

## Sunday, November 29, 2020

### 13<sup>th</sup> Sunday of Luke

**Paramonos, Philumenos, and their 370 Companion Martyrs in Bithynia  
Nicholas, Archbishop of Thessalonica; Dionysios, Bishop of Corinth.**

**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)

# 8 – Εξ υψους κατηλθες ο Ευσπαλγνος/From on high You descended O Compassionate  
# 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky  
# 221 – Η Παρθενος σημερον/The Virgin comes today

**READINGS:** **Orthros Gospel:** Mark 16:9-20.  
**Epistle:** Ephesians 4:-1-7.  
**Gospel:** Luke 18:18-27.

(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:** Tommy Papadopoulos & ALL Parish Council members and volunteers.

### MEMORIALS

No Memorials scheduled for today.

**SERVICE SCHEDULE:** Monday, November 30<sup>th</sup> – *Feast Day of St. Andrew* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

**ΘΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτερα, 30 Νοεμβριου – *Ο Αποστολος Ανδρεας*  
– Ορθρος: 8:00 π.μ. και Θεια Λειτουργια 9:00 π.μ. στο Καθεδρικο.

**WAITING:** Before the birth of our Lord, the world waited thousands of years anxiously expecting the coming of the Savior. Today, many also wait for Christmas but only for its worldly, secular festivities, forgetting that it is the Nativity of the Son of God that should be celebrated.

The best preparation for Christmas is to read the Biblical passages concerning His coming, to attend and be attentive at the Divine Liturgy, to offer a devout Confession and receive Christ through the Sacrament of Holy Communion.

**WISDOM OF THE FATHERS:** Prayer does not consist merely in standing and bowing with your body or in reading written prayers: it is possible to pray at all times, in all places, with the mind and spirit. You can lift up your mind and heart to God while walking, sitting, or working, in a crowd and in solitude. His door is always open, unlike man's. We can always say to Him in our hearts: "Lord! Have mercy!"

**SERVICE** is the rent we pay for the space we occupy in this world.

**PARISH COUNCIL OPENINGS:** There are two open seats available for the Parish Council for the rest of 2020-2021 term. 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?

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

**JR. GOYA PILLOW & BLANKET DRIVE EXTENDED:** Our Jr. GOYA is still 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 tomorrow November 30<sup>th</sup>.

**GOYA COAT DRIVE EXTENDED:** GOYA will be collecting new and gently used coats for children, teens, young adults, women and men, sizes 3T-3X. Collections will take place through November 30<sup>th</sup>. Coats can be dropped off in the church office or in the Narthex of the Cathedral.

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

**FOOD PANTRY UPDATE:** The Meijer Simply Give program is from October 25<sup>th</sup> to January 2<sup>nd</sup>, 2021, with the double match days Tuesday, December 1<sup>st</sup> and Saturday, December 12<sup>th</sup>. Meijer will double match the \$10 donation, meaning they will donate an additional \$20. This means our pantry will receive a total of \$30 for every \$10 a customer donates on those days.

**THE PHILOPTOCHOS CHRISTMAS PARTY/MEETING** scheduled for Monday, December 14<sup>th</sup> has been canceled due to COVID-19 pandemic restrictions.

**SEXTON NEEDED:** The position of church sexton is still open. Anyone wishing to submit their name for this paid position is asked to see Fr. Ted.

**ΖΗΤΕΙΤΑΙ ΝΕΩΚΟΡΟΣ:** Μηπως υπαρχει ανθρωπος στην Κοινότητα μας που θα ηθελε να εργασθη ως νεωκορος στην Εκκλησια μας; Αν ναι, παρακαλουμεν να τηλεφωνησετε στο γραφειο της Εκκλησιας και να μιλησετε με το Πατερα Θεοδωρο.

**A SCRIPTURE VERSE TO IGNITE YOUR LIFE:** "Search me, O God, and know my heart; Try me, and know my anxieties; and see if there is any wicked way in me, And lead me in the way everlasting" (Psalm 139:23-24).

**WISE WORDS:** We cannot tear out a simple page of our life, but we can throw the whole book in the fire.

There is no time for ignorance when you know today could be your last, and tomorrow is not promised to anyone.

**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 MINISTRY:** Please take a few minutes to review your 2021 Stewardship Commitment in support of our Parish Ministries. We have taught the importance of including the entire family in your stewardship pledge. Including everyone underscores the importance of the Stewardship Program and everyone plays a significant role. Discussing the Program will teach everyone about stewardship and the importance of their participation.

Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves, and to grow in grace. It allows us to participate in the work of God. Be prepared to make your Pledge for 2021 to help us reach our goal of raising \$800,000.

Also, as we are coming to a close for this year, please make sure your 2020 pledge is current or paid in full. To date there is still over \$55,000 in unpaid stewardship pledges for 2020. Your support and cooperation in this matter is deeply appreciated.

**STEWARDSHIP CREED:** True stewardship...Christian giving of time, talents, and treasure is focused on the call of Christ to commit myself to prayer, to work, and to give so that my Church and I may live. I thank God for whatever talents that I possess and come forward to offer them in fellowship to the Church. When my needs are the greatest, the Church is here. I believe that through Christ, the Church gives hope, peace and guidance. Thus, I am ready to commit voluntarily and gratefully: effort, time, talents, and treasure to strengthen my Church's continuing existence. In giving with gratefulness, dignity, equity and peace of mind, I achieve true STEWARDSHIP. **"It is required in stewards that a man be found faithful"** (1 Corinthians 4:2).

**EVERY PARISHIONER** of a Greek Orthodox parish, 18 years an 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>

**YOUTH SERVICE PROJECTS:** During the Advent season our Youth Groups usually do service projects to assist families that are in need. This year because of COVID things will be a little different. Instead of going to Build-A-Bear as a group our advisors will go and make the sure the bears for needy children will be ordered, made and distributed. Also, donations of gift cards and other items for shelter families are being collected for Christmas by our advisors to be distributed accordingly. If you would like to be of assistance, please contact Kaliopé Barajas at 219-331-9229.

**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 1<sup>st</sup> to Sunday, December 13<sup>th</sup>.

**Kids 4 Kids Toy Drive:** We will begin collecting new toys for the disadvantage children and teens in our local area from Sunday, November 1<sup>st</sup> to Sunday, December 13<sup>th</sup>. 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 crew 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.

**BOOKSTORE NEWS:** Visit our Cathedral Books Store, Monday-Friday, between 10:00 a.m.-2:00 p.m. for some Christmas shopping. Items available such as Christmas CD's, ornaments, Christmas cards, as well as a new selection of books, icons and other items. Children's books make excellent gifts and stocking stuffers. A wide variety of specially priced books, will bring lasting joy to many on your gift list!

**YOUTH MEETING DATE:** For the month of December GOYA, Jr. GOYA, HOPE & JOY will be meeting Monday, December 7<sup>th</sup>, 6:30-7:30pm. These programs are open to the youth of our parish. GOYA: 8<sup>th</sup>-12<sup>th</sup> grade; Jr. GOYA: 5<sup>th</sup>-7<sup>th</sup> grade; HOPE & JOY: Kindergarten-4<sup>th</sup> grade. We encourage all the young people of our community to take advantage of these ministries that allow you to meet other Orthodox Christians in a fun environment, as well as learn about our Orthodox Faith and yourselves through discussions, social events and service projects. Come on out and see! You will be glad you did!

For the safety and well-being of our youth, clergy and advisors, the meetings will be held in separate areas of our Cathedral complex, everyone attending must wear a mask and the groups will not intermingle. We will be following the protocols set forth by CDC and the Metropolis of Chicago unless otherwise advised.

**WEBSITE UPDATE:** If you haven't looked lately at our Cathedral website, [www.sscostanteandhelen.org](http://www.sscostanteandhelen.org), you should. It has had a new makeover and allows the viewer to gather information about our parish, as well as Metropolis and Archdiocese ministries and programs at a touch of a finger. We would like to thank Presvytera Kathy Pappas and Fr. Dimitri Burikas for their time and efforts in putting this together for our parish. We still are in need of a webmaster to update and keep our information current. If there is anyone interested in volunteering their time and talent for this ministry, please contact Fr. Dimitri through the church office.

**DISCOVERING TRUE VALUE:** A prominent American who was visiting Argentine was asked by the president of the republic, "Why has South America gotten on so poorly and North America so well?" The visitor replied: "I think the reason is found in the fact that the Spaniards came to South America seeking gold, while the Pilgrims came to North America seeking God."

It is what we seek in Christianity that is important. If we seek the glory of God, no matter how many of the glories and privileges of the world come our way, we cannot be accused of being friends of the world.

**FROM GOD'S WORD:** Christ came not to be served but to serve. He is the good Shepherd Who willingly laid down His life for His friends. Christ was a **GIVER** and He **DESIRES** that His **FOLLOWERS ALSO BE GIVERS**. Christians are not only to refrain from doing evil but also seek eagerly to do good whenever possible and insofar as it is in their hands. Christians strive to imitate God's perfect love. In the words of the Sermon on the Mount: "**You must be perfect – just as your Father in heaven is perfect**" (Matthew 4:49).

It is in this spiritual perspective that Jesus challenges the rich young man in today's Gospel to follow, just as Jesus Himself did, the highest example of self-giving by devoting himself completely to God's work, leading a celibate life and practicing poverty for the sake of the Kingdom. Jesus did not usually ask people to sell their material possessions but only to share them with those in need. But this man, who was probably unmarried and initially showed a desire for the highest perfection, suddenly turned away from Christ for it seemed that Jesus' challenge was impossible.

Do we not also want to turn away when we realize how demanding Christ's teachings are? Do we not silently think to ourselves: "**Who then can be saved?**" (Luke 18:26).

We may not be called by Christ to a life of celibacy or poverty but all of us are called to a life of Christian perfection. Christian life involves a creative tension between what we now are and what we can be tomorrow. The road to Christian perfection is endless. What seems impossible to us is possible by the grace of God. Christians can follow the road to a more perfect obedience when they prayerfully seek a **DEEPER COMMUNION WITH THE HOLY SPIRIT AND CONTINUE TO GROW IN THEIR LOVE FOR JESUS CHRIST**.

**SAINTS OF THE DAY – PARAMONOS & PHILUMENOS:** Saint Paramonos contested for piety's sake during the reign of Decius, in the year 250. A ruler named Aquilinos, seeking relief from a bodily malady, visited a certain therapeutic hot spring. He brought with him captive Christians from Nicomedia, and commanded them to offer sacrifice in the temple of Isis. When they refused, he had them all slaughtered, to the number of 370. Saint Paramonos, beholding their murder, boldly cried out against such an act of ungodliness. When Aquilinos heard this, he sent men to take the Saint. Some smote him with spears, others pierced his tongue and body with sharp reeds, until he died.

Saint Philumenos' contest in martyrdom took place during the reign of Aurelian, in the year 270. Coming from Lycaonia, he was conveying a load of wheat into Galatia when he was denounced as a Christian to Felix, Governor of Ancyra. Nails were driven into his hands, feet, and head, and he was commanded to run. While running in the road, he fell and gave up his holy soul into the hands of God.

**SAINT OF THE WEEK - ST. ANDREW, FIRST CALLED OF THE APOSTLES:** Andrew was given this designation by the Church because he along with his brother Peter were the first who received the call from Jesus of "**Follow Me and I will make you fishers of men**" (Matthew 4:19).

Following the day of Pentecost, Andrew began in earnest to fish for men's souls for Christ. At first his apostolic mission took him to Asia Minor. Two high points of this mission are Sinope, where he suffered greatly at the hands of the pagan citizens of that city and Byzantium where he ordained the first bishop. Thus he is considered the founder of the See of Constantinople. Eventually, his travels led him to Greece and specifically to Patra. There he converted to Christianity Maximilla, wife of the Proconsul Aigeatis. When the proconsul learned of his wife's conversion, he ordered that Andrew be crucified. The Apostle was crucified on an X shaped cross. Thus, he offered the highest sacrifice for the Lord he loved so much.

The Greek Orthodox Church commemorates St. Andrew's memory on November 30<sup>th</sup>. Orthros will be celebrated beginning at 8:00 a.m. followed immediately by Divine Liturgy at 9:00 a.m. for the Feast St. Andrew this Monday, November 30<sup>th</sup> in the Cathedral. Everyone is encouraged to attend.