



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

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**SUNDAY, APRIL 14, 2019**

Κυριακή 14η Απριλίου 2019

Ε΄ ΚΥΡΙΑΚΗ ΝΗΣΤΕΙΩΝ - ΑΓΙΑΣ ΜΑΡΙΑΣ ΑΙΓΥΠΤΙΑΣ

Αποστ: Εβραίουσ 9:11-14

Ευαγγ: Μάρκου 10:32-45

5<sup>th</sup> Sunday of Lent – St. Mary of Egypt

Today's Readings

Epistle: Hebrews 9:11-14

Gospel: Mark 10:32-45

### THE FIRST SERVANT

In today's Gospel lesson, James and John, two disciples of Jesus, came to Him and asked, "Grant us to sit one at your right hand and one at your left in your glory." It was as if they had said, Lord, now that you're going to become President, please give us the two top positions in your Cabinet. When the other disciples heard it, they were beside themselves in anger.

How did Jesus handle the request of James and John that they be first in the kingdom? He told them that "Whoever desires to become great among you shall be your servant, and whoever of you desires to be first among you must be slave of all. For even the Son of Man did not come to be served but to serve, and to give his life as a ransom for many."

In our world, our "greatness" is measured according to the POWER that we exercise over others. The more authority we have, the greater we are. The greater the position, the greater we are. The world says that we are great according to the POSSESSIONS we have. Our greatness is measured by the neighborhood in which we live, the size of our house, the kind of car we drive, the amount of money we have. Christ answers all of these claims with "But it shall not be so among you."

So, if greatness is not to be found in position, in power, in possessions, WHERE is it to be found? "Whoever would be great among you must be your servant". In a single sentence, Jesus tells us that it is opposite of the values of the world. Jesus reverses the whole scale of values and says, "The greatest of these are those who serve."

Today, the word "servant" is not a desired label. Few people wish to serve. Everybody desires to be served. People feel that their goal in life is to be "top on the totem pole" — even if they have to step on others to get there. Much of the trouble we have today is caused by people who desire to be the greatest — the most honored, the most privileged, the most powerful, the most prosperous, the best paid, the best fed, the best housed.

The greatest example of humble service was Jesus. Once when no one else was willing to wash the disciples' feet, Jesus removed His outer robe, took the basin of water and towel, knelt down and washed their feet. As we think of this humble act, let us also remember that He was born wrapped in swaddling clothes and laid in a manger, He was crowned with thorns and mocked as a king and that He was nailed to the cross as an arch-criminal. St. Paul expressed it beautifully when he wrote: Christ Jesus, did not count equality with God a thing to be grasped, but emptied Himself taking the form of a servant, being born in the likeness of men. And being found in human form he humbled himself and became obedient unto death, even death on a cross (Phil. 2:6-8).

continued from page 1

As Christ said, "Whoever desires to be great among you must be your servant and whoever desires to be first shall be the slave of all." There are some of us who cannot carry the cross; it is too heavy; we are too weak; but there is not one of us who cannot carry a towel—the towel of love and service performed in Christ's name.

## MESSAGE FROM FATHER TOM...



Changing our lives in an instant

The 5<sup>th</sup> Sunday of Great Lent is dedicated to Saint Mary of Egypt who is known for changing her life completely and dedicating it to the Lord. As she found herself in a destructive path of sinfulness, something moved her to seek solace in a holy direction. She wasn't able to follow this new path until she made a commitment to Him, which she was to fulfil to the fullest. As we are on the day commemorating this great saint, let us all realize that, at any time, we may make the change our lives in an instant to follow the Lord's path, especially in these most holy of days that we await His Holy Resurrection.

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. We need the help of all. The needs of our Parish are many!

Please remember that whatever your pastoral need – **your priests are at your service** – please contact us in the Church Office at (708) 974-3400

## 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](http://www.stconstantinehelen.org)

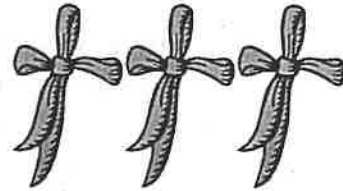
## SOMETHING NEW AND EXCITING ON OUR WEBSITE

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](mailto:sschphotos@gmail.com) and you just might find them on our website soon!



### *Easter Lambathes*

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



JOIN US FOR:

### **FAMILY NIGHT PALM PREPARATION**

Thursday, April 18, starting at 4:00 pm

Learn how to make the Palm Crosses that are distributed on Palm Sunday!!!

The entire community is invited to attend and participate as  
**ONE GREAT BIG PARISH FAMILY!!!**

**SAVE  
THE  
DATE!**

The Annual  
Fr. Byron Golf Open  
and Dinner  
will take place on  
**Thursday, June 20, 2019**  
More information to come!

*Σήμερα 14η Απριλίου  
Ε' Κυριακή των Νηστειών  
Της Οσίας Μαρίας της  
Αιγυπτίας*



*Τό Εσπέρας*

Ώρα 6·00 μ.μ.- Έσπερινος εις  
τον Ίερόν Ναόν του  
Αγίου Νικόλαου, Oak Lawn

*Πέμπτη 18η Απριλίου*

Ώρα 4·00 μ.μ.

Προετοιμασία Σταυρών  
και Κλάδων Βαΐων



*Παρασκευή 19η Απριλίου*

Ώρα 6·00 μ.μ.

Θεία Λειτουργία των  
Προηγιασμένων Δώρων εις τον  
Ίερόν Ναόν του  
Αγίου Σπυρίδωνος  
Palos Heights

*Σάββατο 20η Απριλίου  
ΣΑΒΒΑΤΟ ΤΟΥ ΛΑΖΑΡΟΥ*

Ώρα 8·00 π.μ.

Ορθρος και Θεία Λειτουργία

*Κυριακή 21η Απριλίου  
ΚΥΡΙΑΚΗ ΤΩΝ ΒΑΙΩΝ*

Ώρα 7·00 π.μ. Ορθρος

Ώρα 8·15 π.μ.

Πρώρη Θεία Λειτουργία

Ώρα 10·30 π.μ.

Δεύτερη Θεία Λειτουργία

Ώρα 7·00 μ.μ.

Ακολουθία του Νυμφίου



**Αγία Μαρία η Αιγυπτία**  
Η μνήμη της Οσίας εορτάζεται την  
πέμπτη Κυριακή των νηστειών.

Η Οσία Μαρία η Αιγυπτία καταγόταν από την Αίγυπτο και έζησε τον 6<sup>ο</sup> αιώνα, την εποχή του αυτοκράτορα Ιουστινιανού. Στα νεανικά της χρόνια ζούσε μέσα στην ακολασία και παρέσυρε πολλούς ανθρώπους στην ηθική καταστροφή.

Όταν ήταν 12 χρονών ξέφυγε από την προσοχή των γονιών της και πήγε στην Αλεξάνδρεια, όπου επί 17 χρόνια ζούσε άσωτη ζωή. Μετά, από περιέργεια πήγε, με πολλούς άλλους προσκυνητές, στα Ιεροσόλυμα, για να παρεβρεθεί στην ύψωση του Τιμίου Σταυρού.

Όταν θέλησε να μπει στο ναό της Ανάστασης, τη μέρα που υψωνόταν ο Τιμιος Σταυρός, ένοιωσε 3 έως 4 φορές κάποια αόρατη δύναμη μέσα της, που την εμπόδιζε να μπει, ενώ το πλήθος έμπαινε ανεμπόδιστα.

Αφού πληγώθηκε η καρδιά της απ' αυτό, αποφάσισε ν' αλλάξει ζωή και να εξιλεώσει το Θεό με τη μετάνοια. Έτσι βάζοντας σαν εγγυητριά της την Παναγία, υποσχέθηκε ότι εάν αφήσει να μπει και να δει τον Σταυρό του Κυρίου, θα ήταν συνετή και φρόνιμη στο μέλλον και δεν θα μόλυνε πια το σώμα της με πονηρές επιθυμίες και ηδονές.

Όταν γύρισε μετά στην εκκλησία, αυτή τη φορά μπόρεσε να μπει χωρίς καμιά δυσκολία. Τότε προσκύνησε το Τιμίο Ξύλο και χωρίς να λησμονήσει την υπόσχεση που έδωσε, αναχώρησε την ίδια μέρα από τα Ιεροσόλυμα κι' αφού πέρασε τον Ιορδάνη μπήκε στα ενδότερα μέρη της ερήμου, όπου έζησε επί 47 χρόνια μια ζωή πολύ σκληρή και ασυνήθιστη, χωρίς να δει άνθρωπο, αλλά, έχοντας μοναδικό της θεατή τον Θεό, προσευχόταν μόνη σ' Αυτόν.

Τόσο δε αγωνίστηκε, ώστε πέρασε την ανθρώπινη φύση και απόκτησε ζωή πάνω στη γη αγγελική και υπεράνθρωπη. Τόσο δε υψώθηκε δια μέσου της απάθειας, ώστε περπατούσε πάνω στα νερά του ποταμού, χωρίς να βυθίζεται. Όταν δε προσευχόταν, σηκωνόταν από τη γη ψηλά και στεκόταν μετέωρη στον αέρα.

Περί το τέλος της ζωής της έτυχε να συναντήσει κάποιον ερημίτη, που λεγόταν Ζωσιμάς, που αφού του διηγήθηκε όλη της τη ζωή, τον παρακάλεσε να της φέρει τα άχραντα Μυστήρια για να κοινωνήσει. Εκείνος το έκανε την επομένη χρονιά, την Μεγάλη Πέμπτη.

Αλλά τον άλλο χρόνο, ξαναγυρνώντας ο Ζωσιμάς την βρήκε νεκρή, ξαπλωμένη στη γη και κοντά της ένα σημείωμα, που έγραφε: «Αββά Ζωσιμά, Θάψον ώδε το σώμα της Αθλίας Μαρίας. Απέθανον την αυτήν ημέραν, καθ' ην εκοινωνήσα των αχράντων Μυστηρίων. Εύχου υπέρ εμού».

Παρμένο από την ιστοσελίδα «[www.impantokratoros.gr](http://www.impantokratoros.gr)»

## ACTIVITIES OF THE WEEK

### Today:

Spaghetti Luncheon following Divine Liturgy  
6:00 p.m. Solemn Vespers and Reflection  
St. Nicholas Church, Oak Lawn, IL

### Monday, April 15:

5:15 p.m. J.O.Y. Soccer (Minors)  
6:15 p.m. J.O.Y. Soccer (Majors)  
7:00 p.m. Greek Folk Dance (8<sup>th</sup>–High School)  
7:30 p.m. G.O.Y.A.

### Tuesday, April 16:

7:00 p.m. Philoptochos Meeting

### Wednesday, April 17:

5:15 p.m. J.O.Y. Soccer (Minors)  
6:15 p.m. J.O.Y. Soccer (Majors)  
8:00 p.m. Men's Basketball

### Thursday, April 18:

8:00 a.m. Youth Choir Practice  
4:00 p.m. Palm Preparation

### Friday, April 19:

9:30 a.m. Toddler Play Group – Easter Egg Hunt  
and Children Making Koulourakia  
6:00 p.m. Pre-Sanctified Liturgy and Reflection  
St. Spyridon Church, Palos Heights, IL

### Saturday, April 20: Saturday of Lazarus

8:00 a.m. Orthros and Divine Liturgy

### Sunday, April 21: Palm Sunday

7:00 a.m. Orthros  
8:15 a.m. 1<sup>st</sup> Divine Liturgy  
10:30 a.m. 2<sup>nd</sup> Divine Liturgy  
7:00 p.m. Nymphios (Bridegroom) Service

## VOLUNTEERS NEEDED

Our parish is always looking for people with skills in the areas of plumbing, electrical or carpentry. Please consider offering 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.

## † MEMORIALS †

40 Days Sophia Lagen  
40 Days Antonios Kontzias  
40 Days Emmanouil Kyroudis  
3 Years Panagiotis Deligianis  
4 Years Amelia Deligianis  
40 Years Angeline Maharas

† May their memory be eternal †

## SACRAMENT

### BAPTISM

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

Saturday, April 13, 2019 at 10:00 a.m.

Katerina, daughter of  
Kyle and Paige Shanahan

Sponsor: Elena Sroge

## AGAPE SERVICE READERS

Those who would like to offer themselves to reading the Gospel at the Agape Service in various languages should contact Fr. Tom (708) 974-3400 or [tomdemed@aol.com](mailto:tomdemed@aol.com).

### **DOES YOUR COMPANY OFFER MATCHING GIFTS?**

Many companies offer matching gifts to their employee's donations, if your business does, please contact Fr. Tom for more information or to prepare any paperwork that is required.

**See you...**



**...Next SUNDAY!**