

ACTIVITIES OF THE WEEK

Monday, May 20:

7:00pm Great Vespers for
Saints Constantine & Helen

Tuesday, May 21

8:15am – 11:30am Feast Day of Saints
Constantine & Helen

6:30pm School Board Meeting

Wednesday, May 22:

4:30pm KIKLOS AGAPIS Bible Study in Greek

Thursday, May 23:

6:30pm Open School Board Meeting

7:00pm Bible Study in English

7:00pm Men's League Basketball

Saturday, May 25:

43rd Annual Junior Olympics

Sunday, May 26:

Sunday of the Paralytic

8:15am Orthros and 9:30am Divine Liturgy

43rd Annual Junior Olympics

STEWARDSHIP 2024

*We appreciate our Stewards - our Saints Constantine
and Helen Church Family.*

*Your Stewardship gift reflects your appreciation for
God's many blessings.*

Stewardship 2024 Update:

*As of May 17th, Stewardship gifts have been received
from 424 individual / families totaling
\$253,224.00. Our GOAL is \$425,000.00*

*Some of the donations represent fulfillment of their total
pledge, while many others have begun their weekly,
monthly or other scheduled donations. We are so
thankful for all our Saints Constantine and Helen
Stewards. If you have not submitted your stewardship,
please do so to help us reach our goal. +++*

Feast Day of our

Patron Saints Constantine and Helen

Monday, May 20th -

7:00 pm Vespers

Reception following Vespers

Tuesday, May 21st -

8:15 am Orthros

9:30 am Heirarchal Divine Liturgy

Luncheon to follow Liturgy

MEMORIALS

1 year Yvonne (Evangelia) Kalantzis

1 year Ekaterini Limperis

1 year James (Dimitrios) Kappas

† May their memory be eternal †

✝ FUNERALS ✝

The following funerals were held recently:

George Tzouanopoulos

Monday, May 13, 2024

Gus (Constantine) Lourgos

Wednesday, May 15, 2024

† May their memory be eternal †

SACRAMENTS

BAPTISMS

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

Saturday, May 18, 2024 at 12:30 pm

Leon, son of

Dimitri and Natasha Perivoliotis

Sponsor: Neli Guajardo

Sunday, May 19, 2024 at 1:00 p.m.

Georgia, daughter of

Mark and Nicole Burklow

Sponsor: Dimitri Papadopoulos

Sunday, May 19, 2024 at 3:00 p.m.

Nikoletta, daughter of

John and Eleni Kripton

Sponsor: Matthew Johnson

SCHOLARSHIPS

The St. Helen Women's Philoptochos will be awarding two High School Scholarships in the amount of \$1,500.00 to Seniors in our parish. We welcome all High School Senior to apply by May 19th. Winners will be announced on June 9th at Graduation Sunday. Good Luck to all! Feel free to apply at: <https://www.stconstantinehelen.org/s/St-Helen-Womens-PhiloptchosScholarship-Requirements-and-Application-Process-2024docx-2.pdf>



Saints Constantine and Helen Greek Orthodox
Church

THE WEEKLY CHURCH BULLETIN

Father Chris Avramopoulos, Pastor
Father Nicholas Dahdal, Associate Priest

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SUNDAY, May 19, 2024

Κυριακή 19 Μαΐου 2024

ΚΥΡΙΑΚΗ ΤΩΝ ΜΥΡΟΦΟΡΩΝ

Αποστ: Πραξ. 6:1-7

Ευαγγ: Μαρκου 15:43-16:8

Sunday of the Myrrh Bearers

Today's Readings

Epistle: Acts 6:1-7

Gospel: Mark 15:43-16:8

Χριστός Ανέστη! Christ is Risen!

LET'S MOVE THE STONE

Today is the Sunday of the Myrrh-bearing women. It presents to us an interesting reading in that we have these women and two men, Joseph of Arimathea and Nicodemus (who isn't actually mentioned by name), acting with great love, but also in a way that they were somehow unaware of their surroundings. They were trying to do something that they weren't going to be able to accomplish. The women came to anoint the Lord with myrrh, and Joseph and Nicodemus had prepared the Lord's body with great care, wrapping it in clean, fine linen. Finally, they carefully placed our Lord's body in a tomb, which was Joseph's. They acted with great desire and with great love for the Lord.

One of the main purposes for the Resurrection and the Feast of Pascha is for God to make us able to know Him. It wasn't just a special "one time only" event. It is to evoke a complete change in us. God becomes a Man, so we could be able to live. We could now seek salvation by His death and His resurrection, and in these days from Pascha to Pentecost we learn all about what Pascha means for our soul. We learn what it means to know God and what it means to be truly enlightened.

These pious people who we remember today, came to anoint a body, and there was no body to anoint. Joseph and Nicodemus prepared so carefully for a Man, who in only a few hours His Resurrection would be revealed. Why all this effort for a destiny that was to change so quickly and dramatically? Christ told them, Himself, that He would rise. God fills our minds with many things. But that should not stop us from following the path that He has set. These women came to the tomb early in the morning. It shows that the first thing on their mind was Christ. As soon as they could go and anoint the body, they did, and they brought myrrh and ointments. These myrrh and ointments signify bringing to Christ our good works, bringing to Christ our desire to live as He has shown us to live. They didn't come to Him empty-handed, as we unfortunately so often do. They came to Him bearing what they could, giving what they could.

The tomb where Christ was placed was cut out of a rock. The entrance to the tomb, was then sealed with the part which was cut. As the women were walking to the tomb, they realized that the rock would have to

be moved for them to enter. Even though they had no way of moving this giant stone, they continued on their way. It would have been easy to turn around and use the stone as an obstacle. The women didn't do that. What they did, in our view, would be seen as completely unrealistic. There was no reason for them to think that the tomb would be open, but they went. They didn't even think about it. Love does that.

Love for Christ makes us struggle even though there is a stone over our hearts, and we don't know how this stone will be moved. But we must go anyway. We fast anyway, we come to the church anyway, we confess anyway. We say our prayers and force ourselves to pray in the morning and in the evening. We move ourselves to do things that are righteous, and the things that we are not able to change, that is, that big stone, God will move. This is only if we go to the tomb, only if we struggle. We must cut the tomb out of the rock in our hearts. We must make a place for Christ to be inside of us. If we believe, God will remove the stone, and put in its place the light of the resurrection, to live with virtue and joy. Truly He is Risen!

Jr. Olympics 2024

Important Registration and Volunteer Info

Register online at ssch.us

To be fully registered you must pay the registration fee and fill out the Metropolis of Chicago waiver. Both of these steps MUST be completed by Monday May 20th to participate in this year's Jr. Olympics

The Jr. Olympics is a huge honor for our parish to host. Let us all come together to volunteer and make this the best Olympics yet!

KPTA is seeking concession volunteers, please email: npytlewski@gmail.com or visit the link posted at ssch.us, volunteers are also needed at various events (not concessions) throughout the weekend, please call the church office 708.974.3400



Sunday of the

Myrrh-Bearing Women

About the beginning of His thirty-second year, when the Lord Jesus was going throughout Galilee, preaching and working miracles, many women who had received of His beneficence left their own homeland and from then on followed after Him. They ministered unto Him out of their own possessions, even until His crucifixion and entombment; and afterwards, neither losing faith in Him after His death, nor fearing the wrath of the Jewish rulers, they came to the sepulchre, bearing the myrrh-oils they had prepared to anoint His body. It is because of the myrrh-oils, that these God-loving women brought to the tomb of Jesus that they are called the Myrrh-Bearers.

Standing by the tomb the angel said to the Myrrh-bearing women: "Myrrh is for the dead; but Christ has shown Himself stranger to death." So go and cry aloud, "The Lord has risen and granted the world His great mercy." †

GRADUATE SUNDAY
JUNE 2

Join us for the Divine Liturgy and
Graduate Recognition!

EMAIL [SSCHMEDIA@GMAIL.COM](mailto:sschmedia@gmail.com)
INCLUDE GRADUATE'S NAME, GRADUATING
FROM AND FUTURE PLANS BY MAY 29

CELEBRATING GRADE SCHOOL THRU
GRADUATE SCHOOL GRADUATES!

ΚΥΡΙΑΚΗ ΤΩΝ ΜΥΡΟΦΟΡΩΝ

"Ετερον Απολυτίκιον

Ταῖς μυροφόροις γυναιξί, παρὰ τὸ
μνήμα ἐπιστάς, ὁ Ἄγγελος ἐβόα· τὰ
μύρα τοῖς θνητοῖς ὑπάρχει ἀρμόδια·
Χριστὸς δὲ διαφθορᾶς ἐδείχθη
ἄλλότριος· ἀλλὰ κραυγάζατε·
Ἀνέστη ὁ Κύριος, παρέχων τῷ κόσμῳ
τὸ μέγα ἔλεος.



Κυριακή, 26η Μαΐου

ΚΥΡΙΑΚΗ ΤΟΥ ΠΑΡΑΛΥΤΟΥ

Ὁρθρος - 8·15 π.μ.

Θεία Λειτουργία - 9·30 π.μ.



ΤΑ ΟΝΟΜΑΣΤΗΡΙΑ ΤΗΣ

ΕΚΚΛΗΣΙΑΣ ΜΑΣ

Δευτέρα, 20η Μαΐου

Ὁρα 7·00 μ.μ.

Μέγας Αρχιερατικός
Πανηγυρικός Ἑσπερινός
συμπαραστατομένου τοῦ
Ἱεροῦ Κλήρου Σικάγου καὶ
περιχώρων

Ἡ Φιλόπρωτος Ἀδελφότης
ΑΓΙΑ ΕΛΕΝΗ θά ἔχει
δεξιῶσιν εἰς τὴν αἴθουσα



Τριτη, 21η Μαΐου

Μνήμη των Κητορων Αγίων μας Κωνσταντίνου καὶ Ελένης

Ὁρα 8·30 π.μ.

Ὁρθρος καὶ Αρχιερατικὴ
Θεία Λειτουργία
Θά τελεσθῆ καὶ ἀρτοκλασία.

Ἡ Φιλόπρωτος Ἀδελφότης
ΑΓΙΑ ΕΛΕΝΗ θά ἔχει
δεξιῶσιν εἰς τὴν αἴθουσα



ΣΗΜΕΡΑ

ΚΥΡΙΑΚΗ ΤΩΝ ΜΥΡΟΦΟΡΩΝ

Το Πάσχα είναι πάνω απ' όλες τις γιορτές και πρώτη απ' όλες τις πανηγύρεις. «Χριστός Ανέστη». Είναι και η τρανότατη απόδειξη πως ο Χριστός είναι ο Κύριος και ο Θεός μας. Η Εκκλησία μετά το Πάσχα διαβάσει εκείνες τις ευαγγελικές περικοπές, που μας παρουσιάζουν τους προσωπικούς μάρτυρες της Αναστάσεως του Κυρίου. Τέτοιοι είναι ο Θωμάς, ο Νικόδημος, ο Ιωσήφ από Αριμαθαίας, η Μαρία η Μαγδαληνή, κ.ά. Όλοι μαρτυρούν το γεγονός της Αναστάσεως, όπως το έζησαν οι ίδιοι. Έχουν μεγάλη αξία, γι' αυτό και η Εκκλησία τιμά τη μνήμη τους μετά την Κυριακή του Πάσχα.

Το Ευαγγέλιο μας διηγείται πρώτα για την τολμηρή πράξη του Ιωσήφ από την Αριμαθαία. Ήταν άνθρωπος με αξίωμα και μεγάλη εκτίμηση. Είχε όμως μέσα του μεγάλη ευσέβεια που του έδωσε το θάρρος και την τόλμη να ζητήσει από τον Πιλάτο για ενταφιασμό το σώμα του Κυρίου. Η πράξη αυτή του Ιωσήφ είναι πολύ σπουδαία και σημαντική. Αρκεί να θυμηθούμε πως όλος ο κόσμος τότε, άρχοντες και λαός, είχαν ξεσηκωθεί και ζήτησαν το θάνατο του Αναμάρτητου Κυρίου. Ο Ιωσήφ μας διδάσκει πως δεν πρέπει να υπολογίζουμε τι λέγει και τι κάνει ο κόσμος, όταν πρόκειται να εκτελέσουμε ένα χρέος. Υπάρχουν δυστυχώς άνθρωποι, που ντρέπονται πολλές φορές να κάνουν και το σταυρό τους, να πάνε στην εκκλησία επειδή τάχα θα τους κοροϊδέουν οι άλλοι. Υπάρχουν παιδιά, που ντρέπονται να παρατηρήσουν με καλοσύνη και αγάπη τους συμμαθητές τους, όταν αυτοί λένε κακά λόγια. Στη διαγωγή μας πρέπει να προσέχουμε και να υπερασπιζόμαστε αυτό που είναι σωστό και δίκαιο.

Μετά τον Ιωσήφ έχουμε την τολμηρή πράξη των τριών μυροφόρων γυναικών. Και οι τρεις είχαν μεγάλη αγάπη και αφοσίωση στον Ιησού Χριστό. Για να αλείψουν το σώμα του Ιησού θα έπρεπε να υπερνικήσουν πολλές δυσκολίες και εμπόδια. Έπρεπε να αντιμετωπίσουν τους άρχοντες, το λαό, τη φρουρά και να κυλίσουν τη μεγάλη και βαριά πέτρα του μνημείου. Δε λογάριασαν όμως τίποτε απ' όλα αυτά, γιατί η ψυχή τους γέμιζε από την αγάπη του αναστημένου Κυρίου μας. Ο Κύριος βράβευσε την ηρωική πράξη των γυναικών. Τις αξίωσε να γίνουν οι πρώτοι μάρτυρες της Αναστάσεως. Η αγάπη οδήγησε τις μυροφόρες γυναίκες να επισκεφτούν τον τάφο του Ιησού. Η αγάπη τις βεβαίωσε πως ο Χριστός είναι η αληθινή ζωή και ανάσταση.

Αυτό το μήνυμα του αναστημένου Χριστού θα μεταφέρουν οι γυναίκες στους μαθητές του Κυρίου και γενικά σ' ολόκληρο τον κόσμο. Ότι έκαμαν ο Ιωσήφ, ο Νικόδημος και οι μυροφόρες γυναίκες είναι ομολογία πίστεως και μαρτυρία Ιησού Χριστού. Ας έχουμε λοιπόν και εμείς το θάρρος και την τόλμη να ομολογούμε την πίστη μας στον Ιησού Χριστό για να έχουμε μέσα μας τη χαρά και το φως της Αναστάσεως ίου.
<http://paroutsas.jmc.gr>