

# The Messenger

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

## March 2022

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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 Tim

Father Timothy Sas, Proistamenos

### Honoring the Mother of God



The liturgical tradition of our Church places the service known as Salutations or Akathist on Friday evenings. This beautiful poetic prayer is greatly enriched by moving musical melodies. All of it is connected to our veneration of the Holy Virgin Mary in preparation of for the great feast of the Annunciation of the Virgin Mary by the Archangel Gabriel that she would carry in her womb and give birth to the Son of God. Most of us cannot imagine Friday evenings of the Great and Holy Lent without this beautiful service. It is perhaps useful to note how we honor St. Mary the

Theotokos by examining a few of the verses we sing melodiously.

*"Rejoice, womb of the divine incarnation."*

All of us know that as a woman becomes pregnant the womb becomes the home of the forming of a new human. The incarnation, taking on of flesh, begins immediately and progresses very rapidly from conception into a person who is ready for birth approximately nine months later. But this incarnation begins at conception and, as Christians, we believe the image of God to be imprinted on the new person at conception. Differently than other women before and after her, the young Mary, gives flesh to Him who is fully God, the Lord Jesus Christ. The incarnation that took place in her virgin body is of God, not of this world.

*"Rejoice, the confidence of mortals before God."*

Thinking of the wedding at Cana in Galilee, we recall the Theotokos interceded with her Son Jesus to come to the rescue of the wedding feast. The Lord Jesus listened to His Holy Mother and turned water into wine. We are inspired with confidence that the prayers and protection of the Theotokos bring about the mercies of her Son and Lord God Jesus Christ into our lives.

*"Rejoice, the tender love who conquers every longing."*

She is our comfort when we are afflicted with sadness and grief. The Theotokos suffered immeasurable grief, sadness, and tears for her Son. She, fully

—article continues on page 3.

# Our Life Together

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## Death

Kenny Schwark

February 3, 2022

*May his memory be eternal.*



## Memorial Prayers

**Sunday, March 20**

Cleo Zarifis (1 year)

Mother of Kathy Richardson and

Mary Pappas

Nick Pappas (33 years)

Brother of George and Louis Pappas



## Our Sympathy

We extend sympathy to Mary

Cavouras on the passing of her sister,

Thea Cavouras, on February 1, 2022,

in Cove Creek, Arizona.

*May her memory be eternal.*



## Share YourShelf

March's recipient of Share Your-Shelf contributions is FOCUS Minnesota.

**Sunday, March 6**

Oatmeal or Cream of Wheat®

**Sunday, March 13**

Baby formula

**Sunday, March 20**

Peanut butter

**Sunday, March 27**

Canned meat

(e.g. tuna, chicken)

Give to the one who begs from you, and do not refuse the one who would borrow from you. —Matthew 5:42

## Thank You

Thank you, dear friends at St. Mary's, for your prayers, cards, meals, and good thoughts. I feel them and am most grateful to God and you for carrying me through my treatments.

Lovingly in Christ,  
Hope Kennedy

I wish to thank everyone for the cards, phone calls, and prayers sent to me during my ongoing bout with lymphoma. It is greatly appreciated to know that God is working through so many in my parish. It is truly humbling. *Efharisto.*

Fondly,  
Donnarae Louricas



## Congratulations!

On December 18, 2021, **Anastasia Sikkila** graduated *summa cum laude* from Western Michigan University in Kalamazoo, Michigan, with a Bachelor of Arts degree majoring in Interpersonal Communications and Spanish; minoring in Event Planning. Anastasia will continue to live in Kalamzaoo as she explores job options. *Congratulations!*

## St. Mary's Church Staff

### Priest

Fr. Timothy Sas

### 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

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## St. Mary's Parish Council

### President

William M. Hoeft

### Vice President

John Beauchamp

### Secretary

Maria Smith

### Treasurer

Thomas Hainlin

### Members

Daniel Buss

Ina Dunham

Sam Hanna

Nicholas Legeros

Cristina Nicklow

Jeannie Possis

Dean Psychogios

Andrew Twito

# Education • Fellowship • Worship

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## Fellowship and Study Groups

### Intercessory Prayer

Wednesdays, March 9 and 23  
10:30 a.m., Nave Chapel

### Men's Fellowship

Friday, March 4: Exodus  
Friday, March 11: Psalms  
• Please note date change.  
7:00 a.m., Fireside Room

### Saturday Bible Study

Every Saturday  
9:00 a.m., Fireside Room

### Women's Bible Study

Wednesdays, March 9 and 23  
11:00 a.m., Fireside Room

## Lenten Schedule

*Please note new start times.*

### Wednesdays (beginning March 9)

4:00 - Holy Confession  
5:30 p.m. - Liturgy of the  
                                    Presanctified Gifts  
after Liturgy - Lenten Dinner  
                                    - Youth Groups and Activities  
7:30 p.m. - Choir Rehearsal

### Fridays (beginning March 11)

4:00 - Holy Confession  
6:00 - Salutations to the Theotokos  
(Akathist Hymn)

## MEOCCA Pan-Orthodox Lenten Vespers

### Sundays, 4:00 p.m.

#### Sunday, March 13

St. Mary's Orthodox Cathedral  
1629 Fifth Street NE  
Minneapolis, MN 55413

#### Sunday, March 20

St. George Greek Orthodox Church  
1111 Summit Avenue  
St. Paul, MN 55105

#### Sunday, March 27

St. George Antiochian Orthodox  
1250 Oakdale Avenue  
West St. Paul, MN 55118

#### Sunday, April 3

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

#### Sunday, April 10

Holy Myrrhbearers Orthodox  
601 Seventh Avenue South  
Saint Cloud, MN 56301

#### Sunday, April 17

St. Herman's Orthodox Church  
5355 - 38th Avenue South  
Minneapolis, MN 55412

## 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

**Lenten weekday schedule is at left.**

### Saturday, March 5

Second Saturday of Souls

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

### Monday, March 7

Clean Monday - First Day of Great Lent

Great Compline – 6:00 p.m.

### Saturday, March 12

Third Saturday of Souls

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

### Thursday, March 24

Eve of Annunciation

Great Vespers – 6:00 p.m.

### Friday, March 25

The Annunciation

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

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—Fr. Tim's article continued from page 1.

human and mortal, as we are, understands us and cares for us. We receive her love as a tender motherly embrace that brings close to her all of us just, as she embraces her Son Jesus.

These short verses as well many others give us a better understanding of the honor and love we have for our Savior's Holy Mother. As we set time aside for the Friday evenings of Great Lent, we can look forward to this poetic hymnology so we can continue to grow in our love for her and her Son, Jesus Christ.

# Parish News & Events

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## Orthodox Parent Talks

Parents of children 18 and younger, please join us on Sunday, March 27, in the Terrace Room during Church School (approximately 10:45 to 11:30 a.m.) for our third talk! More details to follow.

## Lost and Found

Saint Mary's keeps a small area for lost and found inside the church office. We have a large assortment of hats, single earrings, coats, and shoes, to name just a few things we find each week. To keep the area in order, we will only keep lost and found items for one-month before either donating or disposing of any item not claimed.

## Quarterly Clean-Out

As an active and vibrant Orthodox community, there is a near-constant flurry of events, activities, and social gatherings. While we enjoy planning and executing these events, fewer people enjoy cleaning up and items tend to accumulate. With this in mind, we will have a Quarterly Clean-Up where the church staff will dispose of any items not labeled, organized, or being used by a ministry of the parish. In March, we will concentrate on our coolers and freezers inside the kitchen, plus the mechanical storage room inside our lower-level conference room (former youth room). Deadline for ministry leaders to label or organize their materials is March 15. Items not used, broken items, unlabeled items, etc will be placed in the dumpster on Friday, March 18.

## Senior Citizens' Valentine Social Tuesday, March 1

The Senior Citizens' Club is having a Social on Tuesday, March 1 at 12:00 noon, in the Terrace Room. Please join us for fun, conversation, and food. Feel free to bring an appetizer to share. If you don't bring an appetizer - come anyway. We will also play Bingo. Looking forward to seeing everyone!

## Camping Ministry Sunday Sunday, March 20

Camping Ministry Sunday will take place on March 20, 2022 (the second Sunday of Great and Holy Lent). The primary purpose of this event to emphasize the impact of camping ministries for the Metropolis faithful, which are celebrating their anniversaries this year:

- St. Mary's Camp (70 years)
- Fanari Camp (50 years).

We will be:

- Sharing the encyclical from His Eminence Metropolitan Nathanael
- Having St. Mary's Camp alumni briefly speak about the importance of Camping Ministry.
- Hosting a table during the fellowship hour with materials about our upcoming Summer Camp at Camp Wapo July 2-8, 2022. Camp Staff will be on hand to answer any questions.

In honor of our 70th anniversary, Fr Tim has given his blessing to ask ALL St. Mary's Camp alumni and campers to wear their favorite Summer Camp t-shirt on Camping Ministries Sunday!



# Philoptochos



## March Philoptochos Meeting

**Sunday, March 27**

Please join us in the Terrace Room at 11:30 a.m. on Sunday, March 27, for fellowship, refreshments, and a meeting to discuss plans for Holy Week (April 17-23). Events including decorating, preparing eggs, and baking.

## Sacred Baking Workshops



One of the missions of Philoptochos is "to promote the Greek Orthodox Faith and traditions, in accordance with its doctrines, canons, discipline, divine worship, usages and customs." With that in mind, we are pleased to announce three workshops to teach how to make the food that is integral to Orthodox services:

### **Koliva (Memorial Wheat) Workshop**

Friday, March 4, 6:30-9:00 p.m.

The koliva will be used at the Saturday of Souls Liturgy on Saturday, March 5.

### **Prosforo (Communion Bread) Workshop**

Saturday, March 19, 10:30 a.m.-1:30 p.m.

### **Artoclasia (Blessing of Five Loaves) Workshop**

Saturday, May 21, 11:00 a.m.-3:00 p.m.

All parishioners are welcome to attend one or more workshops, which will be led by Toni Bazakos. Register at the Philoptochos table in the social hour. There is no cost to attend.

## Lenten Meal

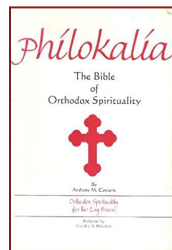
**Wednesday, March 16**

Philoptochos will host the Lenten meal after the Pre-sanctified Liturgy on Wednesday, March 16. Please watch for updates and a list of needs for this event in the weekly bulletin, website, and at our table on Sundays.

## Membership Drive Ends Soon

Philoptochos supports local food shelves, Orthodox ministries, monasteries and orphanages, and other relief efforts throughout the country and world. We can't do this without you! Please consider joining us during our annual membership drive, which ends this month. Women of the parish received a letter with information. Please mail in your membership form and gift, or stop by our table during the Sunday social hour for more information.

## Women's Book Club Discussion



The next book club discussion will be Thursday, April 7, 7:00-8:30 p.m. The book is *Philokalia* by Father Anthony Coniaris and available in our bookstore. Meeting location will be announced closer to the date, watch for details.

## Thank You!

Thank you to the **Membership Committee**: Sandra Anderson, Lisa Gallmeyer, Dena Tortorelis, Kathleen Wendland, and thank you to the mailing crew who assembled the membership drive mailing: Annette Legeros, Cathy Forchas, Paulette Hasting, Dena Tortorelis, Evangelina Karakatsanis, Elena Gabor, and Joanna Morgan. God bless you all for a wonderful job!

Thank you to the **Sweet Sunday Committee**, Andrea Tiggas, Cathy Forchas and Connie Kouzes. Thank you to everyone who brought goodies, helped set up and clean-up for this event. We are grateful for all the donations given to support Children's HeartLink. Our gift was doubled by a match from Boston Scientific.

## The Lenten Spring Shines Forth

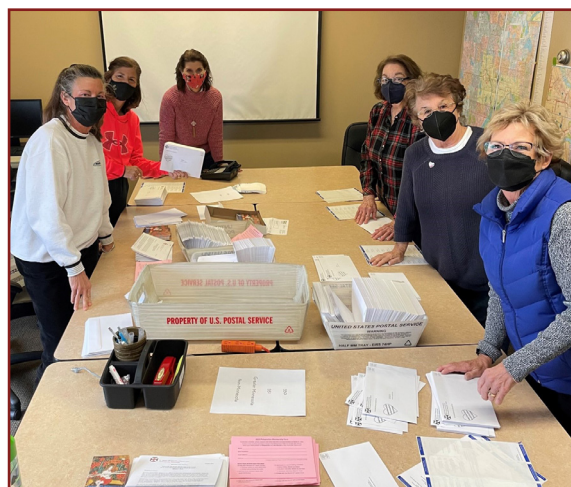
The Lenten spring shines forth,  
the flower of repentance!

Let us cleanse ourselves from all evil,  
crying out to the Giver of light:

"Glory to You, O lover of Man!"

—Anonymous

**\* Please watch the weekly bulletin, web page, and our table on Sundays for updates on events or needs.**



*Philoptochos membership mailing crew at work.*

# Mission & Outreach

## How Can I Help?

Saint Mary's Missions and Outreach has information to help you choose where you can help. Many of you are already helping others. For example, "I help out delivering Meals-on-Wheels." I am very busy but I want to help now and again for 2-3 hours that gives me some personal contact. Missions and Outreach is privileged to know the specific needs of well-established missions and food shelves. We have experience with an expanding number of helpful organizations. You know what you can offer and it will be welcomed by others.

Isn't that wonderful news to help others and to feel that "it is my business" (Fr. Jason Houck's article in February's Messenger) to help others.



Being in person to help put together food to distribute at CES (Community Emergency Services). This is a neighborhood of people who can use the help for

food insecurity. CES provides food with an effort to offer food for other cultures.

Another example is helping to package breakfast meals for food shelves to help all those families and individuals with food insecurity. This is a very good way to reach out to help and get to know more people at St. Mary's.

These examples are more of a project, an hour or two and done, but what about singing in the choir, visiting prisoners, helping at FOCUS House in St. Paul, or CES located in Minneapolis.

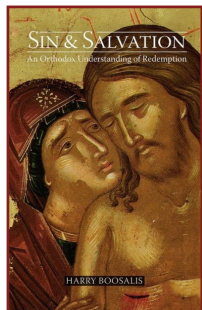
As you look forward, and looking for ideas, stop by the "Welcome Table" to review a number of ideas for volunteering.



# In the Bookstore

by Rebecca Myerly

[bookstore@stmarysgoc.org](mailto:bookstore@stmarysgoc.org)



*Sin and Salvation: An Orthodox Understanding of Redemption* is the most recent book by Dr. Harry Boosalis, published late last year by Saint Tikhon's Monastery Press. Dr. Boosalis wrote this book using materials he originally prepared for an introductory class for seminarians he taught at St. Tikhon's Monastery. With

three overarching chapters titled "An Orthodox View of Sin," "Redemption and Reconciliation," and "Divine Grace and Human Freedom," he offers readers the opportunity to grow in understanding and appreciation of many core beliefs and perspectives of and in the Orthodox Church. For example, in writing about salvation he explains:

The Orthodox experience of salvation is unique. It sets the Orthodox Church apart from every Christian denomination in the world....In the Orthodox Church, salvation ultimately leads to personal experience of Christ's all-inclusive love and heartfelt prayer for the salvation of all mankind. Characteristic of salvation in Christ is the desire for the salvation of each and every human person. (1-2)

Salvation is spiritual therapy. Salvation is the healing and purification of our human nature *in* Christ and *through* Christ. This therapeutic renewal comes about through our personal participation in the ascetical, liturgical and sacramental life of Christ's Holy Body—His holy Church.

Salvation is a process, a "passover" from death to life, a passage from darkness to light; salvation is Pascha. Salvation is a new attitude—a new worldview. Salvation is acquiring the mind of Christ: "But we have the mind (νοῦς) of Christ," teaches the Apostle Paul. Salvation is repentance (μετάνοια), which means literally: decisively and resolutely changing or altering (μετα) your mind (νοῦς)—that is to say, changing the way you think.

We must always bear in mind, there is no theological definition that fully describes the depth of our experience of salvation in Christ. (4)

Dr. Boosalis then explores and explains "some basic concepts and terms that are fundamental to further discussion." (5) This he does using Scripture, patristic writings, and writings from contemporary Saints and elders and other authors. In addition, he clarifies how and why the Orthodox view of sin and salvation and predestination differ from the views other traditions have on these subjects. For example:

In Orthodox theology, the concept of sin is not focused on the breaking of a rule or regulation. Rather sin is seen as a spiritual sickness, which separates us from God's grace and glory—that is, from His kingdom. Sin is a sickness that requires spiritual therapy.

Sin separates us from God and from each other. It not only ruptures our relationship with other people; sin also separates us from our own true selves. We sin when we make wrong choices that lead to our separation from God's likeness....

From an Orthodox view, our own personal sins have cosmic significance. Our own personal sin—our own individual self-inflicted separation from God—affects all mankind. Indeed we all make our own personal contribution to the universal sin, suffering, and general disfunction that engulfs our world today. Our own individual sins and misguided choices have cosmic ramifications. (13-14)

Whether you are looking to personally understand more about sin and salvation and other key concepts in the Orthodox tradition or to be more informed in order to dialog with people of other traditions, *Sin and Salvation: An Orthodox Understanding of Redemption* is a great resource concisely written in 69 pages.

To hear more from Dr. Boosalis exploring the Orthodox spiritual life in conversation with Paul Karos, please listen to their podcast *Person to Person*.



# Thank You Notes

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Good morning, Pastor Timothy,

We have made it through the holidays and are reflecting on lives your parish at St. Mary's Greek Orthodox Church has impacted, like 29-year old Bradley, who said "The Salvation Army stood by me. I deserve to be in jail for all the things I've done. But God had other plans for me."

Thank you for your generous \$5k gift! The Salvation Army is a lifeline to people just like Bradley, and we can't do what we do without you.

If you have more questions about how your donation makes an impact, or would like to deepen your partnership by volunteering in a number of capacities, please give me a call or email.

Thank you!

Take care,

Jessica Raboin

*Community Engagement Associate*

*The Salvation Army Northern Division*

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Dear Father George and members of  
St. Mary's Community,

Thank you for your generous gift of \$3,000.00 to Hellenic College Holy Cross Greek Orthodox School of Theology.

Your parish's commitment to helping our students achieve their educational goals is greatly appreciated, and it is with your support that they will become the future priests and leaders of our Church and society.

Each year, Hellenic College Holy Cross continues to advance its mission of providing a distinctive pedagogy that integrates faith, education and service and helps its students become proficient and virtuous leaders in their church communities and society. Your commitment to helping Orthodox Christian higher education is sincerely appreciated.

With gratitude,

Fr. James Katinas, Protopresbyter D.Min  
*Vice President of Institutional Advancement*

Frances E. Levas

*Director of Development*

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Dear Faithful Friends,

We at FOCUS North America are so grateful for your support throughout the 2021 year.

Please accept this letter as a summary of your 2021 contributions in the total amount of \$10,050.00 of which \$10,050.00 is wholly charitable. No goods or services were received by FOCUS North America related to your contribution. FOCUS North America is a 501 (c) (3) nonprofit organization.

Our goal is to be responsive to the tremendous needs of our neighbors experiencing poverty, all while encouraging connection between those serving and those being served as Christ would desire. Your support has made that possible. Thank you!

With Gratitude,

Kenneth D. Kidd

*Executive Director FOCUS North America*

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Dear St. Mary Greek Orthodox Church & Parishioners,

Greetings in the Lord! We wish you all a blessed Advent season, as we approach the end of the year and celebrate the Nativity of our Lord and Savior Jesus Christ. With your support, we will finish 2021 strong, and we look forward to all that the new year will bring. Thank you!

We had a very successful GivingTuesday on November 30 this year, as we raised over double our goal! Your outpouring of generosity will support our missionaries as they serve around the world and is especially crucial now as we restart so many vital ministries again.

We've continued to serve worldwide with virtual mission teams, most recently teaching classes of students in Kenya. God-willing, we hope to be able to resume sending in-person teams next year!

Again, we wish you a blessed Nativity and start of the new year. Thank you, again, for your constant prayers and support. You make it possible for us to share the light and love of Christ with the world, helping to continue to fulfill the prophecy, "The people who walked in darkness have seen a great light" (Isaiah 9:2).

Yours in Christ,

Fr. Martin Ritsi

*Executive Director*

*OCCM (Orthodox Christian Mission Center)*

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Dear St. Mary's Greek Orthodox Church,

Thank you for your recent gift to Ronald McDonald House Charities, Upper Midwest. Your support will enable us to provide families a comfortable and caring home-away-from-home while they face their child's health crisis.

This letter acknowledges that we have received the following donation:

Donation: \$500.00

Each year, RMHC-UM serves more than 6,700 families at our five Minnesota locations. Families are never required to pay for our services - including lodging, meals, schooling and more - so your donation is truly appreciated.

Sincerely,

Jill Evenocheck President & CEO

*Ronald McDonald House Charities, Upper Midwest*

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Dear St. Mary's Greek Orthodox Church,

Metro Hope has had an amazing year celebrating 95 years of boldly following our Lord and Savior, Jesus Christ! Just as our founder, Ole Olsen, believed that a relationship with Jesus was the only real answer to the troubles of this world, including addiction, we continue to share the Gospel with every person who enters our doors. We have been so blessed by your generous heart through your prayers, time and treasures. You have changed the lives of hundreds of men, women, and children for eternity over this past year. You have played an instrumental role in breaking generational curses, providing healing and hope for a new future through the Christ-centered programs of Metro Hope.

Thank you for your generous support of Metro Hope! According to our records, you made financial donations totaling \$2,220.00 to Metro Hope Ministries during 2021. Please keep this letter, in addition to your own records, to ensure that your contributions are tax-deductible. You made these gifts out of your own generosity and in support of God's ministry. No goods or services were received in exchange for your donation.

I am so grateful that God brought us together in His mission field at Metro Hope. We could not do this work without you. We are excited to see where God will take us in 2022 and we hope you will be with us as He reveals His vision for Metro Hope. We keep in our prayers, asking God to bless you abundantly with His joy and peace.

Rejoicing in Jesus,

Cammy Oren

*Board President, Metro Hope Ministries*

Dear Fr. Timotei,

Greetings in Christ!

"The people who walked in darkness have seen a great light" (Isaiah 9:2). Isaiah's prophecy, uttered 700 years before Christ's coming to the earth, remains applicable today because of your generosity. Your prayers and support allowed us to keep Christ's light shining in 2021 for the thousands of people touched by the ministry of OCMC. As you review your enclosed year-end statement, please see all that you helped us accomplish for God's glory. Thank you!

Over the course of 2021, we offered 21 virtual teams in 6 different countries, leading youth ministry, women's retreats, chant and iconography workshops, catechism, and parish retreats. Having refined this new mode of virtual ministry, we look forward to continuing to use virtual teams to expand our reach, even as we plan to reintroduce traditional mission teams in the coming year.

Moreover, your financial support allowed us to support theological training initiatives, church construction and iconography projects, children, orphans, young mothers, students, pre-k and primary schools, and also helped to kickstart 2 income generation projects in the mission field. All of this at a time when communities in the mission field needed help the most.

Overall, you helped us send \$198,000 in COVID-19 relief, \$430,100 to support churches around the world, \$167,750 to support youth and mothers, \$110,750 to support children's schooling, and \$214,350 in global outreach. That is an incredible aid to those who most need it around the world.

Thank you again for your prayers and support in making all this possible! You've helped us endure these difficult times and continue to shine the light and love of Christ in a darkened world. We look forward to all that 2022 will bring and to countless more opportunities to share Christ, and His unending Light, with the world.

May God bless you, your loved ones, and your communities, and may you have a blessed 2022.

Yours in Christ,

Rev. Protopresbyter Martin Ritsi

*Executive Director*

*OCMC (Orthodox Christian Mission Center)*

# Children & Youth

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## 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.

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### Faith Group

#### 0-5 Year Olds and Parents

- ▶ FAITH Play Group  
Wednesday, March 9 and Thursday, March 24  
9:30-11:00 a.m.  
Playtime in the Great Hall; a lesson and treat in the Terrace Room

### HOPE and JOY

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

- ▶ HOPE/JOY Service Project  
Sunday, March 27, 11:45 a.m.-1:00 p.m.  
Room to be announced  
Following Church School, we will meet for lunch and put together care packages for the college students from our parish. Afterwards, we will play some games and go to the youth room!  
Please RSVP to [jon@stmarysgoc.org](mailto:jon@stmarysgoc.org), so he knows how much food to purchase.

### Junior GOYA

#### Grades 6-8

- ▶ Friday, March 11-Sunday, March 13  
Winter Camp at Camp St. Croix  
See information in Winter Camp article.
- ▶ Wednesday, March 16  
Wednesday, March 30  
Junior GOYA Mini Meeting  
Youth Room  
Following the Presanctified Liturgy, grab your food and meet in the Youth Room! We will have fellowship and a discussion with one another until 8:00 p.m.

### Senior GOYA

#### Grades 9-12

- ▶ Wednesday, March 9, 4:30-8:30 p.m.  
Senior GOYA hosting Lenten meal.  
The Senior GOYAs will host the Lenten meal as a fundraiser for attending the Metropolis of Chicago's Junior Olympics.
- ▶ Friday, March 11-Sunday, March 13  
Winter Camp at Camp St. Croix  
See information in Winter Camp article.

- ▶ Wednesday, March 23  
Senior GOYA Mini Meeting  
Following the Presanctified Liturgy, grab your food and meet in the Youth Room! We will have fellowship and a discussion with one another until 8:00 p.m.

### Winter Camp 2022

Friday, March 11 - Sunday March 13

#### RESCHEDULED

Winter Camp at Camp St. Croix with St. Mary's OCA: The theme is Baptism and Salvation. We will be discussing the sacrament of Baptism and our Orthodox understanding of Salvation. The camp is for those in grades 6-12. Transportation is not provided. The cost is \$160 per child. St. Mary's GOC will subsidize \$100 for St. Mary's GOC youth, but you will have to pay the entire up front. To register, visit <https://tinyurl.com/2022WinterCamp>. To pay, use Venmo -@stmarysocayouth (business) or make checks payable to **St Mary's OCA**. Please let Jon know if you register. Reimbursements will be issued following camp.

### Fanari Retreat

Saturday, April 2, 2:00-8:00 p.m.

The 5<sup>th</sup>-12<sup>th</sup> graders from the Minnesota Greek Orthodox churches will come together and attend the Fanari Retreat. The retreat will be a day in the life of camp, and will include: worship, Orthodox Life, games, song night, and much more! This retreat is regional, and will have seven satellite locations throughout the Metropolis, each following their local COVID-19 guidelines. All 5<sup>th</sup>-12<sup>th</sup> graders are invited to join us! Registration opens on February 18, and the cost is \$30/camper. St. Mary's will subsidize \$30 per St. Mary's GOC camper following the retreat! Hope you can join us! Following the retreat, the 5<sup>th</sup>-8<sup>th</sup> graders will go home (8:00 p.m.), and the 9<sup>th</sup>-12<sup>th</sup> graders are welcome to stay and join us for a lock-in. We will wake up in time to attend Orthros at 8:30 am, and the lock-in will officially end at the end of the Divine Liturgy. For more information regarding the Fanari Retreat, visit: <https://www.fanari.camp/retreat>. If you have any questions, please contact [jon@stmarysgoc.org](mailto:jon@stmarysgoc.org).

## Lighthouse

**Saturday, June 25-Saturday, July 2**

The Metropolis of Chicago is offering a program for graduating seniors called "Lighthouse." When Orthodox young people make the transition to college life, they face a myriad of spiritual, social, mental, and health-related challenges. Lighthouse is a week-long summer camp ministry of the Greek Orthodox Metropolis of Chicago designed to walk high school senior grads through an Orthodox understanding of vocation and arm them with the tools they need to hold fast to their faith during their college years.

This camp takes place June 25-July 2 at Carrol University in Waukesha, Wisconsin. Registration opened in February! For more information on when to register, visit this link: [www.chicago.goarch.org/lighthouse](http://www.chicago.goarch.org/lighthouse). The registration prices are: \$475 – Early Bird Registration, \$575 – Regular Registration, \$675 – Late registration. St. Mary's will cover \$250 for Lighthouse. For additional scholarship help, please contact Fr. Tim or Fr. Jason.

## 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.

## Church School News

**Sunday, March 6**

Lent starts tomorrow! Think about how to improve your prayers, increase your almsgiving, and what you'll give up or fast from. Students will receive handouts, worksheets, and activities to help them on their Lenten journey.

**Sunday, March 13**

Sunday of Orthodoxy. Bring an icon and join in the Great Entrance procession. Extra icons will be available if you forget to bring one from home. No Church School class today.

### Church School Confession Schedule

Following the Wednesday Liturgy of the Presanctified Gifts, have your child wait in the nave for either Fr. Tim or Fr. Jason. If your child is not able to make their time slot, Confession will also be offered on Sunday, April 4, and Sunday, April 11, beginning at 11:30 in the nave.

|          |                  |
|----------|------------------|
| March 9  | Grades 7 and 8   |
| March 16 | Grades 11 and 12 |
| March 23 | Grades 3 and 4   |
| March 30 | Grades 9 and 10  |
| April 6  | Grades 5 and 6   |
| April 13 | Grade 2          |

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## Vacation Church School

**June 13-17, 2022**

Save the Dates ... June 13-17 ... for St. Mary's Vacation Church School! This year we will explore Superheroes-Super Saints!

Classes run each day from 8:45 am to 12:00 noon, Monday-Friday. VCS is for children 4 years old (and potty trained) through those entering 6<sup>th</sup> grade in the fall. We need helpers/crew in 7<sup>th</sup>-12<sup>th</sup> grades as well as adults. Please consider helping either in planning or during this fun week! Sign up to start in a couple of weeks. For questions or more information, contact Krissa Rovolis or Dena Tortorelis at: [churchschool@stmarysgoc.org](mailto:churchschool@stmarysgoc.org)



Follow the GOYAnS on Instagram: **St\_Marys\_GOYA**

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## The 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)*



### 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



# March 2022

| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday  |
|--|--|--|---|---|---|---|
|  |  | <b>1</b><br>12:00noon-Senior Citizens  | <b>2</b><br>6:30pm-Choir Rehearsal  | <b>3</b>  | <b>4</b><br>7:00am-Men's Fellowship<br>6:30pm-Koliva Workshop   | <b>5 Second Saturday of Souls</b><br>9:00am-Orthros<br>10:00am-Divine Liturgy<br>9:00am-Bible Study<br>5:00pm-Great Vespers                           |
| <b>6 Forgiveness (Cheesefare) Sunday</b><br><b>"The Messenger" Deadline</b><br>8:30am-Orthros<br>9:30am-Divine Liturgy<br>4:00pm-Forgiveness Vespers   | <b>7 Clean Monday - First Day of Great Lent</b><br>6:00pm-Great Compline | <b>8</b><br>6:15pm-Parish Council  | <b>9</b><br>9:30am-FAITH Play Group<br>10:30am-Intercessory Prayer<br>11:00am-Women's Bible Study<br>4:00pm-Holy Confession<br>5:30pm-Presanctified Liturgy<br>Confession: Grades 7 & 8<br>after Liturgy-Dinner<br>7:30pm-Choir Rehearsal   | <b>10</b>   | <b>11</b><br>7:00am-Men's Fellowship<br>4:00pm-Holy Confession<br>6:00pm-Salutations<br><br><i>Winter Camp</i>        | <b>12 Third Saturday of Souls</b><br>9:00am-Orthros<br>10:00am-Divine Liturgy<br>9:00am-Bible Study<br>5:00pm-Great Vespers<br><br><i>Winter Camp</i> |
| <b>13 Sunday of Orthodoxy</b><br>8:30am-Orthros<br>9:30am-Divine Liturgy<br><i>No Church School</i><br>4:00pm-Pan-Orthodox Vespers<br><br><i>Winter Camp</i>   | <b>14</b>  | <b>15</b><br><b>Quarterly Clean Out Deadline</b><br>6:30pm-Philoptochos<br>Board Meeting | <b>16</b><br>9:00am-"The Messenger" Mailing<br>4:00pm-Holy Confession<br>5:30pm-Presanctified Liturgy<br>Confession: Grades 11 & 12<br>after Liturgy-Dinner<br>Junior GOYA Mini Meeting<br>7:30pm-Choir Rehearsal                           | <b>17</b>   | <b>18</b><br>4:00pm-Holy Confession<br>6:00pm-Salutations   | <b>19</b><br>9:00am-Bible Study<br>10:30am-Prosforo Workshop<br>5:00pm-Great Vespers  |
| <b>20 Saint Gregory Palamas</b><br>8:30am-Orthros<br>9:30am-Divine Liturgy<br>11:30am-Missions/Outreach<br>4:00pm-Pan-Orthodox Vespers   | <b>21</b>  | <b>22</b>  | <b>23</b><br>10:30am-Intercessory Prayer<br>11:00am-Women's Bible Study<br>4:00pm-Holy Confession<br>5:30pm-Presanctified Liturgy<br>Confession: Grades 3 & 4<br>after Liturgy-Dinner<br>Senior GOYA Mini Meeting<br>7:30pm-Choir Rehearsal | <b>24</b><br>9:30am-FAITH Play Group<br>6:00pm-Great Vespers<br>7:00pm-Stewardship Com. | <b>25 The Annunciation</b><br>8:30am-Orthros<br>9:30am-Divine Liturgy<br>4:00pm-Holy Confession<br>6:00pm-Salutations | <b>26</b><br>9:00am-Bible Study<br>5:00pm-Great Vespers   |
| <b>27 Sunday of the Holy Cross</b><br>8:30am-Orthros<br>9:30am-Divine Liturgy<br>after Communion-Parent<br>Presentation<br>after Liturgy-Philoptochos<br>General Meeting<br>11:45am-HOPE/JOY Service<br>Project<br>4:00pm-Pan-Orthodox Vespers | <b>28</b>  | <b>29</b>  | <b>30</b><br>4:00pm-Holy Confession<br>5:30pm-Presanctified Liturgy<br>Confession: Grades 9 & 10<br>after Liturgy-Dinner<br>Junior GOYA Mini Meeting<br>7:30pm-Choir Rehearsal  | <b>31</b>   |   |   |