

**Sunday May 19, 2019**  
**Christ Is Risen! Truly He Is Risen!**  
**4<sup>th</sup> Sunday of Pascha – Sunday of the Paralytic**  
**AHEPA Sunday**

**HYMNS FOR THE DAY:** 198, 3, 134, 240 (Found in red hymnal book)

**READINGS:** **Orthros Gospel:** Luke 24:13-35

**Epistle:** Acts 9:32-42

**Gospel:** John 5:1-15

**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.** Paul Turpa

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

**MEMORIALS**

2 yrs. Theodota Bairaktaris      18 yrs. Mihail Karakozis

4 yrs. Konstantinos Karakozis      45 yrs. Alexander Tripodis

13 yrs. Hrisoula Xenakis

The departed members of the Order of AHEPA and Daughters of Penelope

**“MAY THEIR MEMORY BE ETERNAL!”**

**FELLOWSHIP HOUR** is offered today in honor of the Order of AHEPA, and Daughters of Penelope in the Great Hall. All are welcome to attend.

**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 bow down to 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 as is the practice of our Holy Orthodox Church.

**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.

**AHEPA SUNDAY** will be celebrated in our parish on Sunday, June 9<sup>th</sup>. On this day we will honor and remember the 97<sup>th</sup> Anniversary of the founding of American Hellenic Educational Progressive Association (AHEPA), 93<sup>rd</sup> for our local chapter of the Order of AHEPA and 75<sup>th</sup> year for our chapter of the Daughters of Penelope.

**THOUGHT:** Life is a bank. You can't take out what you haven't put in.

**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:** Supporting the Church is EACH Orthodox Christian's responsibility to the Lord. From the single young adult to the married couple to the young family to those who are senior citizens, it takes everyone's commitment to support OUR parish of SS. Constantine and Helen and promote OUR Orthodox Christian Faith!

We are \$155,631 short of our goal to raise \$500,000 through stewardship. As of May 17<sup>th</sup>, we have received 538 pledges for \$344,369 for 2019. If you are a member who has not pledged for 2019 we look forward to receiving your pledge by June 1<sup>st</sup>.

Many thanks to all those who have pledged and are current with their payments. We invite all those who haven't to please submit their pledge to the church office today.

**GREEK FEST NOTES:** Following worship today our Greek Fest Committee members will be seeking volunteers to help with and work our Fest. We hope that we can have enough members of our community to volunteer for at least 2 to 4 hours of work during the peak times of the Fest. This will be a great assistance. If we have enough workers it will not over-work, or burden anyone. Secondly, we can save a lot of money if we can do certain jobs ourselves instead of having to pay others to do the work. Please offer your time and talent by signing up today!

**BAKERY NEWS:** We need a variety of baked goods, Greek and non-Greek. If you can bake something, please do so. If you can't bake a monetary donation may be made, which will assist us in purchasing ingredients and items for our Bake Shop. The baking schedule for May is as follows:

Thursday, May 23	– 8:00 a.m.	–Strudels
Wednesday, May 29	– 8:00 a.m.	– Tassies
Friday, May 31	– 8:00 a.m.	– Tassies
Monday, June 3	– 8:00 a.m.	– Sweet Bread
Wednesday, June 5	– 8:00 a.m.	– Kolachkies

**GRADUATE SUNDAY** will be held on Sunday, June 9<sup>th</sup>. We will be presenting the Cathedral, Novak Family, Latos 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 Friday, May 31<sup>st</sup>.

**HELPING HAND UPDATE:** For those who would like to help those less fortunate from our parish and the needy of our area, and don't know how to go about it, the solution is easy. Give a monetary donation to our Helping Hand Fund. Through your generosity we hope to assist those less fortunate with their various needs.

**LEARNING CURVE FOR NEW DRIVERS:** School is never the same when you get your driver's license. A teenage boy got home from his first day at school as a driver. His mother asked him what he learned at school today. "I learned," say the young man, "that if I don't get to school early, I don't get a good parking place."

**SUNDAY SCHOOL UPDATE:** Today is the last day for Sunday School classes. We thank our parents and children for their attendance, and we pray that this learning experience of the faith planted seeds that will be cultivated throughout the years to come, blossoming and bearing good fruit for the Lord and His Church. A special thank you to our teachers and staff for another great year!

While the words “thank you” seem so inadequate, they nevertheless represent the heartfelt gratitude of a loving Church that’s deeply appreciative of your efforts. God bless you one and all!

**CHION SOCIETY BAKE SALE:** Today in the lobby after services. Please support their efforts.

**FEAST DAY CELEBRATION:** On Monday, May 20<sup>th</sup>, the Great Vespers Service with Artoklasia will be celebrated in honor of our Patron Saints by His Eminence, Metropolitan Nathanael of Chicago and area clergy and chanters, at 7:00 p.m. Following the service our Philoptochos Society will serve a special coffee fellowship in the Hellenic Cultural Center.

On, Tuesday, May 21<sup>st</sup>, the Feast Day of SS. Constantine and Helen, Orthros will be chanted at 8:00 a.m. and Divine Liturgy at 9:00 a.m. Afterwards Philoptochos will host a coffee fellowship in honor of the Feast Day of our Cathedral's Patron Saint.

Our Philoptochos requests that the ladies and/or gentleman of our parish bake and bring sweets for our Feast Day celebration. Items may be dropped off at church during the day on Monday, May 20<sup>th</sup> or prior to the Great Vespers Service.

**CELC 3 DAY CLASS GRADUATION:** Wednesday, May 22<sup>nd</sup>, 10:00 a.m. in the Great Hall.

**HELLENIC DANCERS NEWS:** Practice will be Wednesday, May 22<sup>nd</sup> with the Junior group from 6:30-7:30 p.m. and the Senior group from 7:30-8:30 p.m. For details or to check on schedule changes, contact Taki Zarakas or check the Hellenic Dancers Facebook page.

**PARISH COUNCIL MEETING:** Thursday, May 23<sup>rd</sup>, 7:00pm in the Gold Room.

**JR. OLYMPICS:** The Metropolis of Chicago Jr. Olympics will be held this coming weekend, May 24-26 at Stagg High School and SS. Constantine and Helen Greek Orthodox Church in Palos Hills, IL. Once again, our parish has assembled a team of close to 50 athletes to participate. For specific details and a time schedule of events, contact Jr. Olympics coordinator, Pete Georgiadis.

**MEMORIAL DAY SERVICES:** In remembrance of Memorial Day, Fr. Ted will be chanting the Trisagion Service at grave sites on Memorial Day, Monday, May 27<sup>th</sup>, at 8:00am at the Ridgelawn Cemetery by the monument of Ss. Constantine and Helen. A general Trisagion Prayer Service will take place to accommodate those who wish to leave early. Fr. Ted will be at Ridgelawn Cemetery, weather permitting, until 11:00am.

At approximately 11:30am at Calumet Park Cemetery, a general Trisagion Prayer Service will be offered for those who wish to leave early at the monument of the Holy Cross. Following the Trisagion, Fr. Ted and Fr. George will offer prayers at the graves, going row by row. Afterwards Fr. Ted will go to the Calumet Park Mausoleum and offer prayers for those interred there.

**SENIOR CITIZENS NEWS:** The next luncheon and meeting of our Senior Citizens group will be Thursday, May 30<sup>th</sup>, 12:30 p.m. in the Gold Room.

**THE PASTOR** of a parish is called to be a shepherd, not a sheep dog.

**HEALING OF THE PARALYTIC:** The Church is in the midst of the glorious Resurrection season. We still sing out the inspiring hymns telling of the Lord’s victory over death. Why, then, does the Gospel for today speak of the healing of the paralyzed man at the pool of Bethsaida? Is there any connection between this incident and the Resurrection?

The Fathers of the Church have pointed out that in the person of the Paralytic Man, raised from his bed, we have a foreshadowing of our own resurrection from the grave. In a Vesper hymn the Paralytic is spoken of as “**like unto a dead man, unburied.**” The paralytic speaks of his bed becoming his grave. But then Jesus comes to raise him. Just as when an Angel come to “**trouble**” the waters of the pool to make possible resurrection from illness, so in the last day an Angel shall come and “**trouble**” the dust of the earth and the dead in Christ shall rise.

Again, the Kontakion hymn of the day speaks of an individual being “**grievously paralyzed by all kinds of sin and unseemingly deeds,**” who can then be raised from his/her spiritual disease to new life and virtue by the might and love of God.

The Epistle reading also tells of restoration and resurrection. Peter the Apostle comes to the town of Lydda and there tells a sick man, “**Jesus Christ heals you! Get up and take up your bed.**” Thus Aeneas was restored. A short distance away was the city of Joppa, where a charitable and pious woman, Dorcas (or Tabitha) had died. Peter was summoned there, and kneeling down in prayer, bid the dead woman to rise, and she opened her eyes and he lifted her up and presented her to all alive.

And so we have the connection between these incidents and the Resurrection of our Lord.

**THE GOSPEL OF ST. JOHN:** During the Post-Easter Period, the Gospel of St. John is read during many of the holy services. The author, a disciple of the Lord, is the one who not only wrote the fourth Gospel, but also three Epistles and the Book of Revelation, which is the last book found in the Bible.

The Gospel of St. John differs in tone from the other Gospels because he was the only one of the four who was present at the Crucifixion. Over half of the space of the Book is given to the events of Christ’s life and His sayings during His last days.

St. John was also one of the three chosen witnesses of our Lord’s greatest glory and deepest humiliation upon the earth: In the Transfiguration as well as the Agony in the Garden of Gethsemane.

If you examine the icons of the Last Supper, you will find St. John seated nearest to Jesus. He is usually “pictured” either with his head inclined toward Jesus or resting on Jesus.

This is the St. John to whom Jesus commended the care of His blessed Mother when He was dying on the Cross.

This Gospel is considered by man to be the deepest and most spiritual book in the Bible.

**35<sup>TH</sup> ANNIVERSARY CELEBRATION:** Invitations for the June 2<sup>nd</sup> event have been mailed out. Cost is \$75 per adult, \$25 per child (12 & under). Make your reservations today! For specific details, see or call JoAnn Massow (219) 776-6336.

All proceeds raised from the booklet and dinner benefit our Cathedral Dome and Roof renovation project. Deadline for reservations is Tuesday, May 28<sup>th</sup>.

**FOOD FOR THOUGHT:** It is our duty to obey God’s commands, not to direct His counsels.

**OUR CATHEDRAL GREEK FEST** will be held on the weekend of July 12<sup>th</sup>-14<sup>th</sup>. Preparations are underway for a great weekend.

Once again, we will be seeking donations for bakery, dairy, meat, seafood, produce and other various items. We especially need donors for the 400 lambs that we need for this year's Festival. If you can donate a lamb or two (\$100-whole, \$60-half) or be of assistance in donating towards the other items, please see Fr. Ted, John Petalas Parish Council President or by contacting the church office. Your assistance will help ensure a successful festival. Our goal for this year's festival is to raise at least \$100,000 profit. We can do it if everyone pitches in.

Raffle tickets have been mailed out to all members of our Cathedral. If you have not received your raffle tickets or need more, contact the church office. It may seem a little early, but the Festival Committee wants to have a successful year in raffle sales. This year we will be giving out \$20,000 in prizes. Tickets are 1 for \$25 or 5 for \$100. This we urge everyone to make every effort to sell your tickets. It is through the raffle that the Festival makes most of its money.

Anyone interested in working the outside bar at this year's Grecian Festival please stop by the church office and pick up a bartender application and return it to the office later than June 1<sup>st</sup>.

**GREEK SCHOOL NEWS:** Early registration for next year's Greek School program has begun. Don't miss out on discounted registration costs. Parents register your children during the week in the church office. For further details, see Taki Zarakas.

**6<sup>th</sup> ANNUAL 5K FAMILY WALK-RUN** will take place Saturday, June 22<sup>nd</sup>, 8:00am. Besides the 5K, we will also have a 50 yard dash for our younger participants. 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](http://www.ssconstantineandhelen.org). If you are interested in sponsoring or volunteering for this event or for other specific details, contact Joe Massow at (219) 776-2682 or Jo Ann Massow at (219) 776-6336.

**CATHEDRAL EARLY LEARNING CENTER:** Our preschool is accepting applications for the 2019-2020 school year. To enroll for the two day class the child must be 3 years old before August 1<sup>st</sup>. To enroll for the three day a week class the child must be 4 years old before August 1<sup>st</sup>. 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 for details.

**MARK YOUR CALENDARS**

**Metropolis of Chicago Jr. Olympics – May 24<sup>th</sup>-26<sup>th</sup>**

**Memorial Day Grave Blessings – May 27<sup>th</sup> (Ridge Lawn & Calumet Park Cemeteries)**

**35<sup>th</sup> Anniversary of Fr. Ted's Ordination Celebration - June 2<sup>nd</sup>**

**Graduate Sunday – June 9<sup>th</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>**

**JOB OPENING:** There is a great opportunity for someone young looking for a manager position at a local business establishment. If you are interested in this career move, contact John at 219-921-3507.

**FOOD PANTRY NEWS:** The Merrillville Meijer Food Store is hosting their Simply Give Campaign on Friday, May 31<sup>st</sup> and June 14<sup>th</sup>. Purchase a gift card for \$10 at Meijer's and Meijer's will match your donation which then goes to benefit our Food Pantry. Please support these Double Match Days when doing your grocery shopping.