

The Promise

HOLY TRINITY GREEK ORTHODOX CHURCH

WESTFIELD ✦ NEW JERSEY

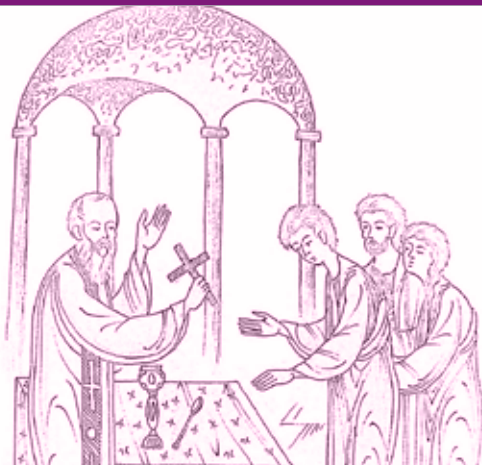


March 2020 ✦ Volume 44, Issue 3

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Welcome Great Lent

■ BY REV. FR. PETER DELVIZIS



As we have entered the great season of abstinence, the mind, corrected through fasting, now drifts heavenwards towards God being compelled to rise higher leaving the haughtiness of this world behind.

At each divine service, our prayers become like incense rising up to carry our entreaties to the Merciful One. "Let my prayer arise as incense before You and the lifting up of my hands as an evening sacrifice." Psalm 140.

Let us continue with a perfect fast that lies beyond the abstinence of food items alone. Let us offer to Christ our God gifts that are pleasing and accept-

able to Him. Let us abstain from evil, anger, injustice, and every form of sin. Let us offer abundant tears of repentance and live henceforth in contrition. Let our works be compassionate keeping the welfare of our brother in mind.

The Orthodox Church sees in our attachment to food a precursor to the passions. So, if food is the begetter of passions then fasting is the mother of all virtue.

The Church teaches us to "love the fast for it makes the stubborn passions of the soul to wither, and gives us strength to do God's works, it makes the mind ascend to heaven, and gains for us the forgiveness of our sins".

Continued on page 2 ⇨



Presanctified Liturgy; The Gift of Lent

6:30 PM

Every Wednesday night throughout Great Lent, the solemn Liturgy of the Presanctified Gifts is celebrated at 6:30 PM. This beautiful and powerful Liturgy prepares us spiritually for the Paschal celebration. Please be reminded that fasting is required before receiving Holy Communion. Since this is an evening service, if you plan to receive Holy Communion, eat a very light luncheon and keep a strict fast thereafter. After the Liturgy, you are invited to a light Lenten meal followed by the Theosis Program at 8:00 PM in Room 101. This year Theosis will examine the Walk through Great Lent with the Fathers – Explaining the Period before Pascha. Bring your Orthodox Study Bible or other bible that you have. ✦

Wait for the promise of the Father



Dates in the Life of Our Church

March–April 2020

✠ MARCH

8	Sunday of Orthodoxy
	8:15 AM Orthros
	9:30 AM Divine Liturgy
10	5:00 PM Great Compline
	7:30 PM Parish Council
11	6:30 PM Presanctified Liturgy
	8:00 PM Theosis
13	7:00 PM Akathist
15	8:15 AM Orthros
	9:30 AM Divine Liturgy
	Sights and Sounds Post-show
17	5:00 PM Lenten Vespers
18	6:30 PM Presanctified Liturgy
	8:00 PM Theosis
20	7:00 PM Akathist Hymn
22	Veneration of the Holy Cross
	8:15 AM Orthros

	9:30 AM Divine Liturgy
25	Annunciation
	8:30 AM Orthros
	9:30 AM Divine Liturgy
27	7:00 PM Akathist Hymn
29	8:15 AM Orthros
	9:30 AM Divine Liturgy
30	5:00 PM Great Compline

✠ APRIL

1	6:30 PM Presanctified Liturgy
	8:00 PM Theosis
3	7:00 PM Akathist Hymn
5	8:15 AM Orthros
	9:30 AM Divine Liturgy
7	5:00 PM Lenten Vespers
8	6:30 PM Presanctified Liturgy
	8:00 PM Theosis

10	7:30 Lenten Concert
11	Saturday of Lazarus
	8:30 AM Orthros
	9:30 AM Divine Liturgy
	10:45 AM Tying of Palms
12	Palm Sunday
	8:15 AM Orthros
	9:30 AM Divine Liturgy
	7:00 PM Bridegroom Service
13	Holy Monday
	7:00 PM Bridegrooms Service
14	Holy Tuesday
	9:00 AM Presanctified Liturgy
	7:00 PM Bridegroom Service
15	Holy Wednesday
	3:00 PM Holy Unction
	7:00 PM Holy Unction

Welcome Great Lent ↔ *Continued from page 1*

As Christians we are called to imitate Christ. As such, we are to crucify the flesh in order to deaden the passions. Wasn't Christ crucified for you? How much ought we to do for Him. "If anyone should come after Me, let him deny himself and pick up his cross and follow Me." For by doing this and by imitating Christ, we are reminded of the glory that comes to us by way of the Precious Cross.

Since the Cross is called the Tree of Life and since the Tree of Life was planted in the middle of the Paradise of Eden, it is ap-

propriate that the most Divine Fathers of Church recognize and plant this Tree in the middle of Lent, on Sunday, March 22. For this event has a dual meaning: it simultaneously reminds us of Adam's gluttony and failure by the breaking of the fast ordered by God but at the same time reminds us of his restoration through the Tree of the Cross.

Let us faithfully continue on the road of Lent that will take us to the foot of Golgotha and then even beyond to Christ's glorious Resurrection. ❖

Holy Trinity Greek Orthodox
Church Presents

A Lenten Marriage Retreat

Featured Speaker:

Rev. Fr. Timothy Pavlatos



**SATURDAY,
MARCH 21, 2020**

**HOLY TRINITY GREEK
ORTHODOX CHURCH**

250 GALLOW'S HILL ROAD,
WESTFIELD

**10:00 AM – 4:00 PM
IN THE BOURAS CENTER**

We are pleased to present for the first time in our region, this timely, and much needed complimentary Couples Retreat offering thoughtful insights into the profound sacrament of Holy Marriage. It is a wonderful way to deepen and strengthen your marriage and is recommended to help a couple understand the Orthodox teaching of marriage. A Lenten Luncheon will be served.

RSVP – HolyTrinity@Htgocnj.org or by calling 908.233.8533

Fr. Timothy Pavlatos, M.Div., M.S., LMFT was ordained to the holy priesthood on September 24, 1995. In 2015, he established the Family Wellness Ministry in the Metropolis of San Francisco and served as director until June of 2018. He is a Licensed Marriage and Family Therapist in the state of Oregon where he maintained a private practice from 2010-2016. Fr. Timothy holds a bachelor's in psychology, a Master of Divinity from Holy Cross Greek Orthodox School of Theology, and a master's in Pastoral Counselling from Loyola University. Fr. Timothy conducts seminars, workshops and retreats around the country on Marriage, Parenting, Grief Recovery, Burnout & Compassion Fatigue and Trauma & Resiliency. He has spent the last thirty years studying the integration of Orthodox Theology and Spirituality within the therapeutic process of counselling. As an adjunct professor at George Fox University, he has taught courses in the graduate counselling program in Spirituality and Clinical Praxis and Interpersonal Neurobiology and Trauma. He currently resides in Chandler Arizona and is in the process of establishing the Non-profit Ministry, Clergy Pastoral Care, supporting Orthodox Clergy and their families. Fr. Timothy and his wife, Presvytera Victoria, have been married since 1995 and have nine children who are between the ages of seven and twenty-four.



Parish Council

Update

■ BY GEORGE COLONIAS, PARISH COUNCIL PRESIDENT

It is always exciting to start a new year with a positive outlook and aspiring resolutions. This year we also start a new decade – a chance to consider a longer plan and trajectory. The Parish Council is energized to have a successful year and decade. We are striving to stay the course set by the generations before us as well as take our parish to new levels in many ways. Our parish is a special place for so many people. We are striving to keep it safe, clean, comfortable and prayerful. We are only 22 and we know that there are many others who do so much to keep our parish alive. We thank all of you and realize and appreciate that you are all critical to our success. We are a

big Christ-centered family and we are truly blessed to have Fr. Peter guiding us. With such a large community this is not an easy assignment. We continue to make improvements to our facility such as cleaning the carpets in the church and the offices, repairing many components of the physical plant and also improving on technology. For some of our youth who spend so much time at church and yet need to get homework done, we now have wi-fi in the Bouras Center. We also have a mobile app associated with our online bill pay, available on the App store, called *Give Plus*. It is easy to set up and donations can be made to stewardship, IMO's, the Endowment fund and other events throughout the year. Soon

we will provide literature explaining the endowment in more detail. It is basically a vehicle that people can contribute to which is invested conservatively. Only a portion of the interest will be used to support the ministries of Holy Trinity. Of most importance and the core of our church life are the Sunday services, holidays and other feast days. There is nothing nicer than seeing a full church on Sunday morning. My resolution is trying to attend more services, especially in the upcoming Lenten season, and I enjoy settling in on time. Please join and thank you all for being part of this special community and family. ❖

Parable of the Bread

■ BY LIA LEWIS

As every good Orthodox Christian knows, prosphoro (leavened bread given out during Holy Communion) is made with these simple ingredients: water, flour, yeast, and salt. Also what every good Orthodox Christian knows is that this bread is usually made by sweet little old ladies.

But the town of Claremount is very different. In Claremount at St. Theodore Greek Orthodox Church, the little old ladies used to bake the bread for Sunday services. For many years now, Yianni Pappas has baked it because everyone including Yianni knows his prosphoro is the best. Yianni is a middle-aged, pious Orthodox Christian who is unmarried. Yianni's baking talents are well known at St. Theodore.

He not only bakes bread but he also bakes a mean cupcake.

Fr. James, the parish priest, encourages his parishioners to donate their time and talent and Yianni listens to Fr. James. Since Yianni knows he's the best, then he's sure to win favor with Fr. James and the rest of the parish. In order for him to make sure he's noticed, Yianni never fails to mention his prosphoro baking prowess every single Sunday at coffee hour. He is so proud of himself that his pride emits like a beacon on a foggy night.

One day, though, Yianni had a heart attack and died (maybe it was all those cupcakes?). Fr. James was saddened because not only did he lose a valued member of his parish but also who was

going to bake the prosphoro for next Sunday's service? And would it be as good as Yianni's? The old ladies were sad because they'd have to pick up the slack now that Yianni died. They were enjoying their retirement. But on the upside, the parish was happy that they'd never have to listen to Yianni brag about his baking prowess again.

But Yianni's story doesn't end here. The ladies of the parish and a few men took over the baking of prosphoro. And now everyone has the chance to make a special offering to the Church. What a true blessing it is to bring this special gift to the Church and ask it to pray on behalf of the living and departed members of your family. ❖

Choir

■ BY KATHRYN ATHANASOULAS,
CHOIR DIRECTOR

Holy Trinity is hosting the 30th Anniversary "The Spirit of Lent" Concert on Friday, April 10 at 8:00 pm. The New Jersey District of the Eastern Federation of Greek Orthodox Church Musicians (EFGOCM) is comprised of choir members from Central and Northern New Jersey. Holy Trinity choir members are naturally included and look forward to seeing many parishioners to be in the audience. Attending this concert is a wonderful way of setting the spiritual tone for Holy Week. This district choir has performed in many churches from Tenafly to Ocean Township throughout the years since 1991. Holy Trinity parishioners have always been represented in the audience and will be glad to see you again. The concert lasts about an hour and we always start on time. Refreshments will be provided after the program. ❖



Holy Trinity Greek Orthodox Church
250 Gallows Hill Road
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The Eastern Federation of
Greek Orthodox Church Musicians
District of New Jersey

30th Anniversary


The Spirit of Lent Concert

A Choral Offering of
Ancient and Modern Works in
English and Greek

Kathryn Athanasoulas, Director
E. Hope Demitry, Organist

Friday, April 10, 2020
8:00 p.m.

Donation \$10.00
Children under 12 free
Refreshments following program
www.holytrinitywestfield.org





Philoptochos

Ladies of Philoptochos

■ BY MARINA LOALBO, CORRESPONDING SECRETARY

This year, Philoptochos sponsored the “Third Annual Coat Drive” through the One Warm Coat Organization. During the month of November/December, over 185 clean and gently worn coats for infants, children, and adults we collected. Also donated were hats and scarves to accompany the winter coats. All the coats, hats, and scarves were donated locally to the St. Joseph Social Service Center in Elizabeth New Jersey. This local service center provides the poor and homeless with basic material items such as food and clothing in Union County. The center was extremely grateful to accept these “gifts of warmth.” We thank all the parishioners who contributed and helped provide a warm coat to those in need. ❖



SAVE THE DATE

Holy Trinity Community Lenten Project Meal Packaging Event

Your help is needed

Saturday, April 4, 2020



**Immediately following Divine Liturgy
In The Bouras Center**

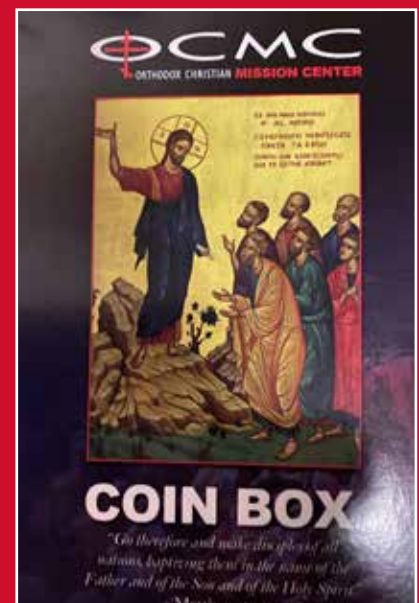
Registration and more details to follow

Please come to Philoptochos table during Fellowship hour for more information



OCMC continues to reach people with the love of Christ. In 2019, Holy Trinity donated \$5,391.82 to this worthy charity. It is through your generosity and prayers that the Orthodox Church is promoted all around the world carrying out Christ's Great Commission.

Holy Trinity will continue to do its part in 2020 as well. On March 1, the Sunday before the start of Great Lent, once again OCMC Mission Coin Boxes will be passed out. The children of our Sunday School have been filling these boxes year after year. Last year, each family was asked to take a coin box home to remind themselves that in addition to fasting, almsgiving is a worthy Lenten exercise. A great Lenten idea is to use these coin boxes as way for the entire family to incorporate aspects of almsgiving into their daily lives.





Vasilopita

Joining the tradition of the Vasilopita with the kick-off of the 2020 Philoptochos Stewardship Drive, the Holy Trinity Parish gathered on January 26 for an afternoon of celebration and fellowship. Following the welcome by Ellen Manos-Athenson, Maria Stevens offered inspiring and motivating words reminding everyone the mission of Philoptochos and emphasizing the need to support our chapter through stewardship.

Joining us, again this year, was Saint Basil Academy assistant director, Daniel Christ and several children from SBA. Mr. Daniel shared his personal experience of being part of the SBA family and expressed his appreciation for the generosity and warm welcome from our Holy Trinity community. George Colonias, Parish Council President,



presented a generous donation from the parish in the amount of \$1000 and Father Peter led the traditional cutting of the Vasilopita.

This luncheon was chaired by Debra Vlahakis and Kathy Maglaras. Much gratitude and heartfelt thanks to them for the effort that went into planning, organizing, and executing this special event. With keen attention to details, Debra and Kathy added a special touch of individual Vasilopita cakes, lovingly baked and generously donated. A delicious treat, complete with a chocolate gold coins, these were especially enjoyed by all the children.

We are fortunate that Marco Polo restaurant once again provided a won-



derful luncheon and we thank them and are grateful for their constant support of Philoptochos. We also thank the Vardas family from Prestige Diner for their generous food donation to the luncheon. Furthermore, we are appreciative of the generosity shown by the many Holy Trinity donors including all those who attended. Your support of this luncheon and other initiatives throughout the year enables Philoptochos to fulfill its true Christ-centered mission... of helping those in need.

May the Lord continue to bless the Holy Trinity family with good health, happiness and prosperity. ❖





GOYA

Update

■ BY ARIANA TARHANIDIS, GOYA PRESIDENT

Spring is nearly upon us! March has arrived and is a marvelous month. Sights & Sounds, Greek Independence Day, the Annunciation, March Madness, and the beginning of Great Lent are all wonderful things we are looking forward to this month.

Speaking of Sights & Sounds, we invite all to join us for our Post Show, to be held after Sunday School on Sunday,

March 15th. We are excited to share our performances with all of our fellow parishioners, and especially, to reach out to younger/future GOYAnS to show what participating in Sights & Sounds looks like/means to us.

Thank you to everyone who has supported our Outreach by donating to the collection boxes in the Bouras Center. Most recently, we collected over \$600

for IOCC through the SOUPer Bowl of Caring on February 2nd. We are not finished collecting items yet! We are still asking for school supplies, supportive and sport undergarments, cereal, soups, and pasta. Donation boxes are in the Bouras Center.

For additional information on GOYA activities or projects, please stop by the GOYA table during fellowship hour. ❖



Ζήτω η Ελλάδα - The Greek War of Independence in 1821 and its bicentennial to be celebrated in 2021!

■ BY PETER TARHANIDIS, PHD

The 19th-century Greek War of Independence against Ottoman Turkey led to the creation of the modern Greek state. Known as the Greek Revolution, “Επανάσταση” or “Αγώνας”, and contrarily referred by the Ottomans as the “Greek Uprising”. This year Greeks and Philhellenes celebrate the 199th anniversary of Greek Independence. In the upcoming year, 2021 we will celebrate the bicentennial of the Greek War of Independence.

To prepare for the centennial the Holy Trinity Cultural committee is planning a yearlong education and an examination of the Greek War for Independence. The Cultural committee is currently working to define educational content, host lectures and promote videos honoring philhellene and their stories who are both the non-Greeks who were fond of Greek culture and Greeks who patriotically upheld Greek culture. The committee will inform the parish on external activities to promote Greece’s 2021 Commission and Consulate General Offices announcements of the bicentennial. Below is a glimpse of the major phases of that period and highlights that we will explore further in 2021.

1453 - 1821

The Fall of Constantinople and the Tourkokratia

After the fall of Constantinople, in 1453, and the ensuing falls of Trebizond and Mystras in 1461, marked the end of Greek sovereignty. The Ottoman Empire considered themselves the heirs to the Byzantine empire. The Rum millet or Roman nation was an independent court of law affecting the Eastern Orthodox Christian community and redraw the state of the East Roman Empire. While subjugated by Islam the Orthodox Christians were treated as a lower class of people. Under the Ottoman “yoke” Christians were granted certain freedoms and rights, but never equal to Muslims religious practices or legal freedoms. The Ecumenical Patriarch of Constantinople was recognized as the chief religious and political leader of Orthodox subjects but did his role did not extend beyond the Rum millet jurisdiction. At this time, the Orthodox church maintained the Greek identity, culture and traditions, as an example of using Greek in the liturgy and in educational works. During the almost four hundred years of the “Tourkokratia”, the Ottoman rule over

Greece, held little hope Greeks would regain freedom on their own. While there was a great resistance and periodic rebellions occurred on the mainland and the Aegean islands the Greeks in 16th and 17th centuries were merely worried about survival. Economic progress in the 18th century fueled Greek merchants and sailors to prosper who funded schools, libraries and paid for Greeks to study at European universities who became exposed to radical philosophies.

1821 - 1823

Greek and Philhellenes uprising and International reaction

The 19th century ushered in the rise of European nationalism, Enlightenment and the French Revolution’s influence extended to the Ottoman Empire and the Rum millet. Educated members of the Greek diaspora took advantage to drive ideas through various literature sources to strengthen the Greek national identity and the emergence of the modern Greek Enlightenment. The Filiki Eteria or Society of Friends, founded in 1814 in Odessa, Ukraine, was a secret organization formed to topple the Ottoman’s rule over the Greeks. Members included Phanariot Greeks from Constantinople, the Russian Empire, local Greek leaders from the mainland and islands, and other national Orthodox Christian leaders who supported Hellenism. They sparked the Greek War of Independence in 1821, put the uprising on its course and selected leaders to steer it along the way. The Greek countryside was home to groups of bandits called “klephts” who struck at both Muslims and Christians. The klephts rebelled against the Ottoman rule who were revered by the Greeks and held a noteworthy place in folklore. The Ottomans in turn, contracted Christian militias, known as “armatoloi” to secure endangered areas. By the time of the War of Independence, the klephts and armatoloi unified into the Greek military force that played a crucial role in the Greek revolution. An initial failure of the Greek revolt in the Danubian principalities was followed up with a more successful escalation in the Peloponnese and the Aegean islands in seizing freedom. Massacres and repercussions were felt among Muslims, Greeks, Christians in the Rum millet and Cypriot Greeks. International sentiment sided with the Greeks and Hellenism over the barbaric acts of the Ottomans.

1823 - 1825

The Great Powers - British, French and Russia - Intervention Policy

While the Ottoman Empire’s power was declining, Greek nationalism was rising and drawing in the involvement of Britain, Russia and France in the Greek War of Independence. This led to the first observed armed intrusion based on humanitarian grounds in the world. The great powers major consideration was to avoid prolonging wars versus not engaging and inadvertently supporting the more powerful military. As an outcome of the Congress of Vienna (1814-15) the great powers defined three diplomatic tenets to intervene. One, to squelch an uprising deemed against legitimate rulers; two, when their direct security or vital interests are seriously threatened by the actions of another State; and three, to mediate peacefully to resolve an uprising. In this period, Greeks faced several setbacks and relied on assemblies with the great powers to resolve nationalizing, ratifying a constitution and forming a state.

1828 - 1832

The final Battle at Navarino and a Free Greek State

The final engagement of the war was delivered in 1828 by the great powers in a naval attack which defeated the Egypt – Turk armada in Bay of Navarino. At the same time, the Russians declared war on the Turks who diverged into another war front with the Ottomans. Thus, ending an 11-year effort to a free Greek state preceding several international accords between the great powers and the Ottoman Empire. The Treaty of London in 1832 affirmed the state of Greece and the status of the great powers as its sponsors. Later in 1832 under the Treaty of Constantinople Greece’s borders were set.

The new Greek state had 800,000 persons as opposed to the 2.5 million Greeks under the Ottoman Empire. When Greece became independent many Cypriots sought the integration of Cyprus into Greece, but they endured being part of the Ottoman Empire until Cyprus was entrusted over to Great Britain as part of the Cyprus Convention in 1878. ❖

If you have any interest to participate on or provide feedback for the Cultural Committee please reach out to Helen Bruno, Celia Kapsomera or Peter Tarhanidis



Trinity Circle

Update

■ BY AVI KIRIAKATIS, PRESIDENT



Human Connection with Love and Kindness - Ask any adult who smiles when recognized and a connection is made. We must do everything with love and kindness, in the same spirit as Christ. Being Christ-like, we must see the need not the cause. We must make the most out of everything. We must keep the human connection in order to achieve everlasting happiness. We welcome new members for 2020 with love and kindness.

Our January Vasilopita celebration was attended by over 50 members. Everyone received a piece of Vasilopita from Father Peter. Themis Ganifas was the winner of the coin and will have



many blessings for the New Year. We all enjoyed a delicious home cooked lunch and delicious desserts especially made by Marina LoAlbo, Hellen Kiriakatis and Avi Kiriakatis for the good health of all our members.

We thank Barbara Manos for donating the February luncheon in memory of her beloved Mother Terpsichore. May her memory be eternal.

Trinity Circle's 2020 Events



Thursday

11:00 am Meeting/Speaker – Father Peter on “Great Lent with questions and answers” Luncheon donated by Notis and Terri Kotsolios



Sunday

Cemetery Palm Cross Sale at Fellowship Hour



Sunday

Cemetery Palm Cross Sale at Fellowship Hour



Tuesday – 12:00pm

Agia Skepe Monastery bus trip w/Lenten lunch and service. Please sign up with our Chair, Helen Hadzitheodorou



Tuesday – 12:00pm

11:00 am Meeting & Paschalino Lunch at Bouras Center. Luncheon donated by Mary Psomas in memory of her beloved Greg. May his memory be eternal.

Agia Skepe Monastery bus trip w/ Lenten lunch and service. Please sign up with our chair, Helen Hadzitheodorou. Members free – Non-members \$20.00 donation.

Place your orders for Easter Cemetery Palm Crosses again this year for \$10 during Fellowship Hour by our chair, Hellen Kiriakatis.

With love and gratitude to our Lord for the fellowship we share at Holy Trinity. May God's blessings continue to be with all our members throughout the year. ❖





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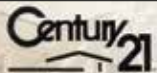
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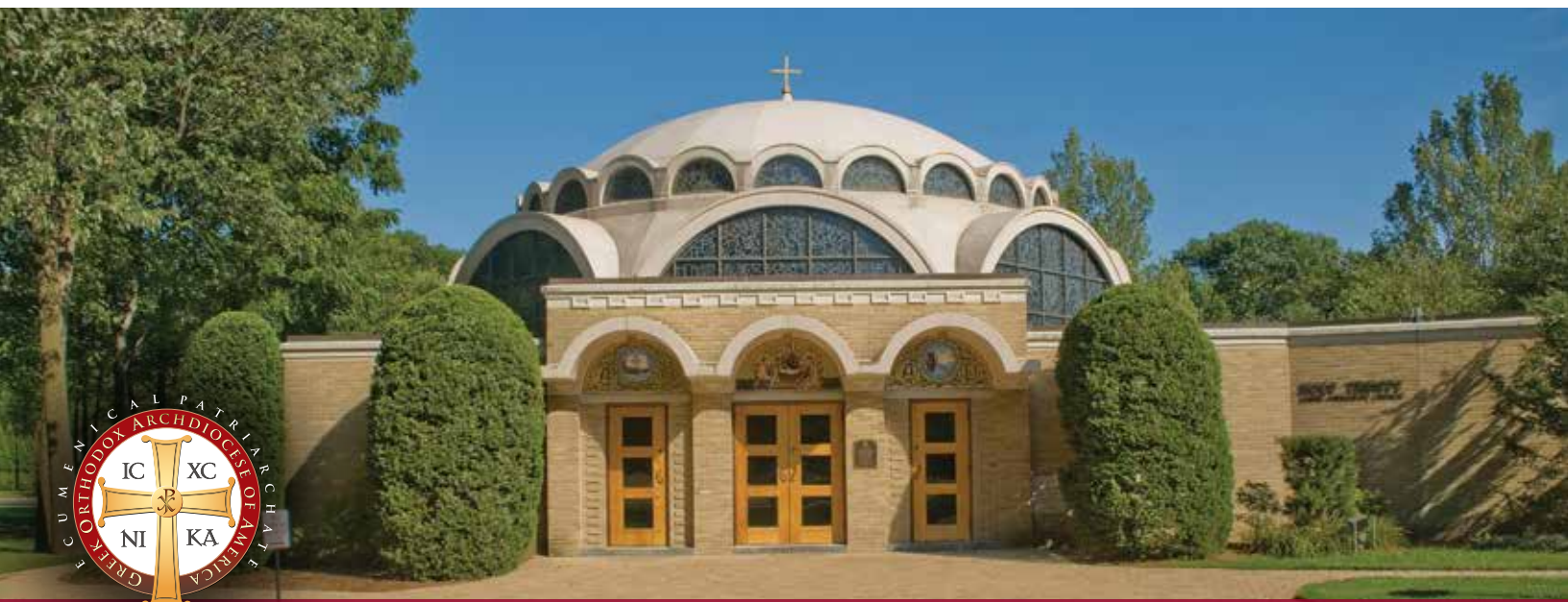
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