

**Sunday, June 21, 2020**

**HAPPY FATHER'S DAY**

**2<sup>nd</sup> Sunday of Matthew**

**Julian the Martyr of Tarsus, Terentios, Bishop of Iconium &**

**Nikitas the New Martyr of Nisyros**

**WORSHIP SCHEDULE TODAY:** Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.

The church will be opened to the first 150 parishioners who have phoned into the church this past week and registered to attend worship (please review church protocols). This service will be live streamed and found on our Ss. Constantine and Helen Facebook Page and You Tube Channel

**HYMNS FOR THE DAY:** (Found in red hymnal book)

# 1 – Του λιθου σφραγισθεντος/With the stone sealed

# 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky

# 218 – Προστασια των Χριστιανων/O Protection of the Christians

**READINGS:** Orthros Gospel: Mark 16:1-8.

Epistle: Romans 2:10-16.

Gospel: Matthew 4:18-23.

(For further information go to Archdiocese website at: goarch.org or  
The Metropolis of Chicago website at: chicago.goarch.org.)

**THE NICENE CREED & LORD'S PRAYER** are found on pages 52-54 and 71 of your blue service book. Everyone is encouraged to recite them out loud in both Greek & English.

**PRE & POST-COMMUNION PRAYERS:** The Pre-Communion prayers are found on pages 76-80 in your blue service book. The first four will be read in Greek and the next four in English. **Please recite them out loud as a congregation.** The Post-Communion prayers are found on pages 98-100 in Greek and pages 101-102 in English. These should be read by those who have received Holy Communion when they return to their seats.

**COUNCIL CANDLE DUTY:** Roberta Korfiats & ALL Parish Council members and volunteers.

#### **MEMORIALS**

40 days Kostantinos Vayas

2 years Ann Kapotas

All Fathers, Father-In-Laws, Grandfathers, Stepfathers, Godfathers & Spiritual Fathers

**MAY THEIR MEMORY BE ETERNAL!**

**SERVICE SCHEDULE:** Wednesday, June 24<sup>th</sup> – *Nativity of the Forerunner John the Baptist* – Orthros: 8:00 a.m. and Divine Liturgy: 9:00 a.m. in the Cathedral.

**ΘΗΣΚΕΥΤΙΚΟ ΗΜΕΡΟΛΟΓΙΟ:** Τεταρτη, 24 Ιουνιου – *Γενεσιον του τιμιου ενδοξου Προδρομου και Βαπτιστου Ιωαννου* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ. στον Καθεδρικο Ναο.

**SACRAMENTAL UPDATE:** As of this time, we have received permission from His Eminence Metropolitan Nathanael of Chicago to once again celebrate the Sacraments of Baptism and Marriage within our parish following the protocols set forth, as well as plan for future sacraments. Anyone who had booked a baptism or a marriage or who is considering to do so is asked to contact Fr. Ted through the church office at 219-769-2481 to confirm your date, reschedule, or make an appointment to start the process for your sacrament.

**FAITH IS...**a grasping of the Almighty's power, the hand of man laid hold on the hand of God, the grand and blessed hour in which the things impossible to me become possible through You, O Lord.

**WE ARE THE CHURCH TOGETHER:** Thank you to all our members for all your love and for the ways you have shown it towards our Cathedral of Ss. Constantine and Helen these past three months. Thank you for checking in on one another and letting our clergy know who needs assistance, whether it be physically or spiritually. Thank you for participating in and joining together for worship virtually during the times our parish was on lock down for the safety and protection of our faithful. Thank you for following the "New Norm" protocols that have allowed our parish to open again for worship. Thank you for your continued financial support of our community through our Stewardship Ministry and our online Tithely Giving Program. Thank you for your volunteer hours, food donations, and monetary support of our Food Pantry, as well as for the Northwest Indiana Mask Project. We are truly the Church together!

If anyone would like to talk with our clergy about anything or needs support in any way, please let us know through the church office at 219-769-2481.

**GREEK FEST UPDATE:** Usually by this time of the year, we are deep into making plans and organizing our Annual Summer Greek Festival. However, due to the COVID-19 Pandemic, we have had to postpone our usual plans. At this time, the Parish Council is debating whether or not to have a limited Greek Fest in July, to do a drive through to carry food out only, or not to do one at all and focus all our efforts on our Fall Food Fest. The decision is difficult because our parish needs the Greek Fest financially to balance the budget. Complicating the decision is that we don't know if we will have enough volunteers to work for the Fest and if our efforts will be profitable due to the higher than normal prices of food and materials. An announcement will be forthcoming on the Parish Council's decision. Please stay tuned!

**CATHEDRAL EARLY LEARNING CENTER:** Our preschool is accepting applications for the 2020-2021 school year. To enroll for the two day class (Tuesday & Thursday), the child must be 3 years old before August 1<sup>st</sup>. To enroll for the three day a week class (Tuesday, Wednesday & Thursday – please note day change for this class), the child must be 4 years old before August 1<sup>st</sup>. Applications are available in the church office. Registration fee is \$50 per child, and activity fee of \$75 per child. Tuition for two-day class is \$145 a month and for the three-day class is \$175 a month. Children must be toilet trained to be enrolled. Call Christine Chimitris, 219-769-2481, between 9:00-11:30 a.m. for details.

**FOOD PANTRY:** The call to remember the hungry and needy of the world is a continuous call by our Lord Jesus Christ. Donations of pasta, spaghetti sauce, peanut butter, canned meats, canned tuna, canned fruits, canned vegetables, dry beans, and lentils are all needed. Other things needed are personal hygiene items, shampoo, and toothpaste, cleaning products, hand soap, dish soap, toilet paper and other paper goods. Cash donations are always welcome.

At this time, the Food Pantry will remain open on Fridays from 9:00 a.m.-11:00 a.m. However, instead of our regular parishioner crew working it, volunteers from the Ross Township office will. Anyone 18-40 without any medical conditions who would like to volunteer and work during these times is asked to contact Karen Petalas at the Township Office or Patty Makarounas through the church office.

**ORTHODOX STUDY HOUR:** Fr. Dimitri has been hosting virtual Orthodox Religious Education for our parish in the evenings during the week. Anyone interested in the Tuesday Bible Study at 7:00pm on the book of Genesis or the Thursday Faith 101 class at 7:00pm on the Divine Liturgy may tune in via Zoom. Both classes are posted on our Facebook Page the day after. For further details, contact Fr. Dimitri through the church office.

**PARISH COUNCIL OPENINGS:** Due to two resignations from the Parish Council, there are two open seats available. Any parishioner 18 years or older in good standing with the church (canonically & financially) is welcomed to submit their name, co-sponsored by two parishioners, to Fr. Ted at the church office.

## ATTENTION FAITHFUL MEMBERS OF SAINTS CONSTANTINE AND HELEN CATHEDRAL

We have spent the days since the COVID-19 Pandemic swept the nation and world unable to gather as a church family for prayer, worship, and the reception of the sacraments. Through these difficult months, we have devoted ourselves to fervent prayer and entreaty to God for those sick with the virus, for frontline workers, for our civil and church leaders, and so that we could once again be united to our church family.

We now have the church doors open for church services, with limited seating after months of being closed. That being said, the experience of coming to church is different. There are new requirements and procedures put in place to allow us to celebrate the Divine Liturgy as safely as possible.

Below is a list of these new protocols. Please read them over carefully. A greater familiarity with these protocols will result in an easier transition to the new worship experience at our Cathedral. You can also find more information on our website: [sconstantineandhelen.org](http://sconstantineandhelen.org). Please understand that these protocols are subject to change, and we will do our best to keep you updated.

We thank you for your continued patience and prayer, and ask for your assistance and cooperation as we open up our church.

In Christ's service,  
✠Fr. Ted ✠Fr. Dimitri

### OUTLINE OF SAFETY PROTOCOLS BEFORE ATTENDING CHURCH

- The church (or areas used for worship) will be sanitized before each service.
- The church will only be allowed to hold as many people (100-150) as can maintain social distancing (6 feet distance).
- Due to the limited seating available, every person who is planning on attending worship services will need to register through the church office (219-769-2481) between 11am-1pm, Monday through Friday. Registration will be on a first-come, first-served basis. This will allow us to ensure that we can accommodate everyone. Those who come to church without registering will not be allowed to enter.
- According to the directives of the Metropolis of Chicago, the high-risk population and those caring for them should not attend services. Our parish will be using a system of self-reporting. We will not be verifying your age or medical history at the door.
- Those who have tested positive for COVID-19, or who are in the same household as someone positive for COVID-19, or who are feeling sick should not attend services.
- Worship Services will continue to be lived streamed on our Cathedral's Facebook Page and You Tube Channel for those who cannot or may not feel safe to attend.

### COMING TO CHURCH

- Every person attending worship will need to check in upon arrival at the designated area in the Exo-Narthex. There will be a brief screening process (verbal questions and a temperature check) at the sign-in table.
- Every attendee will need to wear masks (you must provide your own mask) at all times while they are in the physical area of worship, except when receiving Holy Communion. The only exception will be small children.
- Use non-contact greetings (waving, a bowing of the head) with fellow parishioners instead of the traditional hugging, kissing or shaking of hands. Social distancing must be maintained. No walking about the church proper to greet, talk or visit with one another.

## IN THE CHURCH

- There will be hand sanitizer stations at the entry of the church, at the candle stands, at the entry into the Nave, and at the Solea.
- There will be no veneration (kissing) of icons, sacred objects, or the priest's hand.
- Parish Council members will distribute candles for the faithful to light, as well as place the 3-hour votives and 5-day red votives in their designated areas of the church. After lighting candles you will be asked to sanitize your hands before entering the Nave of the church.
- No paper bulletins, monthly newsletters or other items will be distributed to those attending worship.
- Due to the need to socially distance, a Parish Council member or a designated usher will escort you to your seat. Please do not insist on sitting in "your spot," as the Parish Council's only concern will be in maintaining social distancing to maximize safety.
- Every other pew will be available for seating with six feet in between each worshiper. People living in the same household can sit together.
- There will be no liturgical books in the pews.
- There will be no distribution of antidoron, artoklasia or kolyva.
- Holy Communion will be distributed at the conclusion of the Divine Liturgy. The Parish Council will direct people to approach the Chalice and observe social distancing. Sanitize your hands before approaching the Chalice (sanitizer stations will be available on the Solea).
- After receiving Holy Communion, families will depart directly from the side doors and go to their cars to return home. Please do not congregate in the parking lot.
- The church and other worship areas will be sanitized again after services conclude.

### Please remember:

**It is YOUR CHOICE whether to ATTEND CHURCH or not.  
It is YOUR CHOICE whether to RECEIVE Holy Communion or not.  
DO NOT BE JUDGMENTAL of those who do or don't.**

### **NATIVITY OF THE HONORABLE FORERUNNER JOHN THE BAPTIST:**

The story of the Nativity of St. John the Baptist is found in the Gospel of Luke 1:1-80. John's is the only saint's birthday (June 24<sup>th</sup>) celebrated throughout the Church calendar year. Archangel Gabriel announced that he would be born to an old and barren woman. Gabriel struck his father Zacharias, a Hebrew priest, dumb in the altar when he would not believe the archangel's news. On the day of the child's circumcision, Zacharias' voice returned when he wrote, "His name is John." When Herod sent soldiers to kill the infants in Jerusalem in search of Jesus, he also sent men to kill John. Elizabeth hid John, Herod had Zacharias killed near the temple. Elizabeth hid in a cave with John and died when John was forty days old. John remained in the wilderness where he was raised by angels. The presence of John and his disciples was not felt until about one year before the beginning of the ministry of Jesus. He preached repentance in the wilderness and not the cities, and the crowds came to him.

**CHUCKLE:** A Census taker knocked on the door of a backwoods shack. A fellow came to the door. "The President has sent us across the country to find out how many people live in the United States," said the Census taker. The man, puzzled, replied, "I'm sorry you came all the way out here to ask me, because I don't have the faintest idea."

**OUR REAL PURPOSE: TO FOLLOW:** Follow me! Our real purpose is not merely to believe in Jesus, to admire Him, to call Him wonderful names like LORD and MASTER, but to *follow* Him and bear fruit for Him. “Not he who says, ‘Lord, Lord’ (noun) will enter the kingdom of heaven; but he who *does* (verb) the will of my Father in heaven,” said Jesus.

What people want more than anything else today is to experience *meaning* and *belonging* in their lives. The way to experience these is *follow* Jesus all the way.

Jesus speaks to each one of us personally through the Gospel lesson today. “Follow me,” He says. I will not lead you to the dead-end streets of emptiness and despair but to complete fulfillment. “I came that you might have life and that you might have it *more abundantly*.” He said, “These things I have spoken to you, that My joy may be in you, and that your joy may be full.”

If you are looking for the way to forgiveness, Jesus is the way. Follow Him. “As far as the east is from the west, so far has He removed our transgressions from us.” If you are looking for the way to peace, He is it. Follow Him. “My peace I give to you. Not as the world gives do I give...” If you are looking for the way to be really free, Jesus is the Way. Follow Him. “You shall know the truth and the truth shall make you free.” Who is *the truth* but Jesus?

Do you really want to be different? Do you really want to be healed? Then take up your bed and walk. Stretch out your hand. Act. Get going. Launch out. Follow. The power will come as you follow.

**FOOD FOR THOUGHT:** “Well done good and faithful servant,” said Jesus. He did not say, “Well said,” but He said, “Well done.” The emphasis in the kingdom of God is DOING. After one has been born into the kingdom of God, he/she is supposed to DO something for God.

**HEARING AN INNOCENT VOICE CALL YOU “FATHER”:** Today, our nation observes FATHER’S DAY. This annual commemoration traces its roots back to 1909, when Sonora’s Smart Dodd thought of it while, of all things, listening to a Mother’s Day sermon in her church in Spokane, Washington! It seems that Sonora’s mother died giving birth to her, and the responsibility of raising her and her five siblings fell upon the strong shoulders of her own father. She sincerely believed that fathers needed a similar day of recognition, and by the following year, Spokane celebrated the first Father’s Day in June – the month in which Sonora’s dad had been born. Within a few years, the entire country followed suit, and a new holiday had been born!

The word “father” is often used in reference to spiritual leaders, inventors, and originators of ideas. In a family sense, a true father is this and much more. As we read in the poem “What Makes a Dad?” he possesses the “strength of a mountain, the majesty of a tree, the warmth of a summer sun and the calm of a quiet sea.”

As Orthodox Christians, we are taught at an early age to honor our father EVERY DAY – not just once a year. Christ Himself submitted to the will of God, His Heavenly Father, and was ever-obedient to Joseph, His earthly guardian. We must never forget the quiet sacrifices made for us by our fathers and the vital part they played in shaping our lives.

May God bless all fathers on their special day! May they strive to be role models and examples to their children at all times, being guided by the commandments set down by our Heavenly Father, and may they receive God’s grace abundantly in their earthly lives as they look forward to the eternal joys of heaven in the world to come.

**HAPPY FATHER’S DAY!**

**STEWARDSHIP:** When we say, “Go into the world,” to our priests and Church, we must support them with our dollars.

Remember, your parish worship services, as well as the programs and ministries we offer, though affected by the COVID-19 Pandemic, are still active and being ministered by our clergy and volunteers. Their effectiveness in serving the needs of our faithful are only as fruitful as you make them with your time, effort, and support. If you don’t care, who really will?

If you haven’t submitted your 2020 Pledge to our Cathedral, please do so today! Also, remember Ss. Constantine and Helen this summer. Keep current with your pledge by submitting your payment before you leave on vacation. With the end of June near, your pledge should be at least half way paid. Your unending support is necessary to continue the ministries and programs of our parish. Thank you for your support and cooperation in this matter!

The Stewardship Committee reported at the last Parish Council meeting that as of June 10<sup>th</sup>, 501 pledges have been submitted to the church office for a total of \$351,672. We thank all the Stewards of our community who have responded promptly and generously and request that every one of our 800 plus members submit their Pledge of Commitment for the current year.

Every parishioner should be a supporting member, a steward, of our Cathedral. Everyone should contribute what they can. We all need to have the willingness to make a commitment of faith and to “go on record” as being a believer and a supporter of God’s work through His Church. Since the Coronavirus Pandemic hit, the income of our parish has been cut by 90%. If some of you have not yet returned your 2020 Pledge Form to the church office, please do so without delay. Also, keep current in your payments. To make giving easier for all our faithful, we have established an online program called [Tithe.ly/give](https://tithe.ly/give). This will allow those who have internet accessibility to continue to make offerings for stewardship payments, candles, Helping Hand, Food Pantry and other donations that help cover the costs of operating our parish with just a click of your computer keys. Read on below and check out the link listed. It is a symbolic profession of faith when we all work together and help our church to better plan for its various financial needs and expenditures. Thank you.

<https://tithe.ly/give?c=1385847>

**“I WILL DO MORE!”**

I will do more than belong – I will participate.

I will do more than care – I will help.

I will do more than believe – I will practice.

I will do more than be fair – I will be kind.

I will do more than forgive – I will work.

I will do more than earn – I will enrich

I will do more than teach – I will inspire.

I will do more than give – I will serve.

I will do more than live – I will grow.

I will do more than be friendly – I will be a friend.

**CHURCH FATHERS SPEAK:** When the light of faith or God’s truth dwells in your heart, only then is it calm, firm, strong, and lively; but when this is cut off, then your heart becomes uneasy, weak as a reed shaken by the wind, and lifeless. Do not pay any attention to this darkness of Satan. Drive it away from your heart by making the sign of the life-giving cross.

-St. John of Kronstadt