



Saints Constantine and Helen Greek Orthodox Church
THE WEEKLY CHURCH BULLETIN

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SUNDAY, MARCH 31, 2019

Κυριακή 31η Μαρτίου 2019

Γ' ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ - ΣΤΑΥΡΟΠΡΟΣΚΥΝΗΣΕΩΣ

Αποστ: Εβραίουσ 4:14-16; 5:1-6

Ευαγγ: Μαρκου 8:34-38; 9:1

3rd Sunday of Lent – Veneration of the Cross

Today's Readings

Epistle: Hebrews 4:14-16; 5:1-6

Gospel: Mark 8:34-38; 9:1

VENERATION OF THE HOLY CROSS

On the Third Sunday of Great and Holy Lent, the Holy Orthodox Church commemorates the Precious and Life-Giving Cross of our Lord and Savior Jesus Christ. In the Divine Services we include a special veneration of the Cross, which prepares us for the Crucifixion during Holy Week. In addition, we are also reminded that the whole of Lent is a period when we are crucified with Christ.

As we have "crucified the flesh with its passions and desires" (Galatians 5:24), and will have struggled during these days of the Fast, the precious and life-giving Cross is now placed before us to refresh our souls and to continue to encourage us on the remainder of the journey. The Cross reminds us of the Passion of our Lord, and by presenting to us His example, it encourages us to follow Him in struggle and sacrifice, being refreshed, assured, and comforted. In other words, we must experience what the Lord experienced during His Passion - being humiliated in a shameful manner. The Cross teaches us that through pain and suffering we will see the fulfillment of our hopes: the heavenly inheritance and eternal glory.

In these days that we walk on what seems like long and hard days and we may be bowed down by fatigue, we find great relief and strengthening under the cool shade of a leafy tree, so do we find comfort, refreshment, and rejuvenation under the Life-giving Cross, which the Holy Church Fathers "planted" on this Sunday. This Sunday is to fortify our efforts and enable us to continue our Lenten journey with a light step, rested and encouraged.

This special commemoration also, as in the case before the arrival of the king, his royal standards, trophies, and emblems of victory come in procession and then the king himself appears in a triumphant parade, jubilant and rejoicing in his victory and filling those under him with joy, so does the Feast of the Cross precede the coming of our King, Jesus Christ. It announces to us that He is about to proclaim His victory over death and appear to us in the glory of the Resurrection. His Life-Giving Cross is His royal scepter, and by venerating it we are filled with joy, rendering Him glory. Therefore, we become ready to welcome our King, who shall manifestly triumph over the powers of darkness.

Moreover, as the Holy Cross is called the Tree of Life, it is placed in the middle of the Fast, as the ancient tree of life was placed in the middle of the garden of Eden. By this, our Holy Church Fathers wished to remind us that through this Tree has condemnation been abolished. Therefore, if we bind ourselves to the Holy Cross, we shall never encounter death, but shall inherit life eternal.

MESSAGE FROM FATHER TOM...



The Holy Cross on our Journey

Like every journey we take in life, there is a beginning and end. Along the way, we experience many things: unexpected pleasures, unavoidable obstacles, and most of all, beautiful memories. Our Journey during Great Lent is at its midpoint: We have 20 days complete, we have 20 days ahead. Let us pray that the Cross give us strength to complete our journey with all of the Lord's blessings, to experience the joy and light of His Holy Resurrection in a way, much brighter than ever before.

To those who have not done so already, I would ask all of us to search our hearts to renew our commitment to our Parish for our Stewardship 2019 campaign. The needs of our Parish are many.

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

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

ADULT BIBLE CLASSES on TUESDAYS



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

PLUMBER NEEDED

We are in need of someone who is a licensed plumber to assist us with plumbing repairs. Please consider volunteering your talents to our parish to help us reduce our facility expenses. Please contact the church office at 708-974-3400 to volunteer your services.

St. Helen Women's Philoptochos Coming Events

Pascha Bake Sale

It's that time again! Order all of your Pascha baked goods. Pre-orders are due by April 7th. Pick up orders on Palm Sunday, April 21st.

See enclosed fliers for details

ANNUAL GIVING STATEMENT

Please contact the Church Office at (708) 974-3400 if you would like to receive your 2018 Annual Giving Statement.



Γ' ΝΗΣΤΕΙΩΝ ΤΗΣ ΣΤΑΥΡΟΠΡΟΚΥΝΗΣΕΩΣ



Την τρίτη Κυριακή των Νηστειών έχουμε φθάσει στο μέσο της Σαρακοστής. Άλλες τρεις βδομάδες έμειναν για την ερχομό της Μεγάλης Εβδομάδας. Έχουν περάσει τρεις εβδομάδες, κατά τις οποίες κάναμε προσπάθεια να είμαστε καλύτερα παιδιά, υπάκουα στο θέλημα του Θεού αλλά και των γονέων μας, να είμαστε εγκρατείς όχι μόνο στο φαγητό αλλά και στη συμπεριφορά μας. Ο κόπος ο πνευματικός είναι πιο έντονος τη Σαρακοστή για όποιον μάχεται και προσεύχεται. Έτσι, αυτή την Κυριακή η Εκκλησία μάς δίνει έναν βοηθό, τον Σταυρό του Κυρίου μας. Ένα σύμβολο στο οποίο προσβλέπουμε με πίστη και παίρνουμε δύναμη.

Όλοι μας παίρνουμε δύναμη από τον Σταυρό, γιατί πάνω σ' αυτόν θυσιάστηκε ο Κύριός μας για τις δικές μας αμαρτίες. Ωστόσο, αυτή την Κυριακή δεν τον βλέπουμε μέσα από τον πόνο που προκαλεί το σταυρικό μαρτύριο, όπως θα συμβεί τη Μεγάλη Εβδομάδα. Τον βλέπουμε ως σύμβολο νίκης και χαράς, για να πάρουμε κουράγιο και να συνεχίσουμε τον αγώνα μας και τις υπόλοιπες μέρες της Σαρακοστής. Τον βλέπουμε και θυμόμαστε τον Κύριο που μας προσκαλεί στο Ευαγγέλιο που θα ακούσουμε την Κυριακή αυτή: «Όστις θέλει όπισω μου έλθειν, άπαρνησάσθω έαυτόν και άράτω τόν σταυρόν αύτοϋ και άκολουθείτω μοι» «Όποιος θέλει να με ακολουθεί, ας άπαρνηθεί τον εαυτό του, ας σηκώσσει τον σταυρό του κι ας μ' ακολουθεί».

Την Κυριακή το πρωί, μετά τη Δοξολογία ο Σταυρός θα μεταφερθεί στο κέντρο του ναού. Όλες τις μέρες αυτής της εβδομάδας θα μείνει εκεί, για να τον προσκυνούν και να αγιάζονται οι πιστοί.

Πηγη: <https://www.pemptousia.gr/>



Οι ένορίες τών Νοτιων προαστίων
της Μητροπόλεως Σικάγου,
κατά την διάρκεια της Σαρακοστής,
θά τελέσουν ακολουθίες εις τίς
κατωθι ενορίες στίς 6:00 μ.μ.

Κυριακή 7η Απριλίου
Τίμιου Σταυρού, Justice

Κυριακή 14η Απριλίου
Αγίου Νικόλαου, Oak Lawn

Παρασκευή 19η Απριλίου
Αγίου Σπυρίδωνος, Palos Heights

Απόψε 31η Μαρτίου

Ώρα 6:00 μ.μ. - Έσπερινος εις τον
Ίερόν Ναόν της Κοίμησης της Θεοτόκου - Homer Glen

Τρίτη 2α Απριλίου

Ώρα 5:00 μ.μ. - Μελέτη Αγίας Γραφης στα Ελληνικά

Τετάρτη 3η Απριλίου

Ώρα 6:00 μ.μ. Προηγιασμένη Λειτουργία

Παρασκευή 5η Απριλίου

Ώρα 7:00 μ.μ. - Δ' ΧΑΙΡΕΤΙΣΜΟΙ

Κυριακή 7η Μαρτίου

Δ' ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ
ΑΓΙΟΥ ΙΩΑΝΝΟΥ ΤΗΣ ΚΛΙΜΑΚΟΣ
Ώρα 8:30 - 11:15 π.μ. Ώρθρος καί Θεία Λειτουργία

ACTIVITIES OF THE WEEK

Monday, April 1:

6:30-7:30 p.m. Greek Folk Dance (8th-High School)

7:30 p.m. GOYA

Tuesday, April 2:

5:00 p.m. Adult Bible Class - Greek

5:30 p.m. Adult Bible Class - English

Wednesday, April 3:

6:00 p.m. Presanctified Liturgy

8:00 p.m. Men's Basketball

Thursday, April 4:

8:00 a.m. Youth Choir

Friday, April 5:

9:30 a.m. Toddler Play Group

7:00 p.m. 4th Salutations to the Theotokos

Sunday, April 7:

St. John Climacus

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

DID YOU KNOW?

Key Parish Expenses (January – February 2019)

Payroll \$191,041

Utilities \$26,980

Archdiocese Assessment \$17,820

Snow Removal \$12,600

Repairs & Insurance \$10,521

Would you like to host Fellowship/Coffee Hour?

...a time to gather with our Parish Family

As it has been our tradition for many years, each week, following the Divine Liturgy, we gather in our East Room for coffee and snacks. If you would like to host the Fellowship Hour, please contact the church office at (708) 974-3400.

COFFEE FELLOWSHIP

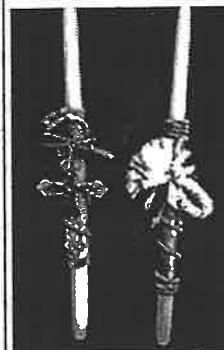
Today's Coffee Fellowship / Loukoumada Sale is hosted by our **Greek Bible Class**. Please support them.

WEEKLY LENTEN SERVICES

In addition to Sunday Divine Services, we will offer:

Every Wednesday: April 3, 10
Presanctified Liturgy at 6:00 p.m.

Every Friday: April 5, 12
Salutations at 7:00 p.m.



Easter Lambathes

Our GOYA will be selling Lambathes every Sunday, through Palm Sunday, following the Divine Liturgy. Please support them!

Did you know?...

...That contributions offered through your weekly Offering Envelopes are recorded as a donation and included on the Annual Giving Statement. Thus, these contributions are considered to be tax-deductible. To receive offering envelopes for 2019, please contact the church office at (708) 974-3400.

See you...



...Next SUNDAY!