

The Messenger

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

November 2021

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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 George

Father George Dokos, Proistamenos

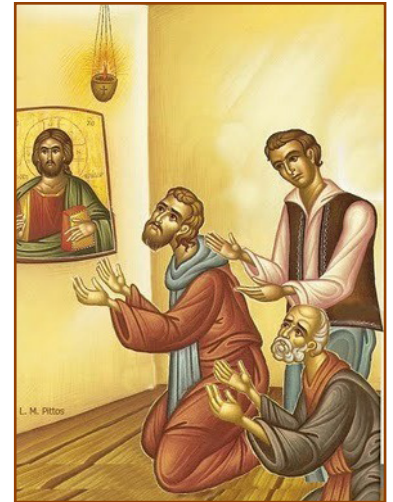
Once there came to St. Seraphim of Sarov a mother who was concerned about how she might arrange the best possible marriage for her young daughter. When she came to Saint Seraphim for advice, he said to her: "Before all else, ensure that he, whom your daughter chooses as her companion for life, keeps the fasts. If he does not, then he is not a Christian, whatever he may consider himself to be."

This may sound like strange, at least perplexing, advice to a mother looking for a groom for her daughter. Most people would think that the Saint should have commented on the financial status, or looks, or occupation, of the hoped-for future husband. But to those attuned to the spiritual life of the Church the Saint's counsel is wisdom and sheds light on the spiritual discipline of fasting. In the mind of the Saint, a man who keeps the prescribed fasts of the Church is a faithful and obedient Christian, struggling to control his passions, and therefore, together with other good qualities, makes for a promising husband, because "fasting is the beginning and foundation of every spiritual activity" (St. Symeon the New Theologian).

But I do not wish to speak to you about husbands, wives, and marriage, brothers and sisters. I wish to speak about fasting, using St. Seraphim's advice as a springboard into this topic. One can see from the words of such a holy man how important fasting is, and that should give us pause if we dismiss the significance of fasting and simply ignore the teaching of the Church and her fasting periods. I find it hard to believe that Orthodox Christians of the 21st century can plead ignorance when it comes to the fasts of the Church, fasts that have been practiced century upon century, even dating to the time of the Apostles themselves. In fact, the 69th Canon of the Holy Apostles states the following concerning the seriousness of the fasts of Great Lent, Wednesday, and Friday:

"If any bishop, presbyter, or deacon, or reader, or singer, does not fast the holy 40-day fast of Pascha, or the fourth day [Wednesday], or the day of Preparation [Friday], let him be deposed, unless he be hindered by some bodily infirmity. If he be a layman, let him be excommunicated."

If you've never heard about this ancient Canon of the Church, you may be shocked. And that's a good thing if it wakes us up from our spiritual slumber



L. M. Pittor

—article continues on page 3.

Our Life Together

Births

James Bradley

Parents: Patrick & Alexandra
Carroll

September 5, 2021

Zoe Sioris

Parents: Anthony & Kelly Kempf
September 27, 2021

Baptism

Katrina Mattson

September 18, 2021

Marriages

Michael Menke to Kelsie Grothaus
September 18, 2021

Jonathan Williams to Dina Elias
October 16, 2021

Deaths

Saleh Canavati

September 28, 2021

Ardith Tabor

October 8, 2021

May their memories be eternal.

Our Sympathy

We extend our sympathy to Nick Barakos and family on the passing of his mother, Anna Barakos, on October 6, 2021, in California. *May her memory be eternal.*

Parish Council Needs YOU!

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 participate in the life of St. Mary's more fully? 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! Four positions are available each year, 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 three-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 by Thursday, November 4.

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.

Memorial Prayers

Sunday, November 7

Saleh Canavati (40 days)

George (56 years) Lycos

RoseMary (20 years) Lycos

Esther (20 years) Lycos

John (18 years) Lycos

Sunday, November 28

Anna Barakos (40 days)

Chris J. Boosalis (1 year)

Share YourShelf

November's recipient of Share YourShelf contributions is FOCUS Minnesota.

Sunday, November 7

Oatmeal or Cream of Wheat®

Sunday, November 14

Peanut butter and jelly

Sunday, November 21

Boxed Pasta

Sunday, November 28

Canned meats

(e.g. chicken, tuna)

"What you give today you get tomorrow." —*Matshona Dhliwayo*

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

Naira Istephanous

Vice President

William M. Hoeft

Secretary

Paul Hastings

Treasurer

Thomas Hainlin

Assistant Treasurer

Michael Rakes

Members

John Beauchamp

Daniel Buss

Ina Dunham

Nicholas Legeros

Dean Psychogios

Maria Smith

Andrew Twito

Education • Fellowship • Worship

Fellowship and Study Groups

Intercessory Prayer

Wednesdays, November 10 and 24
10:30 a.m., Nave Chapel

Men's Fellowship

Friday, November 5
Exodus Study
Friday, November 19
Psalms Study
7:00 a.m., Fireside Room

Saturday Bible Study

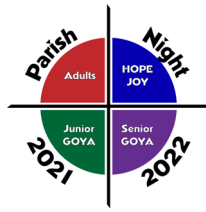
Every Saturday
9:00 a.m., Lecture Room
No class session on November 27.

Women's Bible Study

Wednesdays, November 10 and 24
11:00 a.m., Fireside Room



Parish Night 2021-2022



Join us for another month of Parish Night! The evening begins at 6:15 p.m. with a brief prayer service in the Nave,

followed by dinner in the Terrace Room and breakout sessions for the adults and kids. Parish Night ends by 8:00 p.m.

Parish Night is a parish-wide event for kindergarteners-12th graders and adults that occurs monthly on a Wednesday from September through May, taking a hiatus during Great Lent.

Parish Night Schedule:

November 17 • December 15
January 19 • February 16 • May 18

2021-2022 Themes

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

Weekend Schedule

Saturday

Great Vespers – 5:00 p.m.

Sunday (live-streamed)

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

Weekday Schedule

Monday, November 1

Saints Cosmas and Damianos
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Monday, November 8

Synaxis of the Archangels
Saint Nektarios (observed)
Evening Divine Liturgy – 6:00 p.m.

Saturday, November 13

Saint John Chrysostom
Orthros – 9:00 a.m.
Divine Liturgy – 10:00 a.m.

Tuesday, November 16

Saint Matthew
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Wednesday, November 24

Saint Katherine (observed)
Evening Divine Liturgy – 6:00 p.m.

Tuesday, November 30

Saint Andrew
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

—Father George's article, continued from page 1

and motivates us to start to take fasting seriously. Let us remember that the Incarnate Word, our Lord and God Jesus Christ, fasted. And He did not say, "If you fast," but, "When you fast" (Matthew 6:16-18).

Space does not allow to go on and speak about Moses, Elias, Daniel, John the Baptist, and so many other holy individuals who fasted and were pleasing to God. Let it suffice for now to stress the importance of this God-given spiritual discipline and let us all make a new beginning, certainly keeping to the fast of Wednesday and Friday (especially if we plan on receiving the most holy Eucharist), and looking forward to the Nativity Fast which is every year from November 15 to Christmas Day.

May the practice of observing the prescribed fasts of the Church bring you much grace and spiritual joy.

Your co-struggler in Christ,

Fr. George



The Entrance of the Theotokos
into the Temple

Celebrated on November 21

Parish News & Events

Year-End Giving

As we approach the end of both our calendar and fiscal year, it is important that we correctly record all stewardship gifts. Every dollar we receive before **3:00 p.m.** on **Tuesday, December 28**, will be recorded and reflected on your year-end Contribution Statement, and matched against your yearly pledge, as stewardship income for 2020. Donations received after the deadline will be counted towards our budget for 2021.

Those planning to give through an investment program should arrange to do so now in order for the contribution to reach St. Mary's before year's end.

Stewardship/Ministry Fair

Our annual Stewardship/Ministry Fair is Sunday, November 7. Invite a friend, neighbor, or, even better, a family member you haven't seen for a while, to join us for Liturgy then head to the Great Hall for fellowship. In the Great Hall you will see and learn first-hand about the many ministries of St. Mary's supported by our stewardship commitments.

Announcing Our "Orthodox Parent Talks" Series

Parents of children 18 and under please join us on Sunday, November 14, in the Terrace Room during Church School (approximately 10:45 to 11:30 a.m.) for our first in a series of talks about parenting! On November 14, Paul Karos will discuss with us the topic "Talking with your kids about difficult topics." Parents: don't miss this important event. Other "Orthodox Parent Talks" will be held on Sundays, February 13 and March 27.

Words to Live By

Did you know that you can now listen to Fr. Anthony's sermons on our St. Mary's website? Each month we upload 3-4 sermons given by Fr. A. during his many years here in our parish. "Achieving our Potential," "Judgement Day," "Dealing with Anxiety," and "Living a Balanced Life" are just a few of the 25 sermons currently available. Go to stmarysgoc.org and click on **About**. At the bottom of that section, click on Fr. Anthony's name and his sermons are at the bottom of the page.

Take 15 minutes this week and renew yourself with these timeless treasures from a gifted preacher.

Introducing "Person to Person" Podcast

How do our beliefs as Orthodox Christians impact our daily lives?

How do they inform our interactions with contemporary society?



Welcome to "Person to Person," an Orthodox podcast where we aim to answer questions like the ones above and many, many more. Presented by two lifelong friends, Dr. Harry Boosalis and Paul Karos, "Person to Person" is dedicated

to exploring Orthodox spiritual life within the pursuits and struggles of everyday living.

Dr. Harry Boosalis, retired professor of dogmatic theology at St. Tikhon's Orthodox Seminary, is an author of multiple Orthodox books, and a well-known speaker. His co-host, a retired Wall Street Executive, Paul Karos, has a Masters of Applied Orthodox Theology and is an Orthodox lay ministry leader doing one-on-one coaching, pre-marital counseling, prison ministry and parish retreats.

The inspiration to create Person to Person came from Paul and Harry's annual pilgrimages to Mount Athos, where they shared deep, extraordinary discussions with their fellow pilgrims on Orthodox spirituality and how it relates to our contemporary lives. With the desire to recreate that special environment and share the conversations with all of you, the podcast was born.

We are so blessed to have you join us as we journey through the different topics one might encounter as an Orthodox Christian in the secular world. Please follow the link below to access all content for Person to Person, including podcast streaming, social media, books by Dr. Harry Boosalis, and more!

Glory to God!

Link to podcast streaming and all other content:

<https://linktr.ee/PersontoPersonPodcast>

Parish Council Elections

On Sunday, November 21, (the Feast of the Entrance of the Theotokos into the Temple), we will conduct our Parish Council elections at the conclusion of the Divine Liturgy. Below are the guidelines used to determine voter eligibility for the upcoming elections.

Voter Eligibility

Only individuals who have been enrolled in the register of the Parish, attend 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)

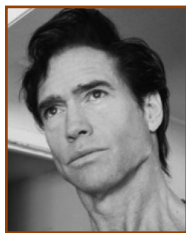
Members expecting to participate in the voting process should be up-to-date in their stewardship contributions. *"A parishioner in good standing and duly enrolled in the Parish Record but delinquent in his or her parish stewardship obligations for the current year may vote in the election by meeting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



Senior Citizens

Saint Mary's Senior Citizens' Club will gather on Tuesday, November 9, 12:00 noon, in the Great Hall. In addition to lunch and our business meeting, we will enjoy a performance by dancers from the Metropolitan Ballet.

Erik Sanborn, Founder/Artistic Director of the Metropolitan Ballet Company.



Mr. Sanborn, a native of Minnesota, founded the Metropolitan Ballet and committed the past 14 years of his 40 year career in the fine arts producing, choreographing and staging high impact ballet works ranging from the historically significant classic to the avant-garde. The Metropolitan Ballet has reached thousands of patrons in sold-out houses under his directorship with a vast selection of works featuring international ballet stars from every corner of the globe. Mr. Sanborn has staged, produced and directed numerous large productions at large venues including The State, Pantages, O'Shaughnessy, Mayo Civic Center, Hopkins Auditorium, Ted Mann Concert Hall, and Northrop during his directorship. His choreographic style has been noted as "timeless and seamless" and his productions "magical", "exciting", and "stellar".



Jessica Fuller is a professional classical ballet dancer and has performed for nearly 10 years with the Metropolitan Ballet. She has been featured as a soloist in Swan Lake, Nutcracker, Sleeping Beauty and several other works. She also has an extensive background in cosmetics, modeling and working with a world renowned artist that captures movement in athletics and the performing arts. She has been an instructor with the Metropolitan Ballet for the past six years.

Philoptochos



Philoptochos Meetings for November:

- Tuesday, November 16
Board meeting, 6:30 p.m., Fireside Room
- Tuesday, November 23
General meeting, 7:00 p.m., Terrace Room

with our local service project from 3:00-9:00 p.m.
Watch for more posting of the event in the church weekly bulletins and sign up to come.

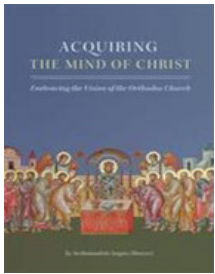
Philoptochos Sunday

Fr. John's Ordination Anniversary Celebration

Sunday, October 31

On Sunday, October 31, we will have two celebrations: Philoptochos Sunday, when we recognize our patron saints Cosmas and Damian (November 1) as well as 90 years since Philoptochos was established, and the 25th anniversary of Fr. John Kostas' ordination into the priesthood. Please join us in the Great Hall after Liturgy for lunch and to learn more about the good works of Philoptochos.

Women's Book Club Discussion



The Women's Book Club will meet in December. Date and location to be announced. Watch for further details coming soon.

The book we will be discussing is "Acquiring Mind of Christ, Embracing the Vision of the Orthodox Church" by Archimandrite Sergius Bowyer. It is

available in the bookstore.

Sunday, November 7, is Ministry Sunday. Philoptochos will staff a table where we will have information about our organization and what we do.

Sunday, November 14, Philoptochos will serve a meal at FOCUS Minnesota. Watch for sign up sheets to help out with either making food or serving at FOCUS.

Tuesday, November 23, is our Day of Service, 3:00-9:00 p.m. The project we will work on is being planned. We will have our general meeting at 7:00 p.m. that evening. Watch for a sign-up sheet at the Philoptochos table.

Thank You...

...to all who helped with October events in our parish which Philoptochos co-hosted or helped with:

Healing House: Sandra Anderson and Stephanie and Alexandra Panos coordinated and purchased school backpacks and supplies for all the children of Healing House.

October 2: Town Hall gathering with Metropolitan Nathanael

October 3: Bishop Neofitos visited St. Mary's via Zoom. Hosted by the Missions and Outreach Committee.

October 7-10: Metropolis Clergy-Laity/Philoptochos Assembly in St. Louis. St. Mary's Philoptochos sent three delegates: Annette Legeros, Lisa Gallmeyer, and Alexis Rouches. A report will be presented at the next General Meeting.

Kalo Taxidi Concert

The Fifth Annual Kalo Taxidi Concert is now live!

Saint Mary's parishioner, Chris Grantias, planned a Do It Yourself Fundraising (DIY) event to help improve the lives of people affected by multiple sclerosis and he would love your support as he brings his fundraising vision to life.

Nearly one million people live with multiple sclerosis in the U.S. Over the past 75 years, the National MS Society has been the driving force for progress and paved the way for nearly all the treatment options available today—but, they're not finished yet. The Society is determined to be a lifelong partner and resource for every person affected by MS—those diagnosed with the disease and their loved ones—and to ultimately find a cure.

The money raised through this DIY fundraiser will help fund MS research, programs, and services so that people affected by MS can live their best lives.

Please help create a world free of MS.

Watch the video on YouTube: https://www.youtube.com/watch?v=lvSgK_AFyys&t=4s

Make a donation:

<https://mssociety.donordrive.com/index.cfm?fuseaction=donate.personalCampaign&participantID=50636>

Mission & Outreach

Thankfulness



Thank you for the donations to Bishop Neofitos Kongai, Bishop of Nyeri and Mount Kenya. His Grace and the diocese he serves support housing for St. Anthony Orthodox Girls Secondary School and are raising funds

to construct additional dormitory capacity with classrooms. If you missed the lunch, you can still donate at this link: <https://orthodoxmissionkenya.org/get-involved/>

His Grace receives no financial support other than private donors. The school is dependent on the good will of local authorities for water. They need \$35,000 to fund the digging of a well to assure water supply that is independent of local authorities.



Meal Pack

Sunday, December 5



Bring your family and friends to the Terrace Room to pack meals for those suffering from food insecurity. Join us at St. Mary's on Sunday, December 5, after Liturgy when we will work together packing 21,000 nutritious meals.

Harvest Pack estimates that 1 in 9 people now experience food insecurity, with 60% increase in clients served at food shelves in 2020. Also, that the meals will be gone within a month, and, at times, gone within a week that they are packed.



St. Mary's has packed 89,360 meals during the initial four packing events from 2019 and 2020. What a blessing to those with food insecurity. We will have completed more than 100,000 meals after your help in December

You will make a big difference and have a great feeling to help pack meals this December 5, 2021, after Liturgy. There will be pizza provided so that one does not have to go off site to eat before packing the meals. See your photo in the Harvest Pack video on St. Mary's Facebook page. Click on "SignUp" or go to this site: <https://sugeni.us/WuXC>, to register. We look forward to seeing you this December 5.



Wine & Cheese Reception

TO BENEFIT IOCC

Thursday, November 11, 2021 | 6:30pm Vespers | 7:00pm Reception

Come enjoy wine, cheese, and light hors d'oeuvres and learn about IOCC's recent global humanitarian work.

St. Mary's Greek Orthodox Church | 3450 Irving Avenue S | Minneapolis, MN 55408

Questions? Contact Angelea Hoeft at angelea.hoeft@gmail.com

To RSVP or make a donation, go to: <https://iocc.org/events> and scroll down to the Minneapolis Wine and Cheese Reception.

Stewardship

by Athena Mihas

Stewardship Appreciation Glendi

Saturday, November 13

In appreciation of your gifts of Time, Talent and Treasure, St. Mary's Parish Council and Stewardship Committee invite you to a complimentary

APPRECIATION GLENDI

Saturday, November 13, 2021
6:00-11:00 p.m.
St. Mary's Great Hall
Dinner, Dancing, and Great Company!
This is our fifth year and each year gets better! Please join us!



Once again, this event promises to be a wonderful evening of excellent food, fellowship, and dancing. So, brush off your dancing shoes, pull out your festive clothes, and get ready to have fun!

Space is limited to 250 guests, so we are asking everyone to RSVP by November 3 if you are planning to attend. In the event you need to cancel your RSVP, please let us know so we can allow someone else to take your seat at the event.

RSVP via this link: tinyurl.com/5d3u2ehs

Stewardship Campaign 2021 Update

"...the greatest of these is love."

—I Corinthians 13:13

Thank you for your participation in our 2021 Stewardship Campaign and your on-going support of St. Mary's through your gifts of time, talent, and treasure. Your contributions make it possible for St. Mary's to continue providing all its ministries and to cover operating costs of the church, even during the COVID-19 pandemic. We are so blessed to have your generous support! See below for an update on progress to date.

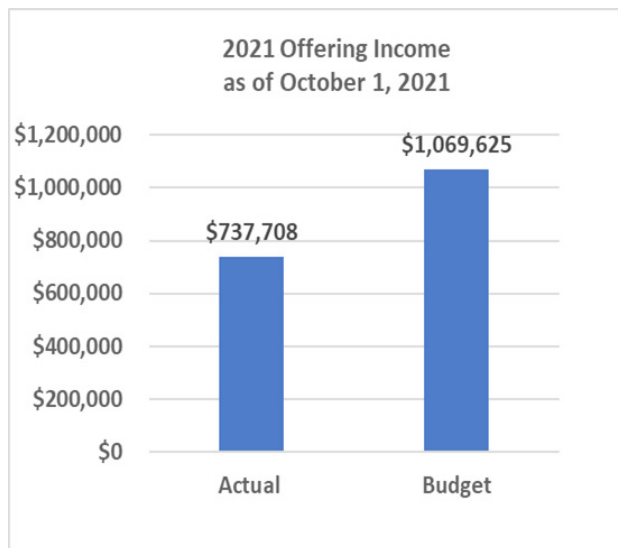
- **It is not too late to complete a pledge form and Time and Talent form!**

Offering Income as of Oct. 1, 2021	2021 YTD Actual	2021 Annual Budget	Additional Needed by December 31
Payments Received	\$737,708	\$1,069,625	\$331,917

Offering Income as of Oct. 1, 2021	2021 YTD Actual	2020 YTD Actual	Increase or (Decrease) vs. Prior Year
Payments Received	\$737,107	\$654,193	\$83,515
Average per Week	\$18,916	\$16,774	\$2,141
Average per Month	\$81,968	\$72,688	\$9,279

Offering Income as of October 1, 2021

- As of October 1, 2021, we have received \$737,708 in offering income for 2021.
- Additional needed by the end of the year to meet our budgeted goal is \$331,917.
- We are ahead of last year at this time by \$83,515 in offering income.



If you have not done so already for 2021, please return your completed pledge and time/talent forms to the office. We hope to increase our number of pledged members in 2021 in order to plan more efficiently for the remainder of the year.

- If you have contributed but not pledged in the past, please consider making a pledge for 2021.
- Also, remember that you can pledge and contribute online.
- As of October 1, 2021, we have received 191 pledge forms for 2021.
- In 2020, we received 219 completed pledges form.

For more information, contact:

- Diakonissa Alexandria Kalina: ackalina@yahoo.com
- Athena Mihas: athenamih@gmail.com
- David at St. Mary's Office: David@stmarysgoc.org or 612.825.9595

Stewardship 2021 Calendar of Events

Stewardship Testimonial Speaker: Sunday, October 24

Stewardship Testimonial Speaker: Sunday, October 31

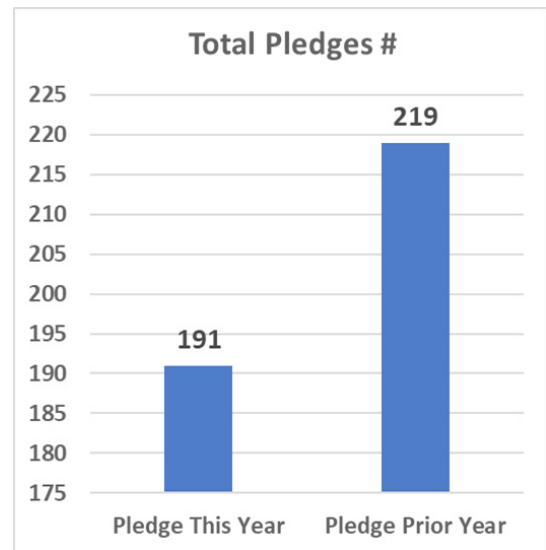
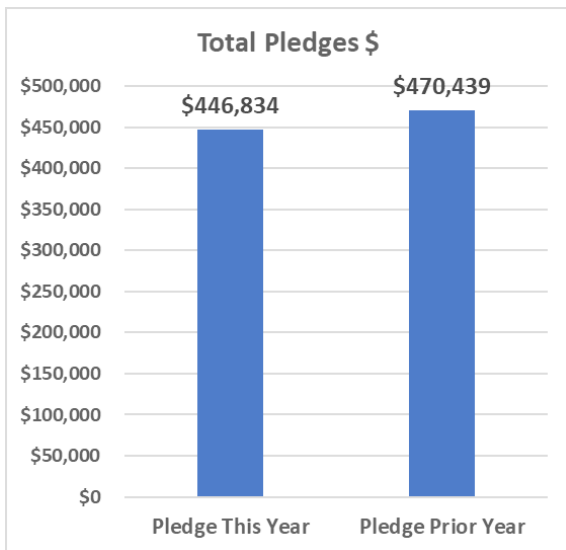
Stewardship Testimonial Speaker: Sunday, November 7

Stewardship Sunday: Sunday, November 7

Ministry Fair: Sunday, November 7

Stewardship Appreciation Glendi (party):

Saturday, November 13



Venmo Giving

1. **Download** the "Venmo" app to your mobile phone and create an account.
2. **Scan** the provided QR code or **find** our church account by searching **St. Mary's Greek Orthodox Church** or **@st_marys_goc_mpls**.

Note: There are several St. Mary's churches, so please make sure you select the correct account.



3. **Input** the dollar amount you wish to give.
4. **Include** your name, envelope number (if you have it), purpose of the gift (pledge or general donation, candle donation, meal, etc.) in the "What's it for?" section so that we can properly record your donation.

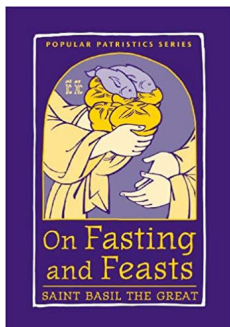
You may scan the QR code above with your phone to launch Venmo and get set up.

Thank you for your support!

In the Bookstore

by Rebecca Myerly

bookstore@stmarysgoc.org



On Fasting and Feasts by Saint Basil the Great is a fitting book for the liturgical season of the Nativity Fast when the focus for Orthodox Christians leading to the Nativity of Christ is on fasting while for many—Christians in other traditions and others in the world—this is a season of feasting. Susan R. Holman and Mark CelCogliano (a professor at the University of St. Thomas) have translated nine sermons by Saint Basil, all relevant to fasting and feasting and the liturgical year—including “On the Holy Birth of Christ,” “On Baptism,” “On Giving Thanks,” “Against Drunkards,” two sermons on fasting, and three sermons on martyrs.

Dr. Holman’s helpful introduction provides the reader with background and context to enrich understanding and appreciation of the sermons, each of which has a distinctive character.

The purpose and message Saint Basil had in mind and heart are clearly tailored to his audience. At the same time, there is a universal relevance to his messages that transcends the specific context in which each sermon was originally given to address the human condition in general.

Saint Basil’s sermons were sometimes catechism classes given in the form of a sermon. On occasion, they rose to liturgical praise, as in his sermon “On the Holy Birth of Christ,” when he says:

Let us...welcome this great joy into our hearts. The angels bring good news of this joy to the shepherds. Let us adore with the magi. Let us glorify with the shepherds. Let us sing with the choirs of angels: *For to you is born today a Savior, who is Christ the Lord. The Lord is God, and he has shone upon us....It is the feast in which all creation shares.* (38-39)

Saint Basil was—and is—a perceptive guide and astute teacher. He was also direct in his assessments and admonitions. For example, in his sermon “On Baptism,” urging his listeners to be baptized, he says:

Look inward, to the secret depths of your own soul. Take inventory of your conscience. Do not despair if you find you have many sins, for *where sin increased, grace abounded all the more*, if, that is, you receive grace. Much is forgiven the one who owes much—so he might love more. (46)

He warns of the evil one who tries to trick one into thinking and saying, “Today for me; tomorrow for God.” (50) Then he urges his listeners, “Take instruction; learn the Gospel rules....Be dead to sin. Be crucified with Christ, your whole heart in love with the Lord.” (51)

Fasting is a priority for Saint Basil and often woven into his sermons, as the practice is foundational for truly living in Christ. In his “Second Homily on Fasting,” he explains:

Fasting is likeness to the angels, companionship with the righteous, moderation in life....Fasting is the beginning of repentance....We must fast with an acceptable fasting that is pleasing to God. True fasting is being a stranger to vice, controlling the tongue, abstaining from anger, distancing oneself from lust, evil speech, lying, perjury. The absence of these vices makes fasting true, and so shunning these vices makes fasting good. (78, 80)

On Fasting and Feasts is a good resource of guidance and direction for Orthodox Christians, especially now as we journey to the Nativity of Christ in faith, hope, and love.

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, November 3, 9:30-11:00 a.m.
- ▶ Thursday, November 18, 9:30-11:00 a.m.
Faith Play Group meets at St. Mary's for playtime, snack, craft, and lesson. Fr. Jason is the contact person for questions: frjason@stmarysgoc.org

Parish Night

We start with prayer in the nave from 6:15-6:30, eat dinner from 6:30-7:00, lesson from 7:00-7:45 (break out into different groups: HOPE/JOY, Jr. GOYA, Sr. GOYA, and Adults), and wrap up from 7:45-8:00. All are welcome to attend!

HOPE and JOY

Kindergarten-Grade 2 and Grades 3-5

- ▶ Wednesday, November 17, 6:15-8:00 p.m.
HOPE and JOY at Parish Night
 - See note above for schedule.

The theme for the HOPE/JOY group is "Journey Through the Parables: The Parable of the Tenacious Widow."
- ▶ Saturday, December 11, 1:00-3:00 p.m.
HOPE/JOY at "Elf the Musical, Jr." at Stages Theatre. RSVP to jon@stmarysgoc.org by November 21 if you would like to attend so we can reserve the tickets. Parents/guardians are responsible for your child, but we sit together as a group. St. Mary's will pay for the HOPE/JOY kids (grades K-5) and 1 parent or guardian. Any additional family member will have to be covered by the family (\$9.50 per ticket).

Junior GOYA

Grades 6-8

- ▶ Wednesday, November 3, 6:15-8:00 p.m.
Junior GOYA in the Great Hall and Youth Room
Watch for updates from jon@stmarysgoc.org!
- ▶ Wednesday, November 17, 6:15-8:00 p.m.
Junior GOYA at Parish Night
 - See note above for schedule.

The theme for the Junior GOYAns is "Be a Bee."

Senior GOYA

Grades 9-12

- ▶ Wednesday, November 10: 6:15-8:00 p.m.
Senior GOYA in the Great Hall and Youth Room
Watch for updates from jon@stmarysgoc.org!

- ▶ Wednesday, November 17, 6:15-8:00 p.m.

Senior GOYA at Parish Night

- See note above for schedule.

The theme for the Senior GOYAns is "Tending the Garden of Our Hearts." Mr. Paul Karos will lead our discussion.

Basketball



Saint Mary's is hosting the 2022 Western Region Basketball Tournament. Basketball practices will begin in November, however, we are in the process of finalizing the schedule. The age divisions are ages 7-12 (JOY co-ed), 12-18 (GOYA girls and GOYA boys). Boys and girls must be at least 7 years old and no older than 12 by December 31, 2021, to play on the JOY team. Kids who are 12 years old as of December 31, 2021 have the option to play up on the GOYA team or down on the JOY team. Sign up your child by clicking this link or scan this QR code:

<https://tinyurl.com/2022BasketballSignUp>

Church School News

Please try and bring your children every Sunday as we will practice during class time throughout November for our Christmas program.

November 7: Stewardship Sunday

All classes will meet in groups for a combined lesson, little ones (pre-K and K), elementary, middle school, and high school.

November 14 and 21: regular scheduled classes

November 28: No Church School class due to Thanksgiving weekend.

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
3450 Irving Avenue South
Minneapolis, Minnesota 55408

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Praise the Lord!
O give thanks to the Lord, for he is good;
for his steadfast love endures forever.
—*Psalm 106:1*

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

November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Saints Cosmas & Damianos 8:30am-Orthros 9:30am-Divine Liturgy	2	3 9:30am-FAITH Play Group 6:15pm-Junior GOYA	4 <i>Parish Council Application Deadline</i>	5 7:00am-Men's Fellowship	6 9:00am-Bible Study 5:00pm-Great Vespers
7 Seventh Sunday of Luke "The Messenger" Deadline 8:30am-Orthros 9:30am-Divine Liturgy Ministry/Stewardship Fair	8 Synaxis of the Archangels Saint Nektarios (observed) 6:00pm-Evening Divine Liturgy	9 12:00noon-Senior Citizens 6:15pm-Parish Council	10 10:30am-Intercessory Prayer 11:00am-Women's Bible Study 6:15pm-Senior GOYA	11 6:30pm-IOCC Fundraiser	12	13 Saint John Chrysostom 9:00am-Bible Study 9:00am-Orthros 10:00am-Divine Liturgy 5:00pm-Great Vespers 6:00pm-Stewardship Glendi
14 Eighth Sunday of Luke Philip the Apostles 8:30am-Orthros 9:30am-Divine Liturgy 10:45am-Orthodox Parent Talk 12:30pm-Basketball Practice	15 Nativity Fast Begins	16 Saint Matthew 8:30am-Orthros 9:30am-Divine Liturgy	17 9:00am-"The Messenger" Mailing 6:15pm-Parish Night	18 9:30am-FAITH Play Group 7:00pm-Stewardship Com.	19 7:00am-Men's Fellowship	20 9:00am-Bible Study 5:00pm-Great Vespers
21 Entrance of the Theotokos 8:30am-Orthros 9:30am-Divine Liturgy Parish Council Elections Daughters of Penelope Bake Sale 11:30-Missions/Outreach 11:45am-Church School Teachers' Meeting 12:30pm-Basketball Practice	22	23 3:00pm-Service Project (Day for Girls) 7:00pm-Philoptochos Meeting	24 Saint Katherine (observed) 10:30am-Intercessory Prayer 11:00am-Women's Bible Study 6:00pm-Evening Divine Liturgy	25 Thanksgiving Day	26	27 5:00pm-Great Vespers
28 Thirteenth Sunday of Luke 8:30am-Orthros 9:30am-Divine Liturgy <i>No Church School</i>	29	30 Saint Andrew 8:30am-Orthros 9:30am-Divine Liturgy 11:00am-Philoptochos Bake Sale Preparations				