

Sunday September 22, 2019

1st Sunday of Luke

Phocas the Martyr, Bishop of Sinope

HYMNS FOR THE DAY: 5, 21, 134, 218 (Found in red hymnal book)

READINGS: Orthros Gospel: Mark 16:9-20

Epistle: 2 Corinthians 1:21-24, 2:1-4

Gospel: Luke 5:1-11

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

6 months	Nicholas Kostantios	13 yrs.	Panagiotis Stassis
6 months	Christos Kanolis	51 yrs.	Aspasia Vasilatou
1 yr.	Gabriella Maria Dres	61 yrs.	Kostantinos Vasilatou
4 yrs.	Catherine Spores	**	Sofaklis Margolis
10 yrs.	Peggy Ladis	**	Olga Margolis
10 yrs.	Peter Ladis		

"MAY THEIR MEMORY BE ETERNAL"

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 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.

HOLY CROSS APPEAL: Thank you to all who donated to our Holy Cross School of Theology appeal last Sunday. \$550.00 was collected. **"Your Cross We Venerate, O Master and Your Holy Resurrection We Glorify!"**

OUR PHILOPTOCHOS SOCIETY would like to thank everyone who participated in last Sunday's Loukoumades Sale. Through your generosity \$765 was raised to benefit our Philoptochos philanthropic endeavors. God bless you all!

THOUGHT: Our favorite attitude should be gratitude.

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.

STEWARSHIP NOTE: With the end of September coming quickly upon us, we will have finished three-quarters of 2019. Yet there are still many members who have failed to make a financial pledge of commitment to our parish. There are others who have pledged, yet for some unknown reason have failed to keep their word of commitment. Thank God for those few who have made their commitment, met it, and are now surpassing it. However, for our parish to remain strong and continue to serve the needs of our growing community, we need everyone's cooperation and support. Give to God and His Holy Church what He graciously supplies to you. You will not only gain from this but be truly blessed!

FOOTNOTE: We would like to remind everyone that your Stewardship Pledge **does not include** the following items: candle offerings, holiday offerings, special offerings for specific charities or projects, and any social function of the Church.

MARK YOUR CALENDARS

Metropolis of Chicago Clergy Laity Conference – September 24th-29th

Pick Up Your Cross Day Camp – October 12th

Synergy Symposium – October 19th

Philoptochos Loukoumades Sale – October 27th

Fall Mini Greek Fest – November 1st & 2nd

General Assembly – November 3rd

Youth Family Fun Night – November 10th

Chion Society Glendi – November 16th

Paint Party (Canvas painting Class) – November 17th

Harvest 4 the Hungry Thanksgiving Dinner – November 28th

Kalymnian Society Convention – November 29th & 30th

HARVEST FOR THE HUNGRY: Once again our parish is reaching out to assist those less fortunate during the holiday season by providing meals for Thanksgiving. Won't you step up and offer your help? Monetary donations are being accepted through November 10th. If you would like to help serve dinner on Thanksgiving Day, please contact Bill Logothetis at 219-743-7117, before November 10th. For additional information, contact Eva Kostides at 219-308-8370.

CHURCH HUMOR: Sometimes it is difficult for clergy to understand their parishioners' casual attitudes toward worship because we do not sit where they sit. A little boy told his mother he was going to be a minister when he grew up. "Since I have to go to church anyhow, it's a lot harder to sit still, be quiet and listen than it is to stand up, walk around and talk all the time."

SUNDAY SCHOOL NEWS: Have you registered your child? As of today 90 students have been registered out of 350 that are eligible. Registration cost is \$25.00 per child. Children ages 3 years old as of August 1st through senior year high school may be registered. Sunday School begins every Sunday with the Divine Liturgy at 9:00 a.m., followed by class time from 10:15-11:00 a.m. starting September 15th.

The Sunday School Agiasmo Service will take place today following classes in the Chapel. All students and teachers should be in attendance for this special blessing. Parents are welcomed as well to attend and receive a blessing.

Sunday School Class photo orders will be taken today. Cost is \$5.00 per photo.

PETER STASSIS MEMORIAL BENEFIT will be held today immediately following worship. Everyone is invited to the brunch held in the Great Hall to benefit the Peter Stassis Memorial Scholarships for Fanari Camp. This past summer, six full or partial scholarships were offered in memory of Peter Stassis for young people from our parish to attend Fanari Camp. Cost is \$10.00 per adult and \$7.00 for children.

YOUTH MEETINGS: Monday, September 23rd, Hope & Joy: 6:30-7:30 p.m., Jr. GOYA & GOYA: 6:30-8:30 p.m. in the class room wing.

HELLENIC DANCE PRACTICE: Wednesday, September 25th – Jr. Group: 6:30-7:30 p.m. and Sr. Group: 7:30-8:30 p.m. For details, contact Taki Zarakas.

SENIOR CITIZENS NEWS: Our Seniors will be meeting again this Thursday, September 26th, at 12:30 p.m. in the Gold Room. Our Seniors Group is open to all our members, Greek or English speaking, 55 years old and older. Come on out join us for a nice meal and some fellowship. Call Kalliope Dedelow 219-588-1026 to save a spot.

GREEK SCHOOL CLASSES: Friday, September 27th, 5:30 – 7:30 p.m.

FALL MINI GREEK FEST: The Fall Mini Greek Food Fest will be on Friday, November 1st, and Saturday, November 2nd from 11:00 a.m. – 7:00 p.m.

The first organizational meeting will be held on Monday, September 23rd at 6:30 p.m. in the Gold Room. Please come and get involved!

Volunteers are needed to help organize, advertise, set up the hall, serve, cook, bake and clean up afterwards. Monetary donations are needed to help defray food costs. To offer a donation, stop by the church office during the week or Sunday after worship. To offer your assistance and for more details, see John Petalas.

Proceeds raised from this event will go to benefit our parish and help reduce the deficit in the budget caused by unforeseen maintenance and renovation repairs, as well as the payment of the Archdiocese Assessment. All parishioners are encouraged to come on out with their families, neighbors, friends and enjoy a delicious meal.

PHILOPTOCHOS FALL OUTING: On Sunday, October 13th our Philoptochos Society will have their yearly outing. This year we will attend Brunch and the play “Pajama Game” at the Theater at the Center in Munster, Seating for Brunch is 1:00 p.m. and the play at 2:30 p.m. Brunch and Show cost is \$65 per person (Brunch only \$30/Play only \$36). Paid reservations are due to Nicki Droza. Make checks payable to St. Helen’s Philoptochos. Contact Nicki for more details, at 219-688-2036/nicki529@yahoo.com.

GOYA COAT DRIVE: GOYA will be collecting new and gently used coats for children, teens, young adults, women and men, sizes 3T-3X. Collection begins September 1st through October 6th. Coats can be dropped off in the church office or in the Narthex of the Cathedral.

SAINT OF THE DAY – PHOCAS THE MARTYR BISHOP OF SINOPE:

As a young man, Phocas was filled with the Holy Spirit, he cast out demons and healed the sick. He was appointed bishop of the city of Sinope. By example and instruction, he turned many away from idol worship and to the one true God. One day, a dove placed a crown of flowers on the head of Phocas and in a human voice told him that his cup has been filled and it was proper that he drink it. He understood that he had been asked to become a martyr. While still in the body, he was crowned from heaven like the Forty Holy Martyrs of Sebaste. Phocas was later delivered to Prince Africanus who attempted to get him to honor and sacrifice to the idols. Phocas said that he would not give manmade things the honor due to the Creator. They tied him to a tree and ripped his flesh with tortures. A voice from heaven helped him to endure this. They tried to fry his body in a heated pan, but the pan cooled before it could burn him. They put him in a dark prison cell, but a light from heaven illuminated him. Finally, he was put into a boiling bath, and it was there that he gave up his spirit to God. His grave has been the site of many miracles.

A POWERFUL TRANSFORMER: What a wonderful picture today’s Gospel lesson paints for us. When Peter realized the wonderful miracle that had been brought before his eyes, he fell down at Jesus’ feet and prayed, “**Depart from me, O Lord, for I am a sinful man.**” Christ then told Peter: “**Do not be afraid. From henceforth you will be fisher of men.**” It was after this that Peter, along with James and John, left their work and homes and went to be the Lord’s Apostles.

The important lesson here is this: Jesus can bring out the very best in people. The Lord can make you your best self. No one else and nothing else can accomplish this. Education will not make you your best self. Wealth will not bring out the best that is in you. Power and position does not bring forth the glory in man. **ONLY JESUS CHRIST CAN!** Jesus Christ can make you the finest man or woman that is in your power to become.

Before we can shine with our best joy, our best work, our best love, we must be exposed to the strong light of Christ’s influence. “**I am the light of the world,**” Jesus said, “**he who follows Me does not walk in darkness...**”

Peter shows us the process of baring ourselves to Christ. When Peter came to the realization of Who Christ was and who he was, he fell on his knees before the Lord in worship, and at the same time groveled in the dust because of his own sinfulness. When we do that, when we become aware of Christ’s greatness and our smallness, of His holiness and our sinfulness, then we become the light of Christ.

Has Christ influenced your life? Are you all you could be? Are you living up to your potential? **LET HIS LIFE TOUCH YOURS!**

TEACHINGS OF THE FATHERS: St. Maximos says that he who receives and performs the commandments of God, contains mystically within himself the Holy Trinity. In that Jesus Christ, the Word of God the Father is mystically found in each of His own commandments. And God the Father is totally inseparable from His word. Moreover, he receives the Holy Spirit which coexists with them.

FROM GOD’S WORD: “**He who does not love does not know God for God is love**” (1 John 4:8).

ATTENTION PARISH MINISTRIES/SOCIETIES/ORGANIZATIONS:

Your cooperation is needed. When planning meetings, social functions or any other activities involving our parish facilities, please contact the church office and see if the day and time is available to avoid double booking of rooms and to allow our church office to schedule a caretaker for your event.

Also, any information that needs to be advertised in the monthly Message or the weekly Sunday bulletin needs to be submitted to Fr. Ted before the deadline of: For the Message - the first of the month of the upcoming month of publication that is: October 1st for November; November 1st for December, etc.

For the Sunday bulletin – the Wednesday before the upcoming Sunday no later than 12:00noon. That is Wednesday, September 25th, no later than 12:00noon for Sunday, September 29th.

OUR FOOD PANTRY is in great need of breakfast cereals, as well as pancake mix, ramen noodles, mac & cheese, stuffing and mashed potatoes. Also donations of 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, toothpaste, cleaning products, hand soap, dish soap, toilet paper and other paper goods, and cash donations are always welcome.

DON'T FORGET: The Simple Give Program at the Meijer's Merrillville Store continues to run until September 28th.

PICK UP YOUR CROSS DAY CAMP for people with special needs and their families, Saturday, October 12th, 10am-2pm, St. Iakovos Retreat Center, Kansasville, WI. This year's theme: "*Lord Have Mercy!*" For details or to sign-up contact Presvytera Toni Mihalopoulos at toni.poteres@gmail.com.

YAL ESSENTIAL BACKPACKS APPEAL: The YAL along with the Street Outreach Team are preparing for their October out reach. Once again, we will be distributing "essential backpacks" for the homeless youth, women and men of Chicago. The following items are needed: socks, wipes, water, mints, Band-Aids, deodorant, granola bars, cheese and crackers, and applesauce. You may donate a backpack, essential items, or a backpack full of essential items. Please keep in mind they are living on the streets; they may be subjected to theft or violence, therefore please no money or gift cards. Backpacks should not be heavy. Your support is greatly appreciated! Collection begins September 1st-29th. A bin will be located in the Narthex or can be dropped off in the church office.

WHEN THE BATTLE WAS REALLY FOUGHT: Imagine a ship at sea, fighting a gale. The winds howl and the huge waves roll. Will the ship hold together? It is a terrific struggle. But, in reality, that battle was fought long before: in the forest where the timbers grew, in the shipyard when nails were pounded in, and the seams caulked. The battle was fought in the care given to the ship through the years in guarding against dry rot and broken ribs and loose fittings. The storm is merely the test; the battle was fought and either won or lost long before.

EXAMPLE TO OUR CHILDREN: It is hard to convince your children that the Church is really important when YOU, THE PARENT, are not taking an active part in the sacramental life, worship services or ministries of the CHURCH!