

**Sunday, August 23, 2020**

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

**Leave-taking of the Dormition; Hieromartyr Irenaeus, Bishop of Lyons;  
Lupus the Martyr; Callinicos, Patriarch of Constantinople; Nicholas the Sicilian.**

**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)

- # 168 – Εν τη γεννησει την παρθεαν/In giving birth you preserved your virginity
- # 2 – Οτε κατηλθες προς τον θανατον/When You descended to the realm of death
- # 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 πρεσβειας ακοιμητον Θεοτοκον/The Theotokos who is incessant

**READINGS:** Orthros Gospel: John 21:14-25.

Epistle: 1 Corinthians 9:2-12.

Gospel: Matthew 18:23-35.

(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:** Justin Tillich & ALL Parish Council members and volunteers.

**MEMORIALS**

40 days Ermioni Krinakis  
9 months Fr. George P. Pappas

**MAY THEIR MEMORY BE ETERNAL!**

**SERVICE SCHEDULE:** Saturday, August 29<sup>th</sup> – *Beheading of St. John the Baptist (strict fast day)* – Orthros: 8:00 a.m. and Divine Liturgy: 9:00 a.m. in the Cathedral.

Σαββατο, 29 Αυγουστου – *Η Αποτομη της Κεφαλής του Προδρομου* (Ημερα αυστηρας νηστειας) – Ορθρος στις 8:30 π.μ. και Θεια Λειτουργια στις 9:00 π.μ. στο Καθεδρικο.

**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.

**FESTIVAL MEETING:** Thursday, August 27<sup>th</sup> at 6:00 p.m. in the Gold Room. Anyone wishing to help with the fall festival is welcome to attend.

**PARISH COUNCIL MEETING:** Thursday, August 27<sup>th</sup> at 7:00 p.m. in the Gold Room.

**THOUGHT:** Nothing shows more accurately what we are than the way we meet trials and difficulties.

**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, 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 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 second Early Bird drawing was held on Sunday, August 16<sup>th</sup> and the \$250 winner was: Ticket #1493 – Pete Malouhos. Congratulations to Pete and thank you to all who have purchased tickets. The next Early Bird drawing is on September 6<sup>th</sup>.**

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 if 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. every 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 at 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:** Jesus Christ, being fully God and fully man in every way but in sin, fully offered Himself for our salvation. It's only natural that He expects us to offer everything we have back to Him and to one another in return.

As the COVID-19 crisis unfolds, much of the world is struggling to navigate these turbulent waters. Yet, our Cathedral's mission remains more important than ever to minister to the faithful of the Lord, both spiritually and physically, in the spirit of Christ's love. We thank God for all of the support received thus far in 2020 with your time, talent, and treasure. But, we still have more work to do if we plan to continue to fulfill our purpose as stewards of the gifts He has given us. For those who are behind in their pledge commitment, please catch up by September 1<sup>st</sup>. For those who haven't pledged, what are you waiting for? Please submit your pledge for 2020 along with your payment by September 1<sup>st</sup> as well. Everyone's support is truly appreciated!

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% (loss of revenue from worship services, especially Holy Week and Easter, no Annual Summer Greek Fest 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>

## BOOK BAG & BACK TO SCHOOL BLESSING



On behalf of the "Back to School Book Bag Blessing" program, we would like to offer a huge THANK YOU to all our parishioners who brought supplies for children in need. Your outpouring of love was overwhelming! In fact it was one of the largest amount of school supplies we have ever collected. Not only were our students, teachers, and administrators blessed by the Lord, but so was every student who will receive your generous gifts. How awesome!

With the need greater than ever, we will continue 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 5:00p.m. (first day 9/10); 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> will meet on Fridays at 5:00p.m. (first day 9/11). Conversational Greek will be on Tuesdays at 5:00p.m. (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 for 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 [zoelialazi@gmail.com](mailto:zoelialazi@gmail.com).

**TODAY'S GOSPEL THEME – FORGIVENESS:** Jesus illustrated the importance of forgiving others with the Parable of the Unforgiving Servant (Matthew 18:23-35). The context of this parable provides an interesting contrast between the teachings of the Old and New Testament on forgiveness. Peter asked Christ, "**Lord, if my brother keeps on sinning against me, how many times do I have to forgive him? Seven times? And Jesus answered, "No, not seven times, but seventy times seven"** (Matthew 18:21-22).

According to the Old Testament, God promised to forgive sins but also to punish the guilty and their children to the third and fourth generations (Exodus 34:7). The rabbinic teachers taught that a person must forgive three times. Rabbi Jose ben Jehuda said, "*If a man commits an offence once, they forgive him; if he commits an offence, they forgive him; if he commits an offence a third time, they forgive him; the fourth time they do not forgive.*" Thus the apostle Peter, by Old Testament and rabbinic standards, was already very generous. He came to Jesus and proposed forgiving the wrongdoer seven times. But Jesus said not seven times, but seventy times, that is we are to forgive others without counting the number at all! Christ set down the principle of unlimited forgiveness.

**FULFILL YOUR POTENTIAL:** Christ forgives us and frees us from sin and death that we may proceed to fulfill our potential, which is to become like God in Christ and to share in His life.

Christ came to save us from sin for participation in the life of God. In other words, we are saved from sin for "*theosis – to be God like,*" which is our greatest potential.

Jesus came to earth to tell us:

*You give Me your time, and I will give you My eternity.*

*You give Me your weary body, and I will give you rest.*

*You give Me your sins, and I will give you My forgiveness.*

*You give Me your broken heart, and I will give you My healing.*

*You give Me your emptiness, and I will give you My fullness.*

*You give Me your humanity, and I will give you My divinity.*

## FORERUNNER OF CHRIST IN BIRTH AND DEATH – ST. JOHN THE BAPTIST:

As forerunner of our Lord's birth, preaching, and death, the blessed John showed in his struggle a goodness worthy of the sight of heaven. In the words of Scripture: "*Though in the sight of men he suffered torments, his hope is full of immortality.*" We justly commemorate the day of his birth with a joyful celebration, a day which he himself made festive for us through his suffering and which he adorned with the crimson splendor of his own blood. We do rightly revere his memory with joyful hearts, for he stamped with the seal of martyrdom the testimony which he delivered on behalf of our Lord.

There is no doubt that blessed John suffered imprisonment and chains as a witness to our Redeemer, whose forerunner he was, and gave his life for him. His persecutor had demanded not that he should deny Christ, but only that he should keep silent about the truth. Nevertheless, he died for Christ. Does Christ not say: "*I am the truth?*" Therefore, because John shed his blood for the truth, he surely died for Christ.

Through his birth, preaching, and baptizing, he bore witness to the coming birth, preaching, and baptism of Christ, and by his own suffering he showed that Christ also would suffer.

**CHUCKLE:** A bishop was meeting with his clergy and was examining them about their lifestyles and scolding them about their faults. When he came to one specific clergyman, the bishop could not find any fault in him because of his quiet and virtuous ways. So the bishop whispered to him, "For goodness sake, why don't you go and sin a little? Doesn't God deserve to have something to forgive you for?"

**OVERHEARD:** A man was telling a friend, "My wife and I had words, but I never got a chance to use mine."

**PRAY** to God simply and naturally, as you are talking to a friend.

