

## Sunday, April 25, 2021

### **Palm Sunday – Jesus’ Triumphal Entry into Jerusalem**

**WORSHIP SCHEDULE TODAY:** Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral. Divine Liturgy 9:00 a.m. only in the Great Hall for Palm Sunday. The Cathedral will be opened to the first 350 parishioners and the Great Hall to the remaining parishioners who have phoned into the church this past week and registered to attend worship (please review church protocols). Services from the Cathedral will be lived streamed on our Facebook Page and You Tube for our shut-ins and those unable to attend worship in person.

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

# 187 – Την κοινήν αναστασιω/Of a common resurrection

# 189 – Συνταφεντες σοι δια του Βαπτισματος/By being buried with You through Baptism

# 239 – Το θρονω εν ουρανω/In heaven upon a throne

**READINGS:** **Orthros Gospel:** Matthew 21:1-11, 15-17  
**Epistle:** Philippians 4:4-9  
**Gospel:** John 12:1-8

(For further information go to Archdiocese website at: [goarch.org](http://goarch.org) or  
The Metropolis of Chicago website at: [chicago.goarch.org](http://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 DUTY:** JoAnn Massow & ALL Council members and volunteers.

**MEMORIALS** will not be chanted again until Sunday, May 16<sup>th</sup> according to Paschal rubrics/guidelines.

**EASTER OFFERING:** Through the Crucifixion and Resurrection of Christ, the Grace of God flows upon us, and we are led to the road of salvation. Let us accept this Gift of God with a contrite heart, a clean spirit and with abounding Faith in our Savior Jesus Christ.

Your Priests and Parish Council extend to all of you their best wishes for a joyous Pascha. We also ask you to please remember our parish of SS. Constantine and Helen with a generous Easter Offering. Be as generous in your love for Him as He is in His love for you.

Easter Offerings may be mailed to the church office or offered at the collection plate in the envelopes mailed to your homes or in the ones found at the candle stands in the Narthex. Thank you all and Kali Anastasi!

**SHUT-IN VISITATION:** If there is anyone shut in at home, hospital, or nursing home and would like our clergy to visit them and administer the Sacraments of Holy Confession, Holy Communion, and/or Holy Unction for Lent, Holy Week or Pascha, please call the church office at 219-769-2481 to make an appointment.

**SPECIAL TRAY:** As you exit church today, a special tray will be offered to benefit the needy and less fortunate of our community. At this time of our brethren’s need, please offer your assistance generously. Thanking you in advance and God bless!

**THOUGHT:** If your Orthodox Christian Faith seems to be a real drag, it may be because you are dragging too many worldly weights.

## **HOLY WEEK SERVICE SCHEDULE**

### April 25 – PALM SUNDAY

**Orthros: 8:00am & Divine Liturgy: 9:00am in the Cathedral (At Capacity)**

**Divine Liturgy: 9:00am in the Great Hall**

**Nymphios/Bridegroom Service: 6:30pm**

### April 26 – HOLY MONDAY

**Nymphios/Bridegroom Service: 6:30pm**

### April 27 – HOLY TUESDAY

**Nymphios/Bridegroom Service: 6:30pm**

### April 28 – HOLY WEDNESDAY

**Sacrament of Holy Unction: 3:30pm**

**Matins of Holy Thursday & Anointing of the Faithful  
with Holy Unction: 6:30pm**

### April 29 – HOLY THURSDAY

**Divine Liturgy of the Last Supper: 9:00am**

**The Passion of our Lord: 6:30pm**

### April 30 – HOLY (GOOD) FRIDAY

**Apokathelosis Service: 3:00pm**

**Lamentation Service: 6:30pm**

### May 1 – HOLY SATURDAY

**Divine Liturgy of the First Resurrection: 7:00am**

**The Canon & Vigil Service: 11:00pm**

**Resurrection Service & Divine Liturgy: 11:45pm in the Cathedral (At Capacity)**

**Resurrection Service ONLY: 11:30pm in the Great Hall**

### May 2 – PASCHA/EASTER SUNDAY

**AGAPE Vespers: 11:00am**

### **NOTICE: IMPORTANT UPDATES REGARDING HOLY WEEK SERVICES AND THE COVID-19 SAFETY PROTOCOLS AND RESTRICTIONS**

- 1. Reservations are still required for all those faithful wishing to attend worship.** Don’t take it for granted that you can attend without calling the church office to reserve your space. **Reservations will be taken starting Tuesday, April 13<sup>th</sup>.** Call 219-769-2481 Monday through Friday during the regular office hours of 9am-3pm. Please remember that the church office is closed on weekends.
- 2. Capacity in the Cathedral will be limited to 350 worshippers.** This is about a third of our normal capacity for services. If the church reaches capacity, there will be no walk-ins allowed to enter. If we see, based on reservations, that we have more people than we can accommodate in the Cathedral, we will have a second service for Palm Sunday and Anastasi in the Great Hall. This is another reason why it’s very important that you call to make a reservation if you are planning on coming.
- 3. Everyone attending church services is required to wear a face mask to enter per Metropolis of Chicago safety protocols.** There will be no exceptions.
- 4. The service of the Resurrection (receiving the Holy Light) for those not wishing to remain for the Divine Liturgy will take place in the Great Hall.** Those who plan on staying for the Divine Liturgy will attend services in the Cathedral. This is being done to accommodate the many faithful who wish to attend worship.

**THEY CALLED UPON THE LORD WHO WOULD RISE FROM THE DEAD:**  
"Hosanna! (Save us!) Blessed is He who comes in the name of the Lord..." (John 12:13).

**ATTENTION FAITHFUL MEMBERS OF SAINTS  
CONSTANTINE AND HELEN CATHEDRAL**

**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 (350) 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. 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.
- 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 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 there designated areas of the church. After lighting candles you will be asked to sanitize your hands before entering 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.
- At the time for Holy Communion, 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).

**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.**

**STEWARDSHIP MINISTRY - IT ALL BEGAN WITH GIVING:** Jesus talked much about money. Sixteen of the thirty eight parables were concerned with how to handle money and possessions. In the Gospels, an amazing one out of ten verses deals directly with the subject of money. The Bible offers 500 verses on prayer, less than 500 verses on faith, but more than 2000 verses on money and possessions. Your stewardship is one of the most important spiritual disciplines that God has given you. Have you pledged for 2021? Are you giving your fair share according to your blessings? Are you current with your contributions? **"Freely you have received, freely give"** (Matthew 10:8).

This year of 2021, our parish faces a reduced budget of \$800,000, without major repairs or costly renovations (see announcement below for an update). To meet our financial obligations, we have set a goal of at least \$800,000 for our Stewardship Program to reach in pledges (average pledge \$1500). It is only with your love and generosity that this goal will be reached. Please remember that this goal is what our community needs to operate at and be vital in the lives of all our members.

When considering your pledge, please do not view it as "How little can I give?" but rather "How much can I offer to God and His Church?" As of April 8<sup>th</sup>, the church office has received 477 pledges for a total of \$354,260, which averages out to \$742 a pledge. This is less than half of what is needed to operate our Cathedral ministries and maintain our facilities. Remember that \$200 from every pledge goes to the support of the Archdiocese and the Metropolis of Chicago. Without our personal love and commitment of time, talent and resources – **THERE IS NO CHURCH** – and without the Church, then who will preach the Good News of Salvation in Jesus Christ? Your Stewardship pledge should be at least one quarter paid by the end of March. It is a symbolic profession of faith and helps your church to better plan for various financial needs and expenditures.

If you are one of the 40 members who have failed to pay their 2020 stewardship that has resulted in a total unpaid balance of over \$10,313, please do so today! If you haven't pledged for 2021 as yet, please do so today! In addition to the monetary pledge, just as importantly, the personal involvement and participation by all is needed not only in time of worship but in every affair of the Church.

**EVERY PARISHIONER** of a Greek Orthodox parish, 18 years and older, single or married according to Archdiocese regulations should be a supporting member, a steward, of a parish. Everyone should contribute their fair share to the financial support to their parish. 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. 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. Look below and check out the link listed. It is a 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>

**ATTENTION PARISHIONERS:** Over a month ago, we had a power surge throughout our Cathedral complex which caused major damage to various parts of our electrical grid, air conditioning unit for the Gold Room, and air handlers for the offices, Gold Room and Great Hall. Our Maintenance Committee is working to repair the damage, but this \$5,000 repair is an unseen major expense that has befallen our community. We kindly ask all our parishioners to please be active stewards, current with your pledge payments, as well as support our Building Fund which handles the maintenance and repairs for our Cathedral complex. Building Fund donation forms are being included in our 1<sup>st</sup> quarter Stewardship Statements that are being mailed out to all our parishioners.

**PHILOTOCHOS NEWS: Palm Sunday Bake Sale** featuring delicious Greek pastries and specialties will be held today after worship services for Palm Sunday in the lobby of the Great Hall.

**SUNDAY SCHOOL UPDATE - THE MAY FAITH BOX** will be distributed at the May 10<sup>th</sup> youth meeting. You may also register to receive a box at church on Sundays or in the church office by completing the form at [tinyurl.com/mayfaithbox](http://tinyurl.com/mayfaithbox). This will be the last faith box for this school year. Please contact Fr. Dimitri with any questions.

**LAMB RAFFLE:** GOYA will be raffling off two Pascha lambs today to raise money for their scholarship fund. Tickets are \$5 each or \$20 for five tickets and they can be purchased in the lobby today. The winners will be drawn and will be announced on the church's Facebook Page and in the Sunday bulletin.

**JR. OLYMPICS UPDATE:** The Olympics are back, although in a restricted format due to COVID and that our usual venue of Stagg High School is not available this year. The following events for these age groups will be held at Ss. Constantine and Helen in Palos Hills, IL on May 29-30: 7-9 soccer, 7-10 basketball, 11-13 basketball, 13-18 boys volleyball, 13-18 girls volleyball, 13-18 co-ed softball. If you would like to register your child to participate, please contact Pete Georgiadis at [massow15@comcast.net](mailto:massow15@comcast.net) or Kevy Paviadakis at [kevy44@hotmail.com](mailto:kevy44@hotmail.com).

**SCHOLARSHIP APPLICATIONS** for the AHEPA, GOYA, Cathedral, Novak Family Foundation and the Panagiotis Proimos Memorial Scholarships are available in the church office. All high school seniors of our Cathedral are eligible. To be considered for one of the scholarships, all you need to do is pick up an application, fill it out and return it to the church office by the Monday, May 3<sup>rd</sup> deadline.

**VBS NEWS FLASH—SAVE THE DATE:** We are tentatively planning on resuming VBS this year the week of June 7<sup>th</sup>. Stay tuned for more details in the Sunday bulletin.

**LENTEN/EASTER DONATIONS:** The Lenten season is a time that allows us to provide for the church various items needed. Giving to the church is always special, but during Great Lent and Easter it takes on even more meaning. For this reason we would like to invite our faithful to share in making Great Lent, Holy Week and Easter a most beautiful and inspiring time. Those individuals or families wishing to donate towards any of the following items should contact the church office.

**Palms and Bay Leaves for Palm Sunday (April 25): \$3,000**  
**Olive Oil for Holy Wednesday: \$60**  
**Flowered Wreaths (2 small) Holy Thursday: \$150 each**  
**44 Easter Lilies: \$660 (\$15 each)**

### MARK YOUR CALENDARS

Ss. Constantine & Helen Feast Day Celebration:

Great Vespers – Thursday, May 20<sup>th</sup>

Feast Day – Friday, May 21<sup>st</sup>

Motor Cycle/Bike Blessings - Saturday, May 29<sup>th</sup>

Graduate Sunday – Sunday, June 6<sup>th</sup>

Grecian Festival – Friday, Saturday & Sunday, July 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>

Memorials will not be celebrated on these Sundays in 2021:

May 2<sup>nd</sup> & 9<sup>th</sup>, June 20<sup>th</sup>, August 15<sup>th</sup>, and November 21<sup>st</sup>.

**FOR PONDERING:** The greatest offering we can present to the Lord is our self. We cannot do this without giving up our own will. We learn to do this through obedience, and obedience we learn through practice. The best form of practice is that provided by the Church in her teachings, divine services, prescribed fast days and seasons.

**PALM SUNDAY – WON'T YOU JOIN ME?** The life of God's Kingdom is our destination, and on this day, Christ the King enters into Jerusalem to announce His Kingdom to all people. The news of Lazarus' resurrection has preceded Him, and the streets are crowded with children and adults waving branches to the King of Glory. Yet, when Jesus drew near to the city, He wept over it. He foresaw His own suffering and death at the hands of those who greeted Him with such joy.

To what then does Christ call us today as we wave our palms and branches? Is it to peace and joy, or suffering and death? We still live in a world of suffering, poverty, war, and sickness. The joy and peace of His Kingdom do not rule this world even though He has entered into it and proclaimed it. In fact, it is this world which **killed** the King of Glory!

Christ asks us where our true **allegiance** lies. Are our palms of victory a sign of our allegiance to His Kingdom? If so, are we ready to follow Him all the way – even to the cross – in order to enter the Kingdom with Him in His glory? Or will we drop our palms and branches, will we abandon and deny our allegiance to Him as the reality of the cross, death, suffering, and weakness of faith confront us in our daily lives? Are we truly ready today **to declare our allegiance** to Christ as our King and God?

*Like the children with palms of victory,*

*We cry out to Thee, O Vanquisher of death:*

*“Hosanna in the highest!*

*Blessed is He that comes in the name of the Lord!”*

**HOLY WEEK:** The period of the Triodion and Great Lent is now complete. The prayers, hymns and holy services enacted during this period had one purpose, to prepare the Orthodox Christian for the most important week of the year: Holy Week.

The home preparation of our fasting, prayers and spiritual readings have brought us to the gates of God's Kingdom. We are all invited to join together during these solemn moments to remember the last days of Christ on earth, to relive the great moments of His passion through a continuous liturgical drama. The saving events of the first century will once again become realities for us through hymns, prayers, and the services of Holy Week. Do your very best to attend all the holy services. Of course, it will be difficult to accomplish, but the sacrifice in time and energy will bring to each of you great spiritual benefits and joy.

Holy Week Service Books, in both Greek and English, are available from the candle stands in the Narthex for a donation of \$25 per copy.

**THE SACRAMENT OF HOLY UNCTION** will be administered on Holy Wednesday, April 28<sup>th</sup>, at both the afternoon and evening services. Holy Unction is a Sacrament of the Church and administered by the priest to the faithful who have participated in the prayers of the service. It should not be given out to take home or be passed around from one to another carelessly. The faithful of our community should make every effort to be in attendance at one of these services on Wednesday. For the convenience of those who absolutely cannot attend on Wednesday we will anoint people at conclusion of the services for Holy Thursday. If someone is ill and cannot attend services, arrangements should be made with our clergy to visit that person.

**CHUCKLE:** The minister's little daughter was sent to bed with a stomach-ache and missed her usual play time with her daddy. A few minutes later, she appeared at the top of stairs and called to her mother, "Mama, let me talk with Daddy."

"No, my dear, not tonight. Get back in bed," replied the mom. "Please, Mama," pleaded the girl. "I said, no. That's final!" the mother said sternly.

The little girl responded, "Mother, I'm a very sick woman and I must see my pastor at once!"

**SOONER OR LATER** we all need some assistance – the kind we get from praying.