

SAINT MARY'S GREEK ORTHODOX CHURCH

Sunday, May 1, 2022

Sunday of Saint Thomas

The Divine Liturgy

Commemoration: Sunday of Saint Thomas; Jeremias the Prophet; New Martyr Maria of Fourná, Mirabella in Crete; Tamara (Tamar), Queen of Georgia; Nikiforos the Monk of Chios; Synaxis of the Three New Righteous Martyrs of the Holy Mountain, Euthymius, Ignatius, and Acacius; Asaph, Bishop of Wales.

Variable Hymns and Readings in the Liturgy

Christ Is Risen

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

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 PASCHA, Plagal First Tone

Christ is risen from the dead, trampling down death by death, and upon those in the tombs, bestowing life!

Hymn of Entrance

Bless God in the churches; the Lord from the fountains of Israel. Save us, O son of God who rose from the dead, save us who sing to you: Alleluia!

Repeat the Hymn of PASCHA, above.

Hymn of the Day, Grave Tone

While the tomb was sealed, O Life, you did shine forth from the grave, O Christ our God. And while the doors were shut, you did come to your disciples, O Resurrection of all, renewing through them an upright spirit in us, according to your great mercy!

Kontakion of PASCHA, Plagal Fourth Tone

Into the grave you descended, Immortal One, yet you destroyed the power of Hades, and as victor you arose, O Christ our God; you proclaimed to the myrrh-bearing women a greeting of joy, you brought peace to your holy apostles, and to the fallen you granted resurrection.

Epistle.....Acts 5:12-20

In those days, many signs and wonders were done among the people by the hands of the apostles. And they were all together in Solomon’s Portico. None of the rest dared join them, but the people held them in high honor. And more than ever believers were added to the Lord, multitudes both of men and women, so that they even carried out the sick into the streets, and laid them on beds and pallets, that as Peter came by at least his shadow might fall on some of them. The people also gathered from the towns around Jerusalem, bringing the sick and those afflicted with unclean spirits, and they were all healed. But the high priest rose up and all who were with him, that is, the party of the Sadducees, and filled with jealousy they arrested the apostles and put them in the common prison. But at night an angel of the Lord opened the prison doors and brought them out and said, “Go and stand in the temple and speak to the people all the words of this Life.”

Gospel.....John 20:19-31

On the evening of that day, the first day of the week, the doors being shut where the disciples were for fear of the Jews, Jesus came and stood among them and said to them: “Peace be with you.” When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, even so I send you.” And when he had said this, he breathed on them, and said to them: “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.”

Now Thomas, one of the twelve, called the Twin, was not with them when Jesus came. So the other disciples told him: “We have seen the Lord.” But he said to them: “Unless I see in his hands the print of the nails, and place my finger in the mark of the nails, and place my hand in his side, I will not believe.”

Eight days later, his disciples were again in the house, and Thomas was with them. The doors were shut, but Jesus came and stood among them, and said: “Peace be with you.” Then he said to Thomas, “Put your finger here, and see my hands; and put out your hand, and place it in my side; do not be faithless, but believing.” Thomas answered him, “My

Lord and my God!” Jesus said to him, “Have you believed because you have seen me? Blessed are those who have not seen and yet believe.”

Now Jesus did many other signs in the presence of the disciples, which are not written in this book; but these are written that you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name.

Megalynarion of PASCHA, First Tone

The Angel spoke to her who is full of grace: Rejoice, O pure virgin, and again I say rejoice; your Son is risen from the grave on the third day.

Shine, Shine, O new Jerusalem, for the glory of the Lord is risen upon you. Now dance and be glad O Sion; and you, O pure Theotokos, exalt in the rising of your Son!

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

Communion Hymn

Receive the Body of Christ, and taste him who is the fountain of immortality.

Instead of “We have seen the light...,” we chant “Christ is risen.”

The End of the Divine Liturgy

Priest: Christ is risen!

People: Truly he is risen! (*Proclaimed three times.*)

Priest: Glory to his third-day Resurrection!

People: We adore his third-day Resurrection!

Priest: Christ is risen from the dead, by death, trampling down upon death, and to those in the tombs, he has granted life.

People: Truly the Lord is risen!

Stewardship Prayer

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

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

THE COMMUNION PRAYERS

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

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

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

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

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

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

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

Approaching to receive, each makes a reverence and says:

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

Christ Is Risen! Truly He Is Risen!

English	Christ Is Risen!	Truly He Is Risen!
Greek.....	Christos anesti!	Alithos anesti!
Arabic.....	Al-Masi-H Qam!	Hakan Qam!
Ethiopian ..	Christos tensáh mután!	Bsavi hayl sultán!
Slavonic	Khristos Voskresel!.....	Voistinu voskresel!
Romanian ..	Christos a inviat!	Adeverat a inviat!
Albanian	Khristi u ungjall!	Vërtete u ungjall!
French	Le Christ est ressuscite!	En verite il est ressuscite!
Latin	Christus resurrexit!	Vere resurrexit!
Latvian	Kristus ir augsham sales!..	Teyasham ir augsham sales vinsch!
Coptic.....	Pikhristos Aftonf!	Khen oumethmi aftonf!
Finnish	Kristus nousi kuolleista	Totisesti nousi
Gaelic.....	Kriost Eirgim!	Eirgim!
Georgian	Kriste ahzdkhah!.....	Chezdmарidet!
German.....	Christus ist erstanden!.....	Wahrlich ist er erstanden!
Hawaiian....	Ua ala hou 'o kristo!	Ua ala 'i 'o no 'oia!
Hebrew.....	Ha-Mashiah qam!.....	Be-emet qam!
Italian	Cristo e' Risorto!.....	Verito e' Risorto!
Japanese	ハリストス復活!	実に復活!
	<i>Haritosu Fukkatsu!</i>	<i>Jitsu Ni Fukkatsu!</i>
Mandarin...	基督复活了.....	他確實复活了
	<i>Jidu fuhuo-le!</i>	<i>Ta queshi fuhuo-le!</i>
Navajo	Christ Nadeetsa!	Ao Nadeetsa!
Nigerian	Jesu Kristi Ebiliwo!.....	Ezia o'biliwo!
Norwegian .	Kristus er oppstanden!.....	Ja i sannhet er han oppstanden!
Polish.....	Khrystoos Zmartfykhstal!	Zaprawde Zmartfykhstal!
Serbian	Christos vaskres!	Vaistinu vaskres!
Swedish	Christus är uppstanden!.....	Han är verkligen uppstanden!
Ukrainian ..	Khristos voskres!	Voistinu voskres!
Welsh.....	Atgyfododd Crist!	Artgyfododd yn wir!

Today

Prosforo is provided by Maria Prassas.

The coffee hour is hosted by Paul and Paulette Hastings.

Ukraine Relief



Those wishing to contribute to the ongoing relief efforts in Ukraine may give through St. Mary's. You may write a check payable to St. Mary's, with Ukraine Relief in the memo line, and place it in the offering tray when passed. Additionally, you may give through our giving page on St. Mary's website.

Prayer Ministry

Please remember the sick, the suffering, and those in need, especially: The family of Joyce Villas; Those suffering from COVID-19 and those who care for them; for the people of Ukraine; our brothers and sisters living through the aftermath of disaster; for the victims of violence; Metro Hope Ministries; Orthodox Christian Prison Ministry; Families Moving Forward; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Elena, Speranta, Maria, Dave Ruesink, Liz, Efstatia, Jordan, David, Nino, Joe, Tom, Gigi, Zossima, Donnarae, Samira, Mary K., Dreux, Monte, Bethany, Mark, Owen, Chrysanthy, Estelle, Justine, Melissa, Megan, Dallas, Lenzie, Lisa, Michael, Robbie, Judi, Evonne, James, Nichole, Constantine, Theodora, Mary, Irene Maria, Marion, Apostolos, Olivia, Lincoln, Joan, Carole, Patty, Archimandrite Dionysios, Karrisa, Corina, Tom, George R., Ken, Nancy and Tim, Olga, Peter, Cora and family, Lamona, Bo, Tom, Lynn, Deb, Sarah, Maia, Travis, Kassie, Tahnlee, Lois, Kalli, Quinn, Annie, Sue & Jim, Steve, Sue, Jane, Rifka, Pat, Nancy, Dave, Pam, Gilbert, George P., Danielle, Jenny, John L., Steven E., Julia, Presvytera Janis, Sandra, Sophia, George, Rick, Bryn, Nancy, Alex, Eryn, Phil, Karen, Phil, Dorla, Linda, Fr. Elias, Vicki, Bill, Diana, Elpis Fotini, Doria, Mike, Stephanie, Tyler, Ben, Amy, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Toni, Gina, Julie, R.J., Allie, Vickie, Petra, Bob, Joseph, Avgi, Christopher, Elizabeth, Jaxon, Judi, Bodil, Ole, and others known to you.



Scan the QR code to give through Venmo.

When giving through Venmo, please provide both your first AND last name in order to receive proper credit for your contribution.

— Calendar of the Week —

Sunday, May 1: Sunday of Saint Thomas

• *“The Messenger” news item deadline - June issue*

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy; Church School

11:45 a.m. – Missions and Outreach, Lecture Room

11:45 a.m. – Philoptochos Delegate Election, Terrace Room

Monday, May 2

7:00 p.m. – Stewardship Meeting, Fireside Room

Wednesday, May 4

6:15 p.m. – Junior GOYA, Youth Room

Friday, May 6

7:00 a.m. – Men’s Fellowship, Fireside Room

Saturday, May 7

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

No Great Vespers this evening.

**Sunday, May 8: Sunday of the Myrrh-Bearing Women
Mother’s Day**

8:30 a.m. – Matins; 9:30 a.m. – Divine Liturgy; Church School



Sacraments This Week

Baptisms

Zoe, daughter of Anthony and Kelly Kempf, April 30, 2022

Alayna, daughter of Jason and Vicki Willis, April 30, 2022

Marriage

Jason Shaw to Alexandra Slater, May 1, 2022

Announcements

Food Shelf Needs for May

Joyce is in great need of household items: diapers, wipes, tampons (not pads), toothbrushes, toothpaste, as well as ramen. These items may be brought any week during May.

May's recipient is Joyce Uptown Food Shelf.

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

Senior Citizens' Meeting

~ Tuesday, May 10 ~

Saint Mary's Seniors will gather for their monthly meeting and social on Tuesday, May 10, 12:00 noon, in the **Lecture Room**. Please note location change. Following our lunch, we will be entertained by Magician Justin Alan. We will end our afternoon with a short business meeting and Bingo.

YAL Spring Retreat

The Twin Cities Y.A.L. invites young adults to the 2022 Spring Retreat May 20-22! Our theme is "Balance." Steve Wehr is our speaker and will lead us in some great discussions! Please contact twincitiesyal@gmail.com with questions. The link to registration is: <https://forms.gle/FHfhxMLoKcKyYcFx8>.

Harvest Pack Event ~ Sunday, May 22



St. Mary's Missions and Outreach Ministry is sponsoring a meal pack event on Sunday, May 22, 2022. We can use your help. Here's what's on:

- 8:00 a.m. - We need a few strong folks to help us unload the truck and set up the packing lines.
 - 9:30 a.m. - Liturgy
 - 11:15 a.m. (after Liturgy) - Pizza
 - 11:30 a.m. - In the Terrace Room: Instructions on how to pack, then we begin to pack the meals! We expect to wrap up about 1:30 p.m.
- Sign up today! tinyurl.com/yc28k9b6

Philoptochos News

Today...

There will be a brief meeting at 11:45 a.m. today to elect delegates to the Clergy-Laity/Philoptochos convention this summer. We'll meet in the Terrace Room.

Ladies' Night Out

~ *Saturday, May 14* ~

Join us for a St. Mary's Ladies' Night Out on Saturday, May 14, 6:00 p.m., at the Tortorelis' home, 7441 West Shore Drive, Edina. If you wish, please bring and appetizer or dessert to share (but not necessary). Drinks will be provided by Philoptochos.

Festival Baking Begins with Kourambiethes in May!

~ *Tuesday, May 17* ~

We're starting the Festival baking season in May with a day of baking kourambiethes, the powdery, buttery mound of deliciousness, then continuing in June with baklava assembly and baking! You're welcome for part or all of the day, and no experience is necessary. Volunteer at the Philoptochos table, or watch for the online Sign-up Genius link.

Final Sacred Baking Workshop

Artoclasia (Blessing of Five Loaves)

Saturday, May 21, 10:00 a.m. (or after Liturgy)-2:00 p.m.

Register at the Philoptochos Table in the Social Hall or contact Toni Bazakos, 612.554.7861. There is no cost to attend. All parishioners are welcome to come and learn.

Spring Finale

~ *Tuesday, May 24* ~

The Spring Finale Dinner and Meeting will take place on Tuesday, May 24, 5:30 p.m., at St. Mary's. This is our last gathering until the fall and we'd love to see you there! Please RSVP at the Philoptochos Table during coffee hour. Watch the bulletin, e-mails, and web page for more information.

Orthodox Game League

~ *Saturday, May 14* ~

Orthodox Game League resumes the fun on Saturday, May 14, 7:00 p.m., at Holy Trinity Orthodox Church. 956 Forest Street North, St. Paul. We'll meet in the Parish Center across the street from the church. Please bring a munchie or dessert to share. Game League is for adults ages 18 years and older to enjoy time with each other and play games. Contact Nikki Beauchamp, 612.910.2943, with questions or for more information.

Super Heroes – Super Saints

~ **VACATION CHURCH SCHOOL** ~

Save the Dates! June 13-17 • 8:45 a.m.-12:00 noon

This year we will explore Superheroes — Super Saints

Children 4 years old (and potty trained) through those entering grade 6 in the fall. Also needed are helpers/crew in grades 7-12 grades and adult.

Registration link: tinyurl.com/stmarysVCS2022

AHEPA District 14 Convention Greek Nite

~ *Friday, June 3* ~

The St. Mary's community is invited to join the fun at the AHEPA District 14 Convention's Greek Nite on Friday, June 3, at the Bloomington Hilton.

Social Hour – 6:00 p.m.; Chicken Dinner – 7:00 p.m.

Dancing to Chris Kalogerson's Band – 8:30 p.m.

No speeches! Just great food, music, dancing, and fellowship. Also, don't miss the Daughter's of Penelope "brown bag" raffle!

Early Bird Price (by May 9) – \$50.00

Advance Price (after May 9) – \$55.00

At the door – \$60.00

Children under 10 (child's menu) – \$35.00

Tickets available today and next Sunday in the Great Hall.



Summer Camp at Camp Wapogasset *July 2-8, 2022*

Summer Camp registration is underway and registrations are coming in!

Registration Fee Schedule

- Early Bird Discount: \$485.00, through May 10
- Standard Registration Fee: \$505.00, from May 11 through May 26

Follow us on our website: stmaryscamp.com
and Facebook: facebook.com/campstmarys/

Summer Camp Scholarship Essay Contest

The 2022 Summer Camp Scholarship Essay Contest is open to our entire Pan-Orthodox Community entering grades 6-12. Two Camp scholarship rebate coupons will be awarded in memory of Presvytera Mary Coniaris and James H. Zubulake. Camp registration fees will be rebated to two contest winners following Summer Camp.

Scholarship information is on the Camp website.

Scholarship requests must be submitted to Fr. Tim or Doria by **Tuesday, May 10.**

From the Fathers...on Faith

The reward of this faith is to see what we believe.

—*Saint Augustine*

Daily Bible Readings

Monday, May 2

Hebrews 13:7-16 • Matthew 5:14-19

Tuesday, May 3

Acts 4:1-10 • John 3:16-21

Wednesday, May 4

Acts 4:13-22 • John 5:17-24

Thursday, May 5

Acts 4:23-31 • John 5:24-30

Friday, May 6

Acts 5:1-11 • John 5:30 – 6:2

Saturday, May 7

Acts 26:1, 12-20 • John 6:14-27

Sunday, May 8

Sunday of the Myrrh-Bearing Women

I John 1:1-7 • Mark 15:43 – 16:8

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