A human, just like any other creature, can communicate without using language. Oftentimes, non-verbal communication forms are easier and clearer to understand than the spoken word. The messages we convey through gestures, vibes, attitudes, postures, emotions can present a better picture than the things we articulate with our lips. Our spiritual composition is quite similar, in that, we emit a suggestive non-verbal element. It’s like a scent that creates a mist around us. Instead of being foul, we pray that our soul’s fragrance is pleasing to God.

Are you the fragrance of Christ in this world? Did you know that we are called to diffuse the fragrance of Christ’s knowledge in this world? [2 Corinthians 2:14] Every time we step foot into Church and breathe in the sweet-smelling incense, we are reminded that an important part of our Christian calling is to spread the sweet fragrance of Christ’s Gospel.

It is not man alone who glorifies God through pleasing smells. Nature, being a product of God’s creative energies, also returns to Him the delightfulness of pleasing scents. “Every moment of this strange and lovely life, from dawn to dusk, is a miracle. Somewhere, always, a rose is opening its petals to the dawn. Somewhere, always, a flower is fading in the dusk. The incense that rises with the sun, and the scents that die in the dark, are all gathered, sooner or later, into the solitary fragrance that is God. Faintly, elusively, that fragrance lingers over all of us.” – Beverly Nichols

Science tells us that all around us the air is filled with subtle odors that, like sacred signals, communicate a variety of messages. Smell is the oldest silent language in the world. Most living things still use the sense of smell to communicate, from animals and insects to flowers, forests and seas. Similarly, humans use perfumes, colognes, sprays and special oils to add a pleasing scent to themselves or create a relaxing atmosphere.

It goes without saying that the use of incense in the Church provides a special fragrance and gives a distinctive odor to our spiritual home. The sweet smell of incense attracts people to the Church by creating a unique atmosphere that in turn settles the soul. The constant linger of fragrant flowers in the spaces of the Church reminds us of the eternal sweetness of the Kingdom of heaven. And doesn’t each of us wish to remain in a place that is pleasing and awakens the senses. What a joy it is to enter into a sweet-smelling Church.

Incense has been used from time immemorial by many religious in the world to communicate important messages in worship. Noah, after being rescued from the flood waters, offered a pleasing odor to God not just to say, “Thank you”, but to allow his praise to rise up to heaven.
## Dates in the Life of Our Church

### SEPTEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>8:15 AM Orthros</td>
</tr>
<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
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<tr>
<td>3</td>
<td>Labor Day</td>
</tr>
<tr>
<td></td>
<td>Church office closed</td>
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<tr>
<td>8</td>
<td>Nativity of the Theotokos</td>
</tr>
<tr>
<td></td>
<td>8:30 AM Orthros</td>
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<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
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<tr>
<td>9</td>
<td>8:15 AM Orthros</td>
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<td>9:30 AM Divine Liturgy</td>
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<tr>
<td></td>
<td>First Day of Sunday School</td>
</tr>
<tr>
<td>11</td>
<td>4:00 PM Greek School Begins with Agiasmos</td>
</tr>
<tr>
<td></td>
<td>7:30 PM Parish Council</td>
</tr>
<tr>
<td>13</td>
<td>9:30 AM TOTS</td>
</tr>
<tr>
<td></td>
<td>4:00 PM Greek School Begins with Agiasmos</td>
</tr>
<tr>
<td>14</td>
<td>Exaltation of the Holy Cross</td>
</tr>
<tr>
<td></td>
<td>8:30 AM Orthros</td>
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<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
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<tr>
<td>16</td>
<td>No Church Services - Asbury Park</td>
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<tr>
<td>17</td>
<td>8:00 PM NNJYC</td>
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<tr>
<td>18</td>
<td>11:00 AM Trinity Circle</td>
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<tr>
<td></td>
<td>4:00 PM Greek School</td>
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<tr>
<td></td>
<td>7:00 PM Philoptochos Board Meeting</td>
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<tr>
<td>19</td>
<td>Joy/Hope Horseback Riding</td>
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<tr>
<td>20</td>
<td>4:00 PM Greek School</td>
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<tr>
<td>22</td>
<td>3:00 PM Wedding</td>
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<td>23</td>
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<td>9:30 AM Divine Liturgy</td>
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<tr>
<td></td>
<td>1:30 PM Baptism</td>
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<tr>
<td>25</td>
<td>4:00 PM Greek School</td>
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<tr>
<td>27</td>
<td>9:30 AM TOTS</td>
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<td>4:00 PM Greek School</td>
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<tr>
<td>28-30</td>
<td>Christ Encounter Weekend</td>
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<tr>
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<td>8:15 AM Orthros</td>
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<td></td>
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### OCTOBER

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<tr>
<td>7</td>
<td>8:15 AM Orthros</td>
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<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
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<tr>
<td>9</td>
<td>1:30 PM Joy/Hope Apple Picking</td>
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<tr>
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<td>4:00 PM Mr./Ms. GOYA</td>
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<tr>
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<td></td>
<td>7:30 PM Parish Council</td>
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<tr>
<td>13</td>
<td>11:00 AM Baptism</td>
</tr>
<tr>
<td>14</td>
<td>8:15 AM Orthros</td>
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<tr>
<td></td>
<td>9:30 AM Divine Liturgy</td>
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<tr>
<td>15</td>
<td>11:00 AM Holy Trinity Golf Classic</td>
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<td></td>
<td>8:00 PM NNJYC</td>
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</tbody>
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**Incense**

Continued from page 1

– Genesis 8:20-12. Moses gave instructions for an altar of incense to be built and placed immediately before the Holy of Holies. The altar had a continual fire with incense burning upon it. The continual rising smoke symbolizes the prayers of God’s people rising to heaven. – Revelation 5:8-9.

Of most significance is the wafting of clouds created by the burning of incense to symbolize God’s presence. We see in Scripture that the glory of God descended upon the faithful in the form of clouds as in 3 Kingdoms 8:10–11 and the Holy Transfiguration of Christ. When incense is used we are reminded that the prayers of the divine service transform us heavenward. “Let my prayer rise like incense before You, and my hands as an evening sacrifice.” – Psalm 140

Incense reminds us that God is pleased not just with fragrant smoke we are invited to rise to where God is, becoming partakers of divine nature. Our response to the priest who censes us is to slightly bow in recognition of this honor. In the words of St. John Kronstadt, “The fragrance of incense reminds us by analogy of the fragrance of virtue, and by contrast of the evil odor of sin, and teaches those who are attentive to inward feelings to avoid the stench of vice.”

Incense reminds us that God is pleased not just with fragrant smoke.
Stewardship Family Picnic

A day of family fun!

On Sunday, September 23, the Sixth Annual Stewardship Family Picnic & BBQ will be held immediately after Sunday School. All Stewards of Holy Trinity are invited for a day of thanksgiving to God for our wonderful and Christ-centered community of Holy Trinity. Please prepare to receive Holy Communion as a family. By offering ourselves to Christ and receiving Him, we become united with one another and God; through this linkage we make our parish stronger in faith and love.

The Parish Council will offer the main course for the picnic; you are asked to bring a side-dish or salad, snacks, dessert to share.

Please remember to bring a covered dish.

HOLY TRINITY PARISH DINNER DANCE

November 3

Save the date: Saturday, November 3 for the Holy Trinity Dinner Dance. Last year’s dance was a successful end to the parish’s 50th Anniversary Celebration. This year, we will continue with another wonderful evening at an attractive venue and launch into the next fifty years of this sacred parish. The cost is $125/person. Youth cost is $75, 18 and under. This year’s dance will be held at Echo Lake Country Club from 6:00 PM until 11:00 PM with music being provided by Fantasia Music. For questions or information, contact the church office: 908-233-8533. Reservations can be made Sunday during fellowship hour. Payment can be made by cash, check, credit card, or online at the church website www.holytrinitywestfield.org. Don’t miss out! We want the entire Holy Trinity Family together for this unique evening of dance.
When we are asked to define “one,” how do we respond? Conventional and secular wisdom would have us answer in the singular tense - one means one, right? Our Orthodox Christian faith teaches us something very different - and very beautiful. One is really being united in the faith through the Church, in our case Holy Trinity. When we come together as the Body of Christ we are stronger, both individually as well collectively, which creates a synergy within the Church from which many things can be accomplished!

During the summer months the Parish Council and the entire Holy Trinity community demonstrated synergy in many areas. The accomplishments included refining and advancing the investment strategy for the Endowment Fund following meetings and deliberations, maintenance on the building’s infrastructure, among others. And as a demonstration of outreach we came together once again to collect a significant donation for those affected by the tragic fires in Greece.

As we begin the new Ecclesiastical year, let’s ask ourselves how we can participate and further the synergy which is already present. Everyone has special gifts and talents given by God by which can be used to serve in the various ministries and committees - with the help of all we can further the mission of engagement as the community works together for the benefit of all.

The Parish Council is excited and ready for all of the ministry events coming up over the next few months. Through fellowship and our love for our Lord Jesus Christ we will benefit from synergy as we truly act as one - one body and one Spirit!

— **A.J. Karanikolas, Parish Council President**

**Sayings of the Fathers...**

**Almsgiving**

“To do alms is a work greater than miracles...To feed the hungry in the Name of Christ is a work greater than raising the dead in Christ’s Name... When thou work miracles, you are God’s debtor, when you give alms, God is your debtor”.

— St. John Chrysostom

“God sells righteousness at a very low price to those who wish to buy it: a little piece of bread, a cloak of no value, a cup of cold water, a mite”.

— Abba [Father] Ephrem

“The bread you do not use is the bread of the hungry. The garment hanging in your wardrobe is the garment of the person who is naked. The shoes you do not wear are the shoes of the one who is barefoot. The money you keep locked away is the money of the poor. The acts of charity you do not perform are the injustices you commit”.

— Saint Basil the Great

“People give all sorts of reasons to excuse their lack of charity, their hard-heartedness! Some say, ‘hard times.’ But if the times are hard for those who have a sufficiency, how much harder are they for the poor? This pretext alone should lead one to give all the more generously.”

— Saint Theophan the Recluse
On Mother’s Day, Father Peter and the Ladies Philoptochos presented the Mother and Grandmother of the Year Award. We always wish all mothers, grandmothers, great-grandmothers, and godmothers a blessed, happy and enjoyable day. This year Maria Stevens was proclaimed Mother of the Year, and Mary Demiris was proclaimed Grandmother of the Year.
Religious Education

Welcome Back!

Welcome back to a brand new Ecclesiastical year! We are approaching this year building on a strong foundation of religious education and bringing the program to new heights. Our goals will be to ensure consistency with curriculum, expanding focus on the Divine Liturgy, student participation in classrooms, and parent participation. The key to a successful program is to ensure quality education is linked with a community effort to bring our children to Services on Sunday mornings to hear the Gospel and to experience a real and dynamic Sacramental life. I hope everyone had a restful and enjoyable summer and I look forward with great anticipation to a very promising New Year! God bless our children and parents of our Holy Trinity Parish.

暴跌

BY ANTHONY BOSCO

Philoptochos

Philoptochos Scholarship Program

BY BARBARA MANOS, CHAIR

The Philoptochos Scholarships were established in 1990 under the presidency of Kassandra Romas, who formed a committee to research and determine the criteria for honoring our graduating seniors bound for college. It had been a dream of many of our members to add this other dimension — education — to our mission of helping the ill, needy and elderly in our community and providing outreach assistance nationally. One of the first chapters to initiate scholarships, we established that the recipients receive this award based on fine academic achievement and service to the community. Not based on need.

As chair of this Committee for 28 years I have had the privilege and the honor of reviewing and participating in the judging, along with three anonymous judges, hundreds of Philoptochos Scholarship applications, and I can attest that all our students are exceptional both scholastically and in serving the community. To date we are proud that 151 students have been awarded scholarships. We applaud the parents who have brought the children to church, Greek school, Sunday School and youth activities. Through these many years we have had three anonymous judges, and this year we revealed and thanked Bess Birrell for her many years of dedicated service.

Our scholarship program expanded when Mr. Paul Stappas offered to fund a scholarship 18 years ago in memory of his wife and our Philoptochos President, Angela. Mr. Stephen Gussis, of blessed memory, established an endowment in memory of his wife, Violet, and in his will doubled the endowment, thus assuring scholarships for many years. Ted and Julie Exarhakos funded the Constantine Exarhakos Memorial Scholarship in memory of his father, and the Nicholas and Anna K. Bouras Foundation funded a scholarship in memory of Mr. and Mrs. Bouras, founders of Holy Trinity and major benefactors.

We thank our benefactors, our 215 stewards and our parishioners who support our fund raising events.

The recipients this year are:

ANA MARIA KOBORI
Angela Stappas Memorial Scholarship

DANIELLA COHEN and CHRISTOPHER BAURKOT
Stephen and Violet Memorial Scholarship

JOHN PETRIS
Nicholas and Anna K. Bouras Foundation Scholarship

DANIEL JENKINS
Constantine Exarhakos Memorial Scholarship

ANDREW ECONOMIDES and NICHOLAS SAVORGIANNAKIS
Achievement Scholarships

Holy Trinity Greek Orthodox Church • Westfield, New Jersey
Greetings to all of the parents/guardians and fellow teachers,

We are beginning a new academic school year this upcoming September, in which I hope will bring a very productive year full of immense joy, health and creativity among the students and their respected teachers within the classroom. We are all here to ensure that the education of the children is our primary concern. Our goals will always ensure that our academic program is strong, intuitive, disciplined, creative and highly informative. I welcome you all with an immense optimistic view, in order to enhance and mold the children’s creativity and respect for their religion, culture and language. Furthermore, rest assured, the children will have a safe environment in order to learn, create and be respectful with each other, and with their teachers. Also, the teachers will be supportive of the students and ensure that each student’s strive for excellence and creative diversity will be known and presented within the classroom experience, as well as in the annual school festivities. Lastly, I would like to warmly welcome our new faculty members, who will take on the important role as new instructors for our lovely children. These are educators who are professional in all aspects of their academic role. These individuals will be detrimental in promoting new and exciting concepts of student learning within their classrooms.

I wish you all once again, especially to our students, a safe and beloved journey during this academic school year, in which we will all (parents/guardians, teachers and students) work together in unison for the successful advancement of our Greek School academic program.
I am so excited to begin my senior year as GOYA President. First, I would like to congratulate and introduce the new 2018-2019 Executive Board, Board Members, and Outreach Committee.

The fall is a busy time of year and we will kick off September in full swing with the following events…

Mark your calendars for our kickoff meeting of the year on Friday, September 14th! Our meeting will be held in the Bouras Center and we have many fun activities planned for both our returning and new members. Everyone is invited to attend. Our kickoff will begin at 7:00pm.

Holy Cross Celebration will be held on Sunday, September 19 in Asbury Park. Services will be held in the Convention Center following by Diving for the Cross. This year our representatives are: Junior Divers- Maggie Vasilopoulos, John Colonias; Senior Divers- Melina Christodoulou, Costa Vaslipoulos. Good luck!

This year the 42 Annual Christ Encounter Retreat weekend will be held the weekend of September 28-30. This is one of my favorite events and definitely a highlight for all GOYANs. The retreat will be held at the Fairview Lakes YMCA in Newton, NJ. GOYANs will participate in sessions to learn more about their faith and become closer to God, organized team building activities, art & crafts, canoeing (if the weather cooperates) and much, much, more. The best part of the weekend is being able to spend time together. GOYANs in 7-12 grade are all strongly encouraged to attend! Deadline to register for the retreat is Sunday, September 16.

The annual Mr & Miss GOYA pageant will take place on Sunday, October 7 at the Pines Manor in Edison, NJ. Stamati Angelides and Georgiana Stamati Angelides and Georgiana Katsingris will represent Holy Trinity. All are invited to attend and to cheer on Stamati and Georgi. We wish them the best!

A collection of ties occurred this past month and 475 ties have been donated to people in need. These ties have been donated to the Bowery Mission, who will distribute them throughout the community. The Bowery Mission is a shelter located in the Bowery in Manhattan. This shelter provides food, medical services, and employment assistance to the working, poor and homeless men, women, and children. At night the mission opens its chapel to serve as an emergency shelter for homeless people. In addition, it offers a long term residential program based on Christian discipleship, providing homeless men the opportunity to rejoin society as working, contributing members. I would like to thank everyone in the Westfield community and the Holy Trinity family who donated ties. Many men will benefit from your generosity.

– Thomas Savorgiannakis
What is the most important thing about September?

Obviously it is the Veneration of the Holy Cross on September 14!

The miracles of the Holy Cross start on May 21! Saint Constantine’s vision: “in the sky, after midday, beneath the sun, a radiant pillar in the form of a cross with the words, ‘By this shalt thou conquer.’” The following night our Lord Jesus Christ appeared to him in a dream and declared to him the power of the Cross and its significance.

September 14 - The Elevation of the Venerable and Life-Giving Cross. The Persians plundered Palestine and took the Cross to their own country. Late in the year 628 Emperor Heraclius set out on a military campaign, retrieved the Cross, and after bringing it to Constantinople, himself escorted it back to Jerusalem, where he restored it to its place. After a recent Pre-sanctified Liturgy, we started our Theosis class about Christianity and Islam. We learned about an amazing miracle! The Byzantine general Heraclius defeated the Persians and brought to Constantinople the Holy Cross. He was dressed in fine robes but he could not carry the Holy Cross on his back as Christ did. The Bishop Zacharias saw a vision that an angel prevented him. Heraclius stripped off his fine robes and went barefoot and repeated Christ’s carrying of the Holy Cross. Heraclius, in plain clothing and barefoot, thus in his heart and mind was humble and thus he was allowed by the angel to replace the Holy Cross!

Look at the insignia IC-XC NI-KA: Which means in Jesus Christ Conquer! Some years ago we had a Priest visit our Church. He gave a beautiful sermon, but it began with an awesome thought: “When you step into Church, you are stepping into Heaven on Earth!” There are glass partitions between the Narthex and the interior of our Church. They have the same insignia IC-XC NI-KA

It is the mission of the Church Book Store to spread the Word of God. Thus the greatest things we have are prayer books, books by religious authors, books about the Divine Liturgy, and most important of all the Orthodox Study Bible a “pearl of great value” [Matthew 13:44-46] for the small cost of $32! “Man does not live by bread alone, but by every word [proceeding from the mouth of God” [Luke 4:4].
Holy Trinity Greek Orthodox Church

CLASSIFIEDS

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

5 Fingers Fitting 5 Keys
Piano Instructor & Wedding Organist
PHYLIS A. VERENES
9 Sand Hill Road, Morristown, NJ 07960
Tel: 973.538.2236 • Cell: 973.214.9222

Galloping Hill Caterers
George Thomas
The Galloping Hill Inn • www.gallopinghillcaterers.com
523 Chestnut St., Union, NJ 07083 • F: 908.668.3183 • P: 908.668.3183

Vasilow Electric, LLC
Chris L. Vasilow
Lic.#17954
1047 Rutgers Road
Mountainside, NJ 07962
Licensed & Bonded
vasilowelectric@gmail.com

Constance Ethemios-Thomas
Piano Lessons
~ all ages and skill levels ~
(908) 803-2531
Garvan Hill Road
Cranford, NJ 07016

Holy Trinity Greek Orthodox Church
Westfield, New Jersey
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

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Presiding Priest Rev. Fr. Peter Delvizis

E-mail FrPeter@htgocnj.org

Office Staff

Office Manager Diana R. Waltsak
Admin. Assistant E. Joy Daniledes
Caretaker Ocione Nunes

Worship

Lead Psaltis Pascalis Kuvalakis
Choir Director Kathryn Athanasoulas
Organist Phyllis Verenes
Head Acolyte Michael Apostolou

Ministries

Parish Council A.J. Karanikolas
Philoptochos Ellen Manos-Athenson
Religious Education Anthony Bosco
Greek School Stavroula Mergoupis
Greek School PTO
Youth (GOYA) Ava Leichtling
JOY / HOPE Kathy Drivas
TOTS Joanne Paras
Bookstore Sandy Mouratoglou
Cultural Barbara Manos
Trinity Circle Avi Kiriaikatis
Fellowship Lauren Karanikolas

Schedule of Services

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<tr>
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<tr>
<td>Divine Liturgy</td>
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