

Sunday, March 7, 2021

Sunday of the Last Judgment - Meatfare Sunday

The Holy Martyred Bishops of Cherson: Basil, Ephraim, Eugene, Capito, Aetherios & Elpidios; Lavrentios of Megara, the Righteous and Paul the Simple.

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)

6 – Αγγελικαι Δυναμεις επι τω μνημα σου/A host of Angels descended

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

232 – Οταν ελθης ο Θεος, επι γης μετα δοξης/When You come, O God, upon the earth

READINGS:

Orthros Gospel: Luke 24:36-53

Epistle: 1 Corinthians 8:8-13, 9:1-2

Gospel: Matthew 25:31-46

(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: Tommy Papadopoulos & ALL Council members and volunteers.

MEMORIALS

40 days Maria Collaros

6 mons. Fotios Collaros

3 years Theofanis Sistovaris

13 years Maria (Mary) Kostides

23 years Hariklia Sistovaris

41 years Kirilos Sistovaris

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Saturday, March 13th – 2nd *Saturday of Souls* – Divine Liturgy: 9:00 a.m. followed by the Trisagion Service.

ΘΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Σαββατο, 13 Μαρτιου – Β' Ψυχοσαββατο –

Θεια Λειτουργια με Τρισαγιον: 9:00 π.μ.

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 are looking forward to seeing our parishioners and visiting with them after almost a year of no Coffee Fellowship.

MEATFARE SUNDAY: Judgement Sunday is also known as Meatfare Sunday. It receives its name from the fact that from this Sunday until Easter Sunday, the faithful abstain from eating meat. By doing this, the Church in her wisdom allows the faithful to ease into a fasting schedule which begins in earnest with the start of Great Lent.

FOOD FOR THOUGHT: Before passing judgment on a sermon, be sure to try it out in practice.

GREAT LENT IS COMING SOON: The current Sunday Gospel readings helps us to get ready by putting us in the right frame of mind and heart. Last week was the Prodigal Son. Before that the proud Pharisee and the humble Tax-Collector. Today, we are reminded of what we will all face some day: **judgement!** Matthew 25:31-46 makes it very clear that some will **“inherit the kingdom,”** while others will go **“into the eternal fire.”**

Which will it be for us? How will we be judged? Notice that both groups call the Son **“Lord.”** So that by itself is not enough. We must do more than pay God **“lip-service.”** Instead, He tells us that our eternal life depends on how we treat our friends, neighbors, enemies, and strangers, here and now. Jesus is telling us that when we meet any person, we meet Him.

This explains today's gospel reading: **“I was hungry, thirsty, a stranger, naked, sick, in prison...”** What do we do about it? Do we ignore such people? Or do we take steps to help?

Don't panic – it's not too late. The Church in its loving wisdom knows we get lazy, forget or procrastinate. That's why we have this period of Great Lent. It is a time set aside to work harder on prayer, worshipping and helping others. A true spiritual awakening and renewal. **Be sure you are a part of it!**

REPENTANCE: “If your heart was far from God during the greatest part of your life, do you think it will be easy to turn to God and rouse it to repentance before death? Right there and then it will fight against you, to your perdition. I have seen more than once how difficult it is to hear a word about repentance. How those who never thought about their correction and did not know how to repent during life are at a loss as to how to confess before their departure! A Christian ending is the reward of a true Christian. Repent as much as possible throughout your whole life, and a peaceful ending with sincere repentance will meet you.” - *St. John of Kronstadt*

NOTICE OF GENERAL ASSEMBLY: The first regular General Assembly of our parish for the year 2021 will be held today immediately following the Divine Liturgy. All members of our Cathedral are invited to attend. However, protocol directs that only members in good standing, both canonically and financially, have the right to make motions or vote. We encourage our Cathedral membership to be in attendance and take part in this highest level of parish administration. The agenda is as follows:

1. Opening Prayer
2. Election of Assembly Presiding Officer
3. Reading Minutes of Previous General Assembly
4. Pastor's Report
5. Committee Reports
6. Report of Audit Committee
7. Election of Election Committee
8. Old Business
9. New Business
10. Closing Prayer

SATURDAY OF SOULS: The Church sets aside certain days when we are encouraged to remember our dear ones who have fallen asleep in the Lord. The two Saturdays preceding Great Lent and the first Saturday of Lent are known as the Saturdays of Souls – Psychosavata (Memorial Saturdays). Orthodox Christians are requested to attend Liturgy on these days, worship God, partake of Holy Communion and offer names of loved ones to the priest to be remembered in prayer. A small bowl of kolyva, prosforo, wine and oil may also be submitted, along with a monetary donation to assist those in need. The prayers offered are for the repose, forgiveness and eternal rest of the departed ones. Proper baptismal names of those deceased to be commemorated should be written clearly, in Greek or English, and submitted to the Altar prior to the start of the Liturgy. The second Saturday of Souls this year is March 13th.

**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: The decision to purchase and consume meat that had been sacrificed to pagan idols and then sold in the markets throughout the Roman Empire was one of the dilemmas of the Christians in Corinth (Read today’s Epistle: 1 Corinthians 8:8-9:2). Seeing that the effects of this caused no harm, St. Paul left this decision up to the individuals themselves. He encouraged them to make their decisions with love and charity so that no one would be scandalized or led to sin by the actions of others.

Isn’t it amazing how on Meatfare Sunday, St. Paul’s teaching on something as simple as purchasing meat reminds us that as we make decisions in life, it’s necessary to do so with the wellbeing of our fellow brothers and sisters in Christ in mind? When we make decisions, how often do we consider the wellbeing of others?

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 28th, 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>

CHUCKLE: Husband: “Don’t be angry at me, but I accidentally spilled grease all over the oven.” Wife: “How about I won’t be angry at you, but you have to clean it.” Husband: “I’d rather you be angry at me.”

THOUGHT: Actions speak louder than words – and speak fewer lies.

GOYA FUNDRAISER: Today, our GOYA will be holding a **Gyro Sale** as a fundraiser to benefit their scholarship fund. Each gyro plate will come with pita, a side of chips, and a cookie. Tomatoes, onions, and tzatziki will be served on the side. The cost for each plate will be \$10. Sales will begin after church and continue until 3pm or until we run out of food. Please support the efforts of our GOYA and enjoy a gyros before we start the fast of Great Lent.

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 be on Sunday, March 13th 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 monthly meeting of our St. Helen's Philoptochos Society will be Monday, March 8, 2021 at 6:30 pm in the Great Hall. Due to COVID-19 restrictions, all those attending must wear a mask and keep social distancing.

The Koulouma Annual Dinner will take place on Clean Monday, the first day of Great Lent, March 15th, 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.

BIBLE STUDY: The last Bible Study until after Easter will be held via Zoom this Tuesday, March 9th, 7:00 p.m. Fr. Dimitri will lead the discussion on the topic of the Gospel according to St. John. Everyone is welcomed to tune-in live and review it afterwards on Facebook or You Tube.

SUNDAY SCHOOL UPDATE: Registration for the March/April Faith Box is now open. Sign up at 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 31st. 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 10th. The Double Match days are Saturday, March 13th and Saturday, April 3rd.

JC'S CLOSET is in need of donations of new & packaged underwear and socks, new or gently used coats (all sizes) for men, women & children, as well as new or gently used sweatpants for men and women (sizes large to 3XL). Items may be dropped off at the church office. JC's Closet will be held on Friday, March 12th, 9:00-11:00 a.m. For details, see Eva Kostidis.

TIME CHANGE: On Sunday, March 14th we spring forward with our time one hour. So make sure you turn your clocks ahead Saturday night before going to bed so you won't be late for church on Sunday.

METROPLIS OF CHICAGO FANARI YOUTH LENTEN RETREAT: Our Cathedral has been chosen as one of the host sites for the Metropolis of Chicago Lenten Retreat taking place on Saturday, March 13th from 2:00-8:00 p.m. The retreat is open to all campers currently in grades 5-12, and registration is \$30 per camper. We are also in need of adult chaperones and hosts. Please join us and the Metropolis youth for a day of building up our faith together! With questions or to learn more, visit fanari.camp/retreat or contact Fr. Dimitri through the church office 219-769-2481.

MARK YOUR CALENDARS

Saturday of Souls – March 13th & 20th

Great Lent begins – Monday, March 15th

Vespers for St. Savvas of Kalymnos – April 17th

Palm Sunday – Sunday, April 25th

Orthodox Easter (Pascha) – Sunday, May 2nd

Ss. Constantine & Helen Vespers – Thursday, May 20th

Ss. Constantine & Helen Feast Day – Friday, May 21st

Grecian Festival – Friday, Saturday & Sunday, July 9th, 10th & 11th

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

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, March 19, 26 & April 2, 9 & 16): \$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

Flowered Frame Nymphios Icon (large): \$300 & (small): \$150

Flowered Frame Last Supper Icon: \$150

Olive Oil for Holy Wednesday: \$60

Flowered Wreath (large) Holy Thursday: \$300 & (small) Holy Thursday: \$150

12 Candles for Holy Thursday: \$25 each

Epitaphio Flowers – Carnations, etc.: \$8,500

Rose Water for Good Friday: \$60

Rose Petals for Good Friday: \$50

4 Candles for Good Friday: \$50 each

Flowered Frame Resurrection Icon (large): \$250 & (small): \$150

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

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

300 small Chocolate Crosses: \$400

600 Eggs for Easter & Agape Services

SAINTS OF THE DAY – THE HOLY MARTYRED BISHOPS OF CHERSON:

These holy Bishops were sent to Cherson on the Black Sea by Hermon, Bishop of Jerusalem, in the days of Diocletian, about the year 300, to preach the Gospel. Ephraim and Basil were sent first. Basil raised to life the dead son of a local ruler, which led many to be baptized. Those who remained in their unbelief, however, dragged him through the streets until he died. Ephraim, refusing to offer sacrifice to idols, was beheaded. After them, Eugene, Agathodoros, Capito, and Elpidios were sent by the Bishop of Jerusalem as heralds of the Faith, but they also were slain by the ungodly. Last of all, the Bishop of Jerusalem sent Aetherios; he was drowned during the reign of Saint Constantine the Great.