

Sunday, November 8, 2020

7th Sunday of Luke

Synaxis of the Holy Archangels – Michael, Gabriel, Raphael, Uriel, Salaphiel, Jegudiel, Barachiel & the other Bodiless Powers.

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)

- # 5 – Τον Συναναρχον Λογον/The Word who with the Father and spirit is co-eternal
- # 49 – Των ουρανιων σταρτιων/You the Marshalls of the heavenly armies
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 219 – Ο καθαρωτατος ναςος/The very purest abode of the Savior

READINGS: **Orthros Gospel:** John 21:14-25.
Epistle: Hebrews 2:2-10.
Gospel: Luke 8:41-56.

(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: Andy Campbell & ALL Parish Council members and volunteers.

MEMORIALS

- | | |
|----------------------------|---------------------------------------|
| 9 days Joseph Skora | 6 mons. Norma (Nomiki) Papacalodoukos |
| 3 mons. Mike Stergos | 9 mons. Ipatia Kazanas |
| 6 mons. Konstantina Tsahas | 1 year Konstantina Grantsaris |

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, November 9th – *Feast Day of St. Nektarios the Wonderworker* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

Saturday, November 14th – *Feast Day of St. Philip the Apostle* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

ΘΗΣΕΥΤΙΚΟ ΗΜΕΡΟΛΟΓΙΟ: Του Αγιου Νεκταριου επισκοπου Πενταπολειως
– Δευτερα, 8 Νοεμβριου – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ.

Σαββατο, 14 Νοεμβριου – Φιλιππου του Αποστολου – Ορθρος: 8:00 π.μ. και
Θεια Λειτουργια: 9:00 π.μ. στο Καθερικο.

HOLY UNCTION SERVICE: To commemorate the start of Advent Season (Nativity Fast), we will be celebrating the Sacrament of Holy Unction on Monday, November 16th, 5:00 p.m. in the Cathedral. We encourage all the faithful of our community to attend this service on this day, so that we may all receive the blessings of our Lord and Savior Jesus Christ through the anointing of the Holy Oil for both physical and spiritual ailments. Holy Oil from the Church of the Nativity in Bethlehem will be used in the service.

FALL MINI GREEK FEST: Today is the last day of our Fall Mini Greek Food Fest (12-6pm). Please check it out and decide what delicious food to order. Call 219-796-0105 to pre-order or if you have any questions. We all need to come out and support the Fall Mini Fest for the benefit of our Cathedral.

SUNDAY SCHOOL UPDATE: Registration for the November Faith Box begins today! 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.

PHILOTOCHOS MEETING: Tomorrow, Monday, November 9th, 6:00 p.m. in the Gold Room.

PHILOTOCHOS MEMBERSHIP: Philoptochos needs YOU to fulfill its mission! You can support Philoptochos either as an active member or as a supportive member. For those too busy to attend a monthly meeting or to be involved in any of its ministries or activities, your yearly \$30 or more membership is a meaningful way to participate and offer your assistance. Help us to help others by becoming a member of the largest Christian women's philanthropic organization in America!

THE PHILOTOCHOS 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. Preorders are being accepted until Monday, November 30th. For more information or to place an order, call Frances Klimis 219-696-4851.

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 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?

FROM THE FATHERS: The enemy of our salvation especially strives to draw our heart and mind away from God when we are about to serve Him, and endeavors to adulterously attach our heart to something irrelevant. Be always, every moment, with God, especially when you pray to Him. If you are inconstant, you will fall away from life, and will cast yourself into sorrow and into narrow straits.

– St. John of Kronstadt

**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 year 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>

ORTHODOXY 101 - THE BIBLE AND THE LITURGY: There has been a tendency among some of our people to separate the Bible and the liturgy. According to this school of thought, the Bible is Protestant and the liturgy is Orthodox. Nothing could be further from the truth. The Bible is an integral part of the liturgy and the liturgy of the Bible. Studies have been shown that the liturgy itself has 98 Old Testament quotes and 114 New Testament references. The liturgy is firmly anchored and deeply rooted in Scripture. For what is the liturgy but a making present again of the events of Scripture? The liturgy unfolds the Scriptures in action. In the Orthodox Church the doctrine of the atonement is a liturgical doctrine. Calvary is made present in Baptism and the Eucharist. For example, the passing through the Red Sea becomes real for us today when we pass through the waters of baptism from death to life. The Ascension becomes our ascension to the throne of God in every liturgy. The manna God provided for His people in the wilderness, He continues to provide for us in the Eucharist. The Last Supper becomes real for us in every liturgy and we are there with Christ. Thus, the liturgy becomes a bridge, as it were, bringing the events of the Scriptures to us today so that we may participate in them personally, for our salvation and union with God.

FOOD FOR THOUGHT: Christ has no body on earth but yours, no hands but yours, no feet but yours. Yours are the eyes through which look out for Christ's compassion to the world. Yours are the feet with which He is to go about doing good, and yours are the hands with which He is to bless people with now.

SIN: The difference between a sheep and a pig is this: When a sheep falls in a mud hole, it bleats to get out. When a pig falls in, he just lies there and wallows.

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 in 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.

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.

A PARABLE: Many years ago the Lord of life encountered a tree along the side of a dusty road.

"Tree," said the Lord, "I have given you soil and water and sunlight all these many years. I have kept you safe from the storms. I have blessed your growth. Now I am tired and hungry. Have you anything for me?"

The tree answered back, "I have nothing for you, Lord."

From that day forward, the Lord withheld His blessing and the tree died.

Many years later, the Lord of life encounters one of his people along that same hot, dusty road. "Christian," says the Lord, "I am your creator. I have given you life. I have watched over you and given you food. I have blessed your days. I have enlarged your family and prospered your household. I have shown you mercy and grace. I have loved you and kept you in my love. Look around you. My world is hungry and broken. People in it are weary and in need. Have you anything for them?"

How would you answer the Lord?

CHUCKLE: President Franklin D. Roosevelt decided to find out if anybody was paying attention to what he was saying when greeting people in a receiving line. As each person came up to him with extended hand, he flashed a big smile and said, "I murdered my grandmother this morning." People would automatically respond with comments such as "How lovely!" or "Just continue with your great work!" Nobody listened to what he was saying, except one foreign diplomat. When the president said, "I murdered my grandmother this morning," the diplomat responded softly, "I'm sure she had it coming."

SPIRITUAL INSIGHT: In today's Gospel lesson we see how Jairus came to Jesus with faith and he was not disappointed. Did he not witness with his own eyes one of the greatest miracles Jesus ever performed? Did he not hear those precious words: "Child, arise!" and see his own flesh and blood wake up from the sleep of death? Did he not hear Jesus say to him, "Give her something to eat"?

The greatest crisis we shall ever experience will come at the end of life, when we shall leave this world to stand before the God Who made us. What a blessed comfort to know that at that time Jesus will say to us also who have walked with Him in life, "Child, arise." Arise to the glory of heaven that I have prepared for you! Arise to the full and complete participation in the eternal inheritance I have prepared for those who love Me! Arise; inherit the kingdom I have prepared for you from the foundation of the world!

SYNAXIS OF ARCHANGELS MICHAEL AND GABRIEL: In the fourth century, Pope Sylvester and Patriarch Alexander established this day to celebrate the nine orders of the angels. These orders appeared nine months after the world was created. Angels, the first created beings, are not to be worshipped according to a canon of the 4th century Council of Laodicea. The following is the hierarchy of the nine orders: (1) Six-winged Seraphim (2) Many-eyed Cherubim (3) Godly Thrones (4) Dominions (5) Virtues (6) Powers (7) Principalities (8) Archangels (9) Angels.

Michael is the leader of the angelic army. His name means, "Who is like God." Michael said the now familiar words to the remaining half of the angels in heaven when Lucifer and his followers had been cast out: "*Let us give heed! Let us stand aright! Let us stand with fear!*" Michael defends the Garden of Eden, told Abraham not to sacrifice Isaac, told Lot to flee Sodom, protected Jacob from Esau, took the soul of Moses from the devil, and he changed the course of a river in Asia Minor to protect the holy spring in a church. Michael is seen on the left side of the icon screen. Gabriel, which means "The Power of God," is seen on the right side of the icon screen. He announces the mysteries of God. It was Gabriel who announced the Incarnation of Christ to Mary.

SAINT OF THE WEEK – ST. NEKTARIOS: We all tend to think of saints as being people who lived centuries ago. The popular saint whose memory we commemorate today however, was literally a 20th century saint – falling asleep in the Lord in 1920! Yes, St. Nektarios can truly be called "a saint of our times."

St. Nektarios was born in Turkey in 1846. At the age of 14, he went to Constantinople to find work. Instead, it can be said that this is really where he found Christ. Nektarios quickly became known as a brilliant scholar and a well-respected theologian. He entered a monastery on the island of Chios at the age of 21, and soon after, he was ordained to the priesthood. The preaching and teaching skills that Nektarios possessed made him a likely candidate for the episcopacy. After becoming a bishop, however, St. Nektarios was victimized by the pretty jealousies exhibited by his fellow clergy. Although stripped of some of his hierarchical authority and prestige, St. Nektarios continued to devote his life to serving Christ in whatever way he could. His accomplishments including serving as the dean of a theological school in Alexandria and establishing a convent and school for girls on the small island of Aegina. Scores of pilgrims would flock to Aegina, seeking the wise counsel of this saintly man. After his death, people continued to come and pray before his grave, and many miracles were reported by those who asked for the help and intercession of St. Nektarios. In 1961, he was proclaimed a saint, only 41 years after his death. Known as a "healing saint," St. Nektarios is the Patron Saint of cancer patients.

THREE WORDS: The three words that are important in our family in Christ are: FORGIVE, GIVE, and LIVE. FORGIVE – the mistakes and sins of others as you wish our Lord to forgive you your sins and mistakes. GIVE – with all our hearts and minds to the best of our ability and capability. LIVE – in the spirit of love, peace and understanding of our Lord and Savior as one body of Christ living to achieve oneness with God and eternal life.