

Sunday, October 18, 2020
Luke the Apostle & Evangelist;

Marinos the Martyr; Symeon, Theodore & Euphrosyne the Righteous.

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)

- # 2 – Οτε κατηλθεσ προς τον θανατον/When You descended to the realm of death
- # 40 – Αποστολε αγιε και Ευαγγελιστα Λουκα/Ο holy Apostle and Evangelist Luke
- # 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 20:11-18.

Epistle: Colossians 4:5-11, 14-18.

Gospel: Luke 10:16-21.

(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: Taki Zarakas & ALL Parish Council members and volunteers.

MEMORIALS

9 days	Maria Georgiadis	3 yrs.	Gianni Ploutis
9 days	Apostolos Collaros	3 yrs.	Irene Kalogeras
40 days	Fotios Collaros	6 yrs.	Despina Fegaras
3 mon.	Ermioni Krinakis	13 yrs.	George Karakozis
1 year	Nick Vlamos	21 yrs.	Maria Kalogeras
1 year	Angeliki Karakozis	55 yrs.	Michael Kalogeras

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Tuesday, October 20th – *Feast Day of St. Gerasimos of Cephalonia* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.

ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Τριτη, 8 Οκτωβριου – *Γερασιμου οσιου του εν Κεφαλληνια* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ. στο Καθεδρικο.

LOUKOUMADES SALE: A Loukoumades Drive thru Sale will be held today, Sunday October 18th, from 10:30am-12:00pm. Orders (\$7.00 a dish) may be picked up at the Kitchen Door walkway.

MARK YOUR CALENDARS and make plans to attend our parish's Fall General Assembly held next 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.

FOOD FOR THOUGHT: Money cannot buy one necessity of the soul.

SUNDAY SCHOOL UPDATE: The Sunday School program will be holding a virtual Gratitude Workshop today from 11:30am-12noon as part of its ongoing "Faith Box" initiative. The meeting can be accessed using the following link: <https://us02web.zoom.us/j/87009699860>. In addition, 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.

YOUTH FELLOWSHIP BONFIRES: Jr. GOYA will be holding a fellowship bonfire on Friday, October 23rd at 6:30pm. GOYA will also be holding its fellowship bonfire on Saturday, October 24th at 5:30pm. For more details or to RSVP, please contact Fr. Dimitri.

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 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 PHILOPTOCHOS CHRISTMAS BAKE SALE will take place on Saturday, December 12th. For details, 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.

GENERAL ASSEMBLY: Next Sunday, October 25th, at 11:00am, our Cathedral of Ss. Constantine and Helen will hold its Fall General Assembly. To participate in the General Assembly, one must be in good standing with the Parish. Good standing is determined by both your canonical status in the Church (spiritual) as well as your financial commitment. If you have any questions, please contact the church office.

GENERAL ASSEMBLY AGENDA

1. Call to Order and Invocation
2. Verification of Quorum
3. Election of Presiding Officer
4. Minutes of Previous Assembly
5. Pastor's Report
6. President's Report
7. Treasurer's Report
8. Proposed Budget for 2021
9. Committee Reports
10. Election of Audit Committee
11. Old & New Business
13. Closing and Benediction

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.**



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 final Early Bird drawing will be held today.

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.

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?

A RELIGION that does nothing, costs nothing, suffers nothing – is worth nothing.

SAINT OF THE DAY - ST. LUKE THE APOSTLE AND EVANGELIST: The Apostle Luke is one of the saints of the Church that may be described as being “larger than life.” Born in Antioch, Luke was a great student of philosophy, medicine and art. Luke’s life changed one day when he came to Jerusalem and encountered Jesus Christ face to face. After hearing the Savior’s teachings and witnessing His miraculous works, Luke became a devoted disciple of the Lord. According to the Tradition of the Church, Luke, together with Cleopas, saw the Risen Christ on the road to Emmaus immediately after His Resurrection.

The Gospel that bears his name was probably written in the period from 70-80 A.D. and has a distinct historical flavor to it. He verifies biblical events by connecting them to secular history. Since St. Luke was not one of the original disciples of our Lord, his Gospel is based on the testimony of those who were. Many scholars speculate that St. Mark was a key source for his writings. St. Luke’s Gospel delves sparingly into doctrinal matters, but rather offers a universal theme of salvation for all mankind. The Evangelist emphasizes three distinct aspects of the Christian life: prayer, the activity of the Holy Spirit and a deep concern for sinners. The Gospel of St. Luke is also seen as having a strong humanitarian appeal. In particular, the necessity of caring for the poor and needy is emphasized repeatedly. Since his Gospel was directed mainly at Christians with a Gentile background, it greatly emphasizes the challenge of evangelization for the Church.

In addition to his other accomplishments and achievements, the Apostle Luke is widely accepted as being the first iconographer of the Church. His works include three icons of the Mother of God as well as icons of the Apostles Peter and Paul. Tradition teaches that St. Luke showed the Theotokos the three icons he wrote of her and Jesus. The Theotokos blessed them and said, “May the Grace of Him who was born of me and my mercy be with these icons!”

Luke accompanied the Apostle Paul on his second missionary journey. He chronicles their travels to Philippi, Rome, Caesarea and Jerusalem in the Book of Acts. After Paul’s death, Luke preached the Gospel in Italy, Dalmatia and Macedonia. He ultimately suffered martyrdom at the age of 84 when he was hanged from an olive tree in the town of Thebes. His relics produced a multitude of healings, especially the healing of the eyes. In the fourth century, his relics were transferred to Constantinople by the Emperor Constantios. Luke is buried in the Church of the Holy Apostles with the Apostles Timothy and Andrew.

FROM GOD’S WORD - “I SAW SATAN FALL”: This is probably a reference by Jesus to Isaiah 14:12-15. Note the five “**I wills**” in that passage. Because he pursued his own will, Satan is both fallen from heaven, and he is defeated and dethroned from his demonic lordship over the world by the ministry of Christ and His disciples. The joy of discipleship is not in authority over demonic power, but in the citizenship of God’s Kingdom.

The final battle between good and evil is taking place now; the victory is being won in Jesus’ name. But the disciples (and we as well) must not lose their (our) perspective. The prize is not human glory through feats of power but heavenly glory through following Jesus.

CHURCH HUMOR – PARTIAL REPENTANCE: A man with a nagging secret was unable to keep it any longer. He went to confession to his parish priest and admitted that for many years he had been stealing building supplies from the lumberyard where he worked.

“How much lumber did you take?” the priest asked.

“I took enough to build my home and enough for my son’s house. Then I took enough to build houses for my two daughters. Oh, and our cottage at the lake.”

“This is a very serious offense,” the priest said. “I’ll have to think of a far-reaching penance. Have you ever considered doing a retreat?”

“No, Father, I never have,” the man replied. “But if you can get the plans, I can get the lumber.”

CHURCH FATHERS SPEAK: What salt is for food, humility is very every virtue. To acquire it, a man must always think of himself with contrition, self-belittlement and painful self-judgment. But if we acquire it, it will make us sons of God. *-St. Isaac the Syrian*