



Saints Constantine and Helen Greek Orthodox Church
THE WEEKLY CHURCH BULLETIN

Very Rev. Fr. Tom De Medeiros, Pastor
Rev. Fr. Chris Avramopoulos, Assoc. Pastor
11025 S. Roberts Road, Palos Hills, IL 60465
Phone (708) 974-3400 Fax (708) 974-0179
www.stconstantinehelen.org

SUNDAY, JANUARY 12, 2020

Κυριακή 12η Ιανουαρίου 2020
ΚΥΡΙΑΚΗ ΜΕΤΑ ΤΩΝ ΦΩΤΩΝ
Αποσ: Εφεσίους 4:7-13
Ευαγγ: Ματθαίου 4:12-17

Sunday After Theophany
Today's Readings
Epistle: Ephesians 4:7-13
Gospel: Matthew 4:12-17

REPENT FOR THE KINGDOM OF HEAVEN IS AT HAND

Following Christ's baptism in the Jordan by John, He began to preach and the first words that He said were: 'Repent for the Kingdom of Heaven is at hand'. Why? After we have been baptized, we are always tempted and the only way to end temptation is to repent. But what exactly do these words mean? What is repentance? What is the Kingdom of Heaven? In order to understand the meaning of the word repentance, we must first understand the nature of the opposite of repentance, the reason for repentance - sin. Sin comes to us in three stages. First, we have a thought, a temptation towards evil. Second, we entertain that thought and imagine its attraction until it becomes irresistible. Third, we act on the thought that we have entertained. These are the three stages of sin. Repentance also has three stages. First, our consciences are pricked; we have the thought that what we have done is bad. Second, we entertain that consciousness and develop it until action becomes irresistible. Thirdly, we act. These are the three stages of repentance. Repentance then is not just an idea, a thought; it is above all an action. Repentance is a change of mind which leads to a practical and visible change in our way of life.

It is true that we often seem to come to confession with the same sins as before. It is also true that often we seem to make no progress, that although we have done wrong yet again, we have no depth of repentance to make us change our way of life. However, this should not mean that we lose hope, that we despair. This would be to fall to another temptation of the devil, the thought that we are unable to repent and that all our efforts are futile. Merely coming to confession and saying that we are weak, that we have done wrong yet again, that our repentance lacks depth, is an act of repentance in and of itself.. Moreover, by continued repentance and the determination to repent, eventually depth of repentance and tears will come to us. If this is repentance, what then is the Kingdom of Heaven? First, the Kingdom of Heaven was Christ Himself Who spoke these words to the people of that time, before whom He stood. The Kingdom of Heaven was indeed at hand, for He stood before them. Second, the Kingdom of Heaven is at hand in another sense and stands before us now.

The Kingdom of Heaven is here and now, but it depends on our willingness to accept Christ and His holiness, mercy and grace. At this very moment each one of us is in fact able to meet God and enter into His eternal joy, but only if we wish to do so through deep repentance. The joy of the Kingdom of Heaven, simply the state of contentment with God, our well-being, is open to all who wish to accept Christ, the Word of God. Our well-being does to some extent depend on whether we have a job, a roof over our heads, enough money to pay our way in the world, but none of these things is absolutely essential, for there are people who have all these things and are still unhappy as they do not have the Kingdom of Heaven. And there are people who have none of these things and are happy; they have the Kingdom of Heaven. The presence of the Kingdom of Heaven depends ultimately not on our external circumstances but on us, on our interior disposition, on our ability to repent. Indeed it is only if we repent that the Kingdom of Heaven is at hand. May God grant us the desire for that repentance. Amen.

Stewardship Campaign 2020 – COME AND SEE!

Joyously we begin a New Year! What do we see in front of us? Is it with “20 20” vision? As we enter the year 2020, let’s take this great opportunity for all of us to see things fresh and seek those dreams that we have always wished and hoped for!

The parish of Saints Constantine and Helen and our beloved Koraes School, is the place to “Come and See” as there are many new things happening every day, in addition to, the events that we know and love in the lives of its faithful who are always the center attraction and focus, under the Divine Care and protection of our Lord and the Patron Saints who have been entrusted by Him to guide our steps.

2020 is here! Do you have 20 20 vision to Come and See? Together, our family will see a beautiful year, and we pray and ask that we find a way to do our best to make a commitment to our Parish through the Stewardship 2020 campaign.

To make a One-Time Gift:

Online Giving: Via PayPal or Easy Tithe; go to www.stconstantinehelen.org

In Person: Stop into the Church Office and you may pay by Cash, Check or Credit Card;

Use the Kiosk located in the Lobby of the Church complex and pay by Credit Card

By mail: Mail your check or credit information to the Church office (do not mail cash!)

By phone: Call (708) 974-3400 and provide the necessary information

To set up Recurring Giving:

Online Giving: Set up recurring contributions via Paypal or Easy Tithe; go to www.ssch.us; (Options include monthly intervals and selection of days of giving)



“For it is giving that we receive.”

-St. Francis of Assisi

SAINT ANTHONY

Saint Anthony, the Father of monks, was born in Egypt in 251 of pious parents who departed this life while he was yet young. On hearing the words of the Gospel: "If thou wilt be perfect, go and sell what thou hast, and give to the poor" (Matt. 19:21), he immediately put it into action. Distributing to the poor all he had, and fleeing from all the turmoil of the world, he departed to the desert. The cities of the world also enjoyed the fruit of his virtue.

When the Christians were being persecuted and put to death under Maximinus in 312, he hastened to their aid and consolation. When the Church was troubled by the Arians, he went with zeal to Alexandria in 335 and struggled against them in behalf of Orthodoxy. During this time, by the grace of his words, he also turned many unbelievers to Christ. Saint Athanasius says of him that "his countenance had a great and wonderful grace. So Passing his life, and becoming an example of virtue and a rule for monastics, he reposed on January 17 in the year 356, having lived altogether some 105 years.

SAINT ATHANASIOS

St. Athanasios was a bishop of Alexandria. His intermittent episcopacy spanned 45 years (c. 8 June 328 – 2 May 373), of which over 17 encompassed five exiles, when he was replaced on the order of four different Roman emperors. Athanasios was a Christian theologian, a Church Father, the chief defender of Trinitarianism against Arianism, and a noted Egyptian leader of the fourth century.

In 325, at the age of 27, Athanasios began his leading role against the Arians as a deacon and assistant to Bishop Alexander of Alexandria during the First Council of Nicaea.

Within a few years after Athanasios' death, Gregory of Nazianzus called him the "Pillar of the Church". His writings were well regarded by all following Church fathers in the West and the East, who noted their rich devotion to the Word-become-man, great pastoral concern and profound interest in monasticism. In the Eastern Orthodox Church, he is labeled as the "Father of Orthodoxy". Athanasios is the first person to identify the same 27 books of the New Testament that are in use today. He is venerated on 18 January.



Παρασκευή 17η Ιανουαρίου
ΤΟΥ ΑΓΙΟΥ ΑΝΤΩΝΙΟΥ

Ώρα 8:00 π.μ.

Ώρθρος, Θεία Λειτουργία

τό έσπέρας Ώρα 7:00 μ.μ.

Μέγας Αρχιερατικός Έσπερινός
εις τόν

έορτάζοντα Ίερόν Ναόν του

Άγίου Αθανασίου στο Αιγούρα, Π.

Σαββατο 18η Ιανουαρίου
ΤΟΥ ΑΓΙΟΥ ΑΘΑΝΑΣΙΟΥ

Ώρα 8:00 π.μ. Ώρθρος και

Θεία Λειτουργία

Κυριακή 19η Ιανουαρίου

Κυριακή ΙΒ΄ Λουκα

Ώρα 8:30 - 11:15 π.μ. Ώρθρος και

Θεία Λειτουργία



Η ΟΝΟΜΑΣΤΙΚΗ ΕΟΡΤΗ ΤΟΥ
Π. ΑΘΑΝΑΣΙΟΥ

Μέ άγάπη Χριστού εκφράζομε στον
π. Αθανάσιον έπι τή εύκαιρία τής
ονομαστικής του εορτής τίς
καλλίτερες τών ευχών μας.

Ειθε ό Κύριος μας διά πρεσβειών
του Άγίου Αθανασίου νά

τόν έχει πάντοτε κάτω

από τήν σκέπην Του και νά

του χαρίζη Χρόνια Πολλα ύγιεινά
και καρποφόρα εις τήν

διακονίαν του νά ύπερετῆ τίς

ψυχές που Εκείνος του ενεπιστεύθη.

Ή ένορία μας εκφράζει τήν

εύγνωμοσύνην της προς τόν

π. Αθανάσιον

για τήν αφοσίωσιν του προς αυτήν.



Ο ΑΓΙΟΣ ΑΝΤΩΝΙΟΣ



Ο Μέγας Αντώνιος γεννήθηκε το 251 μ.Χ. στην Άνω Αίγυπτο από πλούσιους και ενάρετους γονείς, τους οποίους έχασε σε νεαρή ηλικία. Συγκεντρώνει όμως την προσοχή του στην μυστική θεωρία των μοναχών της ερήμου και στην φροντίδα της μικρής αδελφής του. Γρήγορα αποφασίζει να εγκαταλείψει τα εγκόσμια και αναχωρεί για την έρημο, αφού πρώτα τακτοποίησε την μικρότερη αδελφή του και μοίρασε την

μεγάλη πατρική περιουσία στους φτωχούς της περιοχής του. Στην έρημο παίδευσε την ψυχή του και τιθάσευσε τα πάθη του φθάνοντας στα ανώτατα όρια της άσκησης ώστε η ψυχή του αγίου μπορούσε να εξέρχεται του σώματός του ενώ βρισκόταν ακόμη εν ζωή. Γίνεται το πρότυπο των ασκητών. Πολλοί εξ αυτών έφθαναν στην έρημο για να τον ακούσουν και να τον συμβουλευθούν. Παρέδωσε την μακάρια ψυχή του στον μισθαποδότη Θεό σε ηλικία 105 ετών. Εορτάζει στις 17 Ιανουαρίου. Πηγη: www.saint.gr



Ο ΑΓΙΟΣ ΑΘΑΝΑΣΙΟΣ



Ο Μέγας Αθανάσιος γεννήθηκε το 295 μ.Χ. από φτωχούς αλλά ενάρετους γονείς, γεγονός που του στέρησε τη δυνατότητα για ανώτερες σπουδές. Όμως ο πανάγαθος Θεός τον προίκισε με πλούσια πνευματικά προσόντα. Λαμβάνει τη στοιχειώδη εκπαίδευση και στη συνέχεια μελετά μόνος του για να φθάσει σε υψηλότατα επίπεδα γνώσης και σοφίας.

Από πολύ νέος έδειξε την κλίση του προς την Εκκλησία. 25 ετών χειροτονείται διάκονος από τον πατριάρχη Αλεξανδρείας Αλέξανδρο, τον οποίο ακολουθεί στην Α΄ Οικουμενική Σύνοδο το 325 μ.Χ., στη Νίκαια της Βιθυνίας. Αναδεικνύεται πρωτεργάτης στην καταδίκη της αιρετικής διδασκαλίας του Αρείου.

Το 328 μ.Χ. και σε ηλικία 33 ετών εκλέγεται πανηγυρικά πατριάρχης Αλεξανδρείας. Από τη θέση αυτή αντιμετωπίζει ένα φοβερό πόλεμο εκ μέρους των αιρετικών οπαδών του Αρείου. Όμως ο άγιος, χάρη στην μεγάλη πνευματικότητά του και τη ζέουσα πίστη στο Θεό, κατορθώνει να βγει νικητής απ' όλες αυτές τις δοκιμασίες ακόμη και από τις πέντε εξορίες που του επιβλήθηκαν, καθώς ο αυτοκράτορας Κωνσταντίνος ο Β΄ ήταν οπαδός του Αρειανισμού. Εκοιμήθη εν ειρήνη το 373 μ.Χ. Εορτάζει στις 18 Ιανουαρίου. Πηγη: www.saint.gr

ACTIVITIES OF THE WEEK

Today, January 12:

G.O.A.L. Basketball

Away vs St. Demetrios, Chicago

1:45 p.m. 3rd/4th Grade Division

2:30 p.m. 5th/6th Grade Division

3:30 p.m. 7th/8th Grade Division

4:30 p.m. Girls Division

5:30 p.m. High School Boys Division

Monday, January 13:

7:00 p.m. G.O.Y.A.

Tuesday, January 14:

6:00 p.m. KPTA Meeting

7:00 p.m. Parish Council Meeting

Friday, January 17:

Feastday of St. Anthony

8:00 a.m. Orthros / Divine Liturgy

7:00 p.m. Vespers at St. Athanasios - Aurora

TBA NHIBT Youth Tournament Here

Saturday, January 18:

Feastday of Saints Athanasios and Cyril

8:00 a.m. Orthros / Divine Liturgy

1:00 p.m. St. Helen Philoptochos Meeting

TBA NHIBT Youth Tournament Here

Sunday, January 19:

12th Sunday of Luke

8:30 – 11:15 a.m. Orthros / Divine Liturgy

TBA NHIBT Youth Tournament Here

The 59th Anniversary Celebration of the

“Cutting of the Vasilopita”

Will be held today Sunday, January 12, 2020

At 6:00 p.m.

With the blessings of
His Eminence Metropolitan Nathanael
The Metropolis of Chicago Philoptochos Board
Invites you to join them for a most
Memorable evening at the parish of

St. George Greek Orthodox Church
2701 N. Sheffield – Chicago, IL

MEMORIALS

1 year Christ Tsoukalas

1 year Athanasios Psaltakis

† May their memory be eternal †

COFFEE FELLOWSHIP

Today's Coffee Hour is hosted
In memory of Christ Tsoukalas by his family
Please Join Them

PARISH ST. JOHN CHRYSOSTOM ORATORICAL AND ARTS FESTIVAL

Open to ALL Youth
7th - 9th Grade and 10th - 12th Grade
Oratory / Essay / Poetry / Iconography &
Vocal Performance
Please see Fr. Chris for Topics & Details

OFFERING ENVELOPES

The 2020 Offering Envelopes are available in the
church office for those who are interested.

HAPPY NAMEDAY FR. TOM

On, January 18th, our church celebrates the feast
day of St. Athanasios, which is Fr. Tom's nameday.
We would like to wish Fr. Tom a blessed nameday.
May our Lord, through the intercessions of his
Patron Saint, grant him many years of good health
so that he may continue to serve Him with the
same dedication, and love that Fr. Tom has for our
beloved parish.

Hronia Polla!



See you...

...Next Sunday