

**Sunday, September 20, 2020**  
**Sunday after the Elevation of the Holy Cross**  
**Eustathios the Great Martyr, his wife and two children;**  
**Meletios of Cyprus & Hilarion of Crete.**

**WORSHIP SCHEDULE TODAY:** Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.  
The church will be opened to the first 150 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)  
# 6 – Αγγελικαι Δυναμεις/A host of Angels descended upon Your tomb  
# 27 – Σωσον Κυριε τον λαον σου/Save O Lord Your people  
# 260 – Οι Μαρτυρες σου Κυριε/Your loyal Martyrs Lord  
# 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky  
# 217 – Ο υψωθεις εν τω Σταυρω εκουσιωζ/You who were lifted on the Cross

**READINGS:** **Orthros Gospel:** Luke 24:1-12.  
**Epistle:** Galatians 2:16-20.  
**Gospel:** Mark 8:34-38, 9:1.

(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:** Chris Paramantgis & ALL Parish Council members and volunteers.

**MEMORIALS**

9 days Fotios Collaros	18 yrs. Evanthia Asproulis
40 days Michael Stergos	20 yrs. Asimina Tournis
3 mon. Constantine Halkias	20 yrs. Vasiliki Theodoros
1 year Paul (Apostolos) Zale	27 yrs. Anthony Tournis
1 year Elizabeth Roubos	30 yrs. Ioannis Asproulis
1 year Bill (Vasilios) Panagiotidis	49 yrs. Isadore Pappas
1 year Mary Pappas	54 yrs. Catherine Pappas
2 yrs. Anastasios Pappas	

**MAY THEIR MEMORY BE ETERNAL!**

**PARISH COUNCIL OPENINGS:** Due to two resignations from the Parish Council, there are two open seats available. 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.

**IT'S GOING TO BE A BAD DAY...**When you see a "60 Minutes" news team in your office...You turn on the news, and they are showing emergency routes out of the city...Your twin sister forgot your birthday...Your car horn goes off accidentally and remains stuck as you follow a group of Hell's Angels on the freeway...Your boss tells you not to bother to take off your coat...Your income-tax check bounces...You put both contact lenses in the same eye.

**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](mailto:frdimitri@ssconstantineandhelen.org) or call the church office.

**GREEK SCHOOL:** The first Greek School class started this past Friday and there is still room for more students, especially grades 1 through 2, register now at the church office. If you have questions, contact Zoe Koultouridis through the Greek School Facebook page or email her at email [zoealiazi@gmail.com](mailto:zoealiazi@gmail.com).

**BYZANTINE MUSIC CLASS:** This fall, our parish will be holding a Byzantine Music class led by Fr. Dimitri for those who would like to learn the ancient art of Orthodox Church music. All interested students ages 12+ should contact Fr. Dimitri at [frdimitri@ssconstantineandhelen.org](mailto:frdimitri@ssconstantineandhelen.org). Once the class is solidified, we will determine the schedule based on availability. Lessons will be held in-person or via Zoom depending on the pandemic conditions.

**YOUTH MINISTRY:** We will be holding our JOY/Jr. GOYA/GOYA meetings this year according to the CDC guidelines in the Great Hall and Gold Room, where there will be enough space for social distancing for our volunteers and children. We would like to thank Tia Vaupel (JOY advisor), Shannon Zaronias & Kelly Barajas (Jr. GOYA advisors), Martha Emmanoilidis, Irene Nikolaras & Susan Tsagris (GOYA advisors), as well as Keyv Paviadakis (alternate) for offering their services for this year.

**YOUTH MEETING DATE:** Our first meetings of the new Church Year for HOPE/JOY/Jr. GOYA/GOYA are scheduled for Monday, September 21<sup>st</sup>, 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.

**PHILOTOCHOS RAFFLE:** Following worship services on September 14<sup>th</sup>, our Philoptochos had their drawing of their Spaghetti Dinner Raffle (the Spaghetti Dinner, which benefits the Food Pantry, was postponed due to the COVID-19 Crisis back in May). The winners were: \$300 – Nicolette Christie; \$200 – Steve Demakis; \$100 – Ed/Liz Foster. Congratulations to our winners and thank you to everyone who supported the Philoptochos Raffle and our Food Pantry. Hopefully, we can get back to having our Spaghetti Dinner next year. May the Lord's blessings be with all!

**MEETING DATE:** With the beginning of the New Ecclesiastical Year, our St. Helen's Philoptochos Society will once again be hosting their monthly meetings. The first meeting will be on Monday, September 21<sup>st</sup> at 6:30pm in the Gold Room. Bring a friend and join us for fun and fellowship as we kick off our new Philoptochos Year. **Please note:** everyone attending must wear a mask and follow CDC protocols.

**PHILOTOCHOS MEMBERSHIP** is ongoing throughout the year. 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 Philoptochos member of the largest Christian women's philanthropic organization in America!

**THOUGHT:** Don't give God instructions – just report for duty!

## ATTENTION FAITHFUL MEMBERS OF SAINTS CONSTANTINE AND HELEN CATHEDRAL

We have spent the days since the COVID-19 Pandemic swept the nation and world unable to gather as a church family for prayer, worship, and the reception of the sacraments. Through these difficult months, we have devoted ourselves to fervent prayer and entreaty to God for those sick with the virus, for frontline workers, for our civil and church leaders, and so that we could once again be united to our church family.

We now have the church doors open for church services, with limited seating after months of being closed. That being said, the experience of coming to church is different. There are new requirements and procedures put in place to allow us to celebrate the Divine Liturgy as safely as possible.

Below is a list of these new protocols. Please read them over carefully. A greater familiarity with these protocols will result in an easier transition to the new worship experience at our Cathedral. Please understand that these protocols are subject to change, and we will do our best to keep you updated.

We thank you for your continued patience and prayer, and ask for your assistance and cooperation as we open up our church.

In Christ's service,  
✠Fr. Ted ✠Fr. Dimitri

### 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 (100-150) 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 — 1<sup>st</sup> Prize: \$5,000, 2<sup>nd</sup> Prize: \$2,000, 3<sup>rd</sup> Prize: \$1,000. There will also be four Early Bird Prizes drawn of \$250 each on July 5<sup>th</sup>, August 16<sup>th</sup>, September 6<sup>th</sup> & Oct. 18<sup>th</sup>.

**The third Early Bird drawing was held on Sunday, September 6<sup>th</sup> 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 18<sup>th</sup>.**

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!

**ATTENTION PARISHIONERS:** We kindly ask parishioners to refrain from littering the church grounds with the antidoron bags. These bags should not be thrown around the parking lot or in front of the church, especially if there is antidoron in them. If you do not want antidoron, do not take it from the altar boys. If this practice continues, we will be forced to stop distributing antidoron.

**ANNOUNCEMENTS** for the Sunday bulletin and names to be commemorated for memorials on Sunday need to be submitted to the church office by Wednesday at 12:00 noon. Articles or announcements for the monthly newsletter "*The Message*" need to be submitted to Fr. Ted by the 1<sup>st</sup> of each month for the upcoming month (i.e. September 1<sup>st</sup> for October).

**STEWARDSHIP NEWS:** When it comes to giving to God and His work, if you must err, err on the side of generosity, as you would if your loved ones were in need and presented a request. Err on the side of going beyond what is practical and try what is spiritual. *“He who sows bountifully will also reap bountifully,”* writes St. Paul. Give abundantly and you will receive abundantly.

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.

With the end of September quickly approaching your Stewardship pledge should be at least three quarters paid. For your information there is still over \$95,000 in pledges that need to be paid. Please be current with your payment! Don’t leave our Cathedral holding an unpaid balance. For specifics, stop by the church office.

For those who haven’t paid anything on their pledge commitment, please catch up by September 30<sup>th</sup>. For those who haven’t pledged, what are you waiting for? Please submit your pledge for 2020 along with your payment by September 30<sup>th</sup> as well. Everyone’s support is truly 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 24<sup>th</sup>.

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.

**JESUS TURNS LOSERS INTO WINNERS:** The road to success is filled with people who fail. There are people who know that failure is always a possibility in any endeavor. They don’t like failure; they abhor it, but at the same time they are not afraid of it. It is the price to pay for trying. But these people are not permanent failures, because they pick themselves up with God’s help and try again every time they fail. They know that as long as they get up one time more than they fall they will not have failed.

Nobody specializes in reversing failures like Jesus. He took Peter who had denied Him three times and made him the chief apostle. To the thief on the cross, a real loser, He said, *“Today you will be with Me in paradise.”* He told the story of the prodigal son, another loser, who *“came to himself”* and through repentance made it back to his father’s mansion. He took a person who was perhaps the world’s greatest sinner, Augustine, and made him a great bishop and saint. Jesus has always specialized in turning losers into winners. He does so to this day. He can do it for you.

Jesus asks a significant question in today’s Gospel lesson: *“Does a person gain anything if he wins the whole world and loses his soul?”* Of course not! What can a person give in exchange for his soul? You can win the whole world, but if you lose your soul in the process, you lose everything.

If for you, winning is everything, then come to Jesus. Lose yourself in love and service to Him, and you will win life’s greatest prize: life eternal.

**“WHAT DO YOU BELIEVE?”** is a question many Orthodox faithful do not know how to answer. Some offer ethical responses, others express sentiments of great sincerity and depth, yet a clear concise answer is never given. Oddly enough, neither young nor old think simply quoting the Creed, which we repeat or hear the words **“I believe…”** at each Liturgy. **The Nicene Creed is the symbol of Faith for an Orthodox Christian.** Yet many cannot tell in plain language what it is they declare to believe! The fact that the **“Good News”**, the Gospel, proclaim by Jesus and His Apostles was primarily that **“The Kingdom of God is at hand”** (Mark 1:15). Man’s whole aim is to prepare for this great event. That God became incarnate to show us how to live in preparation of this day does not seem to occur to very many. That Jesus died for our sins to free us from its bondage so that we could face death and judgment day, is seldom a pertinent part of our faith. Few see in the Resurrection a personal message and implication that Christ’ power over death is a firm promise made to each and every one of us. Christ must be the cornerstone of our lives, or our faith is vain. We must not fear to say: **“Lord I believe, help my unbelief.”** (Mark 9:24). Our thoughts, our life, must be centered on the Risen Christ. This is our belief. With this faith then we too can cry, **“My Lord and my God.”** (John 20:28).

**SAINT OF THE DAY – HILARION OF CRETE:** Hilarion led an uneventful life until he was accused of embezzlement. Rather than pay his debt to society, he went to his friends. When they would not help him, he fled to the safety of an influential Moslem. Hilarion renounced Christianity for the Muslim faith and was given enough money to live comfortably. However, when his conscience reproached him, he moved to Saint Anne’s Skete on Mount Athos. He hoped to atone for his sin before God. His sincere repentance touched all those around him. Still his guilt would not leave him. After many months, he decided to confront the Moslem man who helped him and to deny the Muslim faith. Once there, he declared himself to be a Christian for all time, and in 1804 was beheaded for his Christian beliefs.

**SOME THOUGHTS ON THE AFTERFEAST OF THE HOLY CROSS:** *“Despite any struggle we may face in life, we should learn to experience the ‘freedom of the Cross.’ There is such amazing freedom when we learn to say: ‘Your will be done.’”*

*—Archbishop Anastasios Yannoulatos of Albania*

**FROM GOD’S WORD:** Perfect love casts out all fear (1 John 4:18). Remember, never to fear the power of evil more than your trust in the power and love of God.