

Sunday, June 14, 2020

Sunday of All Saints

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. If needed, a second Divine Liturgy will be celebrated in the Great Hall beginning at 11:00am. Again, one must be registered to attend this service.

HYMNS FOR THE DAY: (Found in red hymnal book)

- # 8 – Εξ υψους κατηλθες ο εσπλαγχνος/From on high You descended
- # 213 – των εν ολω τω κοσμω Μαρτυρων σου/Your Church O Christ our God
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 245 – Ως απαρχας της φυσεως/Like the first fruits of nature

READINGS:

Orthros Gospel: Matthew 28:16-20.

Epistle: Hebrews 11:33-40, 12:1-12.

Gospel: Matthew 10:32-33, 37-38, 19:27-30.

(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: JoAnn Massow & ALL Parish Council members and volunteers.

MEMORIALS

40 day	Konstantina Tsahas	2 yrs.	Vasilios Tsouklis
3 mons.	Chris J. Vlahos	7 yrs.	Vasilios (Bill) Kravas
2 yrs.	Haralambos Zairis	10 yrs.	Demetrios (James) Vallas

SERVICE SCHEDULE: Wednesday, June 17th - *Holy Unction Service* - 5:00 p.m. in the Cathedral.

ΘΗΣΕΥΤΙΚΟ ΗΜΕΡΟΛΟΓΙΟ: Τεταρτη, 17 Ιουνιου – *Αγιον Ευχελαιον* – 5:00 μ.μ. στον Καθεδρικο Ναο.

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 219-769-2481 to confirm your date, reschedule, or make an appointment to start the process for your sacrament.

CHURCH HUMOR: A young boy was listening to his Sunday school teacher talk about the power of God, specifically that God is everywhere and would never leave us nor forsake us. She asked the class if they knew that this was true. One boy agreed with his teacher and told the class, “God’s the one who opens the door at the grocery store.”

FOOD FOR THOUGHT: God sometimes writes straight with crooked lines. He can use evil and suffering for His glory and our greatest good.

PANTA AXIOS to Fr. Ted and Presvytera Tulla as they celebrated 36 years of ministry on June 10th to the Lord Jesus Christ in His Royal Priesthood. May the good Lord continue to watch over them and bless them with many more years of health, peace, joy, patience, wisdom, strength, understanding and love in the service of His Holy Church.

CHRONIA POLLA to His All-Holiness Bartholomew I, Archbishop of Constantinople and Ecumenical Patriarch, and to Metropolitan Nathanael of Chicago, who celebrated their Patron Saint Day on June 11th, the Feast Day of Bartholomew the Holy Apostle. EIS POLLA ETH DESPOTA!

GREEK FEST UPDATE: Usually by this time of the year, we are deep into making plans and organizing our Annual Summer Greek Festival. However, due to the COVID-19 Pandemic, we have had to postpone our usual plans. At this time, the Parish Council is debating whether or not to have a limited Greek Fest in July, to do a drive through to carry food out only, or not to do one at all and focus all our efforts on our Fall Food Fest. The decision is difficult because our parish needs the Greek Fest financially to balance the budget. Complicating the decision is first we don’t know if we will have enough volunteers to work for the Fest, and whatever decision is made, if our efforts will be profitable due to the higher than normal prices of food and materials. An announcement will be forthcoming on the Parish Council’s decision. Please stay tuned!

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 for the three-day class is \$175 a month. Children must be toilet trained to be enrolled. Call Christine Chimitris at 219-769-2481 between 9:00-11:30 a.m. for details.

FANARI CAMP NEWS: Parents, you have a few more days to register your child(ren) for FANARI CAMP! We had a parents virtual meeting this past week, and the staff has a wonderful program planned in lieu of actual camp this summer - so don't miss out! Go to <https://www.fanari.camp/summer-camp> to register!

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.

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 will be 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. You can also find more information on our website: sconstantineandhelen.org. 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 their 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.**

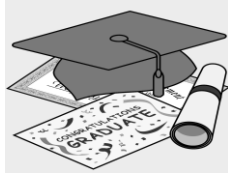
STEWARDSHIP: How swiftly time passes. This became apparent when we glanced at our calendar this week and discovered that 5½ months of 2020 have passed. The Stewardship Committee reports as of June 10th, 501 pledges have been submitted to the church office for a total of \$351,672. We thank all the Stewards of our community who have responded promptly and generously, and request that every one of our 800 plus members submit their Pledge of Commitment for the current year.

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>

A SALUTE TO GRADUATES: Graduate Sunday stands alone. It is a special day for the parents and parishioners, and an opportunity to express our congratulations to all Graduates. Graduation for us is not a time of completion, but an opportunity to prepare for the next level of life. We wish each and every one of you Graduates to continue on the road to success. Love God, increase your faith through frequent participation in the worship and Sacraments, and learn from all mistakes. Embrace each day as a blessing from God and remember to thank Him.

Due to COVID-19 restrictions, at the conclusion of the Liturgy, the Graduates of our parish will be acknowledged verbally by our clergy. May the blessings of our Lord and Savior Jesus Christ be with them always. CONGRATULATIONS!



CLASS OF 2020 – HIGH SCHOOL

Fotios Zachary Collaros	Munster High School
Kaitlin Gardner	Crown Point High School
Maria C. Jeffers	Crown Point High School
Rebecca Mitchell	Lake Central High School
Christian Mojica	Crown Point High School
Angeliki P. Pyrros	Lake Central High School
Nick Sakaleros	Crown Point High School
Anastasia Tsagris	Valparaiso High School
Xanthi Tsagris	Valparaiso High School

CLASS OF 2020 – COLLEGE/UNIVERSITY OR POST-GRADUATE

Ellie Ioannides	Indiana University
Alexia Sophia Laurish	Purdue University
Gregory W. Logothetis	Purdue University
Daniel Lopez	Ivey Tech
Anjelica Mojica	IU-Purdue, Ft. Wayne
John Sakaleros	Earlham College

THE SNEEZE: They walked in tandem, each of the ninety-two filing into the already crowded auditorium. With rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt. Dads swallowed hard behind broad smiles, and Moms freely brushed away tears.

This class would not pray during commencement-not by choice, but because of a recent court ruling prohibiting it. The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance, and no one asked for blessings on the graduates or their families. The speeches were nice, but they were routine...until the final speech received a standing ovation.

A solitary student walked proudly to the microphone. He stood still and silent for just a moment, and then it happened. All 92 students, every single one of them, suddenly SNEEZED!!!

The student on stage simply looked at the audience and said, “GOD BLESS YOU, each and every one of you!” And he walked off stage.

The audience exploded into applause. The graduating class found a unique way to invoke God’s blessing on their future with or without court’s approval.

**GOD BLESS YOU – THE CLASS OF 2020
AND EACH AND EVERY ONE OF US!!!**

THE SUNDAY OF ALL SAINTS: Early Christians witnessed the sufferings and the saintly lives of the followers of Christ and felt that their memories should be perpetuated. It was not surprising that an annual remembrance was made at the graves of the martyrs for Christ. Thus the Church came to designate certain days for the commemoration of these saints. With the passing centuries, the calendar became full of saint-days, and in fact several are often remembered on a particular date.

St. Paul speaks, in his letter to the Hebrews, of the “cloud of witnesses” which encompass believers as he bids them struggle on in the Christian life. Indeed, these Saints of God, “keepers of God’s commandments, shining examples of virtue, and benefactors to humanity,” are the heroes of the Faith.

To the known prophets, martyrs, confessors, apostles, we must add the myriads of saints of whom little is known by man. They lived simple, pious lives, praying, fasting, loving Christ and neighbor, and then passing on into glory. So the Church wisely set aside this Sunday after the Descent of the Holy Spirit as the Sunday of All Saints.

These are the faithful Christians from every walk and station in life: fathers and mothers, children, soldiers, laborers, the skilled and the unskilled, the educated, the black, the white, and every color and nationality, the rich and the poor, the young and the old. There were great differences among these people, but they had the one most important thing in common; their faith and service to Christ. And so we honor this day those who are to termed “the fulfillment of the Gospel” in the hymnology of the Church.

SPIRITUAL INSIGHT: How closely the Church in heaven (Triumphant) and the Church on earth (Militant) are connected. The connection between the two is love, for God is love!

We need to love one another as Christ has loved us. It is in this love that every Christian is in union with the saints if he/she desires to make Christian progress; for the saints are our friends, our guides to salvation, who pray and intercede for us.

FAST FOR THE HOLY APOSTLES: The Fast for the Holy Apostles is one of the four major Fasts in the Orthodox Church. The date and length of the Fast varies each year and depends on the date of Pasha (Easter). The Fast always begins the day after All Saints Day and ends on the Feast Day of Ss. Peter and Paul, June 29th. This year’s Fast begins tomorrow, Monday, June 15th. Let us all try and make the effort to fast and pray during this time period. Let us attend worship services and prepare ourselves to receive the Body and Blood of our Lord and Savior Jesus Christ. Also, let our faith move us to do good works in the Name of Jesus Christ by visiting the sick and shut in, by clothing the naked, by feeding the poor and by offering a helping hand to all who are in need.

PONDERING: Why do I spend my life serving the poor? Because I love Jesus. We are not social workers. We are contented within the world because we are with Jesus, doing it for Jesus, and doing it to Jesus. We are nothing and we can do nothing; but with Jesus, in possessing Jesus, we possess all things. And in Him, we can do all things.
Mother Teresa

MORE FOOD FOR THOUGHT: There are victories of soul and spirit. Sometimes, even if you lose, you win.

CHURCH FATHERS SPEAK: Prayer offered up at night possesses a great power, more so than the prayer of day-time. Therefore all the righteous prayed during the night, while combating the heaviness of the body and the sweetness of sleep and repelling corporeal nature.
-St. Isaac the Syrian

