

Sunday, April 9, 2017

Palm Sunday - Jesus' Triumphal Entry into Jerusalem

HYMNS FOR THE DAY: 187, 189, 239 (Found in red hymnal book)

READINGS: Epistle: Philippians 4:4-9
Gospel: John 12:1-18

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: Orthros: 8:00 a.m. All Parish Council members
Liturgy: 9:00 a.m. All Parish Council Members

MEMORIAL UPDATES: Please note that Memorial Prayers will not be offered today, through April 23rd (Sunday of Thomas). The next available day for Memorials is April 30th.

HOLY WEEK SERVICE SCHEDULE

Palm Sunday, April 9 – Orthros: 8:00 a.m. & Divine Liturgy with Blessing of the Palms 9:00 a.m.

Evening – Nymphios/Bridegroom Service 6:30 p.m.

Holy Monday, April 10 – Nymphios/Bridegroom Service: 6:30 p.m.

Holy Tuesday, April 11 – Nymphios/Bridegroom Service: 6:30 p.m.

Holy Wednesday, April 12 – Sacrament of Holy Unction: 3:30 p.m.

Evening – Holy Thursday Matins/Anointing with Holy Unction: 6:30 p.m.

Holy Thursday, April 13 – Divine Liturgy of the Last Supper: 9:00 a.m.

Evening – The Passion of our Lord (12 Gospel Readings): 6:30 p.m.

Holy (Good) Friday, April 14 – Royal Hours: 8:00 a.m.

Afternoon – Apokathelosis Service: 3:00 p.m.

Evening – Lamentations Service (Epitaphios Thrinosis): 6:30 p.m.

Holy Saturday, April 15 – Divine Liturgy of the First Resurrection: 7:00 a.m.

Night – The Canon & Vigil Service: 11:00 p.m.

Resurrection Service & Divine Liturgy: 11:45 p.m.

Pascha/Easter Sunday, April 16 – Agape Vespers: 11:00 a.m.

SPECIAL TRAY: As you exit church today, a special tray will be offered to benefit the needy and less fortunate of our community. At this time of our brethren's need, please offer your assistance generously. Thanking you in advance for your generosity and God bless!

SHUT-IN VISITATION: If there is anyone shut in at home, hospital, or nursing home and would like our clergy to visit them and administer the Sacraments of Holy Confession, Holy Communion, and/or Holy Unction for Holy Week or Pascha, please call the church office at 219-769-2481 to make an appointment.

COOPERATION IS NEEDED! We remind our faithful that the Orthros Service begins at 8:00 a.m. on Sunday in the Cathedral and is followed immediately by the Divine Liturgy. **Please be prompt and on time!** Please turn off cell phones before entering church. No conversation should take place during worship. During the reading of the Gospel people in the narthex should not be purchasing or lighting candles but stand reverently and listen to the reading. If possible avoid using the center aisle during high points of Divine Liturgy. Lipstick and lip-gloss should be removed before kissing icons, receiving Holy Communion and kissing the hand of the priest. Only Orthodox Christians in good standing with the Church may receive Holy Communion. Parents with children who cannot sit quietly during services should use the cry room. Please avoid using cell phones, I-Pads or other electronic devices to entertain or amuse children during worship. This delivers the wrong message of why we are in church and allows the child to pick up bad habits. When receiving antidoron, please use both hands and do not allow the crumbs to fall.

STEWARDSHIP: How many times have you said to yourself that giving to the Church is too difficult because of personal finances, or because of the economy? Did you know that during the Great Depression (from a survey taken in 1933), that the average household in North America gave 3.3 percent of their income to their churches? Today, this figure is somewhere around 2.5 percent.

Regardless of what we perceive as our financial needs, our priorities should always be God's priorities. Despite current economic setbacks in our country today, our wealth still surpasses the generations that have gone before us. So why are people in America now giving proportionally less to their churches than they once did during the Great Depression?

If you haven't done so already, please submit your 2017 Stewardship Pledge to the Church today. As of April 6th we have received 520 pledges totaling \$330,849, averaging \$636 per pledge. Approximately 227 stewards who pledge for 2016 have not repeated their commitment for 2017. Also, there are close to 350 others who claim to be members who fail to pledge each year. If you haven't completed your payment for 2016, please do so immediately. Letters have been mailed out to all that still need to pay their pledged amount. Remember that we have a deficit in our operating budget and that we have much needed repairs and maintenance work to do to the roof and other areas of our complex. Help us by fulfilling your 2016 obligation, as well as committing your financial support for 2017.

READERS WANTED: Fr. Ted is seeking people who would like to read the Gospel Lesson at the Agape Service on Easter Sunday in various languages. If you would like to be of assistance and help enhance our worship, see Fr. Ted.

VACATION BIBLE SCHOOL UPDATE: There will be an organizational meeting and orientation for our VBS staff on Tuesday, May 16th, 6:30 p.m. in the library. For more information and other details, see Fr. George.

VBS will be held the week of June 19th-22nd.

POINT TO PONDER: When you were born, your mother brought you to church.

When you were married, your spouse brought you to church.

When you die, your friends will bring you to church.

Why not try coming to church on your own sometime?

WELCOME VISITORS: We welcome you to worship with us today. Whether you are an Orthodox Christian or this is your first visit to the Orthodox Church, we are pleased to have you with us. Although Holy Communion and other Sacraments are offered only to the baptized and Chrismated (confirmed) Orthodox Christians, in good standing with the Church, all are invited to receive the antidoron (blessed bread) from the priest at the conclusion of the Divine Liturgy. The antidoron is not sacramental but is reminiscent of the agape feast that followed worship in the ancient Christian Church. After the Divine Liturgy this morning, please join us in the church hall for fellowship, refreshments and visit with our Clergy, our Parish Council and the Stewards of our Parish.

SUNDAY SCHOOL NEWS: Classes today Sunday, April 9th, with worship at 9:00 a.m. and class time at 10:15-11:00 a.m. Sunday School will resume again on Sunday April, 23rd.

GREEK SCHOOL NEWS: Please note: No Greek School this week due to Good Friday. Classes resume Friday, April 21st.

PTO Meeting: Friday, April 21st, 5:30pm. Please note the day change.

PHILOPTOCHOS NEWS: Lambathes-Candle Sale today in the lobby. Each one sells for \$20.00.

The Annual Philoptochos Palm Sunday Luncheon and Bake Sale will take place today, immediately following the Liturgy. Cost \$10.00 for adults, which includes fried fish, Greek peas & potatoes, salad, beets, bread, coffee or pop and dessert. The children's meal is pizza, chips and pop for \$5.00. The Bake Sale will feature Easter breads and cookies, along with other delicious treats.

GOYA NEWS: Our GOYA will be raffling off 3 lambs for Easter. Tickets are available from the members or in the lobby on Sundays. Tickets are \$1.00 each or 6 for \$5.00. Drawing is today.

JR. GOYA NEWS: Today is the last day for the Illimani Candle Sales in the lobby after services. The candles are \$8.00 each and are in memory or in honor of loved ones. They will light the way of the Epitaphio on Good Friday.

OCMC MISSION APPEAL: The Mission Boxes our Sunday School students were given back in March should be returned to the Sunday School office today. Your support is vital to helping proclaim the Good News of Salvation through Jesus Christ throughout the world. If you have forgotten them, please bring them to the church office during the week or to the Sunday School office on Sunday, April 23rd.

HELLENIC DANCERS NEWS: Practice for the Senior group will resume on Wednesday, April 19th at 7:00 p.m. The Junior Group practice will resume on Sunday, April 23rd. For details, contact Takis Zarakas.

SUNDAY OF ST. THOMAS BALLOON RELEASE: Come and help us proclaim the Resurrection of our Lord and Savior Jesus Christ on Sunday, April 23rd. We will be releasing red helium balloons following Sunday School in the front parking lot to proclaim the Gospel to Northwest Indiana. Each balloon will have a note attached to it saying "**Christ is Risen**", along with our address and e-mail so that those who find our balloons may respond "**Truly He is Risen.**"

PALM SUNDAY: Palm Sunday is the Sunday of triumph which prepares us for the crowning victory which we shall celebrate on Easter. On this day Jesus rides in glory into Jerusalem, the city of peace between God and humanity. The people acclaim Him to be Who He really is – the Messiah, sent by the Heavenly Father to save the world.

As the events unfold, it is clear that this is not the final triumph. Jesus still has enormous trials to undergo. He has before Him the most ferocious battle that can be imagined. These are: the betrayal by His disciple, His arrest and trial, the unjust condemnation, the torments, the cross, the incredible weight of all the sins of humanity.

Yet these are but the consequences of the choice He has already made – to fulfill the Father's will – to redeem humans from the slavery of sin, death, their alienation from God, each other and their own selves. If we look at things the way they really are, we shall understand why, even in the Holy Services, the Savior's pain and suffering are conveyed to us. We find notes of joy in anticipation of His final victory. It is because this we celebrate our Lord's VICTORY. Step by painful step, He WINS each contest and, finally with His victory He shouts upon the Cross proclaiming that indeed "**It is finished.**" He has won!

Thus, as St. Paul tells us in Philippians 4:4-9: "**Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything...!**"

YIELD TO HOLY WEEK: There are times to be active and times to be positive. There are times when our responsibility is to make things happen. There are other times when our part is to let things happen to us and with us.

Holy Week is one of those times when we should be very receptive and yield ourselves to the mighty and persuasive emphasis of this week.

Every day in Holy Week is precious. It is a devout custom to attend Church each day of Holy Week. The Orthodox Christian but partially keeps Easter unless he has walked with his Lord through Holy Week. We must watch beneath the cross, if we really would rejoice in the feast of the Resurrection.

Yield yourself to Holy Week. Be regularly in God's House this week. Be not too busy and preoccupied to think of the Savior and to listen to Him within your inner life through Orthodoxy.

The Services during Holy Week are filled with meaning both in doctrine and application in our lives. We have the texts in Greek and English and much of the services are chanted and read in both languages. If the Service of Holy Week are not reverent, meaningful and inspirational, perhaps you haven't made a serious attempt to discover their rich and eternal beauty. Easter is the message of hope and power. Come regularly and share in this message of truth.

THE SERVICE OF THE NYMPHIOS – BRIDGEGROOM is chanted this evening at 6:30 p.m. as well as Monday and Tuesday. As we receive special invitations to certain events, Jesus personally invites us through the hymns of this service to partake in the beauty of the upcoming Resurrection and to be spiritually prepared in our lives for the Second Coming.

We urge all of you who are attending services this morning, to make the effort to return tonight and experience this humbling and soul-awakening service. For the true meaning of Palm Sunday is seen and felt at this time.

FROM SCRIPTURE: "**Hosanna! Blessed is He who comes in the name of the Lord! The King of Israel!**" (John 12:13).

HOW TO RECEIVE HOLY COMMUNION: Only Orthodox Christians in good standing (meaning those who have been baptized or chrismated in the Orthodox Church, had their marriages celebrated in the Orthodox Church, and if divorced received an ecclesiastical divorce from the Orthodox Church) with the Church are encouraged to receive Holy Communion frequently, provided they have prepared themselves spiritually, mentally and physically. They must be *on time* for the Divine Liturgy, and be in a Christ-like, humble state of mind. They should be in a *confession relationship* with their priest or spiritual father, have *observed the fasts* of the Church, and they should have *self-examined* their conscience. On the day of receiving Holy Communion, *it is not proper to eat or drink* anything before coming to church (unless under DOCTOR'S CARE). Before coming to the altar to receive, please remove all lip stick, lip balm, etc. from your lips. When you approach to receive Holy Communion, take special care not to bump the Holy Chalice, state your Christian (baptismal) name clearly, hold the red communion cloth under your chin and open your mouth up nice and wide. After receiving, wipe your lips on the cloth, step back carefully, hand the cloth to either the altar boy or the next person in line, make the sign of the Cross as you step away to receive one piece of antidoron. ***Please do not be in a rush while communing!*** Christians of other denominations or persons of other faiths may not receive Holy Communion in the Orthodox Church. For further details on this subject, see Fr. Ted.

THE SACRAMENT OF HOLY UNCTION: will be administered on Holy Wednesday, April 12th, at both the afternoon and evening services (see calendar for exact times). Holy Unction is a Sacrament of the Church and administered by the priest to the faithful who have participated in the prayers of the service. It should not be given out to take home or be passed around from one to another carelessly. The faithful of our community should make every effort to be in attendance at one of these services on Wednesday. For the convenience of those who absolutely cannot attend on Wednesday we will anoint people at conclusion of the services for Holy Thursday and Holy Saturday morning. If someone is ill and cannot attend services, arrangements should be made with our clergy to visit that person.

GOOD FRIDAY is a day of mourning, strict fasting and deep prayer. On this day, we remember that our Lord, Jesus Christ, died upon the Cross to take away our sins. This is a day that we, the faithful of Christ, should commit totally to Him. Every possible effort should be made for you to be in church during the services of the Royal Hours, Apokathelosis and Epitaphios Thrinos. It doesn't do us any good to attend the evening service of the Epitaphios Thrinos and sing the Lamentations if we cannot come to the morning and afternoon services of the Crucifixion and Burial of the Lord.

All believing Orthodox Christians should demonstrate proper reverence and love this day. We should not go to work, go shopping, color eggs, bake, clean house or a host of other things. Instead we should attend and worship all the services, so that we may learn the true meaning of this most holy day.

WISDOM OF THE CHURCH FATHERS: On Pascha the reign of life has begun, the tyranny of death is ended... This is the day the Lord has made – a day far different from those made when the world was first created, and which are measured by the passage of time. This is the beginning of a new creation. On this day, as the prophet says, God made a new heaven and a new earth.

- St. Gregory of Nyssa

HOLY WEEK DONATIONS STILL NEEDED: The Lenten season is a time that allows us to provide for the church various items needed. Giving to the church is always special but during Great Lent, Holy Week and Easter it takes on even more meaning. For this reason we would like to take this opportunity to extend to you, the faithful, and invitation to share in making Great Lent, Holy Week and Easter a most beautiful and inspiring time. Those individuals or families wishing to donate towards the item listed below should contact the church office.

Epitaphio Flowers – Carnations & Roses, etc.: \$2176

HOLY WEEK BOOKS in Greek and English are available from our Cathedral Bookstore for \$25.00 each.

GREEK INDEPENDENCE DAY PARADE: A reminder to all, the Annual Greek Independence Day Parade will be held in Greek Town on Halsted Street in Chicago on Sunday, April 30th at 2:30 p.m.

APPLICATIONS for the GOYA, Cathedral, AHEPA Chapter 78 and Novak Family Scholarships are available in the church office. Deadline for these applications is Monday, May 1st.

THE 4th ANNUAL 5K FAMILY WALK-RUN, will take place Saturday, June 24th, 8:00 a.m., starting and ending here at Ss. Constantine & Helen. All proceeds will benefit the Cathedral Scholarship Program, The Pangere Center for Inherited Retinal Diseases and the Merrillville Police Department K9 Unit Program. Registration forms are available in the church office or visit the website at www.ssconstantineandhelen.org. Any questions contact Joe Massow at 776-2682. See enclosed flyer for specifics.

JR. OLYMPICS UPDATE: Youth ages 8-18 are encouraged to participate in an assortment of sporting events and activities at this year's Metropolis of Chicago Jr. Olympic Program on May 26th-28th in Palos Hills, IL. Coaches, advisors and chaperones are needed. So please offer your time and talent. A table will be in the lobby after services to sign up or contact Pete Georgiadis at 219-308-4921 or email massow15@comcast.net to sign-up.

CATHEDRAL EARLY LEARNING CENTER: Early registration: Our preschool is accepting applications for the 2017-2018 school year. To enroll for the two day class (Tuesday & Thursday) the child must be 3 years old before August 1st. To enroll for the three day a week class the child must be 4 years old before August 1st. 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 \$120 a month, and for the three-day class is \$150 a month. Children must be potty trained to be enrolled. Call Christine Chimitris at 219-769-2481 between 9:00-11:30 a.m. for details.

MARK YOUR CALENDARS

Resurrection Celebration & Balloon Release – April 23rd
Ss. Constantine & Helen Feast Day Celebration:
Great Vespers – Saturday, May 20th & Feast Day – Sunday, May 21st
AHEPA Sunday – May 28th
Vacation Bible School – June 19th -22nd
5K Family Walk/Run – June 24th
Greek Fest – July 14th-16th

PASCHAL DONATION: Through the Crucifixion and Resurrection of Christ, the Grace of God flows upon us and we are led to the road of salvation. Let us accept this Gift of God with a contrite heart, with a clean spirit and with abounding faith in our Savior, Jesus Christ.

Your Cathedral Clergy and Parish Council extend to all our faithful, their best wishes for a joyous Pascha. We also hope that you remember our Cathedral of Saints Constantine and Helen with a generous Easter donation. Be as generous in your love for Him as He is in His love for you.

PHILOPTOCHOS 8TH ANNUAL BENEFIT SPAGHETTI DINNER: Mark your calendar to bring family, friends or neighbors to the Philoptochos Spaghetti Dinner to benefit the Ross Township Food Pantry on May 4th, 4:00-7:00 p.m. Cost is \$10.00 for adults and \$5.00 for children under 12. Carry-outs only for lunch 11:00 a.m. – 1:00 p.m., local business delivery for lunch only. Carry outs are available during the dinner meal. Come and enjoy an evening of good food and fellowship, while making a difference for someone who is in need.

HELPING HAND: Due to the generous support of our parishioners, we have been able to assist numerous people from our parish and the general community. Your donations of love are truly appreciated by all we reach out to. Please continue to give generously toward this ministry. You will be truly blessed for it!

SOCIAL MEDIA OUTREACH: To keep in touch and see what's happening here at our Cathedral check out our webpage at www.ssconstantineandhelen.org or Facebook page at Saints Constantine and Helen Greek Orthodox Cathedral, Merrillville, IN. You can also be added to our "Constant Contact" list and receive our emails of the weekly bulletin, monthly "Message," monthly calendar and other news, events, ect. If you are not on our "Constant Contact" you may sign up through the church office or by filling out the small form at the candle stand in the Cathedral and place it in the offering tray.

THE KANARIS-AGIA MARKELLA SOCIETY is awarding its annual scholarship to high school graduates who are of Chion descent and whose parents are in good standing. Scholarship requests must include the most current official transcript of the student. Request and transcript must be submitted by Monday, May 1st to:

Michael Berta
59 Levanno Drive
Crown Point, IN 46307

For questions or other details call Michael Berta at 219-305-2478.

CHUCKLE: The Sunday School teacher was extremely enthusiastic. She looked at the class of four-year-olds and asked this question: "Does anyone know what today is?" A little girl raised her hand and said, "Yes, today is Palm Sunday." The teacher exclaimed, "That's fantastic! Now does anyone know what next Sunday is?" The same little girl responded, "Yes, next Sunday is Easter Sunday." Once again the teacher said, "That's fantastic! Now, does anyone know what makes next Sunday Easter?" The same little girl answered, "Yes, next Sunday is Easter because Jesus rose from the grave." Before the teacher could congratulate her, she kept on talking and said, "But if He sees His shadow, He has to go back in for seven weeks."