

The Messenger

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

October 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



A Message from Father George

Father George Dokos, Proistamenos

"Through many sufferings we must enter the Kingdom of God."

~ Acts 14:22 ~

When some pilgrims from the world visited St. Paisios of Mt. Athos at his cell and told him that cancer was killing many people, he replied, "Cancer has brought many people to Paradise. The majority of people who have cancer repent and go to heaven."



This is how the holy people of the Church look at the sorrows and tribulations this life has to offer. They regard everything as under the incomprehensible care and providence of God, "Who wills that all people should be saved and come to the knowledge of the truth" (1 Timothy 2:4). When we see the world through the spectacles of hope and faith, we see God's hand busy at

work, doing everything in His power to bring all souls into His loving embrace so that they might enjoy sweet Paradise with the Holy Trinity for eternity.

When we look to the Martyrs, for example, we see that all they cared about was their Christ and His love. Nothing, absolutely nothing, could keep them from Him, as attested to by the Apostle Paul: "For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord" (Romans 8:38-39).

St. Dimitrios was exposed as a Christian when he was commanded to sacrifice to idols. He didn't offer sacrifice because he was faithful to God and loved Him above all else, above his own life. Then he was imprisoned in a bathhouse and treated very harshly. Still, the comfort and love of Christ consoled him, as did the thought of eternal life with his beloved Lord. Finally, on October 26, at the age of thirty-six, the Great Martyr was run through with spears, five to be exact, as his holy icon depicts. And he was struck in his side, just like his precious Jesus

—article continues on page 3.

Our Life Together

Baptisms

Alexander

Parents: James & Erica Delles
August 29, 2020

Sarah

Parents: Fr. Jason & Pres.
Alexandra Houck
September 7, 2020

Marriage

Jack Wahlers to Natalie Koch
September 5, 2020

Death

Ethel Thornburg
September 6, 2020
May her memory be eternal.



Share YourShelf

October's recipient of Share YourShelf contributions is Simpson Food Pantry.

Sunday, October 4

Canned meals – large cans
(*e.g. chili, pork and beans*)

Sunday, October 11

Potatoes – boxed, instant, or
canned

Sunday, October 18

Pancake mix and syrup

Sunday, October 25

Hygiene items
(*e.g. toothpaste, soap, shampoo,
etc.*)

“Love is not patronizing and charity isn't about pity, it is about love. Charity and love are the same -- with charity you give love, so don't just give money but reach out your hand instead.”

—Mother Teresa

Memorial Prayers

Sunday, October 10

Constantinos P. (Gus) Dascalos
(6 months)

Sunday, October 25

Christofili Chronakos (20 years)

Thank You

Dear Fr. George and Our St. Mary's Family,

Thank you very much for your generous gift for my ordination. I used it towards a set of new vestments, which took time to design and make.



I have just received them from the monastery, and am including a picture of my first time wearing them on the Sunday of Pentecost.

As I approach the first anniversary of my ordination and reflect on the weekend, I think first about my journey to seminary and all those who influenced us during our time living in Minneapolis. The love and encouragement from our entire St. Mary's family made a great impression on us. Your beautiful community and flourishing ministries helped strengthen and guide us toward the pursuit of the priesthood. I am so grateful and blessed to have you in our life! I remember you always in my prayers, and will think of you when I wear these vestments.

With love in Christ,
Fr. Angelo (Maginas)

*n.b.: Father Angelo is serving
Saints Constantine and Helen
Church in Cardiff-by-the-Sea, CA.*

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

Church School Director

Dena Tortorelis

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. Hoelt

Nicholas Legeros

Dean Psychogios

Andrew Theodotou

Randy Twito

Education • Fellowship • Worship

Fellowship and Study Groups

Men's Fellowship

Friday, October 2

7:00 a.m.

Location pending

Senior Citizens

No October gathering.

Monthly gatherings are cancelled until further notice.

All other gatherings are cancelled until further notice.

Koinonia

All Koinonia gatherings are suspended for the time being. We will keep you posted as to when gatherings can safely resume.

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

was once pierced in His immaculate side. Having died mystically with Christ in Holy Baptism, he also died physically with his Lord by emulating Christ's Passion, for our Lord had five wounds on His body (His two hands and two feet and His side), and thus did St. Dimitrios suffer for his Master and enter the Kingdom of God.

May we too be accounted worthy of suffering for Christ according to God's loving will and plan for our salvation, so that we may enter into His eternal rest and everlasting Kingdom.

With love in Christ, Whose Providence governs the universe,

+Fr. George

Monday Night On-line Bible Study

Join Fr. Jason and fellow parishioners for Bible study, live on-line, on Monday nights (except the weeks we have Parish Night). The first book we are exploring is First Peter. Our study is from 7:30-8:30 p.m. Classes are underway, but please join us even if you missed the first sessions. Zoom information was sent in an e-mail. Contact the Church Office if you need it resent. We will explore how the Bible applies to our own lives. We will also consider the theological, cultural, linguistic, historical, and social contexts of the Bible in an easy-to-understand way. We will also look at how Church Fathers understood various passages. Please contact Fr. Jason with any questions: frjason@stmarysgoc.org

Upcoming classes, all at 7:30 p.m.:
October 5, 12, 26
November 2, 9, 23, 30
December 7, 21

Parish-Night Week

The Church Facing the World • 2020-2021

This year, we are turning our Parish Night into Parish-Night Week! During the week, the HOPE/JOY (kindergarten-grade 5) will meet virtually on Tuesday from 6:30-7:15 p.m., Adults and Senior GOYAnS (grades 9-12) will meet virtually on Wednesday from 7:00-8:00 p.m., and the Junior GOYAnS (grades 6-8) will meet virtually on Thursday from 7:00-8:00 p.m. The adults and Senior GOYAn group will have a guest speaker for each session, and you must register via the URL sent in the Parish Night e-mail. At least from September through December, Parish-Night Week will all take place on Zoom. Be sure to watch your emails to register or to get the link. We look forward to a great year!

- October 20-22: Fr. Jacob Zaki presents on Islam, between then and now: What do I need to know?
- November 17-19: Deacon Philip Wagner presents on Prisoners Outside of Prisons: Still Paying the Price
- December 15-17: Fr. George Parsenios presents on The Nativity and the Biblical Narratives

Sunday Schedule

Saturday

Orthros – 9:00 a.m.

Divine Liturgy – 10:00 a.m.

Saturday Great Vespers – 5:00 p.m.

Sunday (live-streamed)

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Weekday Schedule

Thursday, October 1

Holy Protection of the Theotokos

Evening Divine Liturgy – 6:00 p.m.

Wednesday, October 7

Small Blessing of Water

– 6:00 p.m.

Friday, October 23

Saint Iakovos (James)

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Monday, October 26

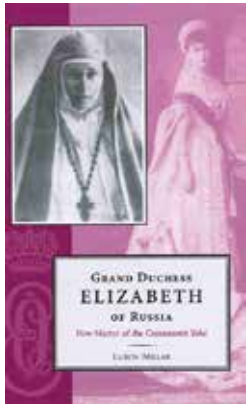
Saint Demetrios

Orthros – 8:30 a.m.

Divine Liturgy – 9:30 a.m.

Parish News & Events

Women's Book Club



Join us on Tuesday, October 20, at 7:00 p.m. for a discussion on the book *Grand Duchess Elizabeth* by Lubov Millar. This is one of the most extensive biographies on the Grand Duchess Elizabeth, the granddaughter of England's Queen Victoria who adopted the Orthodox Faith and dedicated her life to nursing the sick and other

courageous acts of love and charity in Imperial Russia. We plan to make this an in-person and virtual event. Details will be shared soon.

The book can be purchased from our Book Store through the Church Office. The cost is \$30.00. Contact the office at 612.825.9595 or david@stmarysgoc.org to be added to the Women's Book Club distribution list and/or to purchase the book.

Thank You!

Thank you to everyone who, in one way or another, made the Big Greek Give Back such a success! From the looks of it, we reached our goal of 10,000 lbs. of food and school supplies donated for area food shelves and contributions to the Give Back have exceeded \$10,000. We prepared meals for police and fire departments in local precincts as well as for a number of outreach agencies such as Loaves and Fishes, Healing House, FOCUS House, and others.

Thank you again for your great generosity and concern for the well-being of others!



The Big Greek Give Back Crew.

Winter Coat Drive

FOCUS House is again collecting coats for the Onamia Indian Reservation. This collection is for women and children who live in the colder part of Minnesota. If you have extra not-needed-coats, please bring them to St. Mary's to help the Native American children. There will be a collection container located in the hallway at St. Mary's or you can bring to FOCUS House at 550 Rice Street, St. Paul.

• This coat drive ends October 11.

University of Minnesota Orthodox Christian Fellowship

OCF is an organization that allows us as college students to connect through our faith. Over the past few years, we have continued to grow in numbers and hope to adapt this fall to continue to support each other through this time. We have been incredibly grateful in the past to have received meals and support from our local Orthodox community. Due to the current COVID-19 situation and university guidelines, we will be hosting our meetings every other Thursday on Zoom. We are excited to include those at other colleges in the Twin Cities and beyond in addition to the University of Minnesota students. Please pass on contact information for any students that would be interested in joining us!

Visit our new website to learn about our ministry and to learn ways to support us at ocfumn.com. Please reach out to Anna Karos or Nina Lind at ocf@umn.edu with any questions or concerns. We ask for your prayers as we head back to school.



Larry & Ina Dunham and William Fazio ponder the organization of donations.

Parish Council Elections

Preparing for Elections

Our Parish Council is working hard to prepare for the elections scheduled in November. While we need at least four individuals to run for the vacancies on our Council, we also want to review eligibility requirements for both candidates and those eligible to cast a ballot.

Parish Council Candidates

To serve on the Parish Council is a wonderful opportunity to contribute to the work of the church, and those who serve are called to imitate Christ and His disciples. "A candidate for the Parish Council must be a parishioner in good standing of the Parish for at least one (1) year immediately preceding the date of the election and must live his or her life in accordance with the Faith and canons of the Church. The Priest determines whether the Parishioners are in canonical and financial good standing" (Uniform Parish Regulations; Article 25)

Voter Eligibility

Only individuals who have been enrolled in the register of the Parish, attended public worship, and have been a financial steward for at least six calendar months prior to the election are entitled to vote. Should an individual move to St. Mary's from another parish, the six-month rule is also in effect.

Members in good standing are those "persons who are baptized and/or chrismated in the Orthodox faith, have attained the age of eighteen years, accept and adhere to the faith, canons, laws, dogmas, discipline, worship, ritual, decisions, usages and the ecclesiastical authority of the Archdiocese, and who agree to abide by the provisions of the By-Laws of this Parish and are stewards in good standing, . . ." (St. Mary's By-Laws; Article 4)

Members expecting to participate in the voting process should be up-to-date in their stewardship contributions. "A parishioner in good standing and duly enrolled in the Parish Record but delinquent in his or her Parish stewardship obligations for the current year may vote in the election by meeting his or her stewardship obligation prior to the election . . .

If a Parishioner is delinquent for more than the current calendar year, he or she may vote in the Parish Council elections only if he or she has met his or her unfulfilled stewardship financial obligations at least thirty (30) days prior to the date of the elections." (Uniform Parish Regulations; Article 25)

Parish Council Requirements

We Are Looking for a Few Good Candidates

Are you an active member of St. Mary's? Are you looking for an opportunity to contribute to the work of the church? Would you like to more fully participate in the life of St. Mary's? Do you have time to commit to serving others? Do you have a special gift for working cooperatively and enhancing our parish?

WE NEED YOU! The four out-going members of our Parish Council are not eligible to run for re-election, so we are actively seeking men and women of all ages to become members of the Parish Council. If you have been a member in good standing of St. Mary's for at least one-year, please prayerfully consider serving on the Council.

Members serve for a 3-year term, and meetings are on the second Tuesday of each month at 6:15 p.m.

All candidates will attend a seminar conducted by Fr. George prior to the election where you learn about the Uniform Parish Regulations, work of the Council, and the significance of the affirmation of office.

Candidate applications are now available in the Church Office and due back by Friday, October 16.

All interested parishioners are encouraged to speak with a current member of the Parish Council to ask questions and learn more about this important ministry of the church.

Philoptochos



At the time of publication, the Philoptochos Board has a meeting scheduled to discuss fall events and spending down of funds, since our expenses have been under budget.

If you have suggestions of worthy organizations or activities, please contact President Annette Legeros.

Women's Book Club Discussion

Tuesday, October 20, 7:00 p.m.

The Women's Book Club discussion of "Grand Duchess Elizabeth of Russia, New Martyr of the Communist Yoke" will take place on October 20. The venue (in person or virtual) will be communicated when the date is closer. Copies are available in the church office for \$30.00. All are welcome to join the Women's Book Club!

Coming Soon...Olive Oil for Sale

Philoptochos will be selling 750 ml bottles of extra virgin olive oil produced via cold extraction and with very low acidity, green color, and rich aroma. This fundraiser is possible due to a gift from Toni and Mike Bazakos, who donated the fruits of an early harvest from their family farm in Messenia, Greece, on the western coast of the Peloponnese. More to come on how sales will be conducted.

National Philoptochos Convention a Success

The first ever virtual National Philoptochos Convention was held in August, and with over 500 participants, including hierarchs, board members, delegates and observers in attendance, it was a great success! Annette Legeros and Paulette Hastings served as delegates for our chapter. In addition to completing important business like adoption of the budget and bylaws changes, here are a few highlights and bits of information that were shared about Philoptochos activities in the past biennium:

- \$4 million in grants have been distributed since 2018.
- As of early August, the Social Services Department distributed 88 COVID-related grants to Orthodox around the country totaling more than

\$234,000. An additional \$50,000 was donated equally to Feeding America and Meals on Wheels America.

- Special presentations by experts were made on many topics: Hagia Sofia, the opioid crisis, leadership, development, Hellenic College/Holy Cross.
- Philoptochos has implemented many initiatives: #MasksOn Campaign, Operation Classroom, Kindness Counts, Young Philanthropists.
- \$25,000 was voted on during the convention to support Fire Relief by the Metropolis of San Francisco.
- Philoptochos chapter across the country served more than 2 million meals to people in need.

Missions & Outreach

“O Lord grant me to greet the coming day in peace.”
(*Orthodox Morning Prayer*)

This Messenger article was started August 27, 2020, a day after another night of rage and rampage within the City of Minneapolis, as in many cities during these difficult times. Peace, what a beautiful word, a word to use when we are helping others.

Peace is a beautiful word when one shares by helping others. Peace as may be found by those who helped others by bringing special needed types of food for the “Big Greek Giveback.” Another ‘Thank you’ to all who have given of your time and gift of food. This was a big ‘give back’ to include 10 food shelves – Wow.

“I think everyone is going to need to either give help or accept help” Allison O’Toole, CEO of Second Harvest Heartland, Star Tribune 9/6/2020. (Note to self ‘give help or accept help.’)

St. Mary’s Missions and Outreach contacted 10 directors of local food shelves to find out their needs to assist the Big Greek Giveback food drive. We learned that there are needs that extend beyond food in cans or available in a prepared meal. There is a need for diapers, personal hygiene products, ingredients to allow for cultural foods and how to view giving during a time of pandemic.

If you are able to give help, there is no better time to help than when you hear or read about the needy. Take the first step as a volunteer i.e. consider a few hours at The Sheridan Story, Simpson House, FOCUS House, or CES. You will be so glad you took that first step.

St. Mary’s volunteers have prepared thousands of meals during three Share the Harvest meal packs. St. Mary’s Foundations and Parish Council have supported your efforts with funding (even strong encouragement as they approved the first event since COVID-19) in support of the June 28, 2020, meal pack of 26,240 meals. Simpson Food Pantry reports that these meals are a hit with the clients and in particular the youth. They are a perfect breakfast and even can be a substitute for salty snack foods.

We are now into fall and uncertainty remains as food insecurity increases! With COVID-19 disrupting our daily lives, and cold weather around the corner, food and also personal hygiene products will continue to be needed. What are the emerging changes in our way of life? i.e., children not being in school

for class and the absence of school lunches that add to food insecurity. The Sheridan Story is currently serving 100,000 weekly meals for students in 29 school districts. If they can grow their funding, they expect that level of support for children will increase and continue into 2021. Wow!



We are starting to see and hear words like “hunger crisis” with staggering number of clients visiting food shelves. Outside of the Metro area, there is a need as well. FOCUS House is helping those in need near Onamia, MN, for the Mille Lacs Band of Ojibwe.

From the StarTribune article regarding “Hunger crisis in Minnesota”: Second Harvest Heartland states that first time client visits are up 40% and handing out three times the amount of food per day.

Loaves and Fishes executive director Cathy Maes shared that the number of new visitors is “staggering” and “make up about half of the people getting free meals.” (StarTribune, September 6, 2020).

Letters to St. Mary’s:

Mike Lloyd, Executive Director, Community Emergency Services (CES):

To our friends of St. Mary’s Greek Orthodox Church,
*Thank you so very much for generously supporting CES during this very challenging time.
Bless you!*

Mike

Quoting Chris Nelson (CES), “the unprecedented need - daily increases of anywhere from 30-300% over pre-Coronavirus need, has made your contributions vital.”

St. Mary’s has donated over 1,000 pounds of food to CES during 2020 even before the Big Greek Give Back food drive.



Cheryl Gross, Food Pantry Director for Simpson Food Pantry: “Thank you for being so kind as to help us with the mission work in the Whitter neighborhood...you are truly a blessing to us, we are so grateful for your support.”

We are so fortunate to be part of St. Mary’s, a generous Christian community.

“O Lord grant me to greet the coming day in peace.”

The Family Camp Task Force presents...



The Communion of Saints

***Join your Family Camp family from near and far
(and those who have never been to Family Camp!) at a two-hour virtual retreat!***

Saturday, October 10, 2020 • 9:30 a.m.-12:00 noon

Retreat Schedule

9:30: Coffee (BYOC) & Fellowship

10:00: "The Biblical Understanding of Saints" - Dr. Michael Lotti

11:00: "The Saints and the Liturgical Tradition" - Fr. Jonathan Proctor

Everyone is welcome at this free Retreat!

Fr. Jonathan Proctor and Dr. Michael Lotti of Holy Trinity Orthodox Church in St. Paul, MN, will discuss how the Scriptures and the Orthodox liturgical tradition help us understand and live out this beautiful teaching. The retreat, which is suitable for adults and teens, will be held from 10:00 a.m.- 12:00 noon with a special visiting time from 9:30-10:00 a.m. We hope you will join us! *Note the coffee (half) hour with Pres. Christa...BYOC (bring your own coffee).*

Register today at <https://stmaryscamp.com/family-camp/> and spread the word.

We hope to see you on October 10...even if it is on-line!

In the Bookstore

by Rebecca Myerly



Born a peasant in Russia in 1866, St. Silouan arrived on Mount Athos in 1892 after fulfilling his military service. Both his spiritual biography and wisdom are gathered in the book *Saint Silouan the Athonite*, written by St. Sophrony (1896-1993) and compiled from the many scraps of paper St. Silouan used to write down his thoughts and the wisdom God gave him. St. Sophrony explained:

Blessed Staretz Schema-monk Silouan practised asceticism for forty-six years in the Russian Monastery of St. Panteleimon on Mt. Athos. The present writer spent some fourteen years in this same Monastery. During the Staretz' last years—from about 1931 until the day of his death (11/24 September 1938) it happened that I was the one closest to him. And now I have been urged to pen his life-story—not an easy mission for one with neither the gift nor the experience of writing. Nevertheless, I have agreed, profoundly and sincerely convinced as I am that it is my duty to make known to the world this truly great man.... [M]y main concern is... to write the most explicit portrait of the Staretz as possible. (3-4)

St. Sophrony accomplished this with great grace. The result is a book filled with spiritual nourishment and guidance for the attentive reader. The biography of St. Silouan in the first part of the book is permeated with details and examples of how he lived a spiritual life and the perspective he had because of his close companionship with Christ.

The second part of the book is filled with the wisdom of St. Silouan. St. Sophrony noted, "I believe that in his writings Blessed Staretz Silouan, a faithful son of the Church, has provided us with the latest and most trustworthy criterion of truth in the Church—*Christ-like love for our enemies and Christ-like humility*." (90) St. Silouan concentrated on humility and love for enemies:

In my opinion only one thing is important—humbling oneself, for pride stops us from loving.... [A]ll my desire is to learn humility and the love of Christ, that I may offend no man but pray for all

as I pray for myself. (229, 350)

Blessed is the soul that loves her brother, for *our brother is our life*.

Blessed is the soul that loves her brother: the Spirit of the Lord lives manifest within her, affording peace and gladness, and she weeps for the whole world.

My soul remembered the Lord's love, and my heart grew warm. My soul was given over to bitter lamentation that I had so deeply grieved the Lord, my beloved Creator; but He remembered not my sins; and then my soul surrendered to profound and sorrowful weeping that the Lord might have mercy on every soul and take each one into His Heavenly Kingdom.

And my soul weeps for the whole world. (371)
My soul has known Thee, O Lord, and I write to Thy people of Thy mercy....

O, all ye peoples, I weep as I pen these lines. My soul's desire is that you should know the Lord and contemplate His mercy and glory. I am an old man of seventy-two years and must shortly die, and I write to you of the Lord's mercy that He gave me to know by the Holy Spirit; and the Holy Spirit taught me to love the people. Would that I could set you on a high mountain, that from the height thereof you might behold the gentle and compassionate countenance of the Lord, that your hearts would rejoice. (345)

St. Sophrony wrote:

The Staretz did not seek martyrdom, even though he knew 'the grace of martyrs.' Nevertheless, his life was a veritable martyrdom—one could even say, worse than martyrdom. Sometimes a martyr will pay with his life for a brief period of confessing his faith. But to live long years of ascetic life, long years of praying for the world, as he did—to pray for people is to shed blood—is greater than simple martyrdom. (197)

The Lord spoke to St. Silouan in his soul, saying, "Keep your mind in hell and despair not." (430) The Saint obeyed and this message became the heart of how he lived and what he wrote. *Saint Silouan the Athonite* is a grace-filled spiritual guidebook and companion.

Church Must not Forget Its Higher Spiritual Calling While Engaging in Social Work — Patriarch Daniel of Romania

Bucharest, July 23, 2020



It is good and blessed for the Orthodox Church to be involved in social work, helping the less fortunate and showing them the love of Christ, but at the same time, the Church must resist the danger of being reduced to a mere charity, forgetting its higher spiritual calling, His Beatitude Patriarch Daniel of Romania said at an event in honor of his 69th birthday on Wednesday, July 22.

His Beatitude received many messages of thanks and appreciation for the great social work of the Romanian Church under

his watch. Since 2007, the Church has spent \$243,335,400 (210 million euros) on charity, with \$ 4,634,960 (4 million euros) being spent just during the time of the coronavirus pandemic, reports the Basilica News Agency.

However, while it is good for spirituality to be embodied in acts of merciful love, there is, on the other hand, a great risk, the Patriarch warned.

“People see what the Church is doing in society, what social work it is developing for the common benefit of society. Therefore, it is good for spirituality to be embodied, to be materialized in deeds of merciful love for the people in society who need support, not only morally, but also materially,” he said.

He continued: “Of course, on the other hand, there is a great risk, as seen in the West: When the Church deals only with the social and is reduced to a charitable organization, it forgets its spiritual, liturgical, and sacramental vocation.”

The Church must have, first of all, an intense spiritual life, and this spiritual life must be the foundation for any social and philanthropic work, Pat. Daniel emphasized, citing the words of St. Isaac of Syria: “Pure love is born of prayer.”

“That is why we always try not to separate the Liturgy from philanthropy, but also philanthropy from the Liturgy. We thus maintain a balance and use the time of earthly life as a time of preparation for Heavenly, eternal life,” the Romanian primate highlighted.

We must seek not just temporal, but eternal happiness while on Earth, preparing ourselves for eternal communion with God, he said.

“This is for us the healthy thinking that springs from the Holy Gospel and the writings and the lives of the saints of the Church,” His Beatitude concluded.

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.

HOPE and JOY

Kindergarten-Grade 2 and Grades 3-5

- ▶ Tuesday, October 20, 6:30-7:15 p.m.
Parish-Night Week
Watch your e-mails for the Zoom link.
- ▶ Saturday, October 24, 12:00 noon-1:30 p.m.
HOPE and JOY at Dehn's Pumpkin Patch in Dayton!
Watch your e-mails for more information.

Junior GOYA

Grades 6-8

- ▶ Thursday, October 1, 7:00-8:00 p.m.
Parish-Night Week
Watch your e-mails for the Zoom link.
- ▶ Wednesday, October 7, 6:45-8:00 p.m.
Junior GOYA at Church
Description
- ▶ Thursday, October 22, 7:00-8:00 p.m.
Parish-Night Week
Watch your e-mails for the Zoom link.

Senior GOYA

Grades 9-12

- ▶ Wednesday, October 14, 6:45-8:00 p.m.
Senior GOYA Paraklesis and Social at Church
- ▶ Wednesday, October 21, 7:00-8:00 p.m.
Parish-Night Week
Senior GOYAns and Adults: Fr. Jacob Zaki presents on Islam - Between then and now: What do I need to know?
 - Register for the meeting:
<https://tinyurl.com/OctoberPNRegistration>

In-Person Youth Activities

It is important for us to follow social distancing measures throughout our in-person activities. Below are the safety precautions:

- Masks must be worn properly by everyone for the duration of the event
- Practice social distancing (at least 6 feet apart from each other)
- Avoid touching each other

- Sanitize hands frequently. Everyone will be required to sanitize your hands when you arrive and encouraged throughout the evening.

Please note that while the Church has taken steps to reduce the spread of COVID-19, it cannot guarantee safety. Attending this activity may increase your child's risk of contracting the disease. By attending these events for which you are making a reservation, you acknowledge the contagious nature of COVID-19 and assume the risk of becoming ill. Further, you agree to release, covenant not to sue, discharge, and hold harmless the Church, its employees, agents, and representatives, of and from all liabilities, claims, actions, damages, costs or expenses of any kind arising out of or relating to COVID-19. You understand and agree that this release includes any claims based on the actions, omissions, or negligence of the Church, its employees, agents, and representatives.

When should I stay home? For the well-being of others, you should stay home if you are displaying COVID-19 symptoms, test positive for COVID-19, or have been exposed to someone with symptoms or a confirmed or suspected case. Click this link if you need help discerning whether you are sick:
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>.

Youth Feedback

If you have any comments, suggestions, or concerns regarding our youth program(s) please let us know. To access our 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.



Follow the GOYAns on Instagram: **St_Marys_GOYA**

Saint Mary's Greek Orthodox Church
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Minneapolis, Minnesota 55408

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The grass withers,
the flower fades,
But the word of our
God stands forever.

—Isaiah 40:8



**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

October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Holy Protection of the Theotokos 6:00pm-Evening Divine Liturgy 7:00pm-Junior GOYA Parish-Night Week	2 7:00am-Men's Fellowship	3 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers
4 Second Sunday of Luke "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy	5	6 Saint Thomas 8:30am-Orthros 9:30am-Divine Liturgy	7 6:00pm-Small Blessing of Water 6:45pm-Junior GOYA at Church	8	9	10 9:00am-Orthros 10:00am-Divine Liturgy 9:30am-Family Camp 5:00pm-Great Vespers
11 Sunday of the Seventh Ecumenical Council 8:30am-Orthros 9:30am-Divine Liturgy	12 Saint Symeon the New Theologian 8:30am-Orthros 9:30am-Divine Liturgy	13 6:15pm-Parish Council	14 6:45pm-Senior GOYA Paraklesis and Social at Church	15 6:30pm-Stewardship Com.	16	17 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers
18 Saint Luke the Evangelist 8:30am-Orthros 9:30am-Divine Liturgy 11:45am-Missions/Outreach	19	20 6:30pm-HOPE/JOY Parish-Night Week 7:00pm-Women's Book Club	21 9:00am-"The Messenger" Mailing 7:00pm-Senior GOYA & Adult Parish-Night Week	22 7:00pm-Junior GOYA Parish-Night Week	23 Saint Iakovos 8:30am-Orthros 9:30am-Divine Liturgy	24 9:00am-Orthros 10:00am-Divine Liturgy 12:00noon-HOPE/JOY at Dehn's Pumpkin Patch 5:00pm-Great Vespers
25 Sixth Sunday of Luke 8:30am-Orthros 9:30am-Divine Liturgy	26 Saint Demetrios 8:30am-Orthros 9:30am-Divine Liturgy	27	28	29	30	31 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers