May 2017

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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

A Message from Father George
Father George Dokos, Proistamenos

The Cross is central to the Feast of Saints Constantine and Helen, whom we commemorate on May 21 every year. It is in the center of their icon; it is mentioned in their Apolytikion, Kontakion, and many other hymns of the day; St. Helen found the True and Precious Cross; and a hymn from the Feast of the Elevation of the Cross says:

“That mighty trophy, the Cross, was revealed by Heaven unto the godly-minded King Constantine, the champion of piety. Through this, all the wanton pride of the hateful foes was crushed, deceit was overthrown, and swiftly the divine Faith was spread through the whole earth. Wherefore, let us praise in song Christ our God, for He is truly glorified.”

St. Constantine was given the sign of the Cross to conquer his visible enemies when he saw it in the sky with the words, “In this conquer.” We are given this same sign in order to conquer our three spiritual enemies: the world, the flesh, and the devil. Therefore, two things are required of us:

First, we must fight without rest and conquer our passions and our enemies. For if we fight and conquer, we will be seated with Christ on His throne of glory in His Kingdom, just as He promised: “He who conquers, I will grant him to sit with Me on My throne, as I Myself conquered and sat down with My Father on His throne” (Revelation 3:21). If we do not fight or struggle, we will not overcome our passions, and we will receive no crown from God. For St. Basil the Great says: “Who was ever awarded a trophy while resting or sleeping? Who was ever adorned with a crown while lying around in luxury, being mesmerized by effeminate music? Certainly, no one.”

Second, when we fight and conquer our passions, we must attribute all our victory to the Cross and to the Crucified One. This is because the spiritual victory is not achieved by bodily strength or physical weapons, just as the Maccabees said: “It is not on the size of the army that victory in battle depends” (1 Macc. 3:19). And again: “Victory is not by arms” (2 Macc. 15:21). Rather, victory is achieved through faith and through the Cross of Jesus Christ: “Who is it that overcomes the world but he who believes that Jesus is the Son of God” (1 John 5:5), writes John the Evangelist. And elsewhere he writes: “This is the victory that overcomes the world, our faith” (1 John 5:4).

In truth, whatever Christian conquers the passions and the devil achieves it by the power of the Cross and by the blood of Christ. Wherefore it is written in the Apocalypse: “They have conquered the dragon (Satan, that is) by the blood of the Lamb” (Revelation 12:11).

—Continued on page 3.
Our Life Together

Baptism
Catherine
Parents: Jonathan Wiering & Kelly Papaspyropoulou Wiering
April 2, 2017

Thank You
A huge thank you to all who took part in our annual Wednesday Lenten dinners this year. The food was great and the contributions generous! We had full houses each evening and the collections for the season exceeded $2,000.00! Through your generosity, we gave support to groups at St. Mary’s, in the Twin Cities, and throughout the world. Thank you all!

His Grace Bishop Neofitos Kongai of Nyeri and Mt. Kenya Visits St. Mary’s
We welcomed to St. Mary’s His Grace Bishop Neofitos Kongai of Nyeri and Mt. Kenya. Ordained a priest in 1998, Bishop Neofitos received his Masters in Theology from Holy Cross Seminary with his thesis: The Historical Development of the African Orthodox Church in Kenya and the Challenge of Identity in Church Missions. In November 2015, he was unanimously elected as Bishop of the newly established Diocese of Nyeri and all Mount Kenya Region.

Memorial Prayers
Sunday, May 7
William Peter Kosmas (40 days)
Katherina (Rena) Doukas (3 years)
Peter Calott (3 years)
Georgia Gavaras (28 years)
William Gavaras (1 year)

Sunday, May 14
Demitra Sironen (1 year)
Anastasia Nickolas (8 years)
Demosthenes Nickolas (18 years)

Our Sympathy
William Peter Kosmas of London, England, passed away on Friday, March 31, 2017, at the age of 76. William was born to Étta D. Kosmas in Minneapolis on June 9, 1940, and was a St. Mary’s parishioner during his youth.
William is survived by brothers John and James; sister-in-law Mary Ann; cousins Edward and Helen Atcas, Chris, John, Greg, Dean, and Helen Dovolos. His nouna and nouno are Jeanne Forchas and the late George Forchas.

Share Your Shelf
May’s recipient of Share Your Shelf contributions is Joyce Uptown Food Shelf.

Sunday, May 7
Canned fruit and/or vegetables

Sunday, May 14
Cereal (hot and cold)

Sunday, May 21
Canned Meal – large cans (eg. chili, pork and beans)

Sunday, May 28
Coffee and tea

Do not let the oppressed retreat in disgrace; may the poor and needy praise your name. —Psalm 74:21

St. Mary’s Church Staff
Priest:
Fr. George Dokos
Associate Priest:
Fr. Jason Houck
Emeriti:
Fr. Anthony Coniaris
Fr. Theodore Filandrinos
Deacon:
Deacon Paul Kalina
Administrator:
Sylvia Kafkas
Administrative Assistant/Communications:
David Mertesdorf
Ministries Coordinator & Office Secretary:
Sandra Anderson
Pastoral Assistant:
Doria Saros
Music Director:
Thespina Macres
Organist:
Mark Macres

St. Mary’s Parish Council
President:
Katherine Boosalis
Vice President:
Joseph DiGiovanni
Secretary:
Dean Tortorelis
Treasurer:
Louis Tiggas
Assistant Treasurer:
Marshall Estep
Members:
George Andreadakis
Paul Hastings
William M. Hoeft
Dean Murdakes
Pamela Nelson
Steven Rakes
Gigi Tiggas
Education, Fellowship, & Worship

Sunday Schedule
Saturday Great Vespers – 5:00 p.m.
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Weekday Schedule

Friday, May 5
Saint Irene
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Wednesday, May 10
Mid-Pentecost
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Wednesday, May 24
Leave-taking of Holy PASCHA
Leave-taking Service – 6:00 p.m.

Thursday, May 25
Holy Ascension
Orthros – 8:30 a.m.
Divine Liturgy – 9:30 a.m.

Sunday, May 28
Memorial Day Observance
Cemetery Service – 12:00 noon
Lakewood Cemetery,
St. Mary’s Section
This service is conducted in association with the Hellenic American Legion Post 129.
Due to Memorial Day congestion at Lakewood, we no longer conduct a service on Monday.

Fellowship and Study Groups

Adult Senior Bible Study
Tuesday, May 16
1:00 p.m., Fireside Room

Intercessory Prayer
Wednesdays, May 10, 17, and 24
10:30 a.m., Nave Chapel

Men’s Fellowship
Friday, May 5
7:00 a.m., Fireside Room

Wednesday, May 17
6:30 p.m., Meeting Room 1

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

Senior Citizens
Tuesday, May 9
12:00 noon, Terrace Room

Women’s Bible Study
Wednesdays, May 10, 17, and 24
11:00 a.m., Fireside Room

Koinonia

Edina Koinonia
Thursday, May 25, 7:00 p.m.
Joan Calott’s home
952.944.9397

Lake Calhoun Koinonia
Sunday, May 21, 5:00 p.m.
Fr. George & Presbytera Christa’s home
612.825.1067

Northeast Metro Koinonia
Thursday, May 18, 7:00 p.m.
Costas & Barbara Nichols’ home
763.571.0460

South of the River Koinonia
Thursday, May 25, 6:30 p.m.
Mark & Elizabeth Skoog’s home
651.994.6875

West Metro Koinonia
Thursday, May 25, 7:00 p.m.
Gus & Cristina Nicklow’s home
952.476.7624

Father George, continued from page 1
So, my brothers and sisters in Christ, when we do overcome and conquer our spiritual enemies through tireless struggle co-operating with divine grace, we must thank God with all our heart and repeat the grateful words of David: “Yours, O Lord, is the greatness, and the power, and the glory, and the victory, and the might” (1 Chronicles 29:11). Amen.

+Fr. George

Come, receive the light from the unwaning light, and glorify Christ, who has risen from the dead.
Parish News & Events

Spring General Assembly
Sunday, May 7, 2017
Saint Mary's Spring General Assembly will take place on Sunday, May 7, 2017, 11:30 a.m., in the Great Hall. The agenda will consist of the following items: approval of the Winter General Assembly minutes, 2016 St. Mary's financial reports, Board of Auditors’ report, and Parish Council update: youth and stewardship. All are invited to attend.

Attention Seniors ... Women and Men!
Are you getting tired of being tired???
Do you want to get that pep back in your step???
Then come join us for a cardio workout in St. Mary’s Lecture Room (enter building by the flag pole). Be inspired by the fun music and an easy to follow instructor. In that time, you will feel good and energized!
Wear comfortable clothes and tennis shoes. Bring a water bottle and hand weights (if you have them).
Sessions are Fridays, beginning May 5, 10:00-11:00 a.m.
Any questions, call Helen Peters, 612.869.6277.
Hope to see YOU there. We’ll have FUN!

Father Jason and Presvytera Alexandra Houck invite all to the baptism of their son, Philip, on Saturday, May 20, 1:00 p.m.
Please also join them afterwards for a reception in the Terrace Room.
Please RSVP to Presvytera Alexandra by May 10: alexandrahouck@gmail.com or 617.331.1845.

The servant of God Philip is baptized in the name of the Father, and of the Son, and of the Holy Spirit.

Adult Senior Bible Study
Tuesday, May 16
Adult Senior Bible Study class resumes for the season on Tuesday, May 16, 1:00 p.m., in the Fireside Room. Father Jason will lead the sessions. The group will meet on the first and third Tuesday of each month through November.

Holy Week in the kitchen: 1) Palm Sunday lunch cooks;
2) Palm Sunday lunch servers; 3) Egg dyeing

Bishop Neofitos with a group of GOYAns

Holy Friday Retreat Pascha candle making
Holy Friday Retreat

We want to say a big “Thank you” to all who participated in this year’s Holy Friday Retreat. Our theme was “Jesus Speaks from the Cross.” 92 kids, 42 parents, 7 kitchen workers (and a few parents), and 5 teachers, along with clergy participated.

Each one of our youth groups divided up the seven verses from the Gospels that Jesus spoke from the cross. After their discussion time, everyone came into the Great Hall to share what each class had gleaned from their assigned verses. It was so nice to hear some new perspectives on the message from the cross.

Even our faith group had a small lesson on Pascha and a great craft depicting the stone rolled away from the tomb with the sign “Christ is risen.” We all learned at least one new thing! Our Junior GOYA kids made beautiful handmade cards and decorated a candle for Madeline Youngdahl which Sophia took right to her room at the hospital after the retreat.

We had a delicious lunch, so, thank you sandwich makers and It’s Greek to Me for the delicious fasoulada soup and manestra. It was a great addition to the traditional meal. After lunch, everyone got to work decorating their Pascha candles to bring for Saturday night and Agape Sunday. There are too many to thank individually so I say: “Blessings to all you good and faithful servants” for making the day special as we all focused on both the sadness of the Cross and the joy of the Resurrection!

Graduate Recognition/Fun Jam

May 21 will be our last day of Church School. We will ask our seniors to come forward to receive a gift and take a picture with the clergy. Then, after a little fun time at the Fun Jam, Fr. George will take them for a senior celebration brunch at Rudolphs. Seniors must have their pictures and small biographies to Anna Dovolis by May 7 or they will not be posted. Please send to: AnnaDovolis@msn.com. More information on this fun day will be coming as it approaches.

Healing House Dinner

May 20 will be our next Healing House dinner, moms Bible study, and children’s time! This is a great family service project but of course it’s open to all who can and wish to help. We serve a nice meal, eat with the families, then break up into two groups, moms and kids. Time commitment is 5:00-8:00 p.m. (at the latest). We usually serve about 30 people and need the following: cooks or meal providers, set up and clean up (about 15 minutes), Bible study leader, kids area craft or story time.

If you are interested, please contact me at the church office before May 9 as I will then be out of town. If you need further information, call Hope Kennedy, 952.941.5311. The remaining dates for 2017 are July 15, September 16, and November 25. Please come and join us. This is a truly joyous ministry, the moms are so appreciative of the company (the meal) and the children are so happy and receptive to all the time and attention we can give them.

LOMCP Walk and Roll

(Lynn Olsen Medical Crisis Program)

Saturday, May 20, 8:00 a.m.

Bring your families, your bikes, skates, or your stroller and walk or roll with us around the metro area lakes. We will meet at St. Mary’s Greek Orthodox Church’s south parking lot. Proceeds go towards grants for those struggling with financial difficulties due to unexpected medical crises.

Individual registration: $25.00
Family registration: $35.00

Participants in the 2016 LOMCP Walk and Roll
Christ is Risen! Thanks to the generosity of many, Philoptochos’ Lenten activities were fruitful:
1. More than $680 was collected for Tandem through the Baby Bottle Bank collection. This gift will be matched, so nearly $1,400 will be given to support moms and babies in crisis.
2. Hundreds of professional clothing items were collected and delivered to Healing House. The women there are thrilled to look their best for job interviews and work.
3. $891 was given to FOCUS Minnesota following the meal after the Presanctified Liturgy we hosted. According to Director Vera Proctor, this will sustain 6 weeks of their summer feeding program for homeless and highly mobile youth in the Twin Cities.

Election Meeting and Spring Finale

Tuesday, May 30, 6:00 p.m.
Please mark your calendar and come to the Philoptochos Election Meeting and Spring Finale! We will gather in the Terrace Room as follows:
Tuesday, May 30, 2017
6:00 p.m. ~ Social and Dinner
7:15 p.m. ~ Elections and Meeting
Join us for fun and fellowship while we also complete some business and philanthropic work. For planning purposes, please RSVP your attendance to the church, 612.825.9595.

Stop the Traffick(ing) 5K Walk/Run for Justice
June 10, 8:30 a.m.
Join chapter president Paulette Hastings for a 5K walk at Purgatory Creek Park in Eden Prairie, and help support anti-trafficking organizations in the Twin Cities. Event date is Saturday, June 10. Please register on your own at www.StopTheTraffickingRun.org, and let Paulette know you’re joining her so we can meet at the event.

Thank You…
Diana Thompson, for organizing the professional clothing drive for Healing House, and Linda Hodge for coordinating the Baby Bottle Banks for Tandem.
Linda Hodge and Connie Kouzes, our Lenten meal co-chairs, Samira Saleh, our tabouli chef, and the many who prepared, served and cleaned: Jamie Amacci, Jennifer Coin, Stephanie George, Paulette Hastings, Fifi Kafkas, Mary Kafkas, Tina Menter, Tia Muchulas, Mary Pappas, Elaine Smith, Linda Stanton, Andrea Tiggas, and Mary Kay Twito.
All who helped with the Palm Sunday Bridegroom reception: Argi and Stavros Stavrou and Terri Leckas, who made and donated desserts, and Georgia George, Stephanie George, Linda Hodge, Alexandra Kalina, Connie Kouzes, Mary Pappas, Diana Santrizos, Cathy Selin, Carol Smith, and Andrea Tiggas.
Lamona Legeros, for chairing the egg dying process, and her team members Eugenia and Demos Hadjiyanis, John Kafkas, Connie Kouzes, and Barbara and Costa Nichols. Also, thank you to Terri Leckas for donating the red dye and vinegar.
Egg wrappers Diane Achterling, Georgia Andron, Jeremy, Stephanie & Nick Barakos, Cathy Forchas, Paulette Hastings, Linda Hodge, Helen Peters, Julie Rist, Linda Stanton, Vicki Withers, and Dana Zoupas.
Photine Saar, for coordinating baking of koulouria for the Resurrection and Agape Service receptions, and her fellow bakers John Anderson, George Effrem, Cathy Forchas, Stephanie George, Mary Kafkas, Fifi Kafkas, Jayne Klatt, Connie Kouzes, Lamona Legeros, Tina Menter, Barbara Nichols, Hrisoula Regas, Carol Smith, and Elaine Smith. And to Mary Pappas, Kathy Richardson and their families, for setting up the goodies for the receptions.
Linda Hodge and Barbara Nichols, for the extra work they did during our 2017 Membership Drive.
Jeanne Forchas, for chairing the Elections and Nominating Committee, and Mary Pappas and Mark Kay Twito, for serving on her committee.

The Calendar + Looking Ahead…
• Wednesday, May 16, 6:30 p.m.: Board Meeting
• Tuesday, May 30, 6:00 p.m.: Dinner, Elections, and Spring Finale
• Sunday, June 11, 5:30 p.m.: Serve dinner for Families Moving Forward
• Tuesday, June 13, 12:00 noon-4:00 p.m., and Monday, June 19, 4:00-8:00 p.m.: Baklava assembly for the Festival
• Tuesday, June 20, 10:00 a.m.-1:00 p.m.: Cut and clove baklava
• Festival baking throughout the Summer
Our Youth and Young Adult Ministry Vision

To provide an Orthodox Christian example, reinforcing the efforts of our parents, inspiring in our youth agape love and the spiritual desire to pursue Christ, his holy Church, and the truest sense of his holy Orthodox Community.

Our Youth and Young Adult Ministry Goals

To offer programs that foster spiritual growth in Christ. • To offer religious education that applies to daily living.
To offer service to God and his holy creation. • To offer fellowship that connects youth to Christ, his Church, and the greater Orthodox community.

What’s Happening?

It’s the Fun Jam! Fun & Food for All!
Sunday, May 21 after Liturgy

Faith Play Group
Wednesday, May 10, 9:30-11:00 a.m.
St. Mary's Great Hall and Terrace Room

Junior GOYA
Wednesday, May 3, 6:00-8:00 p.m.
FOCUS Minnesota, 1600 East Lake Street (no dinner)
Wednesday, May 17, 6:15-8:00 p.m.
St. Mary's Youth Room

Senior GOYA
Sunday, May 7, 4:00-7:00 p.m.
End-of-Year Barbecue
Hainlin home

Saturday, May 20
Healing House Service Project
Sunday, May 21, High School Seniors’ Recognition;
Fun Jam
Healing House Service Project

No Senior GOYA on Wednesdays, May 10 and 24.

Launch into Liturgy Exploration
Saint Mary’s Vacation Church School 2017
This year we will explore and learn about Divine Liturgy in a fun, easy to understand way with a NASA/space theme to help us relate to what it all means.
Register on-line: www.stmarysgoc.org
>Youth; >Vacation Church School

Junior Olympics ♂ May 26-29, 2017
Saints Constantine and Helen Church, Palos Hills, Illinois
I believe in one Lord, Jesus Christ,...
crucified for us under Pontius Pilate, and suffered, and was buried. And arose again on the third day according to the Scriptures.

—from The Creed
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<td>Simpson House Dinner</td>
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<td>7:00am-Men’s Fellowship</td>
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<td>6:00pm-Choir Picnic</td>
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<td>6:00pm-Camp Staff Training (Cathedral)</td>
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**May 2017**

**Metropolis Clergy Retreat at St. Iakovos Retreat Center**

**Junior Olympics, Palos Hills, Illinois**