

# The Promise

HOLY TRINITY GREEK ORTHODOX CHURCH

WESTFIELD ✦ NEW JERSEY



October 2024 ✦ Volume 48, Issue 7

holytrinity@htgocnj.org

908-233-8533

holytrinitywestfield.org

## The Cost of Discipleship

Jesus calls the crowd together with His disciples and says, “Whoever desires to come after Me, let him deny himself, and take up his cross and follow Me. For whoever desires to save his life will lose it, but whoever loses his life for Me and the Gospel will save it. For what does it profit a man if gains the whole world and loses his soul. What can a man give in exchange for his soul?”



### A Reflection on Mark 8:38

This Gospel passage is such a treasured pearl of wisdom becoming a golden laced crown of transformative power for those who delve deeper into its principal message.

Theologians often ascribe the theme “the cost of discipleship” to this passage, for it underscores sacrifice as an essential element of following Christ. The words of St. Mark unfold the most radical implications of proper confession of Jesus as Messiah.

In a skillful way, Christ exposes the ambivalent concept of life that so many of us have when assessing what is most beneficial in my life. The Lord brings to light the tendency of human beings to define what is the supreme value of life using concepts that draw language from commercial life. We judge, accept, decline things based solely on what we view as profitable to the self.

Christ uses the absurd concept of evaluating everything through the lens of profit and loss, and commerce to

describe how truly absurd this concept really is.

My dear brothers and sisters, life is not cheap, nor is it trivial. And to simply reduce everything to commercial form or even integrate ideas of profit and loss, or trade, in our personal lives is terribly sad and degrading to human existence. And just as Jesus will not reduce life to a system so frivolous, neither should we.

**The world is intoxicated  
with its own glory.**

The world is intoxicated with its own glory. And just like the world, many are intoxicated with personal glory. This is why people are driven to promote themselves unceasingly and try to get ahead in life without consideration of others. The corporate ladder pushes people aside when they no longer offer

value and all too often we mimic this sad reality in our personal lives. Unlike the glory of the Triune God, which is eternal, worldly glory will fade away and ultimately abandon us, leaving us dejected and in complete isolation.

In this Gospel passage, the Lord is trying to peel our eyes away from the pursuit of worldly glory to affix them on the eternal glory found in Him and the Father. Truly, this worldly intoxication comes from a spirit that is neither human nor divine.

The answer to this spiritual drunkenness is simple denial of the self. Self-denial means to pick up your cross (shoulder the burdens of life) and follow Christ!

The Lord borrows language from commerce to show its absurdity in relation to supreme values in life.

*“For whoever desires to save his life (an aspect of gain), will lose it.”*

*Continued on page 2 ➔*

*Wait for the promise of the Father*



# Dates in the Life of Our Church

October / November 2024

## OCTOBER

- 1** 4:00 PM Greek School

---

- 3** 4:00 PM Greek School

---

- 4-6** Christ Encounter

---

- 5** 12:00 PM Baptism

---

- 6** 8:15 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- No Religious Education Classes

---

- 8** 4:00 PM Greek School

---

- 7:30 PM Parish Council

---

- 10** 4:00 PM Greek School

---

- 12** 10:30 Forty-day blessing

---

- 11:00 AM Baptism

---

- 13** Fr. Peter Anniversary Celebration

---

- 8:15 AM Orthros

---

- 9:30 AM Hierarchical Divine Liturgy

---

- 12:00 PM Anniversary Luncheon

---

- 4:00 PM Mr./Ms. GOYA

- 15** 4:00 PM Greek School

---

- 17** 4:00 PM Greek School

---

- 19** 11:30 AM Wedding

---

- 20** 8:15 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 1:00 PM Baptism

---

- 21** 8:00 PM NNJYC State Mtg.

---

- 22** 4:00 PM Greek School

---

- 24** 4:00 PM Greek School

---

- 27** 8:15 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 1:00 PM Baptism

---

- 28** Holy Protection, OXI Day

---

- 8:30 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 29** 4:00 PM Greek School

---

- 31** 4:00 PM Greek School

## NOVEMBER

- 1** St. Cosmas and St. Damianos

---

- 9:30 AM Divine Liturgy

---

- 2** 9:30 AM Agia Skepi Monastery Excursion

---

- 3** 8:15 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 5** 4:00 PM Greek School

---

- 7** 4:00 PM Greek School

---

- 8** Holy Archangels

---

- 8:30 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 9** St. Nektarios the Wonderworker

---

- 8:30 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 12:00 PM Baptism

---

- 10** 8:15 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 11** Sts. Victor, Vikenzios, and Menas

---

- 8:30 AM Orthros

---

- 9:30 AM Divine Liturgy

---

- 12** 4:00 PM Greek School

---

- 7:30 PM Parish Council Mtg.

## Discipleship

⇐ Continued from page 1

*“For does it profit a man if he gains the whole world, and loses his own soul?”*  
*“Or what will a man give in exchange for his souls.”*



When talking of commerce, the proper setting for a consideration is the comparison of values in relation to each other. For example, how many apples can I give in exchange for an orange. Or vis-a-versa.

The Lord’s position in this matter is clear. The Lord’s ledger involves values that cannot really be compared. The loss, even of ordinary human life, is in no way compensated by winning the world.

Oftentimes we use unmatched values in determining what’s best like the man who seeks to secure his own life with worldly security. In the end,

these things can offer nothing, and he will lose his life, as these securities and exchanges simply cannot preserve life forever.

Ironically, the man who has spent his entire life gaining the glory of the entire world; will, in his earthly end, experience total and absolute loss. There is no fixing or recovery from total loss because here, in this respect, its value is absolute. The pursuit of personal glory steals God’s glory. Stolen glory, or robbing from God that which is properly His, is not a wise thing to do and can have but only one reasonable and startling conclusion.

# Anniversary Luncheon

## In Honor of Fr. Peter and Pres. Victoria Sunday, October 13

The parish council extends an invitation to all parishioners to attend a very special anniversary celebration in honor of Fr. Peter's twenty-year assignment to Holy Trinity and thirty-year anniversary to the holy priesthood. His Eminence Metropolitan Apostolos will be in attendance to preside at a hierarchical divine liturgy. The anniversary luncheon will follow the celebration of the divine liturgy.

Fr. Peter and Presvytera Victoria have served the Greek Orthodox Archdiocese of America for three decades and their service to Holy Trinity has been a two-decade ministry of love and servant-leadership. Ordained to the Holy Priesthood on July 31, 1994 under His Eminence Archbishop Iakovos, by His Grace Bishop Maximos of Pittsburgh Father Peter was assigned to the Ascension Cathedral in October 1994. Father Peter has served also at St. Gregory of Nyssa in San Diego County and St. George in Media, PA before coming to Holy Trinity in 2004.

The proceeds of this luncheon will support two funds that promote the priesthood: "Support a Mission Priest" (a fund that financially supports priests in Africa) and "Walking with Christ" (a fund that supports seminarians from the Metropolis of New Jersey initiated by His Eminence Metropolitan Apostolos). Cost for the Anniversary Luncheon is \$30/adult; children 6-13 \$10; and children under 6 free. For more info contact the parish office or a parish council member. ❖

You are invited to attend a very special  
**Anniversary Luncheon**  
**Honoring Father Peter Delvizis**  
Twenty-year Assignment as pastor of Holy Trinity &  
Thirty-year Anniversary to the Holy Priesthood

**Sunday, October 13, 2024**

Orthros, 8:30 AM  
Hierarchical Divine Liturgy with Metropolitan Apostolos, 9:30 AM  
Anniversary Celebratory Luncheon, 12:00 PM

**Suggested Donation\***  
Adults \$30 per person, Children ages 6 - 13 \$10, Children 5 and under free

*Proceeds to benefit the promotion of the priesthood.  
"Walking with Christ" - A Fund supporting seminarians from the Metropolis of New Jersey  
"Support a Mission Priest" - Program of OCMC*

**Holy Trinity Greek Orthodox Church Liturgy & Luncheon Reservation Form**  
Please forward this completed form to the church with your payment by October 6, 2024.

Reservations Requested	Additional Guests' Names Under This Reservation
Name _____	_____
Address _____	_____
City, State, Zip _____	_____
Phone # _____ Email _____	_____
Number of Adults: _____ X \$30 = \$ _____	_____
Number of Children (6 - 13): _____ X \$10 = \$ _____	_____
Number of Children 5 & under: _____	_____
<b>Please accept my tax-deductible contribution = \$ _____</b>	I am a table captain (check here) _____
Check Payable to HTGOC. <b>Total enclosed = \$ _____</b>	I wish to be seated at table _____
<b>MAIL CHECK TO:</b> Holy Trinity Greek Orthodox Church, 250 Gallows Hill Road, Westfield, NJ 07090 Attn: Diana Waltzok.	(Write table captain's name)
<b>Credit Cards</b> Payments are Available (4% fee applies). Please contact the office to process at (908) 233-8533.	Please provide a table assignment for me (check here) _____

Only if we lose our lives in this world, forsaking personal glory for the sake of Christ and the Gospel's, can we have eternal life.

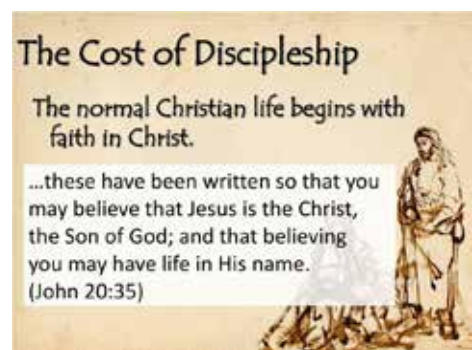
The Gospel passage ends with a warning and consideration for course adjustment:

*"For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man also will be ashamed when He comes in the glory of His Father with the holy angels."*

The reference to the Father's glory and the accompanying train of angels serves to set Jesus' entire ministry in a doxological perspective. In other

words, Jesus was sent to reveal the glory of God in a world intoxicated with its own glory, so that just as He submitted to the Cross to glorify the Father, we too, through self-denial and picking up our own cross may in likewise give glory to Triune God – Father, Son, and Holy Spirit.

These words, though sobering, represent not theoretical reflection but the law of life by which Jesus gauged His own conduct in a world hostile to God. May this be the measure that we extend glory to God. ❖



# ST. DEMETRIOS

## The Great Martyr and Myrrh-streamer of Thessaloniki

October 26

**T**he Great Martyr Demetrios, the Myrrh-Gusher of Thessaloniki, was the son of a Roman proconsul. Three centuries had elapsed and Roman paganism and spirituality shattered and was defeated by the multitude of martyrs and confessors of the Savior. But as the number of Christians increased so did the intensification of Roman persecutions.

The parents of St. Demetrios were secretly Christians, and he was baptized and raised in the Christian Faith. By the time Demetrios had reached maturity and his father had died, the emperor Galerius Maximian had ascended the throne in 305 A.D. Maximian, confident in Demetrios' education as well as his administrative and military abilities, appointed him to his father's position as proconsul of the district in Thessaloniki. The main tasks of this young commander were to defend the city from barbarians and to eradicate Christianity. The emperor's policy regarding Christians was expressed simply, "Put to death anyone who calls on the name of Christ." The emperor did not suspect that by appointing Demetrios he had provided a way for him to lead many people to Christ.

*Continued on next page ⇒*



Accepting this appointment, Demetrios returned to Thessaloniki and immediately confessed and glorified our Lord Jesus Christ. Instead of persecuting and executing Christians, he began to teach the Christian Faith openly to the inhabitants of the city and to overthrow pagan customs and idolatry. The Lord also destined St. Demetrios to follow the holy Apostle Paul as a martyr. When Maximian learned that the newly appointed proconsul was in fact a Christian, and that he had converted many Roman subjects to Christianity, the rage of the emperor knew no bounds. Returning from a campaign in the Black Sea region, the emperor decided to lead his army through Thessaloniki, determined to massacre the Christians. Learning of this, St. Demetrios ordered his faithful servant Lupus to distribute his wealth to the poor saying, "Distribute my earthly riches among them, for we shall seek heavenly riches for ourselves." He began to pray and fast, preparing himself for martyrdom.

When the emperor came into the city, he summoned Demetrios, who boldly confessed himself a Christian and denounced the falsehood and futility of Roman polytheism. Maximian gave orders to lock up the confessor in prison. An angel appeared to him, comforting and encouraging him. Meanwhile the emperor amused himself by staging games in the stadium. His champion was a German by the name of Lyaeos. He challenged Christians to wrestle with him on a platform built over the upturned spears of the victorious soldiers. A brave Christian named Nestor went to the prison to his advisor Demetrios and requested a blessing to fight the barbarian. With the blessing and prayers of Demetrios, Nestor prevailed over the fierce German and hurled him from the platform onto the spears of the soldiers, just as the murderous pagan would have done with the Christian. The enraged commander ordered the execution of the Holy Martyr Nestor (October 27), and sent a guard to the prison to kill St. Demetrios.



St. Demetrios blessing St. Nestor in prison to be victorious over Lyaeos the barbarian

At dawn on October 26, 306 soldiers appeared in the saint's underground prison and ran him through with lances. His faithful servant, St. Lupus, gathered up the blood-soaked garment of St. Demetrios, took the imperial ring from his finger, a symbol of his high status, and dipped it in the blood. With the ring and other holy things sanctified by the blood of St. Demetrios, St.



Martyrdom of St. Demetrios the Great Martyr

Lupus began to heal the infirmed. The emperor issued orders to arrest and kill him.

The body of the Holy Great Martyr Demetrios was cast out for wild animals to devour, but the Christians took it and secretly buried it in the earth.

During the reign of St. Constantine (306-337), a church was built over the grave of St. Demetrios. A hundred years later, during the construction of a majestic new church on the old spot, the incorrupt relics of the Holy Martyr were uncovered. Since the seventh century a miraculous flow of fragrant myrrh has been found beneath the crypt of the Great Martyr Demetrios, so he is called "the Myrrh-Gusher."

St. Demetrios is regarded as a protector of the young, and he is also invoked by those struggling with lustful temptations. ❖



# Church Etiquette

## PART ONE

“These things write I to you, hoping to come to you shortly; but if I am delayed, I write so that you may know how to conduct yourself in the house of God, which is the church of the living god, the pillar and ground of the truth.”

– 1 Timothy 3:14

**S**t. Paul sought to instruct the people about church conduct. Obviously, there was a need for this and thus a letter was written to Timothy, the first bishop of the Church of Ephesus. The reason given for this is for “*all things to be done decently and in order.*”

– 1 Corinthians 14:40.

Equally so, Holy Trinity is a church of order but yet from time to time a reminder to the faithful while being in church is useful.

### The night before church

Get things laid out the night before, especially where children are involved... so you are not rushed and aggravated in the morning.

Preparation is key to worship, oft times when we are not prepared, we rush around on Sunday morning frustrating ourselves and our children to the point that it is not an enjoyable event to come to church. When we do get to the church we sit in the pew and brude never really getting anything the message. Our children pick up on this as well and creates an environment of rebellion.

### Customs and Traditions

In the Orthodox Church, there are a lot of customs and traditions that are important parts of worship. Some customs are cultural and some pious. Some are essential and some are not. From time-to-time, we need to address these various etiquette issues to inform our communities how we can best under-

stand each other and work together to worship the all-holy Trinity.

### Standing vs. Sitting

The traditional posture for prayer and worship in the Orthodox Church is to stand. In the Orthodox “old countries”, there are usually no pews in the churches. Chairs or benches on the side walls are usually reserved for the elderly and infirm. In North America, we have tended to build our churches with pews, and since we have them, we need to figure out when we may sit and when we should stand. First, it is fully acceptable (even preferable) to stand for the entire service. If you prefer this, it would be better to find a place closer to the back or side of the church so as not to stand out or block someone’s view. When should you stand? Always when the name of the Holy Trinity is invoked (at the end of prayers when the priest says, “Father, Son, and Holy Spirit), during the Gospel reading, the Little and Great Entrances, the Anaphora, the distribution of Holy Communion, whenever the priest gives a blessing, and the Dismissal. Follow those instructions (it’s probably safer to follow what the people are doing in the first couple of rows). When in doubt, stand. It is never wrong to stand in church.

### Lighting Candles

Lighting candles is an important part of Orthodox worship. We light them to begin our prayer to Christ, Who is

the “Light of the world” – John 8:12. Orthodox typically light candles when entering the narthex. This is a time and point of transition from the secular world to the sacred. It is important to enter into a prayerful and peace-filled zone. After all, we are entering the kingdom of God as represented by the Divine Liturgy.

### Entering the Church (Late)

The time to arrive at church is before the service starts, but for some unknown reason, it has become the custom - or rather the bad habit - for people to arrive late. If you arrive after the Divine Liturgy begins, try to enter the church quietly - and observe what is happening. If the Epistle or Gospel is being read or the Little or Great Entrance is taking place, wait until it is finished to quickly find a seat. If Father is giving the sermon, stay in the back until he has concluded. If in doubt, check with one of the ushers to see if it is a good time to seat yourself. Try not to interrupt the Liturgy with your entrance. By the way, the best way to avoid this problem is to arrive on time - then you don’t have to wonder if it’s okay to come in or not.

People who come very late to the Liturgy should refrain from receiving the Eucharist. The Divine Liturgy is commonly known as the “work of the people”. Those who work should be rewarded. But beyond this, those who do not work should not attempt to steal that which they have not worked for.



## GREEK ORTHODOX METROPOLIS OF NEW JERSEY

### ΙΕΡΑ ΜΗΤΡΟΠΟΛΙΣ ΝΕΑΣ ΙΕΡΣΗΣ

September 9, 2024

To the Very Reverend and Reverend Clergy,  
The Archons of the Order of St. Andrew of the Ecumenical Patriarchate,  
Esteemed Members of the Metropolis Council and Metropolis Philoptochos,  
Devoted Presidents and Members of the Parish Councils and Parish Philoptochos Chapters,  
beloved youth and all faithful Orthodox Christians of the  
Greek Orthodox Metropolis of New Jersey,

My beloved in the Lord,

I hope and pray this letter finds all of you well, enjoying all of God's Heavenly blessings as we begin the New Ecclesiastical Year.

It is with tremendous joy and much excitement that after much prayer and thought, I write to announce to you that the new Patron Saint of the Greek Orthodox Metropolis of New Jersey is St. Iakovos (Tsalikis) of Evia. Blessed St. Iakovos of Evia is a modern-day saint who reposed in the Lord in 1991, was canonized by our Ecumenical Patriarchate in 2017, and whose Feastday is celebrated on November 22<sup>nd</sup>. Attached with this announcement, please find a short biography of this beloved Saint, who we now proudly proclaim as the Patron Saint of our sacred Metropolis.

I also have the great pleasure to announce that the first celebrations for St. Iakovos of Evia as the new Patron Saint of our Metropolis will take place with Great Hierarchical Vespers on Thursday, November 21, 2024, at 6:00pm and the Orthros and Hierarchical Divine Liturgy on November 22, 2024, at 9:00am. The Divine Services will be held in the Chapel of our Metropolis Headquarters in Westfield, New Jersey.

Please share this announcement and biography of St. Iakovos of Evia with all of your beloved parishioners, so that together as one family we may rejoice and celebrate in this blessed news of our new Patron Saint.

Praying that our loving Lord, through the intercessions of St. Iakovos of Evia, continues to bless all of you and all the devoted parishioners of our Metropolis with every good and perfect gift from above, I remain,

With paternal love and blessings,

*Metropolitan Apostolos*  
† APOSTOLOS  
Metropolitan of New Jersey

215 East Grove Street, Westfield, NJ, 07090-1636 • Tel: (908) 301-0500 • Fax: (908) 301-1397  
Web: www.njgoarch.org • E-mail: metropolis@njgoarch.org



## Crossing those Legs?

In some Orthodox cultures, crossing legs is taboo and considered to be very disrespectful. In our North American culture, while there are no real taboos concerning crossing legs, we tend to cross our legs to get comfortable while sitting. Should we cross our legs in church? No. Not because it is "wrong", but rather because it is too casual - a too relaxed form - for being in church. Just think about it, when you get settled in your favorite chair at home, you lean back, cross your legs, and then allow your mind to wander where it wants. Remember that sitting in church is a

concession, not the normative form of prayer. You surely don't want to get too relaxed and let your mind wander off too much! In fact, when you do sit in church, you should sit attentively! When sitting in church, keep those feet on the floor, ready to stand at attention (which is what "Let us attend" means).

## In and Out

In and out? It's a hamburger joint in California but shouldn't be the traffic pattern at the back door. Once we enter the church, we have entered into the sacred realm and need to focus on the prayers and acts of the priest and com-

munity. A prayerful attitude will help assist us to gain a deeper appreciation for the Divine Liturgy.

## Leaving Before Dismissal

Leaving church before the Dismissal - besides being rude - deprives us of the last blessing. Worship has a beginning ("Blessed is the Kingdom...") and an end ("Let us depart in peace..."). To leave immediately after Communion is to treat church like a fast-food joint, where we come and go as we please. We live in a fast-paced world where we seem to be hurrying from place to place. But in God's presence, let's make an attempt to fight off this pressure. ❖

# HOLY TRINITY

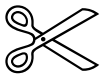
## 2024 *Community Christmas Card*

Our dear Holy Trinity Parishioners, we invite you to participate in this community expression of joy over our Lord's birth. Philoptochos continues its philanthropic work to assist those in need, and we are counting on your support and generosity to enable us to fulfill our mission. Please join your fellow parishioners by donating to our annual Christmas Card.

COMPLETE THE FORM BELOW AND SEND IT IN WITH YOUR DONATION THAT IS GRATEFULLY RECEIVED.



### *Thank You For Your Generosity!*



THE LADIES PHILOPTOCHOS SOCIETY  
HOLY TRINITY GREEK ORTHODOX CHURCH  
250 Gallows Hill Road Westfield, NJ 07090-1109

PLEASE PRINT YOUR NAME(S) CLEARLY AND AS YOU WISH IT TO APPEAR ON THE "COMMUNITY CHRISTMAS CARD." If it is the same from last year, please indicate by writing "same as last year".

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

Donation Amount: \_\_\_\_\_ Cash: \_\_\_\_\_ Check #: \_\_\_\_\_

**RETURN THIS FORM NO LATER THAN DECEMBER 1, 2024**

MAKE CHECKS PAYABLE TO:  
**LADIES PHILOPTOCHOS  
SOCIETY HTGOC**

For convenience in handling,  
you can make your payment by  
check, credit card, Apple Pay,  
Google pay or PayPal.



Include your information with the payment and how your family name(s) should appear.

Contact

**Sandy Boutsikaris** 908/578-3341 or

**Christina Colonias** 917/825-5986 for more information.

The Ladies Philoptochos Society – HTGOC is a registered 501 (c)(3) non-profit organization.



# GOYA Greek Orthodox Youth (of) America

Update

■ BY CATIE CARAYANNOPOULOS, GOYA PRESIDENT

The Youth of Holy Trinity (YHT) or GOYA is excited for the new year! We kicked off with a laser-tag event after a night of icebreakers, pizza, and cupcakes at the church. The tang of friendly competition was high as we aimed for top scores at Lively Laser Tag. On Sunday, September 15, GOYA attended the Metropolis Diving for the Cross and Blessing of the Waters at Ocean Grove. Four GOYA members proudly represented Holy Trinity as they dove for the Cross: Alex Sulton, Melina Colonias, Zachary Skalkotos, and Melina Skalkotos. On Sunday, September 22, Father Peter offered the Affirmation of Office for the GOYA Executive and General Boards. This begins a year of fellowship, charity, and fun. GOYAnS also enjoyed the Harvest Dance on Sept. 27, chaperoned by Mrs. Christine Skalkotos, mingling with GOYAnS from other churches and enjoying Greek dancing. During the Greek festival, all GOYAnS actively helped wherever needed. We love contributing to the Holy Trinity community and sharing our faith and culture. Our annual Christ Encounter Retreat is set for Oct. 4 at Fairview Lakes YMCA Camp, featuring faith discussions and bonding activities like candle-making, archery, and canoeing. The following weekend, Antoni Manousos and Ava Savvis will represent Westfield at the Mr. and Miss GOYA Pageant. Visit the GOYA table on Sundays to learn more! ❖



## Holy Trinity Cultural Committee Invites All Parishioners And Friends To Join A One-Day Pilgrimage

### Saturday, November 2, 2024

Holy Protection Monastery of the Theotokos  
I.M. Αγίας Σκέπης της Θεοτόκου

Location: 1 St. Josephs Way, White Haven, PA 18661



A bus with a capacity of 50 seats is reserved.  
Ticket prices are \$20.00 for adults and \$10.00 for the youth.  
Donations will be requested during the trip  
as a group gift to the Monastery.

**9:30 AM – Depart from Starting Location: Holy Trinity, Westfield, NJ** The monastery is located in a scenic rural area 103 miles away, so the drive will offer peaceful views of the countryside.

**11:30 AM – Arrival at the Monastery** Upon arrival, take a moment to enjoy the serene surroundings of the monastery. The grounds are peaceful and offer a tranquil atmosphere ideal for spiritual reflection.

**11:45 AM – Tour of the Grounds** Tour of the monastery's grounds including visiting the chapel, gardens, and other notable areas.

**1:00 PM – Lunch and Discussion on the Monastery and the Monastic Life** Lunch will be provided by the monastery. The calm surroundings make it a perfect setting for a quiet, simple lunch.

**2:30 PM – Visit the Monastery Store** The monastery has a small store where items made by the sisters are sold, such as handmade candles, icons, honey preserves, other gift items, and a bake shop to buy bread. Purchasing these items supports the monastic community.


**4:00 PM – Great Vespers**

**5:30 PM – Departure from Holy Protection (Agia Skepi) Monastery back to Holy Trinity, Westfield, NJ**



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  
 (REAL SPY)  
 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 Zavalas, MA Dance  
 Christina Manousos, BFA Dance  
 75 Bartell Place, Clark, NJ  
 732-388-6088  
 www.CenterForDanceEducation.com  
 we educate ages 2.5 & up

Ballet  
 Pointe  
 Jazz  
 Lyrical  
 Modern  
 Hip-Hop  
 Theatre  
 Yoga  
 Tap

*Center For Dance Education*

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!

**WELLS FARGO** 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@wfidadvisors.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

**AG Electrical Contractors**

Aldo Galleli  
 President

222 Harvard Avenue  
 Metuchen, NJ 08840

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

- Industrial
- Commercial
- Residential

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

**marcopolo**  
 Restaurant & Tavern Since 1934

Your Hosts  
 Agapios Kyritsis  
 Apostolos Apostolou

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

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  
 vasilowelectric@gmail.com  
 908-228-2444

Orthodox Christian Cemetery  
 Hillsborough, NJ  
 Serving All Orthodox Christians

918-685-1452, Fr. James  
 www.orthodoxchristiancemetery.org

**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

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  
 www.drantonacos.com

582 Central Avenue  
 East Orange, NJ 07018  
 (973) 673-7700

**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

**PASKAS Funeral Service**

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 ΝΕΚΡΟΦΟΝΕΙΑ Web: www.paskasfuneralsvc.com

**OPA Grill**

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

612 Boulevard  
 Kenilworth, NJ 07033  
 T: (908) 272-2550  
 F: (732) 382-2894

Web: www.eatgreek.com  
 e-mail: grkstore@aol.com

**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

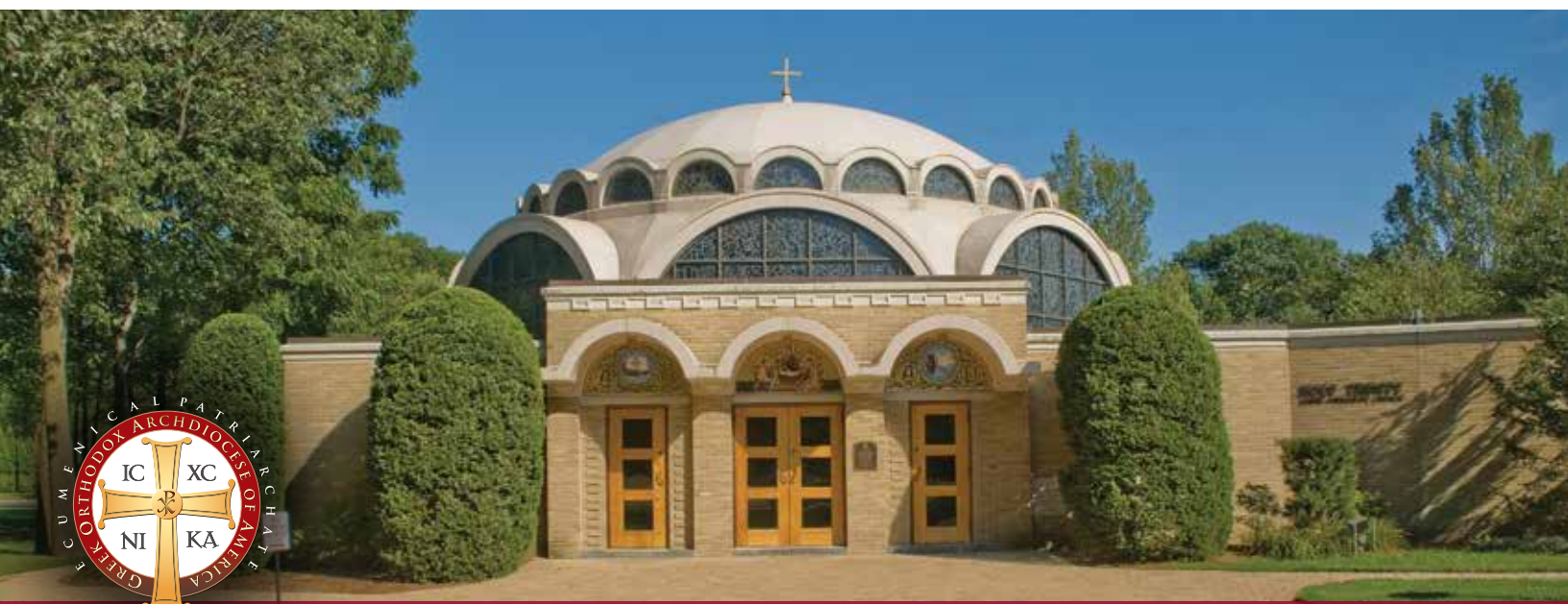
**Anne Kernoski**  
 Violin  
 Performance and Instruction  
 Weddings and Special Occasions  
 Private Lessons

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*

## MINISTRIES

*Parish Council* Penny Mavridis Sales  
*Philoptochos* Maria Kanaras  
*Religious Education* Pete Markos  
*Greek School* Stavroula Mergoupis  
*Greek School PTO* Zaharoula Ioannou  
*Youth (GOYA)* Catie Carayannopoulos  
*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 7

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