

Sunday, August 30, 2020

12th Sunday of Matthew

Leave-taking of the Feast of the Forerunner; Alexander, John and Paul, Patriarchs of Alexandria; Phantinos of Calabria; 16 Martyrs of Thebes & 6 Martyrs of Melitene.

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)

- # 3 – Ευφρανεσθω τα ουρανια/Rejoice all the heavenly
- # 92 – Μνημη δικαιου/The memory of the just is praised
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 252 – Ιωακειμ και Αννα/Joachim and Anna

READINGS: Orthros Gospel: Matthew 28:16-20.

Epistle: 1 Corinthians 15:1-11.

Gospel: Matthew 19:16-26.

(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: Dr. James Siatris & ALL Parish Council members and volunteers.

MEMORIALS

6 months Panagiotis Gyftakis 8 years Panagiotis Saricos

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.

SERVICE SCHEDULE: Tuesday, September 1st – *The Indiction & Ecclesiastical New Year* – The Blessing of the Water Service: 9:00am in the Cathedral.

Τριτη, 1 Σεπτεμβριου – *Αρχη της Ινδικτου και Νεου Εκκλησιαστικου Ετους* – Αγιασμος: 9:00 π.μ. στο Καθεδρικο.

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!



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.

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, and parish website 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. 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.

YOUTH MEETING DATE: Our first meetings of the new Church Year for HOPE/JOY/Jr. GOYA/GOYA are scheduled for Monday, September 21st, 6:30-7:30pm. We look forward to seeing our young people gather once again to be an active part of our parish ministry both spiritually and socially.

PHILOTOCHOS RAFFLE: Following worship services on September 14th, our Philoptochos will have the drawing of their Spaghetti Dinner Raffle (the Spaghetti Dinner, which benefits the Food Pantry, was postponed due to the COVID-19 Crisis back in May). All tickets and monies should be turned in to Frances Klimin by Sunday, September 13th. To purchase tickets or for more information, contact Frances Klimis at 219-776-3091.

MEETING DATE: With the beginning of the New Ecclesiastical Year, our St. Helen's Philoptochos Society will once again be hosting their monthly meetings. The first meeting will be on Monday, September 21st at 6:30pm in the Gold Room. Bring a friend and join us for fun and fellowship as we kick off our new Philoptochos Year. **Please note:** everyone attending must wear a mask and follow CDC protocols.

PHILOTOCHOS MEMBERSHIP is ongoing throughout the year. Philoptochos needs YOU to fulfill its mission! You can support Philoptochos either as an active member or as a supportive member. For those too busy to attend a monthly meeting or be involved in any of its ministries or activities, your yearly \$30 or more membership is a meaningful way to participate and offer your assistance. Help us to help others by becoming a Philoptochos member of the largest Christian women's philanthropic organization in America!

PRAYER: Heavenly Father, as you invested Your Precious Son in us, may we invest all that we are and have in loving and serving You and Your people. Amen.

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 children under the age of 2.
- 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 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 second Early Bird drawing was held on Sunday, August 16th 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 6th.

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!

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 1st of each month for the upcoming month (i.e. September 1st for October).

STEWARDSHIP NEWS: 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 1st. For those who haven't pledged, what are you waiting for? Please submit your pledge for 2020 along with your payment by September 1st 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>

GREEK SCHOOL NEWS: Our Greek Education Program will once again be offered this year as an E-Learning Program. Kindergarten, 1st, 2nd and 3rd grades will meet on Thursdays at 5:00p.m. (first day 9/10); 4th, 5th and 6th 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 1st. 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 1st. 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 Koulouridis through the Greek School Facebook page or e-mail zoelialazi@gmail.com.

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.

CHUCKLE: Bing Crosby used to tell a story about a priest friend that has a lot of theology to it. His friend, Father Kelly, was an avid golfer. One day on his favorite course, he has a most difficult shot to make. "I guess I'll just have to swing and pray," he said to his caddy. When the ball landed in a sand trap, Father Kelly exclaimed, "Well, I guess the Lord didn't hear." "Maybe so," said the caddy, "but in our church we keep our heads down when we pray."

ETERNAL INVESTMENTS: All people want returns on their money. They know that some forms of wealth provide a higher return than money itself. So they invest their money in real estate, business, stocks, bonds or gold.

There are many kinds of investments.

The rich young man in today's Gospel lesson was interested in investing in eternal life. So he asked Jesus, "**Good Teacher, what good thing shall I do that I may have eternal life?**" Jesus told him to keep the commandments. The young man replied, "**All these things I have kept from my youth. What do I still lack?**" Then it was that Jesus zeroed in on that young man's real lack: "**if you want to be perfect, go, sell what you have and give it to the poor, and you will have treasure in heaven; and come, follow Me.**" Then we read the sad words, "**But when the young man heard that saying, he went away sorrowful, for he had great possessions.**"

The truth is not that the young man had many possessions but that the possessions had him. He was possessed by his possessions. They came first in his life. They were his real god. This is why Jesus asked him to give them to the poor. He could not inherit eternal life unless God came first in his life; unless he was willing to free himself of his enslavement.

The Gospel tells us that the young man went away sorrowful. Could it be that Jesus was even more sorrowful?

A mother tells of spending all summer knitting a beautiful sweater for her son to take with him to college. When she brought it out and presented it to him, he said, "Thanks, mom, but I don't need another sweater." He tossed it onto a chair and left. The mother tells how deeply hurt she was.

Is not this something of the sadness God experiences when one of His children refuses His gift, the most wonderful gift of all, the promise of eternal life? This gift is also given in love. It is tailored to meet our deepest needs. Yet all God can do is offer it. What joy when we accept it! What sorrow both for us and for God when we spurn it in favor of the sand castles and the trinkets of this world.

MAY YOU HAVE A BLESSED NEW YEAR: We have now come to the end of the year-not the fiscal year or the calendar year, but the Christian year.

September 1st is the beginning of the Church's cycle of feasts and fasts, wherein we remember God's stooping down to deliver us from the grinding death of fiscal years and calendars.

The Christian year is where every feast is a feast of Christ, where every seventh day is celebrated as a Sabbath of rejoicing in the remembrance of the Resurrection. In this year, we celebrate Jesus Christ, in the events of His foretelling, in the events of His manifestation, in the lives of His saints.

May you all have a blessed new year, whether it is at school, work or in the home. Never forget to give due praise and thanksgiving to Him who has blessed you with everything not only this, the Lord's Day but every day you live and breathe.

This year, to begin the Ecclesiastical New Church Year we will be celebrating the Service of the Blessing of the Water (Agiasmo) in the Cathedral at 9:00am. Everyone is invited to attend worship and to be blessed with the Holy Water. The way 2020 has been going, we can use all the blessings we can get. Praying to see all our faithful in church on Tuesday, September 1st!

CHURCH FATHERS SPEAK: The only means by which you can spend the day in perfect holiness, and peace, and without sin, is most sincere prayer as soon as you rise from sleep in the morning. It will bring Christ into your heart, with the Father and the Holy Spirit, and will thus strengthen your soul against any evil; but it will still be necessary for you to carefully guard your heart.

-St. John of Kronstadt

FOOD FOR THOUGHT: A very wealthy man died. Shortly thereafter someone asked his pastor, "How much did he leave?"

The pastor replied, "Everything!"