

Sunday, January 17, 2021
12th Sunday of Luke – The 10 Lepers
St. Anthony the Great

WORSHIP SCHEDULE TODAY: Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m.

The church will be opened to the first 200 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 το Σπαυρω σου τον θανατον/You vanquished death by Your Cross
- # 95 – Τον ζηλωτην Ηλιαν/The ways of the zealot Elias imitating
- # 134 – Του Σπαυρου σου τον τυπον/The sign of the Cross in the sky
- # 228 – Ο μητραν παρθενικιν/You who sanctified by Your birth the Virgin's womb

READINGS: **Orthros Gospel:** John 21:1-14.
 Epistle: Hebrews 13:17-21.
 Gospel: Luke 17:12-19.

(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 DUTY: Daniel Barajas & ALL Parish Council members and volunteers.

MEMORIALS

- | | |
|---------------------------|---------------------------|
| 9 days Loucas Liapes | 6 yrs. Nomiki Vorgias |
| 6 mons. Erimioni Krinakis | 8 yrs. Demetrios Zaronias |
| 2 yrs. John Sakaleros | 13 yrs. Maria Spanos |
| 2 yrs. Nikolaos Skotadis | 15 yrs. Philip Spiridis |
| 3 yrs. Irene Damaskos | 22 yrs. Katerina Petsalis |

MAY THEIR MEMORY BE ETERNAL!

SERVICE SCHEDULE: Monday, January 18th – *Feast Day of St. Athanasios & Cyril, Patriarchs of Alexandria* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00 a.m. in the Cathedral.

ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Δευτερα, 18 Ιανουαριου – *Αθανασιου και Κυριλου Πατριαχων Αλεξανδριας* – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ. στο Καθεδρικο.

ATTENTION PARISHIONERS: Beginning January 11th and for the next five weeks, Fr. Ted will not be holding regular church office hours due to Presvytera Tulla's radiation treatments for her pancreatic cancer. If the services of a priest are needed, please contact Fr. Dimitri through the church office for your pastoral needs.

Once again, Presvytera Tulla and Fr. Ted would like to thank everyone for their thoughts and prayers and ask for your continued prayers as they fight the good fight against this disease. Special thanks to all who have offered dinners for Presvytera Tulla and Fr. Ted through the Meal Train program. It is deeply appreciated! God bless you all for your kindness, love and caring.

A KINDNESS done today is the surest way to a brighter tomorrow.

“WHERE ARE THE OTHER NINE?” At the time of our Lord Jesus Christ, the idea of gratefulness for God's blessings was again a matter of great religious significance. Christ spoke out about gratitude and the lack of it among the people. Remember the story of the ten lepers who were healed by Christ one day? After they had started for home, one stopped, looked at his healing flesh, then turned around and came back to the Lord. He knelt at Jesus' feet in thanksgiving for His help. “Were not ten healed?” Jesus asked. “But where are the other nine? Has no one been found to return and give glory to God except this foreigner?” Christ rebuked those who had failed to express their thanks, and He commended the one who took the trouble to express his gratitude.

How shall we give thanks to God? What better way is there than by “thanks-living?” This is, living day by day in the spirit of gratitude. Not only expressing our thanks with our lips but living our thanks with our lives. Let us all truly mean it when we say in the Divine Liturgy: “Let us give thanks unto the Lord.”

SAINT OF THE DAY - ST. ANTHONY THE GREAT: St. Anthony, the father of monks, was born in Egypt in 251 of pious parents who departed this life while he was yet young. On hearing the words of the Gospel: **“If thou wilt be perfect, go and sell what thou hast, and give to the poor”** (Matthew 19:21), he immediately put it into action. Distributing to the poor all he had and fleeing from all the turmoil of the world, he departed to the desert. The manifold temptations he endured continually for the span of twenty years are incredible. His ascetic struggles by day and by night, whereby he mortified the uprisings of the passions and attained to the height of dispassion, surpass the bounds of nature; and the report of his deeds of virtue drew such a multitude to follow him that the desert was transformed into a city, while he became, so to speak, the governor, lawgiver, and master-trainer of all the citizens of this newly-formed city. The cities of the world also enjoyed the fruit of his virtue. When the Christians were being persecuted and put to death under Maximinus in 312, he hastened to their aid and consolation. When the Church was troubled by the Arians, he went with zeal to Alexandria in 335 and struggled against them on behalf of Orthodoxy. During this time, by the grace of his words, he also turned many unbelievers to Christ.

St. Athanasios says of him that *“his countenance had a great and wonderful grace. This gift also he had from the Savior. For if he were present in a great company of monks, and anyone who did not know him previously wished to see him, immediately coming forward he passed by the rest, and hurried to Anthony, as though attracted by his appearance. Yet neither in height nor breadth was he conspicuous above others, but in the serenity of his manner and the purity of his soul.”* So passing his life and becoming an example of virtue and a rule for monastics, he reposed on January 17 in the year 356, having lived altogether some 105 years.

WISDOM OF THE CHURCH FATHERS: Death, for those who understand it, is immortality, but for simpletons, who do not understand it, it is the end. Death for the Christian should not be feared, but the perdition of the soul, which is ignorance of God. This is what is terrible for the soul!
-St. Anthony the Great

TRUE CHRISTIANITY MEANS:

- Serve**, even when we are not being served...
- Love**, even when we may not be loved...
- Help**, even when we have not been helped...
- Give**, even when we have not received...
- Please**, even if others do not please us...

DOWN THE AISLE: A young couple met with their parish priest for a premarital class. After discussing the joys and tribulation of marriage, the priest turned to the future groom and asked seriously, “Young man, do you have any reservations?”

Smiling at his bride to be, the young man replied, “Yes, Father, I do. At the Hilton in Cancun, Mexico.”

**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.
- At the time for Holy Communion, 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).

- At the conclusion of services, 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.

STEWARDSHIP NOTE: Please take a few minutes to review your 2021 Stewardship Commitment in support of our Parish Ministries. We have taught the importance of including the entire family in your stewardship pledge. Including everyone underscores the importance of the Stewardship Program and that everyone plays a significant role. Discussing the Program will teach everyone about stewardship and the importance of their participation.

Stewardship is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves, and to grow in grace. It allows us to participate in the work of God. Be prepared to make your Pledge for 2021! Help us reach our goal of raising \$800,000 to cover our Cathedral's operating expenses. This can be accomplished if we can average \$1500 a pledge per family.

Also, as we are starting a new year, please make sure your 2020 pledge is current or paid in full. To date, there is still over \$16,000 in unpaid stewardship pledges for 2020. This unpaid amount adds to the deficit that our parish has each and every year. Please pay the amount you promised to God and His Church. Your support and cooperation in this matter is always deeply appreciated.

EVERY PARISHIONER of a Greek Orthodox parish, 18 years and older, single or married according to Archdiocese regulations should be a supporting member, a steward, of a parish. Everyone should contribute their fair share to the financial support to their parish. 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, no banquet rentals, 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>

GOD'S BLESSINGS: When the Lord cured the 10 lepers of their sickness and only one returned to Him to thank Him for this blessing, Jesus posed the question: "Were not ten cleansed? Where are the nine?" (Luke 17:17)

All of us at Ss. Constantine and Helen are receiving the blessings of Christ through our Cathedral's worship services, ministries and programs, the comfort of well-maintained buildings and opportunities for social activities and fellowship. All of us are being blessed abundantly. Your completed 2021 Pledge of Commitment Form is the proper response to these blessings. Ss. Constantine and Helen Cathedral is the home which we all claim and it deserves a fair commitment from us.

If you haven't already turned in your 2021 Pledge Form, please take the time and stop by the church office to do so today. Your financial commitment to the Lord's work through the Stewardship program will truly be a blessing for you and our parish.

VIRUS is a Latin word used by doctors, meaning, "Your guess is as good as mine."

VASILOPITA CELEBRATION: The cutting of the Vasilopita will take place today at the conclusion of the Liturgy.

We invite all those who represent leadership of our societies and organizations, as well as the various ministries and programs of our Cathedral, along with the members of our parish families to be available to receive the special slice of Vasilopita and make a donation for the benefit of St. Basil's Academy and other Philoptochos charities.

Please note that due to COVID-19 restrictions, the Annual Vasilopita Luncheon will not take place.

BIBLE STUDY: Bible Study will be held via Zoom this Tuesday, January 19th, 7:00 p.m. Fr. Dimitri will lead the discussion on the topic of the Gospel according to St. John. Everyone is welcomed to tune in live and review it afterwards on Facebook or You Tube. For specific details, contact Fr. Dimitri.

SUNDAY SCHOOL UPDATE: Registration for the January Faith Box is now open. Sign up at tinyurl.com/janfaithbox.

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, at the monthly Youth Night, 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! Contact Fr. Dimitri if you have any questions.

FOOD PANTRY UPDATE: Along with our usual needs of canned goods, boxed foods, and cleaning items, we are in need of personal hygiene products. Instead of our regular parishioner crew working the food pantry, 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.

JC'S CLOSET IS BACK: On Friday, January 29th, we will be having our Outreach Project of JC's Closet return to the Gold Room. However, due to COVID, it will be back with limits and restrictions. If you are able to donate, we are currently ONLY accepting NEW & PACKAGED underwear and socks, new or clean, gently used coats for men, women and children (all sizes), new or clean, gently used sweatpants for men and women only (sizes large to 3XL). At this time, we are unable to accept other items due to limited storage and restrictions. If you are uncomfortable shopping due to COVID, Target or Walmart gift cards would be appreciated. Thank you!

ATTENTION PARISHIONERS: If you are planning to move to a new location, or if you have already moved, please inform the church office so that we may change our records. It costs our parish money for every piece of mail that is returned as "Address Change Requested." PLEASE let the church office know of any changes to your address, home or cell phones, email address, etc. Your help in this matter is truly appreciated!

MARK YOUR CALENDARS

Godparent Sunday – Sunday, February 7th

Triodion begins – Sunday, February 21st

Saturday of Souls – March 6th, 13th & 20th

Great Lent begins – Monday, March 15th

Palm Sunday – Sunday, April 25th

Orthodox Easter (Pascha) – Sunday, May 2nd

Ss. Constantine & Helen Vespers – Thursday, May 20th

Ss. Constantine & Helen Feast Day – Friday, May 21st

Grecoan Festival – Friday, Saturday & Sunday, July 9th, 10th & 11th

Memorials will not be celebrated on the following Sunday's in 2021: March 21st, & April 4th & 25th, May 2nd, & 9th, June 20th, August 15th, and November 21st