

**Sunday, August 16, 2020**

**10<sup>th</sup> Sunday of Matthew**

**After Feast of the Dormition of the Theotokos and Virgin Mary;  
Translation of the Image of our Lord and Savior, Jesus Christ;  
Diomedes the Physician & Martyr of Tarsus; Timothy of Euripus of Pentele;  
Nicodemus of Meteora; Gerasimos the New Ascetic of Cephalonia.**

**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 υπο των Ιουδαιων/With the stone sealed by the Judeans
- # 181 – Την Αχραντον Εικονα σου προσκυνουμε αγαθε/Your undefiled Icon we venerate
- # 168 – Εν τη γεννησει την παρθεαν/In giving birth you preserved your virginity
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 252 – Την εν πρεσβειαις ακοιμητον Θεοτοκον/The Theotokos who is incessant

**READINGS:** Orthros Gospel: John 21:1-14.

Epistle: 1 Corinthians 4:9-16.

Gospel: Matthew 17:14-23.

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

**MEMORIALS**

- 3 months Konstantina Tsahas
- 3 months Kostas Zissides
- 3 months Dionysios Georgopoulos
- 10 years Maria Tsatsakis

**MAY THEIR MEMORY BE ETERNAL!**

**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.

**SCRIPTURE SPEAKS:** “Wherefore God also hath highly exalted him, and given him a name which is above every name: that at the name of Jesus every knee should bow, of things in heaven, and things in earth, and things under the earth; and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father” (Phil. 2:9-11).

**PRAYER:** Lord, thank You for the tremendous potential You gave us by grace when we were baptized. Sustain us, strengthen us, uphold us in our journey from the slavery of Egypt to the promised land of theosis. Amen.

**ATTENTION GOLFERS:** The Cathedral Golf Outing is back with a new look and feel! Mark your calendars and get ready for a great day of fun and fellowship. The outing will be held this year on Friday, August 28<sup>th</sup> at the Innsbrook Country Club in Merrillville. Tee-off time (shotgun start and best ball format) is 8:00 am. A Bloody Mary breakfast will be offered, along with range time from 7:00-8:00am. Cost is now \$90 per golfer. This price includes green fees, cart, lunch at Innsbrook, as well as prizes and complementary gifts.

In the meantime, the Golf Committee is seeking donations for corporate (\$500), drink (\$300) and hole (\$150) sponsors, as well as raffle and door prizes along with other items on our wish list. If you could be of assistance in one or more of these areas, please email Jeff Mills at [jdmills1070@yahoo.com](mailto:jdmills1070@yahoo.com) or Dr. Jim Siatras at [jsiatras@gmail.com](mailto:jsiatras@gmail.com). For golf or lunch reservations and other details, call Chris Paramantgis at 219-712-0125 or email him at [cparamantgis@gmail.com](mailto:cparamantgis@gmail.com). You may also call the church office at 219-769-2481.

**CATHEDRAL EARLY LEARNING CENTER:** Due to lack of student registrations because of the COVID-19 pandemic, our CELC Preschool has decided to suspend classes for the 2020-2021 school year. We apologize for any inconvenience that this decision may cause anyone. For further details, contact CELC director Christine Chimitris through the church office at 219-769-2481.

**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, toothpaste, cleaning products, hand soap, dish soap, toilet paper and other paper goods. Cash donations are welcomed.

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 finished his Thursday night virtual class on the Divine Liturgy. He will be continuing his Tuesday night Bible Study at 7:00pm via Zoom. This Bible Study will be posted on our Facebook Page the day after. For further details, contact Fr. Dimitri through the church office.

**SUNDAY SCHOOL UPDATE:** Unfortunately, due to safety and health concerns caused by the COVID-19 pandemic, it has been decided by our Cathedral clergy to postpone Sunday school classes for this school year. We will be offering some religious education lessons via zoom for our students. More specific details will be forthcoming about these lessons. We would like to thank all our Sunday school teachers who had offered their time and talent to teach this year.

**BYZANTINE MUSIC CLASS:** This fall, our parish will be holding a Byzantine Music class led by Fr. Dimitri for those who would like to learn the ancient art of Orthodox Church music. All interested students ages 12+ should contact Fr. Dimitri at [frdimitri@ssconstantineandhelen.org](mailto:frdimitri@ssconstantineandhelen.org). Once the class is solidified, we will determine the schedule based on availability. Lessons will be held in-person or via Zoom depending on the pandemic conditions.

**YOUTH MINISTRY:** We will be holding our JOY/Jr. GOYA/GOYA meetings this year according to the CDC guidelines in the Great Hall and Gold Room, where there will be enough space for social distancing for our volunteers and children. We would like to thank Tia Vaupel (JOY advisor), Shannon Zaronias & Kelly Barajas (Jr. GOYA advisors), Martha Emmanoilidis, Irene Nikolaras & Susan Tsagris (GOYA advisors), as well as Keyv Paviadakis (alternate) for offering their services for this year. Keep an eye out for meeting dates and times. For any questions, contact Fr. Dimitri at the church office at 219-769-2481.

## 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. 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 there 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.**

**ANNUAL FESTIVAL RAFFLE:** 4000 RAFFLE TICKETS have been distributed to our parishioners and super sales people. Cost per Raffle Ticket is \$25 for prizes totaling \$10,000 — 1<sup>st</sup> Prize: \$5,000, 2<sup>nd</sup> Prize: \$2,000, 3<sup>rd</sup> Prize: \$1,000. There will also be four Early Bird Prizes drawn of \$250 each on July 5<sup>th</sup>, August 16<sup>th</sup>, September 6<sup>th</sup> & Oct. 18<sup>th</sup>.

**The first Early Bird drawing was held on Sunday, July 5<sup>th</sup> and the \$250 winner was: Ticket #0590 – Nick Fitousis. Congratulations to Nick and thank you to all who have purchased tickets. The next Early Bird drawing is today.**

Please note that it is the Raffle that brings in the greatest profit for our Festival and guarantees financial success. That is why it is very important we make every effort to sell or buy our tickets. It is truly amazing what can be accomplished if we only try.

All unsold tickets, ticket stubs and money collected are returned to the church office no later than Friday, November 6<sup>th</sup>. Your cooperation in this matter is truly appreciated!

**ATTENTION PARISHIONERS:** If you are planning to move to a new location, or you have already moved, please inform the church office so that we may change our records. It costs our parish money for every piece of mail that is returned as "Address Change requested." PLEASE let the church office know of any changes to your address, home or cell phones, email address, etc. Your help in this matter is truly appreciated!

**CHURCH OFFICE HOURS:** Due to the COVID-19 pandemic our church office hours are from 9:00 a.m. to 3:00 p.m., Monday through Friday. The church office is closed on Saturday and Sunday. Please make a note of this.

Announcements for the Sunday bulletin and names to be commemorated for Memorials on Sunday need to be submitted to the church office by Wednesday, 12:00 noon. Articles or announcements for the monthly newsletter "*The Message*" need to be submitted to Fr. Ted by the 1<sup>st</sup> of each month for the upcoming month (i.e. August 1<sup>st</sup> for September).

**STEWARDSHIP NEWS:** A Brink's truck was following a funeral procession. An amazed bystander said, "And I thought you couldn't take it with you!" You can't, unless you send it on ahead in works of love done for the glory of God.

With the middle of summer being here, along with the COVID-19 Pandemic, church attendance has dropped to less than a quarter of our usual worshippers. This has caused a significant drop not only in our Stewardship offerings, but other donations that are needed so desperately to meet our monthly expenses for August. We remind all parishioners who have made a pledge to please stay current with your payments. Also, to those who haven't submitted a pledge form to the church, please do so today with your payment. Let us all work together for the glory of God and the benefits that it brings to each of us.

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. 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>

### BOOK BAG & BACK TO SCHOOL BLESSING



With schools in our area having started or planning to begin their new school year following their closure because of the COVID-19 Pandemic either with in person teaching or E-Learning, our Cathedral will have a special blessing service for our children as they return to school TODAY – Sunday, August 16<sup>th</sup>.

With the need greater than ever, we will once again this year be collecting school supplies for those less fortunate through the end of the month of August. Contact Presvytera Tulla at [preztulla@yahoo.com](mailto:preztulla@yahoo.com) for details. Please help us out and bring a little something to church with you on Sundays or during the week. For ideas on what to bring, here's a list of things needed: backpacks, wide rule paper, #2 pencils, color pencils, pencil box, box of 24 crayons, hand sanitizer, Kleenex, single subject note book/wide, 2 pocket folders, & rulers.

**GREEK SCHOOL NEWS:** Our Greek Education Program will once again be offered this year as an E-Learning Program. Kindergarten, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> grades will meet on Thursdays, at 5:00pm (first day 9/10); 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> will meet on Fridays at 5:00pm (first day 9/11). Conversational Greek will be on Tuesdays at 5:00pm (first day 9/15).

The last day to register for Greek School is September 1<sup>st</sup>. All registration forms and tuition checks must be sent to the church office. Greek school tuition must be paid in full no later than October 1<sup>st</sup>. Students not paid in full will not have access to E-learning platforms. Please make sure to keep a copy of your check for your records.

Tuition is \$425 for the first child and \$375 each additional. Non - Stewards will be charged an additional \$50 per child. Please see registration form for additional details.

For more specific details, contact Zoe Koultouridis through the Greek School Facebook page or e-mail at [zoaliazi@gmail.com](mailto:zoaliazi@gmail.com).

**CHUCKLE:** After Sunday's services, a priest announced to the people: "I have good news and bad news. The good news is, we have enough money to pay for our new building program. The bad news is, it's still out there in your pockets."

### **WHAT WE CAN DO WITH THE BLESSINGS OF SPIRITUAL FATHERHOOD:**

(Study of today's Epistle reading – 1 Corinthians 4:9-16) As the messenger of the Good News of Jesus Christ who planted the seeds of Faith in Corinth, St. Paul encouraged the Corinthians to continue to follow him by his example that he set before them. This was an example of humility and love, and it was honorable to those who were receptive to the source from which it came – Jesus Christ!

It is every bit important for us as it was for the early Christians in Corinth to remember that the reason for this is because the source was and still is our Lord Himself who teaches us that those who become foolish, weak and dishonored for His sake will find their greatest reward.

This is why when we labor for our Lord and Savior that we can in turn endure life and bless others with our service to Him when we are confronted with our greatest obstacles in life.

Let us always thank God for our fathers in Christ, such as St. Paul, who convey the Good News of Salvation to us and those who still share this news with us today!

### **ON THIS ROCK WE WILL BUILD OUR HOME:**

Remembering our homes as little churches, especially during this COVID-19 pandemic, is allowing ourselves to constantly be aware of God's presence in our lives. For example, every member of the family plays a very important role for it to function in a way that we allow them to serve God. This is one of the reasons why St. Paul reminds husbands that they must love their wives as Christ loves His Church (Ephesians 5:25 – read as the Epistle Readings at the Sacrament of Marriage). This love extends not only to his wife but to his whole family. Because of this, the husband and father must always devote himself to God while devoting himself to his family. **"He who is superintendent to his family, and order it well, must first bring his own soul into order...He who is able to regulate his own soul, and makes the soul to rule and the body to be subject, this man will be able to regulate a family also"** (St. John Chrysostom – Homily 52 on Acts).

May this always be a reminder to all of us that God must always come first in our lives. When we do this, our homes will always withstand the trials that we go through as Christian families.

### **TRANSLATION OF THE IMAGE OF OUR LORD JESUS CHRIST:**

This icon came to be when a King Abgar of Edessa hoped to be healed of leprosy. The king sent a message with an artist to Jesus, begging through a miracle to be healed. He hoped to have Jesus return, or at least a drawing of Him brought back. Ananias met Jesus by the Mount of Olives. Though Jesus couldn't leave the many for one man, he promised to send Thaddeus when he was available. Ananias then asked if he could do a sketch. Jesus picked up a piece of cloth, wiped his face with it and handed it to Ananias. The image of Jesus had become an integral part of the cloth. This cloth healed the king of leprosy, except for part of his forehead. Thaddeus arrived with a note from Jesus and touched his head and that too was healed. The cloth was enshrined and venerated there for over 900 years. It was then taken with the note to Constantinople where it healed Emperor Romanos and then venerated there. The 13<sup>th</sup> century crusaders stole the note and the miraculous icon, and it has never been found.

### **WISDOM OF THE FATHERS:**

We complain that He does not make Himself present to us for the few minutes we reserve for Him, but what about the twenty-three and a half hours during which God may be knocking at our door and we answer "I'm busy." Or when we do not answer at all because we do not even hear the knock at the door of our heart, of our mind, of our conscience, of our life. So there is a situation in which we have no right to complain of the absence of God, because we are a great deal more absent than He ever is.

*- Metropolitan Anthony of Sourozh*

**THOUGHT:** You are not responsible for what people think about you; you are responsible for what you give them reason to think.