

**Sunday, July 19, 2020**

**Sunday of the Holy Fathers of the 4<sup>th</sup> Ecumenical Council**  
**Makrina the Righteous, sister of St. Basil;**  
**Dios, Abbot of Antioch; Theodore, Bishop of Edessa;**

**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 συναρχον Λογον /The Word who with the Father
- # 210 – Υπερδεδοξαμενος ει Χριστε ο Θεος ημων/Supremely praise are You O Christ
- # 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 24:36-53.  
Epistle: Titus 3:8-15.  
Gospel: Matthew 5:1-19.

(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:** Nicki Droza & ALL Parish Council members and volunteers.

**MEMORIALS**

- |                           |                                 |
|---------------------------|---------------------------------|
| 40 days Eleni Hovardas    | 7 yrs. George Klimis            |
| 9 mon. Angeliki Karakozis | 8 yrs. Kostantinos Kouskousakis |
| 9 mon. Nick Vlamos        | 10 yrs. Stelios Kouskousakis    |
| 1 yr. Louis Thiros        | 23 yrs. Kostantinos Papafilis   |
|                           | 42 yrs. Ekaterini Papafilis     |

**MAY THEIR MEMORY BE ETERNAL!**

**SERVICE SCHEDULE:** Tuesday, July 21<sup>st</sup> – *Vespers Service for the Feast of Agia Markella* – 6:30 p.m. in the Cathedral.

Wednesday, July 22<sup>nd</sup> – *Feast Day of Agia Markella (Also commemorating Prophet Elias)* – Divine Liturgy 9:00 a.m. in the Cathedral

**ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Τριτη, 21 Ιουλιου – *Εσπερινος της Αγιας Μαρκελλης* – 6:30 μ.μ. στο Καθεδικο Ναο.

Τεταρτη, 22 Ιουλιου – *Εορτη της Αγιας Μαρκελλης (Και Ηλιου Προφητου)* – Θεια Λειτουργια: 9:00 π.μ. στο Καθεδικο Ναο.

**FESTIVAL MEETING:** Thursday, July 23<sup>rd</sup>, 6:00 p.m. in the Gold Room.

**PARISH COUNCIL MEETING:** Thursday, July 23<sup>rd</sup>, 7:00 p.m. in the Gold Room. All Parish Council members should be in attendance.

**GOOD ADVICE:** If you can't sleep at night, don't bother counting sheep. Have a talk with the Shepherd.

**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 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, 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. (Note: there is no Bible Study this week because of Vespers.)

**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.

**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.

**CHURCH HUMOR:** Pastor Dave Charlton tells us, "After a worship service at First Baptist Church in Newcastle, Kentucky, a mother with a fidgety seven-year-old boy told me how she finally got her son to sit still and be quiet. About halfway through the sermon, she leaned over and whispered, 'If you don't be quiet, Pastor Charlton is going to lose his place and will have to start his sermon all over again!' It worked".....

**SHARING OUR FAITH:** The keeper of a lighthouse was boasting of the brilliance of his lamp. Asked what would happen if the lamp went out or if the reflectors became dull, he replied, "Impossible! Out there ships are sailing. If this light goes out tonight, someone will be shipwrecked."

In a similar way the eyes of the world are fixed on the followers of Jesus Christ. For this reason, Jesus said in the Gospel lesson today:

**"You are the light of the world. A city set on a hill cannot be hid. Nor do men light a lamp and put it under a bushel, but on a stand and it gives light to all in the house. Let your light so shine before men, that they may see your good works and give glory to your Father who is in heaven."**

Every person exerts an influence on the world. If you are a Christian and are living a Godless life, by your example, you are making it harder for others to follow the ways of peace and righteousness. By your unbelief, you are making it easier for some to reject the way of life through Christ Jesus.

It is a solemn thought that our lives are continually radiating light or darkness, and there are ripples of influence that we can never control or stop. No man lives unto himself.

No one is entirely without influence. Everything we say and do has a ripple effect. It either hurts or helps. It either leads or misleads. It either advances God's Kingdom or hinders it. We are responsible – AND ARE HELD RESPONSIBLE BY GOD – for the influence we are sending out from our lives.

**RELATING TO THE FAITH:** Each year, in accordance with the Orthodox Church Calendar, the Sunday which falls between the 13<sup>th</sup> and 19<sup>th</sup> of July is designated as the Feast Day honoring the Holy Fathers of the Fourth Ecumenical Council. As we know, the head of the Greek Church is Jesus Christ, Son of the Living God. We recognize no other leader. The Patriarchs, Archbishops and Bishops are merely the Lord's representatives who carry on the work of His Holy Church. Actually, the highest authority within the Church itself is the Ecumenical Council. During the early period of Christianity, many councils were held to establish once and for all the basic beliefs of the Christian Church. The Fourth Ecumenical Council held in 451 A.D. in Chalcedon defined the doctrine concerning the person of Jesus Christ. That is, Jesus of Nazareth is one person or hypostasis in two natures-human and divine. He is perfect God and perfect man. As God, He is "of one essence" (homouousios) with God the Father and the Holy Spirit. As man, He is "of one essence" with all human beings.

**CHURCH FATHERS SPEAK:** A small but always persistent discipline is a great force; for a soft drop of water falling persistently, hollows out a hard rock. -*St. Isaac the Syrian*

**THOUGHT:** The best reformers the world has ever known were those who began with themselves.

## YOUTH MINISTRIES

**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.

**ONLINE SUMMER CHURCH CAMP:** During the first two weeks of August, which are dedicated to the Virgin Mary, we will be holding virtual Summer Church Camp on the Panagia. The virtual camp will be held each Tuesday and Thursday and will consist of a short video message and corresponding activities for each family to do at their own pace. To register your family and get more information, please register through this link: <https://www.eventbrite.com/e/digital-vacation-church-camp-tickets-113019289738>.