

Sunday, July 5, 2020

4th Sunday of Matthew

Athanasios of Mt. Athos & Kyprianos the New Martyr

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)

3 – Ευφρανεσθω τα ουρανια/Rejoice all the heavenly

146 – Την εν σαρκι ζωην σου κατεπλαγησαν/At your life in the flesh

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 24:1-12.

Epistle: Galatians 5:22-26, 6:1-2.

Gospel: Matthew 8:5-13.

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

MEMORIALS

9 days Presvytera Cynthia Kouremetis

3 mons. Katina Mamounas

7 yrs. William Terpinas

1 yr. Ioannis Grantsaris

9 yrs. Emmanuel Paviadakias

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 20th at 7:00pm. For specific details and to RSVP, please contact Fr. Dimitri by email at frdimitri@ssconstantineandhelen.org by July 15th. 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: “Where did you get that pretty curly hair?” a small girl was asked. “I think I got it from Daddy,” she replied. “Mommy still has hers.”

WE ARE THE CHURCH TOGETHER: Thank you to all our members for all your love and for the ways you have shown it towards our Cathedral of Ss. Constantine and Helen these past three months. Thank you for checking in on one another and letting our clergy know who needs assistance, whether it be physically or spiritually. Thank you for participating in and joining together for worship virtually during the times our parish was on lockdown for the safety and protection of our faithful. Thank you for following the “New Norm” protocols that have allowed our parish to open again for worship. Thank you for your continued financial support of our community through our Stewardship Ministry and our online Tithely Giving Program. Thank you for your volunteer hours, food donations, and monetary support of our Food Pantry, as well as for the Northwest Indiana Mask Project. We are truly the Church together!

If anyone would like to talk with our clergy about anything or needs support in any way, please let us know through the church office at 219-769-2481.

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 1st. 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 1st. 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, see Fr. Dimitri.

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 6th & 7th. 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 — 1st Prize: \$5,000, 2nd Prize: \$2,000, 3rd Prize: \$1,000. There will also be four Early Bird Prizes drawn of \$250 each on July 5th, August 16th, September 6th & Oct. 18th.

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.

Also, the Festival Raffle committee requests that all unsold tickets, ticket stubs and money collected are returned to the church office no later than Friday, November 6th. Your cooperation in this matter is truly appreciated!

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 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.

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. Read on below and check out the link listed. It is a symbolic 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 16th. 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. See Presvytera Tulla 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.

MARK YOUR CALENDARS: The Cathedral Golf Outing will take place, Friday, August 28th at Innsbrook CC. For details, contact Jeff Mills at jdmills1070@yahoo.com or Dr. Jim Siatras at jsiatras@gmail.com. For golf or lunch reservations and other details, call Chris Paramantgis 219-712-0125 or email him at cparamantgis@gmail.com.

JESUS AND SUFFERING: Did Jesus spend His life healing the sick? Did He not heal the centurion's servant in today's Gospel lesson? Did He not say once that the sickness of a certain woman was not the will of God but the will of Satan? Did He not weep before the tomb of Lazarus, His friend? Did He not say about the man born blind: "His blindness has nothing to do with his sin or his parent's sins? He is blind so that God's power might be seen at work in him?"

Some Christians will object to all this and say, "But if it helps people to believe that their suffering is God's will, let them believe it." But there is never any comfort in a lie! If it is God's will for the sick to suffer and the poor to starve and the oppressed to languish, then it is not God's will to help build hospitals; it is not God's will to help feed the hungry; it is not God's will to clothe the naked; it is not God's will to relieve suffering wherever we find it. Did not Jesus say that He came "to preach good news to the poor...to proclaim release to the captives and recovering sight to the blind, to set at liberty those who are oppressed...?" (Luke 4:18). Not suffering, but healing and wholeness are God's will for us.

GIVING GOD PERMISSION TO DO GLORIOUS THINGS WITH OUR LIVES:

There is no limit to what God can do with someone who prays the "whatever" prayer – the prayer of total surrender to God. A simple virgin named Mary became the Mother of God when at the Annunciation she said "whatever" to God, that is, "Be it done to me according to Your will." Simon Peter the fisherman became Simon Peter the rock on whose confession of faith that Jesus is Lord and the Church was established. A tax collector named Matthew became an evangelist who wrote the first of the four Gospels. Mary Magdalene, a sinner, became the first to proclaim the resurrection of Jesus. A persecutor named Saul became Paul, the great apostle to the Gentiles. And the list goes on. "Whatever, Lord! Whatever!" is a prayer that gives God permission to do glorious things with our lives.

Jean-Pierre de Caussade, in his classic book, *The Sacrament of the Present Moment*, writes as follows about such complete self-surrender to God:

"...the sure and solid foundation of our spiritual life is to give ourselves to God and put ourselves entirely in His hands, body and soul. To forget ourselves completely so that He becomes our whole joy and His pleasure and glory. His being, our only good. To think of ourselves as objects sold and delivered, for God to do with us what He likes. With this foundation laid, souls have but to spread their entire existence rejoicing that God is God, surrendering themselves so completely that they are happy to obey His commands whatever they may be and without questions."

CHURCH FATHERS SPEAK: Love for God begins to manifest itself, and to act in us, when we begin to love our neighbor as ourselves, and not to spare ourselves or anything belonging to us for him, as he is the image of God: "for he who does not love his brother, whom he has seen, cannot love God, whom he has not seen."

-St. John Kronstadt

SAINT OF THE DAY – KYPRIANOS THE NEW MARTYR: Kyprianos became a monk on Mt. Athos after the death of his parents. He became known and respected as a monk there. However, he was haunted by the thought that his soul would not be saved unless he was martyred. With that thought, he left Athos and journeyed to Thessalonica, where he presented himself before the Turkish pasha. He urged him to abandon the Muslim faith and to adopt his Christian faith. The pasha had him whipped and released. Unhappy with so light a suffering, he sent a letter to the grand vizier, articulating the false tenants of Mahoumed and the truth of Jesus Christ. For this he was joyfully beheaded.