

Sunday, May 31, 2020

**7th Sunday of Pascha – Fathers of the 1st Ecumenical Council
Hermias the Martyr of Comana; Hermes, Apostle of the 70;
Eusebius & Haralambos the Monk-Martyrs**

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

Both services 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 upon Your tomb
209 – Ανεληφθης εν δοξη Χριστε ο Θεος ημων/You ascended in Glory O Christ our God
210 – Υπερδεδοξασμενος ει Χριστε ο Θεος ημων/Supremely praised are You O Christ
134 – Του Σταυρου σου/The sign of the Cross
243 – Την υπερ ημων, πληρωσας οικονομιαν/Having fulfilled the dispensation for us

READINGS: **Orthros Gospel:** John 21:1-14.
Epistle: Acts 20:16-18, 28-36.
Gospel: John 17:1-13.

(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: John Nikolaras

SERVICE SCHEDULE - ΟΡΘΕΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:



Saturday, June 6th – *Saturday of Souls* – Divine Liturgy: 9:00 a.m.
followed by Trisagion Service in the Cathedral.

Σαββατο, 6th Ιουνιου – *Ψυχοσαββατο* – Θεια Λειτουργια με
Τρισαγιον στις 9:00 π.μ.

These services will be lived streamed through our Facebook Page
and YouTube Channel.

SATURDAY OF SOULS: Aside from personal days which we set aside prayer for our departed friends and relatives, the Orthodox Church has certain days on which all Orthodox Christians that have fallen asleep “in the hope of resurrection and eternal life” must be commemorated all together. Such days are termed “universal,” “ancestral,” or “soul” days. On such day is the Pre-Pentecost Saturday of Souls will be held this year on Saturday, June 6th, with Divine Liturgy at 9:00am followed by the Trisagion Service.

If you would like to, you may submit names of your beloved deceased family members to the church office to be commemorated on this day. Names may be submitted (written clearly in English or Greek) with a donation for the poor and sent to the church office no later than Friday, June 5, 2020. No kolyva, prosphoron, wine or olive oil should be given this year due to the COVID –19 Pandemic restrictions. The Memorial Service for the dead will be offered following the Liturgy for the Saturday of Souls, which will be lived streamed, beginning at 9:00am. If you have any questions, please contact Fr. Ted at the church office.

GRADUATE SUNDAY is still being planned to be held virtually on Sunday, June 14th. We will be announcing the Cathedral, Novak Family, Latos, GOYA and other designated scholarships on this day via live stream. Also our parish will acknowledge the accomplishments of our graduates from high school, college or university who submit their names in to the church office by Sunday, May 31st.

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, 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.

STEWARDSHIP: Wherever we live, we observe two common items made of glass: windows and mirrors. We look “through” a window but “at” a mirror. A mirror simply reflects what is in front of it. We look at a mirror to see how we look, but we don’t need a mirror to see how other people look; we need a window.

Our life style can be like a window or mirror. “Window” people look beyond themselves, at other people, at the world. “Mirror” people see only themselves. Therein lies their misery.

Christ and His followers are “window” people. Through Christian stewardship, they find life’s highest joy in helping support God’s work in the world through His Church. When it comes to supporting our Cathedral of Ss. Constantine and Helen, are you a “window” person or a “mirror” person?

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.

During this difficult situation and time of separation, we are working hard to make sure you can stay connected to your church. Services are being streamed. Bible studies and youth groups are being held on Zoom. And now, you can support the church from your home! Click the following link to access the Cathedral’s online giving page. Make sure you select what type of donation you want to make and if you’d like to cover our processing fees. You also have the ability to enter your stewardship number (listed on your stewardship envelopes) which would help our office a ton!

<https://tithe.ly/give?c=1385847>

THOUGHT: The most difficult thing to open is a closed mind.

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 one again be united to our church family.

We believe that the day we have been praying for is steadily approaching. While we are not sure of a firm date when we will be able to welcome you all back into the church, we are working diligently to once again open our doors to you. We continue to pray that this day comes soon, and we ask that you join us in offering this prayer as well.

That being said, the experience of coming to church will be different once we are able to open our doors. 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: ssconstantineandhelen.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 hope to be able to announce a re-opening date soon.

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.**

HOLY FATHERS OF THE FIRST ECUMENICAL COUNCIL

Several times a year, our Holy Orthodox Church pauses to honor men that are fondly referred to as "*Church Fathers.*" This morning, we remember such an esteemed group: the Holy Fathers of the First Ecumenical Council. This gathering of church leaders took place in Nice in 325 A.D. Some 318 bishops and priests from all over the world were in attendance – many who had endured terrible torture and persecution from the hands of the Romans only a few years before. The Council was convened by the Emperor Constantine the Great in order to deal with the heretical teachings of a priest named Arius. His teachings concerning Christ's divinity so infuriated St. Nicholas, who was also in attendance at this conclave, that he struck the heretic in the midst of one of the Council's sessions!

Many important canons were adopted by the First Council. The Council decided how the date for Pascha would be determined, and set down kneeling regulations for the Church. A canon was established which stated that three bishops must consecrate a new bishop – a practice that is still followed today. It was also at the First Ecumenical Council that the idea of celibacy for clergy was rejected. We will best remember the Holy Fathers of this special synod for defining the teachings of the Church and placing them into a "creed" for all faithful to proclaim. This "*symbol of faith*" was later completed at the Second Ecumenical Council some 20 years later.

CHUCKLE: A woman was interviewing a prospective servant and asked, "Can you serve company?" The applicant replied, "Yes, mum, both ways." The woman looked puzzled and asked, "What do you mean, both ways?" The applicant responded, "So they will come again, or stay away."