

Sunday, October 4, 2020

2nd Sunday of Luke

**Hierotheos, Bishop of Athens; Domina the Martyr & her daughters;
Theodore the Righteous of Tamaseos; John the Hermit.**

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)

8 – Εξ υψους κατηλθεσ ο Ευσπλαγγνος/From on high You descended O Compassionate

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: Luke 24:36-53.

Epistle: 2 Corinthians 6:16-18, 7:1.

Gospel: Luke 6:31-36.

(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: John Nikolaras & ALL Parish Council members and volunteers.

MEMORIALS

9 days Artemis Louie Panayi	16 yrs. George M. Politakis
6 mon. Helen Poulos	18 yrs. Anthony Pete Zervos
3 yrs. Eleni Kirittopoulos	18 yrs. Kyriakoula Kostides
4 yrs. Alexandra Papadopoulos	20 yrs. Chrisoula Politakis
4 yrs. Maria S. Fotinos	21 yrs. George E. Demitroulas
10 yrs. Ann (Anastasia) Christakis	23 yrs. Eraklis Kirittopoulos
12 yrs. Angeliki Fitousis	26 yrs. Kostanatinos Karaleftheres
12 yrs. Athanasios Papadopoulos	34 yrs. Ioannis Kostides
13 yrs. Victoria Demitroulas	35 yrs. Stavros P. Fotinos
	40 yrs. Irene Karaleftheres

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.

YOUTH MEETING DATE: Our next meetings for HOPE/JOY/Jr. GOYA/GOYA are scheduled for Monday, October 5th, 6:30-7:30pm. We look forward to seeing our young people gather once again to be an active part of our parish ministry, both spiritually and socially. Contact Fr. Dimitri at the church office for details. **Please note:** everyone attending must wear a mask and follow CDC protocols.

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 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 A HUGE SUCCESS! Last Sunday, our Philoptochos ladies held a Drive Thru Loukoumades Sale, and it exceeded all expectations. Over \$1200 was raised to benefit our St. Helen's Philoptochos philanthropic endeavors. The Philoptochos would like to thank everyone who supported this effort and hopes you all enjoyed these delicious treats. Keep an eye out as another Loukoumades Sale will be held again this month, and the Philoptochos Christmas Bake Sale will take place on December 12th.

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.

**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: In donating a park to a city, a person said, "This is the last kick in a fistful of dollars I am getting rid of today. I have always believed that there are three kicks in every dollar, one when you make it. The second kick is when you have it. The third kick comes when you give it away. The big kick is the last one."

With the end of September, we have finished three-quarters of the year. Yet, there are still many members who have failed to make a financial kick of commitment to our parish. There are others who have failed to keep their kick of commitment. Thank God for those few who have made their commitment kick, met it, and are now surpassing it. However, for our parish to remain strong and continue to serve the needs of our community, we need everyone's cooperation and support. Give to God and His Holy Church what He graciously supplies to you. You will not only get a kick out of this but be truly blessed.

As the COVID-19 crisis unfolds, much of the world is struggling to navigate these turbulent waters. Yet, our Cathedral's mission remains more important than ever to minister to the faithful of the Lord, both spiritually and physically, in the spirit of Christ's love. We thank God for all of the support received thus far in 2020 with your time, talent, and treasure. But, we still have more work to do if we plan to continue to fulfill our purpose as stewards of the gifts He has given us.

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.

CHUCKLE: My son forgot his laptop on the floor of the family room. My grandma thought it was a scale. Conclusion: My grandma weighs \$950.

THE TEACHINGS OF JESUS: What is perhaps the simplest principle of moral conduct? Today's Gospel lesson provides for us the answer. This is the Golden Rule as taught by Jesus. It is a case of simple justice, to return like for like in positive terms.

The Golden Rule seeks to guide people to fulfill their needs, desires, and dreams without tremendous conflicts causing hurt among them. How? By remembering to treat each other with understanding and fairness. **"Do to others as you would have them do to you"** (Luke 6:31). This is a basic principle of morality presupposing a commonness and brotherhood among all people.

Important as the Golden Rule is, Christian morality goes far beyond it. Christian morality involves something more than the idea of fairness. What is this "more"? **TO TREAT OTHERS WITH LOVE, GOODNESS AND COMPASSION NO MATTER HOW THEY BEHAVE!**

Christ's Golden Rule is taking one's neighbor upon oneself just as the Good Samaritan had compassion on the wounded Jew, a supposed enemy, and interrupted his own journey in order to help him. Jesus Himself is the supreme model of the Good Samaritan, seeking to bind and heal humanity's wounds and suffering persecution in the process. He voluntarily submitted to abuse, insults, beatings, betrayal and crucifixion by those whom He came to help! From the Cross He prayed to God: **"Father, forgive them! They know not what they do"** (Luke 23:34). Christ lived out His own teaching about love: **"No one has greater love than this, to lay down one's life for one's friends"** (John 15:13). Thus, Christian morality is anchored not merely on the principle of fairness, but much more on the principle of outgoing, sacrificial love.

SAINT OF THE DAY - HIEROTHEOS OF ATHENS: According to some, Hierotheos, like St. Dionysius the Areopagite, was a member of the court of Mars Hill. It was here that he was first instructed in the faith of Christ by Apostle Paul. Hierotheos renounced the pagan lifestyle, beliefs and idols. Later in his journey in Christ, Hierotheos, along with Dionysius, practiced more perfectly the mysteries of Christ and the Christian Faith. Tradition has it that Hierotheos was brought miraculously by the power of the Holy Spirit to be present at the Dormition of the Theotokos, when, together with the Holy Apostles, he became a leader of the divine hymnody to the Mother of God. "He was wholly transported, wholly outside himself and was so deeply absorbed in communion with the sacred things he celebrated in hymnology, that to all who heard him and saw him knew him to be truly inspired of God," as Dionysius records in his book, *"On the Divine Names."* Having lived in a manner pleasing to God, he reposed in the Lord". St Hierotheos became Bishop of Athens where he taught his flock about love and repentance, as well as not worrying about the minor things of an earthly life but to seek God's ways and live a holy life in Christ. He suffered for his faith at the hands of pagan authorities and died a martyr's death in the first century.

YOU ARE A BRANCH OFFICE: Large corporations seek to establish "branch" offices in every major city. This is how they promote and extend their business. Christ has chosen to establish a "branch" office in each baptized Christian. For example, He longs to express Himself in your home, but He needs you as a branch. He needs you to establish a family worship center where prayer is offered daily. He needs you to speak to your children about God, to practice family devotions.

God needs you every day somehow as a branch, He needs you to guide a certain child, to protect against something that you know is against His will, to comfort a person, to perform a particular job, to visit a bereaved person, to speak to someone who has separated himself from the church, to manifest to everyone his tenderness, goodness and love.

It is not just the clergyman's job to do these tasks. The clergyman is only one branch on the vine of Christ. The lay people, too, are branches. Christ depends not just on a few branches, but on all of us to do His work in the world, to bear the fruit for Him.

WORTH REMEMBERING: Never give the devil a ride! He will always want to drive!