

Sunday, January 10, 2021

Sunday after Theophany

**Gregory Bishop of Nyssa, Dometian Bishop of Melitene,
Theosebia the Deaconess, Sister of St. Basil the Great & St. Gregory of Nyssa**

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)

6 – Αγγελικαι Δυναμεις επι τω μνημα σου/A host of Angels descended upon Your tomb

91 – Εν Ιοδανη βαπτιζομενου σου Κυριε/While being baptized in the Jordan O Lord

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

226 – Επεφανης σημερον τη οικουμηνη/From above You appeared today

READINGS: **Orthros Gospel:** John 20:19-31.

Epistle: Ephesians 4:7-13.

Gospel: Matthew 4:12-17.

(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: Andy Campbell & ALL Parish Council members and volunteers.

MEMORIALS

9 days	Anastasia Yiatras	13 yrs.	Kalliope Papadakis
40 days	Harilaos (Harry) Karahalios	18 yrs.	Maria Samos
3 mon.	Apostolos Collaros	18 yrs.	Maria Halkias
3 mon.	Maria Georgiadis	22 yrs.	Emmanuel Papadakis
1 yr.	Aristotelis Latsoudis	22 yrs.	Georgios Kostakis
2 yrs.	Haralambos Zairis	23 yrs.	Miltiadis Halkias
6 yrs.	Eleftherios Papadakis	32 yrs.	Ioannis Tsahas
10 yrs.	Panagiotis Giatras	37 yrs.	Kiriakoula Tsahas
12 yrs.	Despina Bellou	47 yrs.	Haralambos Galouzis

MAY THEIR MEMORY BE ETERNAL!

ATTENTION PARISHIONERS: Beginning January 11th and for the next five weeks, Fr. Ted will not be holding regular church office hours due to Presvytera Tulla's radiation treatments for her pancreatic cancer. If the services of a priest are needed, please contact Fr. Dimitri through the church office for your pastoral needs.

Once again, Presvytera Tulla and Fr. Ted would like to thank everyone for their thoughts and prayers and ask for your continued prayers as they fight the good fight against this disease. Special thanks to all who have offered dinners for Presvytera Tulla and Fr. Ted through the Meal Train program. It is deeply appreciated! God bless you all for your kindness, love and caring.

THOUGHT: Satan laughs at our toiling, mocks at our wisdom, but trembles when we pray.

SUNDAY AFTER THEOPHANY - "A GREAT LIGHT": Hundreds of years before the Savior was born, Isaiah, living in a dark time of tyranny and cruelty, foretold the coming of a great light;

"The people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death, light has dawned" (Isaiah 9:2).

The *"great light"* foretold by Isaiah centuries before was none other than our Lord Jesus. He came as light into a dark world. The Apostle John writes, **"God is light and in Him is no darkness at all"** (John 1:5). When God created the world, He said, **"Let there be light."** The point to observe here is that when God expressed Himself, there was a light. Darkness came because of man's sin. Yet in the darkness God kept the lamp of His presence and grace burning. The light shone in the darkness, and the **darkness has not overcome it (John 1:1-5).**

"I am the light of the world; he who follows me shall not walk in darkness but shall have the light of life" (John 8:12).

Whoever *"believes in me"* and *"follows me"* says Jesus, does not *"remain in darkness"* but already *"has the light of life."* What is the light? In Christ, we know who God is. This is the light. In Christ we know who we are. This is the light. In Christ we know the way of life of which man was created. This is the light. In Christ we have the answer to the riddle of death. This is the light. All this has been revealed to us by Christ who is the Light of the World. God **"has shone in our hearts to give the light of the knowledge of God in the face of Jesus Christ"** (2 Corinthians. 4:6).

TRADITION OF THE VASILOPITA: Vasilopita is a round sweet bread with a coin inside that is cut on New Year's Eve at midnight, on New Year's Day (The Feast day of St. Basil) as well as at ecclesiastical and cultural celebrations during the month of January.

It gets its name from St. Basil. As we know, St. Basil lived in the fourth century and is known to us as a most revered bishop and hierarch. He assisted the poor and destitute and established institutions for the poor, sick, and orphaned. New Year's Day, January 1st, is the Great Feast Day of St. Basil and the Circumcision of our Lord.

Tradition has it that St. Basil was entrusted with precious pieces of stones, silver and gold that belonged to the people of his region named Caesarea. We are told that civil officials demanded a tax upon the people assigning St. Basil to collect. After some disagreements, the tax was voided and monies were to be returned. Confusion began to happen as to who were the rightful owners of the precious goods. Thereby, St. Basil ordered that breads (pita) be made with the valuables baked inside. By providence, everyone received their rightful share.

For this day, in honor of St. Basil, the Vasilopita is baked with a coin inside to bring forth blessings, joy and good health. The recipient of the coin is considered to now have good fortune during the New Year.

VASILOPITA CELEBRATION: This year the cutting of the Vasilopita will take place on Sunday, January 17th at the conclusion of the Liturgy.

We invite all those who represent leadership of our societies and organization, as well as the various ministries and programs of our Cathedral, along with the members of our parish families to be available to receive the special slice of Vasilopita and make a donation for the benefit of St. Basil's Academy and other Philoptochos charities.

Please note that due to COVID-19 restrictions, the Annual Vasilopita Luncheon will not take place. Also, everyone attending worship this day must register with the church office prior to Friday, January 15th, 12:00noon.

THOUGHT TO PONDER: With God behind you and His arms around you, you can face whatever lies ahead of you.

**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 NOTE: 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 that 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! Help us reach our goal of raising \$800,000 to cover our Cathedral's operating expenses. This can be accomplished if we can average \$1500 a pledge per family.

Also, as we are starting a new year, please make sure your 2020 pledge is current or paid in full. To date there is still over \$16,000 in unpaid stewardship pledges for 2020. This unpaid amount adds to the deficit that our parish has each and every year. Please pay the amount you promised to God and His Church. Your support and cooperation in this matter is always deeply appreciated.

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>

GOD'S GIFTS: The most important things you have were not earned. They are gifts.

Your body is a gift.

Your mind is a gift.

Your capacity for life, thought, feeling, action is a gift.

Your children are a gift.

Your talents are a gift.

Youth is a gift.

Old age is a gift.

God's love is a gift.

Forgiveness is a gift.

Eternal life with God is a gift.

God calls us to give as we have received. No matter how much we give, we will never give back more than just a tiny fraction of what we have received. No matter how much we give, we are merely giving what we have received.

PHILOTOCHOS MEETING: Monday, January 11th, 6:30 p.m. in the Gold Room. Everyone attending must wear a face mask and keep to social distancing guidelines. For further information, contact Philoptochos president Vicki Dovellos.

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

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, we are in need of personal hygiene products. Instead of our regular parishioner crew working the food pantry, 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.

WEBSITE UPDATE: If you haven't looked lately at our Cathedral website, www.ssconstantineandhelen.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.

ATTENTION PARISHIONERS: If you are planning to move to a new location, or if 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!

BIBLE STUDY: Bible Study will begin again on Zoom starting Tuesday, January 12th, 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 YouTube. For specific details, contact Fr. Dimitri.

MARK YOUR CALENDARS

Vasilopita Celebration – Sunday, January 17th.

Godparent Sunday – Sunday, February 7th.

Triodion begins – Sunday, February 21st.

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

Great Lent begins – Monday, March 15th.

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 Sunday's in 2021: March 21st, & April 4th & 25th, May 2nd, & 9th, June 20th, August 15th, and November 21st.

CHUCKLE: A senator of the United States had an operation, He woke up in his hospital room afterward and saw that all the blinds were shut. When he asked the nurse why, she said, "There was a fire across the street, and we didn't want you to think that the operation had failed!"