



**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

Exaltation of the Holy Cross	pp. 1-2
The Orthodox Steward	p. 3
OCCM Corner	p. 4
Parish Picnic	p. 5
Sister Vassa Presentation.....	p. 6
St. Theodora of Alexandria.....	p. 7
On the Nativity of the Theotokos.....	p. 8
Come and See	p. 9
October 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 9

September 2023

On the Exaltation of the Cross of the Lord

By St. Luke, Archbishop of Simferopol and All Crimea
(Delivered on September 14/27, 1954)

The Cross of Christ is the great banner of our salvation, and the everlasting memory of it is most important for us. But the worries of life overwhelm us, and we easily forget about this most important thing. The Lord Jesus Christ perfectly knew the human heart, knew that it needed frequent reminders of the most important things, and He wisely took care that the instrument of our salvation, the Cross on which He gave His life for the sins of the world, was not forgotten amidst worldly fuss. His enemies, the Jewish high priests and scribes, who wanted to blot out the memory of Him, took down three crosses on Golgotha and buried them deep in the ground, covering them with a lot of earth. They did not know that it was inspired by the Lord Jesus Christ Himself.

And the Roman emperor Hadrian, not knowing anything about the buried crosses, ordered to build a temple on this place to the pagan goddess Aphrodite and by this quite reliably hid the Cross of Christ for three centuries.

When the terrible persecution of the Roman emperors against Christians ended, and the great Equal-to-the-Apostles Emperor Constantine put an end to paganism in the entire Roman Empire, then our Lord Jesus



Christ put into the heart of Equal-to-the-Apostles Helen, his mother, the thought of finding His Cross and revealing it to the world.

By her order, the temple of Aphrodite was destroyed, the earth dug deep under it, and three identical crosses were found. Patriarch Makarios of Jerusalem ordered to stop the funeral procession passing by and lay three crosses on the deceased. By the resurrection of the dead, Christ God indicated His Cross. In front of a huge crowd of people, the Patriarch, who stood on an elevated place, elevated the Cross of Christ and lowered it when his hands weakened, and the people who gathered in multitudes ceaselessly sang with joy and trembling: "Lord have mercy! Lord have mercy! Lord have mercy!"

continued on page 2

2023 Parish Calendar

continued from page 1

San, Aug. 6th	Holy Transfiguration
Tues, Aug. 15th	Dormition of the Theotokos
Fri, Sept. 8	Nativity of the Theotokos
Thurs, Sept. 14	Elevation of the Holy Cross
Sun, Oct. 8th	Fall Parish Picnic
Sun, Oct. 22nd	Fall General Assembly
Sun, Nov. 12th	Parish Council Elections
Sun, Nov. 19th	Stewardship Sunday
Mon., Dec. 25th	Holy Nativity of our Lord

Holy Sacraments And Services

Memorials and Trisagia

◆ Sunday Oct. 15th, 2023

- ◆ Olga Sharos, 5 Years
- ◆ Peter Sharos, 50 Years
- ◆ William Sharos, 40 Years
- ◆ Margaret Sharos, 30 Years
- ◆ Sherry Sharos, 8 Years

May their memory be eternal!

Thus, the Lord Jesus Christ Himself for the first time reminded the world of His Honorable Cross. And since then, for sixteen and a half centuries, the Holy Church on this great feast reminds us of the Cross of the Lord by exalting it on all sides at the all-night vigil.

And twice a year, on the Sunday of the Veneration of the Honorable Cross and on the first of August, as well as on the feast of the origin of the honorable tree of the Cross of the Lord, the Holy Church recalls the Cross by bringing it from the altar to the people and venerating it three times with universal singing: "We venerate Your Cross, Master, and your holy Resurrection we glorify."

Oh, how important is this threefold reminder of the cross of Christ! How easy it would be to forget about it without these reminders! For it is only about our bodily needs and earthly blessings that we never forget, but about the most important thing - about the indelible mark of the Cross of Christ on our hearts - we remember incomparably less, and the less we remember, the more we are busy with earthly affairs.

Therefore, weak and average Christians who do not set themselves the goal of their lives to become friends of Christ through the constant fulfillment of His commandments need more frequent reminders of the Cross of Christ. There are many such people in the small flock of Christ.

But there are others in this flock who, together with the apostle Paul, can say: "The world has been crucified to me by the Cross, and I to the world" (Gal. 6:14).

The Cross made such an amazing and indelible impression on them that they forever forgot about the world, about its lusts and charms. Blessed are these great men who have become friends of Christ. They do not need to be reminded of the Cross of Christ,

Save, O Lord, Your people and bless Your inheritance, granting victory to the faithful over the enemy, and by Your Cross protecting Your commonwealth.

Troparion of the Holy Cross

for they never forget it.

But there are countless people who also do not need to be reminded of the Cross of Christ, because they do not believe in the Lord Jesus Christ and are completely indifferent to the great Christian relic - the Cross of the Lord - or even hate and trample on it, since Christ prevents them from going their own way.

And you, servants of God, do not be ashamed by the increase in unbelief, for the Lord and our God Jesus Christ spoke about it in His terrible prophetic word: "When the Son of Man comes, will he find faith on earth?"

Take comfort in His other great prophecy that even the gates of hell will not prevail against His Church.

With a good and pure life, constant prayer and, above all, the fulfillment of the commandments of Christ, become closer and closer to Him. And then the radiant Cross of Christ will be indelibly inscribed on your hearts. May this be with you all by the grace and mercy of our great God and Savior, our Lord Jesus Christ, to Him be glory and power with His Beginningless Father and the Most Holy Spirit forever and ever. Amen.

Source: Translated by John Sanidopoulos.

THE ORTHODOX STEWARD TREASURES IN HEAVEN

The Church is the Body of Christ on earth and carries on His ministry in the world today. Giving to the Church is an opportunity to examine our priorities and values, to express our thankfulness, to give of ourselves and to grow in grace.

Together, we accomplish many things as we pool our time, our talents and treasures, living in the light and life that is ours in Christ. These things give “flesh” to the faith. We see that at Sts. Constantine & Helen just in the last months through a number of projects accomplished through generous gifts and efforts. Our Endowment Fund has provided scholarships as Catherine Mitchell wanted, and her generous bequest continues to benefit our community. Our Altar and Solea were completed and paid for by other generous donors. Currently we are working on painting and a parking lot, all “here and now.”

We give thanks to God for His Life-giving blessings through our work and through financial support. This is what Jesus meant as He spoke of treasures in heaven. Investments here and now have eternal consequence as His Light and Life bring others into Eternal Life and Salvation.

But all of this continues as we think of what can be done when we rest from labors. We have witnessed this in our life together, Catherine Mitchell’s fund being a recent example. Ultimately, her actions support the ministry now, but in the end are part of “laying up treasures in heaven.”

Through a charitable gift, you can have a significant positive effect on the ministries of the Church and those people whose lives are changed because of them. The impact of your gift will be felt for years and generations to come.

A charitable gift may also give you substantial current tax benefits as well as estate tax benefits.

A number of options are listed below. A brochure on planned giving is available in the Narthex, and Ezekiel Wolfe has information that may help you as you consider these options. Pursue these options under the guidance of your financial advisor for proper legal information.

Consider making a gift in one of the following ways:

- **Bequest**
- **Matching Gift**
- **Gift of Cash**
- **Gift of Securities**
- **Gift of Life Insurance**
- **Gift of Real Estate**
- **Qualified Retirement Plans**
- **Charitable Gift Annuity**
- **Deferred Gift Annuity**
- **Charitable Lead Trust**
- **Charitable Remainder Trust**

FOCUS COMMUNITY MEAL

One of the most important things we do as a Church community is to serve others!



We would love to have you join us in serving the FOCUS community meal at St. Michael the Archangel Orthodox Church on

Sunday, October 22nd

From 3:30 to 5:30 pm

We need 12-15 volunteers!

If you can join, please Rsvp to Didi Kafka at:

jerseychief@charter.net

Thank you.



MISSIONS

When

November 5, 2023

5 pm - Vespers

6:15 pm - Dinner & Presentation

Where

St. Nicholas

Greek Orthodox Church

4967 Forest Park Ave.

St. Louis MO 63108

SPEAKER

Rev. Fr. Paul Patitsas, former long term missionary to Oceania

“Making Disciples of All Nations”

Learn about the progress and challenges of Orthodoxy in Oceania. Proceeds will support OCMC missionary work in Fiji, Tonga, Samoa and New Zealand.

<https://www.ocmc.org/MissionTeamStLouis>

Register now!



TICKETS

\$40 ADULTS

\$20 STUDENTS



Please visit the web address or mail your check to:

OCMC Benefit Dinner

c/o Registration

5243 Creighton Dr.

St. Louis, MO 63123

For additional information call

571-276-6541 or email:

missionteamstl@gmail.com

Mail the completed form with payment by Oct 15, 2023!

BENEFITING

Through its many ministries, OCMC has shared the love of Christ offering a living witness of the Orthodox Christian Faith in more than 30 countries around the world.

EVENT SPONSORSHIPS AVAILABLE

___ DEFENDER (\$1,000 +)

___ GUARDIAN (\$500)

___ MENTOR (\$250)

___ MISSIONARY (\$100)

___ DISCIPLE (UP TO \$99)

ALL CONTRIBUTIONS ARE TAX DEDUCTIBLE

**** SPECIAL DIETS:**

VEGETARIAN MEAL(S) _____

GLUTEN FREE MEAL(S) _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

Reserve ___ adult seats x \$40 and ___ student x \$20. Enclosed is a check payable to OCMC (write STL DINNER in memo) in the amount of \$_____, which includes a donation of \$_____.

I cannot attend but enclosed is my check payable to OCMC (write STL DINNER in memo) in the amount of \$_____ as my donation to missions. (Indicate sponsorship level if desired)

***Ready for some family fun
and fellowship? Join us
for a Fall Parish
Cookout!***

***Sunday, October 8th,
Noon to 3pm***

***Where: Schranz Memorial Park, Pavilion #1,
Swansea (just down the street from Church)***

The Parish will be providing and grilling all meats!



Please RSVP here by Oct. 1st, and indicate what side you can bring. We are estimating 50 to 60 people:

[https://www.signupgenius.com/
go/5080B4FA8AF2DA7FB6-
parish](https://www.signupgenius.com/go/5080B4FA8AF2DA7FB6-parish)

If your last Name starts with:

A to F: Bring a Salad!

G to L: Bring Drinks!

M to S: Bring a Dessert!

T to Z: Bring a Side Dish!

*** There is a large playground next to the Pavilion. Feel free to bring outdoor games like Washers, frisbee, etc., and a lawn chair or two.**

See you there!

**Sunday, October 29th
at 1:00 pm**

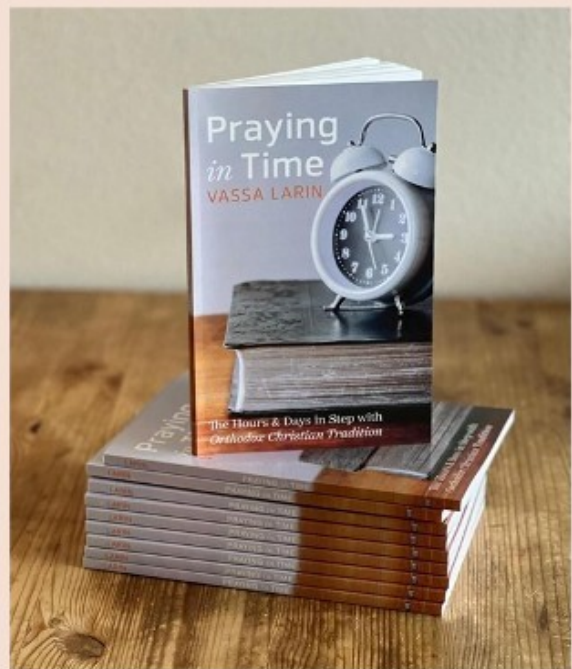


Come meet Sister Vassa Larin, PhD, an Orthodox Christian nun, liturgical scholar, author, and host of the online catechetical program “Coffee with Sister Vassa”. Combining engaging theological explanations with practical prayer tips, Sister Vassa offers a simple and flexible way of living this prayer tradition, so it is sustainable even amidst a busy schedule.

Special Book Presentation!

Praying in Time

**The Hours & Days in Step
with Orthodox Christian
Tradition**



Sts Constantine and Helen Church
405 Huntwood Rd, Swansea IL 62226

Free and open to the public!

For more information, please contact
Didi Kafka: 618-920-9838 — jerseychief15@gmail.com

Saint Theodora of Alexandria, Who Struggled in the Guise of a Man

Commemorated Sept. 11th

Verses

*Theodora was a male in dress and mind,
And the great mind she shames before the
end.*

*On the eleventh Theodora took her last
repose.*

*"The eyes of the Lord are ten thousand
times brighter than the sun, beholding all
the ways of men, and considering the most
secret parts. He knew all things before they
were created." - Eccles. 23*

The Lord likened the Kingdom of Heaven to ten virgins, which is most evidently true of the ten holy women renowned in the Church for having led the ascetic life disguised in male monasteries as men. Saint Theodora, whose name means "gift of God", and who lived in Alexandria in the reign of Emperor Zeno (474-491), is one of these ten women (among others).

She was married to a devout and respectable man called Paphnutios, but one day, led by the people-hating devil, she secretly committed adultery. No sooner had she sinned, she was so afflicted in her conscience that she dared not return home, but felt a burning desire to repent without delay.

Having heard the words of the Gospel: "For there is nothing covered that shall not be revealed; neither hid, that shall not be known" (Lk. 12), Theodora came to view her sin as something unclean and she was in need of purification from her great sin. Therefore she sought to enter a male monastery to do her penance and not risk herself being found by her husband in a convent. Hence, disguising herself as a man, she called herself Theodore, and presented herself to the abbot of Oktodeka Monastery, located approximately eighteen miles from Alexandria. The abbot, supposing her to be a



eunuch, and seeing her eagerness for repentance and obedience, straightway accepted her, and soon clothed her in the angelic schema.

For the space of two years, the blessed one struggled in heavy labors and lifting for the sake of the monastery, being given the duties of a man. Meanwhile, she would spend the night in tears and fervent prayers begging the Lord's forgiveness for her sin, and to restore in her purity of heart. This angered the soul-destroying devil, who saw his prey escaping him, so he put it into the heart of some of her fellow monastics to slander the servant of God Theodora. They accused her of committing fornication with a woman in a nearby village, and even presented a child as evidence of her sin. Not wanting to reveal her true identity, Theodora remained silent before her accusers, and was expelled from the monastery with her alleged child for seven years. She settled with this child, that was in truth not her own, in a hut not far from the monastery, and endured extreme poverty, together with the summer heat and winter

cold, until the completion of her penance by the abbot, at which time she was allowed to rejoin the brethren.

On her return she hardened her body with even more prayers, labors, all-night standing and vigils, to the point where she attained complete divine eros for both God and people. She also raised her adopted child in the life in Christ and love for virtue, truly making him her son in the Holy Spirit. After giving him her final words of advice, she reposed in peace. At that moment the abbot saw in a vision a woman clothed in shining raiment taken up into the heavens to join the choir of the saints. He and all the monks of the monastery were astonished by the revelation that Theodora had lived among them disguised as a man and surpassed them in ascetic labor, and they wept for their mistakes and false accusation against her, and they glorified God for glorifying His servant, who attained such purity in soul and body, that she became equal to the angels.

Apolytikion in the Third Tone

Offering your sanctified life as a divinely inspired gift to God, Venerable Theodora all-praised, having displayed fervent repentance, and amid men you shined as a philosopher, wherefore intercede without ceasing for those who glorify you, granting us the great mercy.

Kontakion in the Second Tone

With fasting, vigils and prayers you languished your body, entreating the Creator to receive complete forgiveness for your sin, and having truly received it, you show us the path of repentance.

Mystagogy Resource Center

Homily on the Nativity of the Theotokos

Celebrated on September 8th

By St. John of Kronstadt

We solemnly celebrate, dear brothers and sisters, the Nativity of the Most Holy Virgin Mary from her barren parents, pious Joachim and Anna. The Holy Church established this feast during the first centuries of the Christian Faith. The event that we celebrate—the birth of the God-Chosen maiden—brought joy to all the world, for the God-man, Jesus Christ, Who shone forth from Her, destroyed God's curse which weighed heavily upon the transgressing and accursed human race, and brought God's blessing upon it; having trampled down inherent death, He gave people eternal life. Thus the Holy Church explains the cause of the present joy.

The parents of the Ever-Virgin sorrowed long over their barrenness; they prayed long and fervently to the Lord that He loose this barrenness, which was considered a punishment from God for sins. They gave much alms in order to incline the mercy of the All-Merciful, endured the reproach of their countrymen, and through this sorrow and ceaseless prayer and good works, they gradually purified their spirits, and burned ever greater with love and dedication to God, thus being prepared by God's Providence to give blessed birth to the Most Blessed Daughter, chosen out of all people to be the Mother of the Incarnate Word.

The Lord leads His chosen ones to glory by a narrow and sorrowful path; for even She, the Mother of God according to the flesh, received the prophecy of Symeon that a sword shall pierce Her soul, and She will experience heavy sorrows in her soul during Her Son's suffering life,



that the thoughts of many hearts may be revealed (Lk. 2:34–35). The path of all God's chosen is thus sorrowful and narrow, for the world and the prince of this world—that is, the enemy of God and people, extremely presses the people of God. The Lord Himself allows them to go by the narrow way, inasmuch as He enables them to strive for God and put all their hope in Him.

But let us turn our gaze from the sorrow to the joy. What joy does the Nativity of the Mother of God bring us? Let us explain in more detail the Church hymn which explains the meaning of this feast's joy. Through the birth of the Ever-Virgin, through Her only-begotten Son and God, cursed and outcast mankind makes peace with God Who is immeasurably offended by man's sins, for Christ became the mediator of this peace (cf. Rom. 5:10-11). Man is freed from the curse and eternal death, made worthy of the blessing of the Heavenly Father; he is united and co-mingled with the Divine nature; he is raised to his first inheritance by this co-mingling, according to the Church hymn. Mankind, once an

outcast, has been made worthy of sonship to the Heavenly Father, received the promise of the glorious resurrection and eternal life in the heavens together with the angels.

This has all been and is being wrought by the Son of God incarnate from the Most Pure Virgin from the Holy Spirit, and by the intercession of His Most Pure Mother. How honored and magnified is mankind through the Holy Virgin Mother of God, for it has been made worthy of renewal and sonship by God; She Herself was made worthy by Her immeasurable humility and exceedingly great purity and holiness to be the Mother of the God-man! She is ever the most powerful Intercessor for the Christian race before Her Son and God! She is our Hope unashamed; She turns away from us the dark cloud of God's righteous wrath, opens to us the ancient paradise by Her powerful intercessions; She upholds the thrones of kings, and preserves them unshakeable to the ages. She has saved Russia thousands of times and continues to save her; She has made her strong, glorified her, established her, and continues to do so; She is the Surety of Sinners for salvation. To Her do Christians direct their numberless prayers, requests, and praises, doxologies and thanksgiving; She has worked and continues to work miracles without number in the Church, to the ends of the world.

Let us brightly celebrate the feast of the Nativity of the Most Pure Virgin Mary, adorning ourselves with all the Christian virtues.

Mystagogy Resource Center

COME AND SEE . . . *GUEST? VISITOR?*

In some recent reading, there was a brief discussion of what to call those who come to services, but aren't Orthodox. Visitor? Guest? (maybe something else?)

"Visitor," some said, indicated that someone is there, only for a short time, a couple of visits, maybe, but really not planning to come back. How do we think of people that walk in the door? That's the real question, isn't it? I suspect that the tendency is to think of being friendly to those who are "visiting," without much thought to continuing relationships.

Another option is to think of such folks as "guests." People who are guests in our homes are usually people that we have a connection with, people that we would like to feel comfortable with us. I guess "guest" seems to look for a continuing and growing relationship.

Visitors walk in the door and walk out, but guests are usually invited and welcomed.

So maybe using "guest" strengthens the idea of a continuing relationship, of being part of the family.

How do we look at the people who walk in the door, or even those with whom we come in contact in our lives? I remember a comment made by a parishioner in a community from my past: We'd been helping a family in some distress, and they would be in church from time to time. The

person commenting said something along the lines of "they are not our kind of people," suggesting that they should be somewhere else. It is easy to happen. And it isn't always intentional. How does this match up with our Lord's commission for "all nations?"



Our Lord did say *Make disciples of all nations*, didn't He? He is the lover of mankind, the creator, and He would have all His children home for eternity. Our mission isn't winning contests or achieving success in the world's terms.

Good leadership and sound financial practices are a blessing – but sometimes when we are challenged, we don't look to our faithfulness, but blame others, or treat the challenge as something that can't be handled. And sometimes, we treat those who are inquiring, visiting, and joining us as targets instead of brothers and sisters loved by and sought by our Lord and God and Savior. The best reason for all that we do isn't driven by models of success, but by faithful discipleship and love. Our outreach is driven by the love of Christ, and not the re-

sponse of the folks that we meet.

The amazing and central Truth is this: the Lover of Mankind NEVER stops loving mankind. He loved those who loved Him and those who hated Him. By His death, He conquered death, the death of all. He continues to keep His Word to us, to spread that same Word that became flesh among us. We leave Him, and He seeks us. And He empowers us to do the same in all the contacts and events of life.

Visitors? Guests? Hmmm. Either way, we are not selling anything, but giving ourselves in Christ, reaching out to all around. So, perhaps we treat all those with whom we have in our circle as *family, brothers and sisters!* **We don't change the message or massage it – who we are goes far beyond being driven by what folks think they want or need, but by the Life and Love that are ours in Christ our God.**

Even when a relationship doesn't seem to be working, we continually pray for people, always and treat them with the love and grace of our Lord and God and Savior, Jesus Christ. Let's live and act that way.

Glory to God for all things!

Ezekiel

STS. CONSTANTINE & HELEN GREEK ORTHODOX CHURCH



Wine and Oil



Fish Allowed

Sept. 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
					1 Ecclesiastical New Year / Holy Induction 9am Matins 10am Divine Liturgy	2 Greek Fest at St. Nicholas 11am to 9pm 5pm Great Vespers Holy Confession
3 13th Sun. of St. Mat. 8:45am Matins 10am Divine Liturgy Small Holy Water Blessing for the New Year! Greek Fest at St. Nicholas 12pm to 9pm	4 Labor Day Greek Fest at St. Nicholas 11am to 6pm	5	6	7 6pm Great Vespers	8 Nativity of the Theotokos 9am Matins 10am Divine Liturgy	9 5pm Great Vespers Holy Confession
10 Sunday Before the Holy Cross 8:45am Matins 10am Divine Liturgy First Week of Sunday School!	11	12	13 6pm Great Vespers	14 Elevation of the Cross (Fast Day) 9am Matins, Procession of the Holy Cross, Divine Liturgy	15	16 5pm Great Vespers Holy Confession
17 Sunday After the Holy Cross 8:45am Matins 10am Divine Liturgy Parish Council Meets	18	19	20 5:30pm Vespers	21	22	23 NO Vespers
24 First Sun. of St. Luke 8:45am Matins 10am Divine Liturgy St. Mary's Armentian Festival (12 to 4pm)	25 5:30pm Great Vespers	26 St. John the Evangelist and Theologian 9am Matins 10am Divine Liturgy	27 5:30pm Vespers	28	29	30 5pm Great Vespers Holy Confession

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

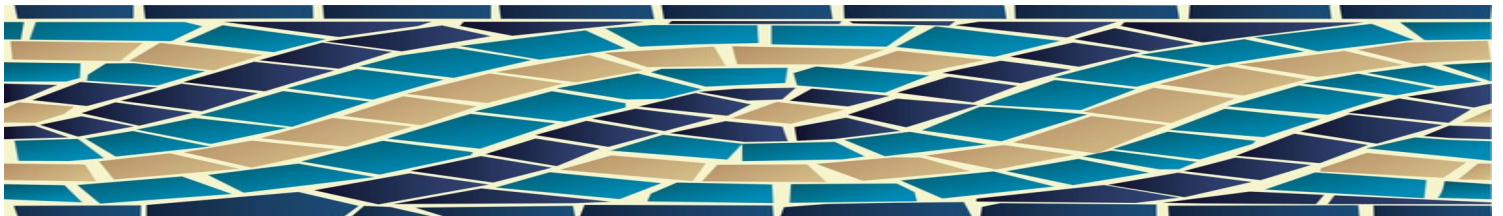
\$500 year / large

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 September Our Parish will continue to collect:

**Shaving cream 11 oz
Disposable Razors
Deodorant (men's and women's) 2 oz
Travel size mouthwash
Toothpaste 3 oz
Floss
Feminine hygiene products
Bar soap**