

The Promise

HOLY TRINITY GREEK ORTHODOX CHURCH

WESTFIELD ✦ NEW JERSEY



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Have a BLESSED LENT!

Καλη Σαρακοστη



BY REV.
FR. PETER DELVIZIO

The time for self-awareness and spiritual reflection is upon us. Great Lent is the mechanism by which we rid ourselves of those obstacles that keep us from having a fuller life in Jesus Christ. During this period of time, the Church provides the tools of prayer, fasting, and almsgiving all working in cooperation to care for the soul by silencing and humbling the ego and focusing meditation on the Lord. Repentance is the key to salvation. The Lord will not unlock the gates of heaven or open a person's heart without an expression of humility. The acknowledgment of personal sin coupled by a movement towards reconciliation leads us to repentance. Without repentance, the soul remains haughty and self-

centered so that the contemplation of anything greater than this world eludes us. Great Lent calls each and every one of us to a higher realm. We are to lift our souls in praise of God and understand that without God we are nothing.

"I have been crucified with Christ", St. Paul tells the faithful of Galatia in Asia Minor. Great Lent calls us to crucify our passions, to lay aside every worldly care so that "it is no longer I who live, but Christ [Who] lives in me". When Christ dwells within us, then we are able to align our lives to the true Gospel of Jesus Christ and flee from the false gospel and narratives of this present age.

As we embark on this spiritual odyssey that we call Great Lent, let the doors of our hearts swing wide open to allow the King of Glory to enter.

Continued on page 2 ⇨



Πρέπει να κοινωνούμε συχνά
κατόπιν σχετικής προετοιμασίας

Lenten Liturgical Schedule FEBRUARY

19	Monday	First Day of Great Lent, 5:00 PM Great Compline
20	Tuesday	5:00 PM Lenten Vespers
21	Wednesday	7:00 PM Presanctified Liturgy 8:30 PM Theosis Program
23	Friday	7:00 PM First Salutation to the Theotokos
24	Saturday	9:00 AM Last Saturday of Souls
25	Sunday	Sunday of Orthodoxy 9:30 AM Divine Liturgy
27	Tuesday	5:00 PM Great Compline
28	Wednesday	7:00 PM Presanctified Liturgy 8:30 PM Theosis Program

Wait for the promise of the Father

Dates in the Life of Our Church

✠ FEBRUARY 2018

I	4:00 PM Greek School
	7:30 PM Choir
2	Presentation of our Lord
	8:30 AM Orthros
	9:30 AM Divine Liturgy
3	6:00 PM Greek School Dance
4	8:15 AM Orthros
	9:30 AM Divine Liturgy
6	4:00 PM Greek School
8	St. Theodore the Commander
	8:30 AM Orthros
	9:30 AM Divine Liturgy
	10:00 AM TOTS
	4:00 PM Greek School
	7:30 PM Choir
10	First Saturday of Souls
	9:00 AM Divine Liturgy
11	MeatFare Sunday
	8:15 AM Orthros
	9:30 AM Divine Liturgy
	12:00 PM Communion Breakfast
13	4:00 PM Greek School
	7:00 PM Philoptochos Board Meeting
	7:30 PM Parish Council
15	4:00 PM Greek School
	7:30 PM Choir
17	Second Saturday of Souls
	9:00 AM Divine Liturgy
	11:00 AM Baptism
18	CheeseFare Sunday
	8:15 AM Orthros
	9:30 AM Divine Liturgy
19	GREAT LENT BEGINS
	5:00 PM Great Compline
20	11:00 AM Trinity Circle
	5:00 PM Lenten Vespers
21	7:00PM Presanctified Liturgy
	8:30 PM Theosis
22	9:30 AM TOTS
	7:30 PM Choir

23	7:00 PM Akathist Hymn
24	Saturday of Souls
	9:00 AM Divine Liturgy
25	Sunday of Orthodoxy
	8:15 AM Orthros
	9:30 AM Divine Liturgy
27	4:00 PM Greek School
	5:00 PM Great Compline
28	7:00PM Presanctified Liturgy
	8:30 PM Theosis

✠ MARCH 2018

I	4:00 PM Greek School
	7:30 PM Choir
2	7:00 PM Akathist Hymn
3	Sights & Sounds
4	8:15 AM Orthros
	9:30 AM Divine Liturgy
5	5:00 PM Lenten Vespers
6	4:00 PM Greek School
7	7:00PM Presanctified Liturgy
	8:30 PM Theosis
8	9:30 AM TOTS
	4:00 PM Greek School
	7:30 PM Choir
9	7:00 PM Akathist Hymn
	8:30 PM Lenten Potluck Dinner
10	Sights & Sounds snow date
11	Sunday of the Holy Cross
	8:15 AM Orthros
	9:30 AM Divine Liturgy
13	4:00 PM Greek School
	7:00 PM Philoptochos Board Meeting
	7:30 PM Parish Council
14	7:30 PM Parish Council
	8:30 PM Theosis
15	4:00 PM Greek School
	7:30 PM Choir
16	7:00 PM Akathist Hymn
	8:30 PM Lenten Potluck Dinner

⇐ Continued from page 1

Great Lent Begins February 19

Few people today believe that they can lose their salvation. Even “religious” people are very careless about their souls, thinking that if they “just believe” (whatever), they will “go to heaven.” They have forgotten the many, many places in Holy Scripture which speak of death, God’s judgment, heaven, and hell, and especially they have forgotten Christ’s own words that the way to life is narrow and few find it! Let us cast off carelessness and a superficial attitude regarding our salvation, and strive to find and follow the narrow way laid out in the Gospel! ❖

ENGAGE your faith



REPENT of your sins



GROW in Christ



and be
RENEWED!

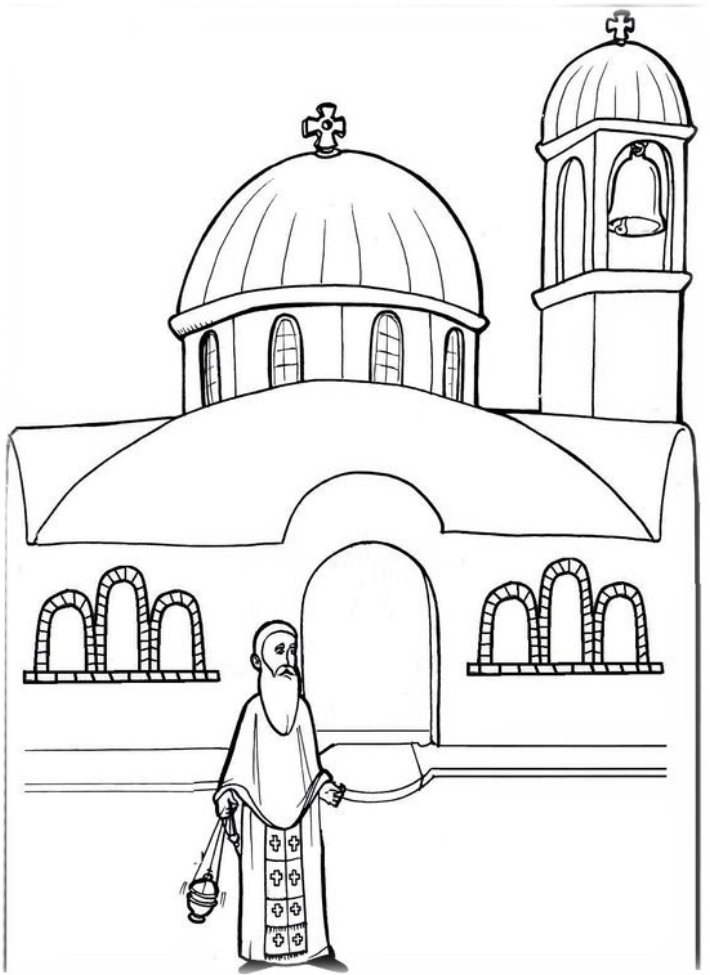
“Let us all make haste to humble the flesh by abstinence, as we set out upon the God-given course of the holy fast; and with prayers and tears let us seek our Lord and Saviour. Laying aside all memories of evil, let us cry aloud: We have sinned against You, Christ our King; save us as the men of Nineveh in the days of old, and in Your compassion make us sharers in Your heavenly Kingdom.”

– Hymn of Vespers, Introducing the Great Fast, Sunday

Lenten POTLUCK DINNER

Fridays, March 9, 16, 23

Honoring the Panagia and Virgin Mary during Great Lent and for the continuation of fellowship, all parishioners of Holy Trinity are invited to the Parish Lenten Potluck Dinners. As one family in Christ, we will gather together, first to celebrate the Akathist Hymn to the Theotokos at 7:00 PM, and then to break bread in the Bouras Center afterwards. Each parishioner is asked to bring a Lenten cover dish (no meat, cheese, dairy, eggs, fish is permitted; oil and shellfish are permitted.)



A Lenten Prayer

BY ST. EPHRAIM
THE SYRIAN

O LORD AND MASTER
OF MY LIFE, TAKE FROM
ME THE SPIRIT OF SLOTH,
FAINT-HEARTEDNESS,
LUST OF POWER, AND IDLE
TALK.

BUT GIVE RATHER THE
SPIRIT OF CHASTITY,
HUMILITY, PATIENCE,
AND LOVE TO THY
SERVANT.

YEA, LORD AND KING,
GRANT ME TO SEE MY
OWN ERRORS AND NOT TO
JUDGE MY BROTHER, FOR
THOU ART BLESSED UNTO
AGES OF AGES.

AMEN.

KALI SARAKOSTI
HAVE A BLESSED
LENT

The First Sunday of Great Lent

The Sunday of Orthodoxy

The Feast of Orthodoxy (also known as the Sunday of Orthodoxy or the Triumph of Orthodoxy) is celebrated on the first Sunday of Great Lent (six Sundays before Pascha) in the liturgical calendar of the Eastern Orthodox Church. The Feast is kept in memory of the final defeat of iconoclasm and the restoration of the sacred icons to the churches.

Despite the teaching about icons defined at the Seventh Ecumenical Council in 787 AD, the iconoclasts began to trouble the Church again. After the death of the last iconoclast emperor, Theophilus, his young son Michael III, with his mother the regent Theodora, and Patriarch Methodios, summoned the Synod of Constantinople in 843 AD to bring peace to the Church. At the end of the first session, all made a triumphal procession from the Church of Blachernae to Hagia Sophia, restoring the icons to the Church. This occurred on 11 March, 843 (which that year was the first Sunday of Lent). The Synod decreed that a perpetual feast on the anniversary of that day should be observed each year on the First Sunday of Great Lent, and named the day, "the Sunday of Orthodoxy" (ἡ Κυριακὴ τῆς Ὁρθοδοξίας).

The name "Orthodoxy" has gradually affected the character of the feast. Originally commemorating only the defeat of iconoclasm, the commemoration has gradually come to be understood in a more general sense as opposition to all heterodoxy. In this way, though its first occasion is not forgotten, the feast has become one in



honor of the true Faith in general. This is shown by its special service.

After Orthros and Divine Liturgy, a procession is made with icons around the church. Once the procession arrives at the place, the Synodicon (decree of the Synod of Constantinople) is proclaimed aloud by the priest. This Synodicon begins with the memory of certain saints, confessors and heroes of the Faith. Then follows a long list of heretics of all kinds, to each of which the answer is: "Anathema" once or thrice. In parish life this part is oftentimes suppressed. These heretics comprise all the major opponents of the Orthodox Faith, Arians, Nestorians, Monophysites, Monothelites, Iconoclasts, and so on.

The name of this Sunday reflects the great significance which icons possess

for the Orthodox Church. They are not optional devotional extras, but an integral part of Orthodox faith and devotion. The debate involved important issues: the character of Christ's human nature, the Christian attitude towards matter, and the true meaning of Christian redemption. Icons are held by the Orthodox to be a necessary consequence of Christian faith in the Incarnation of the Word (John 1:14), Jesus Christ. Icons are considered by Orthodox Christians to have a sacramental character, making present to the believer the person or event depicted on them. However, the Orthodox always make a clear doctrinal distinction between the veneration (*proskynesis*) paid to icons and the worship (*latría*) which is due to God alone.❖



Parish Council

Service - A Passion for God!

■ BY A.J. KARANIKOLAS, PARISH COUNCIL PRESIDENT

I CORINTHIANS 12:4-6

“There are diversity of gifts, but the same Spirit. There are differences of ministries, but the same Lord. And there are diversities of activities, but the same God who works in all.”



Passion is described as being acutely interested in something, willing to put substantial energy into promoting it, willing to sacrifice for it, and hardly able to keep from talking about it. How do we demonstrate our passion for God? Through service! As God's fire stirs within us, it motivates and purifies us to do His work. This is extremely important for our community, as we continue to tend to our garden that our Lord has bestowed upon us, our blessed Holy Trinity! This “holy” passion to serve God was exemplified by Richard Frigerio and Jim Fountas who both retired from the board in January. The Parish Council would like to thank Richard and Jim for their many years of service and leadership, from which we all benefited.

Great Lent begins on February 19. It is a wonderful time to increase our commitment and service to the church. This journey during the Lenten season helps us to reflect, refine, and renew our passion - just consider the Passion of the Christ!

As servants of the church, the Parish Council is entrusted to assist parishioners who have certain gifts and help them do their work of ministry. Holy Trinity offers a number of ministries



which would further benefit from these gifts of those in the community. Stewardship, Fellowship, Religious Education, and Youth are a few examples of ministries that would further benefit from increased engagement and participation from the community - reach out to a Parish Council member or

ministry leader to become engaged, and exemplify the desire to serve Holy Trinity and God!

As 2018 is in full swing, the Parish Council invites you join us in actively demonstrating this passion for God, through becoming active in one of our various and diverse ministries! ❖



Stewardship

■ BY AGAPIOS KYRITSIS, STEWARDSHIP CHAIRMAN

Holy Trinity Greek Orthodox Church is one of the most important institutions I can think of. I say this because it affords us, as a family, a vehicle to express our love and faith to the Lord. When we come together in prayer, education, and fellowship we fortify ourselves as a family, build up our church, and do good things in the name of the Lord. Stewardship is the means to accomplish these goals.

Stewardship is the careful and accountable supervision of something entrusted to one's care. God has entrusted the care of our beautiful church to us. There are many ways that we show our unconditional love to the Lord and His church. A foremost goal of Stewardship is to encourage one's spiritual growth and strengthen one's faith. The most significant way is through prayer. How many times in a crisis, whether it's health, our family, emotional duress, or financial, do we cry out to the Lord for His help and mercy? How about the other side when times are good, do we take time out to thank the Lord for all His blessings? We can do that by actively participating in the Divine Liturgy and Eucharist. Is it too much to ask to surrender ourselves to the Lord from 9:30 AM to 11:00 AM every Sunday? It is during this time that we gather as stewards and demonstrate our belief in

God. Doesn't this time really belong to the Lord instead of us? I challenge myself and all of you to be in church by 9:30 AM moving forward. By arriving on time when the liturgy starts we begin to appreciate the full impact of the liturgy, the Gospel lesson, Holy Communion, and the sermon. The church provides us an opportunity to heal from the weekly stress that the secular world inflicts on us. Full participation in the Divine Liturgy is by far the most important pillar of an effective faith-based church.

The second component of an effective church is education. Holy Trinity has a vibrant religious education program for our children. Weekly sermons by our priest that apply the Gospel to our everyday lives. We must continue to strive to become better educated in our traditions and faith even as adults. This way we can pass down our faith to our children thus insuring it for generations to come. Although it is important to understand the native Greek language of our forefathers, it is even more important to learn the Orthodox language of love, hope, and charity taught to us by Jesus Christ.

Thirdly, fellowship binds us together as a family in Christ's vineyard. Through the various worship services, ministries, social events, youth programs, festivals, dances, and fundraisers, we are brought together to work towards a common

mission. This includes proclaiming the Gospel message and engaging in each other's lives in a relaxed, peaceful, secure, and loving environment in the name of our Lord. We should always celebrate and share the blessings our Lord has bestowed upon us.

Stewardship is the means to accomplish all of this. It is an honor to be able to serve the Lord at Holy Trinity. Give your time, talent, and treasure freely and lovingly. Please consider that the most important spiritual and faith-based family events that transform our lives, such as weddings, baptisms, and funerals are celebrated at church. The rewards are great.

Father Peter and the entire Holy Trinity Parish Council take very seriously the financial stewardship of organizing and perpetuating the gifts that everyone provides. March 1 is an important date to submit your stewardship card if you feel called to serve in this honorable capacity. Our church, including Philoptochos Society and the youth, donate to over 40 outreach programs every year. As we age, grow older, become smarter, wiser, and more financially secure, we must apply a similar approach in expanding our commitment to the Lord. Remember the Lord's work is never done. ❖



Philoptochos

2017 Christmas Party

■ MARINA LOALBO, CORRESPONDING SECRETARY



In leaving the old year behind, there comes a renewed sense of hope and excitement for the new year. We are then reminded of the optimism that comes with looking to the future with this verse from Jeremiah 29.11... “For I know the plans I have for you,” declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.’”

As we keep an eye to 2018 with the excitement and renewal that a new year brings, we reflect back on a lovely evening of good cheer and fellowship enjoyed by all at our annual Christmas Party, which was held on December 6 in the Bouras Center.

After Ellen Manos-Athenson, Ladies

Philoptochos President, presided over our General Meeting and spoke about stewardship and key activities of our chapter, we enjoyed a delicious dinner buffet, followed by socializing and shopping at our jewelry and boutique tables. We thoroughly enjoyed singing Christmas carols, led by Ryan Kiel, who graciously gave of his time and piano playing talents, to lead us in a carol sing-a-long to herald in the Christmas season. Our Philoptochos Board created a beautiful, warm, and charming Christmas evening.

Continuing with our tradition of generously giving gifts for the residents of the YWCA in Elizabeth, we were honored to have, as our guest, Janice Lil-

ien, Executive Director of the YWCA of Eastern Union County, who spoke to the group and expressed her thanks and appreciation.

It was indeed a heartwarming evening of Christmas cheer, and we are blessed to belong to such an outstanding group of ladies - The Ladies Philoptochos.

May you and your families be blessed with joy, hope, health, love, and peace in the New Year. With God as our guide, may we be prepared to live another year under His loving guidance. ❖

Happy New Year!

The Book Store

February: traditionally the month of the heart!

In many previous years the Book Store has featured cookbooks, telling Mom to warm the hearts of her family, but not this year! Why? During His temptation, “Jesus answered him [Satan], it is written, ‘Man shall not live by bread alone, but by every word of God.’” + [Luke 4:4] It is interesting to note that the Greek word used for “word” is *remati*. This word comes from the verb *rew*, to flow. [Liddell & Scott’s Greek-English Lexicon, page 624]. The same word is used in John 7:37-39: “On the last day, that great day of the feast, Jesus stood and cried out, saying, ‘If anyone thirsts, let him come unto Me and drink. He who believes in Me, as the Scripture has said, out of his heart will flow rivers of living water.’” [The fact that Jesus “cried out” indicates an invitation much more emphatic, than if he just “said”! Also, the fact that He “stood” also emphasizes the invitation, because sitting was the “traditional Jewish position for teaching with authority.”

“A faithful relationship to God changes our relationship to the world. To BE CONFORMED TO THIS WORLD is to stand for and pursue the world’s values and pleasures. MIND [Greek *nous*] here is more than the intellect; it is the highest faculty of human nature, encompassing the mind and heart. With this faculty one sees and comprehends God.” Thus, let us call February, not the month of the heart,

but the month of the *nous*!

Plato’s Allegory of the Cave provides an excellent comparison of the difference between the physical and spiritual worlds, as understood by Socrates and his students. During human life people are chained so that they can only see the back wall of a cave. A few humans, philosophers, are able to break their chains and see into the spiritual world. That world is illuminated by Socrates’ philosophical principle, The Good [like sunlight], whose characteristics are Goodness, Beauty, and Truth. In the spiritual world are ideas or forms, which pass back and forth in front of the mouth of the cave casting shadows on the back wall, which are the only things which most humans see. It is obvious that the characteristics of any object are distorted by its mere shadow! The philosophers see the true ideas/forms themselves. Ideas/forms have the basic characteristics of all things: tables, chairs, etc. In the material world there are many different tables and chairs which vary, but all have the same basic characteristics. But here is where Socrates got into trouble. He taught his students about the ideas/forms of virtues and vices, example truth, honesty, etc. The powers that be told him to stop teaching or die. He chose to die because life without teaching was not worth living. Much of this sounds like pre-Christian philosophy, especially this: His students wept bitterly

at Socrates’ decision. He told them, “What they kill is not Socrates!” This sounds like an early belief in the soul!

Think again of the definition of the *nous* in the ORTHODOX STUDY BIBLE note on Romans 12:2. It is the *nous* that will distinguish between shadow and substance of religion. Although “our reasoning brain is a gift from God, and we need not be afraid to use it to the utmost when reading Scripture..... [We] continuallyneed to cleanse the doors of our perception and to look with new eyes, in awe and amazement, at the miracle that is set before us—the ever-present miracle of God’s divine word of salvation, expressed in human language. As Plato remarked, “The beginning of truth is to wonder at things.”

If one truly wants one’s *nous* to distinguish between shadow and substance, ample help is given [in addition to the Divine Liturgy, sermons, Sunday school, and theosis class] in the ORTHODOX STUDY BIBLE. It is interesting to note that “For Saint John light is divine energy manifested as truth [true doctrine, true behavior, and true spirituality.....” In addition, the virtue of truth is very important in 1 John 1:1-10! Make February the month of the *nous* for yourself and your loved ones! Only \$32 will provide the ORTHODOX STUDY BIBLE: this treasure for your lifelong spiritual journey! ❖



GOYA

Update

■ BY NICHOLAS SAVORGIANNAKIS, GOYA PRESIDENT



I hope everyone had a very Merry Christmas and a fantastic New Year. GOYA has been busy the last month and the schedule is jam packed for January.

Here are just some of the highlights from December:

Hosting Bridges on December 1st

This year Holy Trinity GOYA hosted Bridges in the Bouras Center. The large crowd of GOYAs came from several other churches including Roseland, Union, Toms River, Holmdel, Asbury Park/Ocean, Perth Amboy and Flemington, participated in making lunches and assembling toiletry bags for the needy. GOYAs engaged in fellowship preparing sandwiches and making ornaments for Children's Specialized Hospital in Mountainside. The evening culminated with pizza and dessert for all those who had gathered together for such a special night.

Christmas party on December 22nd

On Friday night, the Carayannopoulos family hosted a Christmas party for all of the GOYAs and their families. It was a lot of fun and we had an ugly sweater contest and a white elephant gift

exchange. This was a great night full of Christmas spirit, and I hope this can become an annual event.

Alumni game on December 27th

The annual alumni basketball game was held. We had a great turnout and we thank all of our alumni for coming to play. It was a very close and high scoring game as the alumni won 100 to 98 off a game winning layup by Jonathan Savorgiannakis. This is one of the best events of the year and I, personally, can't wait to play as an alumnus against the GOYAs next year.

Christmas dance December 28th

Roseland hosted the GOYA Christmas dance. We took a bus to Roseland and enjoyed a fun night of dancing. DJ Taso played great music that included some Christmas carols that we enjoyed dancing to. Overall, we had a great time and can't wait for the Valentine's Dance next month.

Athletics January 20th and 21st

On Saturday and Sunday of last month, the athletic playoffs for basketball and volleyball was held in Toms River and Asbury Park. Our boys came in second

with the girls placing first in volleyball.

Greek dance Parathosi January 27th

On Saturday the 27th, the Greek dancers performed, for the first time, at the Parathosi Greek dance competition in New York. The Greek dancers practiced a lot to insure a great performance.

Sights and Sounds March 3rd

Sights and Sounds is creeping up on us. Now is the time to review the sight categories and start working. There are some new categories so now is a good opportunity to work on those categories because there will be a better chance of winning. All GOYAs are encouraged to submit at least two sights and participate in one performance. This is a fun event, and there is no better feeling than winning a trophy. We have won first place overall the last couple of years and we hope everyone can contribute so we can try to win again! We would encourage everyone in our community to assist this important tradition in our church.

I hope everyone is able to participate in Sights and Sounds and other upcoming events, and I wish good luck to those taking midterms. ❖



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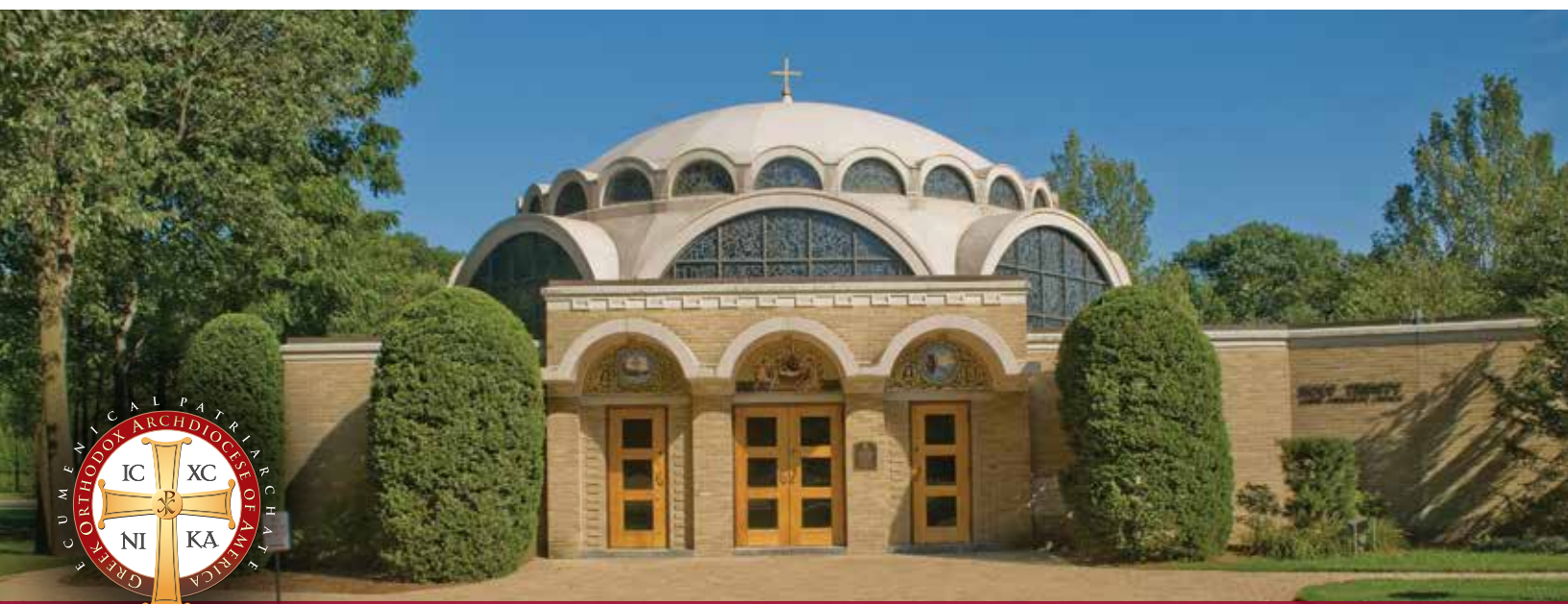
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