

Sunday, November 15, 2020

8th Sunday of Luke

Nativity Fast Begins

Guria, Shamuna & Habib Martyrs and Confessors of Edessa;

Thomas Archbishop of Constantinople

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

The church will be opened to the first 200 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 Δουαμεις/A host of Angels descended upon Your tomb

55 – Τα θαυματα των Αγίων σου Μαρτυρών/Having granted us the miracles

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

219 – Ο καθαρωτατος ναος/The very purest abode of the Savior

READINGS: Orthros Gospel: Matthew 28:16-20.

Epistle: Ephesians 2:4-10.

Gospel: Luke 10:25-37.

(For further information go to Archdiocese website at: goarch.org or
The Metropolitan 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 Petalas & ALL Parish Council members and volunteers.

MEMORIALS

40 days	Apostolos Collaros	12 yrs.	Loizos Panayi
40 days	Maria Georgiadis	13 yrs.	Anna George
6 mon.	Vasiliki Giannopoulos	33 yrs.	Christos Giannopoulos
9 mon.	Stamatia Demetrakis	33 yrs.	William B. (Vasili) George
8 yrs.	Panayota Panayi	36 yrs.	Thomai Sarantis
11 yrs.	Gregory V. Sarantis	58 yrs.	Vasili Sarantis

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, November 16th - *Holy Unction Service* - 5:00 p.m. in the Cathedral.

Saturday, November 21st - *Entrance of the Theotokos into the Temple* - Orthros: 8:00 a.m. and Divine Liturgy: 9:00 a.m. in the Cathedral.

ΦΡΗΣΚΕΥΤΙΚΟ ΗΜΕΡΟΛΟΓΙΟ: Δευτερα, 16 Νοεμβριου – *Αγιον Ευχελαιον* – 5:00 μ.μ. στον Καθεδρικο Ναο.

Σαββατο, 21 Νοεμβριου – *Εισοδιων της Θεοτοκου* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ. στον Καθεδρικο Ναο.

FELLOWSHIP HOUR today is in memory of Deanna Paras and John & Helen Galanos. According to new state guidelines, only fifty (50) people will be allowed to attend.

CHURCH OFFICE UPDATE: Due to the Thanksgiving Holiday, the church office will be closed on November 26th & 27th. Memorial lists must be submitted to the church office by Tuesday, November 23rd by 3:00 p.m. to appear in the Sunday bulletin for November 29th, and Church attendance registration must be made by Wednesday, November 25th at 12:00noon.

SUNDAY SCHOOL UPDATE: Registration for the November Faith Box is ongoing. Sign up at tinyurl.com/novfaithbox.

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 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! After the boxes have been distributed, we will have a live virtual workshop on the virtue of the month.

GOYA SERVICE PROJECT: The members of our GOYA will be gathering on Monday, November 16th following the Holy Unction Service in the Great Hall to pack groceries for the Harvest 4 the Hungry ministry.

GOYA FUND RAISER: Due to the pandemic, we were unable to host our annual Family Fun Night. In an attempt to raise funds for our GOYA scholarship program, we are selling Ss. Constantine and Helen Spirit Wear! For details or to place an order, call Kevy Paviadakis at 219-331-3119. Last day for orders is Monday, November 23rd.

JR. GOYA PILLOW & BLANKET DRIVE: Once again this year, our Jr. GOYA will be collecting new pillows and new blankets to donate to the local homeless and domestic abuse shelters of our area. Items needed are: new twin/full/queen blankets and standard pillow sizes. Donations may be brought to the church office by November 15th.

GOYA COAT DRIVE: GOYA will be collecting new and gently used coats for children, teens, young adults, women and men, sizes 3T-3X. Collection begins October 1st through November 15th. Coats can be dropped off in the church office or in the Narthex of the Cathedral.

PARISH COUNCIL MEETING: Thursday, November 19th, 7:00 p.m. in the Gold Room. All council members should be in attendance. Please note the meeting is one week earlier due to the Thanksgiving holiday.

THE PHILOPTOCHOS CHRISTMAS BAKE SALE will take place on Saturday, December 12th, 10:00 a.m.-1:00 p.m. and Sunday, December 13th, 10:30 a.m.-12:00 noon. Pre-orders are being accepted until Monday, November 30th. For more information or to place an order, call Frances Klimis 219-696-4851.

PARISH COUNCIL OPENINGS: There are two open seats available for the Parish Council. Any parishioner 18 years or older in good standing with the church (canonically & financially) is welcomed to submit their name, co-sponsored by two parishioners, to Fr. Ted at the church office. We have been asking for months for our parishioners to help, and yet no one has responded! Please, for the love of our Lord and His Holy Church, won't someone give of their time and talent?

FOOD PANTRY UPDATE: Due to the Thanksgiving holiday, the Food Pantry will be open on Tuesday, November 24th, 9:00-11:00am instead of Friday, November 27th. Please make note of the change of days.

COMMUNITY EVENT: Holiday and Ethnic Food & Bake Sale – Descent of the Holy Spirit Church, Schererville, IN, 10:00 a.m.-12:00 noon. For further information or to place an order, call Sharon Holowaty at 219-864-4342.

**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 (200) 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 children under the age of 2.
- 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 there 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.
- 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.**

STEWARDSHIP NEWS: November has been designated as "Stewardship Month" in our parish. You will be receiving your 2021 Stewardship materials by mail during the first part of November. Please begin to pray about your yearly commitment of support and discuss your 2021 pledge with your family. Remember, we need everyone to raise their pledge by \$240 (\$20 a month) to meet our budget and its rising expenses.

To date, we have received a little over \$322,000. As you can see, this sum is short of \$375,000 that has been pledged, as well as being far below the \$550,000 that is needed from Stewardship to balance the budget. Please continue to generously support our parish through the Stewardship Program.

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% (loss of revenue from worship services, especially Holy Week and Easter, no Annual Summer Greek Fest 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>

THANK YOU: Our parish priests, Fr. Ted Poteres and Fr. Dimitri Burikas, Fall Greek Mini Fest Committee Chairmen Elias Ploutis and Taki Zarakas, and Council President John Petalas would like to express their sincere gratitude and THANKS to everyone: men and women, single and married, young and senior parishioner and non-parishioner who cooperated and gave so unselfishly of their time and talent working so hard to make our Mini Fest a beneficial success for our Cathedral, especially during these trying times of the COVID-19 pandemic. **Thank you to the few who make it possible for the many to enjoy the various ministries, programs and spiritual life of Ss. Constantine and Helen!**

GREEK FESTIVAL 2020 RAFFLE TICKET WINNERS

1 st Place	\$ 5,000	Ticket #0521	Mary Ann Drossos
2 nd Place	\$ 2,000	Ticket #0434	Martha Metts
3 rd Place	\$ 1,000	Ticket #3650	James F. Burns
4 th Place	\$ 500	Ticket #2495	Michael J. Troumouliaris
5 th Place	\$ 500	Ticket #1637	Bessie Naglosky
4 th Early Bird	\$ 250	Ticket #3368	Dean Christie
3 rd Early Bird	\$ 250	Ticket #0388	Kaliopie Dedelow
2 nd Early Bird	\$ 250	Ticket #1493	Pete Malouhos
1 st Early Bird	\$ 250	Ticket #0590	Nick Fitousis

Congratulations to all our winners! A very huge thank you to all who participated in this year's Raffle, either by selling or purchasing tickets. Special thanks to Dora Adams for chairing this fundraiser for our Greek Fall Mini Fest.

PHILANTHROPY MONTH: Each year, our Cathedral continues to advance the cause of outreach programs to our local community. We as individuals and as a church have the capabilities to continue making a difference in the lives of others. Acts of love, mercy, and compassion really help those who are in need move toward physical, emotional, and spiritual wholeness in such a broken world. Here's how we can help:

Love & Care Drive: We will be collecting mittens, gloves, hats, and scarfs for the needy children of our area. Let us show others our love and care by bringing in something warm to wear. Donated items may be brought to the church office from Sunday, November 1st to Sunday, December 13th.

Kids 4 Kids Toy Drive: We will begin collecting new toys for the disadvantage children and teens in our local area from Sunday, November 1st to Sunday, December 13th. Once again, we are requesting new, clean, non-violent toys. Please **NO** Stuffed Animals. The toys may be brought on Sundays and placed in the bin which is located at the entrance of the Cathedral or dropped off at the church office during the week.

Food Pantry: 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 open working it, volunteers from the Ross Township office will. Anyone 18-40 without any medical conditions who would like to volunteer during these times is asked to contact Karen Petalas at the Township Office or Patty Makarounas through the church office.

Harvest for the Hungry: Since 2004, Harvest for the Hungry has been able to provide Thanksgiving meals and groceries to almost 50,000 families thanks to the generosity of so many parishioners and countless volunteers of our community. Due to the current COVID-19 crisis, the need is greater than ever, and we need at least \$8,000 to feed families in need. No donation is too small! If you are able to donate, there are a couple of ways you can help: (1) Donations may be made directly, either by mail or in person, through the church office. Checks may be made payable to Ss. Constantine and Helen with Harvest for the Hungry in the memo; (2) Donations can be made on Tithe.ly app or by visiting the Tithe.ly website. Choose the amount you would like to give. In the TO section, search for Harvest for the Hungry. Complete the credit card/banking/apple pay information.

Please note: With the current CDC and Lake County Health Department restrictions and guidelines, volunteers will be limited this year. More details to follow.

2021 STEWARDSHIP COMMITMENT: The SS. Constantine and Helen Greek Orthodox Cathedral depends on the love and gratitude of its members in order to perform its sacred ministry. Each member is asked to support the church by annually setting his or her own level of giving, in proportion to his or her earnings. This year, we ask you to search your heart and conscience, and to seriously consider the many needs of our Church, as you determine your Stewardship Pledge of Commitment for 2021.

Our 2021 Parish Budget is counting on drawing \$750,000 from Stewardship. This represents about 95% of our anticipated expenses. The Parish Council figures our budget to be \$800,000 for next year. Please realize that every Stewardship Pledge of Commitment should represent conscientious support of our Church for ONE FULL YEAR! To meet our expenses, SS. Constantine and Helen needs and average of about \$1500 from each pledging member in 2021. So you can see how important your contribution is! Some stewards can give more than this; some will give less. We hope and pray, that every steward can increase their pledge over their pledge for last year so we can meet our goal.

How do you become a Steward? In prayer and good conscience, consider the best amount that you can commit in support of your Church. Good Stewardship is generous and sacrificial. Then, complete and submit your Stewardship Pledge Form to the church office. Your thoughtfulness and generosity as always, is greatly appreciated.

CHUCKLE: Boss to tardy employee: "You're a half hour late again! Don't you know what time our people start work here?" Employee: "No sir, they've always started by the time I get here."

ADVENT – NATIVITY FAST: During the ecclesiastical year, the Church has several periods of preparation prior to great feast days. The first such period – the Christmas Fast or Advent – begins on November 15th. For forty days, we anticipate and prepare for the coming of Christ into our lives.

As part of our preparations for Christmas, the Orthodox Church preaches that this is a time for prayer, fasting, charitable works and partaking of the sacraments of Holy Confession and Holy Communion. Only in this manner can we truly appreciate and comprehend the true meaning of Christmas.

To commemorate the beginning of the Advent season, we will be celebrating the Sacrament of Holy Unction on Monday, November 16th, 5:00 p.m. We encourage all the faithful of our community to attend service this night so that we may all receive the blessings of our Lord through the anointing of the Holy Oil (which comes from the Church of the Nativity in Bethlehem) for both physical and spiritual ailments.

FIVE ATTITUDES: In the parable of the Good Samaritan, the Lord Jesus revealed five attitudes we have toward people:

1. The attitude of the thieves. They saw a victim to exploit, to rob.
2. The attitude of the priest and the Levite. To them, the beaten man by the side of the road was a nuisance, someone to avoid.
3. The attitude of the innkeeper to whom the wounded man was only a customer.
4. The attitude of the lawyer to whom the beaten man was a problem to discuss.
5. The attitude of the Good Samaritan to whom the beaten man was a person to love and help.

As an ORTHODOX CHRISTIAN, which should be your attitude?

THE VIRGIN MARY ENTERS THE TEMPLE: On November 21st we celebrate a second great Feast of the Theotokos – The Entry of the Theotokos into the Temple. The first was the Birth of the Theotokos on September 8th. *"It is fitting that, at the start of this time of preparation for Christmas, our thoughts should turn to the Mother of God, who's humble and silent expectations should be the model of our own expectations during Advent. The nearer we draw to the example of Mary through our prayer, our obedience and our purity, the more will be formed in us He who is about to be born"* (The Year of Grace of the Lord, pp. 52-53).

According to tradition, Mary's parents, Joachim and Anna, were childless and prayed fervently to the Lord to be granted a child. They vowed that they would dedicate the child to God. When Mary was born, her parents took her at the age of three to the Temple in Jerusalem where she stayed for twelve years. She lived in the Holy of Holies under the care of the Temple priests and the angels. All of the hymns of this feast day celebrate in various ways this tradition which intends to give us not so much precise historical information but to lift up the holiness of Mary and her spiritual preparations to receive Christ in her womb. As one hymn resounds: "TODAY THE LIVING TEMPLE OF THE GREAT KING ENTERS INTO THE TEMPLE TO BE PREPARED AS A DIVINE DWELLING PLACE FOR HIM. PEOPLE REJOICE!"

Worship Services for the Feast Day of the Entry of the Theotokos will be celebrated in our parish on Saturday, November 21st, with Orthros at 8:00 a.m. and Divine Liturgy at 9:00 a.m. The lips of all Orthodox speak to the Holy Mother seeking assistance and comfort in life. This is the one day we should devote to her and honor her with our prayers and adoration.

THE FATHERS SPEAK: Old men used to say: "God demands nothing from Christians except that they shall hearken to the Holy Scriptures and carry into effect the things that are said in them."
- Desert Fathers

THE PARABLE OF THE GOOD SAMARITAN occurs only in the Gospel of Luke and illustrates Jesus' teaching of who our neighbor is: anyone in immediate need, even a supposed enemy. Love for neighbor proves our love for God.