

Sunday, August 2, 2020

7th Sunday of Matthew

Translation of the Relics of Stephen the Protomartyr;

Archdeacon Phocas the Martyr; Holy Glorious New Martyr Theodore of Dardanelles;

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)

7 – Κατελυσας τω Σταυρω σου τον θανατον/You vanquished death by Your Cross

82 – Βασιλειον διαδημα/With a royal diadem

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

249 – Επι του ορους μετεμορφωθης/Upon the mount You were transfigured

READINGS: Orthros Gospel: John 20:11-18.

Epistle: 1 Corinthians 1:10-17.

Gospel: Matthew 14:14-22.

(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: Nick Kavadas & ALL Parish Council members and volunteers.

MEMORIALS

40 days Presvytera Cynthia (Sotiria) Kouremetis

40 days Irene Kazonis

6 months Ekaterini Gouma

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, August 3rd - *Paraklesis Service* – 6:30 p.m. in the Cathedral

Wednesday, August 5th – *Vespers Service for Transfiguration of our Lord* - 6:30 p.m. in the Cathedral

Thursday, August 6th – *Feast Day of the Transfiguration of the Lord* – Orthros: 8:00am & Divine Liturgy 9:00 a.m. in the Cathedral

Friday, August 7th – *Paraklesis Service* – 6:30 p.m. in the Cathedral

ΘΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Δευτερα, 3 Αυγουστου – *Παρακλησις*– 6:30 μ.μ. στο Καθεδρικο Ναο

Τεταρτη, 5 Αυγουστου – *Εσπερινος της Μεταμορφωσις του Κυριου* – 6:30 μ.μ. στο Καθεδρικο Ναο

Πεμπτη, 6 Αυγουστου – *Μεταμορφωσις του Κυριου* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ. στο Καθεδρικο Ναο

Παρασκευη, 7 Αυγουστου–*Παρακλησις* – 6:30 μ.μ. στο Καθεδρικο Ναο

PEOPLE ARE FUNNY: They want the front of the bus, the middle of the road, and the back of the church.

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 1st. To enroll for the three day class (Tuesday, Wednesday & Thursday – please note day change for this class), the child must be 4 years old before August 1st. 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 \$175 a month for the three-day class. 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, 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 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.

YOUTH WORKERS NEEDED: Anyone interested in helping our clergy and the Youth Committee coordinate and organize our various youth programs and ministries for next year (beginning this fall) is asked to contact Fr. Ted or Fr. Dimitri at the church office. We need at least two advisors for each of our HOPE, JOY, Jr. GOYA, & GOYA groups, one altar boy supervisor, 18 Sunday school teachers and substitutes, at least 4 retreat leaders for our fall, winter, spring and summer retreats. Without parishioner support, especially our youth's parents, we cannot continue our various programs. Please offer your time and talent. Also keep in mind, anyone working with the youth must participate in the Archdiocese Youth Protection Program. If advisors and volunteers are not registered in this program, the ministry cannot take place. For details, contact Fr. Dimitri at frdimitri@ssconstantineandhelen.org.

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 28th 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 or Dr. Jim Siatras at jsiatras@gmail.com. For golf or lunch reservations and other details, call Chris Paramantgis 219-712-0125 or email him at cparamantgis@gmail.com, or call 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 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.**

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 — 1st Prize: \$5,000, 2nd Prize: \$2,000, 3rd Prize: \$1,000. There will also be four Early Bird Prizes drawn of \$250 each on July 5th, August 16th, September 6th & Oct. 18th.

The first Early Bird drawing was held on Sunday, July 5th 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 August 16th.

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 6th. Your cooperation in this matter is truly appreciated!

ONLINE SUMMER CHURCH CAMP: During the first two weeks of August, which are dedicated to the Virgin Mary, we will be holding virtual Summer Church Camp on the Panagia. The virtual camp will be held each Tuesday and Thursday and will consist of a short video message and corresponding activities for each family to do at their own pace. To register your family and get more information, please register through this link: <https://www.eventbrite.com/e/digital-vacation-church-camp-tickets-113019289738>.

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. 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.

STEWARDSHIP NEWS: This year, instead of the warm days of summer providing excuses for not attending church services, it's the COVID-19 pandemic. Whether the church is filled or not, the monthly expense of \$85,000 continues. **Please remain current with your pledge payments over the summer!** At this time, all 2020 pledges should be at least half way paid. Second quarter Statements of Financial Contribution have been mailed out. Please review your statement to see if it is correct. If there is a problem with your statement or if you cannot make your payments, contact the church office.

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. Statements of Contribution will be mailed out shortly for you to review and check to see where you stand in regards to your Stewardship Pledge. Your unending support is necessary to continue the ministries and programs of our parish. Thank you for your support and cooperation in this matter!

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 preparing to begin their new school year following their closure because of the COVID-19 Pandemic, our Cathedral will have a special blessing service for our children as they return to school on Sunday, August 16th. Students, teachers and administrators are asked to be in church on this day so that a special prayer may be offered for them as they start off the new school year. Following the blessing, each student and teacher in attendance will be given an icon to keep with them for the school year.

With the need greater than ever, we will once again this year be collecting school supplies for those less fortunate. Contact Presvytera Tulla at 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.

FROM THE FATHERS: When an archer desires to shoot his arrows successfully, he first takes great pains over his posture and aligns himself accurately with his mark. It should be the same for you who are about to shoot the head of the wicked devil. Let us be concerned first for the good order of sensations and then for the good posture of inner thoughts.

– St. John Chrysostom

THE GIFT OF FAITH! A story is told about a devout missionary traveling on a ship caught in a calm and drifting toward an island of dangerous inhabitants. The captain desperately asked the missionary, who was below deck, to pray for the help of God. "I will," said the missionary, "provided you set your sails to catch the breeze." The captain declined to make himself the laughing stock by unfurling in a dead calm. But the missionary insisted, "I will not undertake to pray for the ship unless you will prepare the sails." Given the emergency, the captain unfurled the sails. Not too much later the missionary heard a knock on his door and the captain asking, "Are you still praying?" "Yes!" was the answer. "Well," the captain said loudly, "you'd better stop praying, for we have more wind than we can manage!"

This story may or may not be entirely true. But we know that faith has accomplished miracles in people's lives. God has used men and women of faith to achieve amazing acts of personal conversion, the healing of souls and bodies, and evangelism.

THE FIRST FIFTEEN DAYS OF AUGUST presents itself to Greek Orthodox Faithful with the opportunity to prepare for the revelation of the mystical Repose of the Mother of God and Ever-Virgin Mary. During this fast period, we should refrain from meats and sinful practices, as well as attend the worship services of the Church. This will allow us to slow down from a busy and hectic summer and reflect within ourselves the true blessings that come from a close personal relationship with Jesus Christ. The Virgin Mary assists us in that relationship through her constant intercession. This is why we offer prayers to her during the service known as the Paraklesis.

The Paraklesis service will be chanted this week on Monday and Friday evening at 6:30 p.m. Let us come together and pray, asking Christ's healing grace through the intercessions of the Holy Theotokos. Names may be submitted for the well-being of those living, along with a gift to assist the less fortunate.

WITNESSES TO THE TRANSFIGURATION: The Transfiguration of our Lord is one of the most awesome and mysterious events recorded in Sacred Scriptures. The Gospels tell of a radiant Christ – His face as brilliant as the sun and His garments as white as snow – joined on Mt. Tabor by Moses and the Prophet Elias. The all-powerful voice of God the Father, proclaiming "**This is My beloved Son in Whom I am well-pleased. Hear Him!**" further adds to the mystical nature of this marvelous happening.

There is another intriguing aspect to this blessed occurrence: why were only three Apostles selected to witness Christ's Transfiguration? Why were only Peter, James and John chosen to behold something so glorious? St. John of Damascus offers a compelling explanation in one of his writings. Peter was allowed to witness the Transfiguration since it was he who publicly acknowledged Christ's Divinity with these words: "**I believe that You are the Christ, the Son of the living God**" (Matthew 16:16). James was taken up to Mt. Tabor because he was to be the first bishop of Jerusalem and the first of the Twelve Apostles to become a martyr for Christ. The Apostle John is said to have been a witness to the Transfiguration so that he could later write his Gospel with a full comprehension of our Savior's divine nature.

These same three Apostles would later be witnesses to Christ's agony in the Garden of Gethsemane, once again being summoned by the Lord to join Him apart from the rest of His followers.

This week we will celebrate the Feast Day of our Lord's Transfiguration with the worship services of Vespers on Wednesday, August 5th, 6:30 p.m. and on Thursday, August 6th, with Orthros beginning at 8:00 a.m., followed by Divine Liturgy at 9:00 a.m. We urge everyone to come together in prayer on this important Feast Day of our Greek Orthodox Church.

CHURCH ONE LINERS: Some minds are like concrete, thoroughly mixed up and permanently set.