

Sunday, March 11, 2018
3rd Sunday of Lent - Veneration of the Holy Cross
Sophronios Patriarch of Jerusalem
Theodora the Righteous

HYMNS FOR THE DAY: 266, 7, 266, 134, 234 (Found in red hymnal book)

READINGS: **Orthros Gospel:** John 20:1-20
Epistle: Hebrews 4:14-18, 5:1-6
Gospel: Mark 8:34-9:1

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.** John Spores
Liturgy: 9:00 a.m. All Parish Council Members

NO MEMORIALS due to the Veneration of the Holy Cross.

SERVICE SCHEDULE: Monday, March 12th *Compline:* 6:00 p.m. in the Chapel.
Wednesday, March 14th – *Presanctified Liturgy:* 6:00 p.m. in the Chapel.
Friday, March 16th – 4th *Salutation Service to the Theotokos:* 6:30 p.m. in the Cathedral.
Saturday, March 17th – *Vespers Service for St. Savvas of Kalymnos:* 6:30 p.m. (Chapel)
ΘΗΣΕΥΤΙΚΟΝ ΗΜΕΡΟΛΟΓΙΟΝ: Δευτερα, 12 Μαρτιου – *Μεγα Αποδειπνον* – 6:00 μ.μ. στο παρεκκλησιο.
Τεταρτη, 14 Μαρτιου – *Λειτουργια Προηγιασμενων Δωρων* – 9:00 π.μ στο παρακκλησιο.
Παρασκευη, 16 Μαρτιου – *Δ' Χαιρετισμοι στην Θεοτοκον* – 6:30 μ.μ. στο Καθεδρικο.
Σαββατο, 17 Μαρτιου – *Εσπερινος του Αγιου Σαββα ο εν Καλυμνω* – 6:30 μ.μ. στο παρεκκλησιο.
During this Great and Holy Lenten season take advantage of the services which are offered to help nourish our souls and properly prepare us for the greatest feast known to mankind – The Resurrection of our Lord and Savior Jesus Christ.

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, 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 UPDATE: As of March 8th, the office received 422 pledges totaling \$267,250, averaging \$633 per pledge. While this is a hopeful sign for the future, we must be reminded the cost to maintain all the programs of our church for a day, is \$2400. This sum includes operating expenses, our love commitment to the National Ministries and countless Programs offered in our Parish. Approximately 204 stewards who pledged for 2017 have not repeated their commitment for 2018. Also, there are close to 300 others who claim to be members of our community who fail to pledge each year. If you are one of those stewards, please take a moment and return your expression of love for the church. We need everyone's assistance to maintain the quality of spiritual programs and offer fresh and new opportunities. This is why we mail pledge forms a second time. We thank all who remember to send their pledge payment regularly.

For Your Information there is still over \$10,000 in unpaid Stewardship Pledges for 2017. If you think about this is enough money to operate our parish for 4 days. How would you feel if you needed the services of the Church and found it closed because we couldn't pay our financial commitments? If you are one of our members who still owes for 2017, please pay your pledge commitment in full by March 31st. It would help our parish immensely!!!

MARK YOUR CALENDARS
Enthronement of Metropolitan-Elect Nathanael of Chicago – March 24th
Saturday of Lazarus Youth Retreat – March 31st
Palm Sunday – April 1st
Pascha/Easter Sunday – April 8th
Ss. Constantine and Helen Feast Day Celebration – May 20th & 21st
Greek Festival – July 13th-15th

SECURITY IN CHRIST: St. John Chrysostom, who favored reforms, was challenged by the Empress Eudoxia, and was threatened with exile.

I'll banish you," said the Empress. "No, you cannot banish me from Christ," replied Chrysostom.

"Then I will take your life." "You cannot. I live and have my being in Christ."

"I will confiscate your wealth." "You cannot," was his response, "for in Christ I have all riches."

At last the Empress said, "I shall cause you to lose all your friends and you will be an outcast. "But you cannot, for I have a Friend that sticks with me closer than a brother."

DID YOU REMEMBER to set your clocks ahead one hour last night?

SUNDAY SCHOOL will be held today. Children and teachers are to attend Liturgy and then go class following Holy Communion. Class time is from 10:15-11:00 a.m.

GREEK SCHOOL: Classes Friday, March 16th, 5:30–8:00 p.m. Parents and other family members are encouraged to attend the Salutation Service to the Theotokos on Friday evenings during Great Lent.

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!

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

Philoptochos Meeting will be Tuesday, March 13th at 6:30 p.m. in the Gold Room. P

HELLENIC DANCERS NEWS: There will be the no practices until after Easter.

GOYA LAMB RAFFLE: Our GOYA will be raffling off a lamb and a gift basket 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 1st. Please support the efforts of our GOYA.

KALYMNIAN SOCIETY NEWS: Due to the Feast of the Annunciation of the Theotokos falling on the 5th Sunday of Lent, the Vesper Service for St. Savvas of Kalymnos will be celebrated one week earlier this year that is this Saturday, March 17th, 6:30 p.m. in the chapel. Please mark your calendars and plan to attend. The Vespers and the Fellowship Hour that follows are hosted by the Kalymnian Society of NW Indiana.

SENIOR CITIZENS NEWS: Lunch and monthly meeting will be held on Thursday, March 29th, 12:30 p.m. in the Gold Room. All seniors of our community, 55 and older are invited to attend. For details, contact Kalliope Dedelow at 219-588-1026.

SCHOLARSHIP APPLICATIONS For the GOYA, Cathedral, Novak Family Foundation, AHEPA 78 and the Panagiotis Proimos Memorial Scholarships are available in the church office. All high school seniors of our Cathedral are eligible. To be considered for one of the scholarships all you need to do is to pick up an application, fill it out and return it to the church office by the Tuesday, May 1st deadline. For more information, see Fr. Ted.

FOOD PANTRY: The call to remember the hungry and needy of the world is a continuous one 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.

CHUCKLE: You can stay young indefinitely if you eat wisely, get plenty of sleep, work hard, have a positive mental outlook, and lie about your age.

“REJOICE, O LIFE-GIVING CROSS...” Every Matins/Orthros service of the Orthodox Church contains a brief summary of what is being observed liturgically that particular day. Today, our Holy Orthodox Church commemorates *“The Sunday of the Veneration of the Holy Cross.”* Perhaps the best explanation of where our thoughts should be directed and what this day should mean to us can be found in this summary, which is called the Synaxarion: “On this Third Sunday of Lent, we celebrate the veneration of the precious and life-giving Cross. Inasmuch as in the forty days of fasting we may become weak and despondent, the Cross is presented to us for our refreshment and assurance, and to give us comfort. We are like those who follow a long, cruel path, and when we become more tired and ready to give up, we see a beautiful tree with many leaves, and we sit in its shadow and rest awhile. Rejuvenated, we are able to continue our travels. In like manner, the Life-Giving Cross was planted in our midst by our Holy Fathers to give us rest and refreshment, so that we can be courageous for the rest of our Lenten journey. For the Cross is called the *“Tree of Life.”* It is the Tree that was planted in Paradise, and for this reason, our Fathers planted it in the midst of Holy Lent, remembering both Adam’s bliss and how he was deprived of it ...remembering also that by partaking of this Tree, we no longer die, but are kept alive. When a king is coming, we first see his banners before he himself arrives. Accordingly, our Lord, Who is about to appear to us in the glory of His Resurrection, first sends us His “royal symbol” – the Cross. Christ comforts us with His Cross today, and He shall lead us up to the spiritual Jerusalem by His Resurrection.”

NEW METROPOLITAN: The Holy and Sacred Synod of the Ecumenical Patriarchate has elected unanimously the Very Rev. Archimandrite Nathanael Symeonides as Metropolitan of Chicago.

His ordination to the episcopacy will take place at Holy Trinity Cathedral in New York on March 17th and his enthronement as Metropolitan of Chicago will take place at Annunciation Cathedral in Chicago on March 24th, at 11:00 a.m.

Our parish has been asked by Metropolitan Nicholas of Detroit and the Metropolis Chicago Council to offer financial support to help cover the expenses for this event. Donations may be made to SS. Constantine and Helen Cathedral by March 15th. We hope all our societies, organizations and parishioners support this effort generously. For questions, see Fr. Ted.

PROCESSION OF THE HOLY CROSS: In observance of the Third Sunday of Lent, a procession of the Holy Cross takes place at the conclusion of the Liturgy. As the great hymn of “Agios o Theos” is sung, the faithful kneel and the priest takes the Cross from the Altar Table and rises it over his head. Then in procession from the Altar, the Cross circles the church before being placed on a table in the middle of the Solea. After censing the Cross, the priests intones the words “Sophia Orthoi,” the faithful stand and in the triumphant hymn of “O Lord Save Your People” is sung by all. Then the hymn “Your Cross we venerate, O Master and Your Holy Resurrection we glorify” is chanted as the priest blesses the faithful with the Cross.

CHURCH FATHERS SPEAK: Our heart dies spiritually every day. Only ardent, tearful prayer can restore it to breath and life. If we do not pray fervently every day we may easily and speedily be overtaken by spiritual death.

– St. John of Kronstadt

SATURDAY OF LAZARUS RETREAT: We would like to remind our parishioners of our Sunday School Lenten Retreat on March 31st, the Saturday of Lazarus. Registration will be in the lobby after services. The retreat will take place after the worship services for the day. First, we will have a light Lenten meal and then we will break down into various groups for instruction and other activities, like making Palm Crosses and baking Lazarakia. Please mark your calendars and make plans to attend!

LENTENEASTER 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.

Palms and Bay Leaves for Palm Sunday (April 1): \$1,000

Flowered Frame Nymphios Icon (large): \$250

5-Flowered Wreaths (small) Holy Thursday: \$150

Epitaphio Flowers – Carnations & Orchids, etc.: \$4800

3 Candles for Good Friday: \$50 each

Flowered Frame Resurrection Icon (large): \$250

Priest's Easter Candles – \$50 (1)

55 Easter Lilies - \$10 each or \$600 total

200 small Chocolate Crosses: \$300

OCMC BENEFIT BANQUET: Mission Team Chicago will host their Annual OCMC Benefit Banquet on Thursday, March 15th, at 6:30 p.m. at St. John the Baptist GOC, Des Plaines, IL. Keynote speaker is Bishop Athanasios (Akunda) of Kisumu and all Western Kenya. Donation is \$35 per person or \$350 for a table of 10. Contact Mission Team Chicago at MTCBenefit@yahoo.com or 317-709-0168 for details. Kindly respond by March 8th.

SAINT JOHN CHRYSOSTOM ORATORICAL & ARTS FESTIVAL: All the members of Sunday School who are in 3rd grade through 6th grade may compete at the Parish Level. Competition for Metropolis Levels are 7th through 9th grade for the Junior Division and 10th through 12th grade for the Senior Division. All are encouraged to participate. Participants will prepare either a speech, an essay, a poem, or paint an icon. Our parish festival will take place on Sunday, March 18th. If you are interested please call Fr. George at the church office.

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

PRESANCTIFIED LITURGY - \$20

SALUTATION SERVICE - \$15

HOLY WEEK - \$25

THE GREAT CANON (ENGLISH) - \$10

GREAT LENT - \$15

DAILY LENTEN MEDITATIONS - \$9

JOURNEY THROUGH LENT - \$10

GOD SPEAKS FROM THE CROSS - \$15

THE LENTEN SPRING - \$15