



March 8, 2020

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# Welcome

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Whether you have been worshipping with us for years or this is your first time, welcome. You bless us with your presence here today. If you have any questions about our ministry at St. Mary's Church or about the church in general, please stop by the Welcome and Information Table in the Great Hall. If you are visiting and have time to wait until everyone is dismissed, Fr. George or any of our clergy would be honored to take a few minutes to greet you personally. Greeting you at the table this morning is Cheryl Dragotis.

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## ✠ Lenten Schedule ✠

### ***Monday, March 9***

6:00 p.m. – Great Compline

### ***Wednesdays, March 11***

4:00 p.m. – Holy Confession

5:45 p.m. – Liturgy of the Presanctified Gifts

after Liturgy – School Confession: Grades 11 and 12

7:00 p.m. – Dinner, hosted by Philoptochos

*(please make checks payable to St. Mary's Philoptochos)*

Junior GOYA Meeting; Open Gym

7:30 p.m. – Choir Rehearsal

### ***Friday, March 13***

4:00 p.m. – Holy Confession

6:00 p.m. – Salutations to the Theotokos (Akathist Hymn)

**MEOCCA Pan-Orthodox Lenten Vespers – 4:00 p.m.**

### ***Today***

St. Mary's Orthodox Cathedral, 1701 Fifth Street NE, Minneapolis

### ***Next Sunday, March 15***

St. George Greek Orthodox Church, 1111 Summit Avenue, Saint Paul

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### ***Questions over Coffee ~ Today***

Join Fr. John in the Lecture Room this morning at 11:45 for a time of conversation and questions. Do you have a question about our faith, traditions, or practices? Bring it along and ask Father!

— *Philoptochos* —

***Stop by the Philoptochos Table Today!***

1. **Join Us!** Support the philanthropic work of the church by becoming a member.
2. **Volunteer!** We're serving dinner after this Wednesday's Presanctified Liturgy and would love your assistance.
3. **Register!** The Saturday, March 28, Prosforo Workshop is just around the corner. Come learn with us.
4. **Order!** The Spring Fillo Sale starts today and runs through Sunday, March 22. Fresh, never frozen fillo for \$4/pound...it's the best deal in town!

***Summer Camp 2020 Q&A ~ Today***

The 2020 Summer Camp dates are July 4-10. Summer Camp registration will begin in April. Please watch [www.stmaryscamp.com](http://www.stmaryscamp.com) for updates. We will host a **Summer Camp Q & A** this morning at 11:30 a.m., in the Fire-side Room. Please come with your Camp questions. If you are unable to attend, please contact Doria at church to set up a time to meet privately.

***YAL Priest Q & A***

Begin the holy season of Lent by joining with young adults from Orthodox parishes across the region at the second annual Priest Q & A at St. Mary's OCA Cathedral. The Q & A is this afternoon from 2:00-4:00 p.m., then we'll move to the church for the 4:00 p.m. Sunday of Orthodoxy Pan-Orthodox Vespers, followed by a dinner. St. Mary's Cathedral is located at 1701 Fifth Street NE, Minneapolis.

***Lifetouch Directory Update***

If you did not receive your complimentary 8x10 photo at home, please stop by the table in the Great Hall today to pick it up. You can also sign up to have your picture taken if you missed the previous dates. Photo sessions have been scheduled for Friday, March 20, 1:00-8:50 p.m., and Saturday, March 21, 10:00 a.m.-3:50 p.m. We are no longer accepting submitted photos for the directory, so schedule your session today.

***Opportunity to Serve: Healing House - March 21***

Volunteers are needed to serve a dinner on Saturday, March 21, at Healing House. Please contact *Sandra Anderson*, [asformess@gmail.com](mailto:asformess@gmail.com) if you'd like to help or if you have questions about the program. Also, stop by the Welcome Table to hear what it is like to encourage our guests at Healing House. *Please see "Focus on Missions" in today's bulletin for information about Healing House and Metro Hope Ministries.*

## ***Koinonia Gatherings This Week***

*Western Koinonia ~ Sunday, March 15, 5:00 p.m.*

*Gus & Cristina Nicklow's home - (952) 476-7624*

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### ***Greek Independence Day Luncheon***

Tickets for the AHEPA Annunciation/Greek Independence Day Luncheon held on March 22 will be on sale in the Great Hall after Liturgy today through March 22. Tickets for adults are \$10 in advance (\$15 at the door) and \$5 for children under 10. Net proceeds will be donated to the St. Mary's Youth Greek Dance Program.

### ***2020 St. John Chrysostom Oratorical Festival - DATE CHANGE!***

It's time for our youth to use their voices (and their pens and paint brushes)! Our 2020 Oratorical Festival will be held Sunday, **March 29**, and we hope to have great participation from our parish youth in one of a number of categories. The topics are available from Diakonissa Alexandria Kalina, who will be handing out the speaking topics in Church School.

### ***Senior Citizens' Theater Outing***

The Senior Citizens' Club is planning a gathering at the Artistry Theater in Bloomington to see the musical matinee performance of "Mame" on Saturday, May 9. Tickets for the show are \$20.00 for Senior Citizen Club members who have paid their 2020 dues and \$40.00 for non-members. Look for Joan Calott on Sundays to purchase your tickets. Deadline to purchase tickets is April 15.

Fr. Jason and Presvytera Alexandra would like to invite the parish to witness the baptism of their daughter, Sarah.

The baptism will be held on Sunday, March 29, 1:30 p.m., followed by a light reception in the Terrace Room.

Please let Presvytera Alexandra know if you would like to attend.

[alexandrahouck@gmail.com](mailto:alexandrahouck@gmail.com)

### ***Food Shelf Needs for Next Week***

*Hygiene items*

*This month's recipient is FOCUS Minnesota.*

## ***From the Fathers...on Fasting***

Meager food at the table of the pure cleanses the soul of those who partake from all passion. . .for the work of fasting and vigil is the beginning of every effort against sin and lust. . . almost all passionate drives decrease through fasting.

*-Saint Isaac the Syrian*

### **Daily Bible Readings**

#### ***Monday, March 9: Forty Martyrs of Sebastia***

Hebrews 12:1-10 • Matthew 20:1-16

#### ***Tuesday, March 10***

Isaiah 5:7-16 • Genesis 4:8-15 • Proverbs 5:1-15

#### ***Wednesday, March 11***

Isaiah 5:16-25 • Genesis 4:16-26 • Proverbs 5:15 – 6:3

#### ***Thursday, March 12***

Isaiah 6:1-12 • Genesis 5:1-24 • Proverbs 6:3-20

#### ***Friday, March 13***

Isaiah 7:1-14 • Genesis 5:32 – 6:8 • Proverbs 6:20 – 7:1

#### ***Saturday, March 14***

Hebrews 3:12-16 • Mark 1:35-44

#### ***Sunday, March 15: Saint Gregory Palamas***

Hebrews 1:10 – 2:3 • Mark 2:1-12

### **Saint Mary's Greek Orthodox Church**

3450 Irving Avenue South

Minneapolis, Minnesota 55408-3399

Telephone: 612.825.9595 • Facsimile: 612.825.9283

 Saint Mary's Greek Orthodox Church

*Fr. George Dokos, Proistamenos; Fr. Jason Houck, Associate*

*Fr. John Kostas; Deacon Paul Kalina*

# Lenten Retreats

*Saint George Greek Orthodox Church's 15th Annual*

## St. Gregory Palamas Festival of Light Lenten Retreat

### A Commitment to Renewal

Saturday, March 14, 2020 • Guest Speaker: Fr. George Dokos

The day begins with coffee and fellowship at 10:00 a.m., followed by the viewing of the documentary and discussion of “New Men.”

A Lenten potluck luncheon will be at noon followed by Retreat Session 2 “An Ancient Method for the Modern Day” Inner Vigilance and Watchfulness at 1:00 p.m. Great Vespers at 3:00 p.m. will round out the day.

*“New Men” chronicles a year in the life of a Russian Orthodox monastery in rural West Virginia. The monk’s reflections on shedding former identities to embrace new lives of prayerful asceticism are woven together with rarely seen moments of the community’s 1,700-year-old monastic tradition.*

1111 Summit Avenue, St. Paul, MN 55105  
www.stgeorgegoc.org • 651.222.6220

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## Pursuing Holiness Through Time, Talent, and Treasure

*St. George Antiochian Orthodox Church's Parish Lenten Retreat*  
March 20-21, 2020

Friday, March 20

Dinner – 5:30 p.m.; Medayeh (Akathist) Service – 7:00 p.m.  
Retreat introduction begins after the service.

Saturday, March 21

The day begins at 9:30 a.m. with coffee followed by the Morning Session at 10:00 a.m. The Afternoon Session begins at 1:00 p.m. and the day ends with Vespers at 5:00 p.m. and a Teen Talk with Dinner at 6:00 p.m.

### **About the Speaker**

The retreat leader is the *Archdeacon Saed Rihani* of Chicago, Illinois. Deacon Saed is a very dynamic speaker known for keeping his audiences entertained! Originally from Huson, Jordan, he serves St. Mary’s Church in Palos Heights. He holds a Bachelor’s Degree in Psychology from the University of Illinois in Chicago and a Master of Divinity Degree from St. Vladimir’s Theological Seminary in Yonkers, New York. He worked for the City Colleges of Chicago for over 30 years and has recently taken early retirement to pursue his love of serving the Church. Deacon Saed is a beloved friend to many of our clergy and parishioners at St. George in West St. Paul!

1250 Oakdale Avenue, West St. Paul, MN  
www.saintgeorge-church.org • 651.457.0854

# FOCUS House

— Food Needs —

*March is Food Shelf at St Mary's for FOCUS month.*

Please include in your bags items the sizes you would buy for your family as opposed to the very large boxes, jars, or bottles that would feed several families over time as they are difficult for people to carry.

The following is a list of items that FOCUS tends to run out of:

ketchup, mustard, BBQ sauce, relish, salad dressing,  
peanut butter, jelly, jam, honey,  
pancake mix, maple syrup, granola and/or breakfast bars, cookies,  
shelf stable milk and other milks like almond and coconut juice,  
tea bags, hot chocolate mix, canned fruit, boxed Jello,  
ingredients to bake with like flour, sugar,  
condensed milk, chocolate chips.

**~ Food should not be opened or outdated. ~**

Thank you very much for your support.

This is a tremendous help  
to those who arrive on FOCUS's doorstep hungry.

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— Love To The End —

*(second screening)*

This film is about a remarkable modern saint and martyr, who gave her life so that another may live.

Sponsored by MEOCCA to benefit FOCUS Minnesota

Monday, March 9, 7:00 p.m.

FOCUS Minnesota at FOCUS House

550 Rice Street, St. Paul

The film is 50 mins long-followed by brief discussion and refreshments  
Free will offering, or bring a jar of peanut butter or jam.

RSVP to Vera Proctor, 651.324.2705 or [focustwincities@gmail.com](mailto:focustwincities@gmail.com)