SAINT MARY'S GREEK ORTHODOX CHURCH

▼ THE DIVINE LITURGY ▼

The Weekend of March 13/14, 2021

Saturday, March 13, 2021

Commemoration: Second Saturday of Souls (Cheesefare Saturday); Removal of the relics of Nicephorus, Patriarch of Constantinople; Pouplios the Martyr, Bishop of Athens; Christina the Martyr of Persia; Gerald, Bishop of Mayo.

Variable Hymns and Readings in the Liturgy At the Second Antiphon

Save us, O Son of God, who are wondrous among your saints, save us who sing to you: Alleluia!

At the Small Entrance

Hymn for the Day, Fourth Tone

O God of our Fathers, since You always deal with us in accordance with Your gentleness, do not withdraw Your mercy from us, but at their fervent entreaties, pilot our life in peace.

Entrance Hymn, Second Tone

Come, let us worship and bow down before Christ. Save us, O Son of God, who are wondrous among your saints, save us who sing to you: Alleluia!

Repeat the Hymn for the Day, above.

Hymn of the Dormition of the Theotokos, First Tone

In giving birth, you preserved your virginity, O Theotokos; in falling asleep you did not forsake the world. You passed over into life, O Mother of Life; and by your prayers you deliver our souls from death!

Kontakion of the Day, Second Tone

O Protection of Christians that never falls, intercession with the Creator that never fails, we sinners beg you, do not ignore the voices of our prayers. O good Lady, we implore you, quickly come unto our aid, when we cry out to you with faith. Hurry to intercession, and hasten to supplication, O Theotokos who protect now and ever those who honor you.

Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.

The Lord said, "Beware of practicing your piety before men in order to be seen by them; for then you will have no reward from your Father who is in heaven.

"Thus, when you give alms, sound no trumpet before you, as the hypocrites do in the synagogues and in the streets, that they may be praised by men. Truly, I say to you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be in secret; and your Father who sees in secret will reward you.

"And when you pray, you must not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, that they may be seen by men. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And in praying do not heap up empty phrases as the Gentiles do; for they think they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this:

Our Father who are in heaven,
Hallowed be your name,
Your kingdom come,
Your will be done,
On earth as it is in heaven.
Give us this day our daily bread,
And forgive us our debts,

As we also have forgiven our debtors;

And lead us not into temptation,

But deliver us from evil.

For yours is the kingdom and the power and the glory, for ever.

Amen."

The Communion Prayers are found on page 4 of this leaflet.

Communion Hymn

The righteous will be remembered for ever. Alleluia.

Stewardship Prayer

Lord Jesus Christ, our God, accept our offerings as You have accepted the gifts of Your people throughout the ages. We offer these gifts to Your glory, for the support of the ministries of Your holy Church, for the alleviation of suffering and hunger, and for the proclamation of Your Gospel to the whole world.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts you have given us, by the power of Your grace, mercy, and love. May Your name be glorified forever. Amen.



THE COMMUNION PRAYERS

I believe and confess, Lord, that You are truly the Christ, the Son of the living God, who came into the world to save sinners, of whom I am the first. I also believe that this is truly Your pure Body and that this is truly Your precious Blood. Therefore, I pray to You, have mercy upon me, and forgive my transgressions, voluntary and involuntary, in word and deed, known and unknown. And make me worthy without condemnation to partake of Your pure Mysteries for the forgiveness of sins and for life eternal. Amen.

Behold, I approach for Divine Communion. O Maker, burn me not as I partake, for You are fire consuming the unworthy. But cleanse me from every stain.

Receive me today, O Son of God, as a partaker of Your mystical supper; for I will not betray Your mysteries to Your enemies, nor give You a kiss as did Judas, but as the thief I confess You: Remember me, O Lord, in Your kingdom.

Tremble, O man, as you behold the divine Blood. It is a burning coal that sears the unworthy. The Body of God both deifies and nourishes me: It deifies the spirit and wondrously nourishes the mind.

You have smitten me with yearning, O Christ, and by Your divine eros You have changed me. But burn up my sins with spiritual fire, and grant me to be filled with delight in You, so that, leaping for joy, I may magnify, O Good One, Your two comings.

How shall I, who am unworthy, enter into the splendor of Your saints? If I dare to enter into the bridal chamber, my clothing will accuse me, since it is not a wedding garment; and being bound up, I shall be cast out by the angels. In Your love, Lord, cleanse my soul and save me.

Loving Master, Lord Jesus Christ, my God, let not these holy Gifts be to my condemnation because of my unworthiness, but for the cleansing and sanctification of soul and body and the pledge of the future life and kingdom. It is good for me to cling to God and to place in Him the hope of my salvation.

Approaching to receive, each makes a reverence and says:

■ Behold I approach Christ, our immortal King and God.

Sunday, March 14, 2021

Commemoration: Forgiveness Sunday (Cheesefare); Benedict the Righteous of Nursia; Euschemon the Confessor, Bishop of Lampasakos.

Morning Gospel: Seventh Tone: Grave

Variable Hymns and Readings in the Liturgy At the Second Antiphon

Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

At the Small Entrance

Resurrection Hymn, Grave Tone

By your cross, O Lord, you destroyed death; to the thief you opened paradise. The myrrhbearers' sorrow you transformed into joy, and you sent your apostles forth to proclaim that you had risen from the dead, Christ our God, bestowing on all the world your great mercy.

Entrance Hymn

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

Repeat the Resurrection Hymn, above.

Hymn of Saint Benedict, Plagal Fourth Tone

In thee the image was preserved with exactness, O Father; for taking up thy cross, thou didst follow Christ, and by thy deeds thou didst teach us to overlook the flesh, for it passeth away, but to attend to the soul since it is immortal. Wherefore, O righteous Benedict, thy spirit rejoiceth with the Angels.

Hymn of the Dormition of the Theotokos, First Tone

In giving birth, you preserved your virginity, O Theotokos; in falling asleep you did not forsake the world. You passed over into life, O Mother of Life; and by your prayers you deliver our souls from death!

Kontakion for Forgiveness (Cheesefare) Sunday, Plagal Second Tone

O You who are the source of all wisdom and discernment, instructor of the ignorant and champion of the poor; strengthen my heart, O Master, and grant me understanding. O Word of the Father, bring words to my lips, that nothing would keep me from crying out to You: In Your compassion have mercy on me, for I have fallen.

Brethren, salvation is nearer to us now than when we first believed; the night is far gone, the day is at hand. Let us then cast off the works of darkness and put on the armor of light; let us conduct ourselves becomingly as in the day, not in reveling and drunkenness, not in debauchery and licentiousness, not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.

As for the man who is weak in faith, welcome him, but not for disputes over opinions. One believes he may eat anything, while the weak man eats only vegetables. Let not him who eats despise him who abstains, and let not him who abstains pass judgment on him who eats; for God has welcomed him. Who are you to pass judgment on the servant of another? It is before his own master that he stands or falls. And he will be upheld, for God is able to make him stand.

The Lord said, "If you forgive men their trespasses, your heavenly Father also will forgive you; but if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not lay up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal, but lay up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there will your heart be also."

The Communion Prayers are found on page 4 of this leaflet.

Stewardship Prayer

Lord Jesus Christ, our God, accept our offerings as You have accepted the gifts of Your people throughout the ages. We offer these gifts to Your glory, for the support of the ministries of Your holy Church, for the alleviation of suffering and hunger, and for the proclamation of Your Gospel to the whole world.

Grant us Your blessing, Lord our Savior, that we may always be faithful stewards, continuing to share the gifts you have given us, by the power of Your grace, mercy, and love. May Your name be glorified forever. Amen.

Service of Forgiveness

on the Sunday of Forgiveness or Cheesefare Sunday

X

Hymns of Repentance, Fourth Tone

- All: I want to wash away with tears the record of my sins, O Lord, and through the rest of my life to please you by repentance; but the enemy deceives me and fights against my soul. Before I perish utterly, save me, O Lord.
- All: If one takes refuge from the tempest in this harbor, will he not be saved? If in his agony he kneels before this house of healing, will he not be cured? O Maker of all and Physician of the sick, before I perish utterly, save me, O Lord.
- All: Wash me with my tears, O Savior, for I am defiled by many sins. Therefore I fall down before you: I have sinned, have mercy upon me, O God.
- All: I am a sheep of your spiritual flock, and to you I flee for refuge, O Good Shepherd. I have gone astray, O God: seek me and have mercy upon me.

Hymns of Forgiveness, Second Tone (by Joseph)

- All: Let us all make haste to humble the flesh by abstinence, as we set out upon the God-given course of the holy Fast; and with prayers and tears let us seek our Lord and Savior. Laying aside all memories of evil, let us cry aloud: We have sinned against you, Christ our King; save us as the men of Nineveh in days of old, and in your compassion make us sharers in your heavenly Kingdom.
- All: When I think of my works, deserving every punishment, I despair of myself, O Lord. For see, I have despised your precious commandments and wasted my life as the Prodigal. Therefore I ask you: cleanse me in the waters of repentance, and through prayer and fasting make me shine with light, for you alone are merciful; abhor me not, O Benefactor of all, supreme in love.

All: Glory to the Father and the Son and the Holy Spirit, both now and ever and to the ages of ages. Amen.

Let us set out with joy upon the season of the Fast, and prepare ourselves for spiritual combat. Let us purify our soul and cleanse our flesh; and as we fast from food, let us abstain also from every passion. Rejoicing in the virtues of the Spirit may we persevere with love, and so be counted worthy to see the solemn Passion of Christ our God, and with great spiritual gladness to behold his holy Passover.

The Great Prokeimenon, Plagal Fourth Tone

- All: Turn not away your face from your servant, for I am in trouble; hear me speedily: hearken unto my soul, and deliver it.
- All: Let your salvation, O God, help me. Let the poor see it and be glad. Seek God, and your soul shall live.
- All: Turn not away your face from your servant, for I am in trouble; hear me speedily: hearken unto my soul, and deliver it.

The Lenten Hymns

Chanter: Rejoice, Theotokos Virgin, Mary full of grace, the Lord is with you. Blessed are you among women and blessed is the fruit of your womb, for you have borne to the Savior of our souls.

Prostration

Glory to the Father and the Son and the Holy Spirit.

O Baptist of Christ, remember us all, that we may be delivered from our iniquities, for you have been given grace to pray for us.

Prostration

Now and ever and to the ages of ages. Amen.

Pray for us, holy Apostles and all Saints, that we may be delivered from peril and afflictions, for you are our fervent advocates before the Savior.

Prostration

All: O Theotokos, beneath your tender mercy we take refuge. Do not despise our supplications in distress, but deliver us from peril, for you alone are pure and blessed.

The Lenten Prayer of St. Ephraim

O Lord and Master of my life! Take from me the spirit of sloth, despair, lust of power, and idle talk.

Prostration

But give rather the spirit of chastity, humility, patience and love to your servant.

Prostration

Yea, O Lord and King! Grant me to see my own transgressions and not to judge my brother, for blessed are you unto ages of ages.

Prostration

Following the Prayer of St. Ephraim, we turn to those on our right and our left and say, "Forgive me, the sinner." The Dismissal Prayers are then offered followed by the conclusion of the Divine Liturgy.



Please remember the sick, the suffering, and those in need, especially: Those suffering from COVID-19 and those who care for them; Our brothers and sisters living through the aftermath of disaster; For the victims of violence; Families Moving Forward; Metro Hope Ministries; Orthodox Christian Prison Ministry; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Cleo, Lukas, Presvytera Tulla Poteres, Nancy and Tim, Tom, Olga, Peter, Kristina, Armour family, Cora and family, Lamona, Bo, Tom Grund, Lynn, Deb, Sarah, Maia, Jeanette, Travis, Kassie, Tahnlee, Lois, Kalli, Alex, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Carole, Rifka, Pat, Nancy, Dave, Pam Katie, Bri, Gilbert, George P., Barbara, Thespina, Danielle, Jenny, John L., Steven E., Samir and Samira, Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Phil, Karen, Phil, Marnie and family; Joyce, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Dina, Landon, Luke, Aemiliane, Doria, Mike, Stephanie, Tyler, Ben, Brittany, Amy, Shinia, Chelsea, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Slibe, Saleh & Deanna, Kristine, Toni, Gina, Julie, R.J., Allie, Elena, Speranta, Alexander, Stephanie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Alki, Elizabeth, Jaxon, Olle, Judi, Bodil, Ole, and others known to you.

Calendar of the Week

Today

4:00 p.m. – Forgiveness Vespers (Registration not requested)

Monday, March 15: Clean Monday — First Day of Great Lent

6:00 p.m. - Great Compline (Registration not requested)

7:00 p.m. - Virtual Bible Study on Zoom

Tuesday, March 16

5:00 p.m. - Greek Zumba, on Zoom

6:30 p.m. - Philoptochos Board Meeting

Wednesday, March 17

9:00 a.m. - "The Messenger" Mailing

4:00 p.m. - Holy Confession, Nave

5:45 p.m. - Liturgy of the Presanctified Gifts (Registration requested)

7:00 p.m. - Confession: Grades 7 and 8

Friday, March 19

7:00 a.m. - Men's Fellowship, on Zoom only

4:00 p.m. - Holy Confession, Nave

6:00 p.m. - Salutations to the Theotokos (Registration not requested)

Saturday, March 20: Third Saturday of Souls

9:00 a.m. - Orthros: 10:00 a.m. - Divine Liturgy

(Registration requested)

5:00 p.m. - Great Vespers (Registration not requested)

Sunday, March 21: Sunday of Orthodoxy

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

(Registration requested)

Presentation follows the Liturgy

No Church School today

10:45 a.m. - HOPE/JOY Activity, Great Hall

1:30 p.m. - YAL Q&A Session, on Zoom

4:00 p.m. - Lenten Vespers, Live-stream only

Weekly Lenten Offerings

Again this year our special Lenten activities need to be suspended or limited. As a result, many of the organizations we contribute to through the offerings received at the meals following our Wednesday services will miss out on needed support. We have made the decision to receive an offering each week in support of a variety of worthy charities. This week we will be collecting for **Orthodox Christian Mission Center (OCMC)**. A special link for online giving can be found on our website if you are unable to be with us at our Lenten service. Please make checks payable to *St. Mary's*.

March 22-26: Simpson House

March 29-April 2: International Orthodox Christian Charites (IOCC)

April 5-9: Healing House

April 12-16: Coptic Orphans

April 19-23: Philoxenia House in Rochester

Living Salvation Workshop

Saturday, March 7



"Living Salvation": The Twelve Great Feasts in Scripture, Icons, and Hymns is the first in a series of online religious education programs by the Greek Orthodox Metropolis of Chicago's Religious Education Department. On Saturday, March 27, 2020 at 9:00 a.m.-12:00 noon, Dr. Paraskevè Tibbs will host three presentations

in one webinar that will help participants gain a deeper understanding of Christ and the Holy Church during Great Lent. Adults, church school teachers, choir members, Philoptochos members, young adults, and teenagers are invited to participate in this free event. This Zoom conversation will include a time for questions and answers from the audience.

Dr. Paraskevè Tibbs is an Affiliate Assistant Professor of Theology at Fuller Theological Seminary in Pasadena, California, where she has taught for more than twenty years. Her specialties include both Orthodox Theology and Western Systematic Theology. Dr. Tibbs coordinates Christian Education within the Greek Orthodox Metropolis of San Francisco and is a member of the Metropolis Council.

Register for this program by going to the website: https://tinyurl.com/2jn6n75d

Lenten Worship Schedule

Mondays in Great Lent

Great Compline - 6:00 p.m. (Registration not requested)

Wednesdays in Great Lent

Liturgy of the Presanctified Gifts – 5:45 p.m. (Registration requested) (Great Vespers will be offered on Wednesday, March 24 at 6:00 p.m.)

Fridays in Great Lent

Salutations to the Theotokos (Akathist Hymn) – 6:00 p.m. (Registration not requested) (Liturgy of the Presanctified Gifts will be offered on Friday, April 23)

Pan-Orthodox Lenten Vespers

Sundays during Great Lent, 4:00 p.m.

Due to the ongoing pandemic and restrictions on in-person gatherings, attendance will be limited at all host churches. The services will be live-streamed. Viewing and possible attendance information will be posted on our website (stream-restrictions and possible attendance information will be posted on our website (stream-restrictions on Fridays.

Sunday, March 21: Sunday of Orthodoxy

St. Mary Orthodox Cathedral 1701 Fifth Street NE, Minneapolis

Sunday, March 28: Saint Gregory Palamas

St. George Greek Orthodox Church 1111 Summit Avenue, St. Paul

Sunday, April 4: Sunday of the Holy Cross

St. George Antiochian Orthodox Church 1250 Oakdale Avenue, West St Paul

Sunday, April 11: Saint John Climacus

St. Mary's Greek Orthodox Church 3450 Irving Avenue South, Minneapolis

Sunday, April 18: Saint Mary of Egypt

Twelve Holy Apostles Greek Orthodox Church 632 East Second Street, Duluth

Sunday, April 25: Palm Sunday - Bridegroom Matins

St. Herman's Orthodox Church 5355 - 38th Avenue South, Minneapolis

Philoptochos Membership Drive Happening Now!

Are you one of the more than 110 people who joined Philoptochos during 2021 Membership Drive thus far? If not, there are three ways to join:

- 1. If you are a woman on the parish mailing list, use the 2021 Membership Form and envelope you received in the mail to send in your membership check, payable to Philoptochos.
- 2. Pick up membership materials in the Narthex, and leave your check (or cash) in the drop-off box on the high-top table with the pretty vase of flowers.
- 3. Give online through the St. Mary's GOC Online Giving portal. Be sure to designate your gift for Philoptochos.

Note: You decide how much you want to give, knowing that the first \$22 goes to Metropolis and National Philoptochos. All dues are tax deductible, and your check is your receipt. Membership is open to all, including associate memberships for men and non-Orthodox women... a great way to support our charitable work!

Greek Zumba on Zoom

Tuesday, March 16, 5:00-6:00 p.m.

Get your body moving and your spirit soaring as you listen to Greek music and get your heart pumping! Kally Youngdahl's free monthly class is for all fitness levels is a day brightener. Join us! Zoom Link: https://us02web.zoom.us/j/85100956362

Fresh Fillo Sale

Now through March 21

Get ready for your spring and summer baking! Place your order for fresh fillo between now and Saturday, March 27:

- Order online via Square: https://checkout.square.site/merchant/ MLG8SFHNM7VMC/checkout/J25PQ5FW2BX4H7LCZGSKWN2E (a link is also found on our church website.)
- Order via email to Andrea Tiggas (adtiggas@msn.com) with your name, phone number, and number of pounds requested. (If you don't have email, call Andrea at 612.239.1522.) YOU MUST MAIL A CHECK (\$5/pound, payable to Philoptochos with *Fillo* in memo) to Andrea to complete your order -- 6128 Ryan Avenue, Edina 55424.

Fillo orders will be available for pick up from church after Liturgy on April 3/4 and 10/11.

Philoptochos Zoom Meeting

Tuesday, March 23

Please mark your calendar for our 7:00 p.m. Zoom meeting on Tuesday, March 23. We'll be talking about Lenten and Holy Week activities, and would love to see you there.

Women's Book Club

The Women's Book Club book is reading *Thirty Steps to Heaven: The Ladder of Divine Ascent for All Walks of Life* by Vassilios Papavassiliou. The book can be purchased in the church office for \$19. Please make checks payable to St. Mary's Bookstore. Discussion will be on Tuesday, April 6.

Socks and Underwear Collection for FOCUS MN

Philoptochos is contributing to the church's Lenten Collection for FOCUS Minnesota. Please bring donations of socks and underwear to the collection station by the Sunday School hallway door. Items for men, women and children are welcome, with a real need for boys briefs or boxers (sizes 4, 6, 8) and women's briefs (sizes 6, 7, 8). *Thank you!*



Virtual Bible Study

Virtual Bible Study meets weekly on Monday evenings, Fr. John Kostas is leading the discussions. In preparation for Lent and Holy Week, the discussions focus on Holy Week according to Matthew's Gospel. We meet on-line via Zoom from 7:00 to 8:00 p.m. The link can be found on our website. Zoom meeting ID: 838 4110 4908 and Passcode: 660926 (use for Zoom and phone meetings).

Sunday of Orthodoxy Celebration Sunday, March 21

All—young and old—please bring your holy icons from home to Divine Liturgy next Sunday, March 21, the Sunday of Orthodoxy.

There will be a special presentation that day following Liturgy in lieu of a sermon.

The HOPE/JOY kids (K-5th graders) will be in the Great Hall following Holy Communion.

We will finish our Celebration of Orthodoxy at 11:30 a.m. that morning.

YAL Q&A Session

Sunday, March 21

The Twin Cities YAL will begin Great Lent with a virtual Q&A session on Sunday, March 21, 1:30-3:30 p.m. with Fr. Ben Tucci and Fr. Jason Houck. Details are on our church website.

Food Shelf Needs for Next Week ~ Immediate Needs

Graham crackers; applesauce or fruit cups; granola bars; individual bags of cookies or crackers (like Keebler or Cheesits); boxes of macaroni and cheese; Spam

March's recipient is FOCUS House.

Please do not bring opened packages. They will be discarded.

From the Fathers...on Forgiveness

Forgive and pray, in order to live your life serenely.

And do not do to others that which you do not want them to do to you, or return the evil which they have done to you.

-Saint Raphael of Lesvos

Daily Bible Readings

Monday, March 15

Isaiah 1:1-20 • Genesis 1:1-13 • Proverbs 1:1-20

Tuesday, March 16

Isaiah 1:19-2:3 • Genesis 1:14-23 • Proverbs 1:20-33

Wednesday, March 17

Isaiah 2:3-11 • Genesis 1:24-2:3 • Proverbs 2:1-22

Thursday, March 18

Isaiah 2:11-21 • Genesis 2:4-19 • Proverbs 3:1

Friday, March 19

Isaiah 3:1-14 • Genesis 2:20-3:20 • Proverbs 3:19-34

Saturday, March 20 Third Saturday of Souls

II Timothy 2:1-10 • Mark 2:23 – 3:5

Sunday, March 21 Sunday of Orthodoxy

Hebrews 11:24-26, 32-40 • John 1:43-51

Saint Mary's Greek Orthodox Church

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Fr. George Dokos, Proistamenos; Fr. Jason Houck, Associate Fr. John Kostas; Deacon Paul Kalina