

**Sunday, June 28, 2020**

**3<sup>rd</sup> Sunday of Matthew**

**Finding of the Relics of Cyrus and John Unmercenaries,  
Pappias the Martyr, Paul the Physician of Corinth.**

**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)

- # 2 – Οτε κατηλθεσ προς τον θανατον/When you descended to the realm of death
- # 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:** Mark 16:9-20.  
**Epistle:** Romans 5:1-10.  
**Gospel:** Matthew 6:22-33.

(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:** William Logothetis & ALL Parish Council members and volunteers.

**MEMORIALS**

- |                                |                             |
|--------------------------------|-----------------------------|
| 40 days Kostas Zissides        | 10 yrs. Maria Tsatsakis     |
| 40 days Vasiliki Giannopoulos  | 12 yrs. Demetrios Nikolaras |
| 40 days Dionysios Georgopoulos | 13 yrs. Fotis Fitousis      |
| 3 mons. Eleni (Helen) Poulos   | 18 yrs. Stylianos Krinakis  |
| 3 mons. Androniki Stavrinoudis | 43 yrs. Styliani Nikolaras  |
| 6 mons. Efthalia Maginas       |                             |
- MAY THEIR MEMORY BE ETERNAL!**

**SERVICE SCHEDULE:** Tuesday, June 30<sup>th</sup> – *Feast Day of Ss. Peter & Paul and the Synaxis of the Holy Apostles* – Orthros: 8:00 a.m. & Divine Liturgy: 9:00a.m.  
**ΘΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Τριτη, 39 Ιουνιου – Πετρου και Παυλου και Η Συναξις των Αγιων Αποστολων – Ορθρος: 8:00 π.μ. και Θεια Λειτουργια: 9:00 π.μ.

**SACRAMENTAL UPDATE:** As of this time, we have received permission from His Eminence Metropolitan Nathanael of Chicago to once again celebrate the Sacraments of Baptism and Marriage within our parish following the protocols set forth, as well as plan for future sacraments. Anyone who had booked a baptism or a marriage or who is considering to do so is asked to contact Fr. Ted through the church office at 219-769-2481 to confirm your date, reschedule, or make an appointment to start the process for your sacrament.

**CHUCKLE:** A statistician's wife gave birth to twins. Shortly after, he rang the minister, who was delighted, "Bring them both to church," he said, "and we will baptize them. "No," replied the statistician, "baptize one. We'll keep the other as control."

**WE ARE THE CHURCH TOGETHER:** Thank you to all our members for all your love and for the ways you have shown it towards our Cathedral of Ss. Constantine and Helen these past three months. Thank you for checking in on one another and letting our clergy know who needs assistance, whether it be physically or spiritually. Thank you for participating in and joining together for worship virtually during the times our parish was on lock down for the safety and protection of our faithful. Thank you for following the "New Norm" protocols that have allowed our parish to open again for worship. Thank you for your continued financial support of our community through our Stewardship Ministry and our online Tithely Giving Program. Thank you for your volunteer hours, food donations, and monetary support of our Food Pantry, as well as for the Northwest Indiana Mask Project. We are truly the Church together!

If anyone would like to talk with our clergy about anything or needs support in any way, please let us know through the church office at 219-769-2481.

**CATHEDRAL EARLY LEARNING CENTER:** Our preschool is accepting applications for the 2020-2021 school year. To enroll for the two day class (Tuesday & Thursday), the child must be 3 years old before August 1<sup>st</sup>. To enroll for the three day a week class (Tuesday, Wednesday & Thursday – please note day change for this class), the child must be 4 years old before August 1<sup>st</sup>. Applications are available in the church office. Registration fee is \$50 per child, and activity fee of \$75 per child. Tuition for two-day class is \$145 a month and for the three-day class is \$175 a month. Children must be toilet trained to be enrolled. Call Christine Chimitris, 219-769-2481, between 9:00-11:30 a.m. for details.

**FOOD PANTRY:** The call to remember the hungry and needy of the world is a continuous call by our Lord Jesus Christ. Donations of pasta, spaghetti sauce, peanut butter, canned meats, canned tuna, canned fruits, canned vegetables, dry beans, and lentils are all needed. Other things needed are personal hygiene items, shampoo, and toothpaste, cleaning products, hand soap, dish soap, toilet paper and other paper goods. Cash donations are always welcome.

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 and work during these times is asked to contact Karen Petalas at the Township Office or Patty Makarounas through the church office.

**ORTHODOX STUDY HOUR:** Fr. Dimitri has been hosting virtual Orthodox Religious Education for our parish in the evenings during the week. Anyone interested in the Tuesday Bible Study at 7:00pm on the book of Genesis or the Thursday Faith 101 class at 7:00pm on the Divine Liturgy may tune in via Zoom. Both classes are posted on our Facebook Page the day after. For further details, contact Fr. Dimitri through the church office.

**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.

**YOUTH WORKERS NEEDED:** Anyone interested in helping our clergy and the Youth Committee coordinate and organize our various youth programs and ministries for next year (beginning this fall) is asked to contact Fr. Ted or Fr. Dimitri at the church office. We need at least two advisors for each of our HOPE, JOY, Jr. GOYA, & GOYA groups, one altar boy supervisor, 18 Sunday school teachers and substitutes, at least 4 retreat leaders for our fall, winter, spring and summer retreats. Without parishioner support, especially our youth's parents, we cannot continue our various programs. Please offer your time and talent. Also, keep in mind, anyone working with the youth must participate in the Archdiocese Youth Protection Program. If advisors and volunteers are not registered in this program, the ministry cannot take place. For details, see Fr. Dimitri.

## 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 be small children.
- 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 antidoron, artoklasia or 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.**

**GREEK FEST CANCELLED:** By the second week of July our parish is usually ready to host our Greek Festival. However, due to the COVID-19 Pandemic, and the restrictions placed on our community by the CDC and the Metropolis of Chicago, along with time restraints, lack of volunteers, as well as the higher cost of food, supplies and other materials, the Parish Council has decided to cancel this year's Greek Festival and focus all our efforts on our Fall Food Fest on November 6<sup>th</sup> & 7<sup>th</sup>. More information to be forth coming.

**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>.

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.

Also, the Festival Raffle committee requests that all unsold tickets, ticket stubs and money collected are returned to the church office no later than Friday, November 6<sup>th</sup>. Your cooperation in this matter is truly appreciated!

**WEBSITE UPDATE:** If you haven't looked lately at our Cathedral website [www.ssconstantineandhelen.org](http://www.ssconstantineandhelen.org) you should. It has had a new makeover and allows the viewer to gather information about our parish, as well as Metropolis and Archdiocese ministries and programs at a touch of a finger. We would like to thank Presvytera Kathy Pappas and Fr. Dimitri Burikas for their time and efforts in putting this together for our parish. We still are in need of a webmaster to keep updating and keeping our information current. If there is anyone interested in volunteering their time and talent for this ministry, please contact Fr. Dimitri through the church office.

**STEWARDSHIP:** When we say, “Go into the world,” to our priests and Church, we must support them with our dollars.

Remember, your parish worship services, as well as the programs and ministries we offer, though affected by the COVID-19 Pandemic, are still active and being ministered by our clergy and volunteers. Their effectiveness in serving the needs of our faithful are only as fruitful as you make them with your time, effort, and support. If you don't care, who really will?

If you haven't submitted your 2020 Pledge to our Cathedral, please do so today! Also, remember Ss. Constantine and Helen this summer. Keep current with your pledge by submitting your payment before you leave on vacation. With the end of June near, your pledge should be at least half way paid. Your unending support is necessary to continue the ministries and programs of our parish. Thank you for your support and cooperation in this matter!

The Stewardship Committee reported at the last Parish Council meeting that as of June 10<sup>th</sup>, 501 pledges have been submitted to the church office for a total of \$351,672. We thank all the Stewards of our community who have responded promptly and generously and request that every one of our 800 plus members submit their Pledge of Commitment for the current year.

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%. If some of you have not yet returned your 2020 Pledge Form to the church office, please do so without delay. Also, keep current in your payments. 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. Read on below and check out the link listed. It is a symbolic 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>

### BOOK BAG & BACK TO SCHOOL BLESSING



With schools in our area preparing to begin their new school year following their closure because of the COVID-19 Pandemic, our Cathedral will have a special blessing service for our children as they return to school on Sunday, August 16<sup>th</sup>. Students, teachers and administrators are asked to be in church on this day so that a special prayer may be offered for them as they start off the new school year. Following the blessing each student and teacher in attendance will be given an icon to keep with them for the school year.

With the need greater than ever, we will once again this year be collecting school supplies for those less fortunate. See Presvytera Tulla for details. Please help us out and bring a little something to church with you on Sundays or during the week. For ideas on what to bring, here's a list of things needed: Backpacks, Wide rule paper, #2 pencils, Color pencils, Pencil Box, Box of 24 crayons, Hand Sanitizer, Kleenex, Single subject note book/wide, 2 pocket folders, & rulers.

**A WISE MAN** learns by the experience of others. An ordinary man learns by his own experience. A fool learns by nobody's experience.

**WE SEE AS WE ARE:** There is a story about a king in an ancient kingdom who chose a good man and a bad man from among his people. To the good man he said, “Go out into the kingdom and find an evil man.” The good man searched and searched, but he could find no evil man. To the bad man the king said, “Go out into the kingdom and find a good man.” The bad man too searched and searched, but he could find no good man. We see as we are.

Jesus once said, “**The eye is the lamp of the body. So if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness**” (Matthew 6:22-23). The eye is the window of the whole body. By “eye,” Jesus means the soul of the man. If the soul is unclean; if it is obscured by prejudice, hatred, lust, self-conceit; if it is obsessed by envy and jealousy, it will distort our entire vision. We shall see people and things not as they are, but as distortions of our hatred or envy. “*Eyes and ears are bad witnesses to those who have barbarian souls,*” said Heraclitus twenty-five centuries ago.

Pointing out a neighbor's wash in the back yard, a housewife said, “Just look at those clothes on the line, so gray and streaked!” A friend replied, “It looks to me as if the clothes are very clean. It is your windows that are dirty.

If life looks cloudy, maybe it's our window that need cleaning. Jesus is always calling on us to keep the windows of the soul clean through daily self-examination, repentance, and confession. If we don't, we shall be constantly seeing others not as they are but as we are: hateful, envious, conceited, selfish. “Better keep yourselves clean and bright,” said George Bernard Shaw, “you are the window through which you must see the world.” And Jesus said, “**Blessed are the pure in heart, for they shall see God**” (Matthew 5:8).



**TWO PILLARS OF THE CHURCH:** What a remarkable contribution these two men, Saints Peter and Paul, made to the early history of Christianity! No wonder the church has always honored them together as the two leading figures of apostolic times.

These two giants of the Church were quite dissimilar. Peter was a fisherman, Paul a scholar. Peter was married, Paul was single. Peter was a simple, impulsive man. Paul was a thinker, a philosopher of great study. But they had one thing in common: they were one in their devotion to Christ and in their labors for the Christian faith. And both sealed with their blood the testimony of their faith.

Peter was one of the Twelve Apostles, considered a leader of the apostolic group along with James and John. His missionary activities began on Pentecost Day when he preached to thousands and brought them into the kingdom of God. He established the Church in Antioch, Syria and that apostolic and patriarchal Church remains to this day as a fruit of his labors. Peter was a prime mover in getting the Christian message to the gentiles of the time.

Paul, while not one of the original Twelve, considered himself a true Apostle of Christ. Indeed, he became the greatest of the apostles in zeal and sacrifice for the Gospel. He wrote Epistles, he traveled extensively, he preached everywhere, he established churches, and suffered wounds for the faith. Finally, he was arrested and brought to trial in the capital of the empire, and martyred about the year 67.

The Feast Day of Ss. Peter & Paul, along with the Synaxis of the Holy Apostles, will be celebrated this Tuesday, June 30<sup>th</sup> with Orthros: 8:00 a.m. & Divine Liturgy at 9:00 a.m. in the Cathedral. Everyone is encouraged to attend worship in honor of these Two Pillars of the Church!