

## Sunday March 10, 2019

Forgiveness Sunday (Cheesefare)

Kodratos the Martyr & Companions; Anastasia of Alexandria

**HYMNS FOR THE DAY:** 8, 134, 233(Found in red hymnal book)

**READINGS:** **Orthros Gospel:** John 20:11-18  
**Epistle:** Romans 13:11-14, 14:1-4  
**Gospel:** Matthew 6:14-21

**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.** Tommy Papadopoulos  
**Liturgy: 9:00 a.m.** Everyone

### MEMORIALS

6 mons. Katerina Leontaras	1 yr. Panagiotis Nikolaos Hambesis
6 mons. George Paras	3 yrs. Louis Condos
9 mons. Haralambos Zairis	14 yrs. Paraskevi (Voula) Condos

**"MAY THEIR MEMORY BE ETERNAL"**

**FELLOWSHIP HOUR:** In memory of Panagiotis Nikolaos Hambesis in the Great Hall, all are welcome.

**SERVICE SCHEDULE:** Monday, March 11<sup>th</sup> (Clean Monday) – *Compline:* 6:00 p.m. in the Chapel.

Wednesday, March 13<sup>th</sup> – *Presanctified Liturgy:* 6:00 p.m. in the Chapel.

Friday, March 15<sup>th</sup> – *1<sup>st</sup> Salutation Service to the Theotokos:* 6:30 p.m. in the Cathedral.

Saturday, March 16<sup>th</sup> – *3<sup>rd</sup> Saturday of Souls:* only Divine Liturgy 9:00 a.m. followed by Trisagion Service in the Cathedral.

**ΘΡΗΣΚΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ:** Δευτέρα, 11 Μαρτίου – *Μεγα Αποδειπνον* – 6:00 μ.μ. στο παρεκκλησιο.

Τετάρτη, 13 Μαρτίου – *Λειτουργία Προηγιασμένων Δωρων* – 6:00 μ.μ. στο παρακκλησιο.

Παρασκευή, 15 Μαρτίου – *Α' Χαιρετισμοί στην Θεοτοκον* – 6:30 μ.μ. στο Καθεδρικο.

Σάββατο, 16 Μαρτίου – *Γ' Ψυχοσαββατον* – μονο Θεία Λειτουργία με Τρισάγιο στις 9:00 π.μ. στο Καθεδρικο.

### DONATIONS FOR THE FLOWERS ADORNING THE ICON OF THE VIRGIN

**MARY:** Each Friday evening during the Great Lent the Salutations to the Virgin Mary are offered. It is tradition that the icon of the Virgin Mary be adorned with flowers for these services. We ask families or individual parishioners wishing to contribute toward these flowers to contact the church office. Cost of the flowers are \$150 each week.

**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.

**JOB OPENING - THE CHURCH OFFICE** has an immediate opening for a part-time (24-32 hours per week) administrative assistant. Responsibilities include supporting the clergy and general office duties with drafting and mailing letters, coordinating mass mailings, running reports in the membership database, and managing all QuickBooks deposits, payables, and quarterly IRS payroll tax reports. High proficiency needed in Intuit QuickBooks and Microsoft Word and Excel. Submit a resume to the church office. Please note: that according to the new Archdiocese Safety Compliance Protocol all employees must pass a background check.

**STEWARDSHIP:** Today we remember Adam's expulsion from Paradise. Adam's original purpose was to be a steward of God's creation – to work with God and his partner Eve for the benefit of the world. But, because of his disobedience, his pride, and his selfishness, he was expelled from Paradise. Still, out of God's love for mankind and for the world, He sent the second Adam – His only Begotten Son Jesus Christ to redeem and glorify the world. Now, because of the forgiveness of sins and eternal life that has been given to us in Jesus Christ, we can once again devote ourselves to the task of divine stewardship.

We ask all our parishioners who have an outstanding balance on their 2018 pledges to please meet their commitment. There is still \$14,730.00 in unpaid pledges. It is a shame and a 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.

For those who haven't turned in their 2019 Pledge forms, please do so today! If you 278 members who haven't pledged yet can match the \$290,976 the first 460 members have given WE CAN MEET OUR BUDGET! It is your generosity that makes it possible for our parish to fulfill its Orthodox Christian mission.

**GOYA LAMB RAFFLE:** Our GOYA will be raffling off 3 lambs this year for Easter. Tickets for the Raffle are available from individual Goyans or may be purchased on Sunday's after church in the lobby. Tickets are \$2.00 each or 3 for \$5.00. The raffle will be held on Palm Sunday, April 21<sup>st</sup>. Please support the efforts of our GOYA.

**PHILOPTOCHOS NEWS:** Following services, our Philoptochos Society will be collecting donations for **the flowers of the Epitaphio** for Good Friday. Just like everything else today, these costs have gone up. Please give generously!

**Lenten Food Sale**, today Sunday, March 10<sup>th</sup>, after church in the Hall lobby.

**Koulouma Annual Dinner** will take place tomorrow, Clean Monday, March 11<sup>th</sup>, following the Compline Service. Donation is \$10.00 per person for a Lenten dinner featuring calamari, Greek potato salad, chickpeas, taramosalata, skordalia, Lenten dessert, etc. Please see JoAnn Massow today after worship to reserve a spot. Let us all come together in prayer and enjoy an evening of Christian fellowship as we begin our journey into Lent.

**The Metropolis Philoptochos Lenten Retreat** will take place Saturday, March 23<sup>rd</sup>, 9:00 a.m. – 2:00 p.m. at St. Spyridon GOC in Palos Heights, IL.

**GREEK FEST MEETING:** Tuesday, March 12<sup>th</sup>, 6:00 p.m. in the Gold Room. Everyone is invited to attend and offer help in organizing this year's Greek Fest. For details see Dr. John Kostides.

**HELLENIC DANCERS UPDATE:** No dance practice until after Easter.

**GREEK SCHOOL NEWS:** Classes this Friday, March 15<sup>th</sup> at 5:30 p.m.

**METROPOLIS SUNDAY SCHOOL LENTEN RETREAT:** This event is open to all who would like to learn more about our Orthodox Faith. It will be held this Saturday, March 16<sup>th</sup>, 9 a.m.-2 p.m., at the Assumption GOC in Homer Glen, IL.

**CONFESSION:** Anyone wishing to partake of the sacrament of Holy Confession may make an appointment with Fr. Ted or Fr. George through the church office. Please don't wait till Holy Week when time is limited.

**SUNDAY OF ORTHODOXY:** Next Sunday is the celebration of the Sunday of Orthodoxy. Following the Liturgy on this day, a special litany will be chanted in our Cathedral along with the procession of the Holy Icons. Let us all gather and worship to give thanksgiving to God for the triumph of our faith over heresy and disbelief.

**THE CELEBRATION OF BOOKS** will be held at the Holy Apostles Church in Westchester, IL, March 25<sup>th</sup>-28<sup>th</sup>. Thousands of books will be displayed for all to browse and purchase. The theme is "*Being Sanctified by God's Grace*." Speakers for this year are: Monday, March 25<sup>th</sup> & Tuesday, March 26<sup>th</sup> – Very Rev. Dr. Josiah Trenham; and Thursday, March 28<sup>th</sup> – Rev. Fr. Nicholas Palis. For specific details call 708-562-2744.

**GREAT LENT AND HOLY WEEK SERVICE BOOKS**, as well as other spiritual readings, are now available for purchase. The text of the books used for Lenten Services are in Greek and English and are easily understood. If you are interested in purchasing any of these books, please visit the bookstore in the library.

**GREAT COMPLINE - \$10**

**SALUTATION SERVICE - \$15**

**THE GREAT CANON (ENGLISH) - \$10**

**DAILY LENTEN MEDITATIONS - \$9**

**GOD SPEAKS FROM THE CROSS - \$15**

**PRESANCTIFIED LITURGY - \$20**

**HOLY WEEK - \$25**

**GREAT LENT - \$15**

**JOURNEY THROUGH LENT - \$10**

**THE LENTEN SPRING - \$15**

**CHEESEFARE SUNDAY:** Today the Church commemorates the sending away of Adam and Eve from the Garden of Paradise. It is for this reason that the Holy Fathers wished to remind us of the benefits of fasting. They wanted to show the great harm that comes from destructive greed and from disobedience of the Divine Commandments of God. Adam and Eve were placed in Paradise as the children of God. They were given complete freedom to live in a world filled with beauty. There was no death or decay. God told them to "increase and multiply and occupy the earth."

Adam and Eve were in complete harmony with God, with Nature and with themselves. They were masters of the universe which God had created for them. Adam and Eve were tempted by the devil and they disobeyed the will of God. Although God told them not to eat the "forbidden fruit" they were misled by the devil who told them not to be afraid, that they too would become gods if they ate of the fruit of the tree of knowledge. The result was fatal. Because of their greed, Adam and Eve were cast out of Paradise and sin came into the world. The Holy Fathers, therefore, selected this event, (the day before the great fast or Lent Season) to remind us of our obligations to God and of the result of disobedience of the Commandments of God.

The Gospel reading for this Sunday is chosen by the Holy Fathers of the Church and reminds us about the laws of fasting and Christian behavior (Matthew 6:14-21).

**GREAT LENT BEGINS ON MONDAY, MARCH 11<sup>th</sup>:** During Lent we are to pray more, privately and publicly. Private prayer is the praying you do at home, morning, noon and night, when we are alone and no one sees or knows you're talking with the Almighty God. Public prayer is that what is done in church. This means attending Liturgy every Sunday, as well as the services conducted during Lent. The Lenten Services offered in our parish for this week are listed in the Service Schedule.

**SAINTS OF THE DAY – KODRATOS & HIS COMPANIONS:** Kodratos was born in the wilderness when his mother escaped Christian persecutions in the third century. She died in childbirth. God nourished him with a sweet dew that dipped from a cloud, and his guardian angel kept him safe. And so he grew without mother or father like John the Baptist. When he was twelve years old, he went to the town and was taken in and educated as a doctor. He healed with medicine and prayer. He and his friends were tried during a new persecution. They were stoned as they were dragged through the streets to the place of execution. Where they were beheaded, a spring came out of the ground and was given the name of Kodratos.

**THE FAST OF LENT** has no advantage to us unless it brings about our spiritual renewal. It is necessary while fasting to change our whole life and practice virtue.

Turning away from all wickedness means keeping our tongue in check, restraining our anger, avoiding all gossip, lying and swearing. To abstain from these things – herein is the true value of the fast.

Accept the fast as an experienced educator by whom the Church teaches us piety.

*-St. John Chrysostom*

**NOT FAR FROM THE KINGDOM:** Jesus once said to one of the scribes, "You are not far from the kingdom of God." How many Christians today fit that description? They are close, "not far" from the kingdom of God. But they are not close enough. Never forget that "not far" is still "not in".

I recalled reading about one of the famed aerial troupes of Europe that did their act some fifty feet up in the air with no safety net below. Imagine someone swinging from that height. One day a young son did a triple spin up in the air and his father came back, hanging from his knees to catch him as he had done so many hundreds of times before. He reached out and their fingers passed within about a half inch of each other. But "near" was not enough and the boy landed with a thud about five stories below. Many people will miss the eternal kingdom by just that same amount. May you not be one of them. "Close" is never enough in the kingdom of God.

**FOOD PANTRY:** The call to remember the hungry and needy of the world is a continuous call by our Lord Jesus Christ. Donations of a ham for Easter as well as 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.

**MARK YOUR CALENDARS**

Clean Monday (Kathara Deftera) Great Lent begins – March 11<sup>th</sup>  
Koulouma Dinner – March 11<sup>th</sup>  
Saturday of Souls – March 16<sup>th</sup>  
Metropolis of Chicago Sunday School Lenten Retreat – March 16<sup>th</sup>  
Metropolis of Chicago Philoptochos Lenten Retreat – March 23<sup>rd</sup>  
Prosoforon Baking Workshop – March 30<sup>th</sup>  
St. John Chrysostom Oratorical Festival – April 7<sup>th</sup>  
Palm Sunday – April 21<sup>st</sup>  
Pascha/Easter Sunday – April 28<sup>th</sup>  
Mother's Day Brunch – May 12<sup>th</sup>  
Metropolis of Chicago Jr. Olympics – May 24<sup>th</sup>-26<sup>th</sup>  
35<sup>th</sup> Anniversary of Fr. Ted's Ordination Celebration - June 2<sup>nd</sup>  
Fanari Camp Weeks– June 16<sup>th</sup>, June 23<sup>rd</sup>, July 7<sup>th</sup>, July 14<sup>th</sup>  
5K Family Walk/Run – June 22<sup>nd</sup>  
Greek Fest – July 12<sup>th</sup>, 13<sup>th</sup>, & 14<sup>th</sup>

**LENTEN/EASTER DONATIONS:** 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 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 any of the following items should contact the church office.

**Flowered Frame Salutation Services (April 12): \$150 each.**

**Jonquils – Veneration of the Holy Cross: (Sunday, March 31): \$350**

**Flowered Frame Lazarus Saturday (April 20): \$125.**

**Palms and Bay Leaves for Palm Sunday (April 21): \$2,500**

**Flowered Frame Nymphios Icon (large): \$250**

**Flowered Frame Nymphios Icon (small): \$125**

**Flowered Wreath (large) Holy Thursday: \$300**

**Flowered Wreaths (small) Holy Thursday: \$150**

**Epitaphio Flowers – Carnations & Orchids, etc.: \$7000**

**Flowered Frame Resurrection Icon (large): \$250**

**Flowered Frame Resurrection Icon (small): \$125**

**200 small Chocolate Crosses: \$300**

**600 Eggs for Easter & Agape Services:?**

**CHUCKLE:** “What’s the difference between a Catholic priest and a Greek Orthodox priest?” a little girl asked her Presvytera mother. “Well, one big difference is that a Catholic priest can’t marry. That’s because he’s expected to devote his life to God. A Greek Orthodox priest also dedicates his life to God, but he can marry. It’s like having your cake and eating it too.”

The little girl’s next question: “You mean Catholic priests can’t eat cake?”

**FOR PONDERING:** People asked a monk: “What is humility?” He replied: “Humility is if a brother or sister sins against you and you forgive them before they come to ask you to.”