

The Promise

HOLY TRINITY GREEK ORTHODOX CHURCH

WESTFIELD ✦ NEW JERSEY



August 2024 ✦ Volume 48, Issue 6

holytrinity@htgocnj.org

908-233-8533

holytrinitywestfield.org

Service of Artoklasia

There is a beautiful and short service in the church called the “Service of Artoklasia” where family members offer special breads, five in number, for the health and well-being of loved ones. This service is “attached” at the end of either a Great Vespers or Divine Liturgy. The Artoklasia is offered whenever a person or family has been blessed. Traditionally, it is offered on one’s nameday or special feast day of a saint.

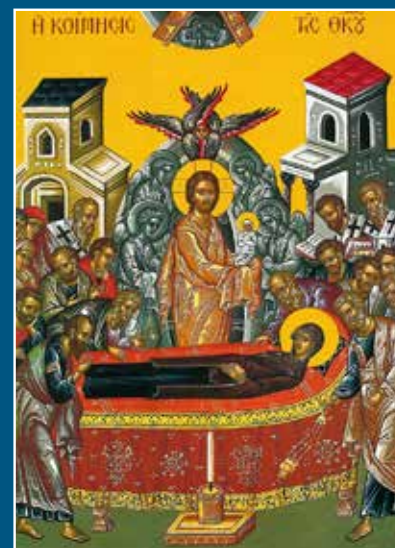
The Artoklasia symbolizes Christ’s miracle of feeding the five thousand as recorded in each of the four Gospels (Matthew 14:14-21). The miracle holds great significance since all four Evangelists include it.



The significance of the Artoklasia (in Greek: *άρτοκλασία*, means “breaking of bread”) lies in the fact that among the Orthodox, bread continues to be highly valued not only as a basic food staple but also as the supreme symbol of the Body of Christ - for it is the bread which is changed by consecration in the Divine Liturgy to become the Body of Christ. Christ has been repeatedly designated as the Bread of Life, and also as “the Bread which came from heaven.”

The offering of an Artoklasia has its origins in the ancient Church. It adds to personal sanctification and helps the individual fight bodily and spiritual infirmities and illness. The Artoklasia is considered a sacrifice of love, as it requires some time to prepare. Although time-consuming, it is reflective that any valuable offering requires preparation,

Continued on page 2 ⇨



The Dormition of the Virgin Mary

“The Mother of God is so much closer to God than others who draw near to Him, that she is able to intercede more powerfully than any of them; and by this I mean not just human beings, but even all the ranks of angels.”

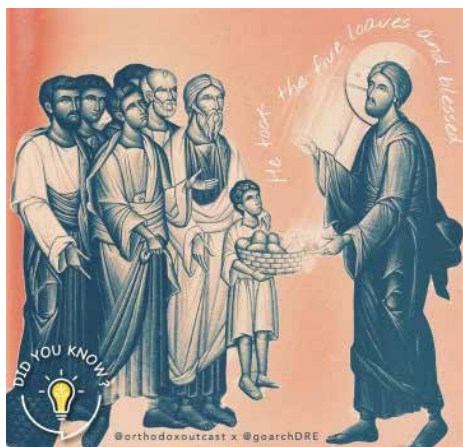
— ST. GREGORY PALAMAS

August 15

Dormition of the Virgin Mary

Orthros 8:30 AM

Divine Liturgy with Artoklasia
9:30 AM



Wait for the promise of the Father



Dates in the Life of Our Church

August / September 2024

AUGUST

- 4 8:15 AM Orthros

- 9:30 AM Divine Liturgy

- 5 5:30 PM Great Vespers

- 6 Holy Transfiguration

- 8:30 AM Orthros

- 9:30 AM Divine Liturgy

- 8 9:00 AM Paraklesis

- 9 6:30 PM Paraklesis

- 11 8:15 AM Orthros

- 9:30 AM Divine Liturgy

- 12 9:00 AM Paraklesis

- 13 6:30 PM Paraklesis

- 15 Dormition of the Virgin Mary

- 8:30 AM Orthros

- 9:30 AM Divine Liturgy

- 18 8:15 AM Orthros

- 9:30 AM Divine Liturgy

- 25 8:15 AM Orthros

- 9:30 AM Divine Liturgy

SEPTEMBER

- I 8:15 AM Orthros

- 9:30 AM Divine Liturgy

- 8 Nativity of the Theotokos

- 8:15 AM Orthros

- 9:30 AM Divine Liturgy

- 10 7:30 PM Parish Council

- 14 Elevation of the Holy Cross

- 8:30 AM Orthros

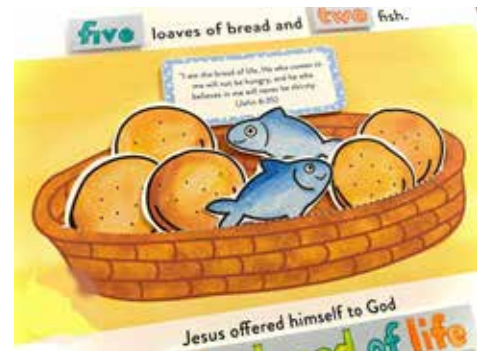
- 9:30 AM Divine Liturgy

Artoklasia

↳ Continued from page 1

planning, effort, and expense. The offering of the five loaves is celebrated only for the living and for their health.

The service is a remnant of the Agape Feast in the early Church that occurred after celebrating the “breaking of bread” or the Eucharist Feast in the Divine Liturgy. Scriptural reference to the “breaking of bread” refers solely to the Eucharistic celebration or our union with Christ. Luke and Cleopas recognized Christ after the Crucifixion only after He had “broken the bread” (κλάσει του ἄρτου) at dinner time (Luke 24:35). They were united to the Resurrected Lord by Divine Grace. As for us who eat of the Bread of Heaven, or commune with Christ, we are exceedingly blessed for this Bread is the Flesh of Christ



which contains great and inexpressible power that nourishes us to eternal life.

Please schedule with Father Peter, if you have a desire to offer an Artoklasia. An Artoklasia will be offered on August 15 to celebrate the Dormition or Kimisis of the Theotokos and for the health and well-being of the families who offer the loaves. ❖





Westfield, NJ
GREEKFEST 24
Holy Trinity Greek Orthodox Church

250 GALLOWS HILL ROAD, WESTFIELD

September 27, 28, 29

Friday
3 pm - 11pm

Saturday
11 am - 11 pm

Sunday
noon - 5 pm



Greek Food & Pastries ◊ **Music & Dancing**
Marketplace ◊ **Kids Zone** ◊ **Mega 50/50**



www.njgreekfest.com



Admission \$2. Children under 12 free!
Free shuttle from Union County College parking lot to the Greekfest

↳ Continued from page 4

When I ask, do words have power, I'm saying that it is the mind that interprets for us. The mind is a powerful thing. The mind can heal, or the mind can harm. When the mind's intent is godly, it heals the soul and body. But when the mind is corrupt it figures out ways of destroying or tearing down others.

The corrupted mind leads a man to lie. And all too often we get caught up in our own lies and the lies of others.

A man who lies to himself, and believes his own lies becomes unable to recognize truth - either in himself or in anyone else - and he ends up losing respect for himself and for others. When he has no respect for anyone, he can no longer love, and, in order to divert himself, having no love in him, he yields to his impulses, indulges in the lowest forms of pleasure, and behaves in the end like an animal. And it all comes from lying - misappropriating words - lying to others and to yourself.

That's why a Christian must pursue the truth and speak well of everyone. Because once we are infected with the devil's portion, lies are the devil's poison, then it moves us towards anger and then, if left unchecked, anger leads to contempt.

Contempt makes us overlook the person to the extent that they are no longer important to us - to the point where they do not exist. Contempt is hate that leads to death. First, we kill a person in our relationship by excommunicating them from our lives. Then if hate is unrestrained and left to grow and fester, then we will seek a means to kill that person physically.

It takes strength to resist the dark side. Only the weak embrace it. So don't be afraid of mere words, for we are grounded in our faith. Let us all pray to the Almighty Lord for strength, wisdom, and an abundance of patience for our fellow man. ❖



On The Transfiguration

“He took (Peter, James and John) up to the mountain, that He might show them His kingdom, before they witnessed His suffering and death...so that...they might understand that He was not crucified...because of His own powerlessness, but because it had pleased Him of His goodness to suffer for the salvation of the world.”

— St. Ephriam

The Lord took His closest and most trusted disciples, who were always with Him during the most majestic and important moments of His earthly life - Peter, the Chief Apostle, James, and the Beloved, John. He took them to a high mountain alone. Even though the Evangelist who recorded this event did not mention this hill by name, ancient Church tradition unanimously agrees that this was Mount Tabor in Galilee, south of Nazareth, in the beautiful valley of Jezreel. This majestic hill is almost three thousand feet high, covered with flora from the bottom to about halfway up, and offering breathtaking views of the surrounding valley.

The Day of Transfiguration is relevant to us since this was the day that

our Lord appeared in His heavenly glory. His face grew bright as the sun, and His clothes became “as white as the light” as Matthew says; and “like snow” and described by Mark; and “glistening” according to Luke. Our Lord was Transfigured during a time of prayer... “As He prayed, the appearance of His face was altered, and His robe became white and glistening.”

This great event shows us with clear reality the Divinity of Christ and that His light shines in this darkened world. Through prayer, the faithful can be lifted up to the highest of heaven to be in a state of illumination by our worship of the Holy Trinity.

The celebration of the Transfiguration is on August 6 - Orthros at 8:30 AM; Divine Liturgy at 9:30 AM ❖

Congratulations to Fr. Peter

for his 30th Anniversary to the Priestly Ordination & 20th Anniversary of Presiding Priest of Holy Trinity

Fr. Peter is thankful to Almighty God for the dual anniversaries of his 30-year ordination to the priesthood and completing 20 years as Proistamenos of Holy Trinity in Westfield. Joining him in the three-decade ministry is Presvytera Victoria who is the person who shares with her husband the most intimate joys and sorrows of pastoral ministry. A presvytera's support is perhaps the most essential component of a priest having a successful ministry in any parish.

30-year Anniversary of Ordination to the Holy Priesthood, July 31, 1994

- In accordance with the authority and power granted to the bishops by the Holy Apostles and with canonical permission of the Holy Synod represented by His Eminence Archbishop Iakovos, His Grace Bishop Maximos of Pittsburgh ordained Fr. Peter to the Holy and lofty degree of the priesthood by the laying on of hands, on July 31, 1994. Fr. Peter has served at the Cathedral

of the Ascension in Oakland, CA; St. Gregory of Nyssa in San Diego, CA; St. George in Media, PA and Holy Trinity, Westfield, NJ

20-year Anniversary as Proistamenos of Holy Trinity, July 25, 2004

- His Eminence Metropolitan Evangelos assigned Fr. Peter to pastoral duties as Proistamenos or presiding priest of Holy Trinity in Westfield on July 25, 2004. His Eminence encouraged Fr. Peter to "remain faithful to your priestly responsibilities, by responding to the sacred role to which Christ has called you, asserting yourself with love, respect, dignity, and dedication to our Holy Orthodox Church."

Fr. Peter is honored and extremely blessed to have served the Greek Orthodox Archdiocese of America for thirty years. It has been an honor and privilege to serve Holy Trinity with faith and love for all of God's people. Together we make each other better and move closer towards the Kingdom of heaven. ❖



Fr. Peter and Presvytera Victoria –
First year at Holy Trinity



Fr. Peter and Presvytera Victoria with His All-Holiness
at the Fanar in Constantinople



Fr. Peter with His Eminence Metropolitan Anthony,
of blessed memory, and Konstantinos Stephanopoulos,
President of the Republic of Greece.

Holy Trinity Images



Parish Feast Day with His Eminence Metropolitan Apostolos and area clergy



Holy Trinity Ladies Philoptochos \$10,500 Donation to Angelman Syndrome Foundation 2024 Annual Fashion Show's Grand Raffle!



Camp Good Shepherd



CLERGY LAITY in San Diego

His Eminence Archbishop Elpidophoros address



Plenary Session



Holy Trinity Delegation at Grand Banquet



Peter Tarhanidis, George Koutsaftes, Fr. Peter, James Delvziz

Please complete the online form for each student at your earliest convenience! The first day of classes is Sunday - September 8th!

Welcome Back to School

We are looking forward to seeing everyone back in the Fall! Click the link to register:

<https://forms.gle/RbJYqfYKXdJMfeeC9>

If you have any questions, please do not hesitate to reach out to me at pmarkos307@gmail.com



GOYA

Update

■ BY NADIA TARHANIDIS, GOYA PRESIDENT

Summer is finally here! As excited as I am to sit by the beach and hangout with my friends without having to complete assignments for school, I am also sad to announce that this is my final duty as GOYA president before signing off.

Here's a quick recap of the year end. We had a great group of GOYAN's attend outdoor Olympics at Monmouth University over Memorial day weekend. I enjoyed playing co-ed volleyball, of course, and engaging with all the GOYAN's from our church but also others as well. Good job to everyone who participated and represented Westfield, especially Melina Krikos for excelling in the swimming category (won gold in all four swimming categories!), and

for Catie Carayanopoulos for achieving second in chess during indoor olympics! A few GOYAN's and I attended Clergy Laity; I am so honored to have received the youth representative award, and to have been honored along with other Holy Trinity members. The end of year GOYA party took place on June 9th; it was great to see all the GOYAN's, parents, and advisors that have made my time in GOYA so memorable all together one last time.


Member of GOYA elected as president, Catie Carayanopoulos - Congratulations to Catie, and she is a wonderful person to turn the baton over to! After six years of participating in GOYA it was incredibly gratifying to lead Westfield's GOYA this past

year. I have had an amazing experience writing articles for The Promise each month, and illustrating to you all what we have accomplished. I am going to miss the Holy Trinity community, but do not fear, I will be back during my college breaks. And to my fellow graduates, perhaps we will find our way back to Holy trinity, but if we do not let us find other communities that grant us the same joy and comfort we have experienced here. I encourage all youth to join GOYA and to take advantage of all the opportunities it grants you; you will also be making lifelong friends in the process! I cannot wait to see all that Westfield GOYA achieves in the future, and wish all the GOYANs and Holy Trinity parishioners the absolute best. ❖



HOLY TRINITY GREEK ORTHODOX CHURCH
CLASSIFIEDS

Contact the Church Office if you would like to advertise
 in the next issue of *The Promise!*



Galloping Hill Caterers

*We offer a unique atmosphere
 of elegance, romance and warmth
 at a price that is very reasonable.*


The Galloping Hill Inn
 www.gallopinghillcaterers.com
 325 Chestnut Street, Union NJ 07083
 Tel: (908) 686-2683 • Fax: (908) 688-2376



*The
 Rug
 Source
 & Home, LLC*
*Oriental Rugs &
 Home Furnishings*

Jeannie Arida

Two Naworth Pass
 Westfield, NJ 07090
 Phone: (908) 654-RUGS
 (908) 654-7847
 Fax: (908) 654-5767
 E-mail: rugbroker@aol.com
www.rugbroker.com



Maria Agency
 caregiver for
 seniors

Live-in or hourly, errands,
 doctor's appointments,
 meal preparation,
 light housekeeping,
 personal hygiene,
 companionship

Maria
929 - 944 - 1004
maiapantsulaia@icloud.com

English Tutoring
Katie Tencza 732.779.6320
 katie10reads@gmail.com

SAT English, Writing, AP, College Essays,
 Poetry, Classics, Writing Skills, Shakespeare,
 Custom Lessons & More

BA TCNJ English; MA Harvard
6 Yrs Public Middle & High School Teaching



Painted Portraits
 by Award Winning
 Artist
**SUZANNE
 ANAN**
 call 732-261-5094
 or email
 suzanan@verizon.net
 for more information

**BERKSHIRE
 HATHAWAY
 HOMESERVICES**

**FOX & ROACH
 REALTORS**



Aristedes "Steve" Polychronopoulos
 SALES ASSOCIATE
 (908) 507-1151
 392 Springfield Ave.
 Summit, NJ 07901
 908 507 7151 Direct
 908 273 0400 Office
 E: Steve.P@foxroach.com
 W: SteveP@foxroach.com



 A member of the franchise system of B&K Affiliates, LLC

DIRECTORS

Evy Zavolas, MA Dance
Christina Manousos, BFA Dance
75 Bartell Place, Clark, NJ
732-388-6088
www.CenterForDanceEducation.com
we educate ages 2.5 & up

Center For Dance Education

Ballet
Pointe
Jazz
Lyrical
Modern
Hip-Hop
Theatre
Yoga
Tap

GERRY KITSOPOULOS, ESQ.
MEMBER NJ & NY BAR
KITSOPOULOS LAW FIRM, PC
63 MOUNTAIN BOULEVARD
WATCHUNG, NJ 07069

gerryklaw@gmail.com Phone: (908) 222-3737



ZOEY KYRIACOU

Licensed Professional Counselor

Certified Anxiety Specialist

908-514-8292

zoey@mastermindcounseling.com

615 Sherwood Pkwy,
Mountainside, NJ 07092

Call for your free consultation today!



Advisors

Nicholas J. Minas, CFP®, CRPC®
Senior Vice President - Investment Officer

Investment products and services are offered through Wells Fargo Advisors, a trade name used by Wells Fargo Clearing Services, LLC, Member SIPC, a registered broker-dealer and non-bank affiliate of Wells Fargo & Company.

600 South Avenue West 2nd Floor
Westfield, NJ 07090
Tel: 908 518 7964
Fax: 908 789 7830
Toll Free: 800 369 5603
nicholas.minas@wfsadvisors.com

Allyson Agathis, M.D.

Diplomate Of The American Board Of Pediatrics
Fellow Of The American Academy Of Pediatrics

395 Main Street
Bedminster, NJ 07921
(908) 719-2626
Fax (908) 719-2671



Aldo Galleli
President

Contractors Lic. # 9024
H.H.S Inspectors Lic. # 7778
aldo@agelectric-inc.com

- Industrial
- Commercial
- Residential

222 Harvard Avenue
Metuchen, NJ 08840

Tel: 732-548-3995
Fax: 732-548-5243
Mobile: 732-580-0007



Your Hosts
Agapios Kyritsis
Apostolos Apostolou

Open 7 days, Lunch & Dinner,
Catering, Wines & Spirits.

Restaurant & Tavern
Since 1934

www.marcopolonj.com

527 Morris Ave., Summit, NJ 07901

908-277-4492 - email: marcopolo1934@aol.com

Vasilow Electric, LLC

Chris L. Vasilow
Lic. #17954

1047 Rutgers Road
Mountainside, NJ 07092

Licensed & Bonded

908-228-2444

vasilowelectric@gmail.com



Orthodox Christian Cemetery
Hillsborough, NJ
Serving All Orthodox Christians

918-685-1452, Fr. James

www.orthodoxchristiancemetery.org

Hours by Appointment
Lic. #OA5119, CM269

Dr. Spiro Antonacos

OPTOMETRIST
Eye Diseases, Infections &
Disorders
Eyeglasses - Contact Lenses

466 Pompton Avenue (Route 23)

Cedar Grove, NJ 07009

Tel. (973) 239-8381

Text: (862) 400-1588

582 Central Avenue

East Orange, NJ 07018

(973) 673-7700

www.drantonacos.com

goldcrosses.com

The best place for Baptismal
and any other crosses



George Gartaganis 617 227 4550

333 Washington st #618 Boston MA. 02108

Georgia Alexis
Assistant Vice President
Financial Advisor

Wealth Management
150 JFK Parkway
2nd Floor
Short Hills, NJ 07078

tel 973 912 7769

fax 973 376 5813

toll free 800 526 4931

CA Insurance Lic. #OD26865

Morgan Stanley

NMLS # 1261768

www.morganstanley.com/georgia.alexis
georgia.alexis@morganstanley.com

RUTGERS HEALTH

University Dental Associates

Ioanna Tsolaki, DDS, DMD, MS
Board Certified Periodontist

Rutgers School of Dental Medicine
Rutgers, The State University of New Jersey
135 Somerset Street, Suite A
New Brunswick, NJ 08901

p. 732-235-5050 f. 732-220-0045
it120@sdm.rutgers.edu
rutgersdentists.org

Permit #: 6526

PARAS & PARAS REALTORS

25 DEFOREST AVE
SUMMIT, NJ 07901

GEORGE PARAS S.C.G.R.E.A

Appraisal/Consulting

TEL 973-236-0100

FAX 908-277-3050

CELL 201-681-5366

EMAIL gparas@parasandparas.com



Michael T. Paskas
Manager N.J. Lic. No. 3933

"The Funeral Home of Choice"
specializing in Greek Orthodox funerals
for over 65 years.

For help & information contact

Michael T. Paskas at: (973) 467-1882

Fax: (973) 467-5157 or

E-mail: paskasfuneralsvc@aol.com

ΕΛΛΗΝΕΣ ΝΕΚΡΟΦΟΝΕΙΟΙ Web: www.paskasfuneralsvc.com



550 Boulevard, Kenilworth, NJ 07033

908-324-4078 • FAX: 908-324-4089

WWW.OPAGRILLNJ.COM

MARIA SIKOUTRIS DI IORJO, MA, Ed.S, LPC

— HELLENIC THERAPY CENTER —
INDIVIDUAL, FAMILY AND COUPLE COUNSELING

WWW.HELLENICTHERAPY.COM

567 PARK AVENUE, SUITE 203
SCORCH PLAINS, NJ 07076

908-322-0112
Lic.# 37PC00356200

THE GREEK STORE LIBERTY FOOD MARKET



EST. 1950

• STEVE DIAMANDAS • LIA DIAMANDAS
• VASILIKI DIAMANDAS

Web: www.eatgreek.com

e-mail: grkstore@aol.com

612 Boulevard

Kenilworth, NJ 07033

T: (908) 272-2550

F: (732) 382-2894

KENNETH W. ARIDA, DDS

WHERE PERSONALIZED CARE
& HEALTHY, BEAUTIFUL SMILES MEET

131 SOUTH EUCLID AVENUE

WESTFIELD, NJ 07090

WWW.DRARIDA.COM

CALL (908) 654-6262

LEVS CONSTRUCTION

ROOFING • SIDING

Somerville, NJ

- Shingles
- Tile
- Torch down
- Shakes
- Residential
- Commercial
- Fully Insured
- Reasonable Rates

Tel: 908-393-4723

Email: levconstruction@yahoo.com

Levani Tatishvili

www.levsconstruction.com



Anne Kernoski

Violin
Performance and Instruction

Weddings and Special Occasions
Private Lessons

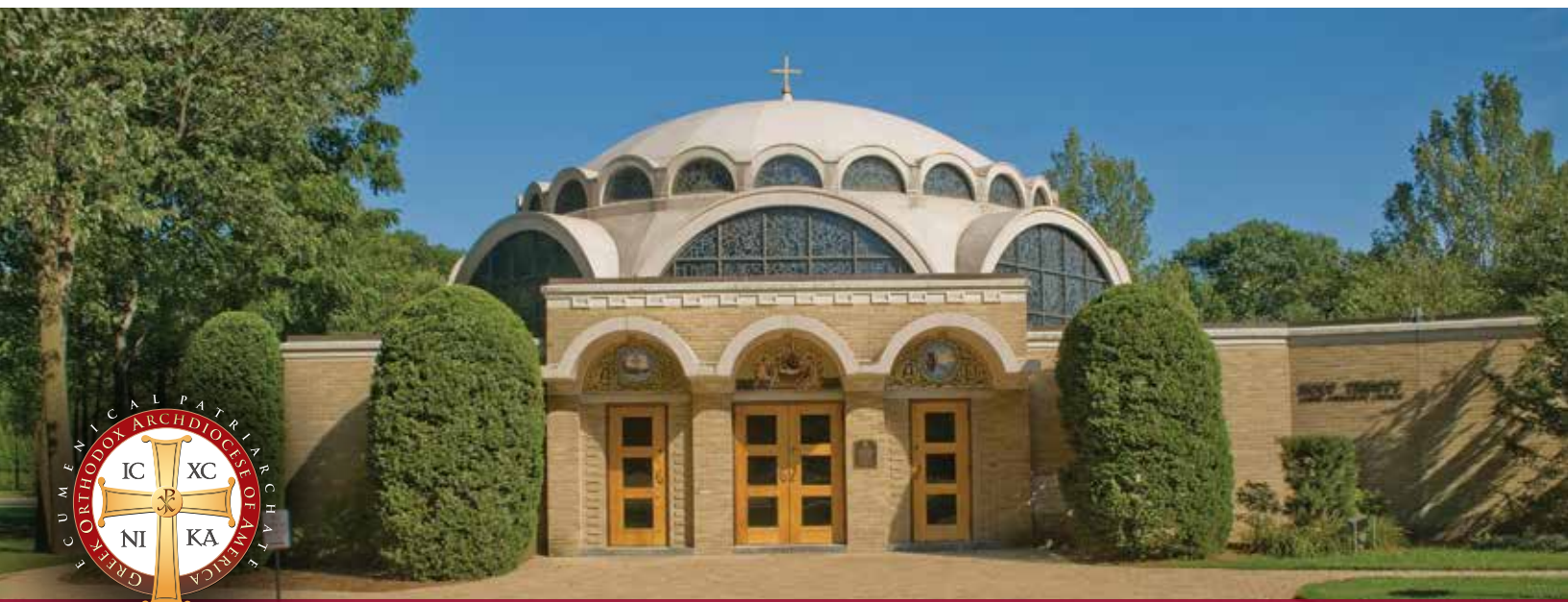
908-494-3200

akernoski@verizon.net

Wait for
The
Promise of the Father

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

Non Profit Org.
US postage
PAID
Rahway, NJ
Permit No. 654



METROPOLIS OF
NEW JERSEY

HOLY TRINITY GREEK ORTHODOX CHURCH

CONTACT INFORMATION

Mailing Address 250 Gallows Hill Rd.
Westfield, NJ 07090-1109
Phone 908-233-8533
Fax 908-233-0623
E-mail HolyTrinity@htgocnj.org
Web site holytrinitywestfield.org
Presiding Priest Rev. Fr. Peter Delvizis
E-mail FrPeter@htgocnj.org

OFFICE STAFF

Office Manager Diana R. Waltsak
Admin. Assistant Kathy Genakos
Caretaker Beatriz Ramirez

WORSHIP

Lead Psaltis Pascalis Kuvalakis
Choir Director Kathryn Athanasoulas
Organist Phyllis Verenes
Head Acolyte Nicholas Sikellis

MINISTRIES

Parish Council Penny Mavridis Sales
Philoctochos Maria Kanaras
Religious Education Pete Markos
Greek School Stavroula Mergoupis
Greek School PTO Zaharoula Ioannou
Youth (GOYA) Nadia Tarhanidis
JOY/HOPE Kathy Petsinis Paone
TOTS Valerie Comprelli
Bookstore Sandy Mouratoglou
Cultural Celia Kapsomera
Peter Tarhanidis
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

THE PROMISE: VOLUME 48, ISSUE 6

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