

**Sunday, October 25, 2020**

**6<sup>th</sup> Sunday of Luke**

**Tabitha the Merciful, who was raised from the dead by Peter the Apostle;  
The Martyrs Marcellinos and Martryrios the Notaries;  
The Martyrs Anastasios, Chrysaphos and Chrysanthie.**

**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)

# 3 – Ευφραίνεσθω τα ουρανια/Rejoice all the heavenly

# 260 – Οι Μαρτυρες σου Κυριε/Your loyal Martyrs Lord

# 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 20:19-31.

**Epistle:** Galatians 1:11-19.

**Gospel:** Luke 8:26-39.

(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:** Roberta Korfias & ALL Parish Council members and volunteers.

### **MEMORIALS**

9 days Meneleos (Mel) Kopanakis

1 year Maria Pyrros

1 year Thomas Saricos

3 yrs. Chrisa Christodoulakis

5 yrs. James Damaskos

6 yrs. Emmanuel Kazonis

29 yrs. Nicholas Andreatos

**MAY THEIR MEMORY BE ETERNAL!**

**SERVICE SCHEDULE:** Monday, October 26<sup>th</sup> – *Feast Day of St. Demetrios the Great Martyr* – Orthros: 8:00 a.m. & Divine Liturgy 9:00 a.m. in the Cathedral.

Wednesday, October 28<sup>th</sup> – *The Protection of Theotokos* – Orthros: 8:00 a.m. & Divine Liturgy 9:00 a.m. in the Cathedral.

**ΘΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτερα, 26 Οκτωβριου – *Δημητριου μεγαλο-μαρτυρος του μυροβλητου* – Ορθρο: 8:00 π.μ. και Θεια Λειτουργια 9.00 π.μ. στο Καθεδρικο.

Τεταρτη, 28 Οκτωβριου – *Της Αγιας Σκεπης της Υπεραγιας Θεοτοκου* – Ορθρο: 8:00 π.μ. και Θεια Λειτουργια 9.00 π.μ. στο Καθεδρικο.

**CHURCH FATHERS SPEAK:** When God created Adam, he did not give him bodily wings like the birds but prepared for him in advance the wings of the Holy Spirit, the wings he desires to give him in the resurrection, to lift him up and carry him wherever the Spirit wishes. Sainly souls receive these wings even now when they take flight in the Spirit toward heavenly thoughts.  
– St. Macarius

**GENERAL ASSEMBLY:** Today following worship, 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

**SUNDAY SCHOOL UPDATE:** Registration for the November Faith Box begins today! 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:** 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 15<sup>th</sup>.

**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 1<sup>st</sup> through November 15<sup>th</sup>. 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 12<sup>th</sup>. For details, see Frances Klimis.

**THANK YOU** to everyone who supported last Sunday's Philoptochos Loukoumades Drive Thru Sale. Once again it was a huge success raising \$1200 for our Philoptochos' philanthropic endeavors.

**FALL MINI GREEK FEST:** The Fall Mini Greek Food Fest will be held Friday, November 6<sup>th</sup>, Saturday, November 7<sup>th</sup> (11am-8pm) & Sunday, November 8<sup>th</sup> (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 or Dora Adams.

The Fall Mini Fest is almost here, and everyone should have received their menu in the mail. Please check it out and decide what days you'll come and 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.

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.

## 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 — 1<sup>st</sup> Prize: \$5,000, 2<sup>nd</sup> Prize: \$2,000, 3<sup>rd</sup> Prize: \$1,000.

**The fourth Early Bird drawing was held on Sunday, October 18<sup>th</sup>, and the \$250 winner was: Ticket #3368 – Dean Christie. Congratulations to Dean, and thank you to all who have purchased tickets.**

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 6<sup>th</sup>. 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 4<sup>th</sup>, 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.

**CHUCKLE:** As a Senior Citizen, I write down everything I want to remember. That way, instead of spending a lot of time trying to remember what I wrote down, I spend the time looking for the paper I wrote it on.

**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.

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.

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>

**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](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?

**REMEMBER** when you kill time, it has no resurrection.

**SAINTS OF THE DAY – TABITHA THE MERCIFUL:** Tabitha was a model Christian woman in the church of Joppa. She was full of good works and charitable deeds. At one point, she became sick and died. The women washed her, prepared her for burial, and laid her in an upper room. The disciples sent two men to Peter who was nearby, asking him to come quickly. When Peter arrived, he was met by the widows who were crying, and they showed Peter the clothes that Tabitha had made them. Peter was left alone in the room with the body of Tabitha, and he prayed and told her to arise. She opened her eyes and sat up. Peter gave her his hand and she stood up, then he called the others into the room. Hearing of this miracle, many others came to believe in Jesus Christ.

**MARTYRS MARCIANOS & MARTYRIOS THE NOTARIES:** The issue of Arianism (which taught that the Divine Logos, the Word of God Who became man, Jesus Christ, is not the divine Son of God) was dealt with at the First Ecumenical Council in such a conciliatory and ambiguous manner in the interest of Church unity that it survived undercover. This was during the reign of Constantine the Great. When he died, his son Constantios fell under the influence of Eusebios and Philip, two staunch Arians and nobles in the royal court. The Patriarch Paul was exiled into Armenia because of these two and was murdered there. Marcianos was a reader and Martyrios was a sub-deacon in the cathedral, and both were secretaries to the patriarch in the fourth century. The Arians tried to bribe them to remain quiet, but they continued to speak out. At last, they were condemned to die for the charge of treason. They thanked God that they could end their lives as martyrs and prayed that they might be granted eternal life, and they were beheaded.

**THE GOSPEL LESSON TODAY** describes a man who was literally being pulled to pieces. When Jesus asked him, "What is your name?" he replied, "My name is legion." "Legion" was Latin for an army division of about six thousand soldiers. This man's personality was so torn to pieces by conflicting interests and drives, that he seemed to be not one person, but a whole mob of people all pulling in different directions. The Gospel goes on to define who these many people who dwelt in this person were: "For many demons had entered him," it says.

Today we do not deny the existence of demons. If anything, we rediscovered their existence. Even psychiatrists are admitting that there are demons: the demons of hate, revenge, resentment; the demons of greed, guilt, fear; the high pressure demonology of modern competition, stress, conflict and keeping up with the Joneses. The people today are inhabited by many such demons. Their name is "Legion."

Psychology says in order to develop a mature personality, one must integrate one's life around a single goal. Jesus expressed it this way, "Seek ye first the kingdom of God...."

Many of our split personalities today issue from split loyalties; partly for Christ, partly for self; partly surrendered to Christ, partly not surrendered to Christ; partly for the world, partly for the kingdom of God. We were not made to find happiness this way. We were made to find happiness and a unified self by integrating our life around the greatest goal in the universe, God in the person of Jesus Christ. He is the "One in Whom all things hang together," the One in Whom we are complete; the only One Who can hold life together and keep it from "going to pieces."

**A PLACE RESERVED FOR ME:** A devout Christian who had missed receiving Communion one Sunday thought to himself: "There was a cup set for me at the Lord's table today, just like the place set for me at the family table at home. The cup was there for me even when I didn't come. When I don't come, my place at the Lord's Table, reserved especially for me, remains empty. And the Lord Jesus, the host, who prepares the table for me, must be truly disappointed that one of His invited guests did not show up." As he thought about this, he said, "My place at the Lord's Table will never be empty again - not if I can help it."

**FOR PONDERING:** We choose to lock the door of our hearts because we want to live in the wretched doghouse of our life – and that is hell. *-Kierkegaard*