

## Sunday, March 14, 2021

**Forgiveness Sunday - Cheesefare Sunday**

**Expulsion of Adam & Eve from Paradise**

**Benedict the Righteous of Nursia; Eusechmon the Confessor, Bishop of Lampasakos;**

**Alexander the Martyr of Pidne**

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

The church will be opened to the first 225 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)

# 7 – Κατελυσας τω Σταυρου τον θανατον/You vanquished death by Your Cross

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

# 233 – Της σοφιας οδηγε, φρονησεως χορηγε/O wisdom's guiding star

**READINGS:** Orthros Gospel: John 20:1-10

Epistle: Romans 13:11-14:4

Gospel: Matthew 6:14-21

(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:** Chris Paramantgis & ALL Council members and volunteers.

### MEMORIALS

40 days	Kuratso (Karen) Ploutis	1 year	Panagiotis Gyftakis
3 mons.	Zoe Batalis	1 year	Androniki Stavrinoudis
3 mons.	Victoria Gyftakis	1 year	Christos Vlahos
3 mons.	Evangelos Liadakis	2 yrs.	Nicholas (Niko) Kostantios
6 mons.	Artemis Panayi	16 yrs.	Panagiota Yiatra

**MAY THEIR MEMORY BE ETERNAL!**

**COFFEE FELLOWSHIP UPDATE:** With the easing of some of the COVID-19 restrictions in the state of Indiana, we are able to once again host a limited Coffee Fellowship Hour following worships services on Sunday. **Mask wearing and social distancing are still required when attending. We must stress that everyone entering the Great Hall or walking around in the hall needs to wear a face mask!** We are looking forward to seeing our parishioners and visiting with them after almost a year of no Coffee Fellowship.

**THANK YOU** to all our members who attended last week's General Assembly. Your thoughtful commitment to the needs of our parish is deeply appreciated. May we all work together for the glory of God and His Holy Church. May the Lord's blessings be with you and our parish always!

**FORGIVENESS** has been called the virtue we profess to believe and fail to practice.

**THOUGHT:** Kind actions begin with kind thoughts.

**FORGIVENESS SUNDAY:** The theme of this Sunday refers to the expulsion of Adam from Paradise. Adam in Paradise misused his freedom by allowing himself to be persuaded by the evil one to disobey the command to not eat of the fruit of the tree of knowledge of good and evil. The evil one convinced him that by so doing he would know more than God. The Church in its hymns presents the condition of Adam outside of Paradise as weeping and working hard for his livelihood. The Gospel passage of the day refers to the manner of praying, fasting, almsgiving and all good works. These are to be done in secret, without boasting. The meaning of this Sunday is the condescension of God to the human weakness: **“for if you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses”** (Matthew 6:14-15). This is emphasized in the Lord's Prayer. The week (six days) preceding Cheesefare Sunday and after Meatfare Sunday is the addition to the period of Great Lent which completes the forty days of fasting (excluding Saturdays and Sundays). The name of this Sunday, "Cheese", implies that the fast of this week is the gradual transition from eating meat to the strict fast of Lent, which starts the next day, Monday, with the first Sunday of Lent at the end of the preliminary seven days (Sunday of Orthodoxy).

**WISDOM OF THE FATHERS:** “The honor of fasting consists not in abstinence from food, but in withdrawing from sinful practices...If you see a poor man, take pity on him! If you see an enemy, be reconciled to him! If you see a friend gaining honor, do not envy him! If you see a beautiful woman, pass her by! Let not the mouth only fast, but also the eye, and ear, and the feet, and the hands, and all the members of our bodies. Let the hands fast by being pure from lust and greed. Let the feet fast by ceasing to run to the unlawful spectacles. Let the eyes fast, being taught never to fix themselves rudely upon handsome countenances or to busy themselves with strange beauties. Looking is the food of the eyes, but if this be such as is unlawful or forbidden, it ruins the fast and upsets the whole safety of the soul; but if it is lawful and safe, it adorns fasting.” - *St. John Chrysostom*

**SERVICE SCHEDULE:** Sunday, March 14<sup>th</sup> – *Forgiveness Vespers:* 6:00 p.m. in the Cathedral.

Monday, March 15<sup>th</sup> (Clean Monday) – *Compline:* 6:00 p.m. in the Cathedral.

Wednesday, March 17<sup>th</sup> – *Presanctified Liturgy:* 6:00 p.m. in the Cathedral.

Friday, March 19<sup>th</sup> – *1<sup>st</sup> Salutation Service to the Theotokos:* 6:30 p.m. in the Cathedral.

Saturday, March 20<sup>th</sup> – *3<sup>rd</sup> Saturday of Souls:* Only Divine Liturgy 9:00 a.m. followed by Trisagion Service in the Cathedral.

**ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Κυριακη, 14 Μαρτιου – *Εσπερινος της Συγχωρησις (Κατανυκτικος Εσπερινος)* – 6:00 μ.μ. στο Καθεδρικο.

Δευτερα, 15 Μαρτιου – *Μεγα Αποδειπνον* – 6:00 μ.μ. στο Καθεδρικο.

Τεταρτη, 17 Μαρτιου – *Λειτουργια Προηγιασμενων Δωρων* – 6:00 μ.μ. στο Καθεδρικο.

Παρασκευη, 19 Μαρτιου – *Α' Χαιρετισμοι στην Θεοτοκον* – 6:30 μ.μ. στο Καθεδρικο.

Σαββατο, 20 Μαρτιου – *Γ' Ψυχοσαββατον* – Μονο Θεια Λειτουργια με Τρισαγιο στις 9:00 π.μ. στο Καθεδρικο.

**ORTHODOX LENT:** The Orthodox Christian Lent begins this evening with the Vespers of Forgiveness, which sets the tone for Monday, March 15<sup>th</sup> as “Clean Monday”, the first day of cleansing or purification. On this day, Orthodox faithful are required to begin a spiritual and moral purification through fasting and prayer, meditation, repentance, attending Lenten religious services and partaking of the Sacraments of Confession and Communion. Religious services during the Lenten period are especially beloved by Orthodox faithful. They include the Compline, the Liturgy of the Presanctified Gifts, the Salutation to the Virgin Mary and the Divine Liturgy of St. Basil.

**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 (225) 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. • 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.
- 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 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 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.
- At the time for Holy Communion, 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).

**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 MINISTRY:** Today we remember Adam’s expulsion from Paradise. Adam’s original purpose was to be a steward of God’s creation – to work with God and his partner Eve for the benefit of the world. But because of his disobedience, his pride, and his selfishness, he was expelled from Paradise. Still, out of God’s love for mankind and for the world, He sent the second Adam – His only Begotten Son Jesus Christ to redeem and glorify the world. Now, because of the forgiveness of sins and eternal life that has been given to us in Jesus Christ, we can once again devote ourselves to the task of divine stewardship.

This year of 2021 our parish faces a reduced budget of \$800,000, without major repairs or costly renovations. To meet our financial obligations, we have set a goal of at least \$800,000 for our Stewardship Program to reach in pledges (average pledge \$1500). It is only with your love and generosity that this goal will be reached. Please remember that this goal is what our community needs to operate at and be vital in the lives of all our members.

If you haven’t already submitted your 2021 Stewardship Pledge form to the church office, please do so today. When considering your pledge, please do not view it as “How little can I give?” but rather “How much can I offer to God and His Church?” 2021 Pledge forms are being mailed to those who haven’t pledged for 2021 and are available in the church office as well.

As of February 28<sup>th</sup>, the church office has received 381 pledges for a total of \$287,337, which averages out to \$754 a pledge. This is half of what is needed to operate our Cathedral ministries and maintain our facilities. Remember that \$200 from every pledge goes to the support of the Archdiocese and the Metropolis of Chicago. Without our personal love and commitment of time, talent and resources – THERE IS NO CHURCH – and without the Church, then who will preach the Good News of Salvation in Jesus Christ?

If you are one of the 72 members who have failed to pay their 2020 stewardship that has resulted in a total unpaid balance over \$15,200, please do so today! If you haven’t pledged for 2021 as yet, please do so today! In addition to the monetary pledge, just as importantly, the personal involvement and participation by all is needed not only in time of worship but in every affair of the Church.

**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>

**SCHOLARSHIP APPLICATIONS** for the Order of AHEPA, GOYA, Cathedral, Novak Family Foundation, and the Panagiotis Promos Memorial Scholarships are available in the church office. All high school seniors of our Cathedral are eligible. To be considered for one of the scholarships, pick up an application, fill it out and return it to the church office by their deadlines. For more information, see Fr. Ted.

**SELFISHNESS** short-circuits prayer.

**FORGIVENESS VESPERS:** This evening we will have the stirring service of penance which ushers in the beginning of the Great and Holy Lent. Service begins at 6:00 p.m. in the Cathedral.

**GOYA FUNDRAISER UPDATE:** Our GOYA would like to thank everyone who supported their Gyro Fundraiser last Sunday. 240 sandwiches were sold, and the proceeds raised supported the GOYA Scholarship Fund. It seemed everyone enjoyed a gyros on Meatfare Sunday as we prepared to enter the fast of Great Lent. Again, thank you to all who supported our GOYA's efforts – our youth, their parents, advisors and all who purchased this delicious meal. God bless you all and Kali Tesserakosti!

**PHILOPTOCHOS NEWS:** Following services, our Philoptochos Society will be collecting donations for **the flowers of the Epitaphio** for Good Friday. Just like everything else today, these costs have gone up. Please give generously!

**Our Philoptochos Lenten Food Sale** will take place today after worship services in the lobby of the Great Hall. Cost is \$10.00 a container for Taramosalata, \$8.00 for Skordalia and \$6.00 per Lagana.

**The Koulouma Annual Dinner** will take place on Clean Monday, the first day of Great Lent, March 15<sup>th</sup>, following the Compline Service. Donation is \$10 per person for a Lenten dinner featuring calamari, Greek potato salad, chickpeas, taramosalata, skordalia, Lenten dessert, etc. Meals can be eaten in or taken to go. Let us all come together in prayer and enjoy an evening of Christian fellowship as we begin our journey into Lent.

**The Metropolis Philoptochos Lenten Retreat** will take place Saturday, April 10<sup>th</sup>, 9:00 a.m. – 1:30 p.m. at the Ascension GOC in Lincolnshire, IL. Reservations are limited and they are on a first come first served basis due to COVID-19 restrictions by March 31<sup>st</sup>. To sign-up, contact Demetra Bakris at 219-789-4560 or at [dbakris@gmail.com](mailto:dbakris@gmail.com).

**SUNDAY SCHOOL UPDATE:** Registration for the March/April Faith Box is now open. Sign up at [tinyurl.com/lentfaithbox](http://tinyurl.com/lentfaithbox).

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, our Food Pantry is seeking donations of hams for Easter. Donations may be brought to church on Sundays or left at the church office during the week. Ham donations should be brought to church by March 31<sup>st</sup>. For more information regarding our Food Pantry, contact Karen Petalas at the Ross Township Office or Patty Makarounas through the church office.

Please note that the Meijer's Simply Give program is currently running thru April 10<sup>th</sup>. The next Double Match day is Saturday, April 3<sup>rd</sup>.

#### **MARK YOUR CALENDARS**

Vespers for St. Savvas of Kalymnos – April 17<sup>th</sup>

Palm Sunday – Sunday, April 25<sup>th</sup>

Orthodox Easter (Pascha) – Sunday, May 2<sup>nd</sup>

Ss. Constantine & Helen Vespers – Thursday, May 20<sup>th</sup>

Ss. Constantine & Helen Feast Day – Friday, May 21<sup>st</sup>

Grecian Festival – Friday, Saturday & Sunday, July 9<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>

Memorials will not be celebrated on the following Sundays in 2021: March 21<sup>st</sup>, April 4<sup>th</sup> & 25<sup>th</sup>, May 2<sup>nd</sup> & 9<sup>th</sup>, June 20<sup>th</sup>, August 15<sup>th</sup>, and November 21<sup>st</sup>

**LENTEN/EASTER DONATIONS:** The Lenten season is a time that allows us to provide for the church various items needed. Giving to the church is always special, but during Great Lent and Easter it takes on even more meaning. For this reason we would like to invite our faithful to share in making Great Lent, Holy Week and Easter a most beautiful and inspiring time. Those individuals or families wishing to donate towards any of the following items should contact the church office.

**Flowered Frame Salutation Services & Akathist Hymn (Friday April 2& 9): \$150**

**Jonquils – Veneration of the Holy Cross: (Sunday, April 4): \$375**

**Flowered Frame Lazarus Saturday (April 24): \$150**

**Palms and Bay Leaves for Palm Sunday (April 25): \$3,000**

**Olive Oil for Holy Wednesday: \$60**

**Flowered Wreath (small) Holy Thursday: \$150**

**Epitaphio Flowers – Carnations, etc.: \$7,900**

**Rose Water for Good Friday: \$60**

**Rose Petals for Good Friday: \$50**

**Flowered Frame Resurrection Icon (large): \$250**

**Priest's Easter Candles – \$100 each (3)**

**60 Easter Lilies: \$900 (\$15 each)**

**600 Eggs for Easter & Agape Services**

**SAINT OF THE DAY – BENEDICT THE RIGHTEOUS OF NURSIA:** This Saint, whose name means "blessed," was born in 480 in Nursia outside of Rome. He struggled in asceticism from his youth in deserted areas, where his example drew many who desired to emulate him. He ascended Mount Cassino in Campania and built a monastery there. The Rule that he gave his monks, which was inspired by the writings of St. John Cassian, St. Basil the Great, and other Fathers became a pattern for monasticism in the West; because of this, he is often called the first teacher of monks in the West. He reposed in 547.

**SUNDAY OF ORTHODOXY:** Next Sunday is the celebration of the Sunday of the Triumph of Orthodoxy. Following the Liturgy on this day, a special litany will be chanted in our Cathedral along with the procession of the Holy Icons. Due to COVID-19 restrictions we will not be able to have our usual procession of children holding their icons. We ask all our faithful who will be attending services to bring with them an icon from home and when the special litany of the day is being offered to raise your icon high and participate in the prayers (the same goes for those participating virtually from home). Let us all gather and worship to give thanksgiving to God for the triumph of our faith over heresy and disbelief. Please note there are no Memorials offered this day as all those who have fallen asleep in the Lord are remembered and prayed for during the Litany.

**CHUCKLE:** A man had too much to drink at a party. First, he made a foolish spectacle of himself, then he passed out. He was very remorseful and asked his wife to forgive him. She said she understood and that she would forgive and forget. However, as months went by, she would refer to the incident from time to time. After a while he became tired of hearing about it. "I thought you said you were going to forgive and forget," he said.

"I have forgiven and forgotten," she said, "but I just don't want you to forget that I have forgiven and forgotten."

**LAMB RAFFLE:** GOYA will be raffling off two Pascha lambs during the Lenten season to raise money for their scholarship fund. Tickets are \$5 each or \$20 for five tickets. Sales will begin at the Koulouma Dinner on Monday, March 15<sup>th</sup> and continue on each Sunday of Lent in the Hall lobby. Tickets can also be purchased online at <https://tithelive.ly/event-registration/#/3389608>. The winners will be drawn on Palm Sunday, April 25<sup>th</sup> and will be announced on the church's Facebook Page and in the Sunday bulletin. Call Susan Tsagris at 219-617-4483 with any questions.

**FOOD FOR THOUGHT:** We first make our habits, and then our habits make us.