

Sunday, February 21, 2021

Sunday of the Publican and Pharisee (Triodion Begins)

**Timothy the Righteous; John III, Patriarch of Constantinople;
Eustathios, Bishop of Antioch; Zachariah, Patriarch of Jerusalem.**

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)

4 – Το φαιδρον της Αναστασεως/Having heard the joyous Resurrection Message

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

229 – Φαρισαιου φυγωμεν υπηγοριαν/The boasts of the Pharisee, let us avoid

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

Epistle: 2 Timothy 3:10-15

Gospel: Luke 18:10-14

(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: Jeff Mills & ALL Parish Council members and volunteers.

MEMORIALS

40 days	Michael Fitousis	27 years	Panagiotis (Eddie) Pappas
3 months	Kostantinos (Gus) Stassis	35 years	Fotini Sakelaris
9 mons.	Dionysios (Danny) Georgopoulos	40 years	Anastasios Pappas
4 years	Aggerou Levidis	45 years	Elizabeth Pappas
9 years	Evangelos Sakelaris	45 years	Panagiota Gianopoulos
9 years	Helen Kontos	45 years	Demetrios Sakelaris
10 years	Kostantinos Ioannidis	59 years	Stavros Theodoros
21 years	Vasiliki Theodoros		

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, February 22nd – *Paraklesis Service* – 6:30 p.m. in the Cathedral for the health and well-being of our members.

ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Δευτερα, 22 Φεβρουαριου – Παρακλησις – 6:30 μ.μ. στο Καθεδρικο για τα μελοι της ενοριας μας.

COFFEE FELLOWSHIP UPDATE: With the easing of some of the COVID-19 restrictions in the state of Indiana, we are able to once again host a limited Coffee Fellowship Hour following worships services on Sunday. Mask wearing and social distancing are still required when attending. Looking forward to seeing our parishioners and visiting with them after almost a year of no Coffee Fellowship.

SATURDAY OF SOULS: March 6th, 13th & 20th with Divine Liturgy at 9:00 a.m. followed by the Memorial Service of the day. Names of the deceased to be commemorated should be written out clearly in Greek or English and submitted to the altar prior to service.

HUMILITY: This Sunday is called the "Sunday of the Publican and the Pharisee." On the eve of this day, at the Saturday Vespers, the liturgical book of the Lenten season – The Triodion – makes its first appearance and texts from it are added to the usual hymns and prayers of the weekly Resurrection service. The Triodion develops the major aspects of the pre-Lenten period, which are repentance, confession, prayer and humility.

How does one become humble? The answer, for a Christian, is simple: by contemplating Christ, the divine humility incarnate, the One in whom God has revealed once and for all His glory as humility and His humility as glory. "Today," Christ said on the night of His ultimate self-humiliation, "the Son of Man is glorified and God is glorified in Him." Humility is learned by contemplating Christ who said: "Learn from Me for I am meek and humbled in heart." Finally, it is learned by measuring everything by Him, by referring everything to Him. For without Christ, true humility is impossible, while with the Pharisee, even religion becomes pride in human achievements, another form of pharisaic self-glorification.

Taken from Alexander Schmemmann's book: "*Great Lent*"

This book is available for purchase from our Cathedral Bookstore.

THE TRIODION (PRE-LENTEN) SEASON BEGINS: There is an advantage in preparation. It is often very wise to make plans ahead for various reasons and occasions. A student who prepares his lessons is much better off than one who is unprepared. A housewife who tries to plan her work will, even if interrupted, be better able to get her work done than one who has no plan.

The Church is very wise in preparing us for certain emphasis. With the reading of the Gospel of the Publican and Pharisee today, the Lenten Triodion and the preparations of Pre-Lent begin. The value of Pre-Lent is that it serves as a season of transition between the joyous season of the Theophany and the somber season of Great Lent. It warns us to prepare for Lent, to mark our calendar and make our schedule so that we may give Lent its due amount of attention and to make room on it for the Lenten services and other observances of this season which are provided in our parish. During this season, we should plan our time and work so that when Great Lent begins on Monday, March 15th (Clean Monday), we will be ready to keep it faithfully.

NO FASTING: The first week of the Triodion is a no-fast week as prescribed by the Church. The Church allows the faithful to indulge in meat, meat-products and wine all week, even on Wednesday and Friday. This is a preliminary of the weeks to follow which will include a strict fast. This explains why many churches have their "Apokriatiko" dance, etc. during this time period. However, the true understanding of the term "Apokriatiko" implies abstinence from meat. Let us focus on the spiritual dynamics of the calendar season and not so much on the edible products.

CHRISTIAN LIVING: Brethren, Holy Scripture cries out to us, saying: "Everyone that exalts himself shall be humbled, and he that humbles himself shall be exalted." And so, brethren, if we wish to attain to the summit of humility, and to arrive speedily at the heavenly exaltation to which we ascend by the lowliness of the present life, then we must step up, by our ascending actions, that ladder that appeared to Jacob in dream, whereon were shown to him angels descending and ascending. What does "descending and ascending" mean? This surely: By self-exaltation we descend; by humility we ascend. The ladder thus set up is our life in this world, which the Lord raises up to heaven, if only our heart be humbled. (From the Rule of St. Benedict: Ch. 7, 1.5-8)

LENTEN FOOD SALE: Our Ladies Philoptochos will be selling homemade taramosalata, skordalia and laganas (Lenten Bread) on Sunday, March 14th, after worship services in the lobby of the Cultural Center. Cost is \$10.00 a container for Taramosalata, \$8.00 for Skordalia and \$6.00 per Lagana.

A GREEK PROVERB: "Small children, small joys; big children, big worries."

**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.
 - 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.
- 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 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 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).

**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: STEWARDSHIP by definition, is the primary means by which the faithful of a community offer their support for their church. Above all things, it is a way by which we are offered the opportunity to return to God, out of love, thanks, and gratitude for His many blessings, a part of our material blessings.

This year of 2021 our parish faces a reduced budget of \$800,000, without major repairs or costly renovations. To meet our financial obligations, we have set a goal of at least \$800,000 for our Stewardship Program to reach in pledges (average pledge \$1500). It is only with your love and generosity that this goal will be reached. Please remember that this goal is what our community needs to operate at and be vital in the lives of all our members.

If you haven't already submitted your 2021 Stewardship Pledge form to the church office, please do so today. When considering your pledge, please do not view it as "How little can I give?" but rather "How much can I offer to God and His Church?" 2021 Pledge forms are being mailed to those who haven't pledged for 2021 and are available in the church office as well.

As of February 16th, the church office has received 317 pledges for a total of \$263,709, which averages out to \$831 a pledge. Even though we show some improvement in our giving, we are still below the goals set by the Stewardship Committee. Remember that \$200 from every pledge goes to the support of the Archdiocese and the Metropolis of Chicago. Without our personal love and commitment of time, talent and resources – THERE IS NO CHURCH – and without the Church, then who will preach the Good News of Salvation in Jesus Christ?

If you are one of the 78 members who have failed to pay their 2020 stewardship that has resulted in a total unpaid balance over \$16,592, please do so today! If you haven't pledged for 2021 as yet, please do so today! In addition to the monetary pledge, just as importantly, the personal involvement and participation by all is needed not only in time of worship but in every affair of the Church.

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://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>

NOTICE OF GENERAL ASSEMBLY: The first General Assembly 2021 will be held on Sunday, March 7th, immediately following the Divine Liturgy. All parishioners in good standing are invited to attend.

DONATIONS FOR THE FLOWERS FOR THE ICON OF THE VIRGIN MARY: Each Friday evening during the Great Lent Period (March 19th & 26th, April 2nd, 9th & 16th), the Salutations to the Virgin Mary are offered. It is tradition that the icon of the Virgin Mary be adorned with flowers for these services. We ask families or individual parishioners wishing to contribute toward these flowers to contact the church office. Costs of the flowers are \$150 each week. Please be generous in your support.

THOUGHT: The smallest good deed is better than the grandest intention.

YOUTH MEETING DATE: GOYA, Jr. GOYA, HOPE & JOY will be meeting Monday, March 1st, 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.

BIBLE STUDY: Bible Study will be held via Zoom this Tuesday, February 23rd, 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 gyros before we start the fast of Great Lent.

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