



**405 Huntwood Road
Swansea, Illinois 62226**

Phone: 618-277-0330

Fax: 618-277-1930

Cell Phone: 314-288-8036

papaachilles@gmail.com

www.ssconstantinehelen.org

Fr. Achilles Karathanos
Parish Priest

2023 Parish Council

President: Ezekiel Wolfe

Vice Pres.: Bob Karras

Secretary: John Siampos

Treasurer: David Cassens, Sr.

Karim Asfour, George Siampos, Maria

Skidis, Karon Wolfe

Cover icon by the hand of
Nicholas P. Papas
<http://www.facebook.com/Nick.Papa.Studio>

Table of Contents

Rejoice!	pp. 1-2
The Orthodox Steward	p. 3
OCCM Corner	p. 4
Parish News	p. 5
A Clear Vision of Christ's Resurrection	p. 6
Holy Week Schedule	p. 7
The Life Giving Font	p. 8
Come and See	p. 9
April Calendar	p. 10
Newsletter Sponsors	p. 11
Focus on FOCUS	p. 12

FOR THE LIFE OF THE WORLD

The monthly newsletter of
**Saints Constantine and Helen Greek
Orthodox Church**

Volume XV, Issue 4

April 2023

Rejoice!

By Archimandrite Athanasios
Mitilinaios

On Holy Saturday we commemorate the Bright Resurrection of our Savior Christ.

"Rejoice!" (Matt. 28:1-10)

Rejoice in the Lord always, again I say rejoice. (Philip. 3:1-4)

The anthem of Christianity is joy.

The first word that was heard from the mouth of the Risen Jesus was, "Rejoice!"

It was joy that was spread by the Great Conqueror.

He is the Conqueror of the devil, who had brought about sin and death. The Psalmist sees through the centuries the coming of the Conqueror and reveals with his prophetic eye the dialogue of the Angels who receive in Heaven the Conqueror Christ: "Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. Who is this King of glory? The Lord of hosts, he is the King of glory" (Psalm 23:9-10).

And the Apostle Paul now, rejoices in this event: "Death is swallowed up in victory. O Death,



where is your sting? O Hades, where is your victory? The sting of death is sin, and the strength of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ" (1 Corinthians 15:54-57).

A Christian who has not yet felt the joy that Christ gives, must doubt his Christianity.

And how can one not rejoice when we know that the old accounts of sin have been paid off, that death has been defeated and we will get our bodies back, and that a mighty, eternal and divine

2023 Parish Calendar

continued from page 1

Fri, Jan. 6th	Holy Theophany
Thurs, Feb. 2nd	Presentation of our Lord
Sat, Feb. 18	First Saturday of Souls
Sun, Feb. 26	Forgiveness Sunday/Meatfare
Mon, Feb. 27	Great Lent Begins
Sun, March 12	St. John Chrysostom Oratorical
Saturday, March 25th	Holy Annunciation
Sat, April 8th	Lazarus Saturday/Church Clean/Cross making
Sun, April 17th	Palm Sunday
Sun, April 16th	Holy Pascha
Sun, May 7	Spring Parish Assembly
Sun, May 21st	Sts. Constantine & Helen
Thurs, May 25	Holy Ascension
Thurs, June 3	Saturday of Souls
Sun, June 4th	Holy Pentecost
Thurs, June 29th	Sts. Peter and Paul
San, Aug. 6th	Holy Transfiguration
Tues, Aug. 15th	Dormition of the Theotokos
Thurs, Sept. 14	Elevation of the Holy Cross
Sun, Oct. 29th	Fall General Assembly
Sun, Nov. 12th	Parish Council Elections
Sun, Nov. 19th	Stewardship Sunday
Mon., Dec. 25th	Holy Nativity of our Lord

Kingdom has been prepared for mankind?

"Let no one bewail," cries Chrysostom, "the common kingdom has been revealed. Let no one weep for their iniquities, for forgiveness has shown forth from the tomb. Let no one fear death, for the Savior's death has set us free... Christ is risen, and not one dead remains in the grave. For Christ, being risen from the dead, has become the first fruits of those who have fallen asleep."

And the poet, with comfort, sings: "... Stone slabs that stood heavy, in the tombs and in the hearts, my Christ broke."

Christ is Risen! "Rejoice!"

Doxastikon of the Resurrection

It is the day of Resurrection; let us be radiant for the festival, and let us embrace one another. Let us say, O brethren, even to those that hate us: Let us forgive all things on the Resurrection; and thus let us cry: Christ is risen from the dead, by death He has trampled down death, and on those in the tombs He has bestowed life.

Source: Translated by John Sanidopoulos.

St. Porphyrios and the Joy Of The Resurrection

The following story was told by the cardiologist of Elder Porphyrios, Dr. George Papazahos, when he visited the Elder in his cell one Bright Tuesday following Pascha.

I went to see him as a doctor. After the cardiological examination and the usual cardiogram, he asked that I not leave.

I sat on the stool near his bed. His face was shining with joy. He asked me:

"Do you know the hymn which says, 'Let us celebrate the death of death...?'"

"Yes Elder, I know it."

"Say it."

I began to say it quickly. "Let us celebrate the death of death, the destruction of hades, the beginning of eternal life. And leaping for joy, we celebrate the Cause, the only blessed and most glorious God of our fathers."

"Did you understand it?"

"Of course I understood." I thought he was asking me about its interpretation.

He made a sudden movement with his hand and told me:

"You understood nothing, George my man! You said it like a hurried chanter. Listen to what fearful things this hymn says: Christ by His Resurrection did not cross us over a lake, over a crack in the earth, over a canal, over a river like the Red Sea. He brought us over an abyss, of which it was impossible for man to cross alone. For centuries we awaited this Pascha, for this passage. Christ brought us from death to life. This is why today we 'celebrate the death of death, the destruction of hades'. Death is lost. Do you understand?"

Continued on p.9

THE ORTHODOX STEWARD
PASCHAL JOY



Through Holy Communion, we are drawn out of ourselves and embrace the mission of our parish. We carry the fire of God's love within us with the power to renew all things. When we understand the true meaning of the Holy Eucharist, we bridge the gap between liturgy and life, between the love of Jesus on the cross and our daily lives, between our beautiful theology and practical stewardship. As Eucharistic Orthodox Christians, we see the world as God's gift. We offer the world back to God in thanksgiving with the words, "Thine own of Thine own we offer to Thee...."

In Holy Communion we receive "in the flesh" the Paschal Blessing and reality in real time. The Orthodox Steward (the Orthodox Christian – the Christian) receives the very life that our Lord and God and Savior gives by conquering death by death. In this blessed Mystery, the Christian receives life for now and for all eternity in and with thanksgiving as he or she expresses that Eucharistic Joy being joined to 'Christ and to the community of believers in this singular and simple activity of inexpressible joy and gratitude.

Our Stewardship of all that we have been given is expressed in our regular participation in the 'divine Liturgy and in our reception of the very Body and Blood of Christ our God throughout the year, to be sure. But we are driven from the depth of hearts to express that Thanksgiving on Pascha! All Orthodox should make it their mission to be present and participate in the joyous Eucharistic celebration of Blessed and Holy Pascha.

As we give thanks and lift our voices in the hearty refrains handed down through the ages, we also surround the whole world and all peoples with prayer for their redemption and for their salvation.

*Christ is risen from the dead,
By death trampling down upon death
And to those in the graves, bestowing life!*

Glory to God in All Things!



In May of 2025 our beloved Parish will be celebrating her Centennial!

We are looking for a few talented men and women who can help us plan for a formal dinner celebration and with a commemorative album.

If you would like to help in any of the following areas, please contact George Skidis, our Centennial Chairman, at: 618-520-8999 / george.skidis@gmail.com

Or Fr. Achilles: 314-288-8036 papaachilles@gmail.com

1. Event location and decoration
2. Meal & Dessert
3. Entertainment
5. Sponsorship committee
6. Website team
7. Graphic Art

Thank you!



Mission Team
St. Louis

The Orthodox Mission Team of St. Louis works to nurture an awareness within our local churches of the need to evangelize, catechize, and support missionary efforts and programs globally.



Greetings from Fiji!

The last nine months we jokingly call “mission bootcamp” because we have had so much to learn in such a little time. The cultural and personal challenges have been more than we expected, but along with the difficulties have come huge blessings. The overarching lesson is the need to keep a level head when stressed or when things seem to be more hectic than we’re used to, and before doing anything, to pray.

Our mission director, Archimandrite Meletios, reminds us every time we start to feel overwhelmed: “Keep your peace, keep your peace.”• If we allow stress, anxiety or anger to influence our decision making - especially in difficult situations - we are not really helping others. In fact we will more likely contribute to the unrest.

It is easy to get caught in the cycle of responding to emergencies with brute force and adrenaline - at home in the States that seems to work. But here (and everywhere, really), the only solution that works consistently is to keep our peace, pray, and watch God intervene with solutions we never could have imagined.

It is really a different way of approaching life - an ecclesiastical way - in which we do everything according to the knowledge and experience of the Church first, and then we rely on our practical knowledge and experience to carry out our work. We are trying to establish the habit of making prayer our first response to each and every issue presented to us, and the more we do it the more peace enters into our community.

Our attention thus far has centered on the needs of the St. Tabitha Children’s Home and the parish of the Sacred Church of the Holy Trinity where we live. Thankfully, other full-time volunteers have begun to arrive and are finding their places within the mission here, and their presence alone is a great comfort to us, as well as the relief that comes from having others take on some of the duties which have been challenging for us. It also frees us up to consider whether we might be able to assist with the many needs of the other mission sites in the South Pacific, including completion of the Church of St. George in Tonga, which Michael has already worked on.

Please pray that God would send the needed people and resources to further His Apostolic Ministry in the South Pacific. There are so many needs:

- Completion of the Church of St. George in the Kingdom of Tonga
- Initiating the building of a mission center and chapel on a piece of land already owned by the Apostolic Mission in Samoa
- Building a proper church for the parish on the second island of Fiji; the tiny home chapel is bursting
- Administration and educational needs at the St. Tabitha Children’s Home
- Construction projects connected with the mission headquarters on the big island of Fiji
- The growing mission field in New Zealand is in need of catechists, chanters, administrative help for the archbishop, and monastics to serve in the Monastery of the Holy Archangels
- As our Lord said, “The harvest truly is plenteous, but the laborers are few.” (Matt. 9:38)

We are continually thankful for your prayers and support of us and the Apostolic Ministry in Oceania!
With love in Christ, Michael & Meghan Jones, Catherine (10), Anastasia (8), Cecelia (7) and Elliot (4)



The Church of St. George in the Kingdom of Tonga

As always, please feel free to contact Rosie Hartley, 618-447-9688, if you have any questions, would like to be part of the Mission Team St. Louis, or if you would like to help our missionaries.

Community Pascha Picnic

All Welcome!

When: 2 :30 pm Pascha Sunday,
April 16th (after Agape Vespers)

Where: The Karathanos'
Home:
33 Bluff Dr, Belleville, IL
62223 (314) 288-8037



Why: To come together in fellowship, enjoy good food, and the great joy of our Lord's Resurrection!

What Should I Bring?

Lamb will be provided. Please bring the following side dish according to the first letter of your last name:

A-G: Dessert

H-L: Side Dish (meat, vegetable, or starch)

M-R: Salad

S--Z: Drinks

Do I need to RSVP?

Yes! Please give Fr. Achilles an estimated number by Sunday, April 9th so we can plan accordingly: papaachilles@gmail.com

Having beheld the Resurrection of Christ, let us worship the holy Lord Jesus, the only sinless one. Your Cross, O Christ, we venerate, and Your holy Resurrection we praise and glorify. For You are our God; apart from You we know no other; we call upon Your name. Come, all faithful, let us venerate the holy Resurrection of Christ; for behold, through the Cross, joy has come to the whole world. Ever blessing the Lord, let us praise His Resurrection; for having endured the Cross for us, He destroyed death by death.

Christ is Risen!
Blessed and Holy Pascha!

Holy Sacraments And Services

Memorials and Trisagia

- ◆ Sun, March 12th--40 Days, Constantine Mantzopoulos
- ◆ Sun, March 19th--13 Years, Christopher Asfour
- ◆ Sun, March 26th--40 Days:
 - ◆ John Demos
 - ◆ Soultana Burrell
 - ◆ Constantine Sharos

May their memory be eternal!

A Clear Vision of Christ's Resurrection



By St. Symeon the New Theologian

Most men believe in the resurrection of Christ, but very few have a clear vision of it. ...That most sacred formula which is daily on our lips does not say, "Having believed in Christ's resurrection," but, "Having beheld Christ's resurrection, let us worship the Holy Lord Jesus, who alone is without sin." How then does the Holy Spirit urge us to say, "Having beheld Christ's resurrection," which we have not seen as though we had seen it, when Christ has risen once for all a thousand years ago, and even then without anybody's seeing it?

Surely Holy Scripture does not wish us to lie? Far from it! Rather, it urges us to speak the truth, that the resurrection of Christ takes

place in each of us who believes, and that not once, but every hour, so to speak, when Christ the Master arises in us, resplendent in array and flashing with the lightnings of incorruption and Deity. For the light-bringing coming of the Spirit shows forth to us, as in early morning, the Master's resurrection, or, rather, it grants us to see the Risen One Himself. Therefore we say, "The Lord is God, and He has given us light" (Ps. 118:27), and we allude to His second Coming and add these words, "Blessed is He that cometh in the Name of the Lord" (Ps. 118:26).

Those to whom Christ has given light as He has risen, to them He has appeared spiritually, He has been shown to their spiritual eyes. When this happens to us through the Spirit He raises us up from the dead and gives us life. He grants us to see Him, who is immortal and

indestructible. More than that, He grants clearly to know Him who raises us up (Eph. 2:6) and glorifies us (Rom. 8:17) with Himself, as all the divine Scripture testifies.

These, then, are the divine mysteries of Christians. This is the hidden power of our faith, which unbelievers, or those who believe with difficulty, or rather believe in part, do not see nor are able at all to see.



Holy Week + 2023 +

Lazarus Saturday, April 8th

9 am Orthros and Divine Liturgy
Pot luck Lunch and making the Palm Crosses
Church Deep Clean—Please lend a hand!
5 pm Saturday Vespers

Palm Sunday, April 9th

8:45 am Orthros and Divine Liturgy
Traditional Plaki Luncheon
5:30 pm Bridegroom Matins, Confessions

Holy Monday, April 10th

9:30 am Presanctified Liturgy at Nativity of the Virgin Mary, Madison, IL
6:30 pm Bridegroom Matins, Confessions

Holy Tuesday, April 11th

9:30 am Presanctified Divine Liturgy at the Assumption Greek Orthodox Church
6:30 pm Bridegroom Matins, Confessions

Holy Wednesday, April 12th

9:00 am 9th Hour, **9:30 am** Presanctified Divine Liturgy at Our Parish
4:00 pm Holy Unction
6:30 Matins of the Mystical Supper,
Anointing of Holy Oil

Holy Thursday, April 13th

10 am Vespersal Divine Liturgy (**Institution of the Mystical Supper**)
6:00 pm Orthros (Twelve Passion Gospels)

Great and Holy Friday, April 14th

10 am Great and Royal Hours/Adorning the Kouvouklion
3 pm Apokathilosis/Unnailing Vespers
6:30 pm Matins with Lamentations

Great and Holy Saturday, April 15th

10 am Vespersal Divine Liturgy of the “First Resurrection”
9:00 pm Reading of the Book of Acts
10:30 pm Vigil, Resurrection Orthros,
HOLY PASCHA~ Christ is Risen!

Great and Holy Pascha—The Resurrection of our Lord and Savior, Jesus Christ, Sunday, April 16th

12:00 pm Agape Vespers
1:00 pm Egg Hunt
2:30 pm Paschal Meal, Karathanos Home
33 Bluff Dr, Belleville, IL / rsvp required

Bright Friday--The Life-Giving Font of the Mother of God

Today we commemorate the Life-Giving Fountain of the Most Holy Theotokos.

There once was a beautiful church in Constantinople dedicated to the Mother of God, which had been built in the fifth century by the holy Emperor Leo the Great (January 20) in the Seven Towers district.

Before becoming emperor, Leo was walking in a wooded area where he met a blind man who was thirsty and asked Leo to help him find water. Though he agreed to search for water, he was unable to find any. Suddenly, he heard a voice telling him that there was water nearby. He looked again, but still could not find the water. Then he heard the voice saying

“Emperor Leo, go into the deepest part of the woods, and you will find water there. Take some of the cloudy water in your hands and give it to the blind man to drink. Then take the clay and put it on his eyes. Then you shall know who I am.” Leo obeyed these instructions, and the blind man regained his sight. Later, Saint Leo became emperor, just as the Theotokos had prophesied.

Leo built a church over the site at his own expense, and the water continued to work miraculous cures. Therefore, it was called “The Life-Giving Fountain.”

After the Fall of Constantinople in 1453, the church was torn down by the Moslems, and the stones were used to build a mosque. Only a small chapel remained at the site of the church. Twenty-five steps led



down into the chapel, which had a window in the roof to let the light in. The holy Fountain was still there, surrounded by a railing.

After the Greek Revolution in 1821, even this little chapel was destroyed and the Fountain was buried under the rubble. Christians later obtained permission to rebuild the chapel, and work began in July of 1833. While workmen were clearing the ground, they uncovered the foundations of the earlier church. The Sultan allowed them to build not just a chapel, but a new and beautiful church on the foundations of the old one.

Construction began on September 14, 1833, and was completed on December 30, 1834. Patriarch Constantine II consecrated the church on February 2, 1835, dedicating it to the Most Holy Theotokos.

The Turks desecrated and destroyed the church again on September 6, 1955. A smaller church now stands on the site, and the waters of the Life-Giving Fountain continue to work miracles.

There is also a Life-Giving Fountain Icon of the Most Holy Theotokos which is commemorated on April 4.

[Www.oca.org](http://www.oca.org)

All are invited to join the Bright Friday Matins and Divine Liturgy in honor of our Theotokos of the Life-Giving Font at the Assumption Greek Orthodox Church:

Bright Friday, April 21st~
9am Paschal Matins
10am Divine Liturgy

Come and See Christ is in our midst

Not too long ago, a customer and I were talking about sharpening turning tools. Now, I've been turning for decades –and he was getting started. When you are woodturning, you are sharpening tools, and often, and I do mean often. In our discussion, however, the customer kept saying “I just can't sharpen tools. I just can't!” Problem: if he's already determined that he can't, and actually won't sharpen, I can't teach him!

Ezekiel, what's this got to do with Church?!!

Over the years, in my “former life” and now, I hear essentially the same sentiment, but not about tool sharpening. “We (as a parish) are dying!” “We CAN'T do (you fill in the blank) because we are poor (or small or you fill in the blank.”

Brothers and sisters, at that point, we've met the enemy, and much as we do not want to confess, *the enemy is us!* And all too often we then hear “we've got to get members” and the reason, although we may not say it, is survival or paying the bills, or, well, you get it. Underlying concern is driven by fear that we can't do it and we need to get someone who can. The fact that we're ignoring is the fact that the source of our life in this community is our Lord and God and Savior, Jesus Christ. The Fact is that we've been called and gathered in this place by our Father in heaven, empowered by the Holy and Life-giving Spirit. As natural as it is to say, “We're dying” It often means that our eyes are focused everywhere

but on the Blessed and Holy Trinity.

We indeed *are dying* by the way. In Baptism. In Christ. As we die in Him, we are resurrected to life. And as we live lives in Him, giving and announcing the life that is ours in Him we live, not just now but for all eternity. It is time to quit the nay saying and rejoice is the life-giving Word made flesh, Jesus!

Our community is not dying! So, let us join together during that glorious Paschal season and give glory to God! Let's support our community, drawn together in Christ with sacrificial and generous financial support, with involvement in the various ministries of the parish, in our gathering together in the temple, where we are in real time joined through the Holy Mysteries in the Body of Christ!

We can do it! We can! We can as we remember that Christ is in our midst, and He will be forever. And through our lived faith, through our joyous invitations, those around will indeed *Come and See that Christ is in our midst now and forever and to all eternity!*

***Christ is Risen!
He is risen Indeed!***

Ezekiel

Continued from p. 2

Today we celebrate 'the beginning of eternal life', a life near Him."

He spoke with enthusiasm and conviction. He was moved. He paused for a moment then continued more loudly:

"Now chaos, death, and hades do not exist. Now there is all joy, thanks to the Resurrection of our Christ. Together with Him human nature was resurrected. Now we can be resurrected and live eternally near Him. What happiness is in the Resurrection! 'And leaping for joy, we celebrate the Cause.' Have you ever seen the little goats now in the Spring who jump on the grass? They eat a little from their mother and begin to jump again? This is what it means to leap - to jump. This is how we should also jump for unspeakable joy at the Resurrection of our Lord and our own."

He stopped speaking again. I breathed in a joyous atmosphere. He continued:

"Can I give you some advice? In your every sorrow, in your every failure, concentrate for a moment within yourself and say this hymn slowly-slowly. You will see that the greatest thing in your life - and in the life of the whole world - happened. The Resurrection of Christ, our salvation. And you will realize that everything that is upside down which is occurring will seem to you very small to spoil your mood."

He squeezed my hand saying:

"I pray that you leap for joy, looking at the chaos behind you from which the Risen Christ crossed you over, 'the only blessed of our fathers'. Chant now 'Christ is Risen!'"

My postscript: Truly, He is Risen!

+ George Papazahos, Professor of Cardiology

Source: Translated by John Sanidopoulos

STS. CONSTANTINE & HELEN GREEK ORTHODOX CHURCH









Wine and Oil

Fish Allowed



April 2023

405 Huntwood Road • Swansea, IL 62226 * www.ssconstantinehelen.org
 Phone: 618-277-0330 • Fax: 618-277-1930
 E-mail: papachilles@gmail.com
 Fr. Achilles Karathanos, Parish Priest

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2 St. Mary of Egypt Sunday 8:45am Matins 10am Divine Liturgy</p> <p>5pm Pan-Orthodox Vespers, Lenten Supper (here)</p> 			<p>Shaded is fasting.</p>			<p>1 St. Mary of Egypt</p> <p>5pm Great Vespers, Holy Confession</p> 
<p>3</p> <p>9 Palm Sunday 8:45am Matins 10am Divine Liturgy Fish Luncheon</p> <p>5:30pm Bridegroom Matins</p> 	<p>4</p>	<p>11 Holy Tuesday 9am 9th Hour; 9:30am Presanctified Liturgy at the Assumption GOC</p> <p>6:30pm Bridegroom Matins</p>	<p>5 No services</p>	<p>6</p>	<p>7</p> <p>6pm Small Compline with Canon of St. Lazaros; Lenten Potluck; viewing of "To Fos"</p>	<p>8 Lazaros Saturday 9am Matins, Divine Liturgy; 12pm Lenten Potluck, Palm Cross making; Church deep clean</p> <p>5pm Great Vespers, Holy Confession</p>
<p>9 Palm Sunday 8:45am Matins 10am Divine Liturgy Fish Luncheon</p> <p>5:30pm Bridegroom Matins</p> 	<p>10 Holy Monday 9:30am Presanctified Liturgy, Nativity of the Virgin Mary, Madison IL</p> <p>6:30pm Bridegroom Matins</p>	<p>11 Holy Tuesday 9am 9th Hour; 9:30am Presanctified Liturgy at the Assumption GOC</p> <p>6:30pm Bridegroom Matins</p>	<p>12 Holy Wednesday 9am 9th Hour; 9:30am Presanctified Liturgy (Here)</p> <p>4pm Holy Unction 6:30pm Bridegroom Matins, Anointing with Holy Oil</p>	<p>13 Holy Thurs 10am Vespers Liturgy--Institution of the Mystical Supper</p> <p>6pm Matins of the 12 Passion Gospels</p> 	<p>14 Holy Friday 10am Great and Royal Hours 3pm Unnailing Vespers</p> <p>6:30pm Matins and Lamentations</p>	<p>15 Holy Saturday 10am First Resurrection Vespers Divine Liturgy</p> <p>9pm Reading of Acts</p> <p>10:30pm Vigil of Holy Pascha Christ is Risen!</p>
<p>16 Great and Holy Pascha 12pm Agape Vespers 1pm Egg Hunt 2:30 pm Paschal picnic</p>	<p>17 Bright Monday 9am Matins; 10am Divine Liturgy at Nativity of the Virgin, Madison, IL</p>	<p>18 Bright Tuesday 9am Matins; 10am Divine Liturgy at St. Michael the Archangel, St. Louis, MO</p>	<p>19 Bright Wednesday 9am Matins; 10am Divine Liturgy at Sts. Constantine and Helen (here)</p> 	<p>20 Bright Thursday 9am Matins; 10am Divine Liturgy at Nativity of the Virgin, Madison, IL</p>	<p>21 Bright Friday-Theotokos of the Life-giving Spring 9am Matins; 10am Divine Liturgy at the Assumption GOC</p>	<p>22 Bright Saturday 9am Matins; 10am Divine Liturgy at Nativity of the Virgin, Madison, IL</p> <p>5pm Great Vespers, Holy Confession</p>
<p>23 St. Thomas Sunday, St. George 8:45am Matins 10am Divine Liturgy</p> <p>30 Sunday of the Myrrh Bearing Women 8:45am Matins 10am Divine Liturgy</p>	<p>24 St. Elizabeth the Wonderworker</p>	<p>25 St. Mark the Apostle and Evangelist</p>	<p>26 5:30pm Vespers</p> 	<p>27</p>	<p>28</p> 	<p>29 5pm Great Vespers, Holy Confession</p>

In Loving Memory
of Paul (Joseph) Wilbanks

May his memory be eternal,
And blessed Paradise!

Lawns for Less

Jim Sharos

618-530-7463



GUS QUALITY BRICK LAYING

SHAROS MASONRY

618-345-2609
618-530-8302



Memory Eternal,
And Καλό Παράδεισο
Demetrius,
From your Family

KASSLY MORTUARY LTD.

Family Owned and Operated Since 1906
Charles & James Kassly
Fairview Heights, 618-398-1122
www.kasslyfuneral.com

MIKES AUTOMOTIVE

Complete Automotive Service
Tires * Engine Rebuilding and Installation
Machine Shop Service

3 Locations:

Pete

618-345-0611

1150 St. Louis
Rd
Collinsville, IL
62234



**MIKE'S
AUTOMOTIVE**

George

618-476-7490

25 Commercial
St.
Millstadt, IL
62260

Angelo

314-638-2710
7835 Ivory
St. Louis, MO 63111

Guaranteed, amateur plumbing,

with less than 3 ½ trips to the hardware store.

Pay only parts, and donate to:

Sts. Constantine and Helen,

405 Huntwood Road, Swansea, IL 62226

Your plumber: John Siampos. (618) 823 1970

To
Sponsor our Monthly Newsletter @

\$30 / month

\$300 year / small

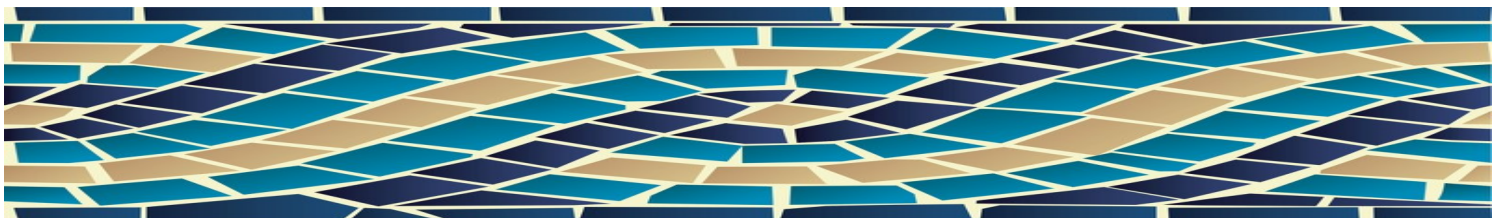
\$500 year / large

Please contact the Church Office:

618-277-0330

contact@ssconstantinehelen.org

Thank you!



**Return
Service
Requested**



OUR MISSION

AS AN EXPRESSION OF CHRIST'S LOVE,

FOCUS exists to serve the poor by bringing together Orthodox Christian churches and community partners to provide Food, Occupation, Clothing, Understanding, and Shelter and other assistance to address the needs of local communities.

For the Month of **APRIL** Our Parish will continue to collect:

- Canned tuna 5 oz (**Moderate Need**)
- Canned beef stew 15 oz (**VERY High Need**)
- Chili with beans 15 oz (**VERY High Need**)
- Chef Boyardee products 15 oz (**VERY High Need**)
- Spam 12 oz (**VERY High Need**)
- Canned Ham 16 oz (**VERY High Need**)