

# The Messenger

St. Mary's Greek Orthodox Church | 3450 Irving Avenue South, Minneapolis, MN 55408 | 612.825.9595 | www.stmarysgoc.org

## April 2020

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## St. Mary's

### Mission Statement

To proclaim, celebrate, and share the good news of salvation in Jesus Christ in accordance with the Orthodox Tradition.

### The Five Tasks of Our Parish Vision

Hear  
Pray  
Grow  
Serve  
Share



METROPOLIS  
OF CHICAGO

## A Message from Father Jason

*Father Jason Houck, Associate*

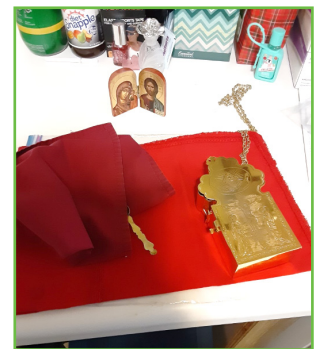
### Our Beautiful Visitation Ministry at St. Mary's

When I was a teenager, I bought a Christmas gift for my brother—a video game. I have to admit, however, that the Christmas gift, in a way, wasn't just for my brother—I wanted that video game, too. I gave the present to my brother, knowing that I was probably going to play that video game more than he would play it. The Christmas gift I gave to my brother, really, was as much for me as it was for my brother. Admittedly not the most noble motivation, but the point is that sometimes gift-giving benefits the giver more than the recipient. This is often true for those who are involved in visitation ministry.

Visitation ministry is visiting members of our St. Mary's family who can no longer attend Liturgy due to health reasons. We call them our V.I.P.s—Very Important Parishioners. Both clergy and volunteer lay people visit our V.I.P.s. For me, visiting our V.I.P.s is one of my favorite things I do as a priest. A typical visit includes talking with the V.I.P. about how s/he is feeling, really listen to his story, asking some questions about pictures on the wall, and bringing Holy Unction and Communion to the V.I.P. Although the volunteers may not be able to bring the sacraments to the V.I.P.s, they enjoy doing all the other things I do with the V.I.P.s—visiting, sharing a smile, listening, and brightening the V.I.P.'s day.

What do I enjoy most about visitation ministry? I love the stories people tell to me. It is like traveling in time—hearing stories about World War II, family memories, and stories about our parish from the 1950's. I learn a lot from our V.I.P.s. I also love how a visit can often make someone's day. For a field assignment during my studies for the priesthood at Holy Cross, I was assigned to a Veteran's Association Hospital in Boston. I was a little intimidated at first—visiting people I didn't know at the hospital—but that soon changed. Early on in my field work, I made a very brief visit with one man who had an extended hospitalization. As I was leaving his room he said, "thank you for making my day." I will never forget that. From then on, I was hooked on visitation ministry.

The famous Russian theologian Paul Evdokimov once wrote, "the hour through which you are at present passing, the man whom you



*Fr. Jason's  
communion kit*

—article continues on page 3.

# Our Life Together

*In an abundance of caution and to protect people from possible exposure to the Coronavirus, all programs and events have been suspended until further notice. This April issue of "The Messenger" has been prepared in anticipation of the restrictions being lifted at the end of March. If they continue into April, we will communicate cancellations and postponements to our parishioners as soon as we are able.*

## Deaths

*Mary Rogers*

February 22, 2020

*Harry Spell*

February 26, 2020

*Fr. Anthony Coniaris*

March 15, 2020

*May their memories be eternal.*

## Share YourShelf

April's recipient of Share Your-Shelf contributions is Community Emergency Service (CES).

**Sunday, April 5**

Canned soup or vegetables

**Sunday, April 12**

Diapers, size 5

**Sunday, April 19**

Hygiene items

**Sunday, April 26**

Baby formula

*Please consider making a monetary donation. Through a partnership with the Food Group, the food shelves we support are able purchase staple food items at a marked reduction in price. This means that your donated dollars go farther – almost doubling the money you give to purchase much needed food items.*

Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore he saw a great crowd, and he had compassion on them and healed their sick. Now when it was evening, the disciples came to him and said, "This is a desolate place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." But Jesus said, "They need not go away; you give them something to eat." —*Matthew 14: 13-21*

## St. Mary's Church Staff

### Priest

Fr. George Dokos

### Associate Priest

Fr. Jason Houck

### Attached Priest

Fr. John Kostas

### Deacon

Deacon Paul Kalina

### Administrator

Julie Moricz

### Parishioner Support Communications

David Mertesdorf

### Ministry Support

Doria Saros

### Youth Director

Jonathan Klein

### Facilities Coordinator

Bob Yang

### Music Director

Thespina Macres

### Organist

Mark Macres

## St. Mary's Parish Council

### President

Dean Murdakes

### Vice President

John Beauchamp

### Secretary

Paul Hastings

### Treasurer

Michael Rakes

### Assistant Treasurer

Naira Istephanous

### Members

Joseph DiGiovanni

Thomas Hainlin

William M. Hoeft

Nicholas Legeros

Dean Psychogios

Andrew Theodotou

Randy Twito



## Palm Sunday Spaghetti Lunch

Sunday, April 12

following Liturgy

Sponsored by St. Mary's Choir

— Tickets —

Adults: \$8.00

Children ten and younger: \$5.00

Tickets will be available on Sunday, April 5, after Liturgy or at the door on Palm Sunday.



# Education • Fellowship • Worship

## Fellowship and Study Groups

### **Intercessory Prayer**

Wednesday, April 1  
10:30 a.m., Nave Chapel

### **Men's Fellowship**

Friday, April 3  
7:00 a.m., Fireside Room

### **Evening Men's Fellowship**

Date and location to be announced  
7:00 p.m.

### **Saturday Bible Study**

Saturdays, April 4 and 25  
9:00 a.m., Fireside Room

### **Senior Citizens**

Tuesday, **April 21**  
12:00 noon, Terrace Room

### **Women's Bible Study**

Wednesday, April 1  
11:00 a.m., Fireside Room

## Koinonia

### **Edina Koinonia**

Thursday, April 23, 7:00 p.m.  
Joan Calott's home  
952.944.9397

### **Lake Calhoun Koinonia**

Sunday, April 26, 5:00 p.m.  
Fr. George & Presbyteria Christa's home  
612.825.1067

### **Northeast Metro Koinonia**

April meeting date to be announced  
6:00 p.m.

Paul & Jenny Hibberd's home  
612.723.5681

### **West Metro Koinonia**

*No April gathering.*

## Sunday Schedule

Saturday Great Vespers – 5:00 p.m.  
Orthros – 8:30 a.m.  
Divine Liturgy – 9:30 a.m.

## Holy Week and Pascha schedule on page 4.

## Weekday Schedule

### **Thursday, April 2**

*Great Canon of Andrew of Crete*  
6:00 p.m.

### **Thursday, April 23**

*Saint George the Great Martyr*  
Orthros – 8:30 a.m.  
Divine Liturgy – 9:30 a.m.

### **Friday, April 24**

*Life-Giving Font of the Theotokos*  
Orthros – 8:30 a.m.  
Divine Liturgy – 9:30 a.m.

### **Saturday, April 25**

*Saint Mark the Apostle*  
Orthros – 9:00 a.m.  
Divine Liturgy – 10:00 a.m.

—Fr. Jason's article, continued from page 1



*Niko, age 13, visiting some of our V.I.P.s at Heritage of Edina*

meet here and now, the task on which you are engaged at this very moment—these are always the most important in your whole life.” In other words, each interaction is precious and vital; it has bearing on all eternity. What we do now affects our future and those around us to all eternity. Being present for our V.I.P.s is a wonderful way to affect them and ourselves positively—to all eternity. Christ himself put visiting the sick in eternal terms. Matthew 25:34-36 reads, “Then the King will say to those at his right hand, ‘Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, **I was sick and you visited me...**’” This is not just a suggestion for priests!

An absolutely wonderful way to visit the sick is by volunteering through our Visitation Team! We will equip, encourage, and teach you how to visit our V.I.P.s. Come learn more over a delicious lunch at our training meeting on Sunday, April 5. We need more volunteers—so don't be shy! The commitment is manageable—only about thirty minutes a month. You can pick whom you want to visit. Join us and find out more! Please plan to attend our visitation team training session over lunch on Sunday, April 5, 11:45 a.m.-1:15 p.m., in the Fireside Room. Please RSVP to Doria if you plan to attend, [doria@stmarysgoc.org](mailto:doria@stmarysgoc.org).

Fr. Jason Houck

# Holy Week

## Holy Week and Pascha Schedule

### **Saturday, April 11: Saturday of Lazarus**

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy  
Family Service Day follows the Liturgy  
5:00 p.m. – Great Vespers

### **Sunday, April 12: Palm Sunday**

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy  
Luncheon follows the Liturgy  
7:00 p.m. – Bridegroom Matins

### **Monday, April 13: Holy Monday**

9:30 a.m. – Liturgy of the Presanctified Gifts  
7:00 p.m. – Bridegroom Matins

### **Tuesday, April 14: Holy Tuesday**

9:30 a.m. – Liturgy of the Presanctified Gifts  
7:00 p.m. – Bridegroom Matins

### **Wednesday, April 15: Holy Wednesday**

9:30 a.m. – Liturgy of the Presanctified Gifts  
4:00 p.m. – Service of Holy Unction  
7:00 p.m. – Orthros of the Last Supper/Holy Unction

### **Thursday, April 16: Holy Thursday**

9:30 a.m. – Divine Liturgy of the Last Supper  
7:00 p.m. – Service of Holy Passion

### **Friday, April 17: Great and Holy Friday**

9:00 a.m. – Royal Hours  
*Church School Retreat continues until 2:30 p.m.*  
1:30 p.m. – Vespers of the Descent from the Cross  
7:00 p.m. – Service of Lamentations

### **Saturday, April 18: Holy Saturday**

10:00 a.m. – First Resurrectional Divine Liturgy  
11:30 p.m. – Midnight Office, Resurrection Service,  
Orthros, Divine Liturgy; Paschal Celebration

### **Sunday, April 19: Great and Holy PASCHA**

12:00 noon – Agape Vespers; Easter Egg Hunt follows

### **Thursday, April 23: Bright Thursday; Saint George the Great Martyr**

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy

### **Friday, April 24: Bright Friday; Life-Giving Font of the Theotokos**

8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy

### **Saturday, April 25: Bright Saturday; Saint Mark**

9:00 a.m. – Orthros; 10:00 a.m. – Divine Liturgy

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## Enrich Your Spiritual Journey: Participate in Our Holy Week Activities!

### Lazarus Saturday Retreat – Many hands are needed

#### **Saturday, April 11**

Following Liturgy, from 10:30 a.m.-2:00 p.m., come fellowship with us and plait beautiful crosses for distribution on Palm Sunday. Simultaneously, roll up your sleeves and help clean the nave in preparation for Holy Week. A potluck lunch will be served. Bring a small Lenten dish to share, if you wish.

### Holy Friday Morning: Royal Hours – 6-8 people

#### **Friday, April 17**

Beginning at 9:00 a.m., we prepare the flowers that will be used to adorn Christ's Tomb. After Royal Hours we adorn the Tomb with greenery and over 1,000 flowers. This process is completed by 1:00 p.m.

### Holy Friday Evening – 4-6 people

#### **Friday, April 17**

After the Lamentations service, we remove all purple drapes and cloths and move the empty Tomb. We put up drapes and altar cloths in preparation for the First Resurrection service.

### First Resurrectional Divine Liturgy – 4-6 people

#### **Saturday, April 18**

Beginning after Liturgy we prepare the nave for the midnight Pascha service with the placement of various floral arrangements. We also make sure the Church is in good order.

If you can help at any of the above, please contact *Margie Makredes*, 651.334.6935 (call or text).



# Pastoral Guidelines: Weddings, pt. 2

## Weddings

### *Inter-Christian Marriages*

It is a fact that, the more a couple has in common, the more likely they are to live together in peace and concord. Shared faith and traditions spare couples and their children, as well as their extended families, many serious problems, and help to strengthen the bonds between them. Even so, the Orthodox Church will bless marriages between Orthodox and non-Orthodox partners, provided that:

1. The non-Orthodox partner is a Christian who has been baptized, in water, in the Name of the Father and the Son and the Holy Spirit; &
2. The couple should be willing to baptize their children in the Orthodox Church and raise and nurture them in accordance with the Orthodox Faith.

A baptized Orthodox Christian whose wedding has not been blessed by the Orthodox Church is no longer in good standing with the Church, and may not receive the Sacraments of the Church, including Holy Communion, or become a Sponsor of an Orthodox Marriage, Baptism or Chrismation.

A non-Orthodox Christian who marries an Orthodox Christian does not thereby become a member of the Orthodox Church, and may not receive the Sacraments, including Holy Communion, or be buried by the Church, serve on the Parish Council, or vote in parish assemblies or elections. To participate in the Church's life, one must be received into the Church by the Sacrament of Baptism or, in the case of persons baptized with water in the Holy Trinity, following a period of instruction, by Chrismation.

### *Inter-religious Marriages*

Canonical and theological reasons preclude the Orthodox Church from performing the Sacrament of Marriage for couples where one partner is Orthodox and the other partner is a non-Christian. As such, Orthodox Christians choosing to enter such marriages fall out of good standing with their Church and are unable to actively participate in the life of the Church. While this stance may seem confusing

and rigid, it is guided by the Orthodox Church's love and concern for its members' religious and spiritual well-being.

### *Prohibited Marriages*

The following types of relationships constitute impediments to marriage:

1. Parents with their own children, grandchildren or great-grandchildren.
2. Brothers-in-law and sisters-in-law.
3. Uncles and aunts with nieces and nephews.
4. First cousins with each other.
5. Foster parents with foster children or foster children with the children of foster parents.
6. Godparents with godchildren or godparents with the parents of their godchildren.

## Divorce

The parish priest must exert every effort to reconcile the couple and avert a divorce. However, should he fail to bring about a reconciliation, after a civil divorce has been obtained, he will transmit the petition of the party seeking the ecclesiastical divorce, together with the decree of the civil divorce, to the Spiritual Court of the Archdiocesan District or Metropolis. The petition must include the names and surnames of the husband and wife, the wife's surname prior to marriage, their addresses, the name of the priest who performed the wedding, and the date and place of the wedding. The petitioner must be a member of the parish through which he or she is petitioning for divorce. Orthodox Christians of the Greek Orthodox Archdiocese who have obtained a civil divorce but not an ecclesiastical divorce may not participate in any sacraments of the Church or serve on the Parish Council, Archdiocesan District Council, Metropolis Council or Archdiocesan Council until they have been granted a divorce by the Church.

*Reprinted from the 2020 Yearbook of the Archdiocese of America.*

# Parish News & Events

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## Please Join Our Visitation Team!

Our annual Visitation Training Session for new and/or returning Visitors will take place on Sunday, April 5, after Divine Liturgy, from 11:45 a.m.-1:15 p.m., in the Fireside Room. Current Visitation Team members are welcomed and encouraged to attend.

Our only expectation is to visit one VIP (Very Important Parishioner), once per month, and communicate that visit to Doria. The term shut-in has lost favor with our senior citizens.

Our desire is to prepare our new visitors at this training session while current Visitation Team members simultaneously have a meeting and receive a short training session with Fr. Jason.

We are a very large parish at the height of the Silver Tsunami. Our baby boomers are turning 65 at the rate of 10,000 per day! As we continue to build our team of Lay Visitors, more and more of our VIPs will have multiple visits each month. Please help us bring our loving St. Mary's Community to their door. By God's grace and your help, we pray that one day soon every family at St. Mary's will participate and adopt one VIP to visit.

If you are ready to join our ever increasing Visitation Team please respond to Doria at [doria@stmarysgoc.org](mailto:doria@stmarysgoc.org) or at 612.825.9595, and sign-up for our Training Session on Sunday April 5.

**...for I was sick and you visited me...**

—Matthew 25:36

## Common Questions

1. I can't drive, do phone calls and /or cards count?  
*YES! Phone calls and cards are a wonderful way to reach out and touch our VIPs, especially on snowy days.*
2. Does it count if I happen to be related to the person(s) I visit?  
*YES! We're a Greek Orthodox parish! Most of us are related somehow.*

Thank you so much for your prayerful consideration of this vital ministry!

- *Planning to attend? Please RSVP so we can plan for lunch: [doria@stmarysgoc.org](mailto:doria@stmarysgoc.org) or 612.825.9595.*

## Senior Citizens' Theater Outing

The Senior Citizens' Club is planning a gathering at the Artistry Theater in Bloomington to see the musical matinee performance of "Mame" on Saturday, May 9. Tickets for the show are \$20.00 for Senior Citizen Club members who have paid their 2020 dues and \$40.00 for non-members. Look for Joan Calott on Sundays to purchase your tickets. Deadline to purchase tickets is April 15.

## Senior Citizens Resume Meetings

Saint Mary's Senior Citizens' Club will resume monthly meetings in April. The first meeting will be one week later than usual due to Holy Week. The season begins on Tuesday, April 21, at 12:00 noon, in the Terrace Room. The program for the day is still being planned, but should be interesting! All St. Mary's seniors are invited to join the club.

## CPR Training

### **Wednesday, May 27**

Saint Mary's will be sponsoring an opportunity for CPR certification and recertification (it's the same class), on Wednesday, May 27, 5:30-9:00 p.m., in the Terrace Room. St. Mary's will be subsidizing the fee, which will be \$20 per person, including a sandwich dinner (5:30-6:00 p.m.). This American Heart Certified CPR course will also include rescue breathing, choking, obstructed airway and AED training for infants, pediatrics and adults. This will be a "hands on" course, so please bring/wear comfortable clothing and shoes.

We welcome all St. Mary's parishioners, especially Office Staff, Ushers, Youth Volunteers, Camp Staff, Babysitters, and Church School teachers to join us!

Please email [david@stmarysgoc.org](mailto:david@stmarysgoc.org) to reserve your spot (50 maximum), by Monday, May 4 (or sooner).

Cash or check payment of \$20 will be due by Monday, May 4, to secure your reservation. Checks can be made out to St Mary's Church with CPR on the memo line.

# Philoptochos



The first half of April we will prepare for Christ's Resurrection, and the second half we will celebrate through fellowship with each other! We look forward to our time together throughout the month.

## Philotochos Serves Dinner after MEOCCA Vespers

**Sunday, April 5**

On this fifth Sunday of Lent, Philoptochos is serving dinner to the Pan Orthodox community who will be at St. Mary's for the 4:00 p.m. Vespers. Please stop by our table after church to offer assistance to shop, prepare, serve or clean.

## Final Day of Tandem Baby Bottle Bank Collection

**Sunday, April 12**

Philoptochos has long been a supporter of TANDEM, an organization that focuses on generational poverty and single motherhood, both during pregnancy and beyond. For the last six years during Lent, parishioners have been invited to take a Baby Bottle Bank (BBB) to fill with coins, dollars and checks. A BBB sitting on the kitchen table is a visual aid, especially for young children, that reminds us of people who need our support. Your donations help mamas and littles purchase many supplies needed in adverse circumstances.

You can pick-up a BBB at the Philoptochos table, but you don't need a baby bottle to donate! If you prefer, there are envelopes dedicated for supporting TANDEM. Please make checks out to Philoptochos, with TANDEM on the memo line. TANDEM is located on Chicago Avenue in Minneapolis. More information at: [wearetandem.org](http://wearetandem.org)

## Lazarus Saturday and Holy Week Activities April 11-18

This special week in the life of the church brings time to worship and work together. Many opportunities, both large and small, are available – cleaning the nave, baking koulouria at home, decorating the church, bagging eggs, preparing for the Paschal reception. Please volunteer in the Great Hall after Sunday Liturgies, or respond to email and other

requests. **Pan-Orthodox Women's Tea at St.**

## George GOC

**Saturday, April 25**

**2:30-4:30 p.m.**

Come have fellowship with your Orthodox sisters at the next Women's Pan-Orthodox Tea. Our host is St. George Greek at 1111 Summit Avenue, St. Paul. Please bring an appetizer or dessert to share, and plan to stay for Vespers at 5:00 p.m.

## Women's Book Club Discussion

**Tuesday, April 28**

The next book is *Our Thoughts Determine Our Lives: The Life and Teachings of Elder Thaddeus of Vitovnica*, and it is now available in the church bookstore. All women are welcome to read and join the April 28 evening discussion.

Elder Thaddeus was a renowned spiritual guide of Serbia. Born in 1914, he co-suffered with his people through the course of two World Wars, the Communist takeover, and the NATO bombings of 1999. He taught, counseled, and prayed for all who came to him in pain and sorrow. His words of love and hope provided spiritual balm for people from all classes of society. Elder Thaddeus reposed in 2002.

## Coming in May...

- Tuesday, May 19 - Board Meeting, 6:30 p.m.
- Tuesday, May 26 - Spring Finale with Guest Speaker

## Thank You

...to Sarah Schwark and Joan Spell for sharing their reflections on Philoptochos as a part of the Membership Drive.

...to all who joined Philoptochos! We value all levels of membership, and are grateful for your support of those in need and the parish.

...to Andrea Tiggas for organizing the Spring Fillo Sale. (Delivery is expected by April 5.)

...to Toni Bazakos for chairing the Philoptochos-sponsored Lenten Meal, and to all who assisted with shopping, cooking, serving and cleaning. Thank you, also, to all who gave a free-will donation to support our Orthodox brethren affected by the Australian fires.



# Mission & Outreach

## Harvest Pack

During the many Lenten events, we hear and reflect on our struggles to be servants. During 2019, many of you joined together to support the hungry. St. Mary's, with your encouragement, will sponsor Harvest Pack again in June and November 2020.



*Here are some words shared from food shelf websites:*

A person stopping by **Community Emergency Service (CES)**: "Food Shelf here?" was the question from a lady standing at the Intake desk. A smile and a gracious "Yes" followed from the person at the desk. "Thank you! Family needs food."

CES stops by Harvest Pack for 30 boxes of food as they can use a box of meals per day. The 96 boxes of meals packed by St. Mary's was handed out by the end of February. Your help to package meals has come to the rescue of many families.



*Community Emergency Service building at 1900 - 11th Avenue South, Minneapolis*

**Joyce Food Shelf** reminds us that one in eight children are at risk for hunger. 14% of children served by Minnesota food shelves are forced to skip a meal because there is not enough food at home. 47% of their parents skip meals. 56% food shelf visitors are families with children. 15% of food shelf clients are seniors. More than 50% of clients are employed.

**FOCUS House:** On the second and fourth Saturdays of every month from 10:00-11:30 a.m., food staples are available to individuals and families to supplement their standard groceries.

"Harvest Pack knows our mission is a big one. That's why we're dedicated to getting as many people to help us as possible. We are constantly working to create opportunities for people looking to do good in their communities. We also think it's important that people know how they can create volunteer opportunities themselves."

Please mark your calendar for Sunday, June 28, after Liturgy, for a family fun get together to pack

meals for those with food insecurity. Online sign up will be available closer to the date for this wonderful, fun volunteer opportunity.

## "Thank You, Bless You" Simpson House Dinner

What a special volunteer time to serve a meal for the homeless. The weather was warm for January in Minneapolis, but Simpson House was warm and relaxing while waiting for the hot meal made by the St. Mary's volunteers Louis Tiggas, Nick Boosalis, Stan Wendland, Tom Chresand, and servers Bob Kennedy, Mike Rakes, William Fazio, and Ina Dunham. The dinner was organized by Hope Kennedy.



There were not as many waiting this evening as other times, but more came later. Each one thanked the servers with a smile, and a "how are you doing?" as they went through the line. One

fellow shared about loving Jesus and was so proud of his Bible that had side-by-side Spanish and English in each column and in larger print. Another lady was joyful as she loved to



hear old sayings or words that she hadn't heard in quite a while. As a volunteer, you share more than a hot meal. Our servers had great fun as we were able to share great food and old sayings.

A special time to share the gift of a hot meal and conversation with those visiting and staying over at Simpson House.

Our next meal at Simpson House will be Tuesday, May 19, 5:00-9:00 p.m. Please stop by the Welcome Table and volunteer to help.





# FOCUS Minnesota

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FOCUS Minnesota, located at 550 Rice Street in St. Paul, continues to need volunteers to help with a variety of projects at the facility.

Currently, the most urgent need is in the **Clothes Closet**. FOCUS needs folks to help sort clothing on Mondays, 10:00 a.m.-2:00 p.m., and assist clients on Wednesdays, 11:00 a.m.-2:00 p.m., and Thursdays, 4:00-7:00 p.m.

Special needs for the Clothes Closet are men's shirts sizes 3x, 4x, 5x; all sizes of underwear for men and socks for men and women. Spring and summer clothes distribution will begin May.

The **Food Shelf** is also in need of assistance. It operates from 10:00-11:30 a.m. on the second and fourth Saturdays of the month. Volunteers are needed

to assist shoppers and sort and shelve donations between the hours of 9:15 a.m. and noon. Volunteers are also needed to help divide larger items such as flour, sugar, and rice into smaller bags for distribution. This can be done at a time that is convenient for the volunteer.

Items that the Food Shelf can use (in sizes appropriate for a family of 4-6) are: honey, peanut butter, jelly, jam, crackers, tea bags, condiments such as ketchup, mustard, barbecue sauce, and mayonnaise, and healthier treats like granola bars.

To volunteer, or if you have further questions, please contact *Vera Proctor*, 651.324.2705, or at [focustwincities@gmail.com](mailto:focustwincities@gmail.com)

## Families Moving Forward

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### *Fling Wide the Doors with Generosity and Joy*

#### ***Families Moving Forward: June 14-28, 2020***

Families Moving Forward is a beautiful opportunity to show love and hospitality to four homeless families in need. We provide an evening meal, activities for the children, a place to sleep and breakfast on the run. This is a Pan-Orthodox ministry with St. Mary's being the primary host, providing the Terrace Room for dinner, Great Hall for play, and the common room for games, arts & crafts. Four spacious Sunday school rooms overlooking the lake are converted into a comfortable efficiency for each family. The bus drops them off at our church at 6:00 p.m. each evening and picks them up again in the morning at 7:00.

#### **Opportunities to Serve**

**Dinner:** 6:15- 7:00 p.m. (approximately 25 guests) Food can be prepared at church or brought in.

**Evening Host:** 5:30-8:30 p.m. (two per evening) Provide hospitality, assistance as needed, and leadership to ensure all is running smoothly for volunteers and guests.

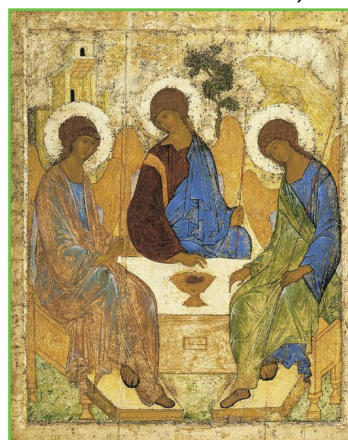
**Childcare:** 6:45-8:00 p.m. Activities are provided. Play

with the kids in the gym, read stories, do crafts, play board games. Bring your family and have fun with our guests.

**Overnight Hosts:** 8:15 p.m.-7:00 a.m. (two adults) Quiet time with families in the lounge area - Kids' bedtime is no later than 9:00 p.m. Wake up call for guests. Set out the morning breakfast juice, coffee, cereal.

*A big thank you to all who have served in the past!*

Sign up to serve is April 26-May 24. (more information to follow in the weeks to come).



*Let brotherly love continue. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares.*

—Hebrews 13:1-2.

# Stewardship

by Athena Mihas

## 2020 Stewardship Update

Thank you for your on-going support of St. Mary's through your gifts of time, talent and treasure.

- The budgeted goal for 2020 Financial Stewardship giving is \$1,069,426.
- As of February 29, 2020, \$134,275 in Stewardship contributions have been received.
- This is \$19,395 less than we had received last year at this time.
- The reason for the decrease compared to last year is mainly due to one large payment received in January 2019 that is typically received in December.

Offering Income as of 02/29/20	2020 YTD Actual	2020 Annual Budget	Remaining Funds Needed by Year-End
Total Payments Received	\$134,275	\$1,069,426	\$935,151

Offering Income as of 02/29/20	Last Year YTD Actual	2020 YTD Actual	Increase or (Decrease) vs. Last Year
Total Payments Received	\$153,670	\$134,275	(\$19,395)

## Winter "Parea" Potlucks Were a Success!

The Winter "Parea" Potluck Dinners took place during the last two weeks of February. Thank you to the seven families that hosted the Potluck Dinners in their homes. We are grateful to you for being willing to open up your homes and invite fellow parishioners to join you for dinner and fellowship. Approximately 35 parishioners attended the potlucks, and we have heard anecdotally that they were very success-

ful. Those participating shared that they appreciated the opportunity to connect in a meaningful way with people they did not know well, and in some cases, the connection and support was timely and much needed.

## Stewardship Committee Goals and Plans for 2020

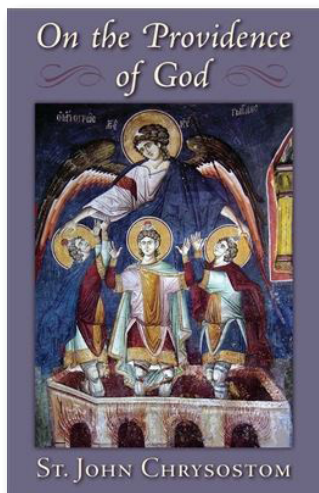
The Stewardship Committees main goals and priorities for 2020 include the following:

- Continued focus on improving in-reach and increased engagement – bringing people together
  - Small group winter and fall potluck gatherings in parishioner homes
- Implementing and enhancing digital approaches to giving and communications
  - Website redesign (including link to member accounts)
  - On-line pledging and payments
  - Explore app options for giving via cell phones
  - i-Pad/Kiosk in Narthex for on-line contributions
- Stewardship Campaign approach – delivery via mailing and digital approach
- Appreciation Glendi in November
- Stewardship Sunday and Ministry Fair in November
- Communications (Messenger, email, mailings, bulletin, social media)
- Collaboration with Council of Ministries

Updates will be provided throughout the year on our progress.

# In the Bookstore

by Rebecca Myerly



*On the Providence of God* is believed to be the last epistle Saint John Chrysostom wrote to his spiritual children before his death in 407. Written while he was in forced exile for the second time and after experiencing extremely harsh conditions while he was in exile due to the weather, geography, ongoing

concerns due to the presence of raiders, and his own fragile health, Saint John writes beautifully, encouraging his children to trust in the providence of God. Using examples from the Bible of people who stood firm in their faith, he wrote how they witnessed to God in all their circumstances and the challenges they faced because they had faith. For example, regarding Abraham:

[H]e especially glorified God by not being inquisitive, by not inquiring curiously, but by yielding to the incomprehensibility of His wisdom and His power, and not at all doubting what had been said. You see that this is how to especially glorify God—to always yield to the incomprehensibility of His providence and His unspeakable power and

wisdom, and not to be inquisitive, not to inquire curiously, not to say, “Why is this? What is this for? How will this be?” (82)

After writing of other examples of people of faith, Saint John writes:

[I]t would be possible to tell of countless others who, having encountered grievous circumstances, were not thrown into confusion, but held fast to God’s declaration, even if the events were contrary to the promises. Through this most noble endurance with patience, they plucked brilliant crowns for themselves. Therefore, beloved one, you too, wait for the final outcome. Everything will be fulfilled, either in this world or in the age to come. Always give way to the incomprehensibility of God’s providence and do not say: “How can so many evils be set aright?” Do not inquire curiously into the means by which God works wonders. (96)

Through and throughout *On the Providence of God*, Saint John is calling and encouraging his spiritual children to always glorify God and be thankful regardless of the circumstances they are in, living in faith knowing “God makes all things work together for good for those who love Him” (Romans 8:28).

“Glory to God for all things!”  
—*Saint John Chrysostom’s final words*



## Thank You...

Thank you to Ted Politis and ASAP Printing of Bloomington for producing our Lenten worship sign for the northeast corner of our lot, at Irving Avenue and Coniaris Way. Our plan is to have a special sign for each season of the year.

We also thank the Angelos and Tortorelis families for giving our new Lenten paraments in memory of their mother, Stamata Angelos. They were made in Romania and arrived in Minneapolis on March 9.

*May Stamata’s memory be eternal.*





# Children & Youth

## Our Children and Youth Mission Statement

To cultivate a safe and welcoming environment for kids by nurturing healthy relationships within the church family. We will teach the youth by building a strong foundation of knowledge, and together, we will experience the Orthodox tradition by following the four circles of youth ministry: **Liturgia** (Worship), **Diakonia** (Service), **Martyria** (Witness), and **Koinonia** (Fellowship), leading our youth to develop, by their own free will, a personal relationship with God and to pursue union with Him.

### Faith Group

#### 0-5 Year Olds and Parents

- ▶ Wednesday, April 1, 9:30-11:00 a.m.  
Great Hall and Terrace Room
- ▶ Thursday, April 30, 9:30-11:00 a.m.  
Great Hall and Terrace Room

### HOPE and JOY

#### Kindergarten-Grade 2 and Grades 3-5

- ▶ Wednesday, April 1  
Grade 2 Confession  
*Confession begins following the Liturgy, typically around 7:00 p.m.*

### Junior GOYA

#### Grades 6-8

- ▶ Wednesday, April 8, 7:00-8:00 p.m.  
Junior GOYA Mini-meeting  
*Following the Presanctified Liturgy, join us when we will have a Q&A with Fr. George.*

### Senior GOYA

#### Grades 9-12

- ▶ Wednesday, April 1, 7:00-8:00 p.m.  
Senior GOYA Mini-meeting  
*Following the Presanctified Liturgy, join us when we will have a Q&A with Fr. George.*
- ▶ Wednesday, April 8  
Grades 9 & 10 Confession  
*Confession begins following the Liturgy, typically around 7:00 p.m.*

### February Recap

February was a very busy, yet fun month for our youth programs. St. Paul hosted a successful tournament in which many of our kids participated in! The JOY teams got fifth and sixth place, Boys' GOYA and Girls' GOYA got third place, Women got second place and Men got sixth and ninth place. The young adults had a wonderful evening discussion with Metropolitan Nathanael as well. Other February youth activities: Some of our HOPE/JOY kids went to Feed My

Starving Children in Chanhassen and packed meals for people throughout the world; the Junior GOYAnS had their annual lock-in where we discussed the Triodion and played a lot of air square and games in the Youth Room; and the Senior GOYAnS decorated Valentine's Day cards for our VIPs, with the help of Sandra Anderson.

### Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. We have a new formal feedback process. Go to our St Mary's home page-Click on "Youth," then "Youth Program Feedback" Your comments will be forwarded to a member of the Parish Council and will be reviewed for follow up.

**No church school on Sunday, April 19 - Holy Pascha**



Follow the GOYAnS on Instagram: [St\\_Marys\\_GOYA](#)



*Senior GOYA Valentine's Day cards for our VIPs*

# Holy Friday Retreat

**April 17 • 9:00 a.m.-1:30 p.m.**

Our annual Church School Holy Friday Retreat will be held on Friday, April 17, at St. Mary's.

Check in is from 9:00-10:30 a.m.  
We invite everyone to begin the Retreat with Royal Hours at 9:00 a.m.

**Lessons \* Crafts \* Snacks \* Gym Time \* Lunch**  
*A Lenten lunch will be served.*

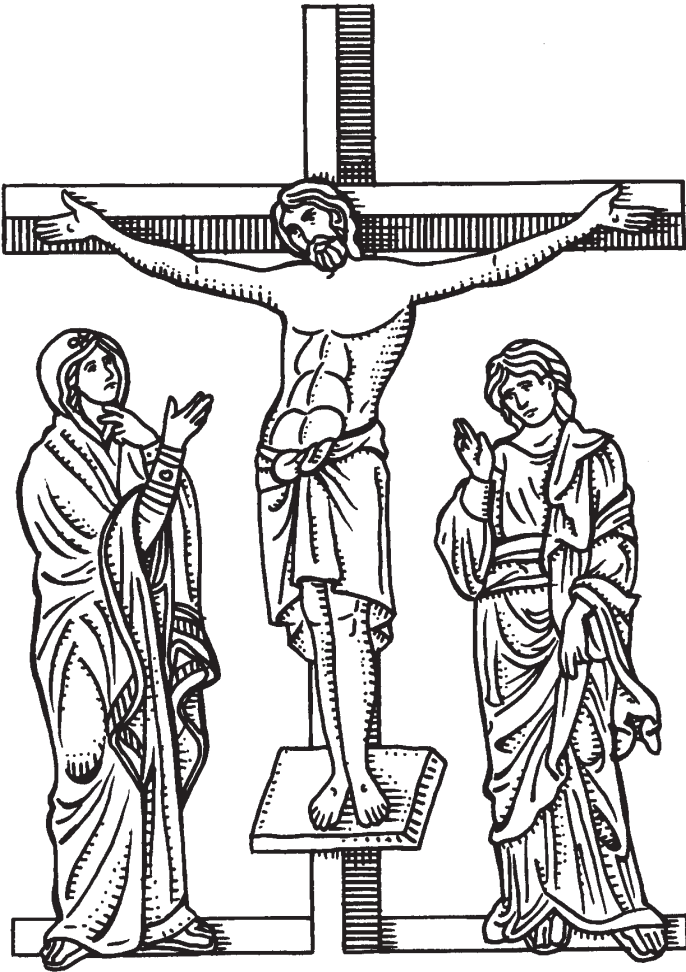
*Altar boys will help get church ready  
Myrrh-bearing girls will rehearse  
for the evening Service of Lamentations*

The Retreat ends with the Vespers of the Descent from the Cross at 1:30 p.m. (until about 2:30).

The Holy Friday Retreat is for children Pre-K (potty trained) through grade 12.

*Parents welcome to stay for any or all of the day!*

An excused absence letter is available for download on the Sunday Church School page of our website or by contacting the Church Office.



# Vacation Church School

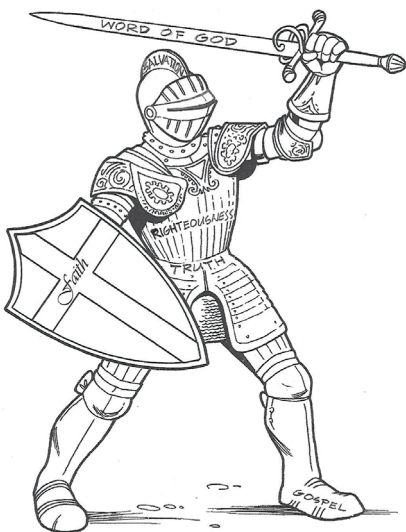
## Put on the Full Armor of God

Save the dates ~ June 8-12, 2020

*Calling all good, able-bodied Christian soldiers!  
We need YOU for a week-long training program.  
You will learn skills and gain knowledge necessary  
to fight for our Lord!*

*VCS is for kids three-years old (toilet trained)  
to grade six in the fall.*

Register on our website: [www.stmarysgoc.org](http://www.stmarysgoc.org)



Saint Mary's Greek Orthodox Church  
3450 Irving Avenue South  
Minneapolis, Minnesota 55408

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RETURN SERVICE REQUESTED

**O Death, where is your sting?**

**O Hell, where is your victory?**

**Christ is risen, and you are overthrown.**

**Christ is risen, and the demons are fallen.**

**Christ is risen, and the angels rejoice.**

**Christ is risen, and life reigns.**

**Christ is risen, and not one dead remains in the grave.**

**For Christ, being risen from the dead,  
is become the first fruits of those who have fallen asleep.**

**To Him be glory and dominion unto ages of ages.**

**Amen.**

**St. Mary's  
Greek Orthodox Church**

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**Publication Deadlines**

***The Messenger***—  
First Sunday of each month.

***Sunday Bulletin***—  
Preceding Thursday,  
12:00 Noon



The calendar reflects the planned April schedule, however, at the time of printing, all activities are suspended until further notice.

# April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:30am-FAITH Playgroup 10:30am-Intercessory Prayer 11:00am-Women's Bible Study 4:00pm-Holy Confession 5:45pm-Presanctified Liturgy Confession: Grade 2 7:00pm-Dinner Senior GOYA Q&A Open Gym 7:30pm-Choir Rehearsal	<b>2</b> 6:00pm-Great Canon of St. Andrew of Crete	<b>3</b> 7:00am-Men's Fellowship 4:00pm-Holy Confession 6:00pm-Akathist Hymn	<b>4</b> 9:00am-Bible Study 5:00pm-Great Vespers  <i>Senior GOYA Lock In</i>
<b>5 Saint Mary of Egypt "The Messenger" Deadline</b> 8:30am-Orthros 9:30am-Divine Liturgy Church School 11:45am-Visitation Training  <i>Lenten Vespers Cancelled</i>	<b>6</b> 6:00pm-Great Compline	<b>7</b> 6:00pm-Open Gym 6:15pm-Parish Council	<b>8</b> 4:00pm-Holy Confession 5:45pm-Presanctified Liturgy Confession: Grade 9 & 10 7:00pm-Dinner Junior GOYA Q&A Open Gym 7:30pm-Choir Rehearsal	<b>9</b>	<b>10</b> 4:00pm-Holy Confession 6:00pm-Presanctified Liturgy	<b>11 Lazarus Saturday</b> 8:30am-Orthros 9:30am-Divine Liturgy after Liturgy- Family Service Day 5:00pm-Great Vespers
<b>12 Palm Sunday</b> 8:30am-Orthros 9:30am-Divine Liturgy Church School Palm Sunday Spaghetti Lunch 11:45am-Questions over Coffee 7:00pm-Bridegroom Matins	<b>13 Holy Monday</b> 9:30pm-Presanctified Liturgy 7:00pm-Bridegroom Matins	<b>14 Holy Tuesday</b> 9:30pm-Presanctified Liturgy 7:00pm-Bridegroom Matins	<b>15 Holy Wednesday</b> 9:30pm-Presanctified Liturgy 4:00pm-Holy Unction 7:00pm-Orthros of the Last Supper/Holy Unction	<b>16 Holy Thursday</b> 9:30am-Divine Liturgy of the Last Supper 7:00pm-Service of Holy Passion	<b>17 Great Friday</b> 9:00am-Royal Hours Church School Retreat 1:30pm-Descent from the Cross 7:00pm-Lamentations	<b>18 Holy Saturday</b> 10:00am-First Resurrectional Divine Liturgy 11:30pm-Midnight Office, Resurrection Service, Orthros, Divine Liturgy Paschal Celebration
<b>19 Great and Holy Pascha</b> 12:00noon-Agape Vespers <i>Easter egg hunt follows Vespers</i>	<b>20 Bright Monday</b> <i>Church and Office Closed</i>	<b>21 Bright Tuesday</b> 12:00noon-Senior Citizens 6:00pm-Open Gym	<b>22 Bright Wednesday</b> 9:00am-"The Messenger" Mailing	<b>23 Bright Thursday Saint George</b> 8:30am-Orthros 9:30am-Divine Liturgy 6:30pm-Stewardship Com. 7:00pm-Edina Koinonia	<b>24 Bright Friday Life-Giving Font of the Theotokos</b> 8:30am-Orthros 9:30am-Divine Liturgy	<b>25 Bright Saturday Saint Mark</b> 9:00am-Orthros 10:00am-Divine Liturgy 9:00am-Bible Study 5:00pm-Great Vespers
<b>26 Sunday of Saint Thomas</b> 8:30am-Orthros 9:30am-Divine Liturgy Church School 11:45am-Newcomer Meet and Greet 5:00pm-Lake Calhoun Koinonia	<b>27</b>	<b>28</b> 6:00pm-Open Gym	<b>29</b>	<b>30</b> 9:30am-FAITH Playgroup		

# Holy Pascha Flowers Contribution

Name \_\_\_\_\_

In memory of: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Please return this form with your contribution to St. Mary's by  
Palm Sunday, April 12, 2020.

*Thank you!*

# Fun Jam

Sunday, May 17 • 11:15 a.m.

Dine on hot dogs & chips

Cupcakes and ice cream compliments of Harry Legeros Memorial

Bean bag toss, face painting, inflatable obstacle course,  
animal kingdom, and four lane sports

*Parents: Please pick up your children from  
Sunday Church School at  
11:15 a.m. sharp and proceed to the Great Hall.*

Please bring appropriate clothing to have fun  
at the different inflatable stations.



## 2020 Basketball Tournament

*Photos of the activities and basketball teams  
from St. Mary's at the  
2020 Metropolis of Chicago  
Western Region Family Basketball Tournament  
can be viewed in the print edition.*