

Sunday, February 14, 2021

17th Sunday of Matthew – Sunday of the Canaanite Woman

Father Auxentius the Righteous of the Mountain; Abraames & Maron the Righteous;

Cyril, Equal to the Apostles & Enlightener of the Slavs;

Nicholas the New Martyr of Corinth; Righteous Martyr Damian the New;

George the New Martyr of Mytilene; Valentine the Priest-Martyr of Rome.

WORSHIP SCHEDULE TODAY: Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.

The church will be opened to the first 225 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 – Ευφραίνεσθω τα ουρανια/Rejoice all the heavenly

99 – Της ερημου πολιτης/A citizen of the desert

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

218 – Προστασια των Χριστιανων/O Protection of the Christians#

READINGS: Orthros Gospel: Mark 16:9-20

Epistle: 2 Corinthians 6:16-18, 7:1

Gospel: Matthew 15:21-28

(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 DUTY: William Logothetis & ALL Parish Council members and volunteers.

MEMORIALS

9 days	Karen (Kuratso) Ploutis	16 years	Kalliope Karakozis
9 mons.	Konstantina Tsahas	21 years	Pantelis Mamounas
1 year	Stamatia Demetrakis	28 years	Nickie Franke
		34 years	George Franke

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, February 15th – *Feast Day of St. Anthimos of Chios* – ONLY Divine Liturgy: 9:00 a.m. in the Cathedral.

ΟΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Δευτερα, 15 Φεβρουαριου – *Του Οσιου Πατρος ημων Ανθιμου του Γεροντος του εν Χιω* – Μονο Θεια Λειτουργια: 9:00 π.μ. στο Καθεδρικο.

THANK YOU! Our St. Helen's Philoptochos Society would like to thank everyone who supported their Loukoumades Sale last Sunday and hopes everyone enjoyed these tasty treats. \$900 was raised to benefit Philoptochos and all their charitable endeavors. Philoptochos couldn't do all it does without your love and support. Once again, thank you to all and God bless!

FOOD FOR THOUGHT: An old woman had a habit of tossing a stick into the air when she came to a crossroad and then took the direction the stick pointed. One day she was seen tossing the stick several times in the air. Someone asked her "Why?" She answered that the road to the left looked dreary so she tossed the stick till it pointed to the right!

KEEP THE FAITH: In today's Gospel lesson, we see a woman coming to Jesus with no claim. Her only cry was for mercy. And when Jesus spoke of casting bread to the dogs, she agreed, "**True, Lord. Yet there must be mercy even for dogs.**"

Notice that little word "**yet.**" This woman of Canaan put her whole life and the life of her sick child into that little word "**yet.**" She believed that God was love and that love will always respond to faith.

The tragic thing is that when life gets us down and God apparently does not hear our prayers, we give in too soon to discouragement and despair. It's as if we stopped two thirds of the way along the road; exactly as if this woman had given up after Jesus' first silence or after His rebuff. It's tragic because God never, never lets a person down who trusts Him all the way.

SANITS OF THE DAY – AUXENTIUS THE RIGHTEOUS: Auxentius was born into a military family. Known as a wise and learned man, he served at the court of Emperor Theodosius the Younger in the fifth century. He helped to fight off the invading barbarians who tried to overrun Constantinople. Troubled by worldly vanity, he resigned his commission and studied with clergy, theologians and monastics. At last, he received monastic tonsure and found a solitary place on a mountain where he could struggle in asceticism. One day, some shepherds stumbled upon Auxentius, and soon people began to come to him for healing. Out of humility, he would ask the others present to pray for the sick, always deflecting the attention away from himself. His prayers healed all manner of illness, and he drove out demons. Emperor Marcian invited Auxentius to the Fourth Ecumenical Council at Chalcedon, where he powerfully spoke against the Nestorian and Eutychian heresies. When the Council finished, he returned to his mountain. He died peacefully at a great old age, leaving behind many disciples and monasteries that he founded.

SAINT VALENTINE: On February 14th, many Christians celebrate Valentine's Day. Valentine, a Roman priest, was made a martyr in 270 A.D. because of his love of Christ and his persistence in the Christian way of life. He often ended his kind and helpful letters to others with the words "Your Valentine." Later, as Christians remembered and honored this saint, they signed their letters of affection with the same words. St. Valentine is considered by some Christians to be the patron saint of lovers and the helper of those who are unhappily in love. Some Christians call St. Valentine's Day a feast day. It seems fitting for all Christians to make it a "love feast" day. Make it a day when we joyfully share our love and appreciation for our dear friends, family members and all those who are part of the family of God.

WISDOM OF THE FATHERS: How mistaken are those people who seek happiness outside of themselves, in foreign lands and journeys, in riches and glory, in great possessions and pleasures, in diversions and vain things, which have a bitter end! It is the same thing to construct the tower of happiness outside of ourselves as it is to build a house in a place that is consistently shaken by earthquakes. Happiness is found within ourselves, and blessed is the person who has understood this. Happiness is a pure heart, for such a heart becomes the throne of God. Thus says Christ of those who have pure hearts: "**I will dwell in them, and walk among them. I will be their God, and they shall be My people**" (2 Corinthians 6:16). What can be lacking to them? Nothing, nothing at all! For they have the greatest good in their hearts: God Himself!

-St. Nektarios of Aegina

Aegina

CHUCKLE: A customer went to a bookstore and asked about a Bible to lay alongside a deceased person in an open casket. The salesperson showed her a pocket-sized white Bible. As she thumbed through the pages, she remarked, "Isn't the print too small?"

**ATTENTION FAITHFUL MEMBERS OF SAINTS
CONSTANTINE AND HELEN CATHEDRAL**

**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 (225) 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 YouTube 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 children under the age of 2.
- Use non-contact greetings (waving, 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.
- At the time for Holy Communion, 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).

- At the conclusion of services, 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.**

STEWARDSHIP - LOOKING INTO THE FUTURE: It is in our hands to shape the future of our parish and of all the men, women and children who call Ss. Constantine and Helen their spiritual home. It is our commitment of time, talent and money which, with the Lord’s blessings, we shall build up our fellowship to be a worthy body of Christ, caring and nurturing each other in the spirit of Jesus.

Christ does not condemn the possession of earthly goods. But He does announce harsh words against those who use their possessions in a selfish way (read Matthew 25:14-30).

Experience has taught us that where our interests are, our money most often will be also. **“For where your treasure is, there your heart will be also”** (Matthew 6:21). By attaching ourselves to the treasures of the earth, we cut ourselves off from heavenly treasures. We become slaves to possessions, not free in Christ. The heart of discipleship lies in disentangling ourselves from the chains of earthly things and attaching ourselves to God, the true treasure. Yes, we have need of certain material things, but we need to use them according to God’s will and purposes.

“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. You cannot serve God and mammon” (Matthew 6:24). It is impossible to serve earthly and heavenly things at the same time, for they both demand full allegiance.

The Church must seek to minister. The Church must reach out. The Church must respond to our Lord’s great commission. If the Church of Christ is to be what our Lord envisioned, we all must be willing to give. We can never expect to become effective in the work of the Lord without the plans and commitment to do so.

If you have pledged for 2021, “Thank you!” Please stay current with your payments as this allows our parish to continue its work and meet its financial responsibilities. If you haven’t done so already, please fill out your 2021 Pledge Form for your Stewardship Commitment to His Church and return it to the church office by February 28th along with a portion of your payment.

Your Stewardship Commitment represents your love for the Lord, as well as your vision and dreams for the future of our parish as children of God.

EVERY PARISHIONER of a Greek Orthodox parish, 18 years and older, single or married according to Archdiocese regulations should be a supporting member, a steward, of a parish. Everyone should contribute their fair share to the financial support to their parish. 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, no banquet rentals, just to name some). To make giving easier for all our faithful, we have established an online program called [Tithe.ly/give](https://www.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!

PHILOPTOCHOS MEETING: Due to inclement weather last week's St. Helen's Philoptochos meeting was cancelled and rescheduled for this Monday, February 15th, at 6:30 pm in the Great Hall. Due to COVID-19 restrictions, all those attending must wear a mask and keep social distancing.

BIBLE STUDY: Bible Study will be held via Zoom this Tuesday, February 16th, 7:00 p.m. Fr. Dimitri will lead the discussion on the topic of the Gospel according to St. John. Everyone is welcomed to tune in live and review it afterwards on Facebook or You Tube.

SUNDAY SCHOOL UPDATE: Registration for the February Faith Box is now open. Sign up at tinyurl.com/febfaithbox.

Each month, families will have the opportunity to register to receive a box packed with activities, readings, discussion questions and games for the whole family! Families can pick up their box after church on Sunday, at the monthly Youth Night, or during the week and complete the different elements at their own pace. That way, everybody can have a few no-stress, faith-centered family nights each month focused on a particular Christian virtue. Just open the box, and the work is done! Contact Fr. Dimitri if you have any questions.

FOOD PANTRY UPDATE: Along with our usual needs of canned goods, boxed foods, and cleaning items, our Food Pantry is seeking donations of hams for Easter. Donations may be brought to church on Sundays or left at the church office during the week. Ham donations should be brought to church by March 31st. For more information regarding our Food Pantry contact Karen Petalas at the Ross Township Office or Patty Makarounas through the church office.

JC'S CLOSET is in need of donations of new & packaged underwear and socks, new or gently used coats (all sizes) for men, women & children, as well as new or gently used sweatpants for men and women (sizes large to 3XL). Items may be dropped off at the church office. JC's Closet will be held on Friday, March 5th & 12th, 9:00-11:00 a.m. For details, see Eva Kostidis.

GOYA FUNDRAISER: On Sunday, March 7th, which also happens to be Meatfare Sunday, our GOYA will be holding a **Gyro Sale** as a fundraiser to benefit their scholarship fund. Each gyro plate will come with pita, a side of chips, and a cookie. Tomatoes, onions, and tzatziki will be served on the side. The cost for each plate will be \$10. Sales will begin after church and continue until 3pm or until we run out of food. You can preorder using our event page at: <https://tithe.ly/event-registration/#/3214540>.

Please support the efforts of our GOYA and enjoy a gyro before we start Lenten fast.

METROPLIS OF CHICAGO FANARI YOUTH LENTEN RETREAT: Our Cathedral has been chosen as one of the host sites for the Metropolis of Chicago Lenten Retreat taking place on Saturday, March 13th from 2:00-8:00 p.m. The retreat is open to all campers currently in grades 5-12, and registration is \$30 per camper. Please join us and the Metropolis youth for a day of building up our faith together! With questions or to learn more, visit fanari.camp/retreat.

MARK YOUR CALENDARS

Saturday of Souls – March 6th, 13th & 20th

Great Lent begins – Monday, March 15th

Vespers for St. Savvas of Kalymnos – April 17th

Palm Sunday – Sunday, April 25th

Orthodox Easter (Pascha) – Sunday, May 2nd

Ss. Constantine & Helen Vespers – Thursday, May 20th

Ss. Constantine & Helen Feast Day – Friday, May 21st

Grecian Festival – Friday, Saturday & Sunday, July 9th, 10th & 11th

Memorials will not be celebrated on the following Sundays in 2021: March 21st, April 4th & 25th, May 2nd & 9th, June 20th, August 15th, and November 21st