

Sunday, June 7, 2020

Pentecost Sunday

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

The church will be opened to the first 100 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. If needed, a second Divine Liturgy will be celebrated in the Great Hall beginning at 11:00am. Again, one must be registered to attend this service.

GOSPEL ENTRANCE HYMN: Υψωθητι, Κυριε, εν τη δυναμει σου, ασωμεν και ψαλουμεν τας δυναστειας σου. Σωσον ημας, Παρακλητε αγαθε, ψαλλοντας σοι, Αλληλουια.

Be exalted, O Lord, in Your strength; we will sing and chant the praise of Your might. O Holy Counselor, save us who sing to you, Alleluia.

HYMNS FOR THE DAY: (Found in red hymnal book)

212 – Ευλογητος ει Χριστε ο Θεος ημων/Blessed are you O Christ our God

244 – Οτε καταβας τας γλωσσας συνεχεε/When He came down

READINGS: **Orthros Gospel:** John 20:19-23.

Epistle: Acts 2:1-11.

Gospel: John 7:37-52, 8:12.

(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: Jeff Mills & ALL Parish Council members and volunteers.

NO MEMORIALS TODAY due to the Feast Day of Pentecost. Memorials may be offered again (according to the new protocols) next Sunday.

GRADUATE SUNDAY is still being planned to be held virtually on next Sunday, June 14th. We will be announcing the Cathedral, Novak Family, Latos, GOYA and other designated scholarships on this day via live stream. Also our parish will acknowledge the accomplishments of our graduates from high school, college or university who submitted their names in to the church office by May 31st.

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.

STEWARDSHIP: A Girl Scout was once wearing her little baptismal cross outside of her uniform. Another girl pointing to the cross said to her: "Your religion is showing." Our religion, our faith, our love, our devotion, our commitment always show in what we give to God. Anyone can say, "I love God", but how much we love shows in how much we give. Our sense of values shows. What we place first in life shows. Our weekly pledge to God tells many things about our commitment. Whether we like it or not, it places a price tag on God. It says in effect, "This is what God is worth to me."

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%. Thank the Lord for a group of parishioners who have heard the appeal of the church and have responded very generously. However, everyone must do their part. We are all in this together! If some of you have not yet returned your 2020 Pledge Form to the church office along with your payment, 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.

During this difficult situation and time of separation, we are working hard to make sure you can stay connected to your church. Services are being streamed. Bible studies and youth groups are being held on Zoom. And now, you can support the church from your home! Click the following link to access the Cathedral's online giving page. Make sure you select what type of donation you want to make and if you'd like to cover our processing fees. You also have the ability to enter your stewardship number (listed on your stewardship envelopes) which would help our office a ton!

<https://tithe.ly/give?c=1385847>

WISDOM OF THE FATHERS: Find out how much God has given you; and from it take what you need; the remainder which you do not require is needed by others. The superfluities of the rich are the necessities of the poor. Those who retain what is superfluous possess the goods of others.
St. Augustine

GREEK FEST UPDATE: Usually by this time of the year, we are deep into making plans and organizing our Annual Summer Greek Festival. However, due to the COVID-19 Pandemic we have had to postpone our usual plans. At this time, the Parish Council is debating whether or not to have a limited Greek Fest in July, to do a drive through to carry food out only, or not to do one at all and focus all our efforts on our Fall Food Fest. The decision is difficult because our parish needs the Greek Fest financially to balance the budget. Complicating the decision is we don't know if we will have enough volunteers to work for the Fest, and whatever decision is made, if our efforts will be profitable due to the higher than normal prices of food and materials. An announcement will be forthcoming on the Parish Council's decision. Please stay tuned!

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 are now ready to open the church doors this Sunday, June 7th, with limited seating for the first liturgy after months of being closed. That being said, the experience of coming to church will be different once we are able to open our doors. There will be 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. You can also find more information on our website: sconstantineandhelen.org. 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 their 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.**



THE FEAST OF PENTECOST: The Orthodox Church sees Pentecost as the final fulfillment of the mission of Jesus Christ and the first beginning of the messianic age of the Kingdom of God, mystically present in His Church. It is traditionally called the beginning of the One Holy Catholic and Apostolic Church. Besides celebrating the coming of the Holy Spirit, this feast also celebrates the full revelation of the Divine Trinity: Father, Son, and Holy Spirit. The Hymns of the Church, celebrate the sign of the final act of God's self-disclosure to the world of His creation.

To Orthodox Christians, the Feast of Pentecost is not just a celebration of an event in history. It is also to celebrate their membership in the Church. We have lived Pentecost and received "the seal of the gift of the Holy Spirit" in the Sacrament of Chrismation. Thus, the Holy Spirit, which is the source of all gifts, unites us the faithful together into a community that we call "the Church."

May all of us continue to be filled with the Holy Spirit so that we can witness to the truth of Jesus Christ and His Holy Church!

PENTECOST THOUGHT: Some people's hearts are so full of themselves, that there is no room for the Holy Spirit.

WRONG SIDE OF THE BOAT: People who refuse to get involved in the problems of their community are like two shipwrecked men in a lifeboat. From their end of the boat, the pair watched as those at the other end bailed out water frantically to keep the boat afloat. The one said to the other, "Thank heaven, the hole is not on our end of the boat."