

## Sunday, March 28, 2021

2<sup>nd</sup> Sunday of Lent – St. Gregory of Palamas

**Hilarion the New; Herodion the Apostle of the 70; Stephen the Wonderworker.**

**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)

- # 1 – Του λιθου σφραγισθεντος/With the stone sealed by the Judeans
- # 182 – Ορθοδοξιας ο φωστηρ/Orthodoxy's great start
- # 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 20:19-31

**Epistle:** Hebrews 1:10-14, 2:1-3

**Gospel:** Mark 2:1-12

(For further information go to Archdiocese website at: [goarch.org](http://goarch.org) or  
The Metropolis of Chicago website at: [chicago.goarch.org](http://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 Petalas & ALL Council members and volunteers.

### MEMORIAL SERVICE

3 mon. Politime (Pamela) Mamouzelos	8 years	George A. Christankis
1 year Eleni Poulos	12 years	Stefanos Vavlas
1 year Kostantinos Vossos	17 years	Stavros Dovellos
3 years Phillip Demetrakis	29 years	Maria Vavlas

**MAY THEIR MEMORY BE ETERNAL**

**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.

**SAINTS OF THE DAY:** **St. Herodian** lived during the times of Christ and was one of the seventy disciples. This group aided the Twelve Apostles and helped spread the Gospel. Herodian worked and traveled with the Apostle Peter. He was consecrated Bishop of New Paras where he taught and turned many people to the faith. The Greeks and Jews captured Herodian, beat him, smashed his teeth with stones, and finally killed him.

**St. Hilarion** took up the monastic life from his youth and lived in seclusion. Later, as Abbot of the Monastery of Pelecete in Asia Minor (believed to be in Bithynia, not far from Triglia), he suffered much from the Iconoclasts, and reposed in the year 754.

**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 29<sup>th</sup> – *Compline*: 6:00 p.m. in the Cathedral.

Wednesday, March 31<sup>st</sup> – *Presanctified Liturgy*: 6:00 p.m. in the Cathedral.

Friday, April 2<sup>nd</sup> – 3<sup>rd</sup> *Salutation Service to the Theotokos* – 6:30 p.m. in the Cathedral.

**ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτερα, 29 Μαρτιου – *Μεγα Αποδειπνον* – 6:00 μ.μ. στο Καθεδρικο.

Τεταρτη, 31 Μαρτιου – *Λειτουργια Προηγιασμενων Δωρων* – 6:00 μ.μ. στο Καθεδρικο.

Παρασκευη, 2 Απριλιου – *Γ' Χαιρετισμοι στην Θεοτοκον* – 6:30 μ.μ. στο Καθεδρικο.

**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**

**THE PASTOR'S NOTES:** “Which is easier,” asked Jesus in today's Gospel lesson, “to say to the paralytic, ‘Your sins are forgiven’ or to say, ‘Rise, take up your pallet and walk?’” Which is easier – to forgive or to heal? Archbishop William Temple answered this when he said once, “To create (the world) was easy...no effort there. Let there be light: (said God) and there was light. But to convert hearts like ours from self-centeredness which is natural to them into love which is God's own nature, that costs the agony and the bloody sweat and death (of God) upon the cross.” Truly, which is easier?

Rise, take up your pallet and walk! The world will always say, “You made your bed and now you must lie in it.” Yet, there is One greater than the world Who says to every penitent sinner, “Take up your bed and walk. Your sins are forgiven.”

“Why does this man speak thus? Who can forgive sins but God alone?” ask the scribes. But the paralytic knew, as did his friends. Here in Christ is God! So the people “were all amazed and glorified God, saying, ‘We never saw anything like this!’”

Through the power of the same Christ, we, too, can rise from a paralyzed mind, a paralyzed soul, and a paralyzed spirit and walk into a new life, a life of wholeness and health. We, too, can glorify God, saying, “I never saw anything like this. I never dreamed anything like this joy, this peace, this forgiveness, could be possible!”

**FOOD FOR THOUGHT:** There is a story about a battered old man who got up one night during a revival meeting and said: “Brothers and sisters, you know and I know that I ain't been what I ought to have been. I've stolen and told lies. I've gotten drunk and was always getting into fights. I've gambled, I've cussed and swore; but I thank the Lord there's one thing I ain't never done: I ain't never lost my religion.”

**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:** A Brink’s truck crossed into a funeral procession and was following it. An amazed bystander said, “And I thought you couldn’t take it with you!” You can’t unless you send it on ahead in works of love done for the glory of God.

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 of 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>

**ATTENTION PARISHIONERS:** Almost two weeks ago we had a power surge throughout our Cathedral complex which caused major damage to various parts of our electrical grid, air conditioning unit for the Gold Room, and air handlers for the offices, Gold Room and Great Hall. Our Maintenance Committee is working to repair the damage but this is an unseen major expense that has befallen our community. We kindly ask all our parishioners to please be active stewards, current with your pledge payments, as well as support our Building Fund which handles the maintenance and repairs for our Cathedral complex.

**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.

**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!

**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).

**Monthly Meeting** for our St. Helen's Philoptochos Society is Tuesday April 13<sup>th</sup>, 6:30 p.m. Please note the day change!

**The Palm Sunday Preparations** of making the Palm Crosses and preparing the Bay Leaves for distribution will take place on the Saturday of Lazarus, April 24<sup>th</sup>, following the worship services of the day in the Gold Room. Volunteers are needed! Whether you are a member of Philoptochos or not, one of our youth members or senior citizens, your help is needed. Come one and all, and assist the Philoptochos in preparing these items to be blessed and distributed among the faithful.

**SUNDAY SCHOOL UPDATE:** Registration for the Lent 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 April 9<sup>th</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://tihe.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.

#### 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: 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 Proimos 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.



**THE SECOND SUNDAY OF LENT** is dedicated to St. Gregory of Palamas. This divine Father, who was from Asia Minor, was from childhood reared in the royal court of Constantinople, where he was instructed in both religious and secular wisdom. Later, while still a youth, he left the imperial court and struggled in asceticism on Mount Athos and in the Skete at Beroea. He spent some time in Thessalonica being treated for an illness that came from his harsh manner of life. He was present in Constantinople at the Council that was convened in 1341 against Barlaam of Calabria, and at the Council of 1347 against Acindynus, who was of like mind with Barlaam;

Barlaam and Acindynus claimed that the grace of God is created. At both these Councils, the Saint contended courageously for the true dogmas of the Church of Christ, teaching in particular that divine grace is not created, but is the uncreated energies of God which are poured forth throughout creation: otherwise it would be impossible, if grace were created, for man to have genuine communion with the uncreated God. In 1347, he was appointed Metropolitan of Thessalonica. He tended his flock in an apostolic manner for some twelve years and wrote many books and treatises on the most exalted doctrines of our Faith. Having lived for a total of sixty-three years, he reposed in the Lord in 1359.

His holy relics are kept in the Cathedral of Thessalonica. A full service was composed for his feast day by the Patriarch Philotheus in 1368, when it was established that his feast be celebrated on this day. Since works without right faith avail nothing, we set Orthodoxy of faith as the foundation of all that we accomplish during the Fast, by celebrating the Triumph of Orthodoxy the Sunday before, and the great defender of the teachings of the holy Fathers today.

**TODAY'S EPISTLE** to the Hebrews is one of many places throughout the Holy Scriptures that speaks of Jesus Christ as being Co-eternal with the Father. Relying on the arsenal of Faith of *His* time (the Old Testament), the author shows us how Jesus Christ was present at the creation of the heavens and the earth. Jesus Christ is constant; He's powerful; Even the angels are subject to Him. And, at the right hand of the Father, He is defeating His enemies as we inherit the salvation that He has secured for us with His life, death, and resurrection.

We can thank Him that this Good News has been proclaimed to us by those who have heard Him (the Church) with the confirmation of miracles, wonders, and with the many gifts of the Holy Spirit.

It's hard to imagine how we could ever overlook such a great salvation, but we often do. We must remember that we are held accountable as to how we treat the gifts that God has given to us. We will not escape God's judgment if we neglect such a great salvation in Jesus Christ. May we always be aware of the presence of our Lord who is beginning-less, and who offers us a salvation that is endless.

**WISDOM OF ST. GREGORY PALAMAS:** "Seek nothing other than to fear Him (God), to love Him, and to walk in all His ways. This is your boast, and this is your God..."

"Prayer...possesses the power to elevate man from earth to heaven and to bring him before God..."

"Life is worthless except when it springs from participation in the life of God..."

**TRUTH IN HUMOR:** One man told his doctor, "I've been misbehaving, Doc, and my conscience is bothering me." "You want something to make your will power stronger," the doctor deduced. "Actually," the man said, "I'm more interested in something to weaken my conscience."

**MORE TRUTH IN HUMOR:** Have you seen the poster which says, "Smile, God loves you, and after all you've put Him through that's really something?"