

Sunday, January 6, 2019
Theophany of Our Lord and Savior Jesus Christ

HYMNS FOR THE DAY: 91, 226 (Found in red hymnal book)

READINGS: **Orthros Gospel:** Mark 1:9-11
 Epistle: Titus 2:11-14, 3:4-7
 Gospel: Matthew 3:13-17

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.** JoAnn Massow
 Liturgy: 9:00 a.m. All Parish Council Members

NO MEMORIALS due to the Theophany of Our Lord

ATTENTION PARISHIONERS: Memorial services will not be celebrated on the following Sundays in 2019: January 6th, March 17th & 31st, April 21st & 28th, May 5th, June 16th & September 8th. If you need to commemorate a loved one, please do so during the Saturday of Souls or on Sundays when Memorials are allowed.

NEW YEAR'S BLESSING: The clergy of our Cathedral along with the Parish Council, pray that everyone in our community of SS. Constantine & Helen will have a blessed, safe, healthy and joyful New Year!

PRAYER TO THE HOLY SPIRIT: "O Heavenly King, Comforter, the Spirit of truth, Who is in all places and fills all things; Treasury of good things and Giver of life: Come and dwell in us and cleanse us from every stain, and save our souls, O gracious Lord."

HAVE YOU REMEMBERED your **Christmas Offering** to the Church? It's still not too late! Offering envelopes are available on the candle stands in the Narthex.

ATTENTION PARISHIONERS: Our Parish is in great need for prosforon (offering bread) for Sundays and olive oil for the eternal vigil light of Christ and the votive candles on the Altar Table. Donations may be brought to the church on Sundays.

VASILOPITA CELEBRATION: On Sunday, January 27th, following the Divine Liturgy in the Cathedral, we invite all the families of our community to join us in the "Cutting of the New Year's Vasilopita." After the cutting of the Vasilopita, our Philoptochos Society will host a luncheon in the Great Hall. This event is to benefit the St. Basil's Children Center in Garrison, N.Y. Donation is \$10.00. Everyone is welcomed to attend.

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 is offered only to the baptized and Chrismated (confirmed) Orthodox Christians, in good standing with the Church (good standing means if you are married your marriage must have been blessed by the Church; if divorced you must have an ecclesiastical divorce as well from 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 worship this morning, please join us in the church hall for fellowship, refreshments and visit with our Clergy, Parish Council and members.

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 NOTE: We ask all our parishioners who have an outstanding balance on the Year 2018 Stewardship pledges to please meet their commitment. There are still 94 members who owe \$19,470 in unpaid pledges. It is a shame and sin that this much money is still owed to the church. How can we expect our Cathedral to function if we cannot pay our expenses? Please meet the commitment you yourself have pledged to our Cathedral. Also, if you haven't already done so, please submit your 2019 pledge of Time, Talent, and Financial Resources to the church office.

PARISH COUNCIL OPENING: Due to a recent resignation from the Parish Council there is an open seat 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. Since no one has applied we are extending the deadline for applications until Sunday, January 20, 2019.

THE 2019 CALENDARS have been mailed out to the membership. If you haven't received one it could mean one of two things:

1. It was not delivered by the Post Office.
2. You are not a Pledging member of our Parish.

THOUGHT: The New Year is like a new baby – many changes will be necessary, some of which may be neglected.

GREEK SCHOOL NEWS: Resumes this Friday, January 11th at 5:30 p.m.

SUNDAY SCHOOL CLASSES will resume next Sunday, January 13th. Let's keep up our good attendance for the rest of the year.

PHILOPTOCHOS MEETING: Monday, January 14th, 6:30 p.m. in the Gold Room.

HELLENIC DANCERS: Practice resumes Wednesday, January 16th: Jr. Dancers 6:30 – 7:30 p.m. & Sr. Dancers 7:30 – 8:30 p.m. For details see Taki Zarakas

JOURNEY THROUGH 2019: As we have just started our trip in life on highway 2019 it would be a good time for us to have a spiritual tune-up:

ADJUST YOUR LIGHTS so others may see your good works and glorify your Heavenly Father.

SET YOUR TIMING so as to be on time.

ADJUST YOUR BRAKES on your tongue; it's in a slippery place.

TUNE UP your heart and have the peace that passes all understanding.

ALIGN your direction so you may be able to travel the straight and narrow road ahead without mishap.

TUNE your mind so you will be able to think on pure, holy and noble things.

FOR A QUICK START and a sure victory, be ready always and willing to do the Lord's will.

THE HELPING HAND FUND was established to help families in our parish with financial hardships. It is a very comforting feeling knowing that you can go "home" and find help that is given freely and with love. We encourage our faithful, along with family members, friends and business associates to make a donation towards the Helping Hand Fund. The need is great and our funds are low. For more details, please contact Fr. Ted at the church office 769-2481.

FOOD PANTRY NOTICE: Due to the Christmas Season, the food pantry is in need of cleaning supplies, toiletries and brown paper bags. The food pantry is currently serving over 400 people in the area each month. Please think of others as you donate items necessary to continue our outreach to those in need. Monetary donations can also be made to support the food pantry at the church office.

CHURCH HUMOR: A Sunday School teacher asked her students why it was necessary to be quiet in church. One little bright girl replied, "Because people are sleeping."

MARK YOUR CALENDARS

Vasilopita Celebration, January 27th

Godparent Sunday – February 10th

Triodion Begins – February 17th

Saturday of Souls – March 2nd, 9th & 16th

Great Lent begins – March 11th

Palm Sunday – April 21st

Pascha/Easter Sunday – April 28th

EPIPHANY – THEOPHANY: On January 6 we celebrate the great feast of Epiphany. Derived from the Greek, "epiphany" means "**the showing forth**" or "**manifestation.**" It was on this day that Christ was made known as the Son of God. It was on this day that our Lord appeared before John the Baptist in the River Jordan and asked to be baptized, not that He was sinful and needed to be cleansed through Baptism, but that He might teach us the importance and necessity of the great sacrament. While He was being baptized, the Holy Spirit descended upon Him in the form of a dove and the voice of the Father was heard from Heaven saying, "**This is my beloved Son, with Whom I am well pleased.**" Thus on this day not only does Heaven tell us Christ is God, but we see God manifested in the Holy Trinity. We have before us the three persons of the one Godhead: the Son, being baptized in the River Jordan, the Holy Spirit in the form of the dove, and the voice of the Father in Heaven: Father, Son and Holy Spirit. This is the meaning of the great feast of Epiphany, the showing forth or manifestation of God in three Persons.

On this great Feast of Epiphany, the Church of Christ calls all of us to go together to the River Jordan to witness the manifestation of God and the Baptism of our Lord Jesus Christ. There we shall see, with the eyes of our soul, our Lord immersing Himself once again in the waters of the River Jordan, and thus sanctifying the oceans and the rivers and the lakes of all the world.

Following the Liturgy today, the Blessing of the Waters Service (Agiasmo) will be performed. Here we ask our Lord to bless the water that we have before us just as He blessed the water in the Jordan River 2,000 years ago. We encourage all of our faithful to prayerfully participate in the service so that you may receive the blessed waters for cleansing of souls and bodies, for the sanctification of your homes and for every need.

MAKE IT A NEW YEAR: As the New Year begins, what do you want most?

Our friends will very likely send us the usual greetings for a happy and Prosperous New Year and the wish that the world's good will be our portion.

But think about it. God gave King Solomon all of the riches he could wish for; yet it brought vanity and vexation of spirit.

We can receive many gifts of God's providence and enjoy them. But unless we discover God, the giver, we'll end up drawing the same conclusion Solomon did. Material gifts don't last.

God wants to give us something more, He wants to give us new life through His Son.

The greatest gift to all mankind was God's gift of His Son. "For God so loved the world, that he gave his only begotten Son, that whosoever believes in him should not perish, but have everlasting life" (John 3:16).

This precious gift is ours for the acceptance, and with Christ Jesus as our Savior, we can truly look to the coming year with peace of heart, confidence and assurance.

However, the Lord Jesus Christ, according to the Bible, made it very clear when He said, "No man comes unto the Father (God), but by Me" (John 14:6).

Start the New Year with the inward assurance that can be yours as you believe in Christ, the Son of God, as your Lord and Savior.

REMEMBER – 7 days without prayer makes one weak!