

Sunday, December 6, 2020

10th Sunday of Luke

**Nicholas the Wonder Worker, Archbishop of Myra
Nicholas the New Martyr of Asia Minor**

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

The church will be opened to the first 200 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)

1 – Του λιθου σφραγισθεντος/With the stone sealed by the Judeans

#. 66 – Κανονα πιστεως και εικονα πραοτητος/As rule of faith and picture of gentleness

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

221 – Η Παρθενος σημερον/The Virgin comes today

READINGS: Orthros Gospel: Luke 24:1-12.

Epistle: Hebrews 13:17-21.

Gospel: Luke 13:10-17.

(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: Nick Kavadas & ALL Parish Council members and volunteers.

MEMORIALS

3 months Fotios Collaros

25 years Kostantinos Spanos

6 months Pavlos (Paul) Turpa

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Wednesday, December 9th – *Conception of the Theotokos by St. Anna* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

Saturday, December 12th – *Feast Day of St. Spyridon the Wonderworker* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

ΘΡΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Τετάρτη, 9 Δεκεμβρίου – *Η συλληψις της Αγίας Αννης* – Ορθρος: 8:00 π.μ. και Θεία Λειτουργία 9:00 π.μ. στο Καθεδρικό.

Σάββατο, 12 Δεκεμβρίου – *Άγιος Σπυριδώνος του θαυματουργού* – Ορθρος: 8:00 π.μ. και Θεία Λειτουργία: 9:00 π.μ. στο Καθεδρικό.

WAITING: Before the birth of our Lord, the world waited thousands of years anxiously expecting the coming of the Savior. Today, many also wait for Christmas but only for its worldly, secular festivities, forgetting that it is the Nativity of the Son of God that should be celebrated.

The best preparation for Christmas is to read the Biblical passages concerning His coming, to go out and do charitable works, to attend and be attentive at the Divine Liturgy, to offer a devout Confession and receive Christ through the Sacrament of Holy Communion

THOUGHT: Keeping Christmas is good, but sharing it with others is much better.

PARISH COUNCIL OPENINGS: There are two open seats available for the Parish Council for the rest of 2020-2021 term. 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. We have been asking for months for our parishioners to help, and yet no one has responded! Please, for the love of our Lord and His Holy Church, won't someone give of their time and talent?

SUNDAY SCHOOL UPDATE: Registration for the November Faith Box is ongoing. Sign up at tinyurl.com/novfaithbox.

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 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! After the boxes have been distributed, we will have a live virtual workshop on the virtue of the month.

THE PHILOPTOCHOS CHRISTMAS BAKE SALE will take place this coming Saturday, December 12th, 10:00 a.m.-1:00 p.m. and Sunday, December 13th, 10:30 a.m.-12:00 noon. For more information or to place an order, call Frances Klimis 219-696-4851.

FOOD PANTRY UPDATE: The Meijer Simply Give program is from October 25th to January 2nd, 2021, with the double match day Saturday, December 12th. Meijer will double match the \$10 donation, meaning they will donate an additional \$20. This means our pantry will receive a total of \$30 for every \$10 a customer donates on those days.

THE PHILOPTOCHOS CHRISTMAS PARTY/MEETING scheduled for Monday, December 14th has been canceled due to COVID-19 pandemic restrictions.

SEXTON NEEDED: The position of church sexton is still open. Anyone wishing to submit their name for this paid position is asked to see Fr. Ted.

ΖΗΤΕΙΤΑΙ ΝΕΩΚΟΡΟΣ: Μηπως υπαρχει ανθρωπος στην Κοινότητα μας που θα ηθελε να εργασθη ως νεωκορος στην Εκκλησια μας; Αν ναι, παρακαλουμεν να τηλεφωνησετε στο γραφειο της Εκκλησιας και να μιλησετε με το Πατερα Θεοδορο.

IMPORTANT ANNOUNCEMENT: Starting December 1st, YouTube will have a new policy go into effect where they will prohibit live streaming from a mevo camera or mobile device unless you have 1,000 subscribers. This will impact our church in Merrillville since we are well short of 1,000 subscribers and we use the mevo camera system. However, 55% of those who view the Church live stream on YouTube are not subscribers so there is immediate room for growth. We are asking everyone who is a member of Saints Constantine and Helen Greek Orthodox Cathedral or enjoys watching our services live streamed to subscribe and ask every family member and friend to subscribe.

TO SUBSCRIBE

Go to <https://www.youtube.com/> and type in

SS. Constantine and Helen Cathedral – Merrillville, IN
Into the search bar at the top of the page and find the church channel.

Once the page comes up, just hit the red subscribe button.

Many of the elderly and shut-ins in our parish watch via YouTube because they do not have Facebook. Please spread the word and ask everyone you know to subscribe.

CHRISTMAS OFFERING: While you are doing your shopping for your Christmas gifts, we ask you not to forget your gift to the church this holiday season. Christmas envelopes have been mailed to all members for your personal use. Please give generously so that we may help reduce the deficit caused by the COVID-19 pandemic!

**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 (200) 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.
- 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.

STEWARDSHIP MINISTRY: Please take a few minutes to review your 2021 Stewardship Commitment in support of our Parish Ministries. We have taught the importance of including the entire family in your stewardship pledge. Including everyone underscores the importance of the Stewardship Program and everyone plays a significant role. Discussing the Program will teach everyone about stewardship and the importance of their participation.

Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves, and to grow in grace. It allows us to participate in the work of God. Be prepared to make your Pledge for 2021 to help us reach our goal of raising \$800,000.

Also, as we are coming to a close for this year, please make sure your 2020 pledge is current or paid in full. To date there is still over \$55,000 in unpaid stewardship pledges for 2020. Your support and cooperation in this matter is deeply appreciated.

STEWARDSHIP CREED: True stewardship...Christian giving of time, talents, and treasure is focused on the call of Christ to commit myself to prayer, to work, and to give so that my Church and I may live. I thank God for whatever talents that I possess and come forward to offer them in fellowship to the Church. When my needs are the greatest, the Church is here. I believe that through Christ, the Church gives hope, peace and guidance. Thus, I am ready to commit voluntarily and gratefully: effort, time, talents, and treasure to strengthen my Church's continuing existence. In giving with gratefulness, dignity, equity and peace of mind, I achieve true STEWARDSHIP. **"It is required in stewards that a man be found faithful"** (1 Corinthians 4:2).

EVERY PARISHIONER of a Greek Orthodox parish, 18 years an 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://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>

PONDERING: Be true to what you are! By grace, God has made you His saint. Now be one! By grace He has implanted His life in you. Express it! His love is spread abroad in your heart. Show it in what you do and say! Grace has made you lovely, graceful. Let every word and act express the graceful loveliness. "You are washed, you are anointed, you are sanctified," says the prayer of Baptism. Now be what you are!"

FOOD FOR THOUGHT: Christians, like pianos, need frequent tuning.

DO YOU HAVE ANY PHILANTHROPY? Each year, our Cathedral continues to advance the cause of outreach programs to our local community. Due to the COVID pandemic our donations are down a great deal. We as individuals and as a church have the capabilities to continue making a difference in the lives of others. Acts of love, mercy, and compassion really help those who are in need move toward physical, emotional, and spiritual wholeness in such a broken world. Here's how we can help:

Love & Care Drive: We will be collecting mittens, gloves, hats, and scarfs for the needy children of our area. Let us show others our love and care by bringing in something warm to wear. Donated items may be brought to the church office from Sunday, November 1st to Sunday, December 13th.

Kids 4 Kids Toy Drive: We will begin collecting new toys for the disadvantaged children and teens in our local area from Sunday, November 1st to Sunday, December 13th. Once again, we are requesting new, clean, non-violent toys. Please **NO** Stuffed Animals. The toys may be brought on Sundays and placed in the bin which is located at the entrance of the Cathedral or dropped off at the church office during the week.

Food Pantry: 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.

BOOKSTORE NEWS: Visit our Cathedral Books Store, Monday-Friday, between 10:00 a.m.-2:00 p.m. for some Christmas shopping. Items available such as Christmas CD's, ornaments, Christmas cards, as well as a new selection of books, icons and other items. Children's books make excellent gifts and stocking stuffers. A wide variety of specially priced books will bring lasting joy to many on your gift list!

YOUTH MEETING DATE: For the month of December, GOYA, Jr. GOYA, HOPE & JOY will be meeting Monday, December 7th, 6:30-7:30pm. These programs are open to the youth of our parish. GOYA: 8th-12th grade; Jr. GOYA: 5th-7th grade; HOPE & JOY: Kindergarten-4th grade. We encourage all the young people of our community to take advantage of these ministries that allow you to meet other Orthodox Christians in a fun environment, as well as learn about our Orthodox Faith and yourselves through discussions, social events and service projects. Come on out and see! You will be glad you did!

For the safety and well-being of our youth, clergy and advisors, the meetings will be held in separate areas of our Cathedral complex, everyone attending must wear a mask and the groups will not intermingle. We will be following the protocols set forth by CDC and the Metropolis of Chicago unless otherwise advised.

YOUTH SERVICE PROJECTS: During the Advent season, our Youth Groups usually do service projects to assist families that are in need. This year because of COVID things will be a little different. Instead of going to Build-A-Bear as a group, our advisors will go and make the sure the bears for needy children will be ordered, made and distributed. Also, donations of gift cards and other items for shelter families are being collected for Christmas by our advisors to be distributed accordingly. If you would like to be of assistance, please contact Kaliope Barajas at 219-331-9229.

WEBSITE UPDATE: If you haven't looked lately at our Cathedral website, www.sconstantineandhelen.org, you should. It has had a new makeover and allows the viewer to gather information about our parish, as well as Metropolis and Archdiocese ministries and programs at a touch of a finger. We would like to thank Presvytera Kathy Pappas and Fr. Dimitri Burikas for their time and efforts in putting this together for our parish. We still are in need of a webmaster to update and keep our information current. If there is anyone interested in volunteering their time and talent for this ministry, please contact Fr. Dimitri through the church office.

JESUS STRAIGHTENS OUT LIVES: There was a father who lost his only child in an automobile accident. He said, "When I first heard of my son's death, I felt there were three courses of action open to me. First, I could give way to despair. Second, I could try to drown my sorrow in drink. Third, I could turn to Jesus. I turned to Jesus and found in Him the power to overcome and transcend my grief."

He came to Jesus "bent over" in grief. Jesus performed for him the miracle He performed for the women in today's Gospel lesson. He lifted him up, straightened and strengthened his faith, filled him with His peace and power and sent him away looking up and glorifying God.

The story of the healing of this woman is read every year just before Christmas to remind us that God in Christ entered the world at Christmas because we were so totally bent over by sin and death. He came to straighten us up, to remove the curvature of the spine that kept us earthbound and lift us to where He is, so that we might no longer be crawling on the ground, but walking, heads up, standing tall, and seeking the things that are above, breathing freely the air of God's presence.

SAINT OF THE DAY – NICHOLAS THE WONDERWORKER: Perhaps no saint is as universally revered throughout Orthodoxy as St. Nicholas. This 4th century saint attained the lofty position of Archbishop of Myra in Lycia and was privileged to be numbered among the 318 hierarchs present at the First Ecumenical Council in Nicaea in 325.

Despite his venerable accomplishments and achievements, St. Nicholas is best remembered for very simple and basic reasons. St. Nicholas did not leave us any theological works or scholarly writings as did many early Church Fathers. Instead, he left behind the image of a bishop who was personification of a shepherd. His entire life was dedicated in caring for his entrusted flock. Their needs were his concerns and numerous stories and legends speak of his acts of charity and generosity, which were always carried out in a Christ-line manner of humility and unselfishness.

The Troparion hymns to St. Nicholas praises him as "**.....a model of faith and an example of virtue.**" He is commemorated during this sacred season of Advent to remind us that we, too, must strive to be a similar "model" and "example" as we dedicate our lives to the One Who became incarnate for the sake of our salvation!

CONCEPTION BY ST. ANNA OF THE MOST HOLY THEOTOKOS: Joachim was from the royal lineage of David, and Anna from the priestly lineage of Aaron, brother of Moses. Anna's father was Matthan, the priest, and her mother was Mary. They had three daughters, Elizabeth, mother of John the Baptist, Anna, mother of the Theotokos, and Mary, mother of Salome. Even though they were childless for their first 50 years of marriage, they always fasted and prayed. Abraham and Sarah also waited into old age for their first born, Isaac. On one occasion, the high priest of the temple reproached Joachim for his childlessness, calling him unworthy, and would not accept his gift. Humiliated, Joachim retreated to the desert, resolving not to eat for 40 days, nor return home until God heard his prayers and visited him. Joachim and Anna were visited by the Archangel Gabriel saying that they would receive a daughter through whom salvation would be granted to the whole world. They met at the golden gate of the temple as the angel had instructed them, and they glorified God. At the age of three, the Theotokos was dedicated to the temple, living there until she was betrothed to Joseph. When the Theotokos was 12 years of age, Joachim died at the age of eighty. Anna died at 79 years of age, after she had held her grandson Jesus.

Worship service for the Feast Day of the Conception of St. Anna will be celebrated on Wednesday, December 9th with Orthros at 8:00 a.m. followed by Divine Liturgy at 9:00 a.m. All the faithful of our community are encouraged to attend.

CHRISTMAS CHUCKLE: It was Christmas, and the judge was in a benevolent mood as he questioned the prisoner. "What are you charged with?" he asked.

"Doing my Christmas shopping early," replied the defendant.

"That's no offense," replied the judge. "How early were you doing this shopping?"

"Before the store opened," said the prisoner.