

**Sunday, July 12, 2020**

**5<sup>th</sup> Sunday of Matthew**

**Proklos & Hilarios the Martyrs, Paisios the Athonite,**

**Veronica the woman with the issue of blood who was healed by Jesus**

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

The church will be opened to the first 150 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)

# 5 – Τον συναναρχον Λογον /The Word who with the Father

# 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: Luke 24:13-35.

Epistle: Romans 10:1-10.

Gospel: Matthew 8:28-34, 9:1.

(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:** John E. Petalas & ALL Parish Council members and volunteers.

#### **MEMORIALS**

40 days Paul Turpa

2 yrs. Markos Kritikos

40 days Constantine Halkias

21 yrs. Georgia Bikos

**MAY THEIR MEMORY BE ETERNAL!**

**SACRAMENTAL UPDATE:** As of this time, we have received permission from His Eminence Metropolitan Nathanael of Chicago to once again celebrate the Sacraments of Baptism and Marriage within our parish following the protocols set forth, as well as plan for future sacraments. Anyone who had booked a baptism or a marriage or who is considering to do so is asked to contact Fr. Ted through the church office at 219-769-2481 to confirm your date, reschedule, or make an appointment to start the process for your sacrament.



**GOYA SUMMER BONFIRE:** With the relaxing of some of the COVID-19 restrictions, we have the blessings of His Eminence, Metropolitan Nathanael of Chicago to hold a GOYA Summer Bonfire on Monday, July 20<sup>th</sup> at 7:00pm. For specific details and to RSVP, please contact Fr. Dimitri by email at [frdimitri@ssconstantineandhelen.org](mailto:frdimitri@ssconstantineandhelen.org) by July 15<sup>th</sup>. This event is open to current and in-coming Goyans. Let us come together in fellowship

and see old friends and make some new ones.

**CHUCKLE:** A nineteen-year old Purdue University student called campus police to complain he had loaned his fake driver's license to a friend, which was confiscated at a West Lafayette pub, and he was wondering how to get it back because he had paid \$50 for it.

And you were worried about the state of our education system...

**CATHEDRAL EARLY LEARNING CENTER:** Our preschool is accepting applications for the 2020-2021 school year. To enroll for the two day class (Tuesday & Thursday), the child must be 3 years old before August 1<sup>st</sup>. To enroll for the three day a week class (Tuesday, Wednesday & Thursday – please note day change for this class), the child must be 4 years old before August 1<sup>st</sup>. Applications are available in the church office. Registration fee is \$50 per child, and activity fee of \$75 per child. Tuition for two-day class is \$145 a month and \$175 a month for the three-day class. Children must be toilet trained to be enrolled. Call Christine Chimitris, 219-769-2481, between 9:00-11:30 a.m. for details.

**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, and 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.

**ORTHODOX STUDY HOUR:** Fr. Dimitri has been hosting virtual Orthodox Religious Education for our parish in the evenings during the week. Anyone interested in the Tuesday Bible Study at 7:00pm on the book of Genesis or the Thursday Faith 101 class at 7:00pm on the Divine Liturgy may tune in via Zoom. Both classes are posted on our Facebook Page the day after. For further details, contact Fr. Dimitri through the church office.

**PARISH COUNCIL OPENINGS:** Due to two resignations from the Parish Council, there are two open seats available. 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.

**YOUTH WORKERS NEEDED:** Anyone interested in helping our clergy and the Youth Committee coordinate and organize our various youth programs and ministries for next year (beginning this fall) is asked to contact Fr. Ted or Fr. Dimitri at the church office. We need at least two advisors for each of our HOPE, JOY, Jr. GOYA, & GOYA groups, one altar boy supervisor, 18 Sunday school teachers and substitutes, at least 4 retreat leaders for our fall, winter, spring and summer retreats. Without parishioner support, especially our youth's parents, we cannot continue our various programs. Please offer your time and talent. Also keep in mind, anyone working with the youth must participate in the Archdiocese Youth Protection Program. If advisors and volunteers are not registered in this program, the ministry cannot take place. For details, contact Fr. Dimitri at [frdimitri@ssconstantineandhelen.org](mailto:frdimitri@ssconstantineandhelen.org).

**ATTENTION GOLFERS:** The Cathedral Golf Outing is back with a new look and feel! Mark your calendars, and get ready for a great day of fun and fellowship. The outing will be held this year on Friday, August 28<sup>th</sup> at the Innsbrook Country Club in Merrillville. Tee-off time (shotgun start and best ball format) is 8:00 am. A Bloody Mary breakfast will be offered, along with free range time from 7:00-8:00am. Cost is \$80 per golfer (After July 31<sup>st</sup> \$90 per golfer). This price includes green fees, cart, lunch at Innsbrook, as well as prizes and complementary gifts.

In the meantime, the Golf Committee is seeking donations for corporate (\$500), drink (\$300) and hole (\$150) sponsors, as well as raffle and door prizes along with other items on our wish list. If you could be of assistance in one or more of these areas, please email Jeff Mills at [jdmills1070@yahoo.com](mailto:jdmills1070@yahoo.com) or Dr. Jim Siatras at [jsiatras@gmail.com](mailto:jsiatras@gmail.com). For golf or lunch reservations and other details, call Chris Paramantgis 219-712-0125 or email him at [cparamantgis@gmail.com](mailto:cparamantgis@gmail.com).

## ATTENTION FAITHFUL MEMBERS OF SAINTS CONSTANTINE AND HELEN CATHEDRAL

We have spent the days since the COVID-19 Pandemic swept the nation and world unable to gather as a church family for prayer, worship, and the reception of the sacraments. Through these difficult months, we have devoted ourselves to fervent prayer and entreaty to God for those sick with the virus, for frontline workers, for our civil and church leaders, and so that we could once again be united to our church family.

We now have the church doors open for church services, with limited seating after months of being closed. That being said, the experience of coming to church is different. There are new requirements and procedures put in place to allow us to celebrate the Divine Liturgy as safely as possible.

Below is a list of these new protocols. Please read them over carefully. A greater familiarity with these protocols will result in an easier transition to the new worship experience at our Cathedral. Please understand that these protocols are subject to change, and we will do our best to keep you updated.

We thank you for your continued patience and prayer, and ask for your assistance and cooperation as we open up our church.

In Christ's service,  
✠Fr. Ted ✠Fr. Dimitri

### 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 (100-150) 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 be small children.
- 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.
- There will be no distribution of antidoron, artoklasia or kolyva.
- 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.**

**GREEK FEST CANCELLED:** By the second week of July, our parish is usually ready to host our Greek Festival. However, due to the COVID-19 Pandemic and the restrictions placed on our community by the CDC and the Metropolis of Chicago, along with time restraints, lack of volunteers, as well as the higher cost of food, supplies and other materials, the Parish Council has decided to cancel this year's Greek Festival and focus all our efforts on our Fall Food Fest on November 6<sup>th</sup> & 7<sup>th</sup>. More information to come.

**ANNUAL FESTIVAL RAFFLE:** 4000 RAFFLE TICKETS have been distributed to our parishioners and super sales people. Cost per Raffle Ticket is \$25 for prizes totaling \$10,000 — 1<sup>st</sup> Prize: \$5,000, 2<sup>nd</sup> Prize: \$2,000, 3<sup>rd</sup> Prize: \$1,000. There will also be four Early Bird Prizes drawn of \$250 each on July 5<sup>th</sup>, August 16<sup>th</sup>, September 6<sup>th</sup> & Oct. 18<sup>th</sup>.

**The first Early Bird drawing was held on Sunday, July 5<sup>th</sup> and the \$250 winner was: Ticket #0590 – Nick Fitousis. Congratulations to Nick and thank you to all who have purchased tickets. The next Early Bird drawing is August 16<sup>th</sup>.**

Please note that it is the Raffle that brings in the greatest profit for our Festival and guarantees financial success. That is why it is very important we make every effort to sell or buy our tickets. It is truly amazing what can be accomplished if we only try.

All unsold tickets, ticket stubs and money collected are returned to the church office no later than Friday, November 6<sup>th</sup>. Your cooperation in this matter is truly appreciated!

**BYZANTINE MUSIC CLASS:** This fall, our parish will be holding a Byzantine Music class led by Fr. Dimitri for those who would like to learn the ancient art of Orthodox Church music. All interested students ages 12+ should contact Fr. Dimitri at [frdimitri@ssconstantineandhelen.org](mailto:frdimitri@ssconstantineandhelen.org). Once the class is solidified, we will determine the schedule based on availability. Lessons will be held in-person or via Zoom depending on the pandemic conditions.

**STEWARDSHIP - OBLIGATION TO MY CHURCH:** Some years ago, there came to my desk an attractive little tract published by Church World Press of Cleveland, Ohio, entitled, "*My Threefold Obligation to my Church.*" No author's name was given. It was brief, pithy, straight-forward, and challenging. I do not recall anything that this anonymous author wrote in his testimony except the three main points, about which he gathered his declaration of responsibility to his church. These were: (1) I should pray it up; (2) I should thank it up; and (3) I should pay it up. This is my threefold obligation to my church.

**PLEASE DON'T FORGET YOUR OBLIGATION TO YOUR CHURCH!!!**

Remember, your parish worship services as well as the programs and ministries we offer, though affected by the COVID-19 Pandemic, are still active and being ministered by our clergy and volunteers. Their effectiveness in serving the needs of our faithful are only as fruitful as you make them with your time, effort, and support. If you don't care, who really will?

If you haven't submitted your 2020 Pledge to our Cathedral, please do so today! Also, remember Ss. Constantine and Helen this summer. Keep current with your pledge by submitting your payment before you leave on vacation. Statements of Contribution will be mailed out shortly for you to review and check to see where you stand in regards to your Stewardship Pledge. Your unending support is necessary to continue the ministries and programs of our parish. Thank you for your support and cooperation in this matter!

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. 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>

## BOOK BAG & BACK TO SCHOOL BLESSING



With schools in our area preparing to begin their new school year following their closure because of the COVID-19 Pandemic, our Cathedral will have a special blessing service for our children as they return to school on Sunday, August 16<sup>th</sup>. Students, teachers and administrators are asked to be in church on this day so that a special prayer may be offered for them as they start off the new school year. Following the blessing, each student and teacher in attendance will be given an icon to keep with them for the school year.

With the need greater than ever, we will once again this year be collecting school supplies for those less fortunate. Contact Presvytera Tulla at [preztulla@yahoo.com](mailto:preztulla@yahoo.com) for details. Please help us out and bring a little something to church with you on Sundays or during the week. For ideas on what to bring, here's a list of things needed: Backpacks, Wide rule paper, #2 pencils, Color pencils, Pencil Box, Box of 24 crayons, Hand Sanitizer, Kleenex, Single subject note book/wide, 2 pocket folders, & rulers.

**WISDOM OF THE FATHERS:** We have no need to despond; for Christ has vanquished everything, raised Adam, released Eve, and slain death! -St. Seraphim of Sarov

**JESUS** is the human way God chose to get close to us, to pull us up beside Him; to put His arms around us and tell us, "I love you!"

**THE GOSPEL LESSON OF THE TORMENTOR:** Everyone has seen the little sign provided for guests in hotels, "Do not disturb." The two demon-possessed persons in today's Gospel lesson had placed such a sign on the door of their lives. When they saw Jesus approaching, they cried out, "Do not disturb us."

These two persons were standing in the very presence of the Son of God. They could have had the water of life for the mere drinking! They could have had the bread of life for the mere taking! Yet they cried, "Leave us alone! Do not disturb us!" They drew a circle around their lives to shut Jesus out. They made of their hearts two prison cells that Jesus was forbidden to enter. They preferred to stay in that prison with demons rather than open the door to the Redeemer.

"Have you come here to torment us...?" the demoniacs asked. This is not just the raving of a demented person. Some people are always resisting the presence of Jesus. To them, He is a *TORMENTOR* Who stirs up a crisis in the soul.

Herod, for example, was afraid that Jesus would torment him, would interfere with his life, his place, his influence, his power, so he set out to destroy Him. There are still those who would destroy Jesus, because they see in Him the One Who interferes with their lives. They wish to do what they like, and Jesus stands in the way, so they would get rid of Him. **To many people, Jesus comes as a TORMENTOR.**

Alcibiades, a young irresponsible Greek, once said to Socrates, "Socrates, I hate you. Every time I see you, you remind me of what I am and you make me feel ashamed of myself." Don't many hate Jesus for that reason? Why is it, for example, that many people never darken the door of the church? Is it not because they do not want to be disturbed? They do not want the disturbing presence of Jesus in their private lives.

As T. S. Eliot wrote: "Why should men love the Church? Why should they love her laws? She tells them of Life and Death, and of all they would forget. She is tender where they would be hard, and hard where they would like to be soft. She tells them of Evil and Sin, and other unpleasant facts."

"What have you to do with us, Jesus? Do not disturb us!" In other words, "Mind your own business, Jesus. Leave us alone. Get back to Palestine. Climb back into the Bible. Get back into Church. Get back anywhere as long as You do not interfere with our way of life. You have no jurisdiction over us. Don't I have a right to live my own life? What have You to do with me, Jesus of Nazareth?"

Jesus came with the promise of rest. But He usually has to make us restless with ourselves and with our world before He can give us His rest. He is a persistent disturber.

Why does Jesus disturb? For only one reason: to heal us. He is the Divine Disturber in order that He may become the Divine healer. Just as a physician will break a crooked bone in us in order to set it straight, God may break a wrong spirit in us in order to give us a chance to possess the right spirit.

**SAINT OF THE DAY – ST. VERONICA:** In Church history, it is often difficult to distinguish between fact and legend. In the early years of Christianity, stories abounded concerning the spirit exploits of saintly men and women, often making them out to be larger than life. Nevertheless, the exaggerations and embellishments associated with them do nothing to diminish the sincerity of their commitment to Christ.

St Veronica certainly falls into that category. The Church has adhered to the pious tradition that she was, in fact, the woman with the issue of blood who touched the hem of the garment of our Lord as He was passing by (Matthew 9:20).

The name "*Veronica*" comes from the Latin word "*vera*" (true) and the Greek word "*eikon*" (image). It is little wonder then that the story developed about St. Veronica stepping out of the crowd that fateful Good Friday and wiping the perspiring Face of the Lord with her veil – an act of kindness that left an imprint of the Countenance of the suffering Messiah upon it.

Through the years, several traditions have surfaced concerning "*Veronica's Veil*." One such adventure brought Veronica to the court of Emperor Tiberius, who was grievously ill. Miraculously, when the Emperor was shown the veil he was instantly cured of his disease.