



**Saints Constantine and Helen Greek Orthodox Church**  
**THE WEEKLY CHURCH BULLETIN**

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**SUNDAY, MARCH 1, 2020**

Κυριακή 1η Μαρτίου 2020  
ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΟΦΑΓΟΥ  
Αποσ: Ρωμαίους: 13:11 – 14:4  
Ευαγγ: Ματθαίου 6:14-21

Forgiveness Sunday/Cheese Fare Sunday  
Today's Readings  
Epistle: Romans 13:11 – 14:4  
Gospel: Matthew 6:14-21

**GREAT LENT – THE FRESH START**

A “fresh start” is something that we desire in our lives sometimes. Spiritually speaking, In our hearts, we really want to get closer to Christ and to be more faithful to the Gospel and our Lord’s teachings. With Great Lent beginning tomorrow, it is a great time to make that “fresh start”, and make God a bigger part of our lives. This is our time to rediscover God all around us and refocus our attention. These 40 days of Lent become the time when we reassess our time, our resources and our daily activities and ultimately come to know that we depend on God.

In today's Gospel lesson, the Lord Jesus offers us a three-part recipe for Lent: forgiveness, fasting and laying up treasures in heaven. In the case of forgiveness, we live in a world that has many obstacles. The many physical obstacles are far outnumbered by those that exist between all of us. Ultimately, we have created barriers between ourselves and God. These are built by sin. During Lent, we are called to look at the cross of Christ and exchange our sins for the riches of His Grace, to taste and experience for ourselves the sweetness of His forgiving love. When we receive His forgiveness, we are then called to grant forgiveness to all who have hurt us and also to seek forgiveness from those whom we have hurt.

The second part of our Lord's recipe for Lent consists of fasting. There are many very good reasons for fasting but the main one is love. This is the fast we are called upon to practice during Lent. We are called upon to fast not only for reasons of self-control and prayer, but also for reasons of love: to deny ourselves something that we may share what we have saved with a needy person.

Following forgiveness and fasting, the third part of Christ's recipe for Lent is expressed in His words: "Do not lay up for yourselves treasures on earth, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal; for where your treasure is, there will your heart be also." The question God puts to us in today's Gospel lesson is: What treasures have we laid for ourselves in heaven? God wants us to live our life upon this earth to the fullest, but He also wants us to remember that we are preparing for the new life which is to come. Have we strengthened our relationship to Christ by extra prayer every day, by reading His word daily in the Holy Bible, by frequent Communion, by attending the extra Lenten services.

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Lent is for us to make time for God and our souls. Let us try our best to follow Christ's three-part recipe for Lent: forgiveness, fasting and laying up treasures in heaven. As we begin the journey of Great Lent tomorrow, let us make that "Fresh Start" and pray that we are met with a resurrected Christ in all our hearts with the coming of the light shining bright.

### **KORAES SCHOOL NEWS...**

March is a busy month for our students. Many middle school students will be participating in the IAS Regional Science Fair. They have prepared a great deal for this awesome opportunity. Also, middle school students are participating in the annual Courthouse Tour and will participate in the mock trial. This year students will also visit the Hellenic Museum and have lunch downtown too. Lastly, middle school students will be crafting their Law Day Essay sponsored by the Hellenic Bar Association. During March all students K-8 will attend Career Day. If you would like to share your career with our students please contact our office. sponsored by the Hellenic Bar Association. We are looking forward to getting our hearts and minds ready for the season of Great Lent in preparation for the feast of the Resurrection of Christ. Please join us for Kathara Deftera Lenten Dinner.

*- Beth Lind, Principal*

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### **SUBSTITUTE TEACHERS NEEDED**

Koraes School is looking to hire Substitute teachers. The hours are 8:30 a.m. – 3 :45 p.m. A substitute teaching certificate from the State of Illinois is required. Please email the Principal, Mrs. Beth Lind at [blind@koraes.org](mailto:blind@koraes.org) if you are interested.

## **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](http://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](http://www.ssch.us); (Options include monthly intervals and selection of days of giving)

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**"The happiest people are not those getting more, but those giving more."**

*- H. Jackson Brown, Jr.*

## ΚΥΡΙΑΚΗ ΤΗΣ ΤΥΡΟΦΑΓΟΥ

Η ετοιμασία των χριστιανών για τη Μεγάλη Σαρακοστή



### Δευτέρα 2η Μαρτίου

Αρχέται η Αγία και  
Μεγάλη Τεσσαρακοστή

**ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ**

Ωρα 5.00 μ.μ.

**ΜΕΓΑ ΑΠΟΔΕΙΠΝΟ**

Θα ακολουθησει αμεσως μετά  
Το νηστήσιμο δείπνο των Γονέων  
του ημερησίου Σχολείου ο Κοραής

### Τρίτη 3η Μαρτίου

Ωρα 5:00 μ.μ. - Κύκλος Μελέτης  
'Αγίας Γραφής στα 'Ελληνικά

### Τετάρτη 4η Μαρτίου

Ωρα 6:00 μ.μ.

Προηγιασμένη Λειτουργία

### Παρασκευή 6η Μαρτίου

Ωρα 8:30 π.μ.

Προηγιασμένη Λειτουργία

Ωρα 7:00 μ.μ.

**Α' ΧΑΙΡΕΤΙΣΜΟΙ**

### Σάββατο 7η Μαρτίου

*Μνήμη του διά Κολλύβαν  
θαύματος - Αγίου Θεοδώρου*

**Γ' ΨΥΧΟΣΑΒΒΑΤΟ**

Ωρα 8:00 π.μ. "Ορθρος,  
Θεία Λειτουργία και  
'Επιμνημοσυνη Δησις

### Κυριακή 8η Μαρτίου

**ΚΥΡΙΑΚΗ ΤΗΣ ΟΡΘΟΔΟΞΙΑΣ**

Ωρα 8:15 π.μ.

"Ορθρος και Θεία Λειτουργία  
Περιφορά των Εικόνων

**Κατα τήν διάρκεια**

**της Τεσσαρακοστής**

Κάθε Τετάρτη - Ωρα 6:00 π.μ.

Μαρτίου 4, 11, 18 & Απριλίου 1

Προηγιασμένη Λειτουργία

Κάθε Παρασκευή - Ωρα 7:00 π.μ.

Μαρτίου 6, 13, 20, 27

**ΧΑΙΡΕΤΙΣΜΟΙ**

Απριλίου 3

**ΑΚΑΘΙΣΤΟΣ ΥΜΝΟΣ**

Η σημερινή ευαγγελική περικοπή μας διδάσκει τις εξής αλήθειες: α) πρέπει να συγχωρούμε τους άλλους ανθρώπους, αν θέλουμε να συγχωρέσει και εμάς ο Θεός, β) πρέπει να νηστεύουμε αληθινά και σωστά, ώστε να αποδέχεται τη νηστεία μας ο Θεός και γ) δεν πρέπει να μαζεύουμε υλικούς θησαυρούς που είναι προσωρινοί πάνω στη γη, αλλά να θησαυρίζουμε στον ουρανό, που εκεί τίποτε δε χάνεται.

Όσο περισσότερο συγχωρούμε εμείς τις αμαρτίες των συνανθρώπων μας, τόσο και πιο πολύ θα μας συγχωρήσει ο Θεός τις δικές μας αμαρτίες. Εμείς όμως δυστυχώς δεν καταλαβαίνουμε αυτή την αλήθεια. Ζητάμε τη συχώρηση από το Θεό, αλλά δε συγχωρούμε το συνάνθρωπο μας για ένα μικρό σφάλμα, που έκανε σε μας. Αυτή είναι μια απαράδεκτη διαγωγή, που έρχεται σε φανερή αντίθεση με την αγάπη και τη φιλανθρωπία του Θεού. Έχουμε πολλές ευκαιρίες που μπορούμε να αρχίσουμε να συγχωρούμε το συμμαθητή, το φίλο, το γνωστό και κάθε άνθρωπο από το περιβάλλον μας, που μπορεί σε κάτι να μας φταίξει. Άμα συγχωρέσουμε έναν άνθρωπο από τη καρδιά μας, τότε θα νιώσουμε μέσα μας μια ειρήνη και γαλήνη, που θα μας βεβαιώνει πως έχουμε συμφιλιωθεί με το Θεό και τους άλλους ανθρώπους.

Στη συνέχεια ο Κύριος μας μιλεί για την αληθινή νηστεία. Από αύριο μπαίνουμε στη Μεγάλη Σαρακοστή που είναι περίοδος νηστείας και προσευχής. Αληθινή νηστεία δεν είναι μόνο να μην τρώς ορισμένες τροφές, αλλά να απομακρύνεσαι και από τις κακές πράξεις. Τις κακίες ο Θεός δεν τις θέλει. Πρέπει να τις καταπολεμάμε και σ' αυτό μας βοηθά και η νηστεία. Η νηστεία μας πρέπει να συνοδεύεται από τη μετάνοια, την προσευχή και την αγάπη.

Κατόπιν ο Κύριος μας είπε πως δεν πρέπει να αγαπούμε τα χρήματα και να μην αισθανόμαστε προσκολλημένοι σ' αυτά. Δεν μπορείς να αγαπάς τους άλλους και να νηστεύεις και από την άλλη μεριά να μαζεύεις υλικούς θησαυρούς μόνο για τον εαυτό σου. Όταν ο νους μας είναι στα πολλά λεφτά και την καλοπέραση, πώς θα βρούμε την ευκαιρία να σκεφτούμε τους άλλους, που πεινούν και πονούν και βασανίζονται; Πρέπει από αυτή την ηλικία να συνηθίσει το παιδί να στερεί τον εαυτό του από ορισμένες αδυναμίες (λιχουδιές) και τα χρήματα που θα εξοικονομεί να τα προσφέρει σ' άλλα παιδιά που είναι φτωχά και έχουν βασικές ανάγκες. Όταν προσφέρει την έμπρακτη αγάπη του στους άλλους (ελεημοσύνη, φιλανθρωπία) θα καταλάβει το θαυμάσιο νόημα της ανθρώπινης ζωής. Είναι το πνεύμα που ο Θεός φύτεψε στις ψυχές μας. Δηλαδή να του μοιάζουμε στην αγάπη και τη φιλανθρωπία, ώστε να πραγματοποιούμε τον ύψιστο προορισμό, που μας έχει δώσει.

## ACTIVITIES OF THE WEEK

### Monday, March 2:

9:00 a.m. Koraes Prayer Service  
5:00 p.m. Great Compline followed by a  
Community Lenten Dinner  
hosted by the KPTA

### Tuesday, March 3:

5:00 p.m. Religious Education Class – Greek  
5:30 p.m. Religious Education Class – English  
6:00 p.m. KPTA Meeting

### Wednesday, March 4:

6:00 p.m. Presanctified Liturgy

### Thursday, March 5:

8:00 a.m. Youth Choir

### Friday, March 6:

8:30 a.m. Presanctified Liturgy  
Koraes Students will attend  
7:00 p.m. 1<sup>st</sup> Salutations to the Theotokos

### Saturday, March 7: - 3<sup>rd</sup> Saturday of Souls

8:00 a.m. Orthros / Divine Liturgy / Memorials

### Sunday, March 8: Sunday of Orthodoxy

8:15 a.m. Orthros/Divine Liturgy

### BOWLING PARTY

Hosted by KORAES Class of 2020

Today - March 1<sup>st</sup> at 2:30 p.m.

Rolling Lanes Countryside, IL

Adults \$20 Children \$15 (14 & Under)

Dinner Buffet Included

Reservations visit [www.KORAES.org](http://www.KORAES.org) or contact  
Anna Manasses 708-743-9598

### Order of AHEPA

**13<sup>TH</sup> District Scholarship Available**

For High School Seniors

Applications are available in the church office

or at [www.ahepa.org](http://www.ahepa.org)

(follow the prompts to

"District 13 Application for Scholarship")

**Deadline: March 15, 2020**

## MEMORIALS

1 Year Antonios Kontzias

1 Year Barbara Koutavas

† May their memory be eternal †

## Farewell to Fr. Chris

As it has been announced, today is Fr. Chris' last day at our Parish. We appreciate all that Fr. Chris has offered to the ministries that he has worked on and especially his efforts with our youth. We are sad to say "goodbye", yet, we offer our happiness and prayers to Fr. Chris and Presvytera Nicole as they begin their new ministry and we are grateful for their faithful and loving service.

Today's Coffee Fellowship is in honor of Fr. Chris and Presvytera Nicole. Let us all take the opportunity to wish them well as they begin their new journey.

## WEEKLY LENTEN SERVICES

In addition to Sunday Divine Services,  
we will offer:

Every Wednesday: March 4, 11, 18 & April 1  
**Presanctified Liturgy at 6:00 p.m.**

Every Friday: March 6, 13, 20, 27 & April 3  
**Salutations at 7:00 p.m.**



**RELIGIOUS EDUCATION CLASSES**  
on TUESDAYS during Lent

**GREEK LANGUAGE at 5:00 pm**  
**ENGLISH LANGUAGE at 5:30 pm**

**See you...**



**...Next Sunday**