



## SAINTS CONSTANTINE & HELEN GREEK ORTHODOX CATHEDRAL OF THE PACIFIC

# FAQs

(Frequently Asked Questions)

### Is it safe to return to church?

Our parish is following the health and safety guidelines set forth by our city and state authorities, as well as adhering to directives from the CDC, and complying with the Metropolitan Readiness Guide for the Reopening. If you are uncertain whether it is safe for you to attend, you should seek medical advice from your personal physician to make that determination.

Please understand that our parish cannot guarantee that you or a family member will not contract COVID-19 or any other illness while attending our church services. By choosing to attend, you and your family members are voluntarily assuming these risks. Below are some links to additional safety related information.

<https://www.cdc.gov/coronavirus/2019-ncov/>

<https://health.hawaii.gov/news/category/corona-virus/>

### What is the Notice of Informed Consent?

It is a public notice that informs you of what you agree to by attending our Parish, as follows: By voluntarily entering Saints Constantine & Helen Greek Orthodox Cathedral of the Pacific, its church and facility, you affirm that:

- You are not currently ill or experiencing COVID-19 symptoms.
- You agree to abide by the social distancing and safety guidelines as being practiced in our Parish.
- You acknowledge that while the recommended CDC, State and Local County safety measures are being taken by the Church, the parish cannot guarantee that there is no risk of infection for attendees.

If you are not able to agree with the above statements, we ask that you remain at home to participate in the live-streaming of our services.

## Who can attend church?

Initially, attendance will be by limited reservations only, and will be given to our Oahu Resident Parishioners during this reopening. We look forward to everyone returning, however at this time, your health and safety are our top priorities. **Therefore, those who have pre-existing health conditions and those who are over 65 are recommended not to attend services.** If you are exhibiting any signs of illness, even symptoms not related to COVID-19, or if you have been exposed to someone with the virus, we ask, for your own safety and those around you, that you do not attend services.

Symptoms of COVID-19 are: fatigue, feverish, body aches, sore throat, loss of smell or taste, coughing and shortness of breath.

## Can I attend church every Sunday now?

Unfortunately, not at this time. Until all government restrictions on attendance are lifted, we will be using a reservation form to ensure fairness and contact-tracing for COVID-19, should it be needed. If you wish to attend services, please [click on this link and fill out this form](#). The number of parishioners who can attend a particular service will be determined in advance, in accordance with governmental mandates and the capability of our parish to provide for a safe environment for worship.

## Can I register to attend every Sunday?

Yes, you will need to register online every time you would like to attend. If you have already attended and have registered to attend again, we will try to accommodate you, if there is space available.

## What if I have a reservation and cannot attend?

If you have a reserved date but are unable to attend, please email or call the church office to cancel as soon as possible so we can fill your space. To reschedule or cancel your reservation, contact us at: [office@greekorthodoxhawaii.org](mailto:office@greekorthodoxhawaii.org) or (808) 983-2807.

## What is the Timetable for Sunday Morning Services?

8:15 am: Check in begins

8:20 am: Orthros begins

9:30 am: Liturgy begins. Parishioners with reservations should be seated by this time

10:00 am: Epistle & Gospel reading

11:00 am: Liturgy concludes and all must vacate church property

## What time do I need to arrive at church?

Check-in begins at 8:15 am. Please come early to allow for the check-in as we will have social distancing that may delay your entry.

## **Will my seat be released to someone else if I am late?**

Seats are not reserved and are given on a first come, first served basis at check in. Reservations will be released at 10:00am, so please come early.

## **What happens when I arrive at church?**

After you've parked your car, maintain social distancing as you proceed toward the front of the church between the church and the Panayia's Garden to the sign-in area. Don't forget to bring your mask with you.

Each parishioner will be signed in. Your attendance will be recorded, including your current phone number. Should contact tracing be necessary, the parish will have a clear record of who was present for each service. If you do not have a reservation and are not on the sign-in list, you will not be permitted to attend the Liturgy for that Sunday.

All parishioners are required to practice social distancing, keeping six feet away from anyone other than immediate family members when inside and outside the church.

## **Can I sit anywhere I'd like?**

At this time, we will be assigning seating to ensure proper social distancing. You will be escorted to your assigned area by an usher. Please do not attempt to seat yourself. Please understand that, due to occupancy limitations and social distancing, seating will be clearly marked and carefully monitored. Most likely, this will not be the pew where you usually sit. Please do not move to a different seat.

## **Can I sit with friends?**

Only if you live in the same household with your friends. Families or households that live together will be seated together. Relatives who do not reside in your immediate household will be seated separately. Every household group or singles will need to adhere to the six-foot social distancing requirements.

## **Will I have to wear a mask?**

Yes, all parishioners will be required to wear masks during church services. Parental supervision is required for children over the age of 3 who are wearing masks. Children under the age of 2 are exempt from wearing masks. Please bring your own facemasks.

## **Can I venerate the icons?**

Yes, you can venerate the icons by making the sign of the cross and bowing. Kissing or touching will not be permitted at this time.

## **Can I light a candle?**

Yes, you can light a candle. Candles will be handed to you in the Narthex by a gloved Parish Council member. Please do not attempt to take your own candles. You will be instructed as to when you can proceed to light your candle. Please proceed quickly, as others will be waiting.

## **Will weekly bulletin and Liturgy books be available?**

Weekly bulletins will be emailed by Fr. Alex prior to Sunday. Liturgical books will not be available in the pews. Feel free to bring your own. Online resources are available for you to follow the services at <https://www.agesinitiatives.com/dcs/public/dcs/dcs.html>

## **How do I get on the email list?**

Please email [office@greekorthodoxhawaii.org](mailto:office@greekorthodoxhawaii.org) and request to be added to our email list. No hardcopy information will be mailed.

## **How do I take communion?**

Please follow the markings for proper spacing to approach for Holy Communion. Holy Communion will be given to you by our parish priests in the traditional manner. Parishioners will wear masks/face coverings, as you approach the chalice keeping socially distant from one another. We ask that you do not kiss the chalice or wipe your mouth with the communion cloth after receiving communion. Please follow the instructions of the ushers to receive Holy Communion and to return to your seats. Antidoron will not be distributed at Communion.

## **Will we receive antidoron at the end of the service?**

Antidoron will be distributed at the end of the Liturgy by the priest into your cupped hands, following strict protocols. Please refrain from kissing or touching the hand of the priest.

## **Will there be hand sanitizer at the church?**

Yes, we will have hand sanitizer for use in the Narthex as you enter the church. We encourage you to bring your own if you have some.

## **Can I leave the service and come back?**

If you need to leave the church to use the restroom or for any other reason during the service, remember to practice social distancing and follow sanitary guidelines. Please return to your same seat.

## **Will the restrooms be available?**

Yes, only one person or family at a time may enter the restroom. Children must be accompanied by an adult family member. Please sanitize all areas and items in the bathroom that you and your children touch with the provided bottle of disinfectant and leave a clean bathroom clean for the next user.

## **Will the Chirgotis Social Hall be open?**

The Chirgotis Social Hall building will be open for restroom access only. The Social Hall itself will be locked. No Fellowship activities and congregating will be permitted. There will be no access for any reason to the community hall areas, the kitchen, the church offices, the classrooms, or any other area of the church.

## **Will the elevator be available?**

Yes, the elevator will be available to use to access the restrooms.

## **Can we visit with our friends after the service?**

Not on the church property. As much as we all miss each other, we cannot permit this. When the service has concluded, please promptly follow the directional signage to exit the church safely. Parishioners are kindly requested not to linger on the church property. No social gatherings or coffee fellowship are permitted.

## **I am a recently returning parishioner, can I attend church?**

If you are a parishioner returning to the state, please adhere to the mandatory 14-day quarantine before you make your reservation date.

## **Can I attend services if I am a visitor to your Church?**

Due to limited seating capacity in our church, compounded by COVID19 social distancing requirements, our parish will not be able to accommodate visitors to our church services. Until further notice, the Metropolis has mandated that reservations are required to physically attend our church services, and will only be accepted from our Oahu resident parishioners. It is also recommended that you remain with your home parish during this time. We look forward to once again welcoming our many non-resident visitors and friends just as soon as our full seating capacity is restored. Until then, please join our live streaming services on Facebook.

## **Where can I view services if I cannot attend?**

Starting June 21, Liturgy will be streaming on Facebook Live and no longer on Zoom. A Facebook account or login is not needed to view the services. Click on the link below or go to Facebook and search Ss Constantine & Helen Greek Orthodox Cathedral of the Pacific.

[https://www.facebook.com/GreekOrthodoxHawaii/live\\_videos/](https://www.facebook.com/GreekOrthodoxHawaii/live_videos/)

Visit our website at [www.greekorthodoxhawaii.org](http://www.greekorthodoxhawaii.org) for updated information.

## **What if I feel sick during the service?**

If you are feeling sick during the service, please go to the Narthex and speak with a Parish Council member who will assist you, you also may return home and call your doctor.

## **Will there be Virtual Coffee Hour via Zoom?**

No, since we will be moving to Facebook live streaming and no longer using Zoom for Liturgy, there will be no Fellowship Hour.

## **Will there be weekday services?**

Periodically, check the website calendar or get on the Church News email list.

## **How do I attend the weekday services?**

We will be doing Facebook live streaming or Zoom, we are deciding which platform to use for weekday services and will post when the church is ready to reopen.

## **What if I have a question that is not on this list?**

You may contact Fr. Alexander Leong at [fralexanderleong@yahoo.com](mailto:fralexanderleong@yahoo.com) or the Parish Council at [pc@greekorthodoxhawaii.org](mailto:pc@greekorthodoxhawaii.org).

## **How do we make our donations at church?**

A donation basket will be placed in the Narthex. Please make your donation as you enter or exit the church. You can still mail your check to the church office:

Saints Constantine & Helen Greek Orthodox Cathedral of the Pacific  
930 Lunalilo Street, Honolulu, HI 96822 Attn: Bookkeeper

You may also make online donations online at  
<https://www.paypal.com/us/fundraiser/charity/1623377>