosted by the Roseland Church. It was great to catch up with a few of our GOYA friends from other churches. We hope to be doing that a lot more in the upcoming months! ❖



Special guest, His Grace Bishop Apostolos



Greek School Celebrates 200 years of Greek War of Independence.



# Philoptochos

## What is a role model?

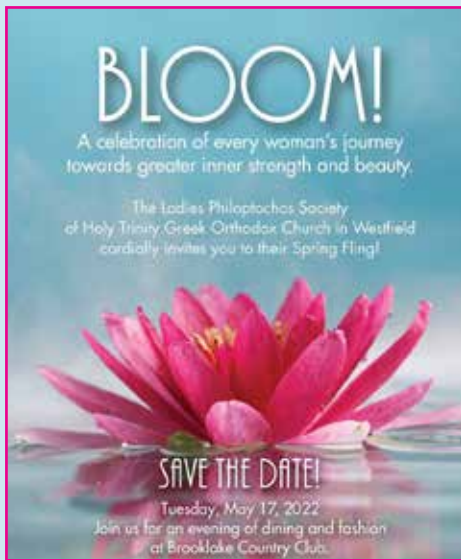
■ BY MARIA KANARAS, PRESIDENT

What does it mean to be a role model? By one definition it is “a person who serves as a positive example to others; an example to be imitated.” For us, the holy Theotokos is our perfect role model as she sets the example of love and unwavering faithfulness to God. She comes to help us in any way she can. “She is the greatest intercessor for God’s people, interceding for us in prayer and bestowing graces on us from God that God

allows Her to”. This brings comfort and hope to me during these difficult times. I hope that it brings you comfort as well.

So, what can we do? Each of us has an opportunity to be a role model by encouraging and supporting others in their lives and leading them to Christ as did the Theotokos. We can do this individually, but what an impact we can have together as a Sisterhood. When women lift up one another, we show

another woman the worth she has even in times of struggle and lessen their pain, suffering or loneliness. What a powerful thing it is when you make someone feel valued – whether it is your friend, family, or a stranger. During this Lenten season, let us share this journey together as a Sisterhood and in fellowship with our Holy Trinity community. May God bless you all and Καλή Σαρακοστή. ❖



Tuesday, May 17, 2022 is our **Spring Fling BLOOM!** at Brooklake Country Club as we celebrate every woman’s journey toward inner strength and beauty. BLOOM! will be our largest fundraiser of the year with our hard working, enthusiastic chairs, Alexandra Mavridis and Elise Daniledes, along with our dedicated volunteers and generous donors to help make it a success so that Philoptochos is able to continue with its mission to lessen the pain and suffering of others and support our church community. Join us by putting your “faith in action”! We welcome your time, talent, and treasures because they do make a difference and we can have fun doing it together. Please stop by the Philoptochos Table on Sundays to say hello, learn more about Philoptochos, put in a personal or business ad in the Journal (deadline April 10th), participate in our Grand Raffle and VIP Raffle, or donate towards the raffle prizes!

### YOUR SUPPORT IN ACTION DURING FEBRUARY – APRIL

- “Go Red for Women” donation to Cleveland Clinic of \$884.
- Holy Trinity Capital Campaign donation of \$5,000 from proceeds of 2022 Community Christmas Card
- Social Service Aid of almost \$3,000.
- Feeding the Hungry – Along with GOYA prepared 100 lunch sacks including sandwich, healthy snack & water bottle donated to Elijah’s Promise in New Brunswick.
- Commitment to Ukrainian Humanitarian Relief – donation of \$5,000 to “National Philoptochos Ukrainian Relief Fund” for IOCC/ Ukraine Aid. Collection Drive of baby products & medical supplies is on-going.
- Easter Bake Sale on April 10th & 17th – proceeds earmarked to help Ukrainian Women and Children.
- Palm Sunday Fellowship Hour on April 17th – Philoptochos hosts you for a delicious Lenten Fellowship. If you want to help, please reach out to Marigo Markos at mchantzis@aol.com

*“So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver.”*

*2 Corinthians 9:7*

# BLOOM!



The Ladies Philoptochos Society  
Holy Trinity Greek Orthodox Church  
Westfield, New Jersey

## Ad Journal – Personal Tribute Ads 2022

Thank you for your generous support!

Please send the following to be **RECEIVED no later than Sunday, April 10, 2022:**

**Step 1: Email us!** Send PDF\* of your tribute, including photo if applicable, to [christinehsjohnson@gmail.com](mailto:christinehsjohnson@gmail.com).

*Need a helping hand?* If you need assistance, send your desired copy and digital photo, if applicable, to [christinehsjohnson@gmail.com](mailto:christinehsjohnson@gmail.com).

**Step 2: Mail us!** Send the completed form below with payment and copy of your creative ad to address below.

The Ladies Philoptochos Society  
Holy Trinity Greek Orthodox Church  
250 Gallows Hill Rd  
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*\*The Ladies Philoptochos Society reserves the right to modify copy in order to conform to Journal specifications.*

Your Name & Address:

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# BLOOM!

Ad Journal  
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Use separate form for each tribute that you would like to submit.

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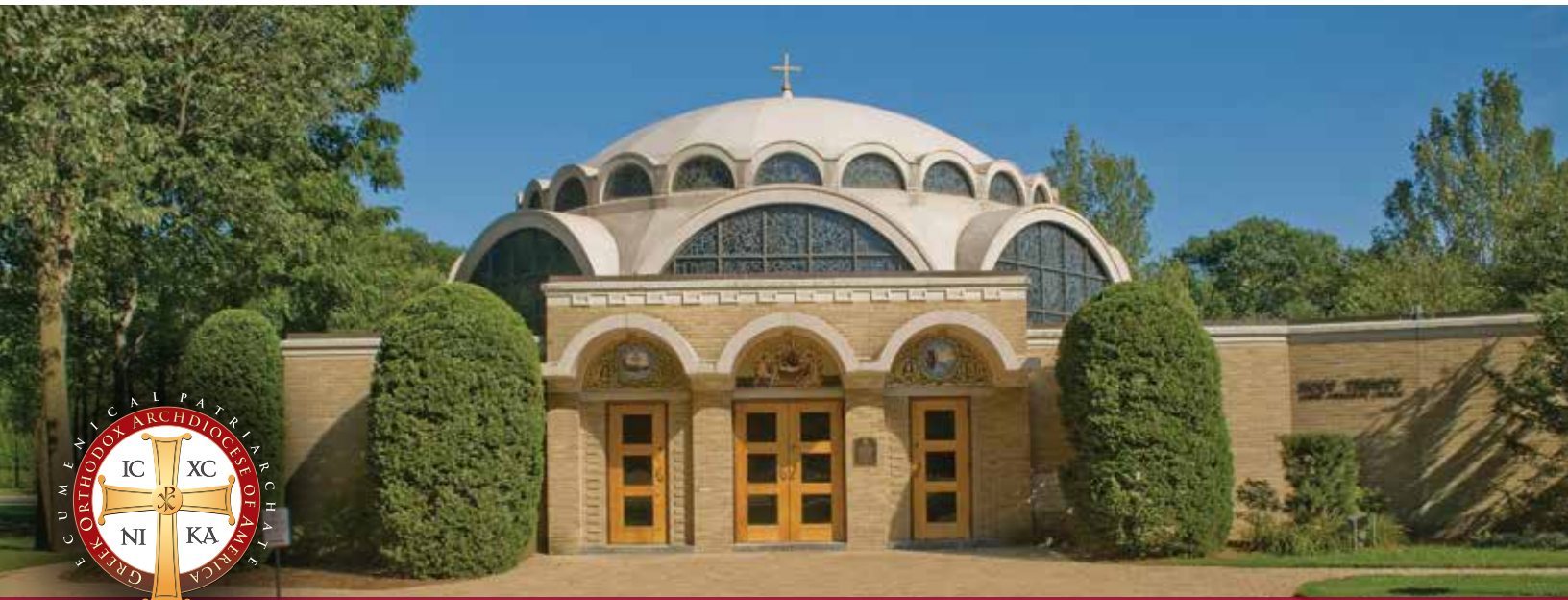
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*Admin. Assistant* E. Joy Daniledes  
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## SCHEDULE OF SERVICES

	<i>Sundays</i>	<i>Weekdays</i>
<i>Orthros</i>	8:15 AM	8:30 AM
<i>Divine Liturgy</i>	9:30 AM	9:30 AM

## THE PROMISE: VOLUME 46, ISSUE 2

10 issues published annually.  
No subscription fee.  
Article deadline - 10<sup>th</sup> of the preceding month