

Sunday, May 3, 2020

Christ is Risen! Truly He is Risen!

3rd Sunday of Pascha – Sunday of Myrrh-Bearing Women

Joseph of Arimathea & Nicodemus the Righteous

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

- # 198 – Χριστος Ανεστη/Christ is Risen
- # 2 – Οτε κατηλες προς τον θανατον/With the tomb sealed securely
- # 203 – Ο ευσημων Ιωσηφ/Noble Joseph
- # 204 – Ταις Μυροφοροις Γυναιξιν/To the women with the myrrh
- # 134 – Του Σταυρου σου/The sign of the Cross
- # 240 – Ει και ταφω κατηλθεσ/Though in the grave You descended

READINGS: **Orthros Gospel:** Luke 24:1-12.

Epistle: Acts 6:1-7.

Gospel: Mark 15:43-47, 16:1-8.

(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: Taki Zarakas

MEMORIALS

- | | | | |
|---------|------------------------|----------|----------------------|
| 40 days | Katerina Mamounas | 2 years | Barbara Smolinski |
| 40 days | Androniki Stavrinoudis | 4 years | Michael Mamounas |
| 40 days | Christos Vlahos | 8 years | Chrysoula Gregoratos |
| 1 year | Diane Stamos Logan | 13 years | Dionysios Gregoratos |

MAY THEIR MEMORY BE ETERNAL!

PASCHAL OFFERINGS: We truly appreciate and thank all that have made a gift to the Church this Easter. If you haven't already made your Easter Offering to our parish, please do so today. Your gift of love will help promote the Gospel of Christ's salvation. Offering envelopes are available at the candle stand in the narthex and chapel until the end of the month.

During this time of COVID-19 Pandemic Crisis, your Priests and Parish Council are praying for everyone's good health and well-being. We also ask you to please remember our parish of SS. Constantine and Helen with a generous Easter Offering. Be as generous in your love for Him as He is in His love for you.

Easter Offerings may be mailed to the church office in the envelopes mailed to your homes or made electronically through the Tithe.ly Giving Program. Thank you all and Christos Anesti! Christ is Risen!

SUNDAY SCHOOL CLASSES have been cancelled for this year.

GREEK SCHOOL NEWS: Classes are canceled until further notice. E-learning is being offered. For details, contact Greek School principal Zoe Koultouridis.

PHILOPTOCHOS NEWS: **The Spaghetti Benefit Dinner**, schedule for May 7th, has been postponed to a later date. More information will be forth coming.

GOYA LAMB RAFFLE: Our GOYA held their Easter Lamb Raffle on Palm Sunday, April 12th. The winners were: Ari Bairaktaris and Perry Pappas. Our Goyans thank everyone for their support.

YOUTH MINISTRY UPDATES: The Metropolis of Chicago Youth Office has announced that the Jr. Olympics scheduled for May and the Fanari Camp Program that was to be held in June and July have been canceled.

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, 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.

JESUS CLOSET UPDATE: Due to the Coronavirus Pandemic, the shelters we work with in Lake, Porter and LaPorte Counties are no longer accepting donations of clothing, bedding, blankets and other household items. Because of this we are forced to shut down our JC's Closet until further notice. Please do not bring any items to church as they pose a health risk for our workers and staff, and we do not have any proper areas to store these items. Thank you to all who supported this Outreach Ministry, and we look forward to working with you in the near future.

NWI MASKS MINISTRY: Our Cathedral's Cultural Center has become one of the largest areas for collecting and distributing materials for face masks for healthcare workers in Northwest Indiana. Praise the Lord, to date we have made and distributed over 12,000 masks! Thank you to Dr. Tom Galouzis and Pete Zervos for setting this up, as well as all the volunteers for providing materials, sewing masks, sanitizing them and passing them out to all who need them. God bless you all!

AHEPA SUNDAY UPDATE: Due to the continued COVID-19 Pandemic Social Distancing Policy, AHEPA Sunday, which was scheduled for May 17th, has been postponed to a later date. Details will be made available at a later date.

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

FOOD FOR THOUGHT: Medical doctors measure physical health by how the tongue looks. The Great Physician measures spiritual health by how the tongue acts.

STEWARDSHIP: 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. Stewardship pledges should be at least one quarter paid as of April. 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 helps our church to better plan for its various financial needs and expenditures. Thank you.

“**Sharing in God’s work...**” (2 Corinthians 6:1) - That is what stewardship is about. The Good Steward empowers the Church for God’s work with his/her energy, time, talents, and money. The Good Steward knows he/she is a partner, sharing in God’s work in the world.

Have you submitted your 2020 pledge to the church? Are you current with your payments? If not, please do so by May 15th. Your cooperation is deeply appreciated!

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>

MEMORIAL DAY CEMETERY VISIT UPDATE: Due to the COVID –19 Pandemic we have been informed by Calumet Park Cemetery and Ridgeland Cemetery that we will not be able to have our usual blessings of graves on Memorial Day, Monday, May 25, 2020. This is because of the restrictions that the cemeteries have in regards to people gathering in large numbers for the health and safety of the public and the cemetery employees.

If you would like to, you may submit names of your beloved deceased family members to the church office to be commemorated on the Saturday of Souls, June 6, 2020. Names may be submitted (written clearly in English or Greek) with a donation for the poor and sent to the church office no later than Friday, June 5, 2020. No kolyva, prosphoron, wine or olive oil should be given. The Memorial Service for the dead will be offered following the Liturgy for the Saturday of Souls, which will be lived streamed, beginning at 9:00am. If you have any questions, please contact Fr. Ted at the church office.

CHUCKLE: Two little girls are sitting and talking about the first girl’s dog. “My father has been training our dog to protect our house from strangers. He’s been putting on disguises and getting her to attack him.

The second little girl asks, “Is she learning?”

The first girl answers, “She certainly is...now every time a stranger comes to the house, she bites Daddy.”

FOLLOWING THE RESURRECTION LITURGY and every service for 40 days until the Ascension of our Lord, the priest turns to the congregation and exclaims:

“**Glory to His Third-Day Resurrection!**”

Δοξα τη Αυτου τριτημερω εγερσει!

And the congregation responds by saying:

“**We worship His Third-Day Resurrection!**”

Προσκυνουμεν Αυτου την τριτημερον εγερσιν!

Let us all remember these life-giving words at the conclusion of the Liturgy. Let us say them with feeling and strength for the 40-day period OF the Resurrection.



FAITHFULLY COMMITTED TO CHRIST: When we think of Christ’s followers, undoubtedly the 12 Apostles come to mind, for they are the individuals linked most intimately with our Savior. The Scriptures, however, indicate that many others were actively involved in Christ’s public ministry. Of these, no one was as loyally committed to Him as a small group of women commonly referred to as the **MYRRH-BEARING WOMEN**. They followed Him throughout Galilee, refusing to desert Him, even at the dark hour of His Crucifixion. Disregarding their own personal safety, the Myrrh-bearing Women were willing to confront the legion of Roman soldiers who guarded Christ’s tomb, for they felt that anointing the Body of their Master was the final act of kindness they could perform for Him. Their devotion was rewarded by being privileged to hear the voice of the angel proclaim the most triumphant of messages. **HE IS RISEN! HE IS NOT HERE!**

Also commemorated this Sunday are Joseph of Arimathea and Nicodemus, two secret Disciples of Christ. They are both members of the Jewish council known as the Sanhedrin. Their supportive voices were drowned out by those who wanted to put Christ to death when He was put on trial before them. Joseph and Nicodemus assisted the Myrrh-bearing Women in preparing Christ’s Body for burial. Joseph went so far as to boldly asking Pilate for custody of the Lord’s Body, burying it in his own garden tomb. For this loving gesture, the Church forever will remember him in her hymnology as the **NOBLE JOSEPH**.

FROM MOURNING TO REJOICING: You did command the Myrrh-bearers to rejoice, O Christ! By Your Resurrection, You did stop the lamentation of Eve, O God! You did command Your apostles to preach: The Savior is Risen!

(Today’s Kontakion)

PRAYER: Lord of all, whose wondrous gifts to us include the shining symbols known as words, grant that we may use their mighty power to keep people on their feet and to glorify You, Father, Son, and Holy Spirit.

PASCHAL HYMN: Christ the Redeemer is revealed to us today as a noble Pascha. It is a new and Holy Pascha, a mystical Pascha, a blameless Pascha, a glorious Pascha, a Pascha for the faithful, a Pascha that opens for us the gates of paradise, a Pascha that sanctifies all believers.

YOU GOTTA LAUGH: Question: What’s the difference between death & taxes? Answer: Congress doesn’t meet every year to make death worse.

YOUTH/ADULT MINISTRY: RELIGIOUS EDUCATION

Scripture Gospel Reading:

<https://www.goarch.org/chapel/lectionary?type=G&code=15&event=1067>

Discussion Questions

- * What did the women bring with them to the tomb? What were they going to do?
- * What challenges did they have to deal with to minister to Jesus?
- * How did they overcome these challenges?
- * How did the women feel when they found the tomb empty? Put yourself in their shoes. How do you think you would have reacted?
- * The women are the first to receive the news of the Resurrection and begin spreading this news to the Disciples. Why do you think God chose them to receive the Good News first?
- * How can we imitate the Myrrh-bearing Women in our own lives?

Age Appropriate Lessons: Sunday of the Myrrh-bearing Women

<<https://drive.google.com/file/d/1xDIQokc91TOf61ZdkiyclMyaR47IdhF2/view?usp=sharing>>

- * Coloring Sheet for Little Ones
- * Readers' Theater for families
- * Age appropriate readings and discussion questions

Video - "Christ is Risen" in 12 languages: <https://youtu.be/dyNIIdRLjndg>

Book Reading - "Christina Goes to the Holy Land": <https://youtu.be/iaa9J9dD1Ic>

Virtual Sunday School: <https://tending-the-garden.com/virtualsundayschool/>

Make Your Own Ancient Perfume Activity

When we think of perfume, we think of something that makes us smell nice. In the ancient world, perfume served a lot of different purposes. For example, in Egypt they had a special perfume for burials, a different perfume for each god, and perfumes that were used as medicines. Similarly, God commanded specific scents to be used in various part of life in ancient Israel. In Exodus 30:22-32, God gives Moses a special perfume recipe to use in the Temple. Just like the Egyptians and ancient peoples, the Jews anointed the dead with special perfumes to lessen the smell of decay. When the Myrrh-bearing Women went to anoint Jesus, it was to fulfill the traditions of their time and to show respect for Jesus. Here is how you can make your own ancient perfume at home!

Ingredients

- * Glass jar with lid (any type)
- * Oil (any type - olive oil is what people in the ancient world used)
- * Sharpe to decorate your jar (optional)
- * Cassia (Cinnamon), incense (myrrh scented is best, but you can use whatever you have), calamus root (if you're like me and don't have it, you can use nutmeg, ginger, or allspice to substitute)

Process

1. Fill half of your jar with oil
2. Add your spices...1/4 teaspoon of each will do. Add more for a stronger scent.
3. Decorate your bottle with the Sharpe marker (optional)
4. In a saucepan, bring water to a boil. The water should not be able to submerge your perfume jars.
5. Place lid on jar but do not tighten. Add jars to the boiling water and boil for 10 minutes.
6. Remove the saucepan from the heat and all the pan and your jars to cool before removing from the water.
7. Once the jar is cool, strain the ingredients from the oil using cheesecloth or a tea towel. Your oil (perfume) should be all that's left! Store in the jar.

+Fr. Dimitri