

**Sunday, August 9, 2020**

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

**Matthias the Apostle, Anthony the Martyr of Alexandria & Psoes of Egypt.**

**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)

# 8 – Εξ υψους κατηλθες ο ευπλαγγνος/From on high You descended

# 165 – Μετεμορφωθης εν τω ορει Χριστε/You were transfigured on the mountain, O Christ

# 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 20:19-31.

**Epistle:** 1 Corinthians 3:9-17.

**Gospel:** Matthew 14:22-34.

(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:** Bobbie Korfiyas & ALL Parish Council members and volunteers.

#### **MEMORIALS**

6 mons. Stamatia Demetrakis 5 years Victoria Kavadas

9 mons. Kostandina Grantsaris 7 years Angelo T. Stath

4 years Angeliki Kotsinis 44 years Aftihios (Tom) Kavadas

**MAY THEIR MEMORY BE ETERNAL!**

**SERVICE SCHEDULE:** Monday, August 10<sup>th</sup> – *Paraklesis Service* – 6:30 p.m. in the Cathedral.

Wednesday, August 12<sup>th</sup> – *Paraklesis Service* – 6:30 p.m. in the Cathedral.

Saturday, August 15<sup>th</sup> – *Feast of the Dormition of the Theotokos* – Orthros: 8:00 a.m. and Divine Liturgy 9:00 a.m. in the Cathedral.

**ΘΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτερα, 10 Αυγουστου–*Παρακλησις*– 6.30 μ.μ. στο Καθεδρικο Ναο.

Τεταρτη, 12 Αυγουστου – *Παρακλησις* – 6.30 μ.μ. στο Καθεδρικο Ναο.

Σαββατο, 15 Αυγουστου – *Η Κοιμησις της Θεοτοκου* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια στις 9.00 π.μ. στον Καθεδρικο Ναο.

**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.

**SUGGESTED PRAYER:** “O God, give the world a lot more common sense, beginning with me.”

**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:** 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 1<sup>st</sup>. 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 1<sup>st</sup>. 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 may tune in via Zoom. Meetings are posted on our Facebook Page the day after. For further details, contact Fr. Dimitri through 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 more information or specific details, contact Fr. Dimitri at [frdimitri@ssconstantineandhelen.org](mailto:frdimitri@ssconstantineandhelen.org).

**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.

## 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 August 16<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!



Fr. Ted would like to take this opportunity to thank the various ladies of our community who came together last week during some of the warmest days of the year and helped sanitize, clean and make presentable our House of Worship for all who attend. It was your stewardship offering of time, talent and treasure that that made our parish shine inside and out. Thank you all again for such a great job and God bless you all!

**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!

**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 preparing 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 on Sunday, August 16<sup>th</sup>. 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](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.

**CHUCKLE:** An Irish Catholic priest once visited the Holy lands. Desiring to rent a boat on the Sea of Galilee, he asked what the rates were. When he was told it was \$200 an hour, he complained that the price was too high. "Why, I can rent a boat back home for \$20 an hour," he said. "Yes," said the person who was in business renting the boats, "but this is the sea that Jesus taught by and fished, where He stilled the storm and walked on the water." "It's no wonder," said the priest, "with the price of boats, that's probably why he walked on the water!"

### WHEN FAITH IN GOD BECOMES ELUSIVE

- When faith in God goes, man, the thinker, loses his greatest thought.**
- When faith in God goes, man, the worker, loses his greatest motive.**
- When faith in God goes, man, the sinner, loses his strongest helper.**
- When faith in God goes, man, the sufferer, loses his securest refuge.**
- When faith in God goes, man, the lover, loses his fairest vision.**
- When faith in God goes, man, the mortal, loses his only hope.**

**TODAY'S GOSPEL LESSON:** When Jesus walked on the water to join the disciples in their boat, the Gospel was for the same reasons mentioned that they were afraid – twice. When He approached, they thought they saw a spirit and were afraid, and of course, Peter became afraid when he saw the waves and felt the wind, when he was attempting to walk on the waves to Jesus. They should not have been afraid! The Lord had just performed a wonderful miracle of feeding thousands with five loaves and two fish. They should have known that He would always protect them. Why were they afraid? It was for the same reasons that we are afraid, or suffer from the common modern version of fear – anxiety.

The miracle of the walking on the water shows Jesus' divine power as Lord over creation. He came to rescue the disciples from the raging winds and waves which symbolize chaos, sin and death. The disciples symbolize the Church. When all seemed lost, Jesus revealed Himself as Lord and spoke to them with the majestic "It is I," which means "I am here to save you."

Brothers and sisters, do not fear or have anxiety. Life is full of woes and perils; however, with unconditional faith in Jesus Christ we can find support and overcome them.

**O UNEXPLAINABLE WONDER:** The Koimisis or Dormition of the Virgin Mary "is a feast of hope in Resurrection and life eternal. Like those who gathered around the body of the Virgin Mary, we gather around our departed loved ones and commend their souls into the hands of Christ. As we remember those who have reposed in the faith before us and have passed on into the communion of the Saints, we prepare ourselves to one day be received into the new life of the age to come."

This is because at Gethsemane, in the presence of the apostles, the company of angels, and even those who repented at her graveside, the Theotokos shows us that she is not only the Mother of God, but she is the Mother of everyone. She is our constant shelter, comforter, and intercessor who holds us in her arms just as she did her own infant Jesus!

Just think of how she holds us in her arms! Think of how we venerate her and her precious Son! Remember her passing words to her own Son that we sing at the end of the Paraklesis Service "receive now my spirit from me," and how powerful is the image of Christ holding up the soul of His own mother in His arms. The one who was nurtured Mary is now nurturing His mother as He carries her soul to Heaven.

What an unexplainable wonder this is! May we always rejoice that both our Lord and Savior Jesus Christ and His Mother have promised to be with us always!

Worship service for the Dormition (Koimisis) of the Theotokos will be celebrated in our parish on Saturday, August 15<sup>th</sup> with Orthros beginning at 8:00am and followed immediately by Divine Liturgy. We remind everyone that attendance is limited to 150 people, who must be registered with the church office by Friday, August 14<sup>th</sup>, 1:00 p.m. Once we reach capacity, we will not be able to allow more people in according to COVID-19 protocols. Any overflow people will be asked to attend worship on Sunday, August 16<sup>th</sup>. So do not delay! Register to attend worship for August 15<sup>th</sup> ASAP!

**SAINT OF THE DAY – MARTYR ANTHONY OF ALEXANDRIA:** During the persecutions in Alexandria, Anthony was arrested. He would not hide or deny his Christian faith but freely confessed it. In an attempt to force Anthony to deny Jesus Christ, he was tied to a tree and flogged. He was sentenced to burning. A fire was prepared, and he was cast in. From within the flames, Anthony taught the people standing about who were witnessing his martyrdom. He implored them not to give thought to the body but to the soul, which was given by God. The flames soon consumed Anthony and he gave up his soul, but his body remained unharmed.

**FOR PONDERING:** A boy was shining the shoes of a well-dressed man at Grand Central station. A medal dangled from the boy's neck as he shined the shoes. The man asked him, "What's that medal, son?" The boy answered, "It's the medal of the Blessed Mary, the Mother of Jesus." "But why do you wear a medal of her?" asked the man. "She's just another mother, like your mother." The boy replied, "Yes, but there's a world of difference between her Son and me!"