

The Promise

HOLY TRINITY GREEK ORTHODOX CHURCH

WESTFIELD ✦ NEW JERSEY



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Ecumenical Patriarch Bartholomew To Visit United States for St. Nicholas National Shrine Thyranixi

My Beloved Brothers and Sisters in Christ,
Εὐλογημένος ὁ ἐρχόμενος ἐν
ὀνόματι Κυρίου! (Ψαλμός 117:25)

Blessed is he who comes in the name of the Lord!
(Psalm 117:25 LXX)

With unsurpassed joy, we announce on the Feast of the Glorious Twelve, the Apostolic Visit of His All Holiness BARTHOLOMEW, Archbishop of Constantinople-New Rome and Ecumenical Patriarch to the United States, October 23 – November 3, 2021. This Visit, the first in twelve years, will commence the day following the Thirtieth Anniversary of the Election of His All-Holiness as Ecumenical Patriarch, and include the same anniversary of His Enthronement on the venerable See of the First-Called Apostle Saint Andrew on November 2nd. The Apostolic Visit will inaugurate the Centennial Celebration of the founding of the Greek Orthodox Archdiocese of America (1922 – 2022), which will be observed next year across the country.

The Ecumenical Patriarch will begin by being welcomed in our Nation's Capital at the highest

level of diplomatic and ecclesiastical dignity. The official itinerary will be shared in the coming weeks, and it will include a visit to the Metropolises of Pittsburgh and Chicago, with a major ecumenical event taking place at the University of Notre Dame in Indiana.

The Visit will conclude in New York City, and will culminate in a dedicatory "Opening of the Doors" of the Saint Nicholas Greek Orthodox Church and National Shrine at the World Trade Center on the very anniversary of his Enthronement as Ecumenical Patriarch. All of our Metropolises, Parishes, and Institutions will be able to share in this joy, through interactive features that will accompany His All-Holiness on his Visit. Therefore, with gladness and enthusiasm, let us welcome the Spiritual Father of us all, and with heartfelt cries proclaim: "Blessed is he who comes in the name of the Lord!"

With paternal blessings in the Lord,

† ELPIDOPHOROS

Archbishop of America

What is a Prayer Rope or Komboskini?



Do you wear a prayer rope on your wrist? Have you seen it worn by someone else? What is a prayer rope or *komboskini* (in Russian, *vervitsa*; in Romanian, *metanii/metanier*)?

First, let's begin by saying what it is not. It is not a piece of jewelry or an article of fashion. It is not something "cool" to wear around the wrist. It is, however, a religious article meant to deepen prayer.

As the name implies, a prayer rope is used to aid prayer. The *komboskini* is a rope usually made of black wool or silk threads knitted in knots. For many, not only monks and clergy, but also lay people of the Orthodox Church, the prayer rope is a way to guide one's prayer. The wearing of a prayer rope implies that a person is already devoted to prayer and practices it daily.

Continued on page 2 ➡

Wait for the promise of the Father



Dates in the Life of Our Church

August–September 2021

✠ AUGUST

I	8:15 AM Orthros
	9:30 AM Divine Liturgy
3	9:00 AM Paraklesis
4	6:00 PM Paraklesis
5	6:00 PM Great Vespers
6	Holy Transfiguration
	8:30 AM Orthros
	9:30 AM Divine Liturgy
8	8:15 AM Orthros
	9:30 AM Divine Liturgy

IO	9:00 AM Paraklesis
II	6:00 PM Paraklesis
I3	6:00 PM Paraklesis
I5	Dormition of the Theotokos
	8:15 AM Orthros
	9:30 AM Divine Liturgy
2I	11:00 AM Baptism
22	8:15 AM Orthros
	9:30 AM Divine Liturgy
29	8:15 AM Orthros
	9:30 AM Divine Liturgy

✠ SEPTEMBER

5	8:15 AM Orthros
	9:30 AM Divine Liturgy
I2	Parish Closed
	Asbury Park Holy Cross celebration
I3	6:00 PM Great Vespers
I4	8:30 AM Orthros
	9:30 AM Divine Liturgy
	7:30 PM Parish Council
I9	8:15 AM Orthros
	9:30 AM Divine Liturgy
20	Metropolis of NJ Clergy/Laity

Komboskini

⇐ Continued from page 1

The woolen material symbolizes that we are part of the flock of Christ. Most wear a prayer rope consisting of 33 individual knots although monastics have them up to 100 knots. The 33 knots of the *komboskini* are symbolic of Christ's age when He was crucified.

*"Lord Jesus Christ,
Son of God, have mercy
on me, a sinner."*

The use of the prayer rope in the Orthodox Tradition is still alive and practiced by many pious folks today. St. Pachomius the Great (born in the 3rd Century) used the prayer rope as a way to keep track of prayers and prostrations. Yet over all the most popular prayer associated with the *komboskini* is the Jesus Prayer. This is a prayer

each of us should know. Repeat it as often as possible throughout the day.

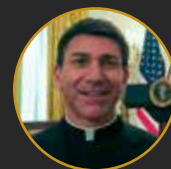
The person wearing the prayer rope knows that each knot is passed through the fingers while saying the Jesus Prayer, thumb over index finger. This is done repeatedly for each of the 33 knots.

Traditionally, we begin all prayers by saying, "Through the prayers of our Holy Fathers, Lord Jesus Christ, have mercy upon on us." After the "Amen", we praise God by reciting the Trisagion Prayers (Heavenly King, Comforter... Holy God..., Our Father). This is followed by thanking God, confessing His lordship, a request for the forgiveness of sins, and lastly, a call for intercession by the Theotokos and our patron saint. After these opening prayers, we use the prayer rope, repeating the Jesus Prayer a series of times.

It is said that the method of tying the prayer rope had its origins from St. Anthony the Great, the father of Orthodox monasticism. As he was tying a leather rope into a simple knot, he would pray "Kyrie eleison" (Lord, have

mercy). Because the divine name was on his lips, the Devil would come to untie the knot to interrupt his prayer. Because of his piety however, the Panagia visited St. Anthony to aid him in prayer. In a vision, the Theotokos told him to tie each knot by using the sign of the Cross. He did this seven times making one knot. By this, the Devil was vanquished and could not untie the knot since the power of the Cross has already defeated the Devil.

If you wear a prayer rope, or *komboskini*, it is a constant reminder for the necessity of prayer. If you pray and have already developed a prayer routine, it is a reminder to increase and deepen your prayer life all the more. The prayer rope aids us to accomplish that which St. Paul advocates that we "give thanks" and "pray without ceasing". – 1 Thessalonians 5:17 ✦



■ BY REV. FR.
PETER DELVIZIS



Parish Council

Support the National Spiritual Father's Campaign

■ BY FELICIA KARSOS, PARISH COUNCIL PRESIDENT

During his first Archpastoral visit to Holy Trinity GOC, His Eminence Archbishop Elpidophoros discussed the shortfall in the Clergy and Lay employee pension fund. The pension fund has been grossly underfunded. Under the leadership of His Eminence Archbishop Elpidophoros, the Archdiocese has developed a plan to fund the pension plan over a 30-year period. With hopes of shortening this gap, the Archdiocese is undertaking a fund raising campaign

specifically directed at the pension fund to be launched this Father's Day.

This Father's Day, as we honor our fathers, grandfathers and other important "father" figures in our lives, it is fitting that we also honor our spiritual fathers by making a generous contribution of \$100 per family to the Clergy and Lay employee pension fund. If you are unable to meet the contribution of \$100, I urge you to still consider making some contribution to honor all the clergy of

our parish.

Contributions can be made directly on-line by visiting the following site: www.supportourfathers.org.

You can also send a check with the memo noting "Father's Day Campaign" to Holy Trinity.

This is a beautiful expression of our love for our church and our Clergy. Please join me in supporting this campaign by making your generous donation this Sunday, June 20, 2021. ❖

To contribute please visit: www.supportourfathers.org to make direct payments.

Jeannie Arida to serve on the Board of OCMC



It is a blessing that Holy Trinity has so many talented parishoners who serve on National Boards. Jeannie Arida has recently been appointed to the Board of the Orthodox Christian Mission Center (ocmc.org). She is a member of their Development Board.

One of the strategic goals of the

OCMC board is to foster an increased Pan Orthodox engagement among the approximately 1800 parishes nationally. Currently, the engagement percentage is at 19% which indicates there is much room for growth. It's a blessing that Holy Trinity has supported the OCMC and its missionaries through a variety of

ways throughout the years.

A parish event to support the work of OCMC is currently being planned for October 17. Please look for more details in the near future and plan to attend this event!

Congratulations to Jeannie and may our Lord bless her OCMC work! ❖

GreekFest "To Go" 2021

Thank you to all the volunteers, sponsors, donors and patrons for helping make GreekFest 2021 "To Go" a great success! We are especially grateful to our Goyans who played a huge role in helping this year.

After cancelling last year's festival due to Covid and facing the challenges of Covid restrictions; this year we began to plan for a drive through/take out event. This type of event had already been done by many Greek Churches with much success and fewer volunteers. The need to help fund raise to support important church ministries motivated our team to try.

As the festival date approached, we were blessed with an easy opening as restrictions had eased. With a need for fellowship, the

committee decided to host a family day on the Sunday following this two-day festival. It was a special day of Fellowship after being apart for so long! We shared delicious food while supporting church ministries and were delighted to be entertained by our talented Holy Trinity Hellenic Dancers! We are especially proud of our dancers who managed to progress and thrive despite the pandemic.

The Festival Committee is always looking for fresh ideas and would like to hear from you. We also invite you to join the committee to help plan future events. It is a wonderful way to meet other parishioners, serve the church and God while having fun with others. With the task of the festival, the old adage is true, "Many hands make

light work". As a part of our stewardship commitment to the church, it's important that everyone in the parish comes together and contribute to the success of the festival on some level, whether it is as a sponsor, donor, and/or a volunteer. It is also a great way to learn more about our Greek heritage and to pass it down to the next generation.

Thank you all again for your support and to Fr. Peter and Presvytera Victoria for their guidance, love and support throughout the process! Mostly, we give thanks to our Lord and Savior Jesus Christ for the blessings of this parish, each other, and the love and strength He has given us to further His ministry at Holy Trinity. ❖

With love and appreciation,

The GreekFest 2021 Committee



Philoptochos

Scholarships

On June 13, the Ladies Philoptochos of Holy Trinity proudly honored and recognized the achievements of our graduating seniors. This year marks our 32nd year of awarding scholarships to 12 distinguished seniors.

With much gratitude, we appreciate the generosity of our donors, stewards, and parishioners for providing the means to continue to offer our scholarships. ❖

1. Barbara M. Manos Memorial Scholarship
– Nicholas Zotos
2. Nicholas & Anna Bouras Scholarship
– Daniel McCaffery
3. Angela Stappas Memorial Scholarship
– Julia Love
4. Steven & Violet Gussis Memorial Scholarship
– Xenia Kobori
5. Steven & Violet Gussis Memorial Scholarship
– Alex Tauber
6. Constantine Exarhakos Memorial Scholarship
– George Leunes
7. Philoptochos Achievement Scholarship
– Thomas Savorgiannakis
8. Philoptochos Achievement Scholarship
– Evangelia Ioannou
9. Philoptochos Achievement Scholarship
– Claire Sales
10. Philoptochos Achievement Scholarship
– Matthew Sales
11. Philoptochos Achievement Scholarship
– Ava Karanikolas
12. Philoptochos Achievement Scholarship
– Theodore Lialios



2020 Graduating Class

...by the Sea

Spring/Summer 2021

Our 2021 Spring Event was tremendously successful and exceeded our expectations by far. You are the reason we are able to fulfill the Philoptochos mission to help those in need. Please know that we appreciate each and everyone of you, we wouldn't be able to accomplish the things we do without your continued support. As the renowned Japanese writer Akutagawa wrote, "Individually we are one drop. Together we are the ocean."

From the bottom of my heart Thank you!

-Helen (Nitsa) Bruno

With heartfelt gratitude, I am extremely thankful, beyond measure, for the magnanimous generosity and kindness that our Holy Trinity community offered up in so many ways! Our Philoptochos Stewards were truly an "Army of Agape," that re-emerged and reunited to produce a most warm, welcoming and successful 2021 event! God bless you ALL!

-Penny Pefanis

Thanks to everyone...nothing happens if we don't come together and make it happen. Hope you all have a chance to relax and refresh this summer ...by the Sea!!

-Elise Savnik

Have a safe, fun filled summer!

2021 SPRING EVENT
...by the Sea
DRAWINGS TO BE HELD
SATURDAY, JUNE 5, 2021
Winning members to be chosen
Saturday, June 5, 2021
10:00 AM - 12:00 PM
Winning members to be chosen
Saturday, June 5, 2021
10:00 AM - 12:00 PM

Live in the sunshine. Swim in the sea... -Emmerson

...with exceptional gratitude to Emily Rassias for her extreme generosity, exquisite style and gracious spirit."

Holy Trinity Scouts Receive National Scholarships

This June, the Eastern Orthodox Committee on Scouting (EOCS) awarded scholarships of \$1000 each to two of our graduating high school seniors, Julia Love and Nicholas Zotos. They were selected from a nationwide group of outstanding students from all Eastern Orthodox jurisdictions. All the applicants had already received both the highest award of their Scout organization (Gold or Eagle, for Girl Scouts USA and Scouting BSA, respectively) and the highest Eastern Orthodox Christian Scouting religious award, the Alpha Omega medal. Recipients are selected based on how they demonstrate love of God and their Orthodox Christian Faith, and how they live up to Scouting ideals, through scholarship, leadership, community service, and active involvement in their church. Dr. Miriam Kotsonis, Chairman of the EOCS National Board Scholarship Committee as well as Holy Trinity Scouting Ministry Leader, presented the scholarships during the graduation celebration on June 13.

Julia Love attended Cranford High School. She was a member of Troop 48 of the Girl Scouts, and was recognized with the Outstanding Service Award by the Girl Scouts Heart of New Jersey

Council. For her Gold Award project, she developed and implemented an ongoing virtual religious education program here at Holy Trinity for elementary school children. For her Silver Award project, she created a multimedia presentation of Holy Trinity history for the parish's 50th Anniversary celebration.

It is rare that two applicants from the same parish are selected as recipients, less than once every 10 years! But the Scholarship Committee also selected another outstanding Holy Trinity Scout, Nicholas Zotos. He graduated from the Union County Academy for Allied Health Sciences in Scotch Plains, NJ. He was a member of Troop 145 in the Northern NJ Council of Scouts BSA, holding many positions of leadership, earning National Outdoor Awards, and receiving two Silver Palms. His Eagle project involved beautifying the exterior of a local elementary school,



replacing a large commemorative sign, and addressing a flooding problem and soil erosion through planting and landscaping that was both functional and decorative. During the pandemic, he created a non-profit tutoring program that served many needy youngsters in nearby towns where educational services had been most heavily impacted.

Holy Trinity has an active Scouting Ministry, with a focus on helping all Scouts earn their three age-appropriate religious awards. For more information about any of these topics, visit the EOCS website at www.eocs.org or contact Miriam at mekotsonis@gmail.com; (908) 672-0001. ❖

Greek School Graduation, June 10



Parish Feast Day Celebration

Holy Trinity was honored to celebrate its Feast Day with area clergy. It was a spiritually rewarding and uplifting day. We thank all the volunteers who helped to make this day special.





Trinity Circle

Luncheon held on
Sts. Peter and Paul Day



Xronia Polla Fr. Peter and Paul



Ἡ Ἀκολουθία Τῆς Παρακλήσεως Τῆς Παναγίας

Ὄνόματα τῶν ζώντων Ὁρθοδόξων γιά τίς Παρακλήσεις εἰς τήν Παναγία

“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, rejoicing as we chant: praise the Lord, O you works of the Lord, and exalt Him supremely unto all the ages.”

“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

Please enter the full baptismal names
of your loved ones.

(For example: “Nicholas” instead of “Nick” or “Niko.”)

Please return form to Fr. Peter.



How Many Things Worry and Distract You?

Jesus had three very close friends. Two sisters named Mary and Martha and their brother, Lazarus. It was this man whom Jesus would later raise from the dead before His entry into Jerusalem.

Jesus was invited to their house for dinner. Martha welcomed Jesus and then set about preparing for the meal. Her sister, Mary, however did not help her with the chores, which in upset her. As Martha was rushing around, she saw her sister sitting at Jesus' feet and listening to Him. Martha was not managing the kitchen well and so she spoke to the Lord almost in a rebuke, which vividly shows how close their relationship was. "Lord, do You not care that my sister has left me alone to serve? Therefore, tell her to help me."

Justifying Mary, the Lord answered Martha with the same playful rebuke: "Martha, Martha, you are worried and troubled about many things. One thing is needed, and Mary has chosen the good portion that will not be taken away from her." – Luke 10:41-42

The meaning of our Lord's rebuke is that the diligence of Martha is directed at things that quickly pass away, without which one can easily survive, while Mary chose to direct her energies to the only thing that is truly necessary for humanity – attention to the divine teaching of Christ. That which Mary receives for her attention in hearing Christ will never be taken away from her.

This short passage from the Gospel of Luke 10:83-41 has powerful meaning and is very thought provoking. This pas-

sage is read at nearly every feast of the Theotokos because she, the Mother of God, corresponds to the image defined by Christ. The Panagia chose Christ, the Good Portion, and as the Lord promised, He will never leave the presence of one who chooses Him.

Everyone of us have things that can disturb, worry, and distract our attention away from the Lord. Whatever these "things" are they will eventually pass away. In time, problems resolve themselves and as they do they will just evaporate into the thin air. However, the teachings of our Lord, when we incorporate them into our lives, will live forever within us and we will carry His blessings into the afterlife. ❖



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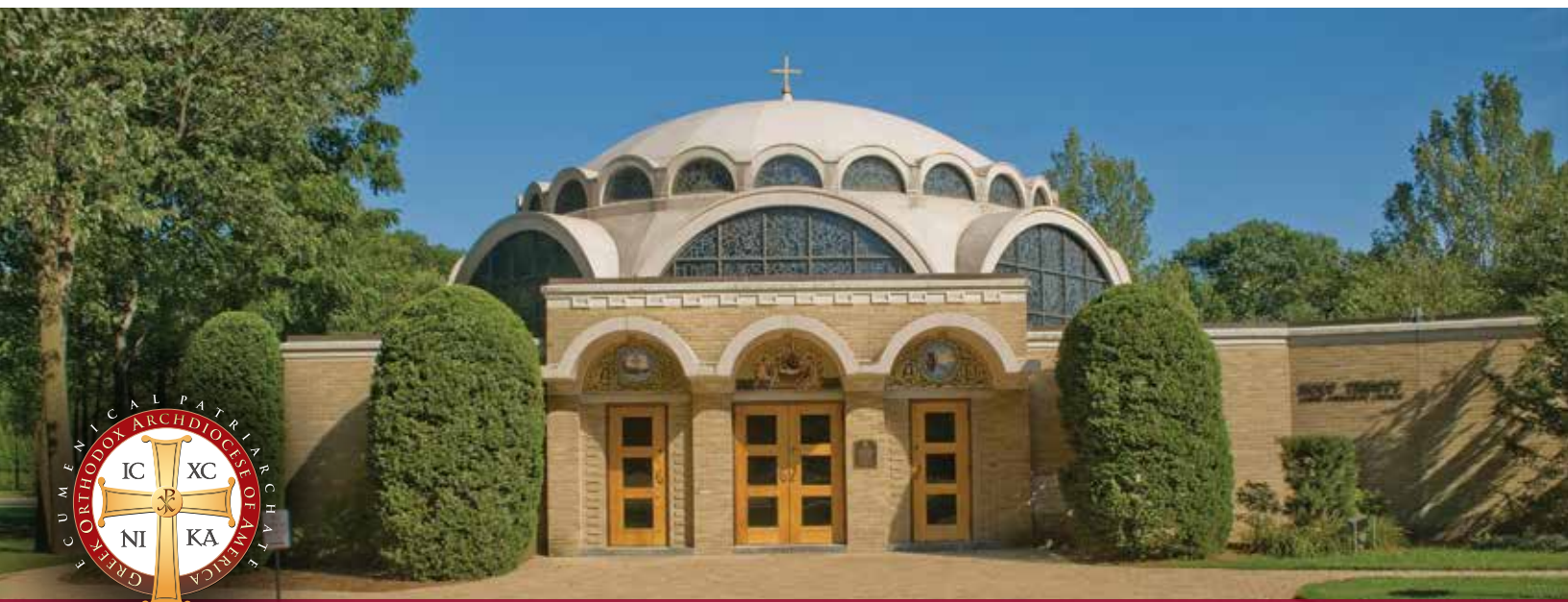
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Bookstore Sandy Mouratoglou
Cultural Celia Kapsomera, Co-chair
Nitsa Bruno, Co-chair
Trinity Circle Avi Kiriakatis
Fellowship Lauren Karanikolas
Scouting Miriam Kotsonis

SCHEDULE OF SERVICES

	Sundays	Weekdays
Orthros	8:15 AM	8:30 AM
Divine Liturgy	9:30 AM	9:30 AM

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