

**Sunday, May 10, 2020**  
**Christ is Risen! Truly He is Risen!**  
**4<sup>th</sup> Sunday of Pascha – Sunday of the Paralytic**  
**Simon the Zealot & Apostle**  
**Happy Mother's Day**

**WORSHIP SCHEDULE TODAY:** Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.  
Both services 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)  
# 198 – Χριστος Ανεστη/Christ is Risen  
# 3 – Ευφραινεσθω τα ουρανια/Rejoice all the heavenly  
# 134 – Του Σταυρου σου/The sign of the Cross  
# 240 – Ει και ταφω κατηλθεζ/Though in the grave You descended

**READINGS:** **Orthros Gospel:** Luke 24:13-35.  
**Epistle:** Acts 9:32-42.  
**Gospel:** John 5:1-15.

(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 Siatras

**MEMORIALS**

40 days Pauline (Polixeni) Manolopoulos  
40 days Helen Poulos  
3 months Stamatia Demetrakis  
3 months Ipatia Kazanas  
6 months Kostandina Grantsaris  
1 year Connie (Kostandina) Stroumbakis

All Mothers, Mother-In-Laws, Grandmothers, Stepmothers, and Godmothers

**MAY THEIR MEMORY BE ETERNAL!**

**MAKES YOU THINK:** One of the great stories of the Christian Church is the story of Telemachus, a Christian monk. One day he went to Rome. He found his way to the gladiatorial games where men fought each other till death. The crowds roared with the lust for blood, as much as they do in sporting events today. Eighty thousand people were there to view the gladiators fight to the finish. Telemachus was horrified. Were not these men who were slaughtering each other children of God? And were not those who were cheering them on, lusting for blood, encouraging murder? He leapt from his seat into the arena, and stood between the gladiators. "This is wrong," he called out, "it is against God's law." He was tossed aside. He came back. The crowd was angry. They began to stone him. Soon he lay dead in the arena. Then suddenly there was a hush. The crowd realized what had happened. A holy man lay dead. Something happened that day to Rome, for there were never any gladiatorial games any more. All because an unknown monk, Telemachus, stood up to protest to the world something he knew was against God's will.

**PASCHAL OFFERINGS:** We truly appreciate and thank all that have made a gift to the Church this Easter. If you haven't already made your Easter Offering to our parish, please do so today. Your gift of love will help promote the Gospel of Christ's salvation.

During this time of COVID-19 Pandemic Crisis, your Priests and Parish Council are praying for everyone's good health and well-being. We also ask you to please remember our parish of SS. Constantine and Helen with a generous Easter Offering. Be as generous in your love for Him as He is in His love for you.

Easter Offerings may be mailed to the church office in the envelopes mailed to your homes or made electronically through the Tithe.ly Giving Program. Thank you all and Christos Anesti! Christ is Risen!

**YOUTH MINISTRY UPDATES:** The Metropolis of Chicago Youth Office has announced that the Jr. Olympics scheduled for May and the Fanari Camp Program that was to be held in June and July have been canceled.

**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, lentils are all needed. Other things needed are personal hygiene items, shampoo, and toothpaste, cleaning products, hand soap, dish soap, toilet paper and other paper goods. Cash donations are always welcome.

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.

**JESUS CLOSET UPDATE:** Due to the Coronavirus Pandemic, the shelters we work with in Lake, Porter and LaPorte Counties are no longer accepting donations of clothing, bedding, blankets and other household items. Because of this we are forced to shut down our JC's Closet until further notice. Please do not bring any items to church as they pose a health risk for our workers and staff, and we do not have any proper areas to store these items. Thank you to all who supported this Outreach Ministry, and we look forward to working with you in the near future.

**NWI MASKS MINISTRY:** Our Cathedral's Cultural Center has become one of the largest areas for collecting and distributing materials for face masks for healthcare workers in Northwest Indiana. Praise the Lord, to date we have made and distributed over 12,000 masks! Thank you to Dr. Tom Galouzis and Pete Zervos for setting this up, as well as all the volunteers for providing materials, sewing masks, sanitizing them and passing them out to all who need them. God bless you all!

**AHEPA SUNDAY UPDATE:** Due to the continued COVID-19 Pandemic Social Distancing Policy, AHEPA Sunday, which was scheduled for May 17<sup>th</sup>, has been postponed to a later date. Details will be made available at a later date.

**GRADUATE SUNDAY** is still being planned to be held on Sunday, June 14<sup>th</sup>. We will be announcing the Cathedral, Novak Family, Latos, GOYA and other designated scholarships on this day. Also our parish will acknowledge the accomplishments of our graduates from high school, college or university who has had their names submitted in to the church office by Sunday, May 31<sup>st</sup>.

**STEWARDSHIP:** 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. Stewardship pledges should be at least one quarter paid as of April. 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. Read on below and check out the link listed. It is a symbolic profession of faith when we all work together and help our church to better plan for its various financial needs and expenditures. Thank you.

“**Sharing in God’s work...**” (2 Corinthians 6:1) - That is what stewardship is about. The Good Steward empowers the Church for God’s work with his/her energy, time, talents, and money. The Good Steward knows he/she is a partner, sharing in God’s work in the world.

Have you submitted your 2020 pledge to the church? Are you current with your payments? If not, please do so by May 15<sup>th</sup>. Your cooperation is deeply appreciated!

During this difficult situation and time of separation, we are working hard to make sure you can stay connected to your church. Services are being streamed. Bible studies and youth groups are being held on Zoom. And now, you can support the church from your home! Click the following link to access the Cathedral's online giving page. Make sure you select what type of donation you want to make and if you'd like to cover our processing fees. You also have the ability to enter your stewardship number (listed on your stewardship envelopes) which would help our office a ton!

<https://tithe.ly/give?c=1385847>

**MEMORIAL DAY CEMETERY VISIT UPDATE:** Due to the COVID –19 Pandemic we have been informed by Calumet Park Cemetery and Ridgelawn Cemetery that we will not be able to have our usual blessings of graves on Memorial Day, Monday, May 25, 2020. This is because of the restrictions that the cemeteries have in regards to people gathering in large numbers for the health and safety of the public and the cemetery employees.

If you would like to, you may submit names of your beloved deceased family members to the church office to be commemorated on the Saturday of Souls, June 6, 2020. Names may be submitted (written clearly in English or Greek) with a donation for the poor and sent to the church office no later than Friday, June 5, 2020. No kolyva, prosphoron, wine or olive oil should be given. The Memorial Service for the dead will be offered following the Liturgy for the Saturday of Souls, which will be lived streamed, beginning at 9:00am. If you have any questions, please contact Fr. Ted at the church office.

**PERSPECTIVE:** Three people were visiting and viewing the Grand Canyon – an artist, a pastor, and a cowboy. As they stood on the edge of that massive abyss, each one responded with a cry of exclamation. The artist said, “Ah, what a beautiful scene to paint!” The minister cried, “What a wonderful example of the handiwork of God!” The cowboy mused, “What a terrible place to lose a cow!”

**HEALING OF THE PARALYTIC:** The Church is in the midst of the glorious Resurrection season. We still sing out the inspiring hymns telling of the Lord’s victory over death. Why, then, does the Gospel for today speak of the healing of the paralyzed man at the pool of Bethesda? Is there any connection between this incident and the Resurrection?

The Fathers of the Church have pointed out that in the person of the Paralytic Man, raised from his bed, we have a foreshadowing of our own resurrection from the grave. In a Vespers Hymn, the Paralytic is spoken of as “**like unto a dead man, unburied.**” The Paralytic speaks of his bed becoming his grave. But then Jesus comes to raise him. Just as then, an Angel came to “**trouble**” the waters of the pool to make possible resurrection from illness, so in the last day an Angel shall come and “**trouble**” the dust of the earth, and the dead in Christ shall rise.

Again, the Kontakion hymn of the day speaks of an individual being “**grievously paralyzed by all kinds of sin and unseemingly deeds,**” who can then be raised from his spiritual disease to new life and virtue by the might and love of God.

The Epistle lesson also tells of restoration and resurrection. Peter the Apostle comes to the town of Lydda and there tells a sick man, “**Jesus Christ heals you! Get up and take up your bed.**” Thus Aeneas was restored. A short distance away was the city of Joppa, where a charitable and pious woman, Dorcas (or Tabitha) had died. Peter was summoned there, and kneeling down in prayer, bid the dead woman to rise.

And so we have the connection between these incidents and the Resurrection of our Lord.

During this time of Pandemic, even though our churches are closed, Christ is still at work in our present world. Through His resurrection, His presence continues to be felt by those who believe in Him. Our troubled lives are put to ease. With Jesus as our Friend and Companion in life, we become strong when by ourselves we would be weak; He gives us courage when by ourselves we would be faint-hearted; He instills in us the promise of His presence when by ourselves we would be lost. With this faith, we still may have problems, but we also have Him to inspire us with confidence and conquer our fears. Because Christ lives, we live also. To God be the glory!

**“GOD COULDN’T BE EVERYWHERE, SO HE MADE MOTHERS!”** The



words of this venerable Jewish proverb have a special “ring” to them this morning. As it does annually on the second Sunday of May, our nation pauses today to honor the noble vocation of motherhood.

The duties of a mother are many and varied. Even in today’s society, where women find themselves with more doors of opportunity opened to them, the task of raising children still falls largely on the shoulders of the mother in most families. A mother’s responsibilities carry over into areas that go far beyond the physical care of her children. A mother is quite often the first TEACHER a child ever has, and no adult will have as much influence on a child as a mother during the early years of his or her life. Those first “lessons” will long be remembered. It is a mother who is called upon to teach her children about God and His Church. Who took the time to instruct us in how to pray? Wasn’t it our mother? Who taught us, through WORD and EXAMPLE, the important difference between right and wrong? For most of us, “our mother” is the answer to that question as well.

Indeed, mothers are God’s special helpers! For their care, concern and Orthodox Christian character, let us pause to give thanks to the Lord on this Mother’s Day.

We want to wish our entire community of mothers a most blessed and Happy Mother’s Day. May God send down His grace and love upon you all, and continue to illuminate you in this grandest of tasks.