

Sunday, September 13, 2020

Sunday before the Elevation of the Holy Cross

**Cornelius the Centurion & Martyr; Aristides the Philosopher;
Hierotheos the Righteous of Iveron Monastery, Mount Athos.**

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)

- # 5 – Τον συναναρχον Λογον/The Word who with the Father
- # # – Τον ζωοποιον Σταυρον/The life-giving Cross
- #....# – Ως του ανω στερεωματος/Like the splendor of the upper firmament
- # 134 – Του Σταυρου σου τον τυπον/The sign of the Cross in the sky
- # # – Ουρανος πολυφωτος/The Church is a many lighted heaven

READINGS: **Orthros Gospel:** Mark 16:9-20.
Epistle: Galatians 6:11-18.
Gospel: John 3:13-17.

(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: Tom Tsagris & ALL Parish Council members and volunteers.

MEMORIALS

- | | |
|----------------------------------|-----------------------------|
| 40 days Deanna (Themelina) Paras | 20 yrs. Maria Paras |
| 2 yrs. George Paras | 26 yrs. Kostantinos Fotinos |
| 4 yrs. Anna Fotinos | 26 yrs. Emmanuel Petalas |
| 5 yrs. Fotini Katsiris | |

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, September 14th – *Exaltation of the Holy Cross* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

ΘΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Δευτερα, 14 Σεπτεμβριου – *Η Ηνωσις του Σταυρου* – Ορθρος 8:00 π.μ. και Θ. Λειτουργια 9:00 π.μ. στο Καθεδρικο.

PLEASE NOTE the worship services for this day will not be live streamed. Also, since there is little time to call in to register for worship for this day everyone is welcomed to come without registration to church.

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.

THOUGHT: Bad habits are like a comfortable bed, easy to get into but hard to get out of.

CATHEDRAL EARLY LEARNING CENTER: Due to lack of student registrations because of the COVID-19 pandemic, our CELC Preschool has decided to suspend classes for the 2020-2021 school year. We apologize for any inconvenience that this decision may cause anyone. For further details, contact CELC director Christine Chimitris through the church office at 219-769-2481.

ORTHODOX STUDY HOUR: The final Bible Study on Genesis will be this Tuesday at 7:00pm via Zoom. This Bible Study will be posted on our Facebook Page and parish website the day after. For further details, contact Fr. Dimitri through the church office.

SUNDAY SCHOOL UPDATE: Unfortunately, due to safety and health concerns caused by the COVID-19 pandemic, it has been decided by our Cathedral clergy to postpone Sunday school classes for this school year. We will be offering some religious education lessons via Zoom for our students. More specific details will be forthcoming about these lessons. We would like to thank all our Sunday school teachers who had offered their time and talent to teach this year.

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. 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 Kevy 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 21st, 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 14th, our Philoptochos will have the 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). All tickets and monies should be turned in to Frances Klimis today. To purchase tickets or for more information, contact Frances Klimis at 219-776-3091.

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 21st 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!

CHUCKLE: A young child was taught how to make the sign of the cross and decided to show his younger brother. His mother, walking through their play area, overheard him saying: "In the name of the Father, and the Son, and the Hungry Spirit. Amen."

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 — 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!

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 1st of each month for the upcoming month (i.e. September 1st for October).

STEWARDSHIP NEWS: 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. For those who are behind in their pledge commitment, please catch up by September 30th. For those who haven't pledged, what are you waiting for? Please submit your pledge for 2020 along with your payment by September 30th 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 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.

FOR PONDERING: There is no need to be worried by facetious people who try to make the Christian hope of "Heaven" ridiculous by saying they do not want "to spend eternity playing harps." The answer to such people is that if they cannot understand books written for grown-ups, they should not talk about them. All the scriptural imagery (harps, crowns, gold, etc.) is, of course, a merely symbolical attempt to express the inexpressible...People who take these symbols literally might as well think that when Christ told us to be like doves, He meant we were to lay eggs. – C.S. Lewis

FROM GOD'S WORD – JOHN 3:16: The Fathers of the Church very wisely selected the words in today's Gospel lesson to be read every year on the Sunday before the Feast of the Elevation of the Holy Cross because these words capture the real meaning of the cross: **"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life"** (John 3:16).

The passage of Scripture is the essence of the entire Gospel and the whole message of Christianity. God's gift of His Son is the ultimate expression of His love for the world. The purpose of Christ's coming is to save – to offer forgiveness, salvation, peace with God and life eternal. But it also acts as a warning for those who will not believe that the result is condemnation.

THE GREATEST WRONG: In ancient times, many criminals and rebels died by crucifixion. It's said that in the unrest after the death of Herod the Great in 4 BC, Roman soldiers lined a road in Galilee with 2000 crosses, each bearing the body of an insurrectionist. Their purpose was to strike terror into the heart of anyone who even contemplated rebellion against Rome.

Almost 40 years later, Jesus was put to death by the Romans on a cross following their policy of putting slaves and the lowest of criminals to death. This is how they identified Him.

Followers of Christ see His crucifixion as the greatest wrong in all of history. Yet we decorate church buildings with the cross, wear it around our necks, make the sign of the cross on ourselves, and have special days of commemoration. Why would anyone cherish such a terrible symbol of shame and suffering?

Christ's death on the cross gave a new significance to that which had been an instrument of shame and disgrace. It transformed it into the symbol of salvation. St. Paul glorified in the cross when it was not only unpopular but perilous to do so. We read in Galatians 6:14, **"But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world."**

It was this outlook which St. Helen had when she set out at the age of 80 for the Holy Land, to look for the cross on which Christ was crucified. It is this finding and lifting that we celebrate on September 14th. History's greatest wrong secured our pardon from sin, and His resurrection assures our ultimate victory over death. That is why we cherish the cross and venerate it.

The Litany of the Holy Cross will be held at the conclusion of the Liturgy on this day. We encourage our faithful to attend worship and receive the blessings that the Holy Cross brings to us.

SAINT OF THE DAY – CORNELIUS THE CENTURION: Cornelius was not a Christian, but one day while praying, an angel of God appeared and said that God recognized his almsgiving and prayers. He was ordered by the angel to go to the Apostle Peter in Joppa to be instructed in the faith. Peter also saw a vision instructing him to seek out Cornelius. Peter preached about Christ, His many signs, healings, the raising of the dead, freedom from passions, and the remission of sins. Cornelius and his household were baptized, thus becoming the first converts from paganism (Acts 10:1-48).

CHURCH FATHERS SPEAK: Prayer, fasting, vigils, and all other Christian acts, however good they may be in themselves, certainly do not constitute the aim of our Christian life: they are but indispensable means of attaining that aim. For the true aim of the Christian life is the acquisition of the Holy Spirit of God. As for fasts, vigils, prayer and almsgiving, and other good works done in the name of Christ, they are only the means of acquiring the Holy Spirit of God. Prayer is always possible for everyone, rich and poor, noble and simple, strong and weak, healthy and suffering, righteous and sinful. Great is the power of prayer; most of all does it bring the Spirit of God and easiest of all is it to exercise.

-St. Seraphim of Sarov

THINK ABOUT IT: Jesus invested His life in you. Have you shown any interest?