

## Sunday, September 27, 2020

### 1<sup>st</sup> Sunday of St. Luke

**Kallistratos the Martyr and his 49 Companions; Epicharis the Martyr;  
Ignatios the Righteous of Asia Minor; Aristarchos, Mark & Zenas Apostles of the 70;  
Akylina the New Martyr of Thessaloniki**

**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)

- # 7 – Κατελυσας τω Σταυρω σου τον θανατον/You vanquished death by Your Cross
- # 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:** Luke 24:13-35.  
**Epistle:** 2 Corinthians 6:1-10.  
**Gospel:** Luke 5:1-11.

(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:** JoAnn Massow & ALL Parish Council members and volunteers.

### MEMORIALS

- |                             |                            |
|-----------------------------|----------------------------|
| 3 yrs. Sotiris (Sam) Kyres  | 13 yrs. Andreas Droza      |
| 4 yrs. Despina (Nina) Kyres | 14 yrs. Panagiotis Stassis |
| 13 yrs. Edmund Kolozenski   |                            |

**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?

**CHURCH HUMOR:** So few people know the Bible nowadays. A pastor was waiting inside a grocery store as a terrible thunderstorm passed through the area. A man was standing next to him, so he tried to be friendly and make conversation. "If this keeps up, we'll all have to buy an ark," said the pastor. "What's an ark?" the man asked. "You mean you haven't heard about Noah and the great flood and all those animals?" the pastor asked. "Look, mister," said the man, "I've only been in town for a couple of days, and I haven't had time to check out the local news."

**THOUGHT:** The average churchgoer often thinks nothing would be missed by staying home.

**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 UPDATE:** Our Greek School classes have started, and there is still room for more students, especially grades 1-2. Those interested may register their children at the church office, Monday-Friday, between 9:00am-3:00pm. 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:** 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](mailto:frdimitri@ssconstantineandhelen.org).

**YOUTH MEETING DATE:** Our next meetings for HOPE/JOY/Jr. GOYA/GOYA are scheduled for Monday, October 5<sup>th</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.

**PHILOPTOCHOS LOUKOUMADES SALE:** This Sunday, September 27<sup>th</sup>, our Philoptochos will be sponsoring a Drive-Thru Loukoumades Sale following worship. Anyone wishing to purchase Loukoumades may place an order ahead of time or use the Drive-Thru on that day and pick them up at the kitchen doors outside of the Hellenic Cultural Center. Cost is \$7.00 per plate. For more information or to place an order, contact Philoptochos President Vickie Dovellos at 219-670-9700.

**PHILOPTOCHOS MEETING DATE:** The next meeting date of our St. Helen's Philoptochos Society will be on Monday, October 12<sup>th</sup> 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.

**PHILOPTOCHOS 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 Philoptochos member of the largest Christian women's philanthropic organization in America!

**SAINT OF THE DAY - KALLISTRATOS & HIS 49 COMPANIONS:** Kallistratos was a native of Carthage. Neochoros, an ancestor of Kallistratos, had served under the emperor Tiberius in Palestine, under the command of Pontius Pilate, and was a witness to the suffering on the Cross of our Lord Jesus Christ, His voluntary death and glorious Resurrection. Kallistratos' father was a Christian, and he raised his son in faith and piety. Like his father, he became a soldier and excelled among his pagan military comrades by his good conduct and gentle disposition.

At night when everyone slept, he usually stayed up to pray. A soldier sleeping nearby heard St Kallistratos invoking the name of the Lord Jesus Christ, and he reported this to the  
(Continued below)

## 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 — 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!

**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.

**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](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.

**THE VOICE OF FAITH:** “We are creatures of blind fate,” growls the cynic, “and it’s silly to look to God for guidance.” “Nevertheless,” replies the voice of faith, “we have a Father in heaven who cares. If God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will He not much more clothe you, O men of little faith?”

“You cannot change God’s plan for you,” shouts the cynic. “Your prayers are ridiculous.” “Nevertheless,” replies the voice of faith, “I shall continue to believe God’s promise: if you ask Him for bread, will He give you a stone? If you ask Him for fish, will He give you a serpent?”

“What’s this about faith in God,” continues the cynic. “What good does it do? Can’t you see that the wicked prosper and the righteous suffer? Can’t you see that in this world it doesn’t pay to be good?” “Nevertheless,” shouts the voice of faith, “you never judge a play until you see the final act. So, never judge a person until you see him in his final act – standing before the Judgment seat of God. Then you shall see whether or not it pays to be good. Then you shall see whether the wicked or the righteous will prosper.”

Does the past hold failure for you? Do you speak of it in terms of regret and frustration? But when you speak of that past, add just one more word to the recital. Say “nevertheless” and make it mean “in spite of!”

I have toiled a long season at some hard task and produced nothing. Nevertheless, at His word, I will let down the nets and try again in the same waters.

True – the disciples fished all night and caught nothing.

True – fish for the most part are caught at night and not during the day.

True – fish are to be found in shallow water, not in deep water.

But – Peter did it anyway, and the size of the catch was astonishing.

Look at the means of grace the Lord has given us: prayer, the sacraments, the Bible, the liturgy. How often we say we’re too tired or we don’t feel like praying, or reading the Bible, or coming to church. When we feel like this, the Gospel today tells us: Come, come to church even when the weatherman is promising the worst. Come even when you have been up late the night before. Come even when every bone in your body aches. Come. Do it anyway. What you will gain from it will be way out of proportion to what you put in. **“And they enclosed a great shoal of fish and...their nets were breaking”** (Luke 5:6).

(Saint of the day continued from above page) commander, who in turn summoned Kallistratos, interrogated him and wanted to make him offer sacrifice to idols. To this, the Saint answered firmly “no.” The commander gave orders to beat him and then, covered with wounds, to drag him over sharp stones. The beating and the torments did not turn Kallistratos away from his faith. Orders were given to sew him up in a leather sack and drown him in the sea. By Divine Providence, the sack struck a sharp rock, tearing it, and he, carried by dolphins, came to dry land unharmed. Viewing such a miracle, 49 soldiers came to believe in Christ. The commander subjected them all to innumerable floggings and threw Kallistratos, along with the believing soldiers, into prison.

In jail, Kallistratos continued to preach the Word of God to the soldiers, and he bolstered their spirits for martyrdom. Summoned again to the commander, the sufferers firmly confessed their faith in Christ, after which they bound them hand and foot and threw them into a lake. However, there their bonds broke, and with bright faces the holy martyrs stood in the water, rejoicing in their Baptism, which coincided with the act of martyrdom. Above them were beautiful bright crowns, and all heard a voice, “Be brave, Kallistratos, with your company, and come rest in the eternal habitations”. At the same time, the earth shuddered, and an idol standing nearby fell down and smashed. Seeing this, another 135 soldiers also believed in the Lord Jesus Christ. The military commander, fearing a mutiny in the army, did not put them on trial, but again imprisoned Kallistratos with the others, where they fervently prayed and gave thanks to God for giving them power to endure such sufferings. At night, the men were martyred by being cut to pieces with swords. The 135 soldiers who remained alive buried their holy relics. Later, a church was built on the spot of their sufferings, as St. Kallistratos had foretold.