

## Sunday, April 4, 2021

### **3<sup>rd</sup> Sunday of Lent – Veneration of the Holy Cross**

**George the Righteous of Maleon; Plato the Studite; Nicetas the Hieromartyr;  
Zosimas the Righteous; Theonas, Archbishop of Thessaloniki.**

**WORSHIP SCHEDULE TODAY:** Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.  
The church will be opened to the first 225 parishioners who have phoned into the church this past week and registered to attend worship (please review church protocols). Unfortunately due to the recent power surge that damaged many of our systems this service will be live streamed only on the You Tube Channel.

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

- # 2 – Οτε κατηλθες προς τον θανατον/When You descended to the realm of death
- # 27 – Σωσον Κυριε τον λαον σου/Save O Lord Your people
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 234 – Τη Υπερμαχω Στρατηγω τα νικητηρια/To you the champion

**READINGS:** Orthros Gospel: John 21:1-14  
Epistle: Hebrews 4:14-5:6  
Gospel: Mark 8:34-9:1

(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 DUTY:** Elias Ploutis & ALL Council members and volunteers.

**NO MEMORIALS TODAY** due to the Veneration of the Holy Cross. Memorials will be chanted again the next two Sundays.

**COFFEE FELLOWSHIP:** With the easing of some of the COVID-19 restrictions in the state of Indiana, we are able to once again host a limited Coffee Fellowship Hour following worship services on Sunday. **Mask wearing and social distancing are still required when attending. We must stress that everyone entering the Great Hall or walking around in the hall needs to wear a face mask!** We are looking forward to seeing our parishioners and visiting with them after almost a year of no Coffee Fellowship.

**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.

**Flowered Frame Salutation Services & Akathist Hymn (Friday April 2& 9): \$150**

**Palms and Bay Leaves for Palm Sunday (April 25): \$3,000**

**Olive Oil for Holy Wednesday: \$60**

**Flowered Wreaths (6 small) Holy Thursday: \$150 each**

**Epitaphio Flowers – Carnations, etc.: \$6,000**

**60 Easter Lilies: \$900 (\$15 each)**

**600 Eggs for Easter & Agape Services**

**GREAT LENT:** is a period of prayer, examination, rededication, penance and spiritual preparation for the Passion and Resurrection of our Lord Jesus Christ. Participate fully in the beautiful and spiritually moving services that our Orthodox Faith provides for us during this time. See the service schedule for dates and times of worship.

**SERVICE SCHEDULE:** Monday, April 5<sup>th</sup> – *Compline:* 6:00 p.m. in the Cathedral  
Wednesday, April 7<sup>th</sup> – *Presanctified Liturgy:* 9:00 a.m. in the Cathedral  
Friday, April 9<sup>th</sup> – *4<sup>th</sup> Salutation Service to the Theotokos* – 6:30 p.m. in the Cathedral  
**ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτερα, 5 Απριλιου – *Μεγα Αποδειπνον* – 6:00 μ.μ. στο Καθεδρικο.  
Τεταρτη, 7 Απριλιου – *Λειτουργια Προηγιασμενων Δωρων* – 9:00 π.μ. στο Καθεδρικο.  
Παρασκευη, 9 Απριλιου – *Δ' Χαιρετισμοι στην Θεοτοκον* – 6:30 μ.μ. στο Καθεδρικο.

**“YOUR CROSS WE VENERATE, O MASTER”:** The days of Lent can be long and difficult. Often we begin the Great Fast with remarkable zeal and dedication, only to find ourselves weakened and discouraged as we continue our journey to Pascha. The Church knows well of our individual spiritual struggles. For this reason, She has wisely chosen Lent’s mid-point – the Third Sunday of the Great Fast – to place before us the most powerful of Christian symbols to offer us encouragement: **THE HOLY CROSS.**

Today is referred to as Cross-Veneration Sunday. On this day, we are reminded that the Cross is our true sign of strength, salvation, triumph and victory. The Precious and Life-giving Cross teaches us about the great significance of the Lenten season, for through all of the suffering and pain our Lord endured upon it, the joys of salvation and eternal life can now be ours. Through the Cross, we look beyond the hardships of the present and look ahead to the promise of the future.

The prescribed Gospel lesson for this Sunday urges us to be worthy of Christ’s great sacrifice for us upon the Cross by “*taking up*” our own cross, willingly enduring whatever is placed before us for the sake of our Savior. Simply put, we can never truly be His disciple if this desire to sacrifice everything for Him is not met.

St. Ephraim the Syrian beautifully describes the Cross in the following hymn: “*The Cross is the resurrection of the dead...the hope of Christians...the staff of the lame...the consolation of the poor...the harbor of the storm-tossed ... the bread of the hungry and the fountain of the thirsty.*” Yes, the Cross is this – and much more – for all of us!

**PROCESSION OF THE HOLY CROSS:** In observance of the Third Sunday of Lent, a procession of the Cross takes place at the conclusion of the Liturgy. As the great hymn of “*Agios o Theos*” is sung, the faithful kneel and the priest takes the Cross from the Altar Table and raises it over his head. Then in procession from the Altar, the Cross circles the church before being placed on a table in the middle of the Solea. After censuring the Cross, the priests intone the words “*Sophia Orthoi*”, the faithful stand and the triumphant hymn of “*O Lord Save Your People...*” is sung by all. Then the hymn “*Your Cross we venerate, O Master and Your Holy Resurrection we glorify*” is chanted as the priest blesses the faithful with the Cross.

This procession reminds the faithful to follow Christ no matter what challenges we may face. Secondly, the Cross provides for us the strength to attain the true glory of God in our life through Jesus Christ. Bowing down before the Cross today allows us to express our love and devotion to our Lord and Savior. The beautiful flowers surrounding the Cross signify the fragrance and beauty that is added to our life through Jesus Christ.

**WISDOM OF THE CHURCH FATHERS:** “Spend a little time each day gazing at the crucified Lord.”  
- Bishop Gerasimos of Abydos

**FOOD FOR THOUGHT:** For every sin, Satan is ready to provide an excuse.

**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 (225) 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:** Christianity began with giving. God gave. He gave His only Son. The Son gave His life on the Cross for our sins. His disciples gave. They left their homes and businesses to give their full time to spreading the Good News. Most of the twelve died a martyr's death. Down through the centuries, the work of Christ has flourished only as Christians have learned to give.

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.

If you haven't already submitted your 2021 Stewardship Pledge form to the church office, please do so today. 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?" 2021 Pledge forms are being mailed to those who haven't pledged for 2021 and are available in the church office as well.

As of March 31<sup>st</sup>, the church office has received 460 pledges for a total of \$339,410, which averages out to \$737 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?

If you are one of the 40 plus members who have failed to pay their 2020 stewardship that has resulted in a total unpaid balance of over \$10,553, 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. Since the Coronavirus Pandemic hit, the income of our parish has been cut by 90% (loss of revenue from worship services, especially Holy Week and Easter, no Annual Summer Greek Fest, no banquet rentals, just to name some). 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:** Almost three weeks 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 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.

**IN THE CHURCH** as everywhere else...When all is said and done, there will be more said than done!

**PHILOPTOCHOS NEWS:** Following services, our Philoptochos Society will be collecting donations for the flowers of the Epitaphio for Good Friday. Just like everything else today, these costs have gone up. Please give generously!

**Lambathes-Candle Sale** today in the lobby of the Great Hall following worship.

**The Metropolis Philoptochos Lenten Retreat** will take place Saturday, April 10<sup>th</sup>, 9:00 a.m. – 1:30 p.m. at the Ascension GOC in Lincolnshire, IL. Reservations are limited and they are on a first come first served basis due to COVID-19 restrictions. Sign-up by March 31st by contacting Demetra Bakris at 219-789-4560 or at [dbakris@gmail.com](mailto:dbakris@gmail.com).

**Monthly Meeting** for our St. Helen's Philoptochos Society is Tuesday April 13<sup>th</sup>, 6:30 p.m. Please note the day change!

**The Palm Sunday Preparations** of making the Palm Crosses and preparing the Bay Leaves for distribution will take place on the Saturday of Lazarus, April 24<sup>th</sup>, following the worship services of the day in the Gold Room. Volunteers are needed! Whether you are a member of Philoptochos or not, one of our youth members or senior citizens, your help is needed. Come one and all, and assist the Philoptochos in preparing these items to be blessed and distributed among the faithful.

**Palm Sunday Bake Sale** featuring delicious Greek pastries and specialties will be held on Sunday, April 25<sup>th</sup> after worship services for Palm Sunday in the lobby of the Great Hall. Pre-orders are being taken through Sunday, April 11<sup>th</sup>. Order forms are available through the church office or our Cathedral website. For further information, please contact Frances Klimis at 219-696-4851.

**SUNDAY SCHOOL UPDATE:** Registration for the Lent Faith Box is now open. Sign up at [tinyurl.com/lentfaithbox](http://tinyurl.com/lentfaithbox).

Each month, families will have the opportunity to register to receive a box packed with activities, readings, discussion questions and games for the whole family! Families can pick up their box after church on Sunday, at the monthly Youth Night, or during the week and complete the different elements at their own pace. That way, everybody can have a few no-stress, faith-centered family nights each month focused on a particular Christian virtue. Just open the box, and the work is done! Contact Fr. Dimitri if you have any questions.

**FOOD PANTRY UPDATE:** Along with our usual needs of canned goods, boxed foods, and cleaning items, our Food Pantry is seeking donations of hams for Easter. Donations may be brought to church on Sundays or left at the church office during the week. Ham donations should be brought to church by April 9<sup>th</sup>. For more information regarding our Food Pantry, contact Karen Petalas at the Ross Township Office or Patty Makarounas through the church office. Please note that the Meijer's Simply Give program is currently running thru April 10<sup>th</sup>.

**LAMB RAFFLE:** GOYA will be raffling off two Pascha lambs during the Lenten season to raise money for their scholarship fund. Tickets are \$5 each or \$20 for five tickets. Sales are ongoing each Sunday of Lent in the Hall lobby. Tickets can also be purchased online at <https://tithely.com/event-registration/#/3389608>. The winners will be drawn on Palm Sunday, April 25<sup>th</sup> and will be announced on the church's Facebook Page and in the Sunday bulletin. Call Susan Tsagris at 219-617-4483 with any questions.

#### MARK YOUR CALENDARS

Vespers for St. Savvas of Kalymnos – April 17<sup>th</sup>

Palm Sunday – Sunday, April 25<sup>th</sup>

Orthodox Easter (Pascha) – Sunday, May 2<sup>nd</sup>

Ss. Constantine & Helen Vespers – Thursday, May 20<sup>th</sup>

Ss. Constantine & Helen Feast Day – Friday, May 21<sup>st</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 the following Sundays in 2021: April 4<sup>th</sup> & 25<sup>th</sup>, 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>

**SCHOLARSHIP APPLICATIONS** for the Order of 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, pick up an application, fill it out and return it to the church office by their deadlines. For more information, see Fr. Ted.

**LIVE STREAM UPDATE:** There is a known SW issue between our camera system and provider that does the multi-streaming. It broke sometime late last week. It gets pretty techy but it looks like we will not be able to stream to more than one destination at the same time until they find a technical solution, and there is no ETA.

This means the Church will only be streaming to one destination until this is resolved. Since everyone can access YouTube and not everyone has a Facebook account, it has been decided that we will only stream to YouTube until this technical issue is resolved. Thank you all for your patience and understanding as we deal with this issue.

**SAINT OF THE DAY – THEONAS, ARCHBISHOP OF THESSALONIKI:** St. Theonas was probably born in the second half of the 15<sup>th</sup> century. We know nothing about his life before he went to Mount Athos. At first he lived as an ascetic in the Pantokratoros Monastery, where he was ordained a priest. Then he joined the brotherhood of St. Iakovos the Neomartyr in around 1518. St. Iakovos and his brotherhood of six monks, among whom was Theonas, fled to the interior of Mount Athos, and after a vision to the Elder they departed Mount Athos on Bright Friday. After having passed through the region of Thessaloniki and followed the road to Thessaly, and passed through Platamon Castle and Meteroa, they settled in the Monastery of the Honorable Forerunner in Analipsis of Aitolia, where they stayed for one year.

St. Theonas was the most faithful and best disciple of St. Iakovos. For this reason he was sent to Bishop Akakios of Arta, in order to receive a letter of permission to ensure their uninterrupted spiritual work among the Christians of the region. But because St. Iakovos soon became popular with the people, Bishop Akakios came to hate him. So he accepted the slander of certain pseudo-monks and handed St. Iakovos over to the Turks as a revolutionary. The Turks arrested St. Iakovos and two of his disciples and imprisoned them for forty days. They were visited in prison by their brothers Theonas and Markianos. Iakovos prophesied to them that they would abandon their current monastery and gather in a monastery near Thessaloniki. He also sent to a letter to his disciples in which he ordered for Theonas to be his successor and the abbot of the Monastery of the Forerunner.

St. Iakovos and his two disciples, Iakovos and Dionysios, were martyred by hanging after they suffered horrible tortures at the hands of the Turks. According to the prophecy of St. Iakovos, after his death Theonas and the brotherhood left their monastery and went to Simonopetra on Mount Athos. From a certain priest in Arta, they were informed about the graves of the New Martyrs, so they took care towards the translation of their sacred relics to Mount Athos. In 1522 the brotherhood left Simonopetra with the relics of the New Martyrs and settled at the Monastery of St. Anastasia the Pharmakolytria in the outskirts of Thessaloniki.

St. Theonas was abbot of the Monastery of St. Anastasia until 1535 when he became Metropolitan of Thessaloniki. He was not Metropolitan of Thessaloniki for many years, probably reposing in 1541. The sacred relic of St. Theonas may be found today in the Monastery of St. Anastasia, where it is reverently kept and has been preserved incorrupt.

For your information, the relics of St. Theonas (April 4<sup>th</sup>), along with St. Tryfon (February 1<sup>st</sup>) and St. Theodore the Commander (February 8<sup>th</sup>), were entombed in our Cathedral's Holy Altar table during the consecration of our church on September 27, 1981. May their intercessions always be with our parish and our members for growth in faith, as well as spiritual and physical well-being.

**CHUCKLE:** A priest called his bishop and told him that Jesus Christ was visiting his church in person that day and asked what he should do. "Look busy," was the reply.