

## Sunday, March 21, 2021

### **Sunday of the Triumph of Orthodoxy**

**James the Confessor; Thomas I, Patriarch of Constantinople;  
Philemon and Dominos**

**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)

- # 181 – Την Αγραντον εικονα σου προσκυνουμε/Your undefiled Icon we venerate
- # 8 – Εξ υψους κατηλθες ο ευσπλαγγνος/From on high You descended
- # 181 – Την Αγραντον εικονα σου προσκυνουμε/ Your undefiled Icon we venerate
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 234 – Τη Υπερμαχω Στρατηγω τα νικητηρια/To you the champion

**READINGS:** Orthros Gospel: John 20:11-18  
Epistle: Hebrews 11:24-26, 32-40  
Gospel: John 1:43-51

(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:** John Paviadakis & ALL Council members and volunteers.

**NO MEMORIALS** today due to the Sunday of Orthodoxy or on Sunday, April 4<sup>th</sup> for the Veneration of the Holy Cross. Memorials will be chanted again next Sunday, March 28<sup>th</sup> and April 11<sup>th</sup> & 18<sup>th</sup>.

**COFFEE FELLOWSHIP:** 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.

**PANTA AXIOS!** To His Eminence, Metropolitan Nathanael of Chicago as he celebrates his third year of his enthronement as Metropolitan of Chicago.

To Fr. Ted as he celebrates 37 years ordained to the holy diaconate and service to our Lord in His ministry.

**PARISH COUNCIL MEETING:** The next Parish Council meeting will be held on Thursday, March 25<sup>th</sup>, 7:00 p.m. in the Gold Room. All Parish Council members should be in attendance. Masks are required, as is social distancing.

**CELC UPDATE:** There is a teacher opening in our Pre-School Program. If you are someone with teaching experience and who loves helping our young students learn and discover new things, please call Christine Chimitris at (219) 769-2481. Early childhood and/or elementary age experience is a plus.

**GREAT LENT:** is a period of prayer, examination, rededication, penance and spiritual preparation for the Passion and Resurrection of our Lord Jesus Christ. Participate fully in the beautiful and spiritually moving services that our Orthodox Faith provides for us during this time. See the service schedule for dates and times of worship.

**SERVICE SCHEDULE:** Monday, March 22<sup>nd</sup> – *Compline:* 6:00 p.m. in the Cathedral.

Wednesday, March 24<sup>th</sup> – *Vespers for the Annunciation of the Theotokos:* 6:30 p.m. in the Cathedral.

Thursday, March 25<sup>th</sup> – *Feast of the Annunciation of the Theotokos* – Orthros: 8:00 a.m. and Divine Liturgy: 9:00 a.m. in the Cathedral.

Friday, March 26<sup>th</sup> – *2nd Salutation Service to the Theotokos* – 6:30 p.m. in the Cathedral.

**ΘΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτερα, 22 Μαρτιου – *Μεγα Αποδειπνον* – 6:00 μ.μ. στο Καθεδρικο.

Τεταρτη, 24 Μαρτιου – *Εσπερινος Ευαγγελισμος της Θεοτοκου* – 6:30 μ.μ. στο Καθεδρικο.

Πεμπτη, 25 Μαρτιου – *Ευαγγελισμος της Θεοτοκου* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ.

Παρασκευη, 26 Μαρτιου – *Β' Χαιρετισμοι στην Θεοτοκον* – 6:30 μ.μ. στο Καθεδρικο.

**MARCH 25<sup>th</sup> – THE ANNUNCIATION:** One of the 12 major Feasts of the Orthodox Church will be celebrated on Thursday, March 25<sup>th</sup>. The Annunciation of the Theotokos commemorates the "beginning of our salvation," for this day announces the coming of the Savior to earth. In the first chapter of Luke, verses 26-38, we are told that the Archangel Gabriel delivered a message to the Virgin Mary. It is this salutation that heralds the descent of the Son of God into the virginal womb of Mary. On this day, the Word became flesh and assumed the humanity of Jesus. Nine months before the Nativity, Jesus - through the operation of the Holy Spirit - became the Supreme Pontiff, the Mediator between God and men. Mary, through her absolute purity and total submission to God, obtained the most glorious title: Mother of God or Theotokos, and has ever since been honored with devotion and love.

Worship Services will be celebrated for March 25<sup>th</sup> with Vespers on Wednesday, March 24<sup>th</sup> at 6:30 p.m. This service will be live streamed and found on our Ss. Constantine and Helen Facebook Page and You Tube Channel. On Thursday, March 25<sup>th</sup> Orthros will be chanted at 8:00 a.m. followed immediately by the Divine Liturgy at 9:00 a.m. **This service will not be live streamed.** The church will be opened to the first 225 parishioners who have phoned into the church office and registered to attend worship. Let us all make the effort to attend services on this day that marks the beginning of our salvation and the revelation of the mystery planned for eternity.

**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**

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

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

**Flowered Wreaths (6 small) Holy Thursday: \$150 each**

**Epitaphio Flowers – Carnations, etc.: \$7,000**

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

**600 Eggs for Easter & Agape Services**

**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 their 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's epistle to the Hebrews reminds us of the faith of the great saints of the Old Testament. Despite the fact that they were attested by their faith, they did not receive what was promised to them. Regardless of the various journeys, struggles, gains and losses that they experienced, they ultimately did not experience the fruits of their labors while they lived. This is because something better was to come – Jesus Christ, who was the fulfillment of God's promise to mankind and to the world.

How blessed are we to now experience the joy of God's promise to us in Jesus Christ and to offer to God the fruit of our own life and labor because of what He has done for us? Please give to the Lord and His Holy Church your time, talent, and treasures.

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>

**CHURCH FATHERS SPEAK:** If you see someone greedy for many things, you should consider him the poorest of all, even if he has acquired everyone's money. If, on the other hand, you see someone with few needs, you should count him the richest of all, even if he has acquired nothing.

–St. John Chrysostom

**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 Society** would like to thank everyone who supported their Lenten Food Sale as well as their Koulouma Dinner. Your commitment and support for these fund raisers enables Philoptochos to continue to meet their philanthropic endeavors. Also, special thanks to all who helped prepare the Lenten foods that were sold Sunday and offered on Monday, as well as cleanup for after the Koulouma. A blessed Lent to all!

**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. Sign-up by March 31st by contacting 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>.

**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 are ongoing each Sunday of Lent in the Hall lobby. Tickets can also be purchased online at <https://tithely.com/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.

#### 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>

**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.

**THIS IS THE FAITH OF THE APOSTLES:** Since 843 A.D., the First Sunday of Great Lent is referred to as the Sunday of Orthodoxy. It marks the Church's triumph over the iconoclasts, who wanted to prohibit the public and private veneration of holy icons. Since the early days of the founding of the Christian Church, sacred images of Christ, His Blessed Mother, and His Saints had played an important role in worship. After icons were removed from churches by government edict, the Seventh Ecumenical Council in 787 A.D., held in the city of Nicaea, supported their use and restoration. Finally, after several more years of turmoil, this great dispute was put to rest. In great procession of victory in the city of Constantinople, led by Empress Theodora and Patriarch Methodios, holy icons were returned to their rightful places.

As Orthodox of all national backgrounds come together each year to relive this historic and monumental triumph of the Faith, we must remember that the underlying purpose for our celebration extends far beyond the significance of icons. We rejoice that our Holy Orthodox Church has remained steadfast in all her teachings, preserving intact the doctrines and dogmas of all our Seven Ecumenical Councils and of all other gatherings of the **"One, Holy, Catholic and Apostolic Church."** We have not added or subtracted from what has been handed down to us. Truly we have the right to boldly and proudly proclaim to the world: **"This is the faith of the Apostles! This is the faith of the Fathers! This is the faith of the Orthodox! This is the faith which has established the Universe!"**

To commemorate this event and bear witness to the Faith, during the Divine Liturgy today a special Litany will take place in which there is a procession of the Holy Icons around the Church and a declaration of our Orthodox Faith is read.

**CONFESSION OF FAITH:** As the Prophets beheld, as the Apostles have taught, as the church received, as the teachers have dogmatized, as the universe has agreed, as grace has shown forth: as truth has revealed, as falsehood has been dissolved, as wisdom has presented, as Christ awarded: Thus we declare, Thus we assert, Thus we peach Christ our true God, and honor His Saints in words, in writings, in thoughts, in sacrifices, in churches, in Holy Icons, on the one hand worshipping and reverencing Christ as God and Lord, and on the other, honoring them as true servants of the same Lord of all and offering them the proper veneration.

This is the faith of the Apostles! This is the faith of the Fathers, this is the faith of the Orthodox! This is the faith which has established the universe! Furthermore, to these messengers of piety, with motherly and fatherly love and reverence in glory and honor of piety for which they fought, we praise and cry out: Of all the defenders of Orthodoxy, Pious Kings, Most Holy Patriarchs, Bishops, Teachers, Martyrs, Confessors, everlasting be their memory!

**Sing: Everlasting be their memory!**

We today pray to God that we be instructed and strengthened by their exploits and struggles and teaching for piety unto death, and praying to become imitators of their Godly life unto the end, may we prove worthy of all these requests by the compassion and grace of Christ the Great and First Arch-Priest and our true God; through the intercessions of our most glorious Lady Theotokos and Ever-Virgin Mary, the Holy Angels and all the Saints. Amen.

**SAINT OF THE DAY – JAMES THE CONFESSOR:** This Saint took up the monastic life from his youth in the Monastery of Studios, where he became a disciple of Saint Theodore the Studite. Later he became bishop and suffered many afflictions and torments at the hands of the Iconoclasts. Yet, he continued to travel and teach the importance of the existence and veneration of icons in churches and later in public forms. He died in exile of thirst and hunger after being beaten in public for his beliefs.

**CHUCKLE:** A wife got mad at her husband for buying the family size pack of Oreos for just the two of them. His response to her was: "Are we or are we not a family?"