

Sunday, October 11, 2020

4th Sunday of Luke; Sunday of the 7th Ecumenical Council;

Philip the Apostle of the 7 Deacons; Theophanes the Confessor; Zenais and Philonilla the Holy Martyrs; Nektarios, Arcadios and Sinisios, Patriarchs of Constantinople.

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

The church will be opened to the first 175 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)

- # 1 – Του λιθου σφραγισθεντος υπο των Ιουδαιων/With the stone sealed by the Judeans
- # 210 – Υπερδεδοξασμενος ει Χριστε ο Θεος ημων/Supremely praised are You ο Christ
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # 218 – Προστασια των Χριστιανων/O Protection of the Christians#

READINGS: Orthros Gospel: John 20:1-10.

Epistle: Titus 3:8-15.

Gospel: Luke 8:5-15.

(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: Kristen Wilk & ALL Parish Council members and volunteers.

MEMORIALS

6 mon. Katina Mamounas	32 yrs. Demetrios Hasapis
4 yrs. Hariklia Antonakis	33 yrs. Agiro Lalios
7 yrs. Edward Crystal	35 yrs. Nick Lalios
9 yrs. Maria Lalios	37 yrs. Giasemi Petalas
11 yrs. Georgia Christie	38 yrs. Eleni Hasapis
15 yrs. Sotirios Antonakis	47 yrs. Haralambos Galouzis
28 yrs. George Hasapis	

MAY THEIR MEMORY BE ETERNAL!

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?

MARK YOUR CALENDARS and make plans to attend our parish's Fall General Assembly held on Sunday, October 25th, 11:00am in the Great Hall. All parishioners in good standing, financially and canonically, should attend and learn about the workings of our parish.

SUNDAY SCHOOL UPDATE: This year, we have reimagined our Sunday school to bring meaningful Christian ministry into your very own home. Introducing: *Faith Box*. 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. Have questions or want to register for the October box? Email Fr. Dimitri at frdimitri@ssconstantineandhelen.org or call the church office.

BYZANTINE MUSIC CLASS: The Byzantine Music class led by Fr. Dimitri for those who would like to learn the ancient art of Orthodox Church music is underway. All students registered should have received an email with directions on how to Zoom the class. If you haven't received this email or still want to register for the class, contact Fr. Dimitri at frdimitri@ssconstantineandhelen.org.

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.

PHILOTOCHOS MEETING DATE: The next meeting date of our St. Helen's Philoptochos Society will be on Monday, October 12th at 6:30pm in the Gold Room. Bring a friend and join us for a night of doing Christ's work for the needy and of fellowship among our sisterhood. **Please note:** Everyone must wear a mask and follow CDC protocols.

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 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!

LOUKOUMADES SALE: Another Loukoumades Drive Thru Sale will be held again this month, on Sunday October 18th, from 10:30am-12:30pm. Orders (\$7.00 a dish) may be picked up at the Kitchen Door walkway.

THE PHILOPTOCHOS CHRISTMAS BAKE SALE will take place on Saturday, December 12th. For details, attend the Philoptochos meeting on Monday, October 12th at 6:30pm or see Frances Klimis.

FALL MINI GREEK FEST: The Fall Mini Greek Food Fest will be held Friday, November 6th, Saturday, November 7th (11am-8pm) & Sunday, November 8th (12-6pm).

Volunteers are needed to help organize, serve, cook, bake and clean up afterwards. To offer your assistance and for more details, see Elias Ploutis.

Proceeds raised from this event will go to benefit our parish and help reduce the deficit in the budget caused by the COVID-19 pandemic.

GOYA OFFICERS: Congratulations to the new GOYA officers for the upcoming ministry year! President – Perry Pappas, Vice President – Anesti Tsagris, Secretary – Maria Paviadakis, Treasurer – Lambreni Tsampis. May God bless you in your new roles!

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 (150-175) 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.
- There will be no distribution of 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.**



ANNUAL FESTIVAL RAFFLE: 4000 RAFFLE TICKETS have been distributed to our parishioners and super sales people. Cost per Raffle Ticket is \$25 for prizes totaling \$10,000 — 1st Prize: \$5,000, 2nd Prize: \$2,000, 3rd Prize: \$1,000. There will also be four Early Bird Prizes drawn of \$250 each on July 5th, August 16th, September 6th & Oct. 18th.

The third Early Bird drawing was held on Sunday, September 6th and the \$250 winner was: Ticket #0388 – Kalliope Dedelow. Congratulations to Kalliope, and thank you to all who have purchased tickets. The last Early Bird drawing will be held on Sunday, October 18th.

Please note that it is the Raffle that brings in the greatest profit for our Festival and guarantees financial success. That is why it is very important we make every effort to sell or buy our tickets. It is truly amazing what can be accomplished if we only try.

All unsold tickets, ticket stubs and money collected are to be returned to the church office no later than Friday, November 6th. Your cooperation in this matter is truly appreciated!

LAMB DONATIONS are being accepted for our Greek Food Fall Fest to help cover the expenses of this event. If you would like to make a donation (\$100 for a whole lamb; \$60 for a half lamb), please mail your check to or stop by the church office Monday-Friday, 9:00am-3:00pm. You can also make your donation by using the tithe.ly app at <https://tithe.ly/give?c=1385847>

SUNDAY MEMORIAL UPDATE: Beginning Sunday, October 4th, Memorial commemorations may once again include kolyva; however, they will not be distributed to the faithful. Kolyva may be brought in small bowls to be commemorated and then taken by the family members' home to be consumed. Distribution of kolyva by the parish will not take place. Also, we ask that the faithful refrain from distributing kolyva outside of the church or in the parking lot as this does not follow Metropolis of Chicago or CDC protocols. We kindly ask all our faithful to please be respectful during these most trying of times of the COVID-19 pandemic and follow these instructions, which are in place for the health and well-being of everyone. If we cannot follow these guidelines, we will be forced to return to the policy of having no kolyva. Thank you in advance for your cooperation in this matter.

STEWARDSHIP NEWS: A Girl Scout was once wearing her little baptismal cross outside of her uniform. Another girl, pointing to the cross, said to her “Your religion is showing.” Our faith, our love, our devotion, our commitment always show in what we give to God. Anyone can say, “I love God”, but how much we love shows in how much we give. Our sense of values shows. What we place first in our life shows. Our Stewardship Pledge to God tells many things about our commitment. It says in effect, “This is what God is worth to me.”

The quarterly Stewardship statements have been mailed. Please review them, and if you have any questions, please call the church office. Also, as we are coming to a close for this year, please make sure your 2020 pledge is current or paid in full. Your support and cooperation in this matter is always deeply appreciated.

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>

FOOD PANTRY: Joe Shudick, Ross Township Trustee, is reminding us that the *Meijer Simply Give Campaign* is currently underway until October 24th.

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](https://tithe.ly) app or by visiting the [Tithe.ly](https://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.

HUMOR: The teacher asked her preschool class, “Now, how many of you would like to go to heaven?” All the children raised their hands except Tommy. The teacher asked Tommy why he wouldn’t like to go to heaven. Tommy answered, “I’m sorry, but I can’t. My mom told me to come right home after Sunday school.”

FOR PONDERING: Don’t blame the doctor if the patient refuses to take his pills. Don’t make the fatal mistake of judging Christ and His Church by some of His sorry representatives. At some time or another, all of us inadvertently misrepresent Him.

SUNDAY OF THE 7TH ECUMENICAL COUNCIL: On the Sunday that falls on or immediately after the tenth of this month, we chant the Service to the 350 Holy Fathers of the Seventh Ecumenical Council, which gathered in Nicaea in 787 under the holy Patriarch Tarasius and during the reign of the Empress Irene and her son, Constantine Porphyrogenitus. The Council was convened to deal with the Iconoclast (down with the icons) Controversy, started with Emperor Leo Isaurus (717-741) who in trying to stop the masses from worshipping the icons, issued a decree in 726 that icons should be raised high up in the churches so that the people could not reach them. This decree was followed by a harsher one in 730 that the icons should be removed entirely from the churches. A violent reaction followed this decree. In the controversy, countless works of art were deliberately destroyed by fire and much blood was shed. The people were divided into friends of the icons (iconophiles) and foes of the icons (iconoclasts).

Finally, the Seventh Ecumenical Council allowed the people to use holy icons, declaring that they should render to icons only honor and not worship, which belongs only to God. Many of the Holy Fathers who condemned Iconoclasm at this Holy Council later died as Confessors and Martyrs for the Holy Icons during the second assault of Iconoclasm in the ninth century, especially during the reigns of Leo the Armenian and Theophilus.

ARE WE BLOCKING OR SPREADING THE GOOD NEWS? “A sower went out to sow his seed.” Almost all of us know what we are going to hear when those words begin the gospel reading. The “*Parable of the Sower*” is one of the most familiar, and is one of the few for which Jesus gives an explanation.

Jesus Christ used parables as a device for making his message clear and understandable, not to obscure it. By taking examples from the everyday life of His listeners, He could effectively make His teaching an integral part of their lives. An agricultural people in a land of poor soil would easily understand that when sowing seed by throwing it around, a good deal would be lost, one way or another. But the farmer does not wait for everything to be perfect before he sows. He must get on with the job when he has the chance. Similarly, if we wait for everything to be perfect in the life of the Church before we spread the message of salvation, then we are going to be waiting a long time. The good news is to be preached now, even in our own imperfect Church and society.

Early Christianity spread first to the cities of the ancient world, among people for whom agricultural imagery did not have the same resonance. The explanation of the parable in verses 11-15 of Luke 8 gives a more personal perspective; is the Word of God coming to fruition in us, or are we blocking it?

The parable then is urging us to get moving. It is also reminding us to be aware of those things in us that get in the way of spreading the good news.

FOR PONDERING: The seed of God is in us. Given an intelligent and hardworking farmer, it will thrive and grow up to God, whose seed it is; and accordingly its fruits will be God-nature. Pear seeds grow into pear trees, nut seeds into nut trees and God seeds into God.

SAINTS OF THE DAY – MARTYRS ZENAIS & PHILONILLA: They were sisters and doctors, as well as relatives of the Apostle Paul. They are grouped with the unmercenary saints. They were from Tarsus, and when they converted to Christianity they did so with zeal. They taught the Scriptures in their clinic to their patients, converting many. They would not charge for their services. They resolved to take their Christian message to other areas, and so went to the city of Demetriada. They gave away their wealth and settled in a cave outside the city, seeing this as a more conducive environment to fasting and all night vigils. The sick would be healed by their prayers. One night, idol worshippers crept up on the now elderly sisters and stoned them to death. Zenais, in disbelief, wondered aloud why they would do this when she had cured them. But, she saw it as the will of God, and prayed for their forgiveness before she died.

UNBELIEF: Few people believe what their mirrors show them or what their bathroom scales tell them.