

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, September 12, 2021

Sunday before Holy Cross

The Divine Liturgy

Commemoration: Sunday before Holy Cross; Apodosis (Leave-Taking) of the Nativity of Our Most Holy Lady the Theotokos and Ever-Virgin Mary; Autonomos the Martyr; Hieromartyr Cornatus, Bishop of Iconium; Agirus, the Hieromartyr of Cornoutus, Bishop of Iconium; Daniel of Thassos; Julian the Martyr; Theodore the Hieromartyr of Alexandria.

Morning Gospel: First

Tone: Third

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

Hymn of the Birth of the Theotokos, Fourth Tone

Your birth, O Theotokos, has filled the world with joy, for there rose from you the Sun of Justice, Christ our God. He destroyed the ancient curse and replaced it with a blessing, thus confounding death by giving us eternal life.

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!

Resurrection Hymn, Third Tone

Let the heavens rejoice and the earth be glad, for the Lord has shown the mighty power of his arm. He has trampled down death by death, becoming the firstborn of the dead. He has delivered us from the depths of hell and has granted to all the world his great mercy.

Repeat the Hymn of the Birth of the Theotokos, 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 Birth of the Theotokos, Fourth Tone

Your holy birth delivered Joachim and Anna from the reproach of childlessness and liberated Adam and Eve from death’s corruption, O Pure One. Thus freed from the stain of sin, we your people honor your birth, crying out to you: A woman thought barren brings forth the Theotokos who nourishes Christ our Life.

Epistle..... Galatians 6:11-18

Brethren, see with what large letters I am writing to you with my own hand. It is those who want to make a good showing in the flesh that would compel you to be circumcised, and only in order that they may not be persecuted for the cross of Christ. For even those who receive circumcision do not themselves keep the law, but they desire to have you circumcised that they may glory in your flesh. But far be it from me to glory except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision counts for anything, nor uncircumcision, but a new creation. Peace and mercy be upon all who walk by this rule, upon the Israel of God. Henceforth let no man trouble me; for I bear on my body the marks of Jesus. The grace of our Lord Jesus Christ be with your spirit, brethren. Amen.

Gospel..... John 3:13-17

The Lord said, “No one has ascended into heaven but he who descended from heaven, the Son of man who is in heaven. And as Moses lifted up the serpent in the wilderness, so must the Son of man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.”

Megalynarion, Plagal Fourth Tone

Virginity is a state alien to mothers, and childbirth is foreign to those who are virgins. But in you, Theotokos, have both of these been accomplished. Indeed all generations everywhere now call you blessed evermore.

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

Communion Hymn

I will lift the cup, lift the cup of salvation, I will lift the cup of salvation and call on the name of the Lord. 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.

Prosforo: Ruta Kubits

Memorial Prayers today are offered for: **Cleo Zarifis** (6 months); **William** (5 years) & **Georgia** (32 years) **Gavaras**; **Evgeni** (11 years), **Claudia** (7 years), **Xenia** and **Maria** (relatives of Yana Patrledge).

The coffee hour today is hosted by the family of William and Georgia Gavaras in their memory.

Prayer List

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; Helen, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Alex, Karrisa, Corina, Tom, Vasilios, George R., Ken, Presvytera Tulla Poteres, Nancy and Tim, Olga, Peter, Kristina, Armour family, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Jeanette, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, 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, Nancy, Alex, Eryn, 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.

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.

Calendar of the Week

*Until further notice, all services will be held in the Great Hall
while the Nave is undergoing renovations.*

*Due to the renovations, our live-stream of the Sunday Liturgy
has been suspended.*

Sunday, September 12: Sunday before Holy Cross

11:30 a.m. – Special Assembly, Great Hall

Tuesday, September 14: Exaltation of the Cross

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

Wednesday, September 15

9:00 a.m. – “The Messenger” Mailing

10:30 a.m. – Intercessory Prayer Group, Great Hall

11:00 a.m. – Women’s Bible Study, Fireside Room

5:30 p.m. – Matins Chanters’ Rehearsal

6:15 p.m. – Senior GOYA Kickoff, Terrace Room

Thursday, September 16

9:30 a.m. – FAITH Play Group, Terrace Room

Saturday, September 18

9:00 a.m. – Saturday Bible Study, Fireside Room

5:00 p.m. – Great Vespers

Sunday, September 19: Sunday after Holy Cross

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

Church School begins



Announcements

Youth Activities Registration



The 2021-2022 school year begins in September and we'd like everyone planning to participate in any youth activity to complete our all-inclusive registration form. Please note that we will use this one form for nursery through 12th grade. It is for all youth activities sponsored by St. Mary's, including Church School, HOPE, JOY, Junior GOYA, Senior GOYA, etc. Please complete this form ASAP. To sign up, scan the QR code at left or visit this link: <https://forms.gle/edh6b4EJ21QUfs3AA>

Special Parish Assembly - Today

All St. Mary's members in good standing are encouraged to join us in the Great Hall at 11:30 a.m. this morning to participate in a special assembly to present the remediation plan for asbestos removal inside the Church. The plan approved at the spring meeting called for containing the asbestos in the Nave. As the work progressed, it became apparent that a permanent solution is advisable.

Meeting Agenda

Present asbestos assessment results and proposal for removal
Vote on asbestos removal and approve budget

From the Bookstore

Copies of *2022 Daily Lives, Miracles, and Wisdom of the Saints and Fasting Calendar* are available for pre-order and will be shipped mid-October. Copies are \$21.00 (\$19.50 for the book and \$1.50 to help defray shipping costs). If you would like to order a copy, please email bookstore@stmarysgoc.org by September 20. The bookstore will not have extra copies available. This annual calendar is also available as an ebook through Amazon, iTunes, and Barnes & Noble for \$9.99.

*The Senior Choir is on track for its first rehearsal of the season:
Wednesday, September 22, 6:30 p.m.
All singers, new and old, are welcome!*

Food Shelf Needs for Next Week

Canned meals (e.g. chili, pork & beans)

September's recipient is Joyce Uptown Foodshelf.

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

Family Camp 2021 ~ October 8-10!

“And He Shall Come Again”

Join us as Bishop Anthony Michaels of the Antiochian Archdiocese shares the good news about Christ’s second coming. We are planning for a smaller Family Camp at Camp Courage, the same location of this year’s Summer Camp. **Registration is open now** and will be first come, first served. There is plenty of room to spread out, spend time with your family, and safely visit with other Orthodox families from the Twin Cities. Need a break from the world? This is your chance! Check out the many informational articles on-line including Q & A, sample schedule, description of the weekend, packing list, etc., at www.stmaryscamp.com and select Family Camp. Registration will end September 28 at 4:30 p.m. If you have questions, feel free to contact us at camp@stmaryscamp.com. Remember, you don’t have to bring kids to Family Camp! All are welcome as part of our Twin Cities Orthodox Family!

Intercessory Prayer

Prayer is the test of everything. If prayer is right, everything is right.

—Bishop Theophan the Recluse

The Intercessory Prayer Group begins in-person meetings this week on Wednesday, September 15, 10:30 a.m., in the Great Hall. The group meets one half hour prior to the Women’s Bible Study. Upcoming meeting dates are: Wednesdays, September 15 and 29, October 13 and 27, November 10 and 24, and December 8 and 22.

Women’s Bible Study Returns

Women’s Bible Study, led by Fr. Jason, resumes meetings at 11:00 a.m.-12:00 noon in the Fireside Room on Wednesdays, September 15 and 29, October 13 and 27, November 10 and 24, and December 8 and 22.

Saturday Morning Bible Study

Saturday Bible Study resumes Saturday, September 18 at 9:00 a.m.

(Please note the new start date!)

Theme: ***The Biblical Roots of Orthodox Worship***

In addition to the Bible, we will be using the two-volume study guide: *The Incarnate God: The Feasts of Jesus Christ and the Virgin Mary*, which is available in the Bookstore and office together with the course outline.

The cost of the book is \$36.00.

“Introduction to Orthodox Christianity” Catechism Class

Attached to this Update is the announcement of the fall schedule of “Introduction to Orthodox Christianity” classes. This series is for those who wish to be received into the Orthodox Church or for anyone who wants to learn more about or faith. The classes meet on Tuesday evenings beginning September 14 at St. George Greek Orthodox Church in St. Paul. Registration information is on the MEOCCA website, meocca.org.

FAITH Play Group

Kids ages 0-5 years old and their parents (or grandparents) are invited to the FAITH Play Group gathering on Thursday, September 16, 9:30-11:00 a.m., in the Terrace Room. We’ll play together, have a snack and a lesson. Questions about the group? Contact Fr. Jason.

Senior Citizens’ Meeting ~ Tuesday, September 21

Saint Mary’s Seniors will gather for their September meeting one week later than usual this month. We’ll meet on Tuesday, September 21, 12:00 noon, in the Terrace Room. As usual, we will enjoy a lunch, followed by the business meeting, a program, and Bingo. After lunch, about nine mandolin players of the Minnesota Mandolin Orchestra will entertain us with Greek contemporary classical pieces as well as international selections of jigs, reels, polkas, etc. *Don’t miss it!*

Philoptochos Meetings

Board meeting: Tuesday September 21, 6:30 p.m., in the Fireside Room.

We are excited to meet in person for our annual September Kick-Off Dinner and Meeting on Tuesday, September 28, 5:30 p.m., in the Terrace Room. Sign up today at the Philoptochos table to attend the meeting and/or to help with the set up prior to the event.

Twin Cities YAL Duluth Trip

All YALers are invited on a trip to Gooseberry Falls on Saturday, September 25. The event is hosted by Twelve Holy Apostles Church in Duluth. We’ll have lunch (provided by Twelve Holy Apostles), hike around the Falls, and wrap up with snacks and refreshments at Iona’s Beach. Please RSVP by Saturday, September 18, to: Twincitiesyal@gmail.com

Parish Night



Parish Night is back! Join your St. Mary's family at church on Wednesday, September 22, for an inspirational evening of fellowship, learning, and prayer. The evening begins at 6:15 p.m. with a brief prayer service followed by dinner in the Terrace Room and breakout sessions for the adults and kids. We wrap up by 8:00 p.m.

Parish Night is a parish-wide event for kindergarteners-12th graders and adults. Our themes this season are:

- *Adults*: The Illness & Cure of the Soul
- *Senior GOYA (Grades 9-12)*: Tending the Garden of Our Hearts
- *Junior GOYA (Grades 6-8)*: Be a Bee
- *HOPE/JOY (K-5th Grade)*: Journey Through the Parables

Bishop Neofitos to Visit St. Mary's

Are you interested in learning more about Orthodoxy around the world? Join us for a Missions and Outreach luncheon with Bishop Neofitos Kongai of Nyeri and Mount Kenya (via Zoom) in the Terrace Room on Sunday, October 3, after Liturgy. Father Jason will be facilitating as we learn of Bishop Neofitos' mission work in Africa. Please RSVP for the luncheon by going to our website or calling the Church Office.

Women's Book Club

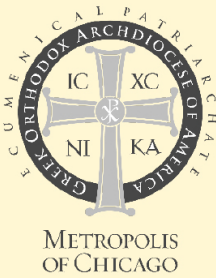
The next Women's Book Club discussion will be held Tuesday, October 19, 7:00 p.m., in Classroom #2. We will be continuing our excellent discussion on our August book, "Wounded by Love" by Elder Prophyrios.

FOCUS Needs

There is a great need for men's and women's underwear. Also, FOCUS has begun to receive requests for winter outerwear and boots for women, kids, and especially men at their clothes closet.

MINNESOTA TOWN HALL

WITH METROPOLITAN NATHANAEL



Saturday, October 2, 2021

1:00 - 3:00 p.m.

Saint Mary's

Greek Orthodox Church
3450 Irving Avenue South
Minneapolis, MN 55408



**Join us as we welcome His Eminence
Metropolitan Nathanael to Minnesota for a
discussion among the faithful.**

Live stream & in-person participation
RSVP at <https://www.chicago.goarch.org/-/townhalls>

save the date

OUR CHURCH.

OUR SPIRITUAL HOME.

Join us on Saturday evening, November 13, for the
annual Stewardship Appreciation Glendi



More information will be posted here as the date approaches.

From the Fathers...on the Triumph of the Cross

In the ... Sign of the Cross is all virtue and power ... In this Sign of the Cross is salvation for all who are marked on their foreheads.

—*Saint Cyprian of Carthage*

Daily Bible Readings

Monday, September 13

Hebrews 3:1-4 • Matthew 16:13-19

Tuesday, September 14

The Elevation of the Venerable and Life-Giving Cross

I Corinthians 1:18-24 • John 19:6-11, 13-20, 25-28, 30

Wednesday, September 15

Colossians 1:24 – 2:1 • Matthew 10:16-22

Thursday, September 16

II Corinthians 6:1-10 • Luke 7:36-50

Friday, September 17

II Corinthians 11:5-21 • Mark 4:1-9

Saturday, September 18

I Corinthians 1:26 – 2:5 • John 8:21-30

Sunday, September 19

Sunday after Holy Cross

Galatians 2:16-20 • Mark 8:34 – 9:1

Saint Mary's Greek Orthodox Church

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