



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, MAY 5, 2019

Κυριακή 5η Μαΐου 2019
ΚΥΡΙΑΚΗ ΤΟΥ ΘΩΜΑ
Αποστ: Πραξ. 5:12-20
Ευαγγ: Ιωαννου 20:19-31

Sunday of St. Thomas
Today's Readings
Epistle: Acts: 5:12-20
Gospel: John: 20: 19-31

Χριστός Ανέστη! Christ is Risen!



Today's Gospel lesson presents to us the scars of Christ. When the disciples told Thomas that they had seen the Lord, Thomas responded to them by saying: "Unless I see in His hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe." Eight days later when the disciples were in the room and Thomas was with them, the doors being shut, our Lord stood in the midst of them and said, "Peace be to you." Then He said to Thomas, "Put your finger here, and see my hands; and put out your hand, and place it into my side; do not be faithless, but believing." Thomas answered Him, "My Lord and my God!" Thomas believed when he saw the scars of Jesus. For him, the scars were the greatest proof that this was the real Jesus, the Jesus who had suffered and died, the Jesus Who had risen from the tomb. Through the Gospel lesson, the Risen Christ appears also to us. He shows us the scars in His hands and side. What do the scars of Christ teach us? What do they tell us about Him?

First, the scars of Jesus teach us that life is a struggle. Whoever got the idea that a good Christian never suffers? St. Augustine said "God had one son without sin, but He has no sons without suffering." God never promised us immunity from suffering — His own Son suffered — but He has promised us victory in our suffering. "In the world you have tribulation but be of good cheer. I have overcome the world," He said. The worst thing that evil can do is to kill God. Having been defeated in that, in its strongest moment, when evil wore its greatest armor, it can never be victorious again.

Secondly, the scars of Jesus speak eloquently of His love, but they also speak to our scars. The hardest part of suffering for Christians is the dark hour when they are tempted to believe that God is not with them in their suffering; when they suppose that Jesus reigns in some far-off splendor, untroubled by their woe. This is simply not true! The first thing Jesus does when He comes to sufferers is to show them His scarred hands. Here is the key! When we are pouring out our passionate pleading to Jesus and asking Him why this should happen to us, look! He is showing us His hands.

Finally the scars on the body of Jesus were caused by our sin. If we were to choose a symbol for sin, perhaps the best one would be a nail. Each sin is a nail that continues to be driven into the body of Jesus.

Continued from Page 1

The best definition of sin is that it is not only the breaking of God's commandments, but even more so, the breaking of God's heart.

Jesus appeared to the disciples, and to Thomas, showing them the scars in His hands and side — scars that were proof of His love; scars that won for us the final Victory over death; scars that speak a compassionate word of understanding to our wounds; scars which if we have re-opened through our sin, we can hopefully restore through our sincere and honest repentance.

History has not been kind to Thomas. But, we have to realize that he has verbalized much of what is in our own minds. Surrounded by scars we, too, say: "Until I see in His own hands the mark of the nails, and put my finger into the nail marks and my hand into His side, I will never believe." Having seen the scars, we cannot but say with Thomas, "My Lord and my God!"

2019 STEWARDSHIP CAMPAIGN

Let us all do our Best for Our Church...

The needs of our Parish are many!
Please make your commitment now to our
Stewardship 2019 Campaign.

You may do so in person,
by mail or online at:
www.stconstantinehelen.org

**Sign up
today!**



GOLF

The Annual Fr. Byron Golf
Open and Dinner
will take place on
Thursday, June 20, 2019
at the
Odyssey Country Club
Registration and Continental
Breakfast 10:00 a.m.
Shotgun Start: 12:00 pm
Cocktails: 5:30 pm
Dinner: 6:00 pm
frbyrongolf@gmail.com
More information
to come!



MESSAGE FROM FATHER TOM...

Christos Anesti! Christ is Risen!

With great spiritual joy, as a family we celebrated the Resurrection of our Lord, the pinnacle event, as we walked alongside His triumphant entrance into Jerusalem, His Crucifixion, the Mystical Supper with His disciples, His prayer at the Mount of Olives and many other things during the Great and Holy Week. Our own emotions from the moments of deep sadness to joyous celebration, and many feelings in between, were felt, experienced and genuinely part of our journey through the most Holy of Days. As a family, we went through these days together, and *I am deeply grateful that we could experience Christ's love in a way that brought all of us closer to Him.*

With deep gratitude, on behalf of myself and Fr. Chris, we would like to express our appreciation to our Parish family who came together to pray in all of the services. Truly, we wouldn't be able to enjoy the splendor of these special holy moments without the many efforts of our Church committees, groups, ministries, the Youth of our Parish and Koraes School, our Choir and Cantors, our House Committee and members of our Parish Council, our St. Helen's Philoptochos and our KPTA.

Please remember that whatever your pastoral need — **our priests are at your service** — please contact me in the Church Office at (708) 974-3400 or email at Tomdemed@aol.com

SOMETHING NEW AND EXCITING ON OUR WEBSITE

"We are excited to announce something new for our parish. If you have any pictures from events that take place in our church and school, please email them to sschphotos@gmail.com and you just might find them on our website soon!"

We have begun posting pictures to our website, come take a look.

Σήμερα

Η ΕΘΝΙΚΗ ΠΑΡΕΛΑΣΗ



στο Halsted Street
θα συμμετεχουν τα παιδια του
σχολείου μας ο ΚΟΡΑΗΣ
Ωρα 2·30 μ.μ.



Κυριακή 12η Μαΐου

ΚΥΡΙΑΚΗ ΤΩΝ ΜΥΡΟΦΟΡΩΝ

Ωρα 8·30 - 11·15 π.μ.

Όρθρος και Θεία Λειτουργία



**ΤΑ ΟΝΟΜΑΣΤΗΡΙΑ ΤΗΣ
ΕΚΚΛΗΣΙΑΣ ΜΑΣ**

Δευτέρα 20η Μαΐου

Ωρα 7·00 μ.μ.

Μέγας Πανηγυρικός Έσπερινός
συμπαραστατουμένου του
Ίεροϋ Κλήρου Σικάγου και
περιχώρων

Ή Φιλόπτωχος Ή Αδελφότης
ΑΓΙΑ ΕΛΕΝΗ θά έχει
δεξίωσιν εις τήν αίθουσα
Pierre Demets



Τρίτη 21η Μαΐου

Μνήμη των Κτητορων Αγίων
μας Κωνσταντίνου και Ελένης
8·00 π.μ.

Όρθρος και Θεία Λειτουργία
Θά τελεσθῆ καί άρτοκλασία.
Ή Φιλόπτωχος Ή Αδελφότης
ΑΓΙΑ ΕΛΕΝΗ θά έχει
δεξίωσιν εις τήν αίθουσα
Pierre Demets

ΚΥΡΙΑΚΗ ΤΟΥ ΘΩΜΑ



Άργά τὸ ἀπόγευμα τῆς Ἀναστάσεως ὁ
νικητῆς τοῦ θανάτου καὶ καθαιρέτης
τοῦ ἄδου Κύριος ἐμφανίζεται ἐνώπιον
τῶν ἀγίων Ἀποστόλων. Κι ἐνῶ αὐτοὶ
ἦσαν τρομοκρατημένοι «διὰ τὸν φόβον
τῶν Ἰουδαίων», εἰσέρχεται «τῶν
θυρῶν κεκλεισμένων».

Καὶ ἐμφανίζεται περίλαμπρος μὲ τὴν θεοπρεπῆ του δύναμι καὶ λάμψι.
Δείχνει τὰ χέρια του καὶ τὴν πλευρά του, γιὰ νὰ βεβαιωθοῦν ὅτι εἶναι ὁ
Ίδιος, Αὐτὸς ποὺ θυσιάσθηκε ἐπάνω στὸν Σταυρὸ καὶ ἀναστήθηκε.
Μετὰ ἀπὸ τὸν ἀβάσταχτο πόνο τοῦ θανάτου του, στὸ πρόσωπό του
ἀκτινοβολεῖ ἡ ἀνέκφραστη χαρὰ τῆς Ἀναστάσεως. Ἡ μεγαλύτερη χαρὰ
ποὺ ἐνίωσαν ποτὲ στὴ ζωὴ τους.

Ὁ Θωμᾶς ὅμως δὲν γεύτηκε αὐτὴν τὴν χαρὰ. Διότι ἀπουσίαζε καὶ διότι
εἶχε ἓναν ἰδιαίτερο συναισθηματικὸ κόσμο. Ἦταν χαρακτήρας
εὐαίσθητος, μελαγχολικός. Γι' αὐτὸ καὶ ὁ θάνατος τοῦ διδασκάλου του
τὸν βύθισε σὲ θλίψι καὶ ἀπογοήτευσι. Ξέχασε τὰ προφητικὰ λόγια τοῦ
Κυρίου γιὰ τὴν Ἀνάστασί του καὶ δὲν ἔδωσε σημασία στὶς
διαβεβαιώσεις τῶν μαθητῶν. Ἐπρεπε νὰ πεισθῆ. Βέβαια καὶ οἱ
ὑπόλοιποι Ἀπόστολοι εἶχαν ἀπιστήσει στὶς Μυροφόρες. Ἀλλὰ ἡ ἀπιστία
τοῦ Θωμᾶ ἦταν περισσότερο ἀδικαιολόγητη, ἀφοῦ εἶχε τώρα τὴν
πρόσθετη μαρτυρία τῶν δέκα Ἀποστόλων.

Ὅκτῶ μέρες ὁ Θωμᾶς πάλευε μὲ τὸν ἑαυτό του καὶ τὴν ἀπιστία του. Οἱ
ἄλλοι μαθηταὶ τὸν συμβούλευαν. Αὐτοὶ πανηγύριζαν, ζοῦσαν σὲ πελάγη
εὐτυχίας, κι ὁ Θωμᾶς θλιβόταν. Βρισκόταν σὲ κρίσιμη θέσι, ἀνάμεσα
στοὺς δύο δρόμους, τῆς τελείας πίστεως καὶ τῆς τελείας ἀπιστίας. Καὶ ὁ
πόνος του ἀλλὰ καὶ ὁ πόθος του κάθε ἡμέρα μεγάλωνε. Μετὰ ἀπὸ ὀκτῶ
ἡμέρες ὁ Κύριος ἐμφανίζεται καὶ πάλι στοὺς μαθητάς παρόντος τοῦ
Θωμᾶ. Πόση συγκατάβασι δείχνει ὁ Κύριος! Ὁ θριαμβευτῆς τῆς ζωῆς
καὶ τοῦ θανάτου ἐμφανίζεται καὶ ταπεινώνεται καὶ ἐκπληρώνει ὄλους
τοὺς ὅρους ποὺ ἔθεσε ὁ Θωμᾶς. Δὲν ἤθελε νὰ τὸν ἀφήσῃ περισσότερο
στὴν θλίψι του καὶ στὸ μαρτύριο τῆς ἀμφιβολίας. Ἡ ἀνοχὴ καὶ ἡ
τρυφερότητα τοῦ Κυρίου εἶναι μοναδικὴ καὶ ἀσύγκριτη. Ἐλα λοιπόν,
τοῦ λέγει, νὰ δῆς, νὰ ψηλαφήσῃς. Καὶ ἀποκαλύπτει τὶς σκέψεις του καὶ
τὰ λόγια του, γιὰ νὰ δείξῃ ὅτι Αὐτὸς εἶναι ὁ «ἐτάζων νεφροὺς καὶ
καρδίας» (Ψαλ. ζ' 10), γιὰ νὰ τὸν βοηθήσῃ νὰ αἰσθανθῆ ντροπὴ καὶ
ἐλεγχο καὶ νὰ μετανοήσῃ.

Ὁ ἀναστὰς Κύριος συγκαταβαίνει στὴν δυσπιστία ὄχι μόνο τοῦ Θωμᾶ
ἀλλὰ καὶ ὄλων τῶν παιδιῶν του. Ὅταν δείχνουμε ἀπιστία καὶ
ἀπογοητευώμαστε καὶ ταλαιπωρούμαστε ἀπὸ σκέψεις ἐφιαλτικῆς, ποὺ
μᾶς βυθίζουν στὸ ἀπαίσιο σκοτάδι τῆς ἀμφιβολίας, ὁ Κύριος
ταπεινώνεται κι ἔρχεται στὴν ταραγμένη καρδιά μας. Ἐρχεται νὰ θέσῃ
τέλος στὶς ἀμφιβολίες μας, νὰ μᾶς γεμίσῃ μὲ θάρρος κι ἐλπίδα. Νὰ μᾶς
ἐπαναφέρῃ στὸν δρόμο τῆς πίστεως. Ἐρχεται νὰ θεραπεύσῃ τὴν καρδιά
μας καὶ νὰ μᾶς διορθώσῃ λέγοντας: «Μακάριοι οἱ μὴ ἰδόντες καὶ
πιστεύσαντες».

ACTIVITIES OF THE WEEK

Sunday, May 5:

2:30 p.m. Greek Parade on Halsted Street

Monday, May 6:

Koraes School Resumes

7:30 p.m. G.O.Y.A.

Tuesday, May 7:

5:00 p.m. Jr. Olympics Track & Field Tryouts #2

6:30 p.m. Jr. Olympics Soccer Practice 7-9 Yrs.

6:30 p.m. Jr. Olympics Soccer Practice 10-12 Yrs.

6:30 p.m. Jr. Olympics Soccer Practice 13-15 Yrs.

Wednesday, May 8:

4:30 p.m. J.O.Y. Soccer (Mighty Mights)

5:30 p.m. J.O.Y. Soccer (Minors)

6:30 p.m. J.O.Y. Soccer (Majors)

7:00 p.m. Jr. Olympic Boys Volleyball Practice

8:00 p.m. Men's Basketball

Thursday, May 9:

8:00 a.m. Last Youth Choir Practice of the year

6:30 p.m. Jr. Olympics Basketball (Majors)

6:30 p.m. Jr. Olympics Basketball (Minors)

6:30 p.m. Jr. Olympics Softball Practice

6:30 p.m. Jr. Olympics Volleyball Practice (Girls)

Friday, May 10:

9:30 a.m. Toddler Play Group

4:30 p.m. J.O.Y. Soccer (Mighty Mights)

5:30 p.m. J.O.Y. Soccer (Minors)

5:30 p.m. Jr. Olympics Soccer Practice (16-18 Yrs)

6:30 p.m. J.O.Y. Soccer (Majors)

Sunday, May 12:

Sunday of the Myrrhbearers

8:30-11:15 a.m. Orthros and Divine Liturgy

COFFEE FELLOWSHIP / BAKE SALE

Today's Bake Sale is sponsored by the
Koraes 8th Grade Class
Please support them

SACRAMENT

BAPTISM

We welcome the following into the Orthodox Faith and we pray that God grant him many, many years!

Saturday, May 4, 2019 at 3:00 p.m.

Giannis, son of

George and Alexandra Haralambous

Sponsor: Pete Haralambopoulos

COMING EVENTS AT OUR PARISH:

Feastday of our

Patron Saints Constantine and Helen

Monday, May 20th - 7 p.m. Great Vespers

Tuesday, May 21st - 8 a.m. Orthros & Liturgy

Metropolis of Chicago Junior Olympics

Friday, May 24 – Sunday, May 26

KORAES ELEMENTARY SCHOOL

Invites you to the
4th Annual Gala

The Stars are Out Tonight

Saturday, May 18, 2019 – 6 p.m. – 1 a.m.

Beatrix – Streeterville

671 N. St. Clair St., Chicago, IL 60611

*Ticket Includes: Premium Open Bar, Appetizers,
Dinner, Dessert and Entertainment*

For Additional information go to

www.friendsofkoraes.org

HANDY PEOPLE NEEDED

Our parish is always looking for people with skills in the areas of plumbing, electrical or carpentry. Please consider volunteering your time and talents to help us reduce our facility expenses. Please contact the church office at 708-974-3400 if you can help us.

See you...



...Next SUNDAY!