



St. Mary's Greek Orthodox Church
The Sunday Bulletin

Sunday, March 8, 2020

Sunday of Orthodoxy

~ In preparation for worship, please silence all phones and pagers. ~

Holy Communion is the culmination or climax of the Divine Liturgy. The time at which we come forward to receive the most sacred body and blood of our Lord is one that must be held in utmost reverence and solemnity. We kindly ask that everyone remain in the church and refrain from greeting and visiting with friends and family. Please spend this time in prayer, meditating upon the great mystery that is taking place, and save the fellowship for the coffee hour that immediately follows the Liturgy.

Commemoration: The restoration of the blessed and venerable icons by the blessed Emperor of Constantinople Michael and his mother Theodora during the reign of the Patriarch; Theophylact the Confessor, Bishop of Nicomedia; Hermas the Apostle of the 70; Paul the Confessor; Dometios the Righteous; Felix of Burgundy, Enlightener of East Anglia.

Morning Gospel: 5th

Tone: Plagal 1st

Note: Beginning today and continuing throughout Great Lent, we will celebrate the Divine Liturgy of St. Basil the Great on Sundays instead of the Liturgy of St. John Chrysostom. The two are quite similar except that, in the Liturgy of St. Basil, certain prayers of the priest are different (and often longer), and instead of "It is meet and right" (*Ἀξιόν ἐστιν*), the choir chants "In you, O woman full of grace" (*Ἐπὶ σοὶ χαίρει*).

Variable Hymns and Readings in the Liturgy

At the Third Antiphon

Hymn of the Sunday of Orthodoxy, 2nd Tone Hymnal, page 128/129

Before your most pure image we bow down, O Good One, entreating you to forgive our sins, Christ our God. For you willingly ascended the cross in the flesh to deliver from the enemy those whom you had made. For this we thank you and we cry to you, O Savior: By coming to save the world, you have filled all things with joy.

At the Small Entrance

Hymn of Entrance..... Hymnal, page 36/37

Come, let us worship and bow down before Christ. Save us, O Son of God, who rose from the dead, save us who sing to you: Alleluia!

Resurrection Hymn, Plagal 1st Tone.....Hymnal, page 114/115

To the Word, co-eternal with the Father and the Spirit, born of the Virgin for our salvation, let us, the faithful, give praise and worship. For he willed to be lifted up on the cross in the flesh, to endure death and raise the dead by his glorious resurrection.

Hymn of the Sunday of Orthodoxy, 2nd ToneHymnal, page 128/129

For text, see page 1 of bulletin.

Hymn of the Dormition of the Theotokos, 1st Tone

In giving birth, you preserved your virginity, O Theotokos; in falling asleep you did not forsake the world. You passed over into life, O Mother of Life; and by your prayers you deliver our souls from death!

Kontakion of the Theotokos, Plagal 4th Tone.....Hymnal, page 268/269

Victorious Lady, mighty champion, defending us, we your servants now inscribe to you this hymn of thanks, for you rescued us from suffering and tribulation. Theotokos, with your power that can never fail, keep us safe from every danger our whole life long that we may cry to you: Rejoice, O Bride unwedded.

Epistle: Hebrews 11:24-26, 32-40. Page 1367, Pew Bible

Gospel: John 1:43-51. Page 1237, Pew Bible

SermonFr. George Dokos

At the Great EntranceHymnal, page 44/45

As the choir sings the Cherubic Hymn, the congregation may silently pray Psalm 51 (pew Bible, page 512). This is what the clergy are silently praying while censuring.

The Creed.....Hymnal, page 58/59

Megalynarion, Instead of "It is truly meet" on page 69.....Hymnal, page 298/299

In you, O woman full of grace, all creation rejoices, the orders of angels and the races of mankind. O hallowed temple and spiritual paradise, glory of virginal souls, from you our God was incarnate and became a child, he who is God from all ages. By making your womb his throne he made you more spacious than all heavens. In you, O woman full of grace. All creation, all creation rejoices. Glory to you!

Communion PrayersHymnal, page 80/81

About Holy Communion: In the Orthodox Church, only those members baptized or chrismated in the Orthodox faith are permitted to come forward and receive Holy Communion. Christians from other traditions along with those of other faiths are welcome to come forward at the end of Liturgy to receive the Antidoron (a piece of blessed bread).

The Conclusion of the Divine Liturgy.....Hymnal, page 86/87

Stewardship PrayerHymnal, page 362

Greeters: Sam & Bessie Giannakakis family

Prosforo: Ruta Kubits

Please join us in the Great Hall following the Divine Liturgy for a time of conversation and refreshment.

Please remember the sick, the suffering, and those in need, especially: Our brothers and sisters living through the aftermath of disaster; For the victims of violence; Families Moving Forward; Metro Hope Ministries; Orthodox Christian Prison Ministry; FOCUS Minnesota; Our brothers and sisters serving in the Armed Forces throughout the world especially John Ellis; San Miguel Del Lago Orphanage; Maia, Judith, Jeanette, Travis, Kristina, Christine and baby, Kassie, Tahnlee, Lois, Kalli, Alex, Presvytera Pat Tsagalakis, Quinn, Annie, Baby Elliot, Sue & Jim, Steve, Sue, Jane, Carole, Rifka, Pat, Nancy, Mary Muzetras, Dave, Pam Katie, Bri, Gilbert, Gus Wiltse, Christina, George P., Barbara, Thespina, Danielle, Jenny, John L., Steven E., Samir and Samira, Julia, Presvytera Janis, Sandra, Sophia, Les Everhart, George, Rick, Bryn, Phil, Karen, Kristina, Phil, Marnie and family; Joyce, Dorla, Linda, Fr. Elias, Jessica Norring, Vicki, Bill, Diana, Elpis Fotini, Peter, Dina, Landon, Luke, Aemiliane, Doria, Mike, Stephanie, Tyler, Ben, Brittany, Amy, Shinia, Chelsea, Christy, Karen, Anastasia, Jamie, Alex and Alexander, Zoe Kakos, Slibe, Saleh & Deanna, Kristine, Henry, Toni, Gina, Julie, R.J., Allie, Elena, Speranta, Alexander, Stephanie, John, Vickie, Petra, Bob, Christina, Joseph, Yukie, Avgi, Christopher, Alki, Elizabeth, Jaxon, Olle, Judi, Koula, Fr. Anthony Coniaris, Bodil, Ole, and others known to you.

Metro Hope Ministries

Metro Hope Ministries is an organization that has been working for 85 years to provide real help and lasting hope to people in recovery. They operate New Hope Center and Healing House residential programs, which are the heart of their addiction recovery work. These programs are designed to empower residents to break the cycle of addiction and homelessness successfully through spiritual, educational, and emotional stability. *“There’s always Hope.”*

Healing House is a long-term support system for addiction recovery, giving hope to women with children. It is a Christian way to work past addictions, to develop and learn a new life style in a Christian setting with daily Bible studies and counseling. This long-term recovery (7-12 months) program is in a residential setting and has been active since 2006.

St. Mary's Focus on
Missions

Web site: www.metrohope.org

Calendar of the Week

Today

No Church School today.

- 11:30 a.m. – Summer Camp Q&A, Fireside Room
- 11:45 a.m. – Questions over Coffee, Lecture Room
- 2:00 p.m. – YAL Priest Q&A, St Mary's OCA Cathedral, Minneapolis
- 4:00 p.m. – Pan-Orthodox Lenten Vespers, St. Mary's OCA Cathedral, Minneapolis

Monday, March 9

- 6:00 p.m. – Great Compline

Tuesday, March 10

- 6:00 p.m. – Open Gym, Great Hall
- 6:15 p.m. – Parish Council, Fireside Room
- 7:15 p.m. – Young Women's Bible Study, Christopulos home

Wednesday, March 11

- 4:00 p.m. – Holy Confession, Nave
- 5:45 p.m. – Liturgy of the Presanctified Gifts
- 7:00 p.m. – School Confession – Grades 11 and 12
 - Lenten Dinner, Terrace Room
 - Junior GOYA, Youth Room
 - Open Gym, Great Hall
- 7:30 p.m. – Choir Rehearsal, Nave

Friday, March 13

- 4:00 p.m. – Holy Confession, Nave
- 6:00 p.m. – Salutations to the Theotokos
- Senior GOYA FOCUS YES Retreat

Saturday, March 14

- Senior GOYA FOCUS YES Retreat
- 9:00 a.m. – Bible Study, Fireside Room
- 5:00 p.m. – Great Vespers

Sunday, March 15: Saint Gregory Palamas

- 8:30 a.m. – Orthros; 9:30 a.m. – Divine Liturgy; Church School
- 11:15 a.m. – Chant Group Rehearsal; 11:45 a.m. – Middle School Chant Group, Music Office
- 11:45 a.m. – Missions and Outreach, Fireside Room
- 2:00 p.m. – YAL Q&A, St. Mary's Cathedral
- 4:00 p.m. – Pan-Orthodox Lenten Vespers, St. George Greek Orthodox Church, St. Paul
- 5:00 p.m. – Western Koinonia, Gus & Cristina Nicklow's home



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