



# Visions

## Observing Great and Holy Lent

In the Greek Orthodox Church, Great Lent is not a season of morbidity and gloominess. On the contrary, it is a time of joyfulness and purification.

The season of Great Lent is the time of preparation for the feast of the Resurrection of Christ. It is the living symbol of man's entire life which is to be fulfilled in his own resurrection from the dead with Christ. It is a time of renewed devotion: of prayer, fasting, and almsgiving. It is a time of repentance, a real renewal of our minds, hearts and deeds in conformity with Christ and his teachings. It is the time, most of all, of our return to the great commandments of loving God and our neighbors. Lent is our preparation to gain spiritual strength and to follow Jesus's footsteps.



During Great Lent, our parish provides additional services, and learning opportunities to help us come closer to our faith. We invite you to join us in regular weekly scheduled services and events including:

**TUESDAY ADULT BIBLE STUDY (ZOOM) – 7:00 pm**

**WEDNESDAY PRESANCTIFIED LITURGY – 5:30 pm**

*Following the Presanctified Liturgy, Fr Teodor will offer an explanation of one or two of the new icons being installed on our Iconostasis.*

**FRIDAY SALUTATIONS TO THE VIRGIN MARY – 6:00 pm**

**SUNDAY DIVINE LITURGY:** Orthros 8:45 am, Liturgy 10:00 am

**CONFESSION** – Available for one hour after each Friday evening Salutations service, or by appt. with Father Teodor.

**COMPLETE HOLY WEEK SCHEDULE AND KIDS' "JOURNEY TO PASCHA" REFRIGERATOR CALENDAR INCLUDED IN THIS VISIONS.**



# 20 things to give up for Lent

**Guilt:**

I am loved by Jesus and he has forgiven my sins. Today is a new day and the past is behind.

**Fear:**

God is on my side. In him I am more than a conqueror. (Romans 8)

**Excuses:**

A wise man once said,  
if you need an excuse,  
any excuse will do.

**Pleaser:**

The need to please everyone - I can't please everyone anyways.  
There is only one I need to strive to please.

**Envy:**

I am blessed. My value is not found in my possessions,  
but in my relationship with my Heavenly Father.

**Impatience:**

**God's timing is the perfect timing.**

**Sense of**

The world does not owe me anything.

**entitlement:**

God does not owe me anything.

**Resentment:**

The ONLY PERSON I AM HURTING  
BY HOLDING ON TO THESE IS MYSELF.

**BLAME:**

I live in humility and grace.

**I AM NOT GOING TO PASS THE BUCK.  
I WILL TAKE RESPONSIBILITY FOR MY ACTIONS.**

**Unworthy:**

YOU ARE FEARFULLY AND WONDERFULLY  
MADE BY YOUR CREATOR

**Gossip:**

I will put the best construction on everything when it comes to other people.

I will also minimize my contact with people who are negative and toxic bringing other people down.

**Comparison:**

I have my own unique contribution  
to make and there is no one else like me.

**DOUBT:**

Believe God has a plan  
for you that is beyond  
anything you could imagine.  
The future is brighter than  
you could ever realize.

**Failure:**

you don't succeed without experiencing failure.  
just make sure you fail forward.

**SPIRIT OF POVERTY**

**Believe with God that there is always**

**more than enough and never a lack**

**Self-pity**

God comforts us in our sorrow  
so that we can comfort others with  
the comfort we ourselves have  
received from God

**retirement:**

as long as you are still breathing, you are here for a reason.  
you have a purpose to influence others for Christ.  
that does not come to an end until the day we die.

**lack of counsel:**

wise decisions are rarely made in a vacuum.

**Pride:** Blessed  
are the humble.

**Worry:**

God is in control and worrying will not help.

# A Message from Father Teodor



## **What good can come out of this pandemic?**

This question came to mind as I was reflecting on this past year, a year of deep trial and suffering for so many people around the world. It was not easy for our church either; we lost our chanter, Yianni and his wife Aspasia last April, together with a few other parishioners who passed from COVID-19 or related causes, we served the Divine Liturgy without people in the pews for months...it was HARD!

But at the same time, thinking of St. Paul's Epistle to the Romans, Chapter 8 verse 28 that says: "*All things work for good to those who love God...*", I tried to look at the positive things that happened amid this terrible pandemic. And I wondered: 'What good came out of this? The answer is: there were good things that happened, and I will name just a few:

In this "Pandemic year", our Saints Constantine and Helen parishioners donated more than 1,000 pairs of socks; 500 pairs of gloves, hats, scarves; 300 pairs of shoes; provided Thanksgiving dinner for more than 110 families; sent 100 pounds of candy to our Military and First Responders; and food and baby supplies to our homeless and low-income neighbors.

As we looked at the parish financial statements from last year, we noticed with surprise and much joy that not only the parishioner's donations did not go down, but they were a little higher than the previous year! Last summer we launched the fundraiser for our iconography project and, in less than one year we received pledges for more than 90% of the funds needed for this first phase!

Even in the midst of anxiety and worry about the uncertainties of this past year, people's hearts became less egocentric, more compassionate, more aware of the church and of our brothers and sisters in need. This is the kind of church community we have!

There is a joy in giving, a joy in doing something for someone else! Life is empty if it is only about taking care of ourselves, if it is only about protecting ourselves and our loved ones. The deepest meaning in life comes when we live for something greater than ourselves, when we discover the incredible joy in loving God and seeing the face of God in others, especially during difficult times like we experienced during this past year.

As the pandemic hopefully subsides in the next months, we will be tempted to go back to our 'normal' ways, of looking out for our personal needs, forget about the church and our spiritual life. Yet in the midst of these self-centered temptations, we need to constantly ask ourselves, "What does God want me to do at this time? What did I learn from this crisis? Also, just as important, how can I act to continually show that I care? **What good can come out of this?** "

**Wouldn't it be wonderful if we could emerge from this outbreak both more dependent on God and more devoted to each other?**

Good can come out of this crisis. Hopefully, we will continue to spend more time with our families. Hopefully, we will appreciate our churches more as we missed the in person liturgical services and our Church fellowship and especially receiving the Body and Blood of Christ through Holy Communion. There is much good that can come out of this.

As we prepare to enter Great Lent, Holy Week and celebrate the Passion and Resurrection of our Lord, crucial events which changed world history, we remember how, out of love for us, God entered into the fallen world, took His place among his creation and began the restoration of fallen humanity.

God has not forgotten us or abandoned us. We do not need to face life, with all its struggles and uncertainties, by ourselves. For God is with us!

In remembering that, we will not only be comforted, but we will also be reminded that divine love is all about our neighbor, loving God implies loving our neighbor, the other!

This crisis has put a whole new perspective on the verses in Romans 12: "Be devoted to one another in love ... Be joyful in hope, patient in affliction, faithful in prayer.

**Good can come out of this pandemic!**

*Fr. T. Petuk*



*So let each one give as he purposes in his heart, not grudgingly or of necessity;  
for God loves a cheerful giver.* 2 Corinthians 9:7

### **MOTT CHILDREN'S HOSPITAL TEDDY BEAR FUND**

During the period of Great Lent our parish will be collecting donations for the "Teddy Bear Fund" of the C.S. Mott Children's Hospital. When parishioners donate \$15 to pay for a new Teddy Bear, we will place a small paper bear with your name on it in the church entrance. Donations will be accepted until Easter. Checks can be made payable to Saints Constantine and Helen and left in the donation box in the Narthex, or the church office. Let's fill the windows with Bear Hugs and put a Teddy Bear in the arms of a child when they need a hug the most!



### **BELATED CHRISTMAS THANK YOUS**

#### **TREE OF LIGHTS**

Our successful 26th Annual Mary Drakos Christmas Tree of Lights provided generous donations to our church ministries as well as special prayers in memory and in honor of our loved ones. We especially thank ALL those who contributed and to Father Teodor, Diane Drakos Plungis, Chairperson, Dustin Plungis, Denise Byrwa, Tina Koulouras Madias, Beth McBride, and Leah Calagias!

#### **SOCKS AND GLOVES**

A big THANK YOU! to our parishioners, who shared their warmth with our neighbors in need this December. We have received donations of more than 1,000 pairs of new warm, adult socks; and over 450 new gloves, hats, and scarves to be distributed to the homeless in Pontiac and Detroit. What a great way to celebrate the "season of giving!"

*Thank you so much for your generous donation of 1,000+ pairs of socks to Community Housing Network! The donation was SO generous, we are overwhelmed with gratitude! I'm sure you may know, but socks are the single most-needed article of clothing in homeless shelters - and they are the least donated items. It truly means so much, especially in unprecedented times like these. Community Housing Network, Inc.*

#### **CHRISTMAS MATCH**

As in years past, this Christmas season a group of donors from our parish offered to match all of our parishioner Christmas donations up to \$20,000. We are so grateful to those whose generous donations made this possible, and to all those who made a special donation this past Christmas to help us meet our \$20,000 match to support the vibrant ministries of our parish.





# ICONOGRAPHY UPDATE: PHASE ONE – EAST AND DOME



## **EXCITING ICONOGRAPHY NEWS!**

To date, we have received shipment on the 4 primary icons on the Iconostasis: Saints Constantine and Helen, Virgin Mary, Christ, and St. John the Baptist; and 8 of the 12 small feast-day icons across the top of the Iconostasis: Annunciation, Nativity of the Lord, Presentation of the Lord, Baptism of the Lord, Jesus in the Temple, Transfiguration, Resurrection of Lazarus, and Palm Sunday.

As of this writing, all of the icons that Saints Constantine and Helen Church has received to date are scheduled to be installed on the Iconostasis by the Sunday of Orthodoxy, March 21<sup>st</sup>. The Sunday of Orthodoxy is the first Sunday of Great Lent. The dominant theme of this Sunday since 843 has been that of the victory of the icons. In that year the iconoclastic controversy, which had raged on and off since 726, was finally laid to rest, and icons and their veneration were restored on the first Sunday in Lent. Ever since, this Sunday has been commemorated as the "Triumph of Orthodoxy."

We are still seeking icon sponsorship and general donations of any amount to complete our fundraising on Phase One: East and Dome. We still need sponsors for the following icons: St. Matthew, St. Gregory the Theologian, St. Cyril of Alexandria, St. Gregory of Nyssa, and St. Iakovos (James).

We are also in need of general donations of any amount to complete our fundraising on Phase One: East and Dome. For those who are interested in sponsoring an icon, please talk to Father Teodor or contact the church office for more information. We are about 92% to completion of our fundraising goal!





# OUR PARISH VASILOPITA – 2021



On Sunday, January 10th, Fr. Teodor cut our parish Vasilopita. Representatives from each of our parish ministries were called up to accept a piece of the traditional New Years bread, with a coin hidden inside. As she has done for many years, Dimitra Serafim baked the large Vasilopita for Saints Constantine and Helen. Congratulations to our Greek School, a joint ministry with Nativity of the Virgin Mary Church; and to parishioner Eleni Bisbikis for receiving the coins and special blessings for the year 2021!





# DELICIOUS FOOD? WHERE THERE'S A WILL, THERE'S A WAY!

No matter the circumstances, it is nearly impossible to visit a Greek household and not be served tasty food! Our determined parishioners, staff, and volunteers have gone out of their way to be sure we are all eating well this Great Lent.

## PHILOPTOCHOS LENTEN MARKETPLACE

Even though we couldn't have our annual Koulouma luncheon on the first day of Lent, our St. Helen Philoptochos members were not discouraged! The ladies (with a little help from Father Teodor!) prepared many traditional Greek Lenten foods, and held a drive-thru and carry-out Lenten Marketplace March 14th and 15th! Γειά στα χέρια σας!



## FRIDAY FISH FRYs

One of our most beloved traditions at the HCC is the Friday night seafood buffets during the Lenten season. But due to the pandemic, our Hellenic Cultural Center has been closed for events since last March. This year the HCC is running carry-out Friday Fish Frys, each Friday evening through April 2<sup>nd</sup>. This introduces the HCC to our neighbors, brings some traffic into the building, generates some revenue for the hall, and gives a little bit of work to our dedicated HCC servers and staff.

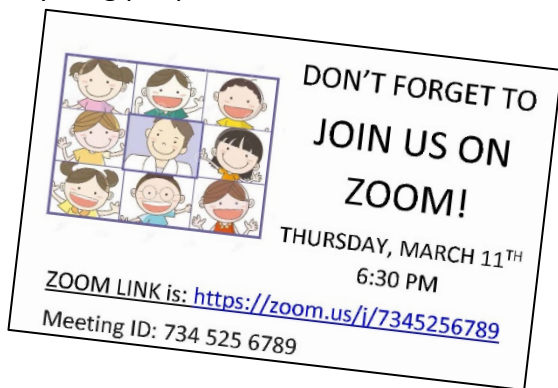




# REACHING OUT

When we can't meet in person, our resourceful parish groups have found ways to stay in touch! Our Mom's Group would normally be spending this time of year planning our annual Feast Day Dinner Dance. This year, our Moms sent a mailing out to offering a smile and a little support to our Moms with a Dance Party playlist, some Lenten recipes, and a bright package of flower seeds.

Our Moms also remembered all of our College students by sending out a care package of goodies and a gift card along with some encouragement for our hard-working young people!



Our Sunday School has been unable to meet in person, and so they have also been sending projects home, and offering Zoom meetings to our young people, where they are able to see each other, and talk with their teachers and Father Teodor about our faith.



## SEATING FOR SERVICES

We are so pleased that church attendance has been increasing! Please be aware that masks and social distancing are still required. There are no exceptions to this. When you attend service, please wait in the Narthex for an usher to seat you according to those in attendance, and be aware that you may not be able to sit in your preferred location. Thank you for your understanding and patience as we look to maintain a safe environment for all our parishioners.

**ΚΑΘΙΣΜΑ ΣΤΟ ΝΑΟ:** Με ιδιαίτερη ευχαρίστηση σας ανακοινώνουμε ότι αυξήθηκε ο αριθμός των πιστών που μπορούν να παρευρεθούν στη Θεία Λειτουργία και τις ακολουθίες. Λάβετε υπόψιν ότι παραμένει υποχρεωτική η χρήση μάσκας και η τήρηση των απαραίτητων κοινωνικών αποστάσεων. Δεν υπάρχουν εξαιρέσεις σε αυτό. Κατά την προσέλευσή σας στο ναό, παρακαλούμε περιμένετε στο νάρθηκα για τον επίτροπο να σας οδηγήσει στο κάθισμά σας ανάλογα με τον αριθμό των παρευρισκομένων. Ενδέχεται να μην μπορείτε να καθίσετε στην προτιμώμενη θέση σας. Σας ευχαριστούμε για την κατανόηση και την υπομονή σας καθώς προσπαθούμε να διατηρήσουμε ένα ασφαλές περιβάλλον για όλους τους ενορίτες μας.

**WE RECOMMEND YOU ARRIVE TO CHURCH ON TIME.** FOR PALM SUNDAY, GOOD FRIDAY EPITAPHIO SERVICE, AND THE SATURDAY ANASTASI SERVICE, IF OUR ATTENDANCE EXCEEDS THE ALLOWED CAPACITY (currently approx. 180 people) A HALL IN THE HELLENIC CULTURAL CENTER WILL BE SET UP FOR OVERFLOW CROWD. THERE WILL BE A LARGE SCREEN SO YOU CAN WATCH THE SERVICE, AND AN USHER WILL BRING THOSE WHO WISH TO TAKE COMMUNION, RECEIVE PALMS, OR PARTICIPATE IN THE FRIDAY PROCESSION TO THE CHURCH AT THE APPROPRIATE TIME.



## Saints Constantine and Helen Greek Orthodox Church

36375 Joy Rd., Westland -- 734.525.6789

# HOLY WEEK SCHEDULE



<b>SATURDAY OF LAZARUS</b> - April 24	<u>MORNING</u>	<b>Matins 9 a.m. Divine Liturgy 10 a.m.</b> <i>Holy Communion is available at this service.</i> Making of Palm Crosses following service
<b>PALM SUNDAY</b> - April 25	<u>MORNING</u>	<b>Matins 9 a.m. Divine Liturgy 10 a.m.</b> <i>Holy Communion is available at this service.</i>
	<u>EVENING</u>	<b>1st Bridegroom (Nymphios) Service 6:30 p.m.</b>
<b>HOLY MONDAY</b> - April 26	<u>EVENING</u>	<b>2nd Bridegroom (Nymphios) Service 6:30 p.m.</b>
<b>HOLY TUESDAY</b> - April 27	<u>EVENING</u>	<b>3rd Bridegroom (Nymphios) Service 6:30 p.m.</b> (Hymn of Kassiane)
<b>HOLY WEDNESDAY</b> – APRIL 28	<u>AFTERNOON</u>	<b>First Holy Unction 4:00 p.m.</b>
	<u>EVENING</u>	<b>2nd Holy Unction 7:00 pm</b>
<b>HOLY THURSDAY</b> – APRIL 29	<u>MORNING</u>	<b>St. Basil's Divine Liturgy 9:30 a.m.</b> <i>Holy Communion is available at this service.</i>
	<u>EVENING</u>	<b>The Reading of the 12 Gospels and the Procession of our Crucified Lord 6:30 p.m.</b>
<b>GOOD FRIDAY</b> – APRIL 30	<u>MORNING</u>	<b>Royal Hours 9:30 a.m.</b>
	<u>AFTERNOON</u>	<b>Decorating the Epitaphios 11:30 am</b>
	<u>EVENING</u>	<b>Apokathelosis 3:30 p.m.</b> (Descent of Christ's Body from the Cross) Memorial Service after Apokathelosis
		<b>Epitaphios Service 6:30 p.m.</b>
<b>HOLY SATURDAY</b> – MAY 1	<u>MORNING</u>	<b>St. Basil's Divine Liturgy 10:00 a.m.</b> <i>Holy Communion is available at this service.</i>
	<u>EVENING</u>	<b>Resurrection Service 11 p.m.</b> , followed by the Divine Liturgy and Anastasi Supper. <i>Holy Communion is available at this service.</i>
<b>EASTER SUNDAY</b> – MAY 2	<u>MORNING</u>	<b>Agape Service 11:00 a.m.</b>

**CHRIST IS RISEN! TRULY HE IS RISEN!**

**ΧΡΙΣΤΟΣ ΑΝΕΣΤΗ! ΑΛΗΘΩΣ ΑΝΕΣΤΗ!**





**C.S. MOTT CHILDREN'S HOSPITAL**  
MICHIGAN MEDICINE



**Put a Teddy Bear in the arms of a child  
when they need a hug the most!**

Your gift of a bear offers reassurance and encouragement, it benefits programs for patients and families at C.S. Mott Children's Hospital.

During the period of Great Lent (3/15/21 – 5/2/21), we will be collecting donations for the "Teddy Bear Fund" of the C.S. Mott Children's Hospital. **When you donate \$15 to pay for a new Teddy Bear, we will place a small paper bear with your name on it in the church entrance.**

**Let's fill the windows with Bear Hugs!**

Donation envelopes will be available in the Church Narthex and Office. Please write your name on the outside of the envelope as you would like it to appear and drop it in the donation box, or mail to the church office.

Checks made payable to: Saints Constantine and Helen Church.

**After Easter Saints Constantine and Helen will donate all the money collected to the Mott Teddy Bear Fund.**



# JOURNEY TO PASCHA 2021

# Kids' Refrigerator Calendar

## SUNDAY OF ORTHODOXY

March 21<sup>st</sup> - 1st Sunday of Lent

Divine Liturgy: 10:00 am

Epistle: Hebrews 11:24-26, 32-40; Gospel: John 1:43-51

Bring an icon to church for the procession.



## ST. GREGORY PALAMAS

March 28<sup>th</sup> - 2nd Sunday of Lent

Divine Liturgy: 10:00 am

Epistle: Hebrews 1:14, 2:1-3; Gospel: Mark 2:1-12



Learn online about monasteries in MOUNT ATHOS, where St. Gregory lived.

## VENERATION OF THE HOLY CROSS

April 4<sup>th</sup> - 3rd Sunday of Lent

Divine Liturgy: 10:00 am

Epistle: Hebrews 4:14-16, 5: 1-6; Gospel: Mark 8:34-9:1

Decorate a cross in your home with flowers, or make a cross and decorate it.

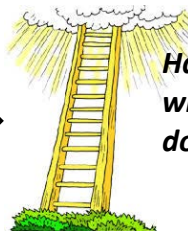


## ST JOHN OF THE LADDER

April 11<sup>th</sup> - 4th Sunday of Lent

Divine Liturgy: 10:00 am

Epistle: Hebrews 6:13-20; Gospel: Mark 9:17-31



Have a family talk about what good things can we do to all get to Heaven.

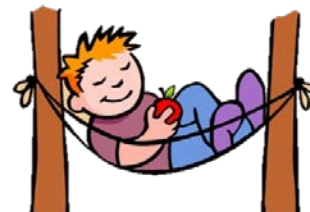
## ST MARY OF EGYPT

April 18<sup>th</sup> - 5th Sunday of Lent

Divine Liturgy: 10:00 am

Epistle: Hebrews 9:11-14; Gospel: Mark 10:32-45

Spend a quiet half hour outside by yourself, listening for the sounds of nature.



## SATURDAY OF LAZARUS

April 24<sup>th</sup> - Divine Liturgy: 10:00 am

Epistle: Hebrews 12:29-29, 13:1-8; Gospel: John 11:1-45



After the morning service, stay and help make crosses for Palm Sunday.

## PALM SUNDAY/HOLY WEEK BEGINS

April 25<sup>th</sup> - Divine Liturgy: 10:00 am

Epistle: Philippians 4:4-9; Gospel: John 12:1 - 18

First Bridegroom Service: 6:30 pm

After church, go home and watch a movie with your family about Jesus' life.



## HOLY WEDNESDAY

April 28<sup>th</sup> - Holy Unction services 4:00pm, 7:00pm

Gospel: John 12:17-50; Gospel: Matthew 26:6-16



Come to church to be anointed with Holy Oil for forgiveness of sins and good health.

## GOOD FRIDAY

April 30<sup>th</sup> Apokathelosis: 3:30 pm

Epitaphios Service: 6:30 pm

Epistle: I Corinthians 5:6-8; Gospel: Matthew: 27:62-66

1. Help Father take Jesus down from the cross (3:30 service)
2. Walk in the funeral procession around the church (6:30 service)



## HOLY SATURDAY

May 1<sup>st</sup> - Divine Liturgy: 10:00 am

Anastasi Service: 11:00 pm

Epistle: Romans 6:3-11; Gospel: Matthew 28:1-20



1. Stay off TV, Internet and Phones today to honor Christ's death.
2. Come to church and light your candle with Father at midnight.

## GREAT AND HOLY PASCHA!

May 1<sup>st</sup> - EASTER SUNDAY

AGAPE Service: 11:00 am

Epistle: Acts of the Apostles 1:1-8; Gospel: John 1:1-17

Learn how to say CHRISTOS ANESTI! (CHRIST IS RISEN!) in a language other than Greek.





**Sts. Constantine and Helen  
Greek Orthodox Church  
36375 Joy Rd.  
Westland, MI 48185**

Rev. Fr. Teodor Petrutiu,  
Parish Priest



Phone: 734-525-6789  
E-mail: stcons2@gmail.com  
Website: www.stcons.org

**"Where there is no vision,  
the people perish"**  
Proverbs 29:18

NON-PROFIT  
ORG.  
U.S.POSTAGE  
**PAID**  
Westland, MI  
PERMIT NO. 113

**OR CURRENT RESIDENT**

## **PARISH MINISTRIES**

### **ALTAR BOYS**

Pete Simakas, 313-350-1111

### **CHOIR**

Maritsa Kalasz, 734-516-8548

### **G.O.Y.A.**

Cathy Brylinski, 734.432.0834

### **GREEK SCHOOL**

Anna Liakou-Hentnik 248.425.2321

### **H.O.P.E. and J.O.Y.**

Frances Marinos, 734.459.7606

### **MEN'S GROUP**

Peter Souchock, 734.558.7843

### **MOMS GROUP**

Corrin Stamatakos, 312.961.8615

### **PARISH COUNCIL**

Dino Lembesis, 586.484.1517

### **PHILOTOCHOS**

Carol Bozadzis, 248.921.5421

### **SUNDAY SCHOOL**

Church Office, 734.525.6789

### **TLC- THURSDAY LUNCH CLUB**

Al Sudia, 734.455.2337

## **SERVICES AND SACRAMENTS**

### **40 Day Blessings**

2/21/21

**ZOE BETA**

Parents: Gloria and Pano Beta

3/3/21

**THEADORA TSOUKALAS**

Parents: Thomas and Anna Tsoukalas

**CONGRATULATIONS!**

### **Funerals**

12/3/20 - **STELLA KAOUNAS**

12/9/21 - **IRENE MELLO**

12/10/20 - **ANGELA (TERZES) SCOTT**

12/18/20 - **HENRY KAYAL**

12/29/20 - **DAISPENA RAPTIS**

1/8/20 - **ILIA MARKO**

1/15/20 - **PETER PAPPAS**

1/25/21 - **MILTON KARFIS**

3/12/21- **JOHN KOTSPOULOS**

2/27/21 - **ANN PAPPAS**

3/16/21 - **SOPHIE ETHANS**

**MAY THEIR MEMORY BE ETERNAL!**