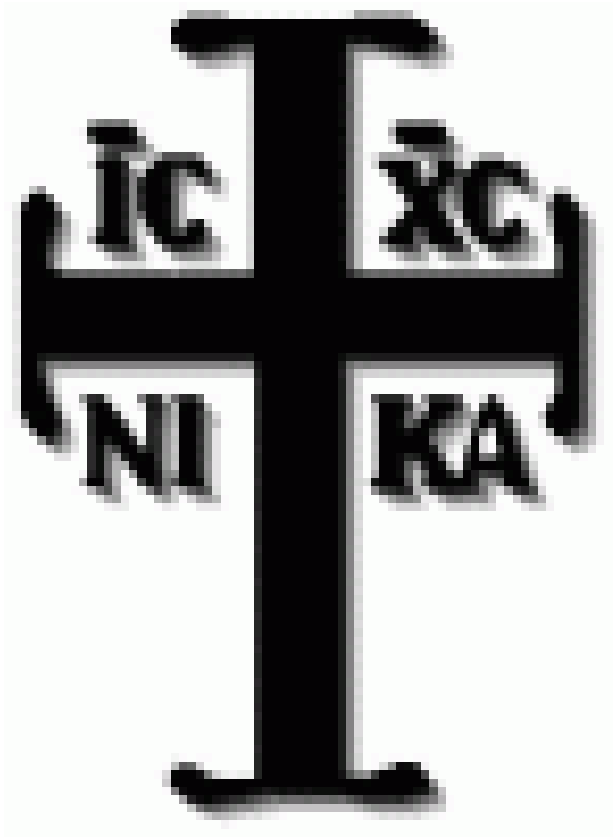


The Nicene Creed



I believe in one God, the Father, the Almighty, Creator of heaven and earth, and of all things visible and invisible.

And in one Lord, Jesus Christ, the only begotten Son of God, begotten of the Father before all ages. Light of Light, true God of true God, begotten, not created, of one essence with the Father, through whom all things were made.

For us and for our salvation, He came down from heaven and was incarnate by the Holy Spirit and the Virgin Mary and became man.

He was crucified for us under Pontius Pilate, and He suffered and was buried. On the third day He rose according to the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead. His kingdom will have no end.

And in the Holy Spirit, the Lord, the Giver of Life, who proceeds from the Father, who together with the Father and the Son is worshiped and glorified, who spoke through the prophets.

In one, holy, catholic, and apostolic Church.

I acknowledge one baptism for the forgiveness of sins.

I expect the resurrection of the dead.

And the life of the age to come. Amen.

FASTING

When receiving Holy Communion, according to Holy Tradition, there is a proper way to prepare oneself for receiving the most precious and holy body and blood of our Lord and Savior, Jesus Christ. It is recommended to speak with a Spiritual Father about fasting. The following is the guideline of the Church for fasting.

The following are fast days and season:

- 1) All Wednesdays and Fridays, except those noted below.
- 2) The day before Epiphany – January 5th.
- 3) The last week before Great Lent, although dairy products may be eaten even on Wednesday and Friday.
- 4) Great Lent
- 5) Holy Week
- 6) The Holy Apostles Fast following the Sunday after Pentecost (Sometimes this fast does not exist. Other times this fast may be a few weeks)
- 7) The fast of the Dormition: Aug 1st – 14th.
- 8) Beheading of St. John the Baptist: Aug 29th
- 9) Exaltation of the Holy Cross: September 14th
- 10) Christmas Lent: November 15th – December 24th

The following days are fast days on which fish is permitted

- 1) Annunciation Day: March 25
- 2) Palm Sunday
- 3) Transfiguration of Christ: Aug 6th

The following days are completely fast free:

- 1) The first week of the Triodion, including Wednesdays and Fridays.
- 2) Bright Week
- 3) The week after Pentecost
- 4) Dec 25th – January 4th

STS CONSTANTINE AND HELEN CHURCH SCHOOL PROGRAM +DIVINE LITURGY+

Orthros 9:00 AM
Divine Liturgy 10:30 AM



Fr. John K. LardasPastor
George PoulonPresident of the Board
of Trustees
Paulette Hios.....Choir Director
Panagiotis DelicarisChanter



SUNDAY SCHOOL DIRECTOR

Mrs. Pauline Apostolakis

Dear Parents:

Congratulations for registering your children for the Sts. Constantine and Helen Sunday School program. Most of the credit for formally re-establishing the Sunday Catechism for the Cathedral is due to the volunteer teachers. They are dedicating their time from their busy schedules to see the children of Sts. Constantine and Helen grow strong in their Greek Orthodox Faith.

The best religious education is the example set by the parents in the Church of their home. Any teacher and priest will tell you, "The work of the school or church must be reinforced at home, otherwise it is to no avail." Important steps to take as a family, to assist in the religious growth of your child, are the following:

- ❖ Commitment – Unless there are extenuating circumstances, Sunday is the Day of the Lord. Father, mother and children need to commit to the holiness of the Divine Liturgy by coming to Church on time and to stay until the end.
- ❖ Love – Church should not be for reasons that "I have to be there." We should want to come to Church because we love our Lord and Savior, Jesus Christ.
- ❖ Prayer – The beginning of the Divine Liturgy begins with "In Peace let us pray to the Lord." Our purpose for coming to Church is not to tire ourselves out with activities but to find peace and rest with active prayer.
- ❖ Example – Churches with the most youth involvement have a strong commitment from Adults who are taking time to learn more about their faith.
- ❖ Time – Participating in the Divine Liturgy on Sundays is an offering of 1 ½ hours per week. Mathematically that is less than 1% of our time in a week.
- ❖ Thanksgiving – We go to Church to say "Thank You" for all of the wonderful gifts God has given us.

With much enthusiasm, I welcome you to the Sunday School of Sts. Constantine and Helen.

In Christ's Ministry,

Fr. John K. Lardas

ATTENDANCE

Students are allowed to have 3 unexcused absences. Tardiness is not excused. If a student attends Liturgy at another Church, an attendance slip (listed below) should be filled in and taken to church with you for the priest or church supervisor to sign. More attendance notes are available in the church school office. Most importantly, next to good attendance for the attendance award, is your behavior in class. Behavior must be Christ-like, as it is "Him" we are trying to imitate.

This is to certify that

Visited the _____ of

at _____ on _____ 200__

signed _____
Title

April

6 Sunday

13 Sunday

20 Sunday

Palm Sunday-No Classes
Family Worship

25 Friday

Good Friday Retreat

27 Sunday

Pascha-No Classes
Family Worship

May

4 Sunday

Sunday Of Thomas
Grandparent's Day!

11 Sunday

Mother's Day

18 Sunday

Sunday School Graduation

CURRICULUM

Toddler – KindergartenThe Wonder Of It All, The Road to Jesus and Near the Lord, What we see and do in Church

1st Grade & 2nd Grade.....God Loves Us, Coming Closer to God – God's love and care for all people, especially the child, giving and sharing forgiveness and celebration. The mysteries of Baptism, Chrismation, Communion & Confession

3rd Grade & 4th Grade.....We Worship in Church, Jesus, The Promise of God-
The study of the Divine Liturgy and the study of the Life of Jesus and His teachings

5th & 6th Grade.....Our Life in the Church, In the Beginning, The
description and meaning and practice of the Sacraments.

7th & 8th Grade.....Knowing Christ, Serving In God's World, Facing Up to Peer Pressure

FACULTY

2007-2008

Director:	Mrs. Pauline Apostolakis
Pre-K-Kindergarten	Teachers: Pr. Eleni Lardas Cleo Athanitis Assistants: Kara Poulon Georgia Mavrogeorgis
1 st – 2 nd Grade	Teachers: Patty Paravalos Pauline Apostolakis Assistants: Maria Katsenis Sophia Panagopoulos
3 rd – 4 th Grade	Teachers: Yvette Poulon Debbie Yenna Assistants: Chelsea Tsevdos Sophia Tampakis
5 th – 6 th Grade	Teachers: Tina Papadacos Stelene Argyriou Assistants: Stephen Varelis
7 th - 8 th Grade	Teacher: Angela Papadopoulos Assistants: Kristiana Poulon

December

2 Sunday
9 Sunday
16 Sunday
23 December
30 December

Christmas Pageant
No Classes-Family Worship

January

6 Sunday
13 Sunday
20 Sunday
27 Sunday

Epiphany

February

3 Sunday
10 Sunday
17 Sunday
25 Sunday

Godparent's Sunday

No Classes-Family Worhsip

March

2 Sunday
9 Sunday
16 Sunday
23 Sunday
30 Sunday

Sunday Of Orthodoxy

SUNDAY SCHOOL SCHEDULE
2007/2008

September

9 Sunday Sunday School Registration
16 Sunday 1st Day of Sunday School
24 Sunday
30 Sunday

October

7 Sunday
14 Sunday
21 Sunday
28 Sunday

November

4 Sunday
11 Sunday
18 Sunday
25 Sunday No Classes-Family Worship

CHURCH SCHOOL PROGRAM

- 1) The Students will arrive on time to Church at 10:30 AM and sit in the reserved pews.
- 2) The Sunday School Students will receive Holy Communion first and then proceed immediately to their assigned classrooms with their teacher.
- 3) The Sunday School Class will last for approximately 45 minutes.
- 4) Dismissal will be between 12:15-12:30p.m. The students will be dismissed in the Church Hall. Parents must wait for their children in the Church Hall.

CONFESSION

The Sunday School students from 3rd Grade and on will participate in the Sacrament of Confession. The greatest power that Jesus showed us was His forgiveness of our sins. In practicing good health we go to the doctors at least once a year. In practicing spiritual health we go to the priest for a spiritual check-up.

FAMILY WORSHIP

Certain Sundays will be dedicated as Family Worship Sundays. These Sundays will be during vacation breaks. Families are asked to worship together. Attendance will be taken.

GODPARENT'S SUNDAY

Godparent's Sunday will be on February 3, 2008. We ask that you and your children call their Godparent's and ask that they attend Church with you, together as a family on that day. Please make every effort to renew the spiritual relationship between your family and the student's Godparents.

GRANDPARENT'S SUNDAY

May 4, 2008 we are going to honor one of the major influences of our spiritual growth. This year we are going to have Grandparent's Sunday. On this day the students are asked to attend Church with their Grandparents and pray and receive Holy Communion together.

TEST FOR SPECIALIZED HIGH SCHOOLS

If your child is taking the test for one of the specialized schools, such as Stuyvesant or Bronx School of Science or Brooklyn Tech, and the student is scheduled to go on a Sunday, he/she should contact the guidance counselor of their school and tell them they cannot take the test on a Sunday morning for religious reasons. The counselor will contact the high school and arrange to have the test given on a day other than a Sunday.

REGISTRATION

A minimal fee of \$20 will be asked at registration for each student. This fee is to defray the cost of books, visual aids, teacher's guides, awards and other educational items. Please register your child on time in order to ensure that they acquire perfect attendance.