Have you ever felt that you can’t keep up with your daily life? There always seem to be too many things to do, too many places to go, and not enough hours in the day to accomplish every item on the list. Because life may seem overwhelming at times, many give up along the way. Others feel a sense of hopelessness or caught in moments of indecision. When we’re frozen in time by life’s overwhelming events, spiritual paralysis sets in. Too often we trust in our own strengths and become overly confident, only to find ourselves exhausted and spiritually spent. This is certainly not God’s intent.

God is good and He desires to make us worthy of our high Christian calling. He cherishes us and His affection is clear, “Since you are precious in My sight…I love you.” – Isaiah 43:4.

Tender affection is what God wishes to offer us. It’s the connection of love that makes us precious in God’s eyes. Therefore, my dear brothers and sisters in Christ, let us enter into His love and participate in it so that we might become worthy before Him.

The first half of August is dedicated to the Panagia. The Virgin Mary speaks to us reminding us of God’s love. She is the shining and perfect example of faith since she perfectly demonstrates her trust in God. She tells us to listen and to pay close attention so that we might hear Him say, “Fear not, for I Am with you.” – Isaiah 43:5. These words are incredibly important as they soothe the soul which has been tossed about by daily commotion.

Current life tempts us to be afraid of everyone and everything. Cynicism drag our lives down, to areas that we do not wish to go. However, the Panagia is a constant reminder of faith in God. St. Ambrose of Milan said that, “Mary’s life is a rule for all.” How true this is! Her life shows us by what means we can become worthy before God. The Panagia found favor with God precisely because she was humble in nature and faithful in all things. No one would say that her life was completely ideal and without struggle. But one thing is for sure her faith in God was all that mattered. The Panagia teaches us to trust in God.

St. Photios the Great said, “The Virgin found favor with God because she had made herself worthy before her Creator, for, having adorned her soul with the fairness of purity, she had prepared herself as an agreeable habitation of Him…She found favor with Him not only because she had kept her virginity inviolate, but also because she had maintained her desires unsullied.”

Continued on page 2
### August / September 2018

**AUGUST**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>7:00 PM Paraklesis</td>
</tr>
<tr>
<td>3</td>
<td>7:00 PM Paraklesis</td>
</tr>
<tr>
<td>5</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>6</td>
<td>Holy Transfiguration</td>
</tr>
<tr>
<td></td>
<td>8:30 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>8</td>
<td>7:00 PM Paraklesis</td>
</tr>
<tr>
<td>10</td>
<td>7:00 PM Paraklesis</td>
</tr>
<tr>
<td>12</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>14</td>
<td>7:00 PM Great Vespers @ Holmdel</td>
</tr>
<tr>
<td>15</td>
<td>Dormition of the Theotokos</td>
</tr>
<tr>
<td></td>
<td>8:30 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>19</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>26</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
</tbody>
</table>

**SEPTEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>8</td>
<td>Nativity of the Theotokos</td>
</tr>
<tr>
<td></td>
<td>8:30 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>9</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>14</td>
<td>Exaltation of the Holy Cross</td>
</tr>
<tr>
<td></td>
<td>8:30 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
</tr>
<tr>
<td>16</td>
<td>No Church Services - Asbury Park</td>
</tr>
</tbody>
</table>

---

### On Being Worthy Before God

Continued from page 1

Our modern world, with all its technology, can allow us to access a “million and one” things with just a simple click of a button or stoke of the finger. With all the craziness out in the world, isn’t it important to reach for the one thing that has not changed in millennia. Let us reach for and touch Christ, the One true and eternal constant. He removes anxiety and fear from our lives. He is the One that calms the tempest of life’s storms. And as He said to Martha, the sister of Mary, He repeats to us: “You are worried and troubled about many things. One thing is needful, and Mary has chosen the good portion, which will not be taken away from her.” – Luke 10:41-42. Christ is the Good Portion and He shall never abandon us regardless of our lives situation.

As we celebrate the Dormition of the Virgin Mary, we celebrate, once again, that special relationship created between God and man. Christ came to us through the person of the Panagia by taking on human flesh. Being eternal God, He took on our weaknesses to connect us to divine strength. By dedicating our lives totally to Christ, as did the Panagia, we are assured the fruits of eternal life. So that when we pass from this life we will know, without a doubt, that we have taken our repose in the One who has conquered death and who has put aside the anxieties and fears of this world.
Sacraments & Rites
April 26–July 8, 2018

FUNERALS
4/26/18  +Harry Linardakis
5/5/18    +Anastis Garo
5/7/18    +Eleni Nikas Psarianos
6/8/18    +Markus Scarkos
7/2/18    +Olga Emanuel

WEDDINGS
4/29/18  Ariana Bannos and Blake W. Anderson
         With Cassandra Bannos as sponsors
6/16/18  Kristine J. Kanellos and Stefano A. Giakoumis
         Nestor and Barbara Marinos as sponsors

CHURCHINGS
6/3/18   Penelope Eliza, daughter of Eleni and Christopher Gathercole
6/10/18  George Elias, son of Antonia and Elias Christodoulakis

BAPTISMS
4/14/18  Kayla Gail, daughter of Christina and Michael Bohmerwald,
         Godparent is Vincent Cavallaro
4/21/18  Penelope Zoe, daughter of Constance and Zacharias Xanthos,
         Godparent is Helen McGrath
5/12/18  Lia Elise Schmitt, daughter of Kristin and James Schmitt,
         Godparent is Chris Kiriakatis
5/12/18  Aiden Michael, son of Amanda and Michael McCarthy,
         Godparent is Alexis Pagoulatos
7/8/18   Sage Zoe, daughter of Eva and Richard Cunningham,
         Godparent are Christina Tolimenou and Ilias Giannopoulos

NEW MEMBERS OF THE CHURCH
Patrick and Georgia Egan
82 Diaz St.
Iselin, NJ 08830

Michael and Amanda McCarthy
17B Williams St.
Summit, NJ 07901

Andrew and Athena Kritharis
21 Rasberry TRL.
Warren, NJ 07059

Stella Mellas
24 Strawberry Ln
Warren, NJ 07059

Mark and Ariadne Jaffe
43 Fieldstone Drive
Springfield, NJ 07081

Harris and Connie Xanthos
614 Shadowlawn Dr.
Westfield, NJ 07090

The Holy Trinity Youth and Young Adult Ministry (Y2AM) hosted its 3rd Annual Mentor and Career Fair on Sunday June 10. The Fair provides an opportunity for high school, undergraduate and graduate students and college grads to meet and network with adults in a particular career or field. The objective is for our youth and young adults to be able to seek advice in career selection, education and future internship and employment opportunities. Over 30 young adults, ages 16-24 were present at the event. In addition, over 30 Holy Trinity Mentors offered their professional experience and advice. Valuable information regarding networking, scholarships and internships were discussed. Thank you to all the mentors and participants for making this event a success, once again. Careers represented included Medicine/ Dental/ Health Sciences, Law, Law Enforcement/ Government, Banking, Accounting, Finance, Priesthood, Software/ IT/ Web Developing, Graphic Design, Engineering/ STEM, Finance, Marketing and others.

The mission of The Holy Trinity Youth and Young Adult Ministry (Y2AM) is to create forums for Young Adults to connect on our Christian Orthodox faith, provide fellowship events and offer guidance as they transition into higher education and career endeavors. May God’s Grace keep our young adults connected to the Church and their faith.
Most Holy Theotokos, Save Us
Υπεραγια Θεοτοκε, Σωσον Ημας

Service of Paraklesis
To the Theotokos
Ἡ Ακολουθία Τῆς Παρακλήσεως Τῆς Παναγίας

Please intercede for the health
and Healing of the Servant of God:
Όνόματα τῶν ζώντων Όρθοδόξων γιὰ τίς Παρακλήσεις εἰς τήν Παναγία

Please enter the full baptismal names
of your loved ones.
(For example: “Nicholas” instead of “Nick” or “Niko.”)
Please return form to Fr. Peter.

“O the wonders of the Ever-virgin and Mother of God, surpassing mind! For she dwelt in a tomb, and showed it to be Paradise, which we stand beside today, rejoice as we chant: praise the Lord, O you works of the Lord, and exalt Him supremely unto all the ages.”

- Excerpt from the Canon for the Dormition of the Theotokos

“Now the Mother of God shuts her material eyes, and opens her spiritual eyes towards us like great shining stars that will never set, to watch over us and to intercede before the face of God for the World’s protection. Now those lips, moved by God’s grace to articulate sounds, grow silent, but she opens her [spiritual] mouth to intercede eternally for all of her race. Now she lowers those bodily hands that once bore God, only to raise them, in incorruptible form, in prayer to the Lord on behalf of all creation. At this moment her natural form, radiant as the sun, is hidden; yet her light shines through her painted image, and she offers it to the people for the life-giving kiss of relative veneration, even if the heretics are unwilling. The holy dove has flown to her home above, yet she does not cease to protect those below: departing from her body, she is with us in spirit; gathered up to heaven, she banishes demons by her intercession to the Lord.”

- St. Theodore the Studite’s Encomium on the Dormition of the Theotokos
Technology is part of our everyday life and is rapidly changing. For some, they are learning and communicating at a young age, while others are adapting to this new way in which we communicate. On Sunday, June 24, 2018, Holy Trinity had its first Technology Day with Trinity Circle. It was a big success!

The event was led by Caroline Maglaras and was designed to help guide seniors to enhance their technology skills. Twenty-three participants from Trinity Circle came with their iPhones, iPads, computers and questions to the Bouras Center for an informative tech session, followed by a one-on-one training with the Holy Trinity “Geek Squad”. The “Geek Squad” included 12 GOYANs who spent the afternoon teaching and providing tech support to our seniors.

Our agenda began with important information about internet safety including current scams that everyone should all be aware of. The group then learned how to download apps, update software, set-up and use Skype, text messaging, and Facebook. Together, we were able to make them feel more comfortable using technology.

A delicious lunch was provided and generously donated by Steve Ladas and Jimmy and Harry Vardas from Prestige Diner - Thank you! Thank you to Father Peter, Notis, Mrs. Criaris, Mrs. Kiriakatis, Mrs. Manos, and Mrs. Kotsonis for their support. And a big shout out to the “Geek Squad” [Alexandra and Nicholas Aloupis, Christina and William Arida, Stamati Angelides, Sofia and Katie Carayannopoulos, Niko and Sophia Skalkotos, and Ariana and Desi Tarhanidis] that helped make this 1st Tech Day a great event! We received so many thank you’s that we plan to have another workshop again.
Religious Education
Religious Education Graduation Program

Sunday School Teachers

Holy Trinity Seniors

Fr. Peter and Iris with Chris

Senior Speaker Cipriana Christodoulou

Senior Speaker Alexander Karanikolas

Philoptochos Scholarship Committee
Holy Trinity is proud to honor Chris Economides as this year’s Father of the Recipient and Alex Vasiliadis as the Grandfather of the year. We are happy for them and pray that our Lord will protect, bless and keep always.
One of the last Goya events of the year was Outdoor Olympics which took place Memorial Day weekend at Monmouth University. Holy Trinity brought home a total of 17 medals! Two notable events were our senior boys 4x100m relay team winning gold for the third straight year and the co-ed volleyball team winning gold for the first time in history! This was my final Olympics as a senior, and I always enjoy racing against my fellow Goyans and bringing home medals for our Church. This definitely is my favorite event of the year. Thank you to our coaches Mr. Boutsikaris and Mrs. Conti who have always made this event fun for our Goyans every year. I would also like to thank our parent chaperones, Mr. and Mrs. Colonias, Mr. Vasilopoulos and our advisors.

On May 20th we had our elections for next year’s executive board.

I wish the best of luck to next year’s officers. I know that they will be able to work together and do a great job of running our Goya next year.

On May 31st - June 3rd we had our annual Greek Fest. This is a time where we celebrate our Greek culture and share it with the rest of the community. This was the last time I was able to Greek Dance and I want to thank Mr. & Mrs. Katsingris for being such great teachers all these years. Thank you to all of volunteers that made the festival possible as well as to our Goyans who helped out in many areas.

Lastly, I want to reflect on how GOYA changed and developed my life. I met many of my closest friends through GOYA and we have had so much fun over the years. Between, basketball, Greek Dance, Sights & Sounds, soccer, Olympics, and all the dances with DJ Taso, GOYA has been such a great experience. It’s something my friends and I will remember for the rest of our lives. It is all about getting together with friends and having as much fun as possible because it is over before you know it. I encourage all youth ages 12-18 to join. It was truly an honor to be your President this past year, and I look forward to come back and visit next year. ❖
Holy Trinity Greek Orthodox Church

CLASSIFIEDS

Contact the Church Office if you would like to advertise in the next issue of The Promise!
The Promise: Volume 42, Issue 6

Holy Trinity Greek Orthodox Church
250 Gallows Hill Road • Westfield, NJ 07090
Change Service Requested

Schedule of Services

<table>
<thead>
<tr>
<th>Days</th>
<th>Sundays</th>
<th>Weekdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orthros</td>
<td>8:15 AM</td>
<td>8:30 AM</td>
</tr>
<tr>
<td>Divine Liturgy</td>
<td>9:30 AM</td>
<td>9:30 AM</td>
</tr>
</tbody>
</table>

Contact Information

Mailing Address
250 Gallows Hill Rd.
Westfield, NJ 07090-1109

Phone
908-233-8533

Fax
908-233-0623

Email
htgoc@westfieldnj.com

Website
holytrinitywestfield.org

Presiding Priest
Rev. Fr. Peter Delvizis

Email
FrPeter@htgocnj.org

Office Staff

Office Manager: Diana R. Waltsak
Admin. Assistant: E. Joy Danilides
Caretaker: Ocione Nunes

Worship

Lead Psaltis: Pascalis Kuvalakis
Choir Director: Kathryn Athanasoulas
Organist: Phyllis Verenes
Head Acolyte: Andreas Economides

Ministries

Parish Council: A.J. Karanikolas
Philoptochos: Ellen Manos-Athenson
Religious Education: Chris Economides
Greek School: Stavroula Merpoupis
Greek School PTO: Alexis Kiriakatis
Youth (GOYA): Nicholas Savorgiannakis
JOY / HOPE: Kathy Drivas
TOTS: Joanne Paras
Bookstore: Sandy Mouratoglou
Cultural: Barbara Manos
Trinity Circle: Helen Criares
Fellowship: Lauren Karanikolas

The Promise: Volume 42, Issue 6

10 issues published annually.
No subscription fee.